

Please note: We will be outside on the trails, rain (snow) or shine, for portions of both days of this course. You will be hiking, lifting, working as a team, and participating in hands-on Wilderness First Aid drills and simulations, which require the participant to act as a patient for physical assessments. Please ensure you dress accordingly and pack a backpack as you would for a winter day hike.

Items you may want to wear or bring:

- Water-resistant insulated winter hiking boots or other proper winter footwear
 - Ice gripper for boots = not required
- Dress in top and bottom layers (appropriate for the weather)
 - **No cotton** next to your skin, as it makes people cold when they sweat.
 - Preferred synthetic or wool layers
 - Long underwear
 - Snow pants - waterproof pants
 - Short-sleeve shirt
 - Long-sleeve shirt
 - Sweatshirt/Sweater
 - Winter coat
- Mittens/Gloves
 - Can be layered, for example, thin gloves, then winter gloves
 - One or more dry pairs
- Hot packs
 - Hand/toe warmers
- Winter Hat, Ear mits, a Balaclava, or other face covering
- Wool or warm socks designed for winter
 - Extra pairs of socks
- Wide Mouth Water Bottle
- Sun Protection
 - Sunglasses or ski goggles
 - Sunscreen
- Headlamp
- Notebook, Sharpie
- Roll of Duct Tape
- Backpack with day hike contents
 - High-calorie food (sugar)
 - Water for the day
 - Your own med kit if you have one
 - Knife
 - Extra socks
 - blanket or sleeping bag
 - fire starting items
- **Extra/optional stuff-**

- Sleeping pad or insulated cushion to sit or stand on. (Thermal pad, hunting seat, crazy creek chair, stadium seat, etc.). Something to insulate you from the ground.
- Gaiters
- Thermos with a hot drink
- Large down or puffy jacket to put over everything while standing around

Please note: If you don't have all of these items, it's ok! Please dress the best you can to keep yourself warm while we are outside.