

## **Wilderness First Aid Class Packing List**

Most of the class will take place outside regardless of the weather. Please be prepared to be out in the elements and pack accordingly.

- Clothes for 2 days
- Warm layers (we will be outside in the evening)
- Extra clothes in case things get wet or dirty (we will be outside)
- Personal toiletries
- Towel
- Bedding (sheets and blankets or sleeping bag)
- Pillow
- Close toed shoes (crocs and sandals will not be allowed during class)
- Water Bottle
- Day Pack
- Notebook and Pen/Pencil (if you want to take notes)
- Rain Jacket (and rain pants if you have them)
- Flashlight/Headlamp