

## NOLS Rescue Gear Checklist

We will try to be outdoors as much as possible, regardless of the weather. Please dress appropriately for the weather, and to be comfortable both in and outdoors at any time during your course.

**\*\*Personal Protective Equipment (PPE):** cloth mask/s, one per day; safety glasses or goggles; gloves; hand sanitizer. If you arrive without these items we will provide them on site.

Required: *(These items should be packed and ready to go for mock rescues throughout class times, and at any moment.)*

- Notebook and pencil or pen
- Watch with second hand or digital second
- Sunglasses and hat
- Water bottle
- Headlamp
- Light day pack
- Waterproof outerwear top and bottom
- Light hiking boots or sturdy shoes
- Clothing layers that allow you to be comfortable in a variety of weather conditions
- Slippers or comfortable shoes for classroom time (optional)!
- Camp chair (e.g., Crazy Creek) for classroom time (optional)

In addition: If you participate in gear intensive activities (paddling, climbing, etc.) feel free to bring your gear / what you would normally have with you. The more you practice with what you would actually have on hand, the better your patient care in an actual emergency.

Optional: *(Consider acquiring these items over time.)*

Bivy kit - Stuff sack containing:

- Warm hat, additional
- 2 garbage bags
- Whistle
- Plumber's candles / candle lantern
- Lighters / waterproof matches
- Metal water cup
- 60' p-cord / nylon cordage
- 10' x 10' plastic sheeting
- Compass
- Extra wool socks