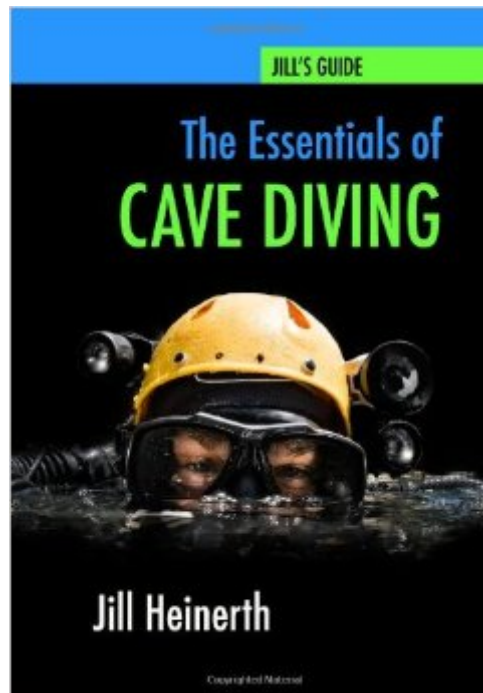




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# The Essentials Of Cave Diving: Jill Heinerth's Guide To Cave Diving



## Synopsis

Cave diving has been called the "most dangerous participatory sport" in the world. It doesn't have to be. With proper training, experience, and guidance, you can be a skilled cave diver, and enjoy this challenging and rewarding activity, for a lifetime. With decades of technical diving experience, including world record cave dives, and paradigm changing underwater exploration, Woman Divers Hall of Fame member Jill Heinerth, has created this full-color contemporary guidebook. Generously illustrated, "The Essentials of Cave Diving" contains practical, 21st century underwater knowledge, including sidemount techniques and the latest rebreather technology. Encompassing all levels of cave diving, from entry-level to expert, this manual is an essential tool; appropriate and relevant to all cave training disciplines.

## Book Information

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## Customer Reviews

A Cave Diver and prolific author, Jill Heinerth is an explorer. For over twenty years, her curiosity and photographic skills have given us a tantalizing peek at a breathtaking underwater world few will ever experience. Best known as a pioneering technical diver, Jill combines a mastery of underwater technology with a formal Fine Arts education to produce artistic documentation of the natural environment above, below and inside our planet. Jill's credits include National Geographic, Discovery, History Channel, Nippon TV, BBC, PBS and many others. Hollywood directors call on her to produce difficult underwater scenes and international magazines look to her to document extreme environments with digital technology. Jill is an inaugural member of the Women Divers Hall of Fame and has been acclaimed as a Living Legend in Sport Diver magazine. Ms. Heinerth is the

2011 winner of the Wyland ICON award, an honor she shares with such notables as Jacques Cousteau, Dr. Sylvia Earle and Robert Ballard. Born in Canada, Jill lives with her husband, Robert, in North Florida, where she starts most days with a refreshing swim in the clear water of her local spring.

Great book from what I, and I am sure many others, would consider a living legend in the sport. No one better that I can think of to learn from. Great service too, shipping was VERY quick! Hope to meet her one day, maybe even learn to Cave dive from her, again, why not go to one of the best in the field.

Jill is a legend in the cave-diving world and this user-friendly book is a wealth of information for any cave diving enthusiast.

I was told to read this by my friends, I really like the very clear and easy style of the writer.

Those who are not cave divers and those who do not know Jill, will be somewhat out of place keeping up with the plethora of information and jargon. Cave diving is a technical form of diving, as such has its own technical nomenclature. If one is not familiar with the sport, having never done it, I'm sure more questions will come from reading this book. This book should be a part of every cave divers personal library. After reading one comment, I felt it necessary to state the obvious to those who know, but maybe not so obvious to those who may not. No book or video can prepare someone for cave diving. There shouldn't be an expectation one could read this book and go out and cave dive, it doesn't work that way. As with most things, time and exposure to the people, places and the sport are what counts. As a full cave diver, who knows Jill personally, one cannot be in better hands in this sport. Her book is an excellent tool, not intended to replace actual training and hands on experience. Rick Brown

Finally a cave diving manual for the 21st century! Jill has done an outstanding job in presenting all the basics of this discipline in a friendly PADI-style book. The manual is very well illustrated and up to date, unlike most other cave diving books on the market which originate from the 80s and can easily intimidate newcomers to the sport. Everything that is essential for safe cave diving is well covered in the book. The style is light and welcoming. The only downside to this book is that it spends too many pages on mixed gas and deco theory, as well as rebreather diving. Most casual

cave divers (the intended audience of the book) use open-circuit equipment and don't run into heavy deco schedules. And should they decide to do mixed gas deco or rebreathers, then they would have to take a number of specialized courses which would provide the appropriate knowledge and literature. So, I hope that the second edition of the book cuts back on these sections and focuses more on the core cave diving techniques and procedures. Overall, I recommend this book as a great informative and entertaining read for cave diving students and veterans who are looking for a lightweight knowledge refresher.

The Essentials of Cave Diving is a must for the student cave diver and a refreshing tool for those of us who teach the discipline. I am retired from teaching but wish that Jill's book had been available for my students when I was teaching. . It is an excellent tool and damn good fun for us old troglodytes. The generous use of photos and graphics make it both more readable and inspiring. While I do not teach anymore I still explore caves and enjoy keeping up with my colleagues around the world. I see that Jill included some of them in photos. What is important with this book is that it is written by an experienced, very capable cave diver/explorer who lives what she writes about. Jim Bowden Founder and leader Proyecto de Buceo Espeleologico Mexico y America Central

Ms. Heinerth is an incredible author who knows how to work just enough humor in this treatise to make the reading enjoyable and very informing. As a diver working towards his Full Cave Certification, I would heartily recommend this book to anyone even considering moving into this incredible an dangerous world of Cave Diving!

The Essentials of Cave Diving. Jill Heinerth. Heinerth Productions, High Springs, Florida; 2010. ISBN 978-0-9798789-4-7. 7 by 10 inches, 200 pages, softbound. \$49.95. Jill Heinerth is a cave diver with worldwide experience, known especially for photography and rebreather use and training. This introductory book is heavily illustrated with many of her color photographs. It covers pretty much all the things one would expect, but there's a lot of variation in the depth of coverage. For example, there is quite a bit about oxygen toxicity, with several tables, but relatively little about decompression; perhaps it is assumed that everybody these days uses a dive computer that figures that out for you. There is a lot of rather scattered information about the use of closed-circuit rebreathers in cave diving, but if you don't already know what they are and how they work, it will be mysterious. A special section addresses women's issues, including, to my surprise, how they might use pee valves in dry suits. I didn't notice any errors that might get somebody killed, but then I'm no

expert. On the other hand, there are a lot of niggling little things that sap the reader's confidence. For example, kernmantle is a material (page 81). Two views of the same piece of gear are labeled as two different things (page 77). The Cave Diving Group of Great Britain was formed in 1935 (page 21) and 1946 (page 34). The extensive glossary defines a lot of terms that I don't think appear elsewhere in the book, but leaves some things undefined. I still haven't deciphered DSV (page 129). Some jargon may be familiar only to those who don't need the book. What is a guideline placement? Why do cave divers use "reference" as a verb? There isn't as much text as the size of the book suggests, because there are sidebars and wide margins. Some of the material is quite advanced, but still the overall style of the writing and the graphic design of the book make it look like it's intended for someone younger or dumber than any diver would want for a partner. I recommend it only for someone who has just a casual interest in what cave diving is all about and a high tolerance for bad grammar and punctuation.--Bill Mixon

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