

## Basic Herbal First Aid Kit – First Aid Portion

### First Aid/Trauma Kit, Basics:

Item	Count
1½" White Athletic Tape Roll	2
3 x 3	4
3" Ace Wrap	1
2" Ace Wrap	1
4 x 4	5
2 x 2	5
Cravat	3
Wound Wash	1
Assorted Band-Aids (Small to Large)	15
SAM Splint	1
Hand/Alcohol Wipes	5 of each type
Metal, fine point tweezers	1
Ultra-Thick Ziplocks 4 x 4 (for bandaids, etc.)	4 of each type
Metal 7" Bandage Scissors	1
Metal Hemostats	1
#11 Scalpels	3
18 ga. needle	2
20cc Syringe (irrigation)	1
USP grade Charcoal, 4 oz. (high medical grade for both external infection poultices and internal poisoning)	1
Cold Pack	1
Nitrile Gloves	2
Kerlix Bandage Roll	1
Self-Adhesive, 2" wrap	1
Olaes Modular Bandage	1
Casualty Blanket (and shelter)	1



## Wilderness first Aid – 16 Hour Course

### First Aid Kits

Small First Aid Packing Kit (Sized to fit in a camelback-type pack):

Band-aids – Small strips to Large (4 x 4) sizes, Adhesive Wound Closure Strips	Tweezers and/or Small Forceps	Aspirin, Epi pen if needed
4 x 4's, 2 x 2's, a few non-stick pads	At least one 18 ga. Needle or sewing needle	Sanitizer Towelettes and/or Alcohol Wipes
Sports Tape and/or Duct Tape, Moleskin	Lighter and/or waterproofed matches	Small Scissors
Headlamp and/or small flashlight	Water Purification tablets and/or Betadine/Iodine solution	Bacitracin/Neomycin type ointment. Ophthalmic is good as it can be used both in eyes and on open cuts elsewhere
2" or 3" Ace Wrap, Small Kerlix Bandage, 1 Cravat (Triangular Bandage)	Latex Gloves	Small Bottle of Wound-wash (if there's room)

Medium (small daypack size):

Above Kit – either packed separately as a “bag within a bag” or packed separately, Plus

Extra roll(s) of Sports Tape, Duct Tape and/or Nylon Tape	Self-Adhesive Wrap – small and medium	Medium Kerlix and/or additional 4 x 4's or gauze rolls	Cough Drops and/or syrup/expectorant
SAM splint Material	Small Sunscreen	Aloe Gel or sunburn gel	Packet of rehydration mix, or sugar/salt
Preventative or vitamin-type lozenges	Abdominal –Size Dressing	Cold or Heat packs (personal preference, I wouldn't waste the weight for medium size kit)	Cold/Flu Capsules
Extra Cravats	Vaseline-Occlusive Dressing	Aluminum Finger Splint (personal preference)	Medium Bottle of Wound-Wash
Syringe for wound cleaning	Mouth-to-Mouth barrier device	Triple Antibiotic ointment	Lip Balm, Anti-chafing gel
Anti-Diarrheal & Laxative	Extra 3" Ace Wraps, at least one 4" Ace Wrap	Scalpel Blades (# 11 and #12), Handle if room	Charcoal

Large (for Car or Home – Gym bag size):

Same as Medium, but more of all supplies, plus full-size splints, personal preference extras (for example: herbs, vitamins, extra water purification tabs, extra cold packs, etc.)

