



Travel First Aid Kit Packing List

The 10 Remedies from this class

- Lavender Bug Bite Roll-on
- Candied Ginger
- Green Tea and Lavender Sunburn Remedy
- Herbal Sleep Tea
- Headache and Pain Relief Salve
- Arnica Bruise and Scrape Salve
- Yarrow Blood-stop powder
- Mullein Oil for Ear Aches
- Poultice Tea Bag for Bites and Stings
- Herb Tea for Colds and Congestion

Other Remedies Your Family Uses

- _____
- _____
- _____

Universally Useful Essential Oils

- Tea Tree Essential Oil, 5ml
- Lavender Essential Oil, 5ml
- Peppermint Essential Oil, 5ml
- Lemon Essential Oil, 5ml

What else should go in your first aid kit?

- Tensor bandages or Vet wrap for sprains
- Bandages and Band-Aids for cuts
- Butterfly bandages for gaping wounds
- Tweezers to pull out slivers
- Cotton pads
- Tourniquet
- Your notebook (3 x 5) and a pen
- Any essential prescription medications
- A brief medical history of each family member, especially allergies and drug reactions
- Copies of health plan numbers and essential phone numbers
- Disposable gloves x 4 pairs
- A current first aid manual