



Survival Kit

INVENTORY CHECKLIST

Minor Cuts & Scrapes

Boo Boo Balm
Black Tea
Honey
Lavender Essential Oil
Tea Tree Oil

Cold/Flu/Sore Throat

Altitude Adjuster
Honey
Peppermint Essential Oil

Stress & Anxiety

Black Tea w/ Honey
Ginger Candies
Lavender Essential Oil
Peppermint Essential Oil

Immune Support

Black Tea w/ Honey
Clove Oil
Altitude Adjuster
Emergen-C Packets

Sprains & Sore Muscles

Wildfire Muscle Balm
Black Tea
Hot/Cold Compress

Digestion

Activated Charcoal
Ginger Candies
Clove Essential Oil
Peppermint Essential Oil

Bug Bites

Boo Boo Balm
Tea Tree Essential Oil

Snake/Spider Bites

Activated Charcoal

Pain

Wildfire Muscle Balm
Clove Oil
Lavender or Peppermint
Essential Oil for Headaches

