



in association with

Pete Mesley's

Lust + Rust & SHOCK AWE
diving excursions
 BIG Animal Diving



BIG Animal Diving



COME AND DIVE TRUK LAGOON THE WAY IT'S MENT TO BE!

Wanting to Dive Truk Lagoon is by far one of the biggest wishes of most divers globally - yet why do so few divers ever get to this world class wreck diving destination?

No longer do serious diving enthusiasts want to be "led by the nose" by dive guides who limit depth, dive times and penetration opportunities to the least experienced diver, thus minimising most peoples diving satisfaction.



We have not only taken away a lot of the gear problems associated with technical diving in Truk Lagoon but also, with a little planning and organisation, match up the right people on the right boats. That way if you want to do a 4 hour runtime - you can!!!

These trips to Truk Lagoon are fast becoming one of the most popular ways to experience Diving Truk Lagoon!

We do all our diving through Blue Lagoon Dive and stay at the Blue Lagoon Resort. We work extremely closely with them so that you can enjoy extended dive times on these world class wrecks.

So if you are a diver that wants more out of your diving then you will feel right at home here.

With a **max of 6 people per boat and 1 Boat per wreck** we place people very carefully on boats that will be conducive to their level of training and experience (So if you are an experienced recreational diver you won't be put onto a technical divers boat and have to wait hours for them to surface!!!! - They will have their own boat and be focusing on deeper less accessible wrecks! for longer bottom times) It is this focus to detail that we pride ourselves on.



TRIP COSTS:

\$3495.00us (2021 Ex Truk)

Incl:

- 12 days diving, 24 dive pack,
- 13 nights accom (based on twin share),
- airport transfers,
- Truk dive permit

excl:

- O2 - \$0.06/litre,
- Helium - \$0.20/litre
- Sorb \$15/kg
- CCR cylinder rental - \$20/day per set





HISTORY OF TRUK



History of Islands

Truk's history of early Spanish domination was followed by German acquisition after the Spanish-American war about 1890, and then a Japanese mandate from the League of Nations upon Germany's defeat in 1918.

The Japanese era saw a great buildup of arms and bases in advance of a wide military blitz over the Western Pacific during WWII. The blitz was supplied heavily from facilities at Truk, where often more than 1,000 merchant and war ships moored in readiness for further deployment. Five airfields supporting close to 500 aircraft provided complete protection over Truk's Gibraltar-like facilities. A deep lagoon, high islands and circling barrier reef provided extensive natural protection. Patrol boats, torpedo boats, submarines, tugs, landing craft, gunboats and mine sweepers contributed to the final defenses and service needs to maintain this big base.

Truk was considered the most formidable of all Japanese strongholds in the Pacific. This

reputation caused an overconfident Truk command to relax their vigil against invasion, in spite of U.S. forces fast approaching from the East. Supplies from Japan had almost ceased, due to immense successes of U.S. submarines equipped with torpedoes that found their mark. Supply convoys receiving nearly 90% losses en route to Truk, deprived the garrison of food, fuel and new



armaments desperately required to maintain strength.

Truk Lagoon (Chuuk)

The correct name for Truk is Chuuk State, but it is best known as Truk Lagoon, and is part of the Caroline Islands in the heart of Micronesia. Situated 965 km South-East of Guam and 5400 km South-West of Hawaii, it's unique barrier reef encloses one of the largest lagoons in the world, 64

Truk Lagoon

- ✓ One of the Largest Lagoons in the world
- ✓ 64km in diameter
- ✓ 12 Major Volcanic Islands
- ✓ Over 20 Islets and Countless coral Cays and reefs

km in diameter at the widest point. This protected expanse is dotted with twelve major volcanic islands, over twenty islets and countless coral cays and reefs. This combination of an atoll-like barrier reef and scattered volcanic islands has led to Truk being known as an "almost atoll".

The lagoon hosts diverse marine life. Over 500 species of corals and close to 1000 fish species are known in these waters.



OPERATION

HAILSTONE



Some of the bloodiest battles of WWII were fought in Micronesia. On February 17th and 18th 1944, the US navy launched a devastating air attack on the Japanese Imperial Fleet situated inside the sheltered waters of Truk Lagoon. The assault was fifteen times more powerful than the Japanese attack on Pearl Harbour. Code-named "Operation Hailstone" the initial strike was made up of 72 fighters launched from five carriers.

