



JOYBILEE ACADEMY

Outdoor Adventure Herbal First Aid Kit

***Natural Remedies
on the Go***

CHRISTINE J. DALZIEL



Outdoor Adventure Herbal First Aid Kit

Natural Remedies on the Go

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JOYBILEE FARM MEDIA
Greenwood, British Columbia

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Outdoor Adventure Herbal First Aid Kit: Natural Remedies on the Go

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Introduction

Welcome to Your Herbal Adventure!

Picture this: You're out on a trail with your family, the air is crisp, and the kids are racing ahead, full of energy. Then—ouch!—a mosquito bite starts itching, or someone tripped over a rock and now they're bleeding. No need to panic or dig through a bulky first aid kit. With a small tin tucked in your backpack, you've got everything you need to soothe those moments naturally, using just six simple herbs. That's the magic of the *Outdoor Adventure Herbal First Aid Kit*—and you're about to make it happen!

If you're new to herbalism, you might be thinking, “Herbs? That sounds complicated!” Let me put those worries to rest: **you don't need to be an expert to start.** This guide is designed for beginners like you—hikers, campers, parents, or anyone who loves the outdoors and wants natural, kid-safe solutions for life's little mishaps. We're keeping it simple with just six herbs—calendula, chamomile, lavender, peppermint, plantain, and yarrow. These are herbs can be grown in a small garden, a few pots, or even sourced easily. You might even find some of these on the trail. No overwhelm, no fancy equipment, just straightforward steps to create a first aid kit that fits in your pocket and works to bring quick relief for mishaps that happen when you're out and about.

Why go herbal?

Because it's empowering, natural, and fun! Imagine calming a bug bite or a bee sting with a plantain poultice you made yourself, or fading a bruise with a yarrow tincture from your own backyard. This kit isn't just for the trail—it's your first step toward building a home apothecary, where you grow and use herbs for everyday wellness. Whether you're soothing a scraped knee on a camping trip or crafting a relaxing sleep sachet at home, you'll feel confident knowing you've got nature's remedies at your fingertips.

What's in this guide?

In these pages, you'll discover:

- **Six Versatile Herbs:** Easy-to-grow or source herbs that work wonders for healing life's little mishaps quickly.
- **10 Outdoor Remedies:** Quick fixes for bug bites, bruises, cuts, sunburns, and more, perfect for hiking, camping, or mornings at the soccer field.
- **7 Bonus Home Remedies:** Extra recipes to expand your home apothecary, from bruise creams to digestive syrups, using the same six herbs.
- **A Compact Kit:** Step-by-step instructions to build a tiny, travel-ready first aid tin, suitable for packing in your carry-on or your backpack.

How to use this guide? It's as easy as 1-2-3:

1. Learn about your six herbs and how to grow them or find them on the trail.
2. Make your 10 outdoor remedies and pack your kit.
3. Explore 7 bonus home remedies to kick-start your home apothecary.

No matter where you are—on a mountain trail, at the campsite, at the beach, or in your kitchen—this guide makes herbalism feel like second nature. You'll be amazed at how much you can do with just six herbs! And if you're hungry for more, we'll show you how to take the next step with my affordable monthly membership, ***The Herb of the Month Club***, which will help you master herbalism and create a full home apothecary that you can use for healing and support.

So, let's ditch the overwhelm and dive in with a can-do spirit. You've got this, and your herbal adventure starts now!

Choosing Your Herbs

Your Six Superstar Herbs

Ready to meet the heart of your herbal first aid kit? These six herbs—calendula, chamomile, lavender, peppermint, plantain, and yarrow — are your ticket to natural healing, whether you’re soothing a bee sting on the trail or a bruise at home. Don’t worry if you’ve never grown a plant or foraged before—this section makes it fun and easy. Each herb is a powerhouse for your 17 remedies, and you can grow them in a small garden, a few pots, or even find some in the wild.

We’ll cover how to grow or forage for them, what parts to use, when to harvest, and how to preserve them for your kit. No overwhelm here—just an empowering adventure in herbalism. Let’s get started!



Calendula (*Calendula officinalis*)

Why it's Awesome: Calendula's sunny orange flowers are like a hug for your skin, healing cuts, scrapes, and burns with their anti-inflammatory strength. They're the star in your salve, foot soak, and bruise cream.

Where to Find It: Grow your own or buy dried flowers from herb shops. It's not typically wild-growing, so planting your own is your best bet.

Growing Tips:

- **Where:** Full sun, well-drained soil—perfect for a garden bed or pot.
- **How:** Sow seeds in spring about 3 weeks before the last frost. Sprinkle on soil, cover lightly, and water gently. They sprout in 7-14 days! Calendula is hardy to light frost so you can get them started early.
- **Care:** Water weekly; they're low-maintenance and bloom all summer.
- **Part Used:** Flowers (both petals and full heads).
- **Harvest Time:** Pick flowers in mid-morning when fully open, from summer to early fall (July-October) Pinch off of the stem just below the flower head. Harvesting the flowers will keep the plant producing new blooms till a hard frost arrives in your area. Leave the petals on the green calyx; you want the whole flower for your healing remedies. The green calyx is full of sticky, healing resin and you want this resin in your remedies, too.

Preservation:

- **Dry:** Spread flowers on a screen in a warm, airy spot, out of direct sunlight, for 1-2 weeks, until they are crispy and dry.

Store in an airtight jar for up to 1 year. Dried calendula flowers are best for salve, foot soak, and bruise cream.

- **Fresh:** Use fresh for stronger potency in bruise cream if you have blooms on hand, but dried works great too.

Beginner Tip: Plant a few calendula seeds in a pot on your patio—they're so cheerful, you'll love watching them grow!



Chamomile (*Matricaria chamomilla* or *Chamaemelum nobile*)

Why it's Awesome: Chamomile's dainty flowers calm rashes, stress, and bug bites, shining in your compress, lip balm, bruise cream, and soothing paste. Chamomile is also great for upset stomach and indigestion, cramps, and insomnia. It's a must-have herb to carry with you when you travel.

Where to Find It: Grow your own or buy dried flowers. German chamomile (*Matricaria chamomilla*) is common in gardens; Roman chamomile (*Chamaemelum nobile*) is sometimes grown as a ground cover. The flowers of both kinds of chamomile are potent healers.

Growing Tips:

- **Where:** Full sun, sandy or average soil—pots or beds work great.
- **How:** Sow seeds in spring (April-May) on soil surface; they need light to germinate (7-14 days).
- **Care:** Water weekly; harvesting the flowers will increase the number of flowers you get, so harvest them as you see them.
- **Part Used:** Flowers.
- **Harvest Time:** Pick flowers in the morning, after the dew dries. They are ready when petals start to curl back (June-August), and the center disc starts to grow taller.

Preservation:

- **Dry:** Spread flowers in a basket, in a dry, airy spot out of direct sun. Stir the basket frequently to expose all the flowers to the air. They'll be dry and ready to store after a week or two. You can also dry them in a dehydrator on low heat (95F) until they are dry and crispy. Store in a jar for 1 year. Dried flowers are the best to use for herbal tea, for compresses, lip balm, bruise cream, and soothing paste.

