

GEAR LIST (WEMT)

You should plan to wear or have with you clothing that will be appropriate to the season and location where you will be taking your course. Regardless of the weather, 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 and is to be considered a minimum. You are free to supplement it with anything else you would normally carry. You will be using your equipment to provide care, build splints, and to keep yourself and OTHERS warm.

Required

The following items should be packed for each class

- ___ Raingear tops and Bottoms (no ponchos)
- ___ 2 Warm Hats (synthetic* or wool)
- ___ 1 Pair Warm Gloves or Mittens (synthetic* or wool)
- ___ Long Underwear Tops and Bottoms (synthetic* or wool)
- ___ Warm Top and Bottom Layer (synthetic* or wool)
- ___ 2 Pair Warm socks (synthetic* or wool)
- ___ Pack (2500 cu in or larger) or duffle bag
- ___ 2 Water Bottles (1 liter/quart or larger)
- ___ Hiking boots or Sturdy Hiking Shoes
- ___ Notebook with Pen/Pencil

*Polyester or Polypropylene (Capilene™, Bergelene™, Dri-Clime™, etc.) We don't recommend cotton.

Highly Recommended

- ___ Watch with Second Hand (or digital with seconds)
- ___ Headlamp or Flashlight (don't forget extra batteries and bulbs!)
- ___ Pocket Knife
- ___ Insect Repellent (in season)
- ___ Sunglasses and Sunscreen
- ___ 40 feet Small Diameter Cord (parachute cord is fine)
- ___ Sleeping Pad (Ensolite, Thermarest™, Ridgerest™, etc.)
- ___ 10' X 10' 4-6 mil Plastic Tarp (for shelter building)

Clinical Rotations

You will participate in 2, 3-hour clinical rotations at a hospital emergency room, urgent care clinic, and/or at one of two ambulance services. Shifts are generally scheduled for Friday evenings, Saturday throughout the day and evening, and Sunday throughout the day and evenings. Please do not make any personal weekend plans until you have scheduled your shifts, which you will do the first week of class. For these clinic observation times, you must dress and act "professionally" following the clinical sites' dress and behavior codes:

Acceptable Attire:

- Shirts (and Ties, optional – they can get in the way!)
- Turtlenecks - Blouses (No T-shirts)
- Dress Slacks (No Jeans, Shorts, or Sweats)
- Dresses - Skirts
- Low, Dress Shoes (No Sneakers, Running Shoes, Sandals or Flip-Flops)

Personal Appearance

- All bodies and clothing must be clean and neat.
- Long hair must be clean and pulled back. (Un-natural hair color may not be acceptable.)
- All sites may require removal of excess jewelry or non-traditional pierced earrings.