













‘What to take on an outing?’ Checklist

If your bag is mostly packed and ready this will save you time and stress before an outing. Here are some suggestions of what to take, though you may need to add or change things, depending on the children and type of trip you are planning.



Item	Notes	<input type="checkbox"/>
 <p>Sturdy, lightweight rucksack to carry everything</p>		
 <p>Charged mobile phone + list of parents'/carers' contacts + key staff contacts</p>	<p>You may also need extra emergency contacts, particularly for those with health or SEND issues</p>	
 <p>Drinks – water and/or milk</p>		
 <p>Snacks - don't forget staff (high protein, low-sugar will provide energy on active trips)</p>	<p>Information about allergies will also be needed</p>	
 <p>Spare clothes/waterproofs</p>		
 <p>Nappies, wipes, cream and nappy sacs, possible a portable potty</p>		
 <p>Suntan lotion</p>		
 <p>First-aid kit</p>		
 <p>Tissues</p>		
 <p>Spare rubbish bag</p>		
 <p>Spare cash/travel pass</p>		
 <p>Stories or information books</p>		
<p>Other tips:</p> <ul style="list-style-type: none"> ✓ Check the weather forecast ✓ Local events may impact transport/visits ✓ A small puppet may help calm an upset child or keep a group amused while waiting/on a long journey. 		