

# Sample Outdoor Education First Aid Kit Contents

When going on an outdoor education trip with students, a properly-stocked first aid kit is essential. The type of trip affects the size and extent of your first aid kit. Will you be taking your vehicle, pulling up next to your tent site with electric availability, or are you going to be trekking in a remote area, such as Whiteshell Provincial Park, with a backpack and tent on your back for several days? First aid kits should be tailored to the type and length of trip you are taking, as well as to the number of people who are going. Clearly, when camping close to your vehicle, first aid can remain very basic, as there is transportation to get to a clinic or hospital within a reasonable amount of time. However, if the group is going to be kilometres away in the forest or other rustic-type atmosphere, more pre-planning is required.

- Organization of your kit is important. The kit itself should be waterproof. Very large Ziploc® type bags are inexpensive and function well for this purpose. They can also be used to carry water.
- Always remember to replenish over-the-counter medications, as well as sterile bandages, that may have been torn open every year.

## Bandages/Dressings/Tape

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- Adhesive Bandages – variety of sizes
- Knuckle Bandages
- Adhesive Tape Roll
- Elastic Wrap
- Non-Adherent Gauze Pads
- Sterile Sponge Dressings
- Trauma Pads
- Gauze Rolls
- Triangular Bandage w/safety pins
- Tensor Bandages (variety of sizes)

## Other

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- First Aid Instruction Guide
- Arm Splint
- Finger Splints
- Round Eye Pad
- Thermal Blanket
- Instant Cold Packs
- Examination Gloves (latex-free)
- Pair of Tweezers
- Scissors
- Plastic Whistle
- Penlight and extra batteries
- Fluorescent tarp (in any bright colour)
- Concussion identification tool (consult the [Sample Tool to Identify a Suspected Concussion](#))

Source: Worker's Compensation Board Sheridan College Risk Management Program, Sports Injury Prevention and Care Program