

# WFA/WMPP RESCUE GEAR LIST

Bring the following items with you to your course. We try to be outside as much as possible regardless of the weather. Please come prepared so that you are comfortable.

\*\*Personal Protective Equipment (PPE): cloth mask/s, one per day; safety glasses or goggles; gloves; hand sanitizer

\*Positive attitude ready to share and take in information

\*A Watch with seconds or a seconds hand

\*One set of clothes (shirt and pants/shorts) to completely destroy with moulage and shears

\*Rain gear tops and bottoms

\*Layers of clothing (so you can take a layer off if you are hot/put one on if you are cold, + extra items for your "patient")

\*Hat - one warm (not made of cotton) and one for the sun

\*Mittens or gloves if it will be cold out

\*Footwear for the environment (close-toed shoes for being out doors/inside sandals are o.k.)

\*Light (flash light or headlamp)

\*Ground cloth or small tarp (6X4 sheet of plastic is fine)

\*Sleeping pad (ensolite, ridgerest, thermarest, Crazy Creek Chair)

\*Bandanas or cordage of any kind

\*You are welcome to bring your toys to improvise with (pfd's, skis/poles, paddles, harnesses, climb rope)

\*Water bottles (1qt or 1 liter) for drinking water

\*Food to snack on to keep your energy up (we'll have big days)

\*Backpack or knapsack to put all this stuff in

\*\*\*A WFA course can be used to recertify a NOLS WFR cert that is in date or in its grace year.

\*\*\*If you are a WFR planning to recertify with this course, you MUST bring copies of your current WFR and CPR certifications to the course for instructor review.