

Wilderness & Remote First Aid Course Preparation Checklist

WHAT TO BRING

Arriving fully prepared to remain warm, dry, nourished and comfortable for your Wilderness & Remote First Aid course will require careful planning and attention to detail.

Once each course session begins, you will **not have time** to return for supplies that you forgot or misplaced.

- If you become cold, wet, hungry or dehydrated throughout the session, your personal safety may become an overriding concern and your Instructor may have to discontinue your participation.
- The specific types of clothing and supplies required to maintain safe and comfortable participation will vary depending on personal preference, caloric demands, metabolism, the time of year, and daily weather patterns.

You can use our suggested list of supplies and local weather predictions as a starting point for your preparations, but keep in mind that weather systems can change without warning and you know better than anyone what you will need to remain comfortable outside for extended periods.

- The items listed here are intended to be referenced as minimum recommendations only and should not be interpreted as a complete and exhaustive list of relevant and required equipment.

It is better to bring supplies that you don't end up needing, than to need supplies that you didn't bring.

Hydration Supplies

- Small water bottle for drinking throughout the day
- Large water container to refill the small water bottle as required
- Bring double the amount of water/fluids you anticipate requiring for each session
- Electrolyte drinks/additives may be advisable

Food & Nutrition

- 6 substantial Snacks that can be consumed quickly, with little to no preparation required.
- 1 substantial Lunch
- 1 substantial "back-up" meal
- Cooler with ice to keep perishables fresh
- Any cooking supplies you require to prepare your food
- Small gas-burning camp stoves are permitted
- Camp/Cooking fires are forbidden

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Clothing

- Hooded, water-resistant jacket
- Water-proof rain jacket/poncho
- 2 T-shirts
- 2 Long-sleeved shirts
- Thermal Fleece/Wool zip-up/pullover
- Hat with sun brim
- Toque/Thermal cap
- Water-resistant shell pants
- 2 pairs of Quick-dry pants
- Shorts (in warmer weather)
- Thermal underwear/longjohns
- Hiking boots/footwear with ankle and arch support
- Wool socks
- UV protective eyewear

Health & Safety Supplies

- Any prescription medications you require (**double** the normal daily amount)
- Prescription eyewear/contact lenses
- Flashlight/headlamp with spare batteries
- Mobile phone
- Sunscreen
- Orthopedic equipment such as knee braces and ankle wraps
- Knee pads
- Hand soap/sanitizer

Personal Items

- Toilet Paper
- Chapstick
- Insect repellent
- Seat pad/portable chair
- Umbrella
- Knee pads
- Wet wipes
- Large towel
- Pen, paper and clipboard
- Bag/backpack large enough to carry all your supplies

Online Resources & Printed Materials

- [First Aid Flowchart](#)
- [SOAP Note](#)
- [First Aid Assessment Model](#)
- [Course Outline](#)
- [Course Comparisons](#)
- [WorkSafe BC Requirements](#)