



## **FLYING OR DRIVING TO ALTITUDE AFTER DIVING**

If you complete the open water portion of the PADI Discover Scuba Diving experience, it is recommended you wait at least 12 hours before flying or driving to altitude. If you make more than one open water dive on the same day, or, dive over two or more days, wait at least 18 hours.



**TIME FOR  
THE QUIZ!**

(See Discover Scuba Diving Knowledge  
and Safety Review in the insert.)