Using the Fiber Optic Cable with Nano, Remora and Sea & Sea Strobes

The Nano, Remora and Sea & Sea strobes are capable of synchronizing with the camera's internal flash without a fiber optic cable in most diving conditions. They feature a slave sensor that triggers the strobe to fire along with the camera's internal flash, as long as the strobe and the camera are positioned on the same axis.

The fiber optic cable, however, ensures the best synchronization between the camera's internal flash and the external strobe in all angles and in various diving conditions.

Step 1 - Attaching the Fiber Optic Cable to the Nano, Remora or Sea & Sea Strobe

a) The fiber optic cable consists of two ends: One is attached to a white plastic fitting (flat white plastic at the end of the cable with Allen screw inside), and the other is loose (figure A).
Insert the exposed end of the fiber optic cable (the end without the fitting) into the small hole of the adaptor unit until the fiber optic cable reaches the end of the adaptor.

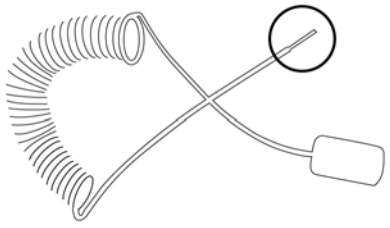

Figure A

Fiber Optic Cable

b) Use the tool you have received with your fiber optic cable kit in order to tighten the screw on the adaptor. Tighten it enough to stabilize the fiber optic cable inside the adaptor, but don't tighten it too strongly. **Tightening the screw too much might damage the fiber optic cable.**

c) Carefully but firmly insert the black adaptor inside the proper fitting in front of the strobe's slave sensor.

- Sea & Sea Strobes- Insert the adaptor into the bottom grommet on the strobe, right beneath the strobe's bulb, so that the adaptor's screw doesn't get in its way. Insert it all the way to the end, and do not force once you encounter any resistance (figure B).
- Nano Flash- Install the black and clear plastic diffuser cover on the Nano Flash Housing, if it isn't already assembled. Insert the black adaptor inside the lower right grommet (the one with the wider hole) of the black diffuser cover, so that the adaptor's screw doesn't get in its way. Insert it all the way to the end, and do not force once you encounter any resistance (figure C).
- Remora Flash- Insert the adaptor into the slave sensor cap, which is positioned at the bottom of the flash, so that the adaptor's screw doesn't get in its way. Insert it all the way to the end, and do not force once you encounter any resistance (figure D).

Figure B

Sea & Sea Strobe

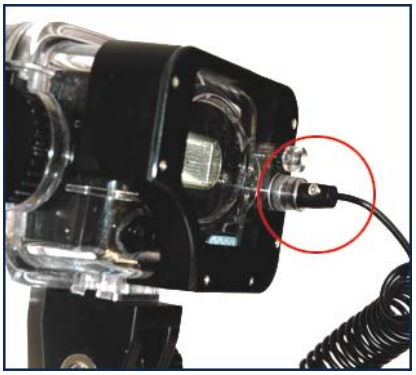

Figure C

Nano Flash

Figure D

Remora Flash

Step 2 – Attaching the Fiber Optic Cable to the Camera Housing

a) The other end of the fiber optic cable attaches to the outside of the camera housing - opposite the camera's internal flash - by using both sides of the Velcro strip included in the kit. The white plastic fitting normally comes with the Velcro tape attached and therefore you are only required to apply the other side of the Velcro strip on the housing to receive it (figures E and F). If your housing features a built-in flash diffuser, the Velcro strip should be attached beneath it, directly to the housing. If possible, place the Velcro strip between the built in flash diffuser and the housing, positioned opposite the internal flash of the camera.

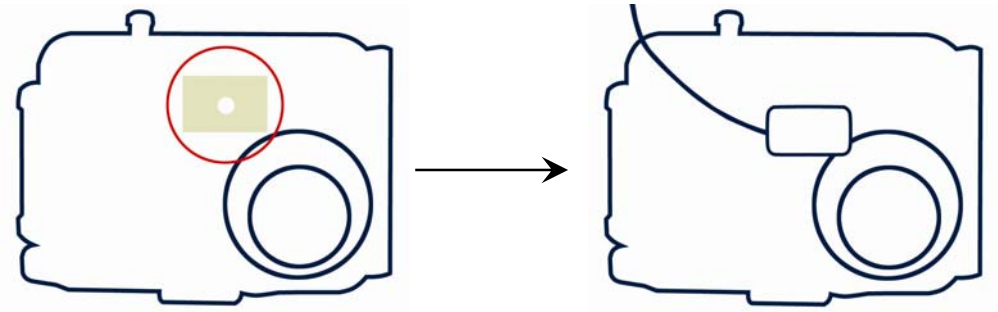

Figure E
Apply Velcro Strip on Housing

Figure F
Attach Fiber Optic Cable

b) It is preferable to totally block out the internal flash of the camera after attaching the camera side of the cable by putting black electrical tape over the fiber optic connector attached to the housing case. This effectively achieves two things: it diminishes the effects of backscatter, as well as avoiding any shadowing effect while using wide angle or macro accessory lenses. Removing the built-in flash diffuser will have no affect on lighting.

c) Follow the instructions on your Nano, Remora or Sea & Sea strobe manual in order to synchronize your camera with the external strobe. Please note that different digital cameras have different pre-flash and flash characteristics, which are compatible with different strobe modes. It is always a good idea to test the synchronization when photographing opposite a mirror. In this case both flash units (the camera and the slave) should be illuminated when viewing the results of the test shot taken.

Note:

In some cases, after using the fiber optic cable frequently or for a long period, you might encounter a decrease in performance. You can easily solve this problem by cutting 1 cm/0.3 inch off the fiber optic cable's ends, using a sharp tool and performing a very straight angled cut. This way you remove any worn ends, and expose a new portion of the cable.

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