

SCUBA Starting Weight Estimator – AL80 (11.1 L, 207 bar), FRESH water (kg 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 50 bar). If checked with a FULL AL80, add ~2 kg.

NOTE: After adding the pieces, round the FINAL total UP to the next whole kilogram and split it between the two weight pockets (e.g. 5.5 kg → 6 kg, 3 kg in each pocket; 7 kg → 3.5 kg each). A total of zero or less means no lead for now — confirm in the water.

Body mass (kg)	Men			Women			Exposure suit adder (kg) – added to build column					Salt water adder (kg)
	Lean	Normal	Large	Lean	Normal	Large	Dive skin	3 mm shortie	3 mm full	5 mm full	7 mm full	
45	0.5	1	1.5	1	1.5	2	0	1	2	3.5	5	1.5
47.5	0.5	0.5	1.5	0.5	1.5	2	0	1	2	3.5	5	1.5
50	0	0.5	1.5	0.5	1.5	2.5	0	1	2	3.5	5	2
52.5	0	0.5	1.5	0.5	1.5	2.5	0	1	2	3.5	5	2
55	-0.5	0.5	1.5	0.5	1.5	2.5	0	1	2	3.5	5	2
57.5	-0.5	0.5	1.5	0.5	1.5	2.5	0	1	2.5	4	5.5	2
60	-0.5	0.5	1.5	0.5	1.5	2.5	0	1.5	2.5	4	5.5	2
62.5	-0.5	0.5	1.5	0.5	1.5	2.5	0	1.5	2.5	4	5.5	2
65	-1	0.5	1.5	0.5	1.5	3	0	1.5	2.5	4	5.5	2
67.5	-1	0.5	1.5	0.5	2	3	0	1.5	2.5	4	5.5	2
70	-1	0.5	1.5	1	2	3	0	1.5	2.5	4	5.5	2.5
72.5	-1	0.5	1.5	1	2	3	0	1.5	2.5	4	6	2.5
75	-1	0.5	1.5	1	2	3.5	0	1.5	2.5	4	6	2.5
77.5	-1	0.5	1.5	1	2	3.5	0	1.5	2.5	4.5	6	2.5
80	-1	0.5	1.5	1	2.5	3.5	0	1.5	2.5	4.5	6	2.5
82.5	-1	0.5	1.5	1	2.5	4	0	1.5	2.5	4.5	6	2.5
85	-1	0.5	2	1.5	2.5	4	0	1.5	2.5	4.5	6	2.5
87.5	-1	0.5	2	1.5	3	4.5	0	1.5	2.5	4.5	6.5	2.5
90	-1	0.5	2	1.5	3	4.5	0	1.5	2.5	4.5	6.5	3
92.5	-1	0.5	2	2	3	4.5	0	1.5	3	4.5	6.5	3
95	-1	0.5	2	2	3.5	5	0	1.5	3	4.5	6.5	3
97.5	-1	1	2.5	2	3.5	5	0	1.5	3	4.5	6.5	3
100	-1	1	2.5	2.5	4	5.5	0	1.5	3	5	6.5	3
102.5	-0.5	1	2.5	2.5	4	6	0	1.5	3	5	7	3
105	-0.5	1	3	2.5	4.5	6	0	1.5	3	5	7	3
107.5	-0.5	1	3	3	4.5	6.5	0	1.5	3	5	7	3
110	-0.5	1.5	3	3	5	6.5	0	1.5	3	5	7	3.5
112.5	-0.5	1.5	3.5	3.5	5	7	0	1.5	3	5	7	3.5
115	0	1.5	3.5	3.5	5.5	7	0	1.5	3	5	7	3.5

Short or tall? Height adjustment (kg) — add to the total. Find the nearest body mass (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	152 cm	163 cm	173 cm	178 cm	183 cm	193 cm	Women	147 cm	152 cm	157 cm	163 cm	168 cm	178 cm
45	0	0	0	0	0	+0.5	45	0	0	0	0	0	0
55	0	0	0	0	0	+0.5	55	0	0	0	0	0	0
65	+0.5	0	0	0	0	0	65	0	0	0	0	0	0
75	+1	+0.5	0	0	0	0	75	+0.5	+0.5	0	0	-0.5	-0.5
85	+1	+0.5	+0.5	0	0	0	85	+1	+0.5	0	0	-0.5	-0.5
95	+1.5	+1	+0.5	0	0	-0.5	95	+1	+0.5	+0.5	0	-0.5	-1
105	+2.5	+1	+0.5	0	0	-0.5	105	+1.5	+1	+0.5	0	-0.5	-1
115	+3	+1.5	+0.5	0	0	-0.5	115	+1	+1	+0.5	0	-0.5	-1.5

Starting estimates only — the weight check decides. Build column = body at a normal breath + tank at 50 bar, for men at 178 cm and women at 163 cm; normal = body fat typical for that BMI (Deurenberg, age 30), lean / large = 8 points either side. Suit adder = skin area × thickness (at 170 cm); 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 (12.9 L, 237 bar), FRESH water (kg 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 50 bar). If checked with a FULL Steel HP100, add ~2.5 kg.

