



LITTLE ACORNS FOREST SCHOOLS LTD

FACT FILE

**WELCOME TO OUR FACT FILE OF HELPFUL AND
USEFUL TIPS AND TRICKS TO HELP YOU IN YOUR
FOREST SCHOOL LEADER JOURNEY!
WE'RE SO THANKFUL YOU CHOSE US TO JOIN YOU
ON THIS JOURNEY!**



OUR YOUTUBE CHANNEL

LITTLE ACORNS FOREST SCHOOLS LTD

**WE HAVE VIDEOS ON ALL THINGS FOREST SCHOOL,
TOOL TALKS WITH TOOL MANAGMENT, BOOKS &
THINGS RELATING TO OUR TRAINING.**



OUR PODCAST

AROUND THE CAMPEIRE

**WE TALK ABOUT ALL THINGS FOREST SCHOOL, WITH
SOME EPISODES BEING SPECIFICALLY FOR CERTAIN
QUESTIONS WITHIN OUR TRAINING.**



OUR WEBSITE

FOREST SCHOOL TRAINING UK

WE HAVE HELPFUL TIPS ON OUR INFORMATION PAGE

OUR SOCIALS

**FOLLOW OUR SOCIALS TO KEEP UP WITH WHAT WE'RE DOING,
TRAINING DAYS WE'RE HOSTING AND FOREST SCHOOL IDEAS.**

FACEBOOK



INSTAGRAM



TIKTOK



EMAIL US

FIRST AID TRAINING

STAY UP TO DATE WITH YOUR OUTDOOR AND PAEDATRIC FIRST AID!

BOOK USING OUR BOOKWHEN.

**WE ALSO OFFER GROUP TRAINING, FOR MORE INFORMATION DROP
US AN EMAIL.**

**LINKS ARE INCLUDED WITHIN THE DOCUMENT,
CLICK AND GO STRAIGHT TO THE PAGE.**



BOOKS our TEAM RECOMMEND

PLAY THE FOREST SCHOOL WAY

FOREST SCHOOL FOR ALL

PRACTICAL WOODLAND HANDBOOK

A YEAR OF FOREST SCHOOL

COOK WILD

THE STICK BOOK

URBAN FOREST SCHOOL

HOW CHILDREN LEARN

POCKET GUIDE TO BRITISH BIRDS

FOREST SCHOOL AND AUTISM

POISONOUS PLANTS

FOREST SCHOOL AND OUTDOOR LEARNING IN THE EARLY YEARS

RISK AND ADVENTURE IN EARLY YEARS OUTDOOR PLAY

GROWING A FOREST SCHOOL FROM THE ROOTS UP

FOREST SCHOOL HANDBOOK

FOOD FOR FREE

MUSHROOMS

COMPLETE GUIDE TO BRITISH TREES

LIVE LIKE A HUNTER GATHERER

FOREST SCHOOL ADVENTURE

COMPLETE GUIDE TO BRITISH WILD FLOWERS

LINKS

OFFWELL WOODLAND & WILDLIFE TRUST

WOODLAND TRUST

NATIONAL FOREST

FOREST SCHOOL ASSOCIATION

**EAST MIDLANDS FOREST SCHOOL NETWORK
FACEBOOK GROUP**

MUDDYFACES

PRELOVED BOOK WEBSITES

ABEBOOKS

AWEOMEBOOKS

WORLDOFBOOKS



TOOLS TO HAVE

ROPE BAG-

TO INCLUDE 10MM CLIMBING ROPES, SCREW GATE CARABINERS AND PULLEYS.

TARP BAG-

TO INCLUDE TARP SHELTERS, MILITARY PONCHO/BASHA, PARA CORD TO TIE THEM UP WITH.

TARP-

TRY TO BUY A 5 X 5 TARP AS A GOOD GROUP SHELTER – AT LEAST 1 FOR EACH SETTING TAKE THEM DOWN AT THE END OF THE SESSION. WE RECOMMEND **DD HAMMOCKS**.

FIRE KIT-

TO INCLUDE FIRE BLANKET, FIRE GLOVES, FIRE STEELS, COTTON WOOL PADS AND SILVER BIRCH BARK.

KELLY KETTLE 1.6L X2-

WE RECOMMEND **KELLY KETTLE**, PRICED AROUND £60 EACH.

& WHERE FROM.

CAST IRON COOKSET-

WE RECOMMEND AREBOS, PRICED AROUND £75.

BURNS KIT-

WE RECOMMEND SETON PRICED AROUND £30.

CAMPING GRILL STAND-

**WE RECOMMEND THE SAFETY SUPPLY COMPANY, PRICED
AROUND £12.**

CAMPING TRIPOD WITH FIRE BOWL & GRILL

WE RECOMMEND JUST KAMPERS, PRICED AROUND £37.

TOOL KIT-

**BOWSAW, PRADINES LOPPER, SMALL FOREST AXE. WE
RECOMMEND BAHCO.**



SAFETY BAG

WHAT YOU NEED AND WHERE FROM

SAFETY BAG.

LOMO - 60L DRY BAG RUCKSACK.

CONTACT DETAILS.

CONTACT DETAILS AND PERMISSIONS FORM FOR ALL IN A WATERPROOF ZIPLOCK BAG.

GROUP SHELTER.

LOMO - EMERGENCY SHELTER / BOTHY BAG FOR 8 PEOPLE.

INFLATABLE MAT.

