

**Cascade Outdoor Education
Wilderness First Responder
January 5-13, 2019
Seattle, WA**



Course times

8am-6pm everyday. Please plan to arrive before 8am so we can start on time. There are no evening sessions in this course.

Location

The class will be held at the Earthcorps office in Magnuson Park - **6310 NE 74th Street, Suite 201E, Seattle, WA 98115**. It is located in the NE corner of HANGAR 30 in Magnuson Park. Enter the park from 74th. St (not 65th). Come to the four way stop and take a left. Drive around to the back of the building and you will see Earthcorps vehicles and red storage sheds. Please give me a call if you are lost. 360-701-9105

Packing list

All medical supplies, outdoor equipment and lab supplies will be provided. Below is a list of gear you will need to bring for the WFR. Please keep in mind it will be January, which means cold and wet! We will be spending a significant amount of class time outside so dress accordingly. Your clothes will get wet and dirty!

- Simulation clothing that can be cut up or otherwise destroyed in class. Non-cotton simulation clothes are recommended by previous students for cold and wet days.
 - 2 pair long pants
 - 2 long sleeve shirts, buttons ok
 - 2 short sleeve shirts
- Underwear, swimsuit, sports bra, etc... that can be worn under simulation clothing (these will not be cut up)
- Clothes suitable for working outside in all weather that can get dirty
- Shoes that can get wet
- Warm clothes, hat, gloves
- Rain gear
- Extra change of clothes and shoes
- Watch that can measure seconds
- Headlamp
- Notebook and pens/pencils for taking notes in class and simulations. Bring more than one pencil.
- Snacks, lunch, water bottle
- Small daypack to carry everything