

List of materials to bring to Wilderness First Aid:

Dress for the weather.

camp chair or pad that adjusts with no legs/ sit on the ground with back support) Bottle Water/Small cooler for hydration

1.5 to 2 ft wood supports for broken bone scenarios.

A tee-shirt that may be torn into strips to use in scenarios.

Wear long pants or longer shorts to keep what's yours... yours!

Have some kind of backpack or day pack that you can simulate a 1 or 2 day overnighter and pack the list below.

NOTE: all materials and equipment may be or will be use in scenarios.

Pack a (cheap) sleeping bag

Old Blanket

Small tent w/poles

Personal First Aid Kit

"Do-Rag" Writing utensils

small note book

No food or cooking items

Pack only one change of clothes (in you pack or bag)

Tent with everything to set up (if you have one to share, That is great) don't bring new equipment

Two old tees shirts (These will be used in first aid scenarios and will be sacrificed/damaged /or destroyed)

Come with a good attitude and a willingness to learn and meet new people.....

1. The crew will be separated into one, two or more groups, depending on the activity.

2. Some of the group need to collect and bring wood limbs, etc.. These can be 2, 4, and 5 to 7 feet long to be used in first aid scenarios. Bring 4 to 5 pairs of each length.

See you Friday evening, March 2nd

Note you can leave you gear at the training course site. The building has alarms in place for protection.

Questionsgive me a call Bob Hamilton ----- 803-359-9646

sleeping bag

Sleeping pad

Pocket knife / Leatherman or Gerber
Multi-tool)

Do-Rag (a head band that can cover
your head sweat-band)

Comfortable cloths to participate-

Compass

bungee cords

Rope or cord

Rain gear or poncho

Walking stave/staff (or note the above
statement about wood limbs long
and/or short)

Note: if you think of something else to
bring, Ok, just remember that it's for
first aid scenario that uses backpacking
equipment/materials.