- **Fresh:** You can use the fresh flowers for tea or compresses. Dried flowers are portable for your first aid kit.

Beginner Tip: Plant chamomile along the edges of pathways in your garden for a fragrant, healing path—it's like growing your own calm!



Lavender Flowers (*Lavandula angustifolia*)

Why it's Awesome: Lavender's fragrant flowers soothe burns, stress, and bug bites, starring in your oil roller, sleep sachet, digestive syrup, and skin-soothing paste.

Where to Find It: Grow your own or buy dried flowers. It's not common in the wild but you may find it growing in abandoned gardens.

Growing Tips:

- **Where:** Full sun, well-drained soil—perfect for raised beds or pots.
- **How:** Plant seedlings or cuttings in spring (May-June); seeds are tricky to germinate but work with patience. If you are growing lavender from seed, keep the plants in a pot for the first growing season. They are slow growers and need extra time to develop a robust root system. Place them in a protected spot. Plant out in their permanent spot the following spring.
- **Care:** Water sparingly; prune after flowering to keep it tidy. Don't prune into the woody parts of the plant though.
- **Part Used:** Flowers
- **Harvest Time:** Cut flower spikes just as buds open (June-August), in the morning, after the dew dries, for best scent.



Preservation:

- **Dry:** Hang bundles of lavender stems or spread flowers on a screen for 1-2 weeks; store in a jar for 6 months. Best for sleep sachet, digestive syrup, and soothing paste.
- **Fresh:** Use fresh for oil roller infusions for stronger aroma, but dried is great for the kit.

Beginner Tip: Start with a lavender plant in a sunny spot—it's low-maintenance and smells wonderful!



Peppermint (*Mentha x piperita*)

Why it's Awesome: Peppermint's cool, refreshing leaves ease headaches, nausea, and sunburns, making it a must for your tea bags, cooling spray, and bath soak.

Where to Find It: Grow your own or buy dried leaves. It's not common in the wild, but you might find escaped patches near gardens.

Growing Tips:

- **Where:** Partial shade, moist soil—use a pot to contain its spreading roots.
- **How:** Plant cuttings or seedlings in spring (April-May). They root fast and grow like crazy!
- **Care:** Water regularly; pinch back to encourage bushy growth.
- **Part Used:** Leaves

- **Harvest Time:** Snip leaves just before flowering (June-August) in the morning for max flavor.

Preservation:

- **Dry:** Hang bundles or spread leaves on a screen for 1-2 weeks, until dry and crisp; store in a jar for 1 year. Best for tea bags, cooling spray, and bath soak.
- **Fresh:** Use fresh for a stronger kick in tea if you're near your garden, but dried is perfect for the kit.

Beginner Tip: Grow peppermint in a pot to keep it from taking over—it grows so well, it will inch into other areas of the garden, if you don't keep it trained to one spot.

***Keep Remedies Fresh:** Store your finished remedies in a cool, dark cupboard to extend their shelf life up to a year, ensuring that they're ready when you need them.*

Plantain (*Plantago major*)

Why it's Awesome: Plantain is nature's Band-Aid, soothing bug bites, stings, and wounds with its anti-inflammatory powers. It shines in your poultice, foot soak, and healing balm.

Where to Find It: This wild wonder grows in lawns, parks, and along paths—look for it in your backyard! You can also grow it or buy dried leaves.

Identification & Foraging Tips:

- **Look:** Broad, oval leaves in a rosette, with parallel veins and in late summer, thin, spiky flower stalks grow up from the center of the rosette of leaves.
- **Where:** Plantain is common in disturbed areas (yards, sidewalks). Don't harvest from areas that may have pesticide residues or pet waste.
- **Forage:** Snip leaves with scissors, leaving some for regrowth. Wash well before drying for herbal remedies.

Growing Tips:

- **Where:** Partial shade to sun, any soil (it's a tough cookie!).
- **How:** Scatter seeds in spring or fall; they germinate in 10-14 days. Or transplant a wild plant to your garden. You'll be shocked at how big the leaves get when they are babies in garden soil.
- **Care:** Water occasionally; it thrives with neglect.
- **Part Used:** Leaves.
- **Harvest Time:** Pick young, tender leaves in spring or early summer (May-July) before they get tough and stringy.

Preservation:

- **Fresh:** May be used for poultices—chew or mash leaves for instant use on the trail.

- **Dry:** Dry leaves on a screen for 1-2 weeks until they are dry and crispy. You can also dry the leaves in a dehydrator on low heat (95F) until they are dry and crispy. Store in a jar for 1 year. Ideal for foot soak, plantain tea bags, and healing balm.

Beginner Tip: Spot plantain in your yard—it's probably there already, waiting to be your new best friend and herbal ally!



Yarrow (*Achillea millefolium*)

Why it's Awesome: Yarrow's feathery leaves and flowers stop bleeding and reduce bruises, starring in your powder, tincture, healing balm, and bath soak.

Where to Find It: Yarrow grows wild in fields, roadsides, and meadows—look for it in sunny spots! You can also grow it or buy dried.

Identification & Foraging Tips:

- **Look:** Fern-like leaves, clusters of small white or pale pink flowers on tall stalks.
- **Where:** Sunny, dry areas (pastures, trails). Avoid polluted spots or roadways.
- **Forage:** Cut leaves and flowers in summer; leave roots for regrowth. Wash well.

Growing Tips:

- **Where:** Full sun, dry or average soil—great for tough spots. It doesn't need much fertility.
- **How:** Sow seeds or divide plants in spring (April-May). Germinates in 14-21 days. When growing it in the garden there are a wide variety of colors to choose from. It doesn't matter what color you grow, all yarrow have similar medicinal qualities.
- **Care:** Water sparingly; it's drought-tolerant and low-fuss.
- **Part Used:** Leaves and flowers.
- **Harvest Time:** Collect leaves and flowers in full bloom (June-August), ideally in the morning.

Preservation:

- **Dry:** Hang bundles of yarrow flowers on the stems to dry or spread leaves and flowers on a screen for 1-2 weeks; dry until the plants are crispy and crumble easily when crushed in the

hand. Store in a jar for 1 year. Best for powder, healing balm, and bath soak.

- **Fresh:** Use fresh for tinctures (chop finely before steeping) for max potency, but dried works too.

Beginner Tip: Find yarrow on a hike or plant it in a sunny corner—it's a tough, healing hero!



Tips for Herbal Success

You're already on your way to herbal greatness! Here are a few pointers to make it even easier:

- **Start Small:** Try one or two herbs in pots (peppermint and calendula are super forgiving and easy to grow, even on a balcony.).
- **Foraging Safely:** For plantain and yarrow, pick from clean areas (no roadsides or sprayed lawns). Wash well and confirm identification with a field guide until you are familiar with the plants and how they grow.
- **Preserving Like a Pro:** Dry herbs in a warm, airy spot (a dehydrator works too, set to 95°F). Label jars with the herb and date—your future self will thank you!
- **No Garden? No Problem:** Buy dried herbs from trusted suppliers, or grow in containers on a patio or windowsill.
- **Have Fun:** These herbs are your herbal allies in healing. Enjoy watching them grow or spotting them in the wild—it's all part of the adventure!

