



NOLS WILDERNESS MEDICINE
NC OFFICE OF EMS
LEAVE NO TRACE CENTER FOR OUTDOOR ETHICS
AMERICAN CANOE ASSOCIATION
STARFISH AQUATICS INSTITUTE
AMERICAN SAFETY & HEALTH INSTITUTE

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NCOEMS EMT Intensive - Gear List

Upstream Campus Information

If you are staying on the property, camping in your vehicle, tent area, or the bunkhouses:

Tent, tarp, or sleeping system
Sleeping bag, pillow
Personal sleeping and living gear
Sheet to cover mattress (twin fitted or loose sheet to tuck in)
Outdoor shoes (shoes are mandatory at all times!)
Head lamp for night travel on trails
Towel and shower shoes
Cash for laundry, groceries, etc.
Sunscreen

Classroom:

Notebook, pens, 2 #2 pencils (for testing)
Pocket notebook (for scenarios and clinicals)
Crazy Creek chair if you don't want to sit at a table
Indoor shoes or slippers (shoes are mandatory at all times!)
2-3 sets of old, beater clothing that can be completely destroyed with shears and moulage (stage blood and makeup)
Full rain gear - tops and bottoms. And seasonally appropriate clothing - you will be in and out regardless of the weather, and need rapid transitions for time management.

Clinical Visits:

Closed-toed shoes in good condition
NEW running shoes or Crocs for ER
Brown or black boots for EMS
NO heels, sandals, hiking boots, or old athletic shoes
White or navy T-shirt to wear under clinical top
Clinical Top (you will receive this on the first day of class)
Clean navy or black dress pants or chinos, with belt, no rips or stains (no jeans, Carhartt's, or similar)

NOLS Wilderness Upgrade for Medical Professionals:

See NOLS WUMP gear checklist

Free Time:

Mt. Bike, running shoes, day hike gear, climbing / bouldering gear, paddling gear, binoculars, games, cards, etc.