

SCUBA Starting Weight Estimator – Aluminum 80, FRESH water (lbs of lead)

Starting weight (fresh water) = [Men / Women build column] + [exposure suit column]. For salt water, also add the Salt Water Adder. **Red** (negative) build numbers are subtracted.

Buoyancy check: empty BCD, normal breath → float at eye level; exhale → sink slowly. Weighted for the END of the dive (AL80 at 700 psi). If checked with a FULL AL80, add ~5 lb.

NOTE: After adding the pieces, round the FINAL total UP to the next even number so it splits evenly between the two weight pockets (e.g. 11 lb → 12 lb, 6 lb in each pocket). A total of zero or less means no lead for now — confirm in the water.

Body weight (lbs)	Men			Women			Exposure suit adder (lbs) – added to build column					Salt water adder (lbs)
	Lean	Normal	Large	Lean	Normal	Large	Dive skin	3 mm shortie	3 mm full	5 mm full	7 mm full	
100	1	2	3	2	3	5	0	2	5	8	11	4
105	1	2	3	2	3	5	0	3	5	8	11	4
110	0	1	3	2	3	5	0	3	5	8	11	4
115	0	1	3	2	3	5	0	3	5	8	11	4
120	-1	1	3	1	3	5	0	3	5	8	11	4
125	-1	1	3	1	3	5	0	3	5	8	12	4
130	-1	1	3	1	4	6	0	3	5	8	12	4
135	-1	1	3	1	4	6	0	3	5	9	12	5
140	-2	1	3	2	4	6	0	3	5	9	12	5
145	-2	1	3	2	4	6	0	3	5	9	12	5
150	-2	1	3	2	4	7	0	3	5	9	13	5
155	-2	1	3	2	4	7	0	3	5	9	13	5
160	-2	1	3	2	5	7	0	3	6	9	13	5
165	-2	1	3	2	5	7	0	3	6	9	13	5
170	-2	1	3	2	5	8	0	3	6	9	13	5
175	-2	1	4	2	5	8	0	3	6	10	13	6
180	-2	1	4	3	6	8	0	3	6	10	14	6
185	-2	1	4	3	6	9	0	3	6	10	14	6
190	-2	1	4	3	6	9	0	3	6	10	14	6
195	-2	1	4	3	7	10	0	3	6	10	14	6
200	-2	1	4	4	7	10	0	3	6	10	14	6
205	-2	1	5	4	7	11	0	3	6	10	14	6
210	-2	2	5	4	8	11	0	3	6	10	14	6
215	-2	2	5	5	8	12	0	3	6	10	15	7
220	-2	2	5	5	9	12	0	3	6	11	15	7
225	-1	2	6	6	9	13	0	4	6	11	15	7
230	-1	2	6	6	10	13	0	4	6	11	15	7
235	-1	3	6	6	10	14	0	4	6	11	15	7
240	-1	3	7	7	11	15	0	4	7	11	15	7
245	-1	3	7	7	11	15	0	4	7	11	15	7
250	0	4	8	8	12	15	0	4	7	11	16	7

Short or tall? Height adjustment (lbs) — add to the total. Find the nearest body weight (row) and height (column). The shaded column is the height the table above was built for. Shorter divers usually carry more body fat for their weight and need more lead; taller divers need less. Muscular divers: use the build column and skip this.

Men	5'0"	5'4"	5'8"	5'10"	6'0"	6'4"
100	0	0	0	0	0	+1
125	0	0	0	0	0	+1
150	+1	+1	0	0	0	0
175	+2	+1	+1	0	0	0
200	+3	+2	+1	0	0	-1
225	+4	+2	+1	0	0	-1
250	+6	+3	+1	0	0	-2

Women	4'10"	5'0"	5'2"	5'4"	5'6"	5'10"
100	0	0	0	0	0	0
125	0	0	0	0	0	0
150	+1	0	0	0	0	-1
175	+1	+1	0	0	-1	-1
200	+2	+1	0	0	-1	-2
225	+3	+2	+1	0	-1	-3
250	+2	+2	+1	0	-1	-3

Starting estimates only — the weight check decides. Build column = body at a normal breath + tank at 700 psi, for men at 5'10" and women at 5'4"; normal = body fat typical for that BMI (Deurenberg, age 30), lean / large = 8 points either side. Suit adder = skin area × thickness (at 5'7"); shortie = 55% of a full suit; hood, boots, gloves not included. scooba.com/weights computes each student's own row.

