

The Gentle Harvest Printable: Herbal First Aid Kit Checklist

Simple, Natural Remedies for Everyday Ailments
(with space to check off, add notes, or track completion)

CORE REMEDIES:

Remedy	Use	Notes
calendula salve	cuts, scrapes, burns, skin healing	
plantain	bites, stings, splinters, drawing out toxins	
lavender essential oil	stress, sleep, burns, calming	
yarrow powder or tincture	stops bleeding, fever, wounds	
lemon balm tea or tincture	uplifts mood, settles nerves, antiviral	
chamomile tea or tincture	calms anxiety, digestion, teething (kids)	
ginger tea or tincture	nausea, upset stomach, motion sickness	
peppermint tea or tincture	gas, indigestion, cooling for fevers	
echinacea tincture	immune boost at first sign of illness	
arnica (homeopathic or herbal)	bruises, muscle aches (not open wounds)	
activated charcoal	food poisoning, stomach bugs, toxin exposure	
elderberry syrup or gummies	cold & flu prevention, immune support	

SUPPORT TOOLS

Item	Use	Notes
tweezers	remove splinters, ticks, etc	
thermometer	monitor fevers	
bandages & gauze	wound care	
cotton rounds or pads	compress, applying poultices	
herbal roll-ons	targeted symptom support	

PACKAGING & LABELING

Item	Use	Notes
amber glass bottles	tinctures & oils	
tins	salves & balms	
roller bottles	essential oil blends	
label stickers or tags	name, date, instructions	
canvas pouch or small basket	storage or travel	

HELPFUL TIPS

- label everything clearly: include name, ingredients, date made, and instructions for use
- rotate seasonally: check expiration dates and replenish as needed
- keep dry & cool: store away from sunlight as this can effect oils and herbs
- make it your own: add herbs your family uses often or what you anticipate using

READY TO BUILD?

Start slow. Make or buy a few items at a time. Over the seasons, your kit will grow into a beautiful expression of your family's rhythm and care.

Thank you so much for downloading this checklist! Follow along for more herbalism and slow living tips!



THEGENTLEHARVEST