

## The Canadian Skydiver's Gear Check Checklist

**Print this. Tape it to your gear bag. Share it with your friends.**

### The "Check of Threes"

#### 1. Three Handles

- Main deployment handle: Secure, accessible
- Cutaway handle: Properly seated, cable routed
- Reserve handle: Properly seated, cable routed

#### 2. Three Straps

- Chest strap: Routed, snug, ends stowed
- Leg straps: Routed, snug, ends stowed

#### 3. Three-Ring System

- Proper assembly: Small ring through middle, middle through large
- White loop: Intact, not frayed
- Yellow cable: Routed, not kinked
- RSL: Connected, routed correctly

### Additional Checks

- **AAD:** Turned on, calibrated, secure
- **Reserve pin and seal:** Seated, seal intact
- **Main pin and bridle:** Seated, bridle routed
- **Helmet and goggles:** Fit, secure
- **Altimeter:** Set, visible, functioning
- **Footwear:** Laced, secure, no open hooks
- **Empty pockets:** No loose items
- **Final buddy check:** Peer review of all above

**Remember:** If you're ever unsure, ask a rigger or experienced jumper. There are no stupid questions - only preventable accidents.

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