**Outdoor First Aid and CPR C with Coast Wilderness First Aid**

**May 29, 2022**

**Kit List**

For this course, you’ll need a daypack, plus:

Clothing – please wear or bring in your daypack:

* Multiple layers (short sleeve, mid-layer, long-sleeve, long pants, wool/warm socks etc.) – *no cotton!*
* An extra layer to throw on in case you get cold
* Toque and ball cap
* Gloves
* Extra socks
* Rain gear (pants and jacket)
* Trail shoes (hiking boots or rubber boots)

Gear – please pack in your daypack:

* A bagged lunch and plenty of snacks that can be eaten in the park
* Water bottle, full of water (at least 1L)
* Your [10 Essentials](https://www.northshorerescue.com/education/what-to-bring/) (or as much as you have at home)
* Small notebook and pen or pencil
* Camping chair (optional but handy)
* Hand sanitizer