

# Quick & Easy Homemade Ice Packs

Here are a few different options for making ice packs and bags. These are great to have on hand for first aid and for keeping your lunch bags and camping coolers nice and chilled.

## Reusable gel type ice packs:

You only need a few simple ingredients to make your own Gel Packs:



### Method #1

2 cups water  
1/3 cup vodka (80 proof)  
food coloring for the blue tint (optional)  
zip lock freezer bag

Mix the water and vodka together in one of your zip-top bags and add food coloring, if desired, until you get that perfect blue tint. Release as much air as possible and seal the bag. I recommend double bagging for strength. (If you have a vacuum sealer, use a vacuum seal bag for the outer layer to further prevent accidents.)

### Method #2

1 cup rubbing alcohol  
2 cups water  
food coloring for the blue tint (optional)  
zip lock freezer bag

Mix the water and rubbing alcohol together in one of your zip-top bags and add food coloring, if desired, until you get that perfect blue tint. Release as much air as possible and seal the bag. I recommend double bagging for strength. (If you have a vacuum sealer, use a vacuum seal bag for the outer layer to further prevent accidents.)

### **Method #3**

Liquid Dish Detergent  
zip lock freezer bag

Squirt liquid dish detergent in a Zip lock bag until the bag is about 3/4 full. Release as much air as possible and seal the bag. I recommend double bagging for strength. (If you have a vacuum sealer, use a vacuum seal bag for the outer layer to further prevent accidents.)

#### **Tips:**

- Stick your new flexible homemade alcohol ice pack in the freezer for about 12 hours before using it for the first time. The packs made with alcohol or vodka should be icy, a little slushy, and perfectly flexible for any body injury that needs the cold treatment. The ones made with dish detergent tend to be more rigid.
- Different alcohols will give different results. Rubbing alcohol is around 70% alcohol, and the Everclear is about 95% alcohol. So, you may want to freeze the inner bag first to make sure you like the amount of flexibility before committing to permanent double-bagging. The general rule is – more alcohol = slushier ice pack.
- Make sure that you are using good quality zip lock bag. Now is not the time to use bargain brand or dollar store bags!
- If you have a vacuum bag sealer system, use it! It works GREAT for making very nice, durable bags. I like to seal the liquid in a zip lock bag first. Then place that inside a vacuum sealer bag and seal that up.
- When taking packs from the freezer to use as a body pack, wrap in towel first before applying to body. If they are frozen too hard and aren't slushy enough, simply allow them to melt and then add more alcohol.
- The ice packs are reusable indefinitely (unless punctured) and can be used just as a commercial ice pack.