With these six herbs, you're ready to build your kit and start your home apothecary. Turn the page to learn how to assemble your first aid tin, and let's keep the herbal blessings flowing!

***Kid-Friendly Herb Fun:** Involve kids in crushing dried peppermint or chamomile for tea bags to make remedy prep a family activity, building their excitement and your confidence in using safe, kid-friendly herbs.*

Building Your Herbal First Aid Kit

Your Tiny Tin of Healing Magic!

You're about to create something amazing: a super-compact herbal first aid kit that's ready to soothe bug bites, bruises, and scrapes on any adventure. Whether you're hiking with friends, camping with kids, or tossing it in your carry-on for a trip, this kit—packed with your six superstar herbs (calendula, chamomile, lavender, peppermint, plantain, and yarrow)—has you covered.

Don't worry if you've never made an herbal remedy before; this section breaks it down into easy, fun steps. We'll guide you through choosing your container, gathering tools, preparing your 10 remedies, and organizing it all into a tin small enough to fit in your pocket. Use the following check list to ensure you have everything you need. You'll feel like an herbal pro in no time. Let's build your kit and get ready to hit the trail with confidence!



Kit Essentials

Your herbal first aid kit is designed to be lightweight, durable, and packed with everything you need for minor trail mishaps. Here's what goes inside your tiny tin—think of it as your portable apothecary!

- **Container:** A small, weatherproof tin or pouch (e.g., 4x3x1" Altoids tin or a waterproof 5x4x2" case). It should fit in a backpack pocket or carry-on and protect your remedies from moisture and bumps.
- **Tools:** Simple items to apply or prepare remedies:
 - **Tweezers:** Fine-tip, 2-3" for splinters or debris (1).
 - **Bandages:** Adhesive, 1x3" for covering poultices or salves (5-10).
 - **Scissors:** Small, 2" blade for cutting cloth or tape (1).
 - **Cotton Pads:** 2x2" for cleaning or applying remedies (5).
- **Remedies:** Your 10 herbal powerhouses, made with your six herbs (details in the next section):
 - **Calendula Salve:** 1-oz tin for cuts, scrapes, burns.
 - **Plantain Poultice:** 3 tea bags prefilled with plantain leaves
 - **Peppermint Tea Bags:** 3-5 pre-filled tea bags for headaches, nausea.
 - **Yarrow Powder:** 0.5-oz vial for minor bleeding.
 - **Chamomile Compress:** 3 tea bags with dried flowers for rashes, stress.

- **Lavender Oil Roller:** 10ml roller bottle for burns, stress.
- **Yarrow Tincture:** 1-oz dropper bottle for bruises, swelling.
- **Peppermint Cooling Spray:** Empty 2-oz spray bottle for sunburn, hot spots. You'll use the peppermint tea-bags to fill it on the trail.
- **Chamomile Lip Balm:** 0.15-oz tube for chapped lips, blisters.
- **Plantain-Calendula Foot Soak:** 2 muslin bags with herb-salt mix for sore feet.

Check out your bonus *Packing List* printable to track these items—it's your cheat sheet to stay organized!

Step-by-Step Assembly

Building your kit is like packing for a mini adventure—simple, satisfying, and oh-so-empowering! Follow these five steps, and you'll have a trail-ready apothecary in no time.

Step 1: Choose Your Container

Pick a small, sturdy container that's weatherproof and portable. An Altoids tin (4x3x1") is perfect for backpackers, while a slightly larger waterproof case (5x4x2") works for car camping. Look for a secure latch to keep remedies safe. Pro tip: Clean the tin with soap and water, then dry thoroughly to avoid rust.

- **Beginner Tip:** Reuse a small metal or plastic container you already own—it's eco-friendly and budget-smart!

Step 2: Gather Your Tools

Round up your tools—tweezers, bandages, scissors, and cotton pads. Keep them small to save space:

- **Tweezers:** Grab a fine-tip pair from a travel grooming kit (2-3” long).
- **Bandages:** Choose standard 1x3” adhesive bandages; water-proof ones are great for wet trails.
- **Scissors:** A 2” craft scissor fits perfectly; ensure the blade is sharp but safe.
- **Cotton Pads:** Pick 2x2” pads, split a larger pack to save space. Store tools in a mini Ziploc bag inside the tin to keep them tidy.

Beginner Tip: Raid your home first aid kit for these—chances are, you’ve got extras lying around!

Step 3: Prepare Your Remedies

Now for the fun part—making your 10 remedies! Head to the “Herbal Remedies for Outdoor Ailments” section (next up) for full recipes, but here’s the rundown:

- **Calendula Salve:** Infuse calendula in oil, mix with beeswax, and pour into a 1-oz tin.
- **Plantain Poultice:** Fill 3 teabags with dried plantain leaves. (or forage fresh on the trail!).
- **Peppermint Tea Bags:** Stuff 3-5 tea bags with dried peppermint leaves.
- **Yarrow Powder:** Grind dried yarrow into a 0.5-oz vial.
- **Chamomile Compress:** Pack a 0.5-oz jar with dried chamomile flowers.

- **Lavender Oil Roller:** Infuse lavender in carrier oil, fill a 10ml roller bottle.
- **Yarrow Tincture:** Steep yarrow in alcohol or glycerin, strain into a 1-oz dropper bottle.
- **Peppermint Cooling Spray:** Mix peppermint infusion with aloe, pour into a 2-oz spray bottle.
- **Chamomile Lip Balm:** Infuse chamomile in oil, mix with beeswax, fill a 0.15-oz tube.
- **Plantain-Calendula Foot Soak:** Mix dried herbs and Epsom salt, fill 2 muslin bags.
Use your grown or foraged herbs (like plantain or yarrow) to make these extra special! Label each container clearly (e.g., “Yarrow Tincture”) with a waterproof label or marker.

Beginner Tip: Start with one remedy (like the salve) to build confidence, and then tackle the rest over a weekend.

Step 4: Organize Your Kit

Time to pack your tin like a pro! Arrange remedies and tools to maximize space:

- Place larger items (1-oz salve tin, 2-oz spray bottle) along the edges.
- Stack smaller items (0.5-oz jars, 10ml roller, 0.15-oz lip balm) in the center.
- Tuck tea bags and foot soak muslin bags in ziplock bags to prevent spills.
- Slip tweezers, scissors, bandages, and cotton pads in a corner or another Ziploc.
Test the lid—it should close snugly without bulging. If it’s tight, swap for a slightly larger tin or reduce bandage quantity.

- **Beginner Tip:** Lay everything out on a table first to plan your layout—it's like a puzzle, but way more fun!

Step 5: Pack Efficiently for the Trail

Your kit's ready—now make it adventure-proof!

- Double-check your *Packing List* to ensure nothing's missing.
- Store the tin in a backpack's outer pocket or a car glove box for quick access.
- Keep your laminated *Quick Guide to Herbal First Aid* printable inside or taped to the lid for instant remedy tips.
- Toss in a few extra Ziploc bags for fresh-foraged plantain or yarrow on the trail.

