**Homemade Ice Pack**

Materials needed:

* Ziploc Freezer Bags (1 gallon size), 2 bags
* Isopropyl Alcohol (rubbing alcohol), 70% concentration, 16 oz. bottle (not 90-91 %!!!)
* Water, plain tap water is fine, 32 oz.

Procedure:

1. Mix rubbing alcohol (16 oz.) and water (32 oz.) together in one Ziploc bag. Remove most of the air and seal.
2. Fold this bag in half and place inside of second Ziploc bag with the sealed ends opposite each other. Remove excess air from second bag and seal.
3. Place bag combinations in your refrigerator’s freezer compartment (not in an upright freezer or chest freezer). This “ice pack” will freeze into a slush allowing it to be molded to your body.

Application:

1. **CAUTION!!!!!** These ice packs are **COLDER** than plain ice!!!! **NEVER APPLY DIRECTLY TO YOUR BARE SKIN!!!** **ALWAYS** place a cloth between your skin and the ice pack!
2. **Twenty (20) minutes Maximum on hurt area!** Then, always allow the body part to return to normal temperature before icing again!
3. Replace ice pack in the freezer for future use.