

Wilderness LifeGuard Student Gear List

For successful completion of the course please come prepared with the required gear. Unprepared students may not be able to participate in the course.

Dress appropriately for the weather. On course the air temp may be 80°F, water temp may be 60°F, and then the wind may blow about 5 mph across our open water front. Can you say “Lowering of your core body temperature.”?! So, plan ahead and prepare because we will spend more than half of our time in the water. Course work will continue unless the weather is hazardous. It is your responsibility to bring warm synthetic layers to wear in the water!

- 2 liters of H₂O/Light snacks (avoid heavy packaging)
- Swimming shorts/suit (avoid bikini, low cut shorts)
- Poly pro, silk or micro fleece tops and bottoms (two sets)
- Consider a paddling spray jacket or light nylon jacket to conserve your heat
- Synthetic or wool socks
- Rain Gear
- Water sandals (If they have Velcro closures you’ll need to reinforce them- duct tape)
- Towel
- Camp chair/ensolite pad (something to sit on)
- Ensolite or thermarest sleeping pad and 24 ft. of 1” webbing
- Trash bag (Beefy is always better)
- Pen/Notebook
- You are welcome to bring neoprene and other paddling sport layers to keep you warm.
- Bring any medications you may usually have on hand. Folks with allergies need to be prepared for grasses, pollens, insects, and bees.
- Bring a positive attitude, ready to get in the water, interact and share with other people rain or shine.