You're set to hike, camp, or travel with natural healing at your fingertips!

Beginner Tip: Practice opening your kit at home to get comfy—it'll feel like second nature on the trail.



Safety Tips

Your herbal kit is powerful, but a little know-how keeps it safe and effective. These tips ensure you and your family stay happy and healthy on every adventure:

- **Test for Allergies:** Before using a remedy (especially on kids), apply a small amount to a skin patch (inner arm) and wait 24 hours. No redness? You're good to go!
- **Use Sparingly:** Follow remedy instructions (e.g., 2-3 drops of yarrow tincture). More isn't always better—your herbs are potent!
- **Know the Limits:** This kit's for minor issues (bug bites, scrapes, and bruises). For serious problems (deep cuts, severe burns, allergic reactions), seek medical help ASAP.

- **Store Smart:** Keep your tin in a cool, dry place (not a hot car dashboard) to preserve remedy potency. Check expiration dates and replenish as needed.
- **Supervise Kids:** Let kids help apply remedies (like a poultice) for fun, but adults should handle tinctures and powders to avoid spills or overuse.

With these tips, you're not just building a kit—you're building confidence as a home herbalist. Turn the page to learn how to make your 10 remedies, and let's keep the herbal adventure rolling!

***Portable Herb Backup:** Carry a small teabag of dried calendula or plantain in your kit for on-the-spot poultices or compresses, ensuring you're never caught without a remedy if fresh herbs aren't around.*

Herbal Remedies for Outdoor Ailments

Your Trail-Ready Remedies Await!

Get ready to whip up 10 powerful remedies that'll make your outdoor adventures worry-free! With just your six superstar herbs— calendula, chamomile, lavender, peppermint, plantain, and yarrow —you'll tackle bug bites, bruises, cuts, upset stomach, pain, and more, all while feeling like a natural healing pro.

No herbal know-how? No problem! These beginner-friendly recipes are simple, fun, and use easy-to-find tools and containers to keep your kit compact and trail-ready. From soothing salves to cooling sprays, you're about to create remedies that fit in a pocket-sized tin and work wonders wherever you roam. Let's dive in with a can-do spirit and make your herbal magic happen!

Special Equipment you'll Need

You don't need a pharmacy lab —just a few kitchen basics to bring your remedies to life:

- **DIY Double Boiler (for salves, lip balm):** No double boiler? No sweat! Place a heat-safe glass cup (like a Pyrex measuring cup) in a pot with 1-2 inches of simmering water. This gently heats your herb-infused oils (e.g., for calendula salve) and melts beeswax without scorching. Use an oven mitt to handle the hot cup safely.
- **Fine Mesh Strainer or handkerchief:** For straining herbs from oils or tinctures (e.g., yarrow tincture, lavender oil). A small strainer or a clean handkerchief works great.
- **Small Funnel:** Helps pour liquids (e.g., peppermint spray, tinctures) into tiny bottles without spills. A mini plastic funnel is perfect.

- **Mortar and Pestle or Coffee Grinder (optional):** For grinding yarrow into powder. A spoon and bowl can work in a pinch!
- **Basic Kitchen Tools:** Measuring spoons, a small pot, and a mixing bowl for blending ingredients (e.g., foot soak mix).

Lightweight Containers for Your Kit

To keep your kit compact (think 4x3x1” tin), use these travel-friendly containers:

- **Press-and-Seal Tea Bags:** Perfect for peppermint tea bags, chamomile compress, and plantain poultice (dried leaves). Fill, seal, and toss in your tin—they’re light and spill-proof.
- **5ml or 10ml Brown Glass Bottles:** Ideal for yarrow tincture (5ml dropper) and lavender oil roller (10ml roller). Recycled essential oil bottles work great—just clean thoroughly. Amber glass protects remedies from light.
- **1-oz Metal Tins:** For calendula salve and chamomile lip balm (use 0.15-oz lip balm tubes if preferred). Tins are durable and lightweight.
- **2-oz Plastic Spray Bottles:** For peppermint cooling spray. Choose leak-proof travel bottles. Pack it empty and fill on the trail, as needed.
- **Small Glass Jars (0.5-oz):** For yarrow powder. Clear or amber jars keep contents visible and safe.
- **Muslin Bags:** For plantain-calendula foot soak mix. Small, reusable bags (3x4”) fit neatly in a ziplock for your tin.

With these tools and containers, you’re set to craft remedies that are as portable as they are powerful. Check your *Packing List*, grab your herbs (grown or foraged!), let’s get started.

Calendula Salve

This salve is helpful for rashes, cuts, scrapes, and minor burns. Calendula is generally healing to the skin and can help with any minor skin injury.

Yield: 2 ounces

Ingredients:

- 2 tablespoons dried calendula flowers, or 4 tablespoons fresh whole calendula flowers
- 1/3 cup olive oil
- 8 grams beeswax pastilles

Directions:

1. Place calendula flowers and olive oil in a heat-proof bowl or wide mouthed, straight sided jar.
2. Over a double boiler, infuse the calendula into the olive oil for 2-4 hours, watching to make sure the oil doesn't over heat and the water does not boil dry.
3. Strain out the spent calendula flowers from the warm oil using a fine mesh strainer or cheese cloth.. Squeeze all the oil from the spent flowers. Return the infused oil to the double boiler.
4. Add beeswax to the infused oil in the double boiler. Warm and stir slowly until the beeswax has melted and is fully blended into the oil.
5. Pour, while warm, into 1 ounce salve tins, label and date.

Use: Apply to rashes, cuts, scrapes, or minor burns; reapply 2-3 times daily.

Storage: 1 year in a cool place.

Plantain Poultice

This poultice can be made with fresh plantain on the trail, or made out of dried plantain for storage and ease of transport. For our kit, we'll use dried plantain and store it in press and seal tea bags to make it convenient and easy to use. Plantain is great for easing bug bites, insect stings, and stinging nettle stings.

Yield: 1 application

Ingredients:

- 1 tablespoon dried plantain leaves
- 1 press and seal tea bag

Directions:

1. Measure plantain leaves by tablespoon into press-and-seal tea bags.
2. Seal tea bags.
3. Place tea bags in an airtight jar, wide mouthed Mason jar works well.
4. Label and date the jar.

Use: Wet the tea bag with warm water till it is wet but not dripping. Apply to bites/stings, cover if needed; reduces itching and draws out toxins from the bite or sting.

Storage: Air tight container, 1 year.

For transport: Make several tea bags for your kit. Place the tea bags in an airtight container and label them. An Altoids-type tin can hold several different tea bags for your kit.

Variations: Add ½ teaspoon activated charcoal to dried plantain mix per tablespoon of dried plantain. Place the mixture in a press and seal tea bag. Place the prepared tea bags in a tin to keep the charcoal contained. It can be messy. Charcoal increases the activity and speed of the plantain actions, and helps with more severe stings and bites.

