



Outdoor Herbal First Aid Kit Packing List

Pack your tiny tin with everything you need for natural healing on the go! Check off each item as you gather it, then fold or laminate this list to tuck into your kit. You’ve got this!

Item	Description	Quantity	Check
Container	Small tin or pouch (e.g., 4x3x1” Altoids tin, waterproof)	1	<input type="checkbox"/>
Tweezers	Small, fine-tip for splinters	1	<input type="checkbox"/>
Bandages	Adhesive bandages (e.g., 1x3”)	5-10	<input type="checkbox"/>
Scissors	Small, 2” blade for cutting cloth or tape	1	<input type="checkbox"/>
Cotton Pads	For applying remedies or cleaning	5	<input type="checkbox"/>
Calendula Salve	1-oz tin for cuts, scrapes, burns	1	<input type="checkbox"/>
Plantain Poultice	0.5-oz jar of dried plantain leaves for bug bites, stings	1	<input type="checkbox"/>
Peppermint Tea Bags	Pre-filled tea bags for headaches, nausea	3-5	<input type="checkbox"/>
Yarrow Powder	0.5-oz vial for minor bleeding	1	<input type="checkbox"/>
Chamomile Compress	0.5-oz jar of dried chamomile flowers	1	<input type="checkbox"/>
Lavender Oil Roller	10ml roller bottle for burns, stress	1	<input type="checkbox"/>
Yarrow Tincture	1-oz dropper bottle for bruises, swelling	1	<input type="checkbox"/>
Peppermint Cooling Spray	2-oz spray bottle for sunburn, hot spots	1	<input type="checkbox"/>
Chamomile Lip Balm	0.15-oz tube for chapped lips, blisters	1	<input type="checkbox"/>
Plantain-Calendula Foot Soak	Muslin bags with herb-salt mix for sore feet	2	<input type="checkbox"/>

Tip: Double-check your kit before each adventure—restock remedies and clean tools. Grow your own herbs like plantain or yarrow to keep your kit stocked!