

Participant Preparation Email



We are excited to see you for the WFR Course starting June 30th! Details about course logistics, preparation, and required equipment are below these important reminders:

- We will be outside a lot - rain, snow or shine and we'll probably see it all this time of year. Expect to be out in the cold, on the ground, possibly wet, and for longer than you might expect. **Bring more layers than you might typically** - better to have them and not use them than to need them and not have them.

Course Itinerary & Logistics

Take a look at the attached syllabus to get a sense of what each day will look like.

We will be covering lots of information and due to the nature of this course, 100% attendance and participation is required to receive certification. Students who are late, miss class time, or are not fully engaged may not receive a certification. You will be continuously evaluated throughout the course and our hope is that everyone will earn their certification. This class is immersive, challenging, and usually a lot of fun. You will get the most out of the course if you arrive well-rested and keep your evenings as open as possible to allow time for case studies and rest.

Please visit our [WMTC Student Experience](#) page to learn more about FAQs, what to expect, and how to prepare for your course.

Required Equipment

Please have all of the equipment below with you on the morning of Day 1*. Feel free to show up in whatever clothes you're comfortable on the morning of day 1 – you'll have an opportunity to change into simulation clothes later in the day. We will be outdoors for much of the course – bring whatever layers and footwear you need to be comfortable learning outside for long periods of time given the weather forecast for the course.

- Simulation Clothing If you don't have this stuff lying around, thrift stores are a great option. Everyone must have layers for under simulation clothes – this could look like bike shorts, a tank top, swimsuit, sports bra, etc. Sometimes we need to check under outer layers for life-threatening wounds and sometimes outer layers need to come off completely due to water immersion in simulations – we want to protect individuals' privacy during simulations. Your simulation clothes (not underlayers) may be cut and covered in fake blood. The blood doesn't always wash out of clothes and we will be careful not to cut clothes that you don't want cut (like warm layers). You can show up in whatever clothes you're comfortable in on Day 1. You will need your simulation clothes later in the day and will have an opportunity to change.
- 2 pairs of long pants (may get destroyed) Cheap thrift store pajama pants work well here
- 2 long-sleeved shirts (may get destroyed) Long sleeve T-shirts or button down shirts work well
- 2 T-shirts (may get destroyed) - 1 is for the T-shirt roll mentioned below
- 1 pair heavy full-height socks (will not be destroyed and will be used for splinting)
- Outdoor Clothing A majority of our skill labs and simulations will be outside - bring what you need to be comfortable in the weather and environment. We will be quite literally rolling in the dirt, so choose accordingly. Beyond lying on the ground and potentially getting dirty, these layers won't otherwise get damaged in simulations.
- Classroom Footwear If it's rainy, snowy, or muddy outside we'll change shoes before coming back into the classroom. Slippers, down booties, Crocs, or whatever you're comfortable in will be great.
- Daypack
- Snacks (Lots! And more than you think!)
- Headlamp – especially if it gets dark early during your course
- Watch or phone with timer/seconds (phones may be exposed to rain/snow)
- Water bottle
- Mug for hot drink
- Small notebook & pen/pencil [many students like using colored pens/pencils and full-size paper or notebook to take notes during lectures in standard courses.]