Peppermint Tea Bags

Peppermint tea can be good to help with headaches and nausea. It is a naturally cooling herb as well, and is great on a hot day. You'll also use these peppermint tea bags for the cooling spray below.

Yield: 1 serving

Ingredients:

- 1 tablespoon dried peppermint leaves
- 1 press-and-seal teabag

Note: Increase the quantities for however many teabags you wish to make.

Directions:

1. Measure peppermint leaves by tablespoons into press-and-seal tea bags.
2. Seal tea bags.
3. Place tea bags in an airtight jar, wide mouthed Mason jar works well.
4. Label and date the jar.

To use: Steep in hot water, covered, for 5 minutes. Sweeten with honey to taste.

Dose: 1-2 cups daily.

Contraindications: Avoid peppermint tea 1 hour before bed if you have acid reflux.

Storage: Airtight jar, 6 months.

Peppermint Cooling Spray

This cooling mist that can help cool sunburn, sore feet, and hot, cranky kids. You'll make peppermint tea bags for your outdoor adventure and make the cooling spray as needed on the go. For your travel kit take an empty spray bottle and peppermint tea bags. Make the cooling spray as needed on the trail.

Yield: 1 – 2 ounce spray bottle

Ingredients:

- 1 tablespoon dried peppermint leaves
- 1 press and seal tea bag.

Directions:

1. Measure peppermint leaves by tablespoons into press-and-seal tea bags.
2. Seal tea bags.
3. Place tea bags in an airtight jar, wide mouthed Mason jar works well.
4. Label and date the jar.

Use: Add 3 ounces of boiled water to the peppermint tea bag and steep, covered until the water cools, about 15 minutes. Pour the steeped peppermint tea into a 2 ounce spray bottle.

Spritz on sunburned skin or hot feet; reapply as needed. Use caution if spraying on face, peppermint can sting eyes.

Storage: Store unused portion in the camp cooler. It will keep for 48 hours if kept cold. Discard and make a fresh batch as needed.

Yarrow Powder

Yarrow is a naturally drying and styptic herb, it can help stop minor bleeding from cuts and scrapes, or reduce the appearance of bruising.

Yield: Half ounce

Ingredients:

- 0.5 ounce, by weight, dried yarrow leaves/flowers.

Directions:

1. Using a clean blender or spice grinder, grind the dried yarrow leaves and flowers into a fine powder.
2. Pour the powder into a ½ ounce vial, or small air tight container with a secure lid.
3. Label and date.

Note: Clumping may naturally occur over time.

Use: Sprinkle on small cuts to stop bleeding; rinse off after clotting occurs. Place a pinch inside the nose to stop a nose bleed quickly.

Bruises: mix powder with a few drops of water to form a paste, apply as a poultice. Rinse off when dry.

Storage: 1 year in an airtight container.

Chamomile Compress

Chamomile is a calming herb, and a chamomile compress can soothe rashes, burns, or teething pain in infants, or may be used as an herbal tea to relieve stress, anxiety, or stomach discomfort.

Yield: 1 application

Ingredients:

- 1 tablespoon dried chamomile flowers
- 1 press and seal tea bag.

Directions:

1. Measure chamomile flowers by tablespoons into press-and-seal tea bags.
2. Seal tea bags.
3. Place tea bags in an airtight jar, wide mouthed Mason jar works well.
4. Label and date the jar.

Use: Apply to rashes or as calming compress, 10-15 min. Use as an herbal tea for pain, or stomach discomfort.

To use as a compress, soak the tea bag in a small amount of water until the tea bag is thoroughly wet but not dripping. Place on affected area.

Storage: Prepare fresh or refrigerate infusion, for up to 48 hours.

***Get The Dose Right:** A commercial chamomile tea bag contains only 1 teaspoon of chamomile herb. A therapeutic dose is 1 tablespoon. Use 3 chamomile tea bags from a commercial package to get enough chamomile for 1 dose of herbal remedy.*

Lavender Oil Roller

Lavender is a natural stress reliever, generally relaxing, and can help soothe minor burns, headache, or stress.

Yield: 4, 10 ml roller bottles.

Ingredients:

- 1 tablespoon dried lavender blossoms
- 3 tablespoons jojoba oil (or olive oil)

Note: to make a single roller bottle use 1 teaspoon dried lavender, and 1 tablespoon oil.

Directions:

1. Measure lavender blossoms and oil into a small, heat proof glass container. A 1 cup measuring cup works well.
2. Place it in a double boiler and slowly heat and infuse the oil for 2-4 hours, keep on low.
3. Monitor the double boiler to make sure the water doesn't boil dry and the oil doesn't overheat.
4. Strain the warm lavender infused oil into clean roller-top bottles, if available, or a small, clean jar.
5. Label and date.

Note: Do not use oil on a still-hot burn, lavender infused oil should only be applied to a burn after it is cool, this includes sunburns.

Use: Roll on burns to quickly heal the skin. Roll on temples to relieve a stress headache; 2-3 times daily.

Storage: 6 months in cool place.

Yarrow Tincture

Yarrow tincture is great for bruises, scrapes, and minor swelling. Yarrow is antimicrobial and stops bleeding quickly.

Yield: 4 ounces of tincture.

Ingredients:

- 1 ounce, by weight, Dried yarrow
- 4-5 ounces vodka (40 percent alcohol)

Directions

1. In a 2 cup, wide-mouthed jar, measure 1 ounce by weight of dried yarrow.
2. Add 5 ounces of vodka, so that herb is completely covered.
3. Cap the jar securely. Shake daily for 4 weeks.
4. After 4 weeks, strain out the spent herbs and save the tincture. Press out the plant material to get all the available tincture.
5. Pour strained tincture into 1 ounce dropper bottles, label and date.

Note: You can fill a small dropper bottle, and store remainder of tincture in a tightly lidded glass jar to refill the bottle as needed.

Use: Apply 2-3 drops to bruises, dilute if needed; massage gently. It will sting if applied to broken skin. May be taken internally or used topically.

Storage: 2 years, if stored in an airtight container, in a cool, dark place.

Chamomile Lip Balm

This lip balm is soothing and great for chapped lips, blisters on feet, and dry lips from outdoor activity. If you are tight on packing room, package the lip balm in lip balm tubes to save space, or use ½ ounce salve containers.

Yield: approx. 3-5 lip balm tubes (1 ounce)

Ingredients:

- 2 teaspoons Chamomile flowers,
- 2 tablespoons olive oil,
- 1 teaspoon beeswax pastilles,
- 1 teaspoon shea butter (optional).

Directions:

1. Measure chamomile flowers and olive oil into a small heat-proof bowl or measuring cup.
2. Place in a double boiler and warm the oil to infuse the oil with the chamomile. Infuse for 2-4 hours over low heat.
3. Remove oil from heat and strain out chamomile blossoms. Return oil to the double boiler.
4. Add the beeswax to the oil and stir until beeswax is melted and fully blended in. Add shea butter if using.
5. Pour into lip balm tubes, let harden upright.
6. Cap tubes, label, and date.

Use: Apply to lips/blisters for moisture; daily or as needed.

Storage: 1 year in cool place.