## Basic Herbal First Aid Kit – Herbs and Formulas

Preparation	Herbs
Algerita, 2 oz.	Algerita
Chaparral, 2 oz	Chaparral
Echinacea mix, 2 oz	Echinacea purpurea and angustifolia
Cold/Flu Formula, 2 oz	Boneset, Prickly Ash (berry), Echinacea angustifolia & purpurea, Elderberry (flower), Yarrow
Lymph Formula, 2 oz	Poke root (1/2 part), Blue Flag, Red Root, Burdock, Dandelion (root), Cleavers
UTI Formula, 2 oz	Uva Ursi, Juniper (berry), Kidneywood, Yarrow, Gravel Root, Cornsilk
Adrenal Stress + Anti-Fatigue Formula (also mild shock), 2 oz	Ashwaghandha, Siberian Ginseng, Rhodiola, Gotu Kola, Bacopa, Damiana (1/2 part), Astragalus
Anti-helminthic/Protozoan Formula, 2 oz	Black Walnut, Algerita, Wormwood, Ginger, Garlic, Epazote, Neem (1/2 part)
Analgesic/Anti-Inflammatory Formula, 2 oz	Meadowsweet, Devil's Claw, St. John's Wort, Prickly Ash
Nervine Formula (also shock, dropwise dosage), 2 oz	Skullcap, Passion Flower, Wood Betony (Stachys), Chamomile
Broad Spectrum Anti-Infective Formula, 2 oz	Chaparral, Echinacea angustifolia, Echinacea purpurea, Plantain, Elecampane, Usnea, Algerita, Sida acuta, Juniper (Berry), Andrographis
Digestive Aid & Anti-Nausea Formula, 2 oz	Gentian, Algerita (leaf), Ginger, Chamomile
Bruise/Sprain & Inflammation Liniment or Salve, 4 oz	Meadowsweet, Black Cohosh, Comfrey, Lobelia, Arnica, Juniper, Prickly Ash, Cayenne
Superficial Skin Healing Salve, 2 oz	Comfrey, Calendula, Chickweed, White Oak, Yarrow, Plantain
Deep Wound Healing Salve, 2 oz	Chaparral, Echinacea, Lobelia, Plantain, Myrrh, Red Root, Yarrow
Respiratory Aid (Expectorant), 4 oz	Horehound, Plantain, Grindelia, Mullein, Elecampane (1/2 part), Lobelia (1/2 part)
Tooth Care Sticks & Powder, 4 oz	Myrrh, Horsetail, Elecampane, Peppermint or Spearmint Essential Oil
Wound Care Poultice Powder, 4 oz	Chaparral, Red Root, Yarrow, Myrrh, Plantain, Black Walnut leaf
Burn Care Poultice Powder, 4 oz	Chaparral, White Oak, Lobelia, Calendula, Echinacea angustifolia

Overview and explanation video on the Basic Herbal First Aid Kit can be found here:

<https://www.youtube.com/thehumanpath>

[First Aid Kits can be purchased here: http://herbalfirstaidgear.com](http://herbalfirstaidgear.com)

