



Wilderness Medicine  
www.soloschools.com

**EQUIPMENT LIST FOR  
WILDERNESS FIRST AID/ WFR RECERTIFICATION\*  
PARTICIPANTS**

You should plan to wear or have with you clothing that will be appropriate to the season and location where you will be taking your course. Weather permitting; we will be spending a significant portion of the class time out-of-doors. If you have questions regarding the usual weather where your course will be held, please contact the sponsor. The following list is to SUPPLEMENT the clothing you will be wearing.

**NECESSARY ITEMS**

Notebook and pen / pencil

Raingear tops and bottoms

Layers of clothing (so you can take a layer off if you are hot/put one on if you are cold)

Hat - warm, not made of cotton

Mittens or gloves if it will be cold out

Backpack to put everything in

Water bottles (1qt or 1 liter) for drinking water

Foot wear for the environment (close-toed shoes for being outdoors/sandals are OK for inside)

**HELPFUL ITEMS TO BRING**

Ground cloth or small tarp (6X4 sheet of plastic is fine)

Sleeping pad (ensolite, ridgerest, thermarest)

Bandanas of any kind

\*Please Note: If you are a WFR Recert taking a WFA, please notify the sponsoring agency ahead of time. This course will recertify current SOLO, WMA, WMI/NOLS (and a few other schools) WFR certifications. You will need to send us proof of your current WFR status along with a small additional administrative fee after the course is complete.