How long should you wait?
Flying shortly after diving can increase the likelihood for a diver to experience symptoms of DCS. Therefore, DAN’s safe diving and travel practices recommend a waiting period that varies in duration depending upon the type and intensity of the diving performed.

12+ Hours
Surface interval
Single day no-deco dive
Divers should wait a minimum of 12 hours to fly after performing a single no-decompression dive.

18+ Hours
Surface interval
Multi-day or repetitive no-deco dives
Divers should wait a minimum of 18 hours to fly after performing multi-day or repetitive dives.

24+ Hours
Surface interval
Mandatory deco dive
Divers should wait 24 or more hours to fly after diving involving compulsory decompression, or using heliox and trimix.

What are the symptoms of DCS?
The ability to quickly recognise the signs and symptoms of DCS is critical to minimising the long-term injury associated with the condition. If these or other symptoms present, a diver should avoid flying and seek medical attention immediately, then call DAN’s 24-hour Emergency Hotline for additional assistance.

- Musculoskeletal or joint pain
- Skin rashes, motling or swelling
- Tissue tenderness associated with skin manifestations
- Mild constitutional symptoms
- Numbness, tingling or muscular weakness
- Difficulty walking or loss of coordination
- Confusion or impairment of cognitive functions
- Vertigo or spinning sensation
- Chest pain or difficulty breathing
- Bladder or bowel dysfunction
- Tinnitus or hearing loss

These guidelines apply to divers who have no symptoms of decompression sickness (DCS) and will be flying at cabin altitudes of 610 to 2,438 metres (2,000-8,000 ft)

Note that longer surface intervals further reduce DCS risk.