

**EQUIPMENT LIST FOR
WILDERNESS FIRST RESPONDER
PARTICIPANTS**

You should plan to wear or have with you clothing that will be appropriate to the season and location where you will be taking your course. We will likely be spending a significant portion of the class time out-of-doors. If you have questions regarding the usual weather where your course will be held, please contact the sponsor or consult an on-line weather resource. The following list is to SUPPLEMENT the clothing you will be wearing.

NECESSARY ITEMS

Raingear / wind layer tops and bottoms

Layers of clothing (so you can take a layer off if you are hot/put one on if you are cold and also to use in the building of splints)

Hat - warm, not made of cotton

Mitten or gloves if it will be cold out

Backpack to put everything in

Water bottles (1qt or 1 liter) for drinking water

Footwear for the environment (close-toed shoes for being outdoors/sandals are OK for inside)

HELPFUL ITEMS TO BRING

Ground cloth or small tarp (6X4 sheet of plastic is fine)

Sleeping pad (ensolite, ridgerest, thermarest)

Bandanas or cravats of any kind

A personal first aid kit that you are likely to carry with you in the backcountry

Trekking pole(s)