EQUIPMENT LIST FOR
WILDERNESS FIRST AID/ WFR RECERTIFICATION* PARTICIPANTS

You should plan to have clothing that will be appropriate to the season for where and when you will be taking the class. 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. If you have questions regarding the usual weather where your course will be held, please contact the sponsor. *Please note, we use moulage throughout the training that can stain some clothing, therefore, you may want to bring older or darker clothing to wear for scenarios.*

NECESSARY ITEMS

Backpack or knapsack to put everything in

Raingear (tops and bottoms – waterproof versus water resistant)

Layers of clothing (to keep yourself regulated by adding on or removing layers)

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

Footwear for the environment (closed-toed shoes for outdoors/sandals are OK for inside, no Five Fingers^{tm} shoes please)

Please bring the following items in addition to the list above if you are taking a course in the winter or in an area with frequent cold weather/snow.

Warm hat (**not** made of cotton, which loses its ability to hold heat if wet)

Mittens or gloves

Extra pair of warm socks (to change into if the ones you are wearing get soaked)

HELPFUL ITEMS TO BRING

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

Bandanas/Cravats of any kind

*Please note: If you are a WFR Recert, please notify the sponsoring agency ahead of time. This course will recertify *current* SOLO, WMA, or WMI/NOLS WFR certifications. If you are a WMA or WMI/NOLS student, you will be switching to a SOLO certification. You must bring copies of your current WFR and CPR certification cards. **There is an additional $15 recertification fee.**

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