## Herbs and Formulas in the Herbal First Aid Kit

Herb or Formula	Most Common Use and Dosage
Echinacea (angustifolia, pallida and purpurea mix)	<ul style="list-style-type: none"> <li>• Extremely powerful immune stimulant. Increases the body's innate immune resistance by raising white blood cell counts (and activity) of macrophages and neutrophils. This can be of assistance for everything from infected wounds to the onset of a viral or bacterial internal infection.</li> <li>• Assists in the body's overcoming toxins from poisonous insects (e.g. brown recluse bites) and animals, both taken internally as well as applied externally.</li> <li>• Was successfully used by Native Americans and herbalists in the 19<sup>th</sup> century for rattlesnake bites – both applied to the wound as well as taken in high doses internally.</li> <li>• Makes an excellent broad-spectrum anti-bacterial when mixed with Algerita and Chaparral.</li> <li>• Assists tissue healing, especially of slow-healing or toxic wounds.</li> <li>• Can cause stomach upset if taken in large doses. If so, back off the dosage. Best not to take it more than 3 weeks without a break.</li> <li>• Dosage: Variable, but ½ capful, 3-4 times per day is usually very effective as an adult dosage.</li> </ul>
Algerita (root)	<ul style="list-style-type: none"> <li>• Called the “goldenseal” of the hill country, similar in effect and some constituents to goldenseal. Very high in berberine content.</li> <li>• Highly effective for many issues of the GI tract. Anti-viral, anti-bacterial, anti-protozoan, somewhat anti-helminthic.</li> <li>• Stops diarrhea. My personal herb of choice for trips to Central America. If taken as soon as you start to feel like something may not be right with your digestive tract, it will usually wipe it out within a few hours.</li> <li>• Effective for giardia &amp; cryptosporidium. Could probably be used to purify water, but it is intensely bitter.</li> <li>• Somewhat effective for UTI's. Could be added to the UTI formula as well.</li> <li>• Very bitter, best if taken with a sour drink such as cranberry</li> <li>• No known contraindications. Best not to take it more than 3 weeks without a break.</li> <li>• Dosage: Variable, but ½ capful, 3-4 times per day is usually very effective as an adult dosage.</li> </ul>
Chaparral	<ul style="list-style-type: none"> <li>• Extremely good anti-viral for any herpes-family virus (chicken pox, shingles, HSV1, HSV2, etc.) taken both internally or applied externally</li> <li>• Highly anti-microbial (anti-viral, anti-bacterial) and helps tissue repair and proliferation. It's part of the deep anti-infective formula and could be added to cold and flu or lymph formulas as well.</li> <li>• Weak external wash good for sun (UV) or radiation damage</li> <li>• Difficult taste to take without dilution</li> <li>• Contraindications: Liver weakness or chronic liver illness, pregnancy and lactation</li> <li>• Dosage: Dropwise dosage. Some people are sensitive. Start with 5-10 drops and increase if necessary. 3 -4 times per day as needed.</li> </ul>
Cold & Flu Formula	<ul style="list-style-type: none"> <li>• Very effective for fever/chills and viral infections such as flu strains and common cold</li> <li>• Strong immune-stimulant</li> </ul>

	<ul style="list-style-type: none"> <li>• Useful for upper respiratory (especially mouth and sinus), viral infections.</li> <li>• Contraindications: No known contraindications</li> <li>• Dosage: ½ capful, 3 -4 times per day as needed</li> </ul>
Lymph Formula	<ul style="list-style-type: none"> <li>• Very useful to help stave off illness if you take it when you feel you have been exposed to illness, or are just in the early stages of not feeling well.</li> <li>• Will help drain lymph if you feel swollen (painful or non-painful) lymph nodes anywhere on the body, start of sore throat, etc.</li> <li>• Can be taken in addition to other herbs during an illness</li> <li>• Can be taken after a soft tissue injury (laceration, sprain/strain, etc.) to help with inflammation and edema.</li> <li>• No known contraindications, but use with care in the case of pregnancy</li> <li>• Don't use more than 2 weeks straight without a break</li> <li>• Dosage: ½ - 1 full capful. Sometimes just a one-time dose in the evening before bed is enough to keep an illness at bay if caught early enough. Otherwise ½ capful 2 – 3 times per day.</li> </ul>
UTI Formula	<ul style="list-style-type: none"> <li>• Useful for the onset of a lower urinary tract infection. Can be used in conjunction with the deep anti-infective formula and/or algerita.</li> <li>• Don't use more than 2 weeks straight without a break</li> <li>• Contraindications: Pregnancy (especially 1<sup>st</sup> trimester), chronic kidney disease</li> <li>• Dosage: ½ - 1 capful, 3 times per day, depending on severity of UTI</li> </ul>
Adrenal Stress	<ul style="list-style-type: none"> <li>• Adaptogenic tonic for stress.</li> <li>• Helps the body cope with general stress and stress-related fatigue</li> <li>• Don't use more than 3 -4 weeks without a few week break in between</li> <li>• Contraindications: use with caution if you have a history of hypertension (high blood pressure)</li> <li>• Dosage: ½ capful, twice a day</li> </ul>
Anti-helminthic/Protozoan Formula	<ul style="list-style-type: none"> <li>• Useful for parasitic infections (roundworm, pinworm, hookworm, tapeworm, giardia)</li> <li>• Can be combined with the deep anti-infective formula as well as algerita for broader spectrum effectiveness</li> <li>• Contraindications: None known</li> <li>• Dosage: ½ - 1 capful, 3 -4 times per day</li> </ul>
Analgesic Formula	<ul style="list-style-type: none"> <li>• Useful for most types of headaches, inflammation and pain (similar to aspirin)</li> <li>• Contraindications: None known</li> <li>• Dosage: ½ - 1 capful, 2 -3 times per day as needed – dilute as needed (it's spicy) in water, tea or juice</li> </ul>
Nervine Formula	<ul style="list-style-type: none"> <li>• Useful for anxiety, restlessness, irritability, insomnia related to mental or anxiety issues</li> <li>• Contraindications: None known</li> <li>• Dosage: ½ capful, 3 - 4 times per day. Adjust as needed based on results, as some people are more sensitive and may become drowsy from a small amount.</li> </ul>
Deep Anti-Infective Formula	<ul style="list-style-type: none"> <li>• Broad-spectrum anti-bacterial formula, useful in conjunction with lymph, cough syrup, UTI or anti-parasitic formula as well as by itself.</li> <li>• Don't use for more than 2-3 weeks straight without a break of at least a few weeks. If it's going to work for a specific infection, you should notice an</li> </ul>

