

WILDERNESS FIRST AID GEAR LIST



Necessary:

- Weather appropriate clothing and extra layers (there are sections of the day when you aren't very active, bring extra clothing in case you get cold)
- Food
 - A packed lunch if you'd prefer (not all of our courses are close to bought food options)
 - Water and/or warm drink in Thermos (recommended for cold weather courses)
 - Snacks
- Paper and a pen
- Phone or watch that can get wet (or is in a protective case)

Recommended Additional Gear (If you have and wish to bring, NOT mandatory)

- Thermarest or blue foam mat/yoga mat (be prepared for it to get dirty)
- Tarp & 4 ropes (8x10 or larger) No tarps over 20x20.
- 2 items of spare clothes (ie. t-shirt and pants, padding for splinting and slings)
- Sleeping bag (we do provide fleece blankets and sleeping bags for scenarios, but extras or personal gear is always welcome! Feel free to bring a spare blanket or sleeping bag if you have one)
- Full Face Helmet (if you have one)
- Multi-tool

Contact:

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