

Outdoor Education Sample Kit Contents

Key Points

- 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

- 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

- 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

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

Medications

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

- 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)

- 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