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.**