INFLATABLE MAT FOR THE CASUALTY TO LIE OR SIT ON IN A FIRST AID EMERGENCY.

SPARES.

SPARE GLOVES, HATS, WARM CLOTHING

OUTDOOR FIRST AID KIT.

SEE NEXT PAGE FOR KIT LIST

OUTDOOR FIRST AID KIT LIST

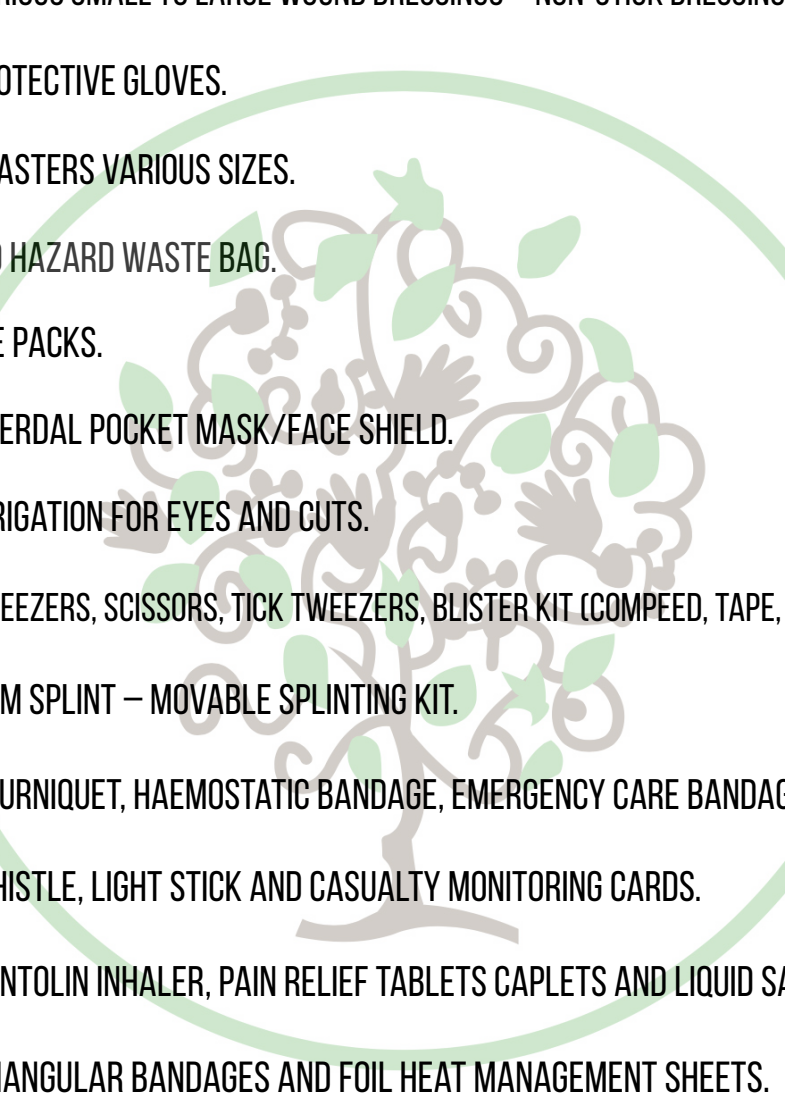
THIS SHOULD BE RELEVANT AND FIT FOR PURPOSE. MAKE SURE THAT YOU PACK IT YOURSELF SO THAT YOU KNOW THAT ALL YOUR EQUIPMENT IS BOTH IN DATE AND IN GOOD WORKING ORDER. YOU SHOULD HAVE THE FOLLOWING IN THE KIT;

- 1. LAERDAL POCKET MASK/FACE SHIELD FOR RESCUE BREATHS.**
- 2. TOURNIQUET, HAEMOSTATIC BANDAGE, EMERGENCY CARE BANDAGE FOR CATASTROPHIC BLEEDS.**
- 3. SAM SPLINT – MOVABLE SPLINTING KIT.**
- 4. ICE PACK FOR SPRAINS AND STRAINS.**
- 5. TWEEZERS, SCISSORS, TICK TWEEZERS, BLISTER KIT (COMPEED, TAPE, VASELINE).**
- 6. VARIOUS SMALL TO LARGE WOUND DRESSINGS – NON-STICK DRESSING PADS.**
- 7. PLASTERS VARIOUS SIZES.**
- 8. PROTECTIVE GLOVES.**
- 9. WHISTLE, LIGHT STICK AND CASUALTY MONITORING CARDS.**
- 10. IRRIGATION FOR EYES AND CUTS.**
- 11. VENTOLIN INHALER, PAIN RELIEF TABLETS, CAPLETS AND LIQUID SACHETS.**
- 12. TRIANGULAR BANDAGES AND FOIL HEAT MANAGEMENT SHEETS.**
- 13. CASUALTY MONITORING CARD WITH WATERPROOF COVERING, EMERGENCY ACTION PLAN (EAP) AND WATERPROOF PEN FOR WRITING DETAILS.**
- 14. BIO HAZARD WASTE BAG FOR COLLECTING USED DRESSINGS TO GIVE TO PARAMEDICS.**



FIRST AID KIT CHECK LIST

PRINT ME

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 - ☐ PROTECTIVE GLOVES.
 - ☐ PLASTERS VARIOUS SIZES.
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 - ☐ ICE PACKS.
 - ☐ LAERDAL POCKET MASK/FACE SHIELD.
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