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
___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-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.