

American Alpine Institute^{Ltd.}

WILDERNESS FIRST RESPONDER/REVIEW EQUIPMENT LIST

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Temperatures and weather conditions in the summer Cascades can change from minute to minute. You'll often hear the popular weather prediction, "If you can't see the mountains it's raining, and if you can see them it's going to rain." But when the sun comes out, it's glorious, and occasionally down-right hot. Rain can fall at any time of year, and it is possible to get snow down below timberline before the beginning of July and after about mid-September. Lows at night often drop to slightly below the freezing point with daytime highs ranging anywhere from 35°F to 70°F.

The equipment you bring must function well in a wide variety of conditions. Your clothing should be warm and lightweight, dry quickly, and allow good freedom of movement. The layering principle, based on using several thin layers of insulation (rather than one thick one), covered with an outer weather-proof shell, meets these needs well. Typically, Cascade mountaineers will wear a layer of long underwear made from polypropylene or a similar synthetic, another insulating layer of pile or fleece, and a Gore-tex shell, in addition to gloves/mittens and a hat.

During this course we normally spend a portion of the day inside; however, we will be outside as much as possible during simulations and often times for classroom lectures.

CLOTHING

City clothes are appropriate for the course but you should consider having the outdoor clothing listed here in order to be comfortable outside during incident scenarios. **You will need to bring clothes which can be cut during scenarios (see "Cuttable Clothing" section).**

Socks - At least one pair wool or synthetic

Long sleeve shirt - Long underwear, synthetic or polypropylene

Top 2nd Layer - Expedition weight long underwear top, 100 weight powerstretch, very light weight fleece, Schoeller, or a lightweight windshirt (i.e. Marmot DriClime) are good examples of this multi-use layer.

Pants: Schoeller or nylon fabrics preferred. This layer should be light, comfortable, durable, quick drying, and provide some protection from wind and water.

Warm Jacket - This can be the same as your outer most waterproof shell jacket.

T-shirt

Shell Layer (Upper): This will be your outermost layer and it should be waterproof. Models like the Arcteryx Beta and Gamma jackets, Marmot Alpinist and Precip, and Patagonia Stretch Armstrong are top of the line.

Shorts -In the event of warm weather.

****Swimsuit - **** REMEMBER you will touch and be touched by others during demonstrations, skills practice, and simulations. In order to protect personal space during simulations: Women must bring and wear underwear, a jog bra and shorts or a one-piece swim suit under your clothing for simulations (they will NOT be cut). Men must wear and bring a pair of underwear, shorts or a swimsuit under your simulation clothes.

Additionally, the course takes place on the shore of Silver lake and you will have access to boats and a dock while not in class.

Warm Hat - Synthetic is less itchy than wool and dries faster.

Sun Hat - A baseball cap serves well.

CUTABLE CLOTHING

Bring old clothing appropriate for the weather and rolling about in the mud and dirt. You will need two long sleeved shirts, two long pants, and 2 t-shirts. The clothes will be worn during simulations and will be cut or destroyed during the simulations by the end of the course.

FOOD

Food - Please do your food shopping prior to arriving at the course. You will have access to an industrial sized fridge and kitchen. There are also restaurants nearby in the town of Glacier (20 minutes drive). Additionally, there is a small grocery store and gas station in Maple Falls 5 minutes from Camp Black Mountain; however, the selection can be limited and expensive, and their hours can be unreliable.

MISCELLANEOUS

Backpack - Large enough to carry food, water, notebook, and materials for scenarios and mock rescues.

Sleeping Bag or Bedding - Sleeping bag should be rated to about 30 F or your own bedding which will keep you warm while sleeping on a mattress in an unheated lodge or individual cabin.

Text - If you are taking the Review and Recertification course we strongly recommend that you purchase a copy of The Art and Technique of Wilderness Medicine (if you do not have a copy from your original certification).

Notebook, Pen, and Pencil

Watch - To monitor change in vital signs

Headlamp - Bring an extra bulb and batteries. Flashlights are not acceptable.

Insect Repellent: If bringing bug repellent look for more concentrated repellent in smaller containers. Make sure the container is backpack worthy. If you use a repellent containing Deet be sure to store it away from any gear and clothing. Deet destroys products made of nylon.

Sunscreen - With a protection factor of at least 20 and even more for people with fair skin.

Lip Protection - With a protection factor of at least 16. For the fair an SPF of 20 is better.

Crazy Creek chair - (Optional) For potential outside lectures.