SOLO GENERAL COURSE GEAR LIST

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. No matter what the weather is; we will be spending a portion of Tuesday’s 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.

For Toad Hall, SOLO’s Dormitory
The following items should be brought for your stay in Toad Hall, SOLO’s Dormitory
___ Set of Twin Sheets for your bunk
___ Your Own Pillow, if that is your preference. We do provide a blanket, comforter & pillow.
___ Your Own Towel(s)
___ Your Own Toiletries
Your dorm room assignment will be posted next to the entrance doors to Toad Hall.

Required
The following items should be packed for each class
___ Rain gear 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-Climetm, etc.) We do not 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)