

Wilderness and Remote First Aid



LIST OF ITEMS TO BRING TO CLASS

For the Evening Session...

1. Copy of current **Adult CPR Certification** (do not bring original) from American Red Cross or the American Heart Association. *Please plan ahead and BRING A COPY – we will not have access to a copier to make one for you.*
2. BSA Release, Consent & Health History Form Parts A and B, completely filled out and signed. If youth under 18, forms must be properly signed by guardian.
3. Eat dinner before arriving. Bring your own water and snack.
4. **Supplies:** *(See the comments next to the full list below for more detail.)*

a) Pencil and paper	e) flashlight or head lamp	h) sterile dressings
b) WFA Evaluation Sheets (6)	f) splinting material (arm & leg)	i) disposable water bottle
c) protective gloves	g) bandaging material	j) zip lock bag, any size
d) ground cloth		k) roller bandages

For the Saturday Session...

1. **Please do not purchase new gear.** The gear you bring should be what you would typically have in your individual or crew gear for your adventure outing/trek such as the Appalachian Trail, Philmont, Northern Tier, other, etc.
2. **All of the items listed below WILL BE USED during the Saturday scenarios/skills practice sessions.** *The intent of the items on the list is to demonstrate improvising first aid treatment during wilderness emergency situations with items people normally carry on wilderness or backcountry outings. These items will be used to improvise splints, ties, wraps, and padding. Other items such as gloves and bandages cannot be improvised as easily and are carried specifically for first aid situations.*

#	Items	Comment - Examples
1	daypack or backpack, or canoeing dry bag	Typical bag you would use for an outing – packed with items.
1	ground cloth	Typical of what you would put under your standard backpack tent or sleeping bag.
1	sleeping pad	Whatever you would normally pack for an outing.
1	blanket/sleeping bag	Whatever you would normally pack for an outing.
	padding	Jacket, clothes, sleeping bad/bag, stuff sack filled w/ leaves...
1	quart water bottle	Typical of what you would normally carry.
1	lightweight tarp/sheet plastic 6'X6'to 10'X10'	Very light weight, not the same as your ground cloth.
1	flashlight or head lamp	Essential for Evening Session; optional for Saturday.
5	protective gloves (5 pair)	Vinyl, or nitrile. NO LATEX.
2	splinting material (arm & leg)	Canoe paddle, trekking pole, sticks, tent poles, etc. Bring only what you might have with you on an outing.
5	bandaging material	Neckerchief/bandana, muslin triangles, cord, short/wide strips of fabric, shoelaces, rope
5	sterile dressings	2X2, 3X3... what you would normally have in your FA kit.
1	disposable water bottle (with water)	
3	zip lock bag, any size	
4	roller bandages	2" or 3", Ace bandage; strips of old sheets, etc.
1	Pencil and paper	Think about sharpies. They come in various sizes/colors and can be used to mark vitals on injured persons or on clothing.
6	WFA Evaluation Sheet (WES)	Get in the habit of having WES in your crew/troop gear.

BRING YOUR OWN LUNCH, WATER SUPPLY, AND SNACKS. THERE WILL BE NO FOOD SERVICE ON SATURDAY.

