



Red Cross Wilderness and Remote First Aid Training

Joplin, MO

American Red Cross

Together, we can save a life

www.BSAWildernessFirstAid.com

Minimum Gear List

(Please use check boxes to indicate you have this equipment & bring this list for check-in Friday night)

- **Backpack** – All gear must fit inside – you will hike to the camping/training area
- **Shelter** – tent or equivalent that will provide shelter for inclement weather
- **Sleeping Gear** – appropriate for the season
- **Water** – 2-liter minimum – potable water will be available for refills
- **Cooking Gear** – Stove / eating utensils / etc.
- **Food** – Saturday: Breakfast, Lunch, Supper. Sunday: Breakfast, Lunch
- **Personal First Aid Kit** – Take what you normally take for a hike in a remote setting.
- **Notebook** – Paper and pencil to use for notes during classes.
- **Sweaters – Jackets – Hats - Rain Gear** appropriate to the season
- **Additional clothing defined below:**

IMPORTANT *** IMPORTANT ***** IMPORTANT**

2 complete changes of clothing that can get stained, soiled or wet during the realistic emergency scenarios you will participate in. You will need to wear one of these on Friday night when you arrive, or change into one of these prior to leaving the parking area.

The training scenarios use moulage including simulated blood. This has the potential to permanently stain any clothing if you do not practice effective BSI (Body Substance Isolation) methods. You may need to change clothing during the course of the training.

This is the Minimum List. Please bring any other personal gear that you would normally take on a weekend or weeklong backpacking trip. If you are willing to haul it on your back to the training area, you are welcome to bring it.

Single Exception to Backpack-In Requirement.

You may bring a camp chair to use during the training. This chair will be transported to the site for you. This is the ONLY item you can bring that you do not have to hike out to the training site.

If you have any additional questions please contact the course instructors by sending an email to info@BSAWildernessFirstAid.com