

From Young Living or Your Favorite Wellness Company

- Hand Sanitizer
- Lavaderm
- Animal Scents Ointment
- Alkalime
- Mightypro
- Tummygize
- Essentialzymes-4
- Breathe Again Roll-On
- LLP (lemon, lavender, and peppermint oil mixed 1:1:1)
- Helichrysum
- Reef Friendly sunscreen
- All Natural Insect Repellant
- Empty Capsules
- Inner Defense
- Life 9 (Probiotic)
- Digest & Cleanse
- Raindrop Collection
- Lavender Lip Balm
- Tea Tree
- Lemon
- Digize
- Purification

Holistic First Aid Checklist

- Tackle box
- Yogi Tea
- Mini Castile Soap
- Ibuprofen
- Benadryl
- Imodium
- Raw Honey Packet
- Coconut Oil Packet
- Emergen-C
- Hydrocortisone cream
- Anti-Itch/Calamine lotion
- Band-aids
- Liquid Bandage
- Ace Bandage (2 sizes)
- Antiseptic Swab
- Alcohol Swab
- Sting Relief Swab
- Peppermint Altoids
- tape
- gauze
- tape scissors
- artificial tears
- emergency blanket

From the Big Box, Amazon, or Dollar Tree

- DIY Must-Haves**
- Elderberry Tincture**
 - Owie Balm**
 - DIY Ear Oil**

Stuff You Already Have

- scissors
- Sharpie
- Floss
- cotton balls
- toothpicks
- Fingernail Clippers
- Tweezers
- Lighter
- Cotton Swabs
- Safety Pins
- Needles

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