

HERBAL FIRST AID KIT CHECKLIST



TOPICAL APPLICATIONS

- ☐ Bumps, bruises, scrapes, stings & rashes balm
 - Anti-inflammatory, wound healing herbs e.g. Calendula, Chickweed, Arnica, Plantain, Yarrow, Comfrey
- ☐ Burn/Sunburn oil, balm or gel
 - Cooling, hydrating, anti-inflammatory herbs e.g. Chickweed, Aloe vera, St John's Wort
- ☐ Splinter oil, balm or paste:
 - Drawing actions e.g. Plantain, Calendula, Psyllium Husk
- ☐ Yarrow powder
 - Styptic e.g. stops bleeding
- ☐ Breathe balm (Vick's replacement)
 - E.g. tea tree, eucalyptus, peppermint

IMMUNE SUPPORT

- ☐ Elderberry syrup, Olive Leaf extract
 - Anti-viral, cold & flu support
- ☐ Thyme or Licorice - tincture, elixir, tea
 - Wet, unproductive cough
- ☐ Licorice, Marshmallow, Sage - elixir, glyceract, electuary (powdered honey)
 - Dry, irritating cough or sore throat
- ☐ Yarrow, Peppermint, Ginger, Tulsi, Elderflower, Lemon Balm - tincture, teas
 - Fever support
- ☐ Garlic infused oil
 - Mild earache support

PAIN, ANXIETY, SLEEP

- ☐ California Poppy or Willow Bark tincture
 - Period pain, sprains, accidents, headaches
- ☐ Insomnia & anxiety capsules/tablets, tea or tincture
 - e.g. Passionflower, Kava, Valerian, Lemon Balm, Chamomile,

DIGESTIVE SUPPORT

- ☐ Fennel, Peppermint, Chamomile and/or Lemon Balm dried herb or tincture
 - IBS symptoms e.g. bloating, cramping, digestive pain, indigestion, nervous stomach, altered bowel habits
- ☐ Herbal Bitters blend
 - Stimulate digestive flow, indigestion, constipation, liver support, hungover

Additional (Non-Herbal) Considerations:

- Essential oils e.g. Lavender, Tea Tree, Peppermint
- Activated charcoal
- Shelf stable probiotics (e.g. SB)
- Electrolytes
- Manuka honey
- Flower essences (e.g. Rescue Remedy)
- Saline
- Homeopathic first aid kit
- Vitamin C powder
- Comprehensive First Aid kit



"Thank you for downloading this Herbal First Aid Kit Checklist. I hope it helps you feel more prepared and confident supporting your family through common, everyday health concerns. To continue building your skills as a home herbalist, explore my other workshops, courses and resources at naturopathclairemurray.com." - Claire

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