When the smoke cleared, 15 Japanese naval ships, 6 tankers, 17 cargo ships, 25 American planes and 250 Japanese planes were lying on the bottom of the Lagoon. Subsequent air raids in April, May and June sunk more ships, and by the end of the war more than 60 destroyed vessels were on the Lagoon bed.

By early 1944, U.S. forces had amassed a huge armada of top line carriers, battleships, cruisers, destroyers and submarines for a major surprise sweep against Truk on **February 16th, 17th and 18th 1944**. This attack, coded "Operation Hailstone", caught the Japanese totally unaware, and led to one of the most successful U.S. engagements of WWII.

After a follow up attack in April, 1944, Truk was reduced to rubble with over 70 shipwrecks, 400 aircraft destroyed or sunk, and the menace of this big fortress removed forever.

U.S. forces declined engagement with the 40,000 troops at Truk, and after these attacks, starvation consumed many of the defenders before the eventual surrender of Japan late in 1945.

Water Temp: 30°C

VIZ: 15-30m



Where are we staying?

The Blue Lagoon Resort is located at the southern end of the island, approximately 7km out of the main town centre.



The newly refurbished resort is positioned amongst 14 acres of gardens shaded by palm trees. 54 rooms and 2 suites, each with private bathrooms, IDD telephones, TV, balcony or veranda are built in 2-story, low impact blocks, set along a white sandy beach with views out across historic Truk Lagoon.

There is also free internet access from the reception and restaurant areas. There are also phones in all the rooms. You can purchase a phone card and call home.

It also has a back up generator for the times when the town power goes out so no worries with charging batteries for cameras, torches etc.

Apart from diving, the resort offers sea kayak rentals, fishing & boat excursions, a restaurant and choice of inside & outside bar land tours of Weno. A gift shop caters for those everyday items you may have left at home! For those who like to keep in

touch with the outside world there is a fax & email service.

Blue Lagoon Restaurant

The restaurant offers the largest choice of western, local & Asian cuisine in truk, seafood being, of course, a speciality. You will be pleasantly surprised at the menu!

Spacious Rooms!!

All rooms have Ocean Views, air-conditioning, en suite toilet and Shower/Bath.
All beds are doubles!
All have balconies with stunning evening



1 boat/wreck
6 divers/boat



BLUE LAGOON

DIVE RESORT



DIVE SHOP



Welcome to BLDS!



No more than 4-6 Tech Divers Per Boat



2 x Haskel Booster pumps



Specific CCR storage areas



12 Boats in the Fleet

Water Temp: 30°C
VIZ: 15-30m



Our Latest O2 Generation Plant!



Loads of space to gear up!



4 x HP High capacity Compressors



THE DIVING



Water Temp: 30°C

VIZ: 15-30m



One of the distinct advantages of coming on this trip with us is that you get to plan our own dive times (within reason of course) and also choose the dive sites (obviously weather pending).

What will happen is that we will discuss the next days diving the night before and decide which boats go where. There are over 60 wreck sites so I don't think that you will get bored. There will be a sheet of all the wreck sites so you can at a glance see which ones you have already done and then you can look at the ones you want to do next!! Believe me all the wrecks start all sounding the same (morning Maru and afternoon Maru).

We plan to have only one boat on each wreck at a time so 6 divers have 500foot wrecks to themselves! Sometimes someone might want to dive a wreck again. No problems. We will try and sort it out. Remember the key is flexibility! We will do everything in our power to ensure that everyone is catered for. But again be patient.

General plan is to do a deep dive in the morning. Now each boat and teams will work out their own dive plan and run time. If you want to be in the water for 200 minutes, we will plan for it. Most of the deeper stuff is to the east of Uman, fefan and Dublon islands (look at map Below). The Blue lagoon resort is at the southern point of Moen island so its not that far – say 15-20 minutes in the boats. Head back to the resort for lunch, charge the batteries and then head out for a shallow dive in the afternoon round the 18-30m mark. But again if you head out later and do a long dive you wont have time in the afternoon for another dive. So planning is the key.



Decompression Procedures

With small teams and max depths is round the 65m mark but most of the time you will be multi levelling from 35-60m range.



Hoki Maru

The key here is not to change the way you conduct your diving operations. Here are a few recommendations of what we have found to work pretty well.

