

EQUIPMENT LIST FOR WILDERNESS FIRST AID PARTICIPANTS

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. Weather permitting; we will be spending a significant portion of the class time out-of-doors. If you have questions regarding the usual weather where your course will be held, please contact the sponsor. The following list is to SUPPLEMENT the clothing you will be wearing.

PERSONAL PROTECTIVE EQUIPMENT

*You MUST have these items with you in order to attend any of our programs. If you arrive at the course without this gear, the instructor may have options for you to purchase. However, if they do not, you will be asked to leave for the safety of yourself and others in the class.

2 Face masks (cloth, surgical, N95, or KN95 – needs to fully cover your nose, mouth, and chin)

Eye protection (glasses, goggles, face shield – sunglasses are okay for outside work but please have an alternative for in the classroom)

Disposable gloves (for personal use only – will not be shared with others)

Hand sanitizer (for personal use only – will not be shared with others)

NECESSARY ITEMS

Notebook and pen/pencil

Raingear tops and bottoms

Layers of clothing (so you can take a layer off if you are hot/put one on if you are cold, these are also used for splinting)

Hat - warm, not made of cotton

Mittens or gloves if it will be cold out

Backpack to put everything in

Reusable water bottles (1qt or 1 liter) for drinking water

Footwear for the environment (Closed-toe shoes for being outdoors- sandals are only acceptable for indoor activity.)

HELPFUL ITEMS TO BRING

Ground cloth or small tarp (6X4 sheet of plastic is fine)

Sleeping pad (Examples: Ensolite, Ridgerest, Thermarest)

Bandanas or cravats of any kind

Parachute cord

SCREENING QUESTIONS FOR ALL SOLO COURSES

Prior to starting class each day, students will be asked the following screening questions. With recent events surrounding the COVID-19 pandemic, we feel it is necessary to employ this procedure to help and reduce potential risks to our students and staff. If students indicate any signs or symptoms of being ill at the time of the course, they will be asked not to attend and can work with SOLO to reschedule a training date. Students should review the information below, prior to coming to class. If they plan on answering yes to any of these questions the day of the course, they should reconsider attending a training at a later time, after the 14 day time-frame.

1. Have you traveled outside of the state in the last 14 days?
 - a. If yes, please provide additional information (grocery shopping, work, etc.)
2. Have you been in contact with anyone with confirmed COVID-19 in the last 14 days?
3. Have you had/tested positive for COVID-19 in the last 14 days?
4. Have you had any of the following symptoms in the last 14 days?
 - a. Fever (CDC indicates a fever is a temperature of 100.4°F or greater)
 - b. Chills
 - c. Sore throat
 - d. Cough
 - e. Nausea
 - f. Vomiting
 - g. Diarrhea
5. Student's temperature on (date) was (temperature).

Questions For Students in the State of New Hampshire

1. Have you been in close contact with a confirmed case of COVID-19?
2. Have you had a fever or felt feverish in the last 72 hours?
3. Are you experiencing any respiratory symptoms including a runny nose, sore throat, cough or shortness of breath?
4. Are you experiencing any new muscle aches or chills?
5. Have you experienced any new muscle aches or chills?
6. Have you experienced any new changes in your sense of taste or smell?

(NH Stay at Home 2.0 – Universal Guidelines, section 2)