



### Wilderness First Responder (WFR) Gear List

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 outdoors. The following list is to SUPPLEMENT the clothing you will be wearing and is to be considered a minimum. You are free to supplement it with anything else you would normally carry. You will be using your equipment to provide care, build splints, and to keep yourself and OTHERS warm.

A gear check will occur during the WFR course, so please be sure to have the required items listed and use them during the training.

#### **Required: The following items should be packed for each class**

- Pack to put everything in
- Snow gear or Raingear tops and Bottoms (no ponchos, water proof versus water resistant)
- A Warm Hat (synthetic\* or wool)
- 1 Pair Warm Gloves or Mittens (synthetic\* or wool)
- Long Underwear Tops and Bottoms/Base layers (synthetic\* or wool)
- Warm Top and Bottom Layer (synthetic\* or wool)
- Extra Pair Warm socks (synthetic\* or wool)
- 1 Water Bottle (1 liter/quart or larger)
- Hiking boots, Winter boots or Sturdy Hiking Shoes
- Notebook with Pen/Pencil (recommend 'rite-in-the-rain' type of waterproof notepad)
- Food to get through long training days, i.e. snacks

\*Polyester or Polypropylene (Capilene, Dri-Clime, etc.) We do not recommend cotton which loses its ability to hold heat if wet.

#### **Highly Recommended:**

- Watch with Second Hand (or digital with seconds)
- Headlamp or Flashlight (in-season, don't forget extra batteries)
- Pocket Knife
- Insect Repellent (in season)
- Sunglasses and Sunscreen (in season)
- 40 feet Small Diameter Cord (parachute cord is fine)
- Sleeping Pad (Ensolite, Thermarest, Ridgerest, etc.)
- 10' X 10' 4-6 mil Plastic Tarp (for shelter building)
- Bandanas/Cravats of any kind
- Small First Aid Kit