**What to Bring List**

**Wilderness First Aid/WFR Recertification**

You should plan to have clothing that will be appropriate to the season for where and when you will be taking the class. Weather permitting, we will be spending a significant portion of the class time out-of-doors. The following list is to SUPPLEMENT the clothing you will be wearing. If you have questions regarding the usual weather at BC4HC, please contact us.

Necessary Items

* Sleeping Bag and pillow
* Personal toiletries/ medications
* Towels
* Flashlight or headlamp
* Notebook (pens, pencils, highlighters)
* Backpack or knapsack to put everything in
* Raingear (top and bottom)
* Layers of clothing (to keep yourself regulated by adding on or removing layers)
* Warm hat (**not** made of cotton, which losses its ability to hold heat if wet)
* Mittens or gloves if it will be cold out
* Water bottles for drinking water
* Footwear for the environment (closed toed shoes for outdoors/sandals are OK for inside)

Helpful Items to Bring

* Groundcloth or small tarp (6 x 4 sheet of plastic is fine)
* Sleeping pad (Ensolite, Ridgerest tm, Thermarest tm, self-inflating, etc)
* 1 or 2 bandanas of any kind

Please note: If you are a WFR Recert., please notify TW4HC ahead of time. This course will recertify *current* SOLO, WMA, or WMI/NOLS WFR certifications. You must bring copies of your current WFR and CPR certification cards. **There is an additional $15.00 recertification fee.**