

Landmark Outdoor Educator Semester Gear List Summary

Day Pack (You will need these common items daily)

A watch, preferably with a sweeping second hand, but digital is adequate.
2 water bottles
Backcountry clothing appropriate to season and climate (think layers and staying dry)
1 set of clothing (shirt and pants) that can be completely destroyed
1 warm hat
Rain gear, including rain pants
Synthetic tops and bottoms – long underwear
Hiking boots / hiking socks
Synthetic jacket/top (Polartec or comparable, wool OK)
Head lamp/flashlight
Notebook/writing utensils
Camp chair, ensolite pad, thermarest, or similar

Swiftwater Rescue and River Canoe Instructor (In addition to the day pack)

Life Jacket/Personal Flotation Device Type III or V
Whitewater Helmet
Cold Protection: Wetsuit or Drysuit, Polypro, Splash Top/Bottom, fleece hat
Water shoe or tennis shoes with ability to tuck in laces -NO Sandals
Sunscreen
(2) Accessory cords 5' in length 5-6mm to be tied into prussik
Knife: Easily accessible knife which can be opened/prepared with one hand.
Whistle: A loud plastic whistle which can be heard at long distances and over rapids.
Carabiners: Two locking "D" aluminum carabiners rated in excess of 5,000 lb.
(Optional) Rope: Throw bag containing 70' of 3/8" or larger floating line.

Wilderness Lifeguard (In addition to the day pack)

Webbing: A 24' length of one inch 1", tubular nylon webbing tied in a loop.
Sleeping pad -ensolite pad, thermarest, or similar
Cold Protection: Swim suit, Polypro, Splash Top/Bottom, fleece hat
Water shoe or tennis shoes with ability to tuck in laces -NO Sandals
Sunscreen

EMT Intensive (In addition to day pack items)

For clinical visits:

Closed-toed shoes in good condition

Running shoes or Crocs for ER clinical

Brown or black boots for EMS clinical

NO heels, sandals, hiking boots, or old athletic shoes

White T-shirt to wear under clinical shirt

Clinical Shirt (you will receive this on the first day of class)

Clean navy or black dress pants/slacks, with belt, no rips or stains (no jeans, Carhartt's)

WUMP (In addition to the day pack items)

Stuff sack containing:

Warm hat

Extra (wool or synthetic) warm socks

2 garbage bags

(Optional) Whistle

Plumber's candles / candle lantern

Lighters/waterproof matches

Metal water cup

60' p-cord/nylon cordage

10'x10' plastic sheeting

Compass

LNT ME (In addition to the day pack items)

2 sets of clothes suitable for the time of year (one to hike, one to wear clean).

Insulating layer jacket, compact and synthetic (fleece is ideal).

Comfortable closed-toed shoes (no sandals) to wear around camp

Socks (synthetic or wool) for sleeping - in addition to your daily wear socks.

Hand towel, and your personal hygiene stuff (tooth brush, paste, comb, etc).

Plastic mug, bowl, and spoon.

Foam pad or small air mattress for sleeping (thermarest, ridgerest, ensolite pad).

Synthetic sleeping bag with a rating appropriate for the time of year. It should come in a stuff sack lined with a plastic garbage bag.

Frame pack with hip belt (internal or external frame) lined with a plastic bag.

Flash light or headlamp with extra batteries.

Camera/notebook/pen or pencil.

Please pack all these items in ziplocks to keep them dry and clean

Single-Pitch Climbing

Good hiking shoes (no sandals, Crocs, etc)

Clothes appropriate for the season. You may wear shorts or long pants if you wish. Wear clothing to be 'active' in and water proof jackets are a good idea on all trips.

Bring a sun hat for summer trips and for colder months bring insulating fleece layers, gloves, and a fleece hat would be good additions to your gear.

Water, about 2 Quarts per person especially in summer months.

High energy snacks and high energy lunch.

Sun block and bug repellent.

Any personal medications (e.g. medications for asthma, anaphylactic if you are severely reactive to bee stings, etc)

Small backpack for all above items.

If you have any personal climbing equipment please bring it, after inspection you will be able to use your own gear (although all gear is provided for our courses).

Some people like to bring a digital camera to take pictures of some of the systems and techniques you will learn on the course. We encourage you to bring a camera and take photos. Also bringing a pad and pen/pencils is a good idea to take notes.