



Packing List

Wilderness First Responder Course Wilderness Medical Training Center and Outward Bound California

Required Course Clothing & Equipment

- Clothing for scenarios which can be cut to access wounds or cut off of you for scenarios:
 - 2 - t-shirts
 - 2 - long sleeved shirts
 - 2 - pair of long pants
 - One pair of heavy socks
 - Students must wear underwear or swimsuit and jog bras for women.
 - DO NOT short this list! ALL the listed clothing IS REQUIRED for effective practice during simulations and labs. Clothing can usually be purchased cheaply through Goodwill, Salvation Army, local thrift store, church, yard sale or secondhand stores. Ask clerk for rejects and throw-away clothing).
- Warm clothing for daily outside simulations: **Waterproof- top & bottoms**, fleece jackets, long underwear - top and bottoms, watch (not your cell phone), **waterproof hiking boots**, warm hat, gloves, water bottle, **headlamp**, large daypack. If you have older outdoor equipment and clothes bring them - or stop by Goodwill. You may have fake blood, mud, dirt and sand ground into any of the clothes you wear.
- Please bring a **water bottle** and **hot drink mug** to be sustainable and stay healthy.
- Extra pair of shoes for indoors or slipper to keep the mud out of the building and dry feet are happy feet
- Writing utensils and notebook

Optional

- Colored pencils or markers can be helpful for taking notes during anatomy lessons
- Thermos

Required Camping Equipment

- Sleeping bag and/or linens and blankets
- Towel and toiletries
- Personal food and snacks