

Natural First Aid Kit for



Preparing for a summer family vacation?
Don't forget to include a natural first aid kit!

In addition to essentials like rubbing alcohol, band-aids, and a thermometer, a natural first aid kit provides safe and easy-to-use remedies for common summer ailments.

Most of these items can be found at your local health food store, and they are simple enough to teach your children to use when away at camp or traveling on their own.

Green Clay



French green clay is excellent for treating bug bites and minor burns. Combine a teaspoon of green clay with a few drops of water to form a paste, then apply it to the affected area. For bug bites, apply multiple layers as needed, allowing each layer to dry. Green clay can also be used as a powder for diaper and heat rashes.

Arnica 30c



A homeopathic remedy for falls and bumps, Arnica 30c is administered by placing a few pellets under the tongue and allowing them to dissolve slowly. In emergencies, the remedy can be given every 15 minutes until medical help is available.

St. John's Wort Oil



This soothing oil is perfect for sunburns, muscle aches, and stiff necks. Apply it liberally to the affected area and allow it to absorb before exposing the skin to sunlight. Add two drops of pure lavender oil for additional relief. St. John's Wort oil can also be used with aloe vera gel and massaged into sore or bruised muscles.

Yunnan Baiyao Powder



An effective Chinese powder mix that rapidly stops bleeding and promotes wound healing. Do not apply to wounds that may require stitches unless under professional guidance. For those situations, use the Arnica homeopathic remedy instead.

Essential Oils



Rosemary, Lavender, and Citronella

These essential oils make excellent bug repellents. Fill a small spray bottle with water and add 20 drops of each oil. Spray the mixture onto clothing as needed throughout the day. These oils can also be used in a diffuser.

While there's much more to explore in natural first aid, these items are a great starting point for a safe and enjoyable summer. With these remedies in your kit, you'll be prepared to help yourself, your kids, and your neighbors heal.

Wishing you a safe, fun-filled summer and happy healing!



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