

How To Make Your Own Cold Pack

1. Pour 3 cups of water in a zip lock bag.
2. Add 1 cup of isopropyl alcohol.
3. Mix contents.
4. Close bag and place in another bag and close the second bag.
5. Place in freezer.

Contents should turn into a slushy mixture. If it is too solid, add more alcohol. If it is too watery, add water.

Another alternative is to use a bag of frozen peas wrapped in a damp cloth.

1. **Always** use a washcloth or towel between the ice pack and skin.
2. **Apply only for 10-20 minutes at a time.**
3. Cold pack may be reapplied as often as needed as long as you **wait one hour between applications.**