It is our recommendation to take this as a team approach to diving these wrecks. Each diver will have a bottom trimix (normally 16/45) but again if you want specific different mixes let us know and we can accommodate you.

If you can plug your Stage Trimix into your CCR this will really make a lot of sense. Because of the expense and difficulty in obtaining Helium only using what you need on the deep dives will extend the life of your gas on the trip. For afternoon dives you can simply plug back into your back (air) DIL.

There is another option of hiring a second DIL tank for Trimix. That way you can just top it up with the premixed Tmx for the next days deep diving and use the AIR DIL in the afternoon dives. There are limited tanks for this so it will be a first come first served basis.

For Bailout what has worked really well is to have the first team dump a Deco50 mix on the bottom of the shot line and last team brings it up. We also have another 2 x 50mixes and O2 on the line. So if someone has to bailout all they need to do is get back to the shot line, pick up the 50mix and do their O/C bailout.

Some people prefer to carry all their own bailout gas. Again, if you want to do this, we will just plan for it and make sure that you have all relevant gear.

Your Personal Dive Gear

Please try and be as self sufficient as you can when it comes to your personal gear. Truk does not have a stocked dive shop so it is worth bringing your own spares. We have a comprehensive tool kit for the inspiration rebreather so you don't have to worry about tools. There is a comprehensive workshop there too which has all general tools.

Here is a list of gear on top of your basic set up.

- Deco Marker boy/Reel
- At least 2 primary lights
- 2 deco reg sets
- Full length suit (for abrasion protection)
- Gloves

For CCR Divers



Its really important to be as self sufficient as you can. Batteries, Cells, specific tools etc etc.

Penetration

Some of the most fun stuff I have ever done has been in Truk. If you like sticking your head into holes then you are going to love this place. When there are rust stalagmites on the hand rails you know not too many people have been in there!!! Only a handful of people have ever properly penetrated these wrecks, so you are going to have a ball.

But again take it easy and dive conservatively. If you don't possess the skills and training to conduct advanced penetration dives then I would strongly recommend that you get trained before you go. It will make a world of difference.

The guides take you on numerous "trust me" dives and all are pretty conservative dives, but to be in control of where you are and responsible for making decisions on direction and exit strategies it is

strongly suggested you get the right training.

We have laminated wreck schematics and details of all the ships and a copy of Dan Baileys WWII wrecks of Truk Lagoon as a reference for people to use. This book will be shared around. It is recommend that you get a personal copy before the trip. It will really get you into the feel of what you will be diving.

Diving Rules

When it comes to diver safety we take this very seriously. We plan as much as we can on having a safe, fun trip. If people are unsafe in their diving practices and jeopardise the safety of themselves and their fellow divers then we reserve the right to cease all diving activities of that person.

For obvious reasons people can only dive to their training and experience limits. Meaning, if you are only trained to 40m NDL on a breather you will not be able to undergo decompression operations on your breather. There is a release form that you will need to initial and sign which covers all this. Each dive team will do their own dive plan. All you need to do is tell the boatman how long you will be in the water for. There will be diver check off sheet to write the times on. If you plan for a 100 minute dive – then stipulate 100mins. You can get out earlier, but not later. This is really important for diver safety ensuring that if someone is in trouble the boat wont be waiting hours for someone to surface.



Shinkoku Maru

All Truk wrecks are protected by law and anyone caught with artefacts will not only be banned from diving, but will also be prosecuted. The great thing is that you will see artefacts strewn all over these fantastic wrecks. If someone took a piece of porcelain off the wreck, soon it will just be an empty shell. So please respect this. Get a camera and take loads of pictures!



Amagisan Maru

What are the risks on a trip like this?

Luckily Truk is not as isolated as a lot of dive destinations. But it does come with its risks.

A lot of the diving that is being done is extended decompression diving and it is for this reason why we bring a Hyperbaric Physician with us on all our trips. Not just diving emergencies but also medical ones too. We also have a comprehensive medical emergency kit (we can't take your appendix out but will have the gear to attend to fairly large medical emergency or the smaller ones that can easily become large problems if unattended)

So with this in mind you really need to pay special attention to looking after yourself. If you are in question about your health or have special needs, you need to talk to your physician very carefully.

Safety is our Highest priority!

This goes without saying. On all L4R Trips we have medical personnel onboard along with an extensive emergency medical kit.

