

WILDERNESS FIRST RESPONDER EQUIPMENT LIST

GEAR

Pack - 25-35 liter ski or climbing pack

Boots – Running shoes, trail shoes or mountaineering boots

CLOTHING

For the classroom:

Bring comfortable clothing for the indoor classroom sessions, light shoes such as running shoes or Crocs recommended.

For the field:

Standard outdoor layering systems are appropriate such as:

Next to skin layers:

Short sleeve T-shirt – light merino wool or capilene

Long sleeve light merino wool or capilene zip t-neck

Merino wool or capilene briefs

Merino wool or capilene light long johns for very cold conditions

Ski socks – wool/nylon blend or similar

Outer layers:

Soft-shell jacket (*lightly insulated*) or fleece pullover or full zip

Soft-shell mountain pants (AKA “guide pants” – synthetic stretch woven fabric)

- Patagonia, Mammut or similar or ski pants

Puff jacket (nylon with synthetic insulation) or ski jacket

Light outer shell (*waterproof/breathable jacket and pants*)

Light wool hat

Fleece neck gaiter for storm conditions

Gloves – medium weight, warm ski gloves and/or light gloves for spring conditions

Bandana

This is a recommended optimum layering system. Certain items may be substituted but combination of layers should equal the recommended list for warmth, moisture wicking, wind and precipitation resistance, weight and packability.

MISCELLANEOUS

1-Liter water container or hydration system

Sunglasses

Goggles with light lenses for storm conditions

Sunscreen – 50+ SPF (small amount in squeeze bottle)

Lip balm – 30 SPF or greater

Camera (*optional*)

FOOD

Bring lunch food for 7 days, including quick-energy snack foods such as energy bars and similar.

ASI PROVIDES

All teaching aids for WFR and CPR portions of the course.