Easy Oil Infusion Hack: Use a slow cooker on low to infuse oils with herbs, saving time compared to stovetop methods while keeping the process safe and hands-off.

Plantain-Calendula Foot Soak

A refreshing soak for sore feet, that can also help soothe blisters. Great after a long day hiking, gardening, or generally being active.

Yield: 1 serving

Ingredients:

- 2 tablespoon Dried plantain,
- 2 tablespoon dried calendula,
- 1/2 cup plain Epsom salt
- 2 muslin bags

Directions:

1. In a clean, dry bowl, measure out the dried herbs and the salt.
2. Mix herbs and salt until evenly combined
3. Split the mixture between two muslin bags (2 per kit), or pour into a wide-mouthed jar for home use.
4. If using a jar, label and date the jar for reference. Filled muslin bath-tea bags can also be stored in an airtight jar for longevity.

Use: Dissolve in warm water, soak feet 10-15 min.

Storage: Airtight jar, 6 months.

Variation: For additional relaxation with the foot soak, you can also include dried lavender petals 1-2 tablespoons per batch.

***Time-Saving Remedy Prep:** Batch-prepare remedies (e.g., fill all tea bags at once) in one afternoon to stock your kit quickly, freeing up time for your next outdoor adventure.*

Using Your Kit in the Wild

Ready for Anything on the Trail!

You've packed your tiny herbal first aid kit, and now you're out in the wild—hiking with friends, camping with the kids, or exploring a new trail. A bug bite itches, a scrape stings, or sore feet beg for relief. No stress! With your six superstar herbs—calendula, chamomile, lavender, peppermint, plantain, and yarrow—you're ready to handle life's little outdoor mishaps like a natural pro.

This section is your guide to using your 10 remedies in real-world scenarios, with a handy quick-reference table to keep things fast and easy. Whether you're a total beginner or just love the outdoors, you'll feel confident and empowered pulling out your kit. Plus, I'll share tips to keep your kit adventure-ready for years to come. Let's dive in and make every trail moment a breeze!

Common Outdoor Scenarios

Picture yourself out there—sun shining, birds chirping, and your herbal kit tucked in your backpack. Here's how to use your remedies to tackle the most common outdoor adventure troubles. No fancy skills needed—just follow these simple steps, and you'll be back to enjoying the adventure in no time!

1. Mosquito Bite Meltdown

Your kid's scratching a mosquito bite like there's no tomorrow, or you're itching after a brush with bugs. Grab your **plantain poultice**!

- **What to Do:** Grab a plantain tea bag from your kit.. Pour a little water from your water bottle over the tea bag. If you spot fresh plantain on the trail (those broad, veiny leaves in grassy spots), chew a leaf for instant paste—nature's gift! Apply the moistened tea bag or the fresh paste to the bite, cover with a bandage from your kit, and let it work for 10-15 minutes. Rinse off or leave longer if needed.

- **Why It Works:** Plantain's soothing powers calm itching and reduce swelling, perfect for keeping everyone happy.
- **Tip:** Reapply as needed, and teach your kids to spot plantain—it's a fun foraging game!

2. Scraped Knee from a Tumble

A slip on the trail leaves a scrape on your knee or your little explorer's elbow. Time for **yarrow powder** and **calendula salve**!

- **What to Do:** Clean the scrape with water or a cotton pad from your kit. Sprinkle a pinch of yarrow powder (from your 0.5-oz vial) to stop any minor bleeding—it works fast! Once clotting starts, rinse gently, then apply a thin layer of calendula salve from your 1-oz tin. Cover with a bandage. Reapply salve 2-3 times daily on the trail or at camp.
- **Why It Works:** Yarrow's astringent magic stops bleeding, while calendula's healing touch speeds recovery and soothes pain.
- **Tip:** Keep tweezers handy to remove any debris before treating—your kit's got you covered!

3. Bruise from a Bump

A rock-strewn path or a clumsy moment leaves a bruise on your arm or your kid's shin. Reach for your **yarrow tincture**!

- **What to Do:** From your 1-oz dropper bottle, apply 2-3 drops of yarrow tincture to the bruise. Massage gently (dilute with a drop of water if skin's sensitive). Use twice daily—morning and evening at camp.
- **Why It Works:** Yarrow's anti-inflammatory powers reduce swelling and fade bruises fast, so you're back to adventuring.
- **Tip:** Pair with the calendula-chamomile bruise cream at home (from your bonus remedies) for extra fading power!

4. Sunburn Sting

Too much sun leaves your shoulders red or your kid's cheeks flushed. Cool it down with your **peppermint cooling spray**!

- **What to Do:** Grab your 2-oz spray bottle and spritz the sunburned area lightly. The cooling mist feels like a breeze! Re-apply hourly as needed, shaking the bottle first. Avoid broken skin or eyes.
- **Why It Works:** Peppermint's menthol chills the burn, while optional aloe in the spray soothes irritation.
- **Tip:** Stay hydrated and seek shade—your spray's a helper, not a sunscreen!

5. Headache or Tummy Trouble

A long hike brings a headache, or a big campfire meal leaves you queasy. Sip some **peppermint tea**!

- **What to Do:** Boil water at camp (or use a thermos). Drop a peppermint tea bag (from your kit's 3-5 bags) into a cup, steep for 5-10 minutes, and sip slowly. Drink 1-2 cups daily for headaches or nausea.
- **Why It Works:** Peppermint's refreshing compounds ease tension and settle stomachs, keeping you trail-ready.
- **Tip:** Share a cup with a cranky camper—it's a mood-lifter too!

6. Rash from Brushing Plants

A trail plant leaves a rash, or heat prickles your skin. Calm it with a **chamomile compress**!

- **What to Do:** Steep a chamomile tea bag in hot water (use a camp cup). Soak a cotton pad or clean cloth from your kit in the warm infusion, wring out, and apply to the rash for 10-15 minutes. Repeat twice daily.

- **Why It Works:** Chamomile's antihistamine-like properties soothe irritation and reduce redness.
- **Tip:** Test on a small patch first to ensure no allergies—safety first!

7. Minor Burn from the Campfire

A spark or hot marshmallow stick grazes your hand. Reach for your **lavender oil roller!**

- **What to Do:** Run the burn under cold water until it stops hurting. Then roll a thin layer of lavender oil (from your 10ml roller bottle) onto the burn, avoiding broken skin. Reapply 2-3 times daily.
- **Why It Works:** Lavender's antiseptic and calming properties ease pain and promote healing.
- **Tip:** For bigger burns, seek medical help—your roller's for minor ouchies only.

8. Sore Feet after a Long Hike

Your feet ache after miles on the trail, or blisters start forming. Treat them to a **plantain-calendula foot soak!**

- **What to Do:** At camp, heat water in a pot or use a collapsible bucket. Drop one muslin bag (from your kit's two) into warm water, let it dissolve, and soak your feet for 10-15 minutes. Pat dry and apply chamomile lip balm to blisters if needed.
- **Why It Works:** Plantain and calendula reduce inflammation, while Epsom salt relaxes muscles—a hiker's dream!
- **Tip:** Grow plantain or calendula at home to restock your bags—it's super easy!