SCUBA Starting Weight Estimator – Steel HP100, FRESH water (lbs of lead)

Starting weight (fresh water) = [Men / Women build column] + [exposure suit column]. For salt water, also add the Salt Water Adder. **Red** (negative) build numbers are subtracted.

Buoyancy check: empty BCD, normal breath → float at eye level; exhale → sink slowly. Weighted for the END of the dive (Steel HP100 at 700 psi). If checked with a FULL Steel HP100, add –6 lb.

NOTE: After adding the pieces, round the FINAL total UP to the next even number so it splits evenly between the two weight pockets (e.g. 11 lb → 12 lb, 6 lb in each pocket). A total of zero or less means no lead for now — confirm in the water.

Body weight (lbs)	Men			Women			Exposure suit adder (lbs) – added to build column					Salt water adder (lbs)
	Lean	Normal	Large	Lean	Normal	Large	Dive skin	3 mm shortie	3 mm full	5 mm full	7 mm full	
100	-4	-3	-2	-3	-2	0	0	2	5	8	11	4
105	-5	-3	-2	-3	-2	0	0	3	5	8	11	4
110	-5	-4	-2	-4	-2	0	0	3	5	8	11	4
115	-5	-4	-2	-4	-2	0	0	3	5	8	11	4
120	-6	-4	-2	-4	-2	0	0	3	5	8	11	4
125	-6	-4	-2	-4	-2	0	0	3	5	8	12	4
130	-6	-4	-2	-4	-2	1	0	3	5	8	12	4
135	-6	-4	-2	-4	-1	1	0	3	5	9	12	5
140	-7	-4	-2	-4	-1	1	0	3	5	9	12	5
145	-7	-4	-2	-3	-1	1	0	3	5	9	12	5
150	-7	-4	-2	-3	-1	1	0	3	5	9	13	5
155	-7	-4	-2	-3	-1	2	0	3	5	9	13	5
160	-7	-4	-2	-3	-1	2	0	3	6	9	13	5
165	-7	-4	-2	-3	0	2	0	3	6	9	13	5
170	-7	-4	-2	-3	0	3	0	3	6	9	13	5
175	-7	-4	-2	-3	0	3	0	3	6	10	13	6
180	-7	-4	-1	-2	0	3	0	3	6	10	14	6
185	-7	-4	-1	-2	1	4	0	3	6	10	14	6
190	-7	-4	-1	-2	1	4	0	3	6	10	14	6
195	-7	-4	-1	-2	1	5	0	3	6	10	14	6
200	-7	-4	-1	-1	2	5	0	3	6	10	14	6
205	-7	-4	0	-1	2	6	0	3	6	10	14	6
210	-7	-4	0	-1	3	6	0	3	6	10	14	6
215	-7	-3	0	0	3	7	0	3	6	10	15	7
220	-7	-3	0	0	4	7	0	3	6	11	15	7
225	-7	-3	1	0	4	8	0	4	6	11	15	7
230	-6	-3	1	1	5	8	0	4	6	11	15	7
235	-6	-2	1	1	5	9	0	4	6	11	15	7
240	-6	-2	2	2	6	10	0	4	7	11	15	7
245	-6	-2	2	2	6	10	0	4	7	11	15	7
250	-6	-2	2	3	7	10	0	4	7	11	16	7

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200	+3	+2	+1	0	0	-1
225	+4	+2	+1	0	0	-1
250	+6	+3	+1	0	0	-2

Women	4'10"	5'0"	5'2"	5'4"	5'6"	5'10"
100	0	0	0	0	0	0
125	0	0	0	0	0	0
150	+1	0	0	0	0	-1
175	+1	+1	0	0	-1	-1
200	+2	+1	0	0	-1	-2
225	+3	+2	+1	0	-1	-3
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