



Wilderness First Responder (WFR) Equipment List

For inside lectures and demonstrations bring comfortable clothing. The list below is designed to provide clothing for outdoor simulations and practice in cold weather conditions. **You should also bring one set of old clothes (shirt & pants) that can be cut up during rescue simulations (these may be unusable after the course).**

Head:

_____ Wool/Fleece Hat (must cover ears)

Upper Body:

_____ Midweight Synthetic Long Undershirt - polypropylene, or other hydrophobic, wicking fabric
_____ Expedition Weight Synthetic Long Undershirt - polypropylene, or other hydrophobic, wicking fabric or Wool
_____ Heavy Weight Fleece Jacket /Wool Sweater (ex. Polartec 300™)
_____ Wind Jacket - nylon (can be same as rain jacket if waterproof/breathable - must fit over insulating layers)
_____ Winter Parka - synthetic or down filled (Optional)

Hands:

_____ 2 pairs Synthetic/Wool Glove liners

Lower Body:

_____ Underwear as needed.
_____ Midweight Synthetic long underwear bottoms - polypropylene, or other hydrophobic, wicking fabric
_____ Expedition Weight Synthetic long underwear bottoms - polypropylene, or other hydrophobic, wicking fabric
_____ Midweight Fleece/Wool Pants (ex. Polartec 200™)

Feet:

_____ 1 pair of midweight hiking boots: Boots should extend above the ankle and be leather/fabric or all leather with lug soles for traction. It is best if the boots can be waterproof, either by treating the leather with a waterproofing compound before the trip or if the boots have a Gore-tex™ liner. Boots should fit comfortably with two pairs of socks, a light liner sock and a heavy wool sock.
_____ 2-3 pairs of light synthetic/polypropylene liner socks: Wearing liner socks underneath wool socks helps to prevent chafing since the friction is between the two pairs of socks, not between the boots and your feet.
_____ 2-3 pairs of medium weight wool hiking socks: Wool keeps your feet warm even when wet and gives good cushioning. The higher the wool content of the socks the better (we recommend 85% wool, 15% nylon).
_____ Gaiters (Optional)

Rain Gear:

_____ Waterproof Rain Jacket - coated nylon or waterproof/breathable fabric
_____ Waterproof Rain Pants or Rain Chaps - coated nylon or waterproof/breathable fabric (Optional)