There is a recompression chamber in the local hospital a short drive from the resort. It is assumed that everyone is fit medically and it is your responsibility to contact us if you don't feel right after diving. Our Hyperbaric Physician on the trip will be there to offer assistance for all diving and non diving related medical emergencies. The medical facilities are **very** limited so please take this into account before doing something crazy!. Please understand that when we mean limited it really is Basic. So I would recommend that you bring any personal medicines you require. To ensure your health and safety is our highest priority. . We have an extensive emergency medical kit for basic medical needs cuts, etc etc. This will cover most basic emergencies but obviously there are limitations to what we can do. We would strongly recommend cold and flu tablets and ear medication (swimmers ear is very common).



San Francisco Maru

Once you sign up for the trip we will send you a comprehensive medical brief to help assist you in preparing yourself for the trip.

Dive Medical Insurance

DAN insurance is MANDATORY! Please make sure that the policy covers your deepest depths you are going to be diving. We also strongly recommend travel insurance. You would be really lost without it.

If you are not familiar with the DAN insurance check out their site www.diversalernetnetwork.org

Having a chamber in Truk does not issue us all with a "get out of jail" free card!

The medical personnel we bring with us are all acting in a "Samaritan" role so it will be totally your decision to get treated onsite or we can arrange for an evacuation if you are not happy with being treated in Truk.



Fujisan Maru

We are all out for a great, safe time and as long as people don't abuse safe diving practices and the rules set forth for such trips we will have a great time.

How many dives will we do?

We will be diving for 12 whole days whilst in Truk.

What normally happens is that we do two dives a day. First dive in the morning normally starts round 8:30am and will be one of the deeper wrecks. Afternoon dives normally start round 2pm. This gives everyone a good surface interval and long dive. For recreational diving groups we can arrange more diving opportunities in each day if you want them.

What about runtimes?

Dive planning is left to you. There are no restrictions in run times (within reason!!). The thing that we take very seriously is safety, so please consider your dive times conservatively.



Shinkoku Maru



WORLD CLASS AQUATIC LIFE



Dive Equipment

Your trip fees include the use of 2 x tanks (11.6l ali) for bottom and deco gas, weight belt and weights if you need them. We have also provided breather tanks (this is at a surcharge of us\$20 a day for 2 breather tanks = us\$240 for the trip). This is payable to Pete and you can pay cash for this when you meet him at truck). We have 80 deco stage clip set ups so no need to bring your own. You will need to pay for the gas you use, Helium is \$0.20 per litre, and Oxygen \$0.06 per litre

We have also shipped adequate sorb out based on what people have specified they need for their diving.

Sorb will be on a pay as you go basis. The sorb will be stored in the shop so it will be based on the honesty system where if you take a tub just put your name down and settle the bill (directly to Pete and not the shop) at the end of the trip.

Exposure protection

It is our recommendation that you bring a FULL length suit. 2mm or Fourth element thermocline gear. You will need the full length suit for scratch and abrasion protection. A scratch turns into a septic mess if untreated in the tropics and seeing you will be wet a lot of the time it doesn't give your wounds time to heal properly, so if you protect yourself that is much better than having this festering mess on your body causing discomfort!!!

Also bring some silk socks or Fourth Element thermocline socks to put under your booties. This will prevent rubbing and blisters forming.

Language

Everyone speaks English but if you learn a few local phrases, you'll probably get a big smile in return!

Climate

Everyone wants to go at the "best time". But these days everything is changing so much. This is what to expect on a tropical dive holiday. Expect blistering, hot, oily calm days. But you will also experience rain squalls and windy choppy conditions. In short, its the tropics! A good recommendation would be to bring a light waterproof jacket - and plenty of sunblock!

Currency

The currency in Chuuk is the US dollar. Major credit cards and travellers checks are also widely accepted. There is a bank in

the town. If you don't want to carry cash you can take travellers cheques.

There is no ATM in Truk Town so:

- If from outside US, take some money in traveller cheques
- take some cash to pay for your Sorb and CCR tank hire
- Book up all your food and drinks at hotel to your room and pay for it on your credit card



The resort provides 110 volt/60 cycle electricity with the U.S. type flat 2-pin plug or 3-pin (two flat pins and a rounded ground pin pictured above).

