

Natural First-Aid Remedies

Healing Plants for Wilderness Survival



Comfrey



- Uses: Wound healing, bruises, sprains and bone injuries (nicknamed “knitbone”)
- Poultice: Crush or mash fresh leaves into a paste. Apply directly to wounds and wrap.
- Find in damp, nutrient rich soil, often near streams or ditches.



Plantain



- Soothes insect bites, stings, rashes and minor wounds.
- Chewed Poultice: Chew a leaf and apply directly to affected area.
- Find on lawns, trails and disturbed ground.



Yarrow



- Stops bleeding, disinfects wounds, and reduces swelling.
- Apply fresh leaves directly to bleeding wound. Boil leaves and flowers in water for a wash for cuts.
- Find in open fields and along roadsides.



Aloe Vera



- Soothes burns, cuts, insect bites. Reduces inflammation.
- Cut leaf open and scoop out gel, apply directly to affected area.
- Find in cultivated settings or arid, desert-like areas.



Pine Resin



- Seals wounds, disinfects and prevents infection.
- Collect resin directly from pine tree. (look for sticky areas where sap flows naturally) Apply directly to cuts.
- Look for pine, spruce or fir trees in forest.



Wild Chamomile



- Reduces swelling, soothes irritated skin, and calms insect bites.
- Steep flowers in hot water to create a compress. Apply directly to area.
- Find in open fields and roadsides.



St. John's Wort



- Soothes burns, cuts and bruises, and relieves nerve pain..
- Mash flowers or leaves into poultice and apply directly to cuts.. Infuse oil with flowers to create a topical remedy.
- Find in meadows and sunny hillsides.

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