



Scuba Diving and Snorkeling For Dummies

John Newman

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For millions of Americans, diving offers the chance to get away from everyday life and enter a world of stunning natural beauty and fascinating complexity. And getting started is a breeze! Anyone can learn to dive safely and explore the world's wondrous oceans – all it takes is a little training and basic equipment.

Scuba Diving & Snorkeling For Dummies presents all the fundamentals for anyone interested in getting dive certified or just looking for good snorkeling while on vacation. Written by PADI-Certified diver John Newman, this friendly guide covers everything you need to know to:

- Get certified
- Plan a great diving trip
- Save money on equipment
- Dive or snorkel safely

This user-friendly guide starts by helping you evaluate your underwater skills and walking you step by step through a typical certification program. Once you're certified, it helps you pick a dive site, purchase and set up your equipment, and take care of any fears you might have. Then you'll discover what to expect on your first dive – from which creatures are dangerous to how to protect fragile sea life. *Scuba Diving & Snorkeling For Dummies* also covers these topics and more:

- Free diving
- Special breathing techniques
- Emergency procedures
- How to avoid the bends
- Handling dive anxiety
- The physics and chemistry of diving
- Staying healthy on dive trips
- Ocean ecosystems
- Rip tides and tidal waves
- Ten great dive destinations

In addition to beautiful full-color photography and all the information you need to plan a dive trip, the book also includes a handy appendix of dive organizations and publications, as well as a CD-ROM sampler from PADI (Professional Association of Diving Instructors). Whether you're a novice diver or an old hand, *Scuba Diving & Snorkeling For Dummies* is perfect for anyone who wants to see the beauty of the ocean from a fish's point of view.

Note: CD-ROM/DVD and other supplementary materials are not included as part of eBook file.

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