220V electricity is available in the dive shop and also at the front desk of the resort. Have a good look at your charger requirements you will probably find that their input is from 100-240 volts and be ok for the trip. You will need adaptors. What I did last time was brought a multibox with me so I only needed one adaptor and everything else just plugged into the multibox! This proved to be invaluable.

What to wear

Dress is casual, shorts and t-shirts are widely acceptable on the resort grounds and of course on the dive boats! **For women**, it is considered offensive to wear skimpy clothing that do not cover up the hips so local custom is to wear a skirt or wrap to cover the thighs when away from the resort.

What to bring

In our tropical climate, you will want protection from the sun - sunscreen and hats. The Blue Lagoon Resort has a gift shop and you can find items such as toothpaste and other of those easily forgotten items there or in some of the small stores around the island. The resort provides towels for diving too.

Airport Departure Fees

The airport departure fee is \$30. This has to be paid at the airport so make sure you have \$30us cash left

Last Note from Pete

I hope that I have answered most of your questions but if you have any other queries about this trip please don't hesitate to contact us.

I really look forward to diving with you and making your Truk Lagoon experience a memorable one.



THE DEEP WRECKS



Fujisan Maru



San Francisco Maru



Aikoku Maru



Nagano Maru



Katsuragisan Maru



Oite Destroyer

22 deep wrecks
Waiting to be
Explored!



Amagisan Maru



Hokuyo Maru

40 MI AND SHALLOWER



Suzuki



Hoki Maru

60% of all Wrecks in Truk Are within REC Limits!!



Shinkoku Maru



Kiyosumi Maru



Nippo Maru



Kensho Maru



Rio De Janeiro Maru



Momokawa Maru

About Lust4Rust & Shock&Awe Big Animal Diving

Pete Mesley is the driving force behind Lust4Rust & Shock&Awe Big Animal Diving.

"I started specialising in rebreather and technical diving trips about 15 years ago, shortly after I went on a diving holiday with my breather and couldn't get any assistance or support from the dive operator. On top of that, dive times were limited to 30-50min and the person that I was paired up with had done 10 dives in 4 years. This was not the way I had wanted to spend my diving holiday! So I did something about it - and started Lust4Rust & Shock&Awe Big Animal Diving .

So ever since then I have been focusing on producing quality dive trips globally, focusing on taking experienced divers to some of the best dive locations on the planet! We have a massive inventory of support equipment in many locations (Truk Lagoon, Bikini Atoll etc etc), Rebreather tanks, deco tanks, boosters, Helium, Sorb, Manifoldded twins etc. All to reduce the hassles of transporting them to your L4R diving destination.

Safety is of the utmost importance so on all our specialised trips we take a diving physician and a comprehensive medic kit, for everyones peace of mind.

Experience in the Diving Industry

Pete's passion for diving started in the cold English waters over 25 years ago. This is where his "Lust for Rust" was created and from then onwards he has dedicated himself to researching, finding, diving, photographing and leading expeditions to wreck diving meccas! With over 6000 + hours in-water experience spanning over 26 different countries, Pete has made diving a full time occupation.

2013 Oztek Technical Diving Conference in Sydney Australia for "Exceptional Contributions to the Growth and Development of Technical Diving"
Member of the coveted explorers club.

Partnering with Dark Horizon Diving

Lust4Rust Dive Excursions has long a growing relationship with Dark Horizon Diving Bringing you the very best service available. Pete and Yvonne are totally dedicated to making your trip a memorable one.



Pete and Yvonne Truk Lagoon



Port Kembla, WWI wreck found in 2006



Oztek award 2013 presented by friend and frequent doctor on L4R trips Simon Mitchell




Nat Geo Britannic Expedition 2009




Leigh Bishop, a Truk Lagoon L4R Veteran!

TESTIMONIALS



We thoroughly enjoyed our Lust for Rust, adventure. We were very impressed with Pete's organizational abilities, attention to detail and commitment to diver safety.


Lynn Partridge
SHEARWATER RESEARCH INC.



"I cannot imagine there is a better way to do these complex trips. Pete makes it so easy to get the most out of diving the wrecks.

The most "can do" guy on the planet. Job done!"

Professor Simon Mitchell



"Pete has turned customer care, service and quality into an art form. When it comes to technical expeditions, Pete is simply unrivalled."

Paul Toomer
RAID Director