

Getting the Most Out of Your European Diving Adventure

Embark on an unforgettable diving experience across various European destinations, including Lot in France, Isla Plana in Southern Spain, Greece (both mainland and the Cyclades), Italy in Sardinia and the Northern region, and, of course, Mexico. Whether you are a first-timer or a returning visitor, our diverse destinations promise amazing and memorable dives. To ensure a seamless and enriching experience, please consider the following guidelines:

Diving and Training Demands

Our comprehensive training and captivating dives demand physical and mental endurance. For courses exceeding five days, it's crucial to schedule rest days to optimize your well-being. Even for recreational cave diving, incorporating occasional breaks is advisable. Failure to schedule rest days may result in non-refundable cancellations.

Weather Resilience

Diving conditions in some destinations may not always remain unaffected by weather. We will proceed as long as driving conditions are safe. Because of the distinct differences between our unique destinations, informed weather-appropriate clothing and logistics (housing and transportation) are recommended.

Health Considerations

In environments like the Mexican Cenotes (but not limited to them), preventing ear infections is essential. Utilize preventive measures, such as "ear beer" or antibiotic ear drops. These can be provided at the beginning of your trip if requested. Treat your ears immediately upon exiting the water to minimize infection risks. Consider that excessive use can lead to ears drying and being more prone to infections regardless.

Culinary Adventures

While savoring local delicacies is tempting, consider dietary precautions to avoid gastrointestinal issues, especially in Mexico. Opt for less adventurous food options during your diving days.

Gear and Medical Preparedness

Test-dive recently serviced equipment and address pre-existing medical concerns before your trip. Trip insurance, including "cancellation for any reason" options, is highly recommended. DAN insurance is accepted everywhere.

Safety and Comfort

Insect precautions, sun protection, sturdy footwear, and hydration are vital. During your journey, you will receive reusable water bottles if requested. In some destinations like Mexico, we fill these bottles with purified water. Purified water may lack minerals or salts, leading to potential dehydration even after consuming large quantities. To enhance hydration, consider purchasing a bottle of electrolyte-infused beverages to mix with your water.

For dry suit divers, it is advisable to pack an extra set of clothes to change into during the journey back in case of a dry suit flood. Consider packing a second set of undergarments.

Cavern and cave diving in destinations like Sardinia and Greece involve boat diving, so exposure to the sun remains a factor. Prior to diving, the use of sunblock is not permitted. For sun-conscious divers, it is advisable to bring a hat or suitable sun coverage to prevent contamination of the dive sites.

Prioritize safety and security at dive sites, and exercise caution with personal belongings.