

Landmark Outdoor Educator Semester - Gear Lists

Day Pack (You will need these common items daily)

A watch, preferably with a sweeping second hand, but digital is adequate.

2 water bottles

Backcountry clothing appropriate to season and climate (think layers and staying dry)

1 set of clothing (shirt and pants) that can be completely destroyed

1 warm hat

Rain gear, including rain pants

Synthetic tops and bottoms – long underwear

Hiking boots / hiking socks

Synthetic jacket/top (Polartec or comparable, wool OK)

Head lamp/flashlight

Notebook/writing utensils

Camp chair, ensolite pad, thermarest, or similar

Swiftwater Rescue and River Canoe Instructor (In addition to the day pack) Life Jacket/

Required:

Personal Flotation Device Type III or V

Whitewater Helmet

Cold Protection: Wetsuit or Drysuit, Polypro, Splash Top/Bottom, fleece hat

Water shoe or tennis shoes with ability to tuck in laces -NO Sandals

Sunscreen

Optional:

(2) Accessory cords 5' in length 5-6mm to be tied into prussik

Knife: Easily accessible knife which can be opened/prepared with one hand.

Whistle: A loud plastic whistle which can be heard at long distances and over rapids.

Carabiners: Two locking "D" aluminum carabiners rated in excess of 5,000 lb.

(Optional) Rope: Throw bag containing 70' of 3/8" or larger floating line.

Wilderness Lifeguard (In addition to the day pack)

Webbing: A 24' length of one inch 1"; tubular nylon webbing tied in a loop.

Sleeping pad -ensolite pad, thermarest, or similar

Cold Protection: Swim suit, Polypro, Splash Top/Bottom, fleece hat

Water shoe or tennis shoes with ability to tuck in laces -NO Sandals

Sunscreen

EMT Intensive (In addition to day pack items)

For clinical visits:

Closed-toed shoes in good condition: Running shoes or Crocs for ER clinical; Brown or black boots for EMS clinical [NO heels, sandals, hiking boots, or old athletic shoes]

White T-shirt to wear under clinical shirt

Clinical Shirt (you will receive this in class)

Clean navy or black dress pants/slacks, with belt, no rips or stains (no jeans, Carhart's)

WUMP (In addition to the day pack items)

Required: seasonal clothes/layers to keep you comfortable regardless of the weather, and time of day.

Optional:

Whistle

Plumber's candles / candle lantern

Lighters/waterproof matches

Metal water cup

60' p-cord/nylon cordage

10'x10' plastic sheeting

Compass

LNT ME or Capstone Expedition (In addition to the day pack items)

Clothes suitable for the time of year.

Insulating layer jacket, compact and synthetic (fleece is ideal).

Comfortable closed-toed shoes (no sandals) to wear around camp.

Socks (synthetic or wool) for sleeping - in addition to your daily wear socks.

Hand towel, and your personal hygiene stuff (tooth brush, paste, comb, etc).

Plastic mug, bowl, and spoon.

Foam pad or small air mattress for sleeping (thermarest, ridgerest, ensolite pad).

Synthetic sleeping bag with a rating appropriate for the time of year. It should come in a stuff sack lined with a plastic garbage bag.

Frame pack with hip belt (internal or external frame) lined with a plastic bag.

Flash light or headlamp with extra batteries.

Camera/notebook/pen or pencil.

Please pack all these items in ziplocks to keep them dry and clean