



SWS Mountain Guides

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WILDERNESS FIRST RESPONDER COURSE EQUIPMENT LIST

Checklist for your upcoming Wilderness Medicine Course This list is provided as a starting point to help you plan and prepare for a successful course- it is not exhaustive, and will vary according to your own situation. Give us a call if you have any questions --- 888.797.6867

Note: The weather on or in Mt. Shasta can be either very warm or very windy and cold - it is usually both! Be prepared to encounter all types of conditions.

Equipment Course Materials

- Clothing suitable for outdoors and any kinds of weather
- Small Day Pack for Lunch and Course Materials
- Closed-toe shoes- required!
- Watch
- Set of 'cut-able clothing (Clothing you don't mind getting dirty, or cut, or fake blood on)
- Note-taking materials: pen, paper,
- Course textbook (if mailed to you pre-course otherwise we will have one for you)
- Directions to SWS Mountain Guides Office or Map to the Meeting Place -- (see attached Map in course materials)
- SWS Mountain Guides Release Form --- (see attached in course materials)
- SWS Medical Form ---(see attached in course materials)

If staying at SWS Mountain Guides Bunk House* Motels/Hotels in Mt. Shasta (List of Hotels and Motels in Mt. Shasta Attached):

- Sleeping Bag*
- Towel*
- Toiletries
- Lodge Clothing

Camping in Mt. Shasta Area (List of Campsites in the Mt. Shasta area attached):

- Tent/camper/Vehicle Camping:
- Sleeping Bag / Pad or other Sleeping system
- Food shopping, preparation
- Cooking & eating utensils