9. Muscle Cramps after a long day on the trail

Your children have been in swimming and their complaining of growing pains in their legs. Reach for the chamomile compress.

- **What to Do:** Pour boiling water over the chamomile tea bag in a small cup. Let the tea bag saturate in the hot water for 15 minutes until it is cool enough to handle. Soak a wash cloth or handkerchief in the liquid, wrap up the tea bag and apply to the sore muscle. Let it soak in for 20 minutes, while laying down.
- **Why It Works:** Chamomile is antispasmodic, and anti-inflammatory bringing soothing, quick relief to muscle spasms, inflammation, easing pain and calming the spasms.
- **Tip:** Drinking chamomile tea during the treatment can ease the anxiety that children feel when in pain. Doubling the healing power of chamomile.



Quick-Reference Table

Need a remedy fast? This table is your trail buddy, summarizing all 10 remedies for quick action. Print it as part of your bonus *Quick Guide to Herbal First Aid* (lamine it to keep it tough!), and tuck it in your kit for instant reference. You’ve got the power to heal right in your hands!

Ailment	Herb	Remedy	Application
Bug Bites	Plantain	Poultice	Mix dried leaves with water or chew fresh; apply paste, cover, leave 10-15 min. Repeat as needed.
Minor Cuts	Yarrow	Powder	Sprinkle on cut to stop bleeding; rinse after clotting. Follow with calendula salve.
Scrapes	Calendula	Salve	Clean scrape, apply thin layer, reapply 2-3 times daily. Cover with bandage.
Bruises	Yarrow	Tincture	Apply 2-3 drops, massage gently, 2 times daily. Dilute with water if sensitive.
Sunburn	Peppermint	Cooling Spray	Spritz on sunburned skin, reapply hourly. Avoid eyes or broken skin.
Headaches	Peppermint	Tea Bags	Steep 1 bag in hot water, drink slowly, 1-2 cups daily.
Tension Headaches	Lavender	Roll-On	Roll on temples to relieve tension headaches, as needed.

Nausea	Peppermint	Tea Bags	Steep 1 bag in hot water, sip slowly, 1-2 cups as needed.
Rashes	Chamomile	Compress	Soak cloth in warm chamomile infusion, apply 10-15 min, 2 times daily.
Upset stomach, gas or colic	Chamomile or Peppermint	Tea Bags	Steep 1 bag in hot water, sip slowly, 1-2 cups as needed.
Minor Burns	Lavender	Oil Roller	Roll on burn, reapply 2-3 times daily. Cool with water first; avoid broken skin.
Sore Feet	Plantain, Calendula	Foot Soak	Dissolve 1 muslin bag in warm water, soak feet 10-15 min. Apply lip balm to blisters.
Muscle Spasms	Chamomile	Compress	Soak cloth in warm chamomile infusion, apply for 20 minutes, 3 times a day.

Keeping Your Kit Adventure-Ready

Your herbal kit is like a trusty trail buddy—it needs a little TLC to stay ready for action. These quick tips ensure it’s always good to go, so you can focus on the fun stuff (like roasting marshmallows or spotting wildflowers!).

- **Restock Regularly:** Check your kit every 6 months or after a big trip. Replace used remedies (e.g., empty salve tins, low tincture). Grow your own herbs like plantain or chamomile to keep costs low and your apothecary thriving!

- **Check Expirations:** Most remedies last 6-12 months (e.g., salve, tincture up to 1-2 years; tea bags, foot soak 6 months). Toss anything past its prime—your *Home Apothecary Remedy Tracker* printable helps track dates!
- **Clean and Dry:** Wipe the tin with a damp cloth to remove dirt. Dry tools (tweezers, scissors) after use to prevent rust. Store in a cool, dry place (e.g., backpack pocket or car glove-box).
- **Stay Organized:** Keep remedies labeled (e.g., “Yarrow Tincture” on the dropper bottle) and use ziplock bags for muslin sacks to avoid spills. Your *Packing List* printable makes restocking a snap!
- **Safety First:** Test remedies on a small skin patch before use (especially for kids) to avoid allergies. If a problem’s serious (e.g., deep cuts, severe burns), seek medical help—your kit’s for minor fixes.

With these tips, your kit will be as ready as you are for every adventure. Now, go conquer that trail, knowing you’ve got nature’s healing power in your pocket!



Bonus: More Apothecary Remedies with Your 6 Herbs



Your Herbs, Your Home, Your Magic!

Congratulations—you’ve built a rock star, herbal first aid kit that’s ready to tackle bug bites, bruises, and scrapes on any outdoor adventure!

But here’s the best part: those same six herbs— calendula, chamomile, lavender, peppermint, plantain, and yarrow — are about to work even more wonders right in your home. Welcome to your bonus section, where we’ll show you seven new remedies to expand your apothecary, from soothing bruise creams to calming sleep sachets. No need for extra herbs or fancy skills—these recipes use the plants you’re already growing or foraging, proving just how versatile your kit’s ingredients are. Whether you’re easing a tummy ache or pampering your skin, you’ll feel like a home herbalist in no time. Let’s dive into these simple, powerful remedies and grow your herbal confidence!

Chamomile-Calendula Facial Steam

This facial steam is good for skin cleansing and facial relaxation. Use caution with the steam. This is for adults only.

Yield: 1 serving

Ingredients:

- 1 tablespoon chamomile flowers
- 1 tablespoon calendula flowers
- 4 cups hot water
- 1 teaspoon lavender flowers (optional)

Directions:

1. Measure herbs into a large heatproof bowl.
2. Steep herbs in hot water, use water that was boiled and cooled for a minimum of 5 minutes before use.
3. Pour into bowl, and use the bowl with a light towel to steam your face.

Caution: Pay attention to the temperature of the steam, and don't use just boiled water for this, make sure the water has a chance to cool a bit before use.

Use: Steam face 5-10 min, 1-2 times weekly.

Storage: Dried mix in jar, 6 months.

Peppermint-Lavender Digestive Syrup

A sweet, and slightly cooling digestive syrup. This syrup is great to help with feelings of indigestion and bloating.

Yield: 12 ounces

Ingredients:

- 1 tablespoon peppermint leaves, dried
- 1 teaspoon lavender flowers, dried
- 1 cup water,
- ½ cup honey

Preparation:

1. Measure herbs into a small saucepan.
2. Add water to saucepan and herbs, bring to a simmer.
3. Simmer herbs, covered, for 5 minutes. Remove from heat.
4. Strain the herbs out of the hot water, retaining the water.
5. Mix the still-hot water with honey and stir until honey is dissolved.
6. Bottle your syrup in 4-oz glass bottles, or in a small wide mouthed jar.
7. Cap securely, label and date.

Use: 1 teaspoon after meals, use as needed.

Storage: Refrigerate, 1 month.

Variation: If you'd like to expand on the herbs used in this syrup, ¼ teaspoon of ginger can also help with digestion and add a warming note to the peppermint and lavender.

Plantain-Yarrow Healing Balm

A soothing balm for dry skin and skin irritations, made with two effective herbs.

