

Wilderness First Aid Course – Gear List (Spring/Fall)

Ten Essentials *[recommended]*

- First aid kit: wraps, gauze pads, tape, alcohol wipes, triangular bandage, scissors, gloves, resuscitation barrier device, adhesive bandages, aspirin
- Pocketknife/Multitool
- Rain gear
- Water bottle(s)
- Flashlight/ Headlamp
- Sun protection
- Matches and fire starters *[optional for this course]*
- Map and compass *[optional for this course]*
- Whistle *[optional for this course]*
- Toilet paper *[optional for this course]*

Seasonal Clothing (besides what you're wearing) *[recommended]*

- Warm long-sleeve shirt
- Extra pants
- Lightweight fleece jacket/sweater
- Sweater, sweatshirt, or heavy fleece
- Warm hat
- Gloves or mittens *[optional for this course]*
- Two extra pairs of heavy socks *[optional for this course]*
- Hiking boots [or other sturdy footwear] *[optional for this course]*

Pack & Sleeping Gear *[recommended]*

- Backpack or day pack
- Sleeping bag (20 °F Recommended)
- Mattress Pad (or a warm wool blanket)

Personal Extras *[recommended]*

- Duct tape
- Extra trash bags
- Watch
- Camera
- Notebook & pen/pencil
- Sunglasses
- Hiking poles

Mess Kit *[optional for this course]*

- Spoon/Spork (spoon with tines)
- Bowl, Cup

Toiletries *[optional for this course]*

- Soap
- Toothbrush/ Toothpaste
- Washcloth & Towel

To share with a friend... *[optional for this course]*

- Tent
- Water purification/filter
- Stove & Fuel, Cook kit
- Trowel

This list is intended to show you some of the articles you may wish to have with you during the course. It also is a somewhat typical list of items taken on actual backpacking trips. However, you are encouraged to develop your own list(s) for different types of trips and seasons.

You will notice that items are marked recommended (highly recommended that you bring them), or marked optional for this course (you would normally have this item on a backpacking trek, but it will probably not come in handy during this course). Do not buy items you do not already have, but share with team members.