

First Aid Essentials

Skill To:			Recipe	Source	Materials	Restores	Vendor Pays	First Aid Skill Difficulty					Recipe/Training from (Alliance / Horde)
Lvl	Make	Use						red	orange	yellow	green	grey	
5	-	0	Apprentice First Aid	Trainer									any First Aid Trainer (see list: First Aid Trainers)
	1	1	Linen Bandage	Initial	1 Linen Cloth	66 / 6s	10c	0	1 - 29	30 - 44	45 - 59	60 - 450	any First Aid Trainer
	40	20	Heavy Linen Bandage	Trainer	2 Linen Cloth	114 / 6s	20c	1 - 39	40 - 49	50 - 74	75 - 99	100 - 450	any First Aid Trainer
	-	50	Journeyman First Aid	Trainer									any First Aid Trainer
	80	n/a	Anti-venom	Trainer	Small Venom Sac	poisons up to L25	28c	1 - 79	never	80 - 114	115 - 149	150 - 450	any First Aid Trainer
	80	50	Wool Bandage	Trainer	1 Wool Cloth	161 / 7s	28c	1 - 79	never	80 - 114	115 - 149	150 - 450	any First Aid Trainer
	115	75	Heavy Wool Bandage	Trainer	2 Wool Cloth	301 / 7s	57c	1 - 114	never	115 - 149	150 - 184	185 - 450	any First Aid Trainer
	-	125	Expert First Aid - Under Wraps	Manual			buy for 1gp						Deneb Walker, Arathi Highlands (A); Balai Lok'Wein, Dustwallow Marsh (H)
	130	n/a	Strong Anti-venom	Manual	Large Venom Sac	poisons up to Level 35	62c	1 - 129	never	130 - 164	165 - 199	200 - 450	Loot: Various Chests esp. Solid Chest (mob level approx. 40-50); Loot: Various Creatures (levels approx 20-35)
	150	100	Silk Bandage	Trainer	1 Silk Cloth	400 / 8s	2s	1 - 149	never	150 - 179	180 - 209	210 - 450	any First Aid Trainer
	180	125	Heavy Silk Bandage	Manual	2 Silk Cloth	640 / 8s	4s	1 - 179	never	180 - 209	210 - 239	240 - 450	Deneb Walker, Arathi Highlands (A); Balai Lok'Wein, Dustwallow Marsh (H)
35	-	200	Artisan First Aid	"Triage" Quest			-						Doctor Gustaf VanHowzen, Theramore (A); Doctor Gregory Victor, Hammerfall, Arathi Highlands (H)
	210	150	Mageweave Bandage	Manual	1 Mageweave Cloth	800 / 8s	4s	1 - 209	never	210 - 239	240 - 269	270 - 450	Deneb Walker, Arathi Highlands (A); Balai Lok'Wein, Dustwallow Marsh (H)
	240	175	Heavy Mageweave Bandage	Trainer	2 Mageweave Cloth	1104 / 8s	6s	1 - 239	never	240 - 269	270 - 299	300 - 450	Doctor Gustaf VanHowzen, Theramore (A); Doctor Gregory Victor, Hammerfall, Arathi Highlands (H)
	260	200	Runecloth Bandage	Trainer	1 Runecloth	1360 / 8s	5s	1 - 259	never	260 - 289	290 - 319	320 - 450	Doctor Gustaf VanHowzen, Theramore (A); Doctor Gregory Victor, Hammerfall, Arathi Highlands (H)
	290	225	Heavy Runecloth Bandage	Trainer	2 Runecloth	2000 / 8s	10s	1 - 289	never	290 - 319	320 - 349	350 - 450	Doctor Gustaf VanHowzen, Theramore (A); Doctor Gregory Victor, Hammerfall, Arathi Highlands (H)
	300	n/a	Powerful Anti-venom (training requires Honored, Argent Dawn)	Formula	Huge Venom Sac	poisons up to Level 60	5s	1 - 299	never	300 - 329	330 - 359	360 - 450	Argent Quartermaster Hasana, Tirisfal Glades; Argent Quartermaster Lightspark, W. Plaguelands; Quartermaster Miranda Breechlock, Eastern Plaguelands
-	-	300	Master First Aid - Doctor in the House	Manual			Buy for 5g						Burko, Temple of Telhamat, Hellfire Penins. (A); Aresella, Falcon Watch, Hellfire Penins. (H)
	300	300	Netherweave Bandage	Manual	Netherweave Cloth	2800 / 8s	15s	1 - 329	never	330 - 346	347 - 364	365 - 450	Burko, Temple of Telhamat, Hellfire Penins. (A); Aresella, Falcon Watch, Hellfire Penins. (H)
	330	325	Heavy Netherweave Bandage	Manual	Netherweave Cloth x2	3400 / 8s	22s50	1 - 329	330-359	360 - 366	367 - 374	375 - 450	Burko, Temple of Telhamat, Hellfire Penins. (A); Aresella, Falcon Watch, Hellfire Penins. (H)
70	350	375	Grand Master First Aid										Grand Master Trainers
	350	350	Frostweave Bandage	Trainer	1 Frostweave Cloth	4800 / 8s	15s	1 - 349	350 - 374	375 - 391	392 - 409	410 - 450	Grand Master Trainers
	400	400	Heavy Frostweave Bandage	Manual	2 Frostweave Cloth	5800 / 8s	30s	1 - 399	never	400 - 429	430 - 450		Manual: Heavy Frostweave Bandage drops in Northrend instances and zones