

## Level I Herbal First Aid Kit Checklist (Car First Aid Kit)

Print on Card Stock, Trim to edges and Laminate  
Store in First Aid Kit

### Level I Herbal First Aid Kit

#### Supplies

- |                            |                         |
|----------------------------|-------------------------|
| (2) 4x4 Gauze Pad          | (10) Alcohol Pads       |
| (2) 3x3 Gauze Pad          | (2) Knuckle Band-Aids   |
| (2) 4x4 Non-stick Pad      | (2) Fingertip Band-Aids |
| (1) Maxi Pad               | (6) 1/2" Band-Aids      |
| (4) Non-Latex Gloves       | (6) 3/4" Band-Aids      |
| (1) Razor Blade            | (3) 1" Band-Aids        |
| (1) Splinter Tweezers      | (5) 1/4" Steri-Strips   |
| (1) Nail Clippers          | (8) Butterfly Closures  |
| (1) Mini Multi-tool        | (1) Super Glue          |
| (1) Lighter                | (1) 3-0 Nylon Suture    |
| (8) Assorted Safety Pins   | (1) 4-0 Nylon Suture    |
| (1) 1" Adhesive Tape       | (1) 5cc Syringe         |
| (1) 1" Self-Adhesive Wrap  | (1) 18 ga Needle        |
| (1) Duct Tape              | (1) Sewing Kit          |
| (3) Blister Treatment Pads | (1) Flannel Cloth       |

#### Herbal Medications

- |                                |                               |
|--------------------------------|-------------------------------|
| (4) Ginger Chews               | (1) Lavender Essential Oil    |
| (4) Peppermint Candies         | (1) Rosemary Essential Oil    |
| (3) 1 Teaspoon packets Cayenne | (1) Tea Tree Essential Oil    |
| (10) Papaya Enzyme Tablets     | (1) 1/2 oz. Cherry Elixir     |
| (1) Lip Balm                   | (1) 1/2 oz. Peach Elixir      |
| (1) 1/2 oz. Plantain Salve     | (1) 1/2 oz. Plantain Tincture |
| (1) 1/2 oz. Goldenseal Salve   | (1) 1/2 oz. Willow Tincture   |
|                                | (1) 1 oz. Echinacea Tincture  |