Yield: 4 ounces

Ingredients:

- 1 tablespoon plantain, dried
- 1 tablespoon yarrow
- ½ cup olive oil
- 1 ounce beeswax pastilles

Directions:

1. Measure the dried herbs and olive oil into a small heat proof bowl or measuring cup.
2. In a double boiler, infuse the oil for 2-4 hours over a low heat.
3. After the oil is infused, strain out the herbs, reserving the oil. Press all oil possible out of the herbs.
4. Return the oil to the double boiler, add the beeswax and stir until the beeswax is fully dissolved in the oil.
5. While hot pour into 1-oz tins. Wait until the balm cools before covering the tin with a lid.
6. Label and date.

Use: Apply to dry skin daily.

Storage: 1 year in cool place.

Lavender-Chamomile Sleep Sachet

An easy to make herbal sleep boost. This sleep sachet encourages sleep and relaxation when placed inside your pillow case or under your pillow.

Yield: 1 sachet

Ingredients:

- 2 tablespoon lavender flowers
- 2 tablespoon chamomile flowers,
- 1 muslin bag

Directions:

1. In a small dry bowl, measure and mix the herbs.
2. Pour mixed herbs into a muslin bag.
3. Tie bag securely. Place completed sleep sachet under your pillow or inside your pillowcase.
4. Sleep well.

Use: Place under pillow, crush gently, refresh every 2-3 months.

Storage: Dried mix in jar, 6 months.

Yarrow-Peppermint Bath Soak

A full body bath soak for muscle relaxation and stress reduction. It is both soothing and cooling.

Yield: 1 application

Ingredients:

- 2 tablespoon yarrow leaves, dried
- 2 tablespoon peppermint leaves dried
- ½ cup Epsom salt
- 1 muslin bag

Directions:

1. In a small, dry bowl, measure the dried herbs and Epsom salts.
2. Mix together well.
3. Fill the muslin bag.
4. Run your bath at a warm temperature, and leave the muslin bag in the bath until the Epsom salts fully dissolve from it.
5. Enjoy the bath.

Use: Soak in warm bath 15-20 min.

Storage: Jar, 6 months.

Variations: You can add 1 tablespoon dried lavender petals for additional relaxation, if desired.

Chamomile-Plantain-Lavender Soothing Paste

An herb based paste for bug bites and itchy spots. Easy to carry and easy to use if you have water on hand.

Yield: 1 application.

Ingredients:

- 1 teaspoon chamomile flowers, dried
- 1 teaspoon plantain leaves, dried
- 1 teaspoon lavender flowers, dried
- 1-2 teaspoons water or aloe vera gel.

Directions:

1. In a small spice grinder or blender, measure the chamomile, plantain, and lavender. Pulse to grind herbs to powder.
2. Transfer to a small bowl and add water or aloe vera gel.
3. Start with 1 teaspoon and mix into paste. If it seems dry add 1 teaspoon more water or aloe, by drops.
4. Apply immediately. Any paste not used immediately can be stored for 24 hours in a covered container in the refrigerator.

Use: Apply to bites, leave 10-15 min, rinse.

Storage: Powder in jar, 6 months.

Beginner Tip: Increase amounts of only the dried herbs, and grind in advance, for a powder you can store longer term.

Calendula-Chamomile Bruise Cream

A soothing cream to help reduce bruises and minor swelling.

Yield: 4 ounces

Ingredients:

- 1 tablespoon calendula flowers, dried,
- 1 tablespoon dried chamomile,
- 1 tablespoon dried yarrow
- ½ cup olive oil,
- 8 grams beeswax pastilles

Directions:

1. Measure the dried calendula, chamomile, and yarrow into a small heat-proof bowl or measuring cup.
2. Add the olive oil, and place the container into a double boiler.
3. Infuse over low heat for 2-4 hours, monitoring during that time. A slow cooker can help with this step.
4. Strain out the spent herbs and retain the oils. Remember to press as much of the oil out of the herb matter as you can.
5. Return the infused oil to the double boiler, add the beeswax and warm and stir until the beeswax is fully melted into the olive oil.
6. While warm, pour into 2 ounce salve tins or jars. Use a smaller container if desired for use in a compact kit too.
7. Label and date.

Use: Gently massage into bruises 2-3 times daily.

Storage: 1 year in cool place.

6 Herbs, 17 Remedies, Endless Possibilities!

Wow, you did it! You've crafted a compact herbal first aid kit with 10 trail-ready remedies to soothe bug bites, bruises, and scrapes, plus 7 bonus home remedies to nurture your family's wellness—all from just six incredible herbs: calendula, chamomile, lavender, peppermint, plantain, and yarrow. These plants have shown their power, transforming your hikes, camping trips, and cozy home moments with natural healing.

Whether you're growing calendula in a pot, foraging plantain in your backyard, or mixing a chamomile compress, you're now a home herbalist with skills to be proud of. Your *Quick-Reference Guide* and *Home Apothecary Remedy Tracker* keep you confident on the trail and at home, proving that a little herbal know-how goes a long way. But this is just the beginning—your herbal adventure is ready to bloom even further!



Next Steps in Herbalism

Your six herbs have sparked something amazing—now imagine what you can do with dozens more!

The *Herb of the Month Club* is your ticket to mastering herbalism, one plant at a time. This comprehensive online course and membership dives deep into growing, foraging, and crafting remedies with over 60 accessible herbs, from soothing tinctures to healing balms. Each month, you'll explore a new herb, building a full home apothecary that transforms your family's health and connects you to nature.

As a special thank-you for purchasing this eBook, use code **ADVENTURE10** to get \$10 off your first month of the Herb of the Month membership (valid for 7 days)! Plus, you'll receive a bonus PDF, *10 More Herbal Remedies*, when you join the Herb of the Month Club now.

Ready to take your herbal journey to the next level? Visit [this page to enroll in the *Herb of the Month Club*](#) today. Use the coupon code **ADVENTURE10** to get \$10 off your first month of membership. Keep growing, keep healing, and let's make more herbal abundance together!



ABOUT THE AUTHOR

Chris helps natural moms create a homegrown lifestyle so they can create health and wellness for their families naturally. She is a teacher, author, gardener, and herbalist with 40+ years' of growing herbs and formulating herbal remedies, skin care products, soaps, and candles.

Chris is the founder of the [DIY Herbal Fellowship](#), the DIY Herb of the Month Club, the Joybilee Farm blog, and an instructor at [Joybilee Academy](#). Chris believes in giving her readers a quick win because each quick win builds confidence and empowers intuition for self-reliance and natural health.

Chris is the author of the *Dehydrator Cookbook for Beginners, A Guide to Dehydrating Fruits, Vegetables, Meats, and More* (2022), *The Beeswax Workshop, How to Make Your Own Natural Candles, Cosmetics, Cleaners, Soaps, Healing Balms and More* (2017), *Homegrown Healing, from Seed to Apothecary* (2016), and *The Beginner's Book of Essential Oils, Learning to Use Your First 10 Essential Oils with Confidence* (2015)