



Suggested Packing List for Students

PROVIDED

- Latest version of the Textbooks
- First aid kits and medical equipment for practice

MUST BRING

- Paper or Notepad
- Writing Utensils (pens, pencils, highlighters, permanent marker)
Pro-Tip: Fine point permanent markers are useful for writing notes in your field guide.
- Watch with ability to read seconds or cell phone. Note: a phone is not a reliable field tool, but is acceptable for use in class.
- Headlamp
- Adequate clothing for any type of weather (layers). We will be outside rain or shine during the day/evening. As a patient you may be lying on the ground without insulation for a long period of time.
- Sturdy closed toed shoes.
- One shirt and one pair of shorts or pants that can be cut up and stained. Thrift stores are great for this if you don't have things hiding in your closet/drawers. Note: These are not used on every course, but having these available can allow instructors to make the moulage in scenarios more realistic.
- Day pack for carrying items during simulations.
- Eye Protection (wrap around such as sunglasses, construction safety glasses)
- Face Covering

SELF CARE ITEMS

- Water/Food
- Other Self Care Items (sunblock, hat, etc)

OPTIONAL (There is no need to buy these items if you don't have them!)

- Camp Chair (for outdoor class activities that involve sitting)
- Clipboard (or use books as hard surface)
- If you want to practice splinting and patient care with your own gear then bring a backpack with items that you normally bring on trips. Examples include, but are not limited to...
- Sleeping/Sit Pads
- Sleeping Bag
- Trekking Poles
- Probes
- Shovels
- Rope
- Cordlette
- Webbing
- Camp Chair