



## NCOEMS EMT Intensive - Gear List

\*\* All students are required to utilize PPE throughout their course duration, both in class and after class hours.

Bring: Minimum of 3 cloth masks. Safety glasses. Hand sanitizer.

### Upstream Campus Information

If you are staying on the property, camping in your vehicle, tent area, or the bunkhouses:

Tent, tarp, or sleeping system

Sleeping bag, pillow

Personal sleeping and living gear

Sheet to cover mattress (twin fitted or loose sheet to tuck in)

Outdoor shoes (shoes are mandatory at all times!)

Head lamp for night travel on trails

Towel and shower shoes

Cash for laundry, groceries, etc.

Sunscreen

### Classroom:

Notebook, pens, 2 #2 pencils (for testing)

Pocket notebook (for scenarios and clinicals)

Crazy Creek chair if you don't want to sit at a table

Indoor shoes or slippers (shoes are mandatory at all times!)

2-3 sets of old, beater clothing that can be completely destroyed with shears and moulage (stage blood and makeup)

Full rain gear - tops and bottoms. And seasonally appropriate clothing - you will be in and out regardless of the weather, and need rapid transitions for time management.

### Clinical Visits:

Closed-toed shoes in good condition

NEW running shoes or Crocs for ER

Brown or black boots for EMS

NO heels, sandals, hiking boots, or old athletic shoes

White or navy T-shirt to wear under clinical top

Clinical Top (you will receive this on the first day of class)

Clean navy or black dress pants or chinos, with belt, no rips or stains (no jeans, Carhartt's, or similar)

### NOLS Wilderness Upgrade for Medical Professionals:

See NOLS WUMP gear checklist

Free Time:

Mt. Bike, running shoes, day hike gear, climbing / bouldering gear, paddling gear, binoculars, games, cards, etc.