

## What's in our Kit?

# First Aid Kit

Perhaps you already have a kit or bag to store your first aid supplies. Consult with your team about what you need. This could vary depending on what conditions you work in, the size of the group of children, and/or your access to shelter spaces.

One option for a First Aid Kit is to use a brightly coloured backpack. It can serve as a "stay in sight" tool, and allows your hands to be free while walking/hiking/exploring. Along with this First Aid backpack, you could bring a water source (the dromedary bag or jug), spare clothing, and a bag of loose parts (see below for details).

These lists and kits are by no means exhaustive. Discuss with your team what would best fit for outdoor play in your area and with the group of children you work with! These kits serve as a guide and are open to interpretation.

In a front pocket of a bag/kit could be the Epi-Pens (not pictured), the Emergency Contact Lists and Accident and Emergency Procedures documents. In the bag featured below, all of the important documents and anaphylaxis response equipment is in the front zipper - easiest to reach.

## Here is what a First Aid Backpack could look like...



## Contents

- Bright coloured backpack
- Dry bag (to keep supplies dry)
- Bug spray (low-deet & deet-free)
- Blue Dawn dish soap (for poison ivy oil removal & hand washing)
- Hand sanitizer
- Emergency abdominal pad
- Pocket mask
- C-Splint
- Emergency blanket
- Toilet paper and trowel

## What's in our Kit?

The two separate Ziploc bags are an “Ouch Kit” and a “Trauma Kit”:

## Ouch Kit

An Ouch Kit can be situated at the top of the backpack, for easy access when an “ouch” situation may occur. The “ouch kit” is used the most - having it ready and stocked is important! You will need to replenish supplies as they get used up - predominantly bandaids and ice packs. Below the image is a list of an “ouch” kit’s contents.



## Contents

- Gloves
- Assortment of band-aids
- Alcohol swabs (to clean the tick tweezers & other supplies)
- Benadryl Spray (for external reactions, i.e. bug bites, stings)
- Tick Remover (with marker & small bag to store the tick after removal)
- Tweezers
- Toothbrush
- Irrigation syringe
- Polysporin ointment
- 3 Ice packs

# What's in our Kit?

## Trauma Kit

This kit of gear is used in the event of a larger injury/illness.



### Contents

- Gloves
- Venti-Mask (or pocket mask, a barrier for giving ventilation)
- Juice crystals/Salt solution
- Oral Benadryl (with measuring cup)
- Sterile compress pads
- Abdominal pad
- 3 Triangular bandages
- Self-adhesive vet tape
- 2nd skin
- Gauze
- EMT shears
- Tape
- Tensor bandage

For further reading on forest school First Aid, please refer to [The Child and Nature Alliance website](#) and the [Canadian Red Cross](#) or a Red Cross for whichever region your outdoor space is situated.



## What's in our Kit?

## Loose Parts

Loose parts invite and support open-ended and creative play. To carry loose parts with you, use a sturdy and lightweight bag! [IKEA bags](#) are tough, durable and make it easy to carry items out onto the land/playspace.



An important thing to remember is that the land invites play on its own! Forests and natural spaces are already filled with loose parts. So don't worry too much about what you're bringing in terms of loose parts - or if you've forgotten something as you start to explore an outdoor space. Have a glance at this blog post: [Did you remember all the things?](#)

## What's in our Kit?

## Tools to inspire, support, enrich, and/or deepen play could look like...



- Magnifying glasses & binoculars
- BOOKS! Books are magical in all environments and offer a great way to pause and slow-down
- [Drop cloth](#) or canvas invite all kinds of play - paint, art, hammocks, etc. If you cannot find drop cloth, old bed sheets work well, as both an art canvas or a hammock!

- [Burlap](#) is a fantastic material for hammock building or shelter construction
- Field Identification Guides - these are frequently used to identify creatures and deepen knowledge of living things
- Baskets (for collecting, observing, etc.)
- Pots, pans, utensils, etc.
- [Tarps](#)
- Clipboards, pencil case, paper & markers - making sure that lids of markers are returned and picked up after use
- Ropes (for slacklines, shelter building, swings, structures, etc.)



Ropes involve risk. Rope play and procedures NEED to be discussed, assessed and navigated with your team and the group you are with. Dynamic risk/benefit assessments take place when using rope. Ensure that you have set expectations and boundaries with the children on how to be safe when using ropes (for shelters, slacklines, swings, etc.).

See this blog post for further reading on being safe with rope: [Risky Play on the Schoolyard?](#)

# What's in our Kit?

For further reading about what to include in a forest school kit, check out [What items could be in a forest school kit?](#)

## IMPORTANT NOTE

When bringing anything (loose parts, tools, supplies, etc.) into a natural space, be sure to consider the ecological impact you make. Follow the principle of “leave no trace” to minimize the impact on the land and play space.

## Clothing/Hygiene

Weather and temperature can change quickly, and can affect the gear needed for that day. As such, a bag of spare items of clothing is always a good idea to pack. It is better to be prepared than not! Use your “gut” and judgement if a child needs a swap of socks or mittens. Another recommendation would be to bring extra pants and shirt, for potential ‘soaks’ in rain or puddles.