	<p>effect within 2 -3 days normally.</p> <ul style="list-style-type: none"> <li>• Contraindications: None known, but use with caution in pregnancy, especially the first trimester</li> <li>• Dosage: ½ - 1 capful, 3 -4 times per day as needed</li> </ul>
Digestive Aid Formula	<ul style="list-style-type: none"> <li>• Most effective for indigestion</li> <li>• Stimulates pancreatic enzymes and bile especially for digestive issues related to heavy (esp. fatty) meals.</li> <li>• Anti-nauseal</li> <li>• Contraindications: None known</li> <li>• Dosage: As needed (usually just a single dose) – ½ - 1 capful</li> </ul>
Respiratory Aid	<ul style="list-style-type: none"> <li>• Mostly a relaxing expectorant, but also mildly stimulating. This means it is best for a non-productive cough, but will also help clear excess mucous in the case of a productive cough.</li> <li>• Respiratory tonic and health formula, for general respiratory distress, from illness to COPD</li> <li>• Contraindications: None known. Use with caution in pregnancy</li> <li>• Dosage: 5 -15 ml (1 teaspoon to 1 tablespoon) depending on effect and age, 3 -4 times per day</li> </ul>
How to use the wound powder and burn powder	<ul style="list-style-type: none"> <li>• Put the powder into a dish and mix with a solvent of some type. This can be distilled water, aloe vera gel, honey (preferably untreated, raw), prickly pear juice, or even tap water. For burns, untreated honey is best.</li> <li>• Mix until the powder and solution form a wet paste.</li> <li>• Place the paste in between 2 sterile gauzes (4 x 4, 2 x 2, etc.) so that the wet paste will soak through the gauze and onto the skin, into the wound or burn, etc. Think of this as a tea in a tea bag that you are letting filter and soak into the skin/wound/burn.</li> <li>• Wrap the poultice with an ACE wrap or something else that will hold it in place and minimize any dripping outside of the gauze area.</li> <li>• Depending on the severity of the wound or infection, change the poultice out every 1 to 4 hours.</li> <li>• Don't allow the wound to become "waterlogged." You want the skin to remain slightly moist. Not too wet for long periods of time, but not too dry either. Usually leaving a wet poultice on for about 4 hours is enough, and then the wound needs to dry and air out a little (keep lightly covered if possible to keep it clean) before re-poulticing.</li> </ul>
How to use the tooth powder	<ul style="list-style-type: none"> <li>• The sticks that are in the tooth powder container will probably be licorice root juniper twigs or possibly wild rosemary stems.</li> <li>• To use the tooth powder, scoop a small amount (1/8 tsp or less) on the end of a stick and use the stick like a toothbrush. The stick will soften as you chew and brush your teeth with it, and turn into a sort of cross between a large toothpick and a toothbrush.</li> <li>• Alternatively you can use the tooth powder separately on a regular toothbrush or even use your finger. Any type of stick will work, however, provided it is a non-toxic plant. Sticks allow you to clean out areas that toothbrushes can't really get to with the same amount of force.</li> <li>• It wouldn't hurt you to swallow the tooth powder, but you probably won't want to. It is pretty strong peppermint and/or spearmint, and for best effect you'll want to rinse your mouth out really well after stick-brushing.</li> </ul>

