Making Band-Aids In The Woods

Sometimes we go hiking or camping with no first aid kit, its just the way life goes, but what if you fall and you need a band aid? Mother nature can provide this for you.

Fungus is particularly prevalent in English woodland and in other countries such as the US may be bad for you. So before rushing out and rubbing any old fungus on your wounds, make sure you make a positive ID. So brush up on your wind edibles and other foods before you do this.

Photo Credit: tim_n