



YETI Outdoor Program

First Aid Field Component - Participant Equipment Checklist

- Medical - If you require any specific medications (Ventolin, Epinephrine, etc.) make sure you have this with you. Inform the trip leader.
- Food - Personal Snacks and assigned food from the pre-trip meeting.
- Reusable 1L filled Water Bottle (YETI Green bottle would be a good choice!)
- Solid Shoes.** These can be good runners or hiking boots/shoes.
- Sleeping Bag (YETI Program has ones to borrow if needed)
- Toiletries
- Hat and Sunglasses
- Layers: we **MAY** encounter cool conditions at this time of year.
 - Good water resistant jacket
 - Warm top layer
 - Base layer
 - Water resistant bottom layer
 - Warm Bottom Layer
 - **Extra socks (Sacred Socks in ziplock bag)**
 - Gloves or Mitts
 - Toque