



Nitrox is the key. Due to the reduced fraction of nitrogen in your breathing gas, your body will have less work and the desaturation times will be reduced. Learn the pros and cons of nitrox, dive planning using nitrox and the practicalities of obtaining nitrox fills. After your academic & equipment review sessions, it's off to the water.

You will not need new equipment to use nitrox. The industry standard allows you to use up to 40% oxygen content without having oxygen cleaned equipment, with the exception of tanks. Tanks and valves must be marked for either premix up to 40% or cleaned in accordance with 100% oxygen standards.

[Nitrox flyer](#)