



EQUIPMENT LIST FOR WILDERNESS FIRST AID 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. Weather permitting; we will be spending a significant portion of the class time out-of-doors.

The following list is to SUPPLEMENT the clothing you will be wearing.

NECESSARY ITEMS

- Notebook and pen / pencil
- Daypack or small backpack
- Raingear tops and bottoms
- Layers of clothing (so you can take a layer off if you are hot/put one on if you are cold)
- Hat - warm, not made of cotton
- Mittens or gloves
- Reusable water bottles (1qt or 1 liter) for drinking water
- Footwear for the environment (Closed-toe shoes for being outdoors- sandals are only acceptable for indoor activity.)

HELPFUL ITEMS TO BRING

- Ground cloth or small tarp (6X4 sheet of plastic is fine)
- Sleeping pad (eg: ensolite, ridgerest, thermarest)
- Bandanas
- Parachute cord

*The SOLO WFA course can be used to recertify a SOLO WFR. Please notify the person doing registrations if you have a SOLO WFR and will be using this course to recerti