

Wilderness and Remote First-Aid Course PACKING LIST

The purpose of this course is to help you on your adventure. Pack for the course the way you would if you were going on an overnight adventure. If you are a canoeist, then pack as you would for a canoe trip. If you are a hiker, then a hiking trip.

BASIC CAMPING GEAR:

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|---|--|
| <input type="checkbox"/> tent | <input type="checkbox"/> ropes |
| <input type="checkbox"/> sleeping bags | <input type="checkbox"/> lighter/matches |
| <input type="checkbox"/> foamie/therma-rests | <input type="checkbox"/> tarp |
| <input type="checkbox"/> first aid kit* | <input type="checkbox"/> water bottle |
| <input type="checkbox"/> petzel (headlamp)/flashlight | <input type="checkbox"/> water system, filtration/chemical |
| <input type="checkbox"/> repair kit | <input type="checkbox"/> toilet paper |
| <input type="checkbox"/> saw | |

CLOTHES and PERSONAL

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|---|---|
| <input type="checkbox"/> socks | <input type="checkbox"/> sunscreen |
| <input type="checkbox"/> T-shirts | <input type="checkbox"/> sun hat |
| <input type="checkbox"/> underwear | <input type="checkbox"/> long sleeve dress shirt (1) |
| <input type="checkbox"/> shorts/swim suit | <input type="checkbox"/> lip balm |
| <input type="checkbox"/> pants (not jeans!) | <input type="checkbox"/> toothbrush |
| <input type="checkbox"/> long sleeve t shirt/turtle neck | <input type="checkbox"/> towel |
| <input type="checkbox"/> long johns - go for polypropylene | <input type="checkbox"/> gloves |
| <input type="checkbox"/> sweater (fleece or wool are good) | <input type="checkbox"/> toque |
| <input type="checkbox"/> Windshell/Gore-tex jacket/raincoat | <input type="checkbox"/> small flashlight or headlamp |
| <input type="checkbox"/> snack | <input type="checkbox"/> camera & film |

*you will not need to use your first-aid kit, demo kits will be provided on the course, but we will have a show and tell if you would like to participate.

Feel free to bring anything which you think you need in a first-aid scenario.