

# wild + WELL

HOLISTIC FIRST AID KIT CHECK-LIST



## ACTIVATED CHARCOAL

For stomach aches & indigestion.

## ALOE VERA GEL

Soothe mild burns & irritation.

## ARNICA CREAM/GEL

Apply to unbroken skin for bruises, sprains or strains.

## CALENDULA CREAM

To soothe inflammation & prevent infection on superficial wounds.

## CHAMOMILE

Calm eye irritation, teething pain, soothe skin irritation & bloating.

## CHEWABLE GINGER

Ease nausea and an upset stomach. Peppermints work too!

## COUGH SYRUP

Relieve coughing with a natural option such as Zarbee's.

## DISTILLED WATER

Best for cuts & scrapes since tap water can have pathogens.

## HOMEMADE NEOSPORIN

Find recipes online or try Green Goo for a non-toxic alternative.

## DON'T FORGET!

Make sure to pack organic snacks and juice while adventuring with little ones. This is crucial for helping with altitude!



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## LAVENDER ESSENTIAL OIL

Great for bug bites.  
Best with a carrier oil  
for children.

## LIP BALM

Essential in dry climates  
& when sun is intense.

## MANUKA HONEY

Heal wounds,  
scrapes, cuts  
& glucose crashes.

## NON-TOXIC SUNSCREEN

I love Beautycounter  
& AllGood Kids for a  
clean option.

## NON-TOXIC WIPES

Water wipes are  
essential for cleaning up  
all kinds of messes!

## PAIN/FEVER RELIEVER

Genexa is a great non-  
toxic replacement for  
traditional Tylenol.

## PROBIOTICS

For upset stomachs  
& easing discomfort.

## TEA TREE ESSENTIAL OIL

Great for poison ivy  
or oak.

## WITCH HAZEL

Perfect for cuts, scrapes  
& insect bites.

## OTHER FIRST AID ESSENTIALS

Welly or Patch Latex Free Band-aids, Instant Cold Pack, Ace Bandage, Scissors, Tweezers, Thermometer, Organic Cotton Gauze, Quick Clot, Tourniquet and Moleskin.

