



WILDERNESS FIRST AID EQUIPMENT LIST

GEAR

Pack - 25-35 liter ski or climbing pack
Boots – ski, mountaineering, Sorel or other snow 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:

Prepare for winter conditions with over snow walking in possibly stormy conditions. 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, Marmut 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 2 days, including quick-energy snack foods such as energy bars and similar.

ASI PROVIDES

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