<b>40+ More Simples (in addition to formulas &amp; simples above) for Home or Remote Clinic</b>
Blessed Thistle ( <i>Cnicus benedictus</i> )
Comfrey Leaf + Root ( <i>Symphytum officinale</i> )
Lobelia ( <i>Lobelia inflata</i> )
Prickly Ash Bark/Berry ( <i>Zanthoxylum spp.</i> )
Burdock Root + Seed ( <i>Arctium lappa</i> )
Gravel Weed Root ( <i>Eupatorium purpureum</i> )
Echinacea Plant ( <i>Echinacea angustifolia and purpureum</i> )
Spilanthes Leaf ( <i>Spilanthes acmella</i> )
Parsley Root ( <i>Petroselinum crispum</i> )
Propolis
Yarrow ( <i>Achillea millefolium</i> )
Nettles Root, Nettles Leaf, Nettles Seed ( <i>Urtica dioica</i> ), ( <i>Medicago sativa</i> )
Wireweed ( <i>Sida spp.</i> )
Passionflower ( <i>Passiflora incarnata</i> )
Burdock Root + Seed ( <i>Arctium lappa</i> )
Butterbur ( <i>Petasites hybridus</i> )
Milk Thistle Seed ( <i>Silybus marianum</i> )
Bugleweed ( <i>Lycopus americanum</i> )
Horsetail ( <i>Equisetum arvense</i> )
Silktassel Root/Bark or Leaf ( <i>Garrya spp.</i> )
Wild Oats ( <i>Avena fatua</i> )
Wood Betony ( <i>Stachys off.</i> )
Marshmallow Root + Leaf ( <i>Althaea off.</i> )
Corn silk ( <i>Zea mays</i> )
Oregon Grape Root ( <i>Mahonia aquifolium</i> )
Boneset ( <i>Eupatorium perfoliatum</i> )
Dandelion Root ( <i>Taraxacum officinale</i> )
Ginger ( <i>Zingiber off.</i> )
Yerba Mansa ( <i>Anemopsis californica</i> )
Beebalm ( <i>Monarda spp.</i> )
Hawthorn Berry ( <i>Crataegus laevitica</i> )
Black Walnut Hull + Leaf ( <i>Juglans nigra</i> )
Elecampane Root ( <i>Inula Helenium</i> )
Uva Ursi ( <i>Archytaphelos uva ursi.</i> )
Baikal Skullcap Root + Leaf ( <i>Scutellaria baicalensis</i> )
Prickly Pear Pad and Flower (Dried) ( <i>Opuntia spp.</i> )
Chamomile Flower ( <i>Matricaria recutita</i> )
Cat's Claw ( <i>Uncaria tomentosa</i> )
Elder Flower ( <i>Sambucus nigra</i> )
Goldenrod ( <i>Solidago</i> )
Pleurisy Root, Inmortal Root ( <i>Asclepius tuberosa, asperula</i> )
Prickly and/or California Poppy ( <i>Argemone spp., Eschscholiza spp.</i> )

# First Aid Kits – (from small pack to large home or clinic kits): A mnemonic to consider

## Scene Safety & BSI

Then... **A, B, C, D, E, F**

**A**irway, **A**naphylaxis

**B**reathing, **B**one breaks, **B**urns

**C**irculation, **C**onnective tissue, **C**ardiac, (**C**hildbirth)

**D**isability, **D**ocumentation, **D**iscomfort

**E**xpose, **E**xposure, **E**xamination, **E**vacuation

**F**oreign objects