NOTE: After adding the pieces, round the FINAL total UP to the next whole kilogram and split it between the two weight pockets (e.g. 5.5 kg → 6 kg, 3 kg in each pocket; 7 kg → 3.5 kg each). A total of zero or less means no lead for now — confirm in the water.

Body mass (kg)	Men			Women			Exposure suit adder (kg) – added to build column					Salt water adder (kg)
	Lean	Normal	Large	Lean	Normal	Large	Dive skin	3 mm shortie	3 mm full	5 mm full	7 mm full	
45	-2	-1.5	-1	-1.5	-1	0	0	1	2	3.5	5	1.5
47.5	-2	-1.5	-1	-1.5	-1	0	0	1	2	3.5	5	1.5
50	-2.5	-1.5	-1	-1.5	-1	0	0	1	2	3.5	5	2
52.5	-2.5	-2	-1	-1.5	-1	0	0	1	2	3.5	5	2
55	-2.5	-2	-1	-1.5	-1	0	0	1	2	3.5	5	2
57.5	-3	-2	-1	-1.5	-1	0	0	1	2.5	4	5.5	2
60	-3	-2	-1	-1.5	-0.5	0	0	1.5	2.5	4	5.5	2
62.5	-3	-2	-1	-1.5	-0.5	0.5	0	1.5	2.5	4	5.5	2
65	-3	-2	-1	-1.5	-0.5	0.5	0	1.5	2.5	4	5.5	2
67.5	-3	-2	-1	-1.5	-0.5	0.5	0	1.5	2.5	4	5.5	2
70	-3	-2	-1	-1.5	-0.5	0.5	0	1.5	2.5	4	5.5	2.5
72.5	-3	-2	-1	-1.5	-0.5	1	0	1.5	2.5	4	6	2.5
75	-3.5	-2	-1	-1.5	0	1	0	1.5	2.5	4	6	2.5
77.5	-3.5	-2	-1	-1.5	0	1	0	1.5	2.5	4.5	6	2.5
80	-3.5	-2	-0.5	-1	0	1.5	0	1.5	2.5	4.5	6	2.5
82.5	-3.5	-2	-0.5	-1	0	1.5	0	1.5	2.5	4.5	6	2.5
85	-3.5	-2	-0.5	-1	0.5	1.5	0	1.5	2.5	4.5	6	2.5
87.5	-3.5	-2	-0.5	-1	0.5	2	0	1.5	2.5	4.5	6.5	2.5
90	-3.5	-2	-0.5	-0.5	0.5	2	0	1.5	2.5	4.5	6.5	3
92.5	-3	-1.5	-0.5	-0.5	1	2.5	0	1.5	3	4.5	6.5	3
95	-3	-1.5	0	-0.5	1	2.5	0	1.5	3	4.5	6.5	3
97.5	-3	-1.5	0	0	1.5	3	0	1.5	3	4.5	6.5	3
100	-3	-1.5	0	0	1.5	3	0	1.5	3	5	6.5	3
102.5	-3	-1.5	0.5	0	2	3.5	0	1.5	3	5	7	3
105	-3	-1	0.5	0.5	2	4	0	1.5	3	5	7	3
107.5	-3	-1	0.5	0.5	2.5	4	0	1.5	3	5	7	3
110	-2.5	-1	1	1	2.5	4.5	0	1.5	3	5	7	3.5
112.5	-2.5	-1	1	1	3	4.5	0	1.5	3	5	7	3.5
115	-2.5	-0.5	1	1.5	3	4.5	0	1.5	3	5	7	3.5

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	Men	152 cm	163 cm	173 cm	178 cm	183 cm	193 cm	Women	147 cm	152 cm	157 cm	163 cm	168 cm	178 cm
45		0	0	0	0	0	+0.5	45	0	0	0	0	0	0
55		0	0	0	0	0	+0.5	55	0	0	0	0	0	0
65		+0.5	0	0	0	0	0	65	0	0	0	0	0	0
75		+1	+0.5	0	0	0	0	75	+0.5	+0.5	0	0	-0.5	-0.5
85		+1	+0.5	+0.5	0	0	0	85	+1	+0.5	0	0	-0.5	-0.5
95		+1.5	+1	+0.5	0	0	-0.5	95	+1	+0.5	+0.5	0	-0.5	-1
105		+2.5	+1	+0.5	0	0	-0.5	105	+1.5	+1	+0.5	0	-0.5	-1
115		+3	+1.5	+0.5	0	0	-0.5	115	+1	+1	+0.5	0	-0.5	-1.5

Starting estimates only — the weight check decides. Build column = body at a normal breath + tank at 50 bar, for men at 178 cm and women at 163 cm; normal = body fat typical for that BMI (Deurenberg, age 30), lean / large = 8 points either side. Suit adder = skin area × thickness (at 170 cm); shortie = 55% of a full suit; hood, boots, gloves not included. scooba.com/weights computes each student's own row.