

# Outdoor Education Sample Kit Contents

## Key Points

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- A first aid kit is essential in all outdoor education outings.
- The contents of the kit should be protected from the elements individually and/or by a suitable container.
- The kit should be prepared in relation to:
  - Level of First Aid Training
  - The participants:
    - Number of
    - Special needs and personal medications (anaphylaxis, diabetics)
  - The type of outing (easy hike, strenuous)
  - The type of equipment used (e.g., camp knives, saws and axes for the cutting or splitting of firewood)
  - The area of the activity (local, remote)
  - The length of the activity (a few hours, a few days)
  - The distance, time and method of transport to emergency medical assistance
- Keep kits well organized to access needed items in an emergency
- Check kits prior to each outing for:
  - Used, missing and damaged items
  - Expired medication, products

- All students, Guides, Teachers and Qualified Instructors should be made aware of the contents of the kit as well as how to access the kit while on trip

## **Personal Protective Equipment, Preparation**

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- Hand wash
- Hand sanitizer
- Antiseptic towelettes
- Latex free (nitrile) gloves
- Masks (surgical)
- Mouth barrier or CPR facemask
- Garbage bags to dispose of biohazards

## **Bandages/Dressings/Tape**

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- Adhesive wound coverings (bandages) – variety of sizes, types
- Athletic tape
- Medical adhesive tape, or surgical tape
- Non-adherent gauze pads
- Trauma pads
- Eye dressing pads (sterile)
- Menstrual pads
- Gauze rolls
- Triangular bandages (w/safety pins)
- Tensor bandages (variety of sizes)

# Wound Care & Infection Treatment

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- Toothbrush (sealed and sterile)
- Irrigation syringe
- Antiseptic solution
- Antibiotic ointment (for example, Polysporin)

## Medications

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Refer to School Board policy for carrying, dispensing and documenting medications:

- Anaphylaxis treatment: Epinephrine Auto-injector
- Antihistamine: Diphenhydramine (for example, Benadryl)
- Pain relief: Acetaminophen (for example, Tylenol)
- Anti-inflammatory: Ibuprofen (for example, Advil)
- Anti-nausea: Dimenhydrinate (for example, Gravol)
- Glucose tablets and gels (for example, Dex-4)

## Other

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- SOAP notes and writing utensil
- Padded and pliable splint (for example SAM splint)
- Thermal blanket
- Instant cold packs
- Tweezers
- Thermometer
- Penlight and extra batteries

- Bandage scissors / Trauma Shears
- Ziploc bags
- Duct tape
- Q-Tips

## **Additional Items (training required for use)**

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- Hemostatic (blood-stopping) gauze or powder
- Tourniquet kit

### Sources:

- Worker's Compensation Board Sheridan College Risk Management Program
- Sports Injury Prevention and Care Program
- Trip Guides