



Recommended Gear List for Wilderness Medicine Students

Required:

- Method of notetaking
- Watch with a second hand or digital second
- Sunglasses and/or protective eyewear
- Water bottle
- Food and snacks
- Light day pack
- Headlamp
- Waterproof outerwear—top and bottom
- Light hiking boots or sturdy shoes
- Clothing layers that allow you to be comfortable in a variety of weather conditions, including a hat

Optional:

- Personal first aid kit
- Any outdoor recreational gear, for improvisation
- Slippers or comfortable shoes for classroom time
- Camp chair for classroom time
- Clipboard or hard surface to write on

Please note: Students do not need to bring their own first aid gear as AdventureMed will provide all course materials. However, some students prefer to bring their own gear so that they may practice with items they typically adventure with.