

Everyday Carry Checklist

- Clothing
 - ◆ Think about what you wear with a preparedness mindset. Cargo pants, good socks and shoes and a t-shirt are a good start. Adjust for your particular environment.
- Wallet
 - ◆ Carry your ID, cash, cards, important notes, etc.
- Keys
 - ◆ You can add things to your key ring such as a survival grenade keychain or all kinds of other survival friendly key ring accessories like flashlights and tools.
- Watch
 - ◆ A watch can serve a greater purpose than simply telling the time. You can use it as a navigation tool, if your watch tells date it can help you keep track of the days, it can also help you coordinate with others (setting specific meetup times etc.) Some watches even have built-in GPS and Compasses on them.
- Cellphone
 - ◆ A regular cell phone can work for communication, a smartphone can get you on the internet and give you a wider range of capabilities such as GPS tracking. However, be prepared for the possibility of running out of batteries or the phone getting broken / lost / stolen.
- Knife
 - ◆ A good knife is one of the most useful things you can carry. I find myself using my knife on an almost every day basis, sometimes it might be something as simple as opening a letter or package.
- Lighter
 - ◆ Should you need to make a fire, a cheap bic lighter can help you get it going very quickly.
- Flashlight
 - ◆ Flashlights can be invaluable, like helping you find something in a dark spot under your desk at work or in an emergency get home situation on foot at night. I personally carry a pen style flashlight on me everyday and it's come in handy more than I would have really expected.
- Multitool
 - ◆ If you have the room, a good multitool can provide you with a range of abilities on the go. Most multitools have things like screwdrivers, pliers and scissors built into them.
- Pen
 - ◆ Great for writing down notes or leaving behind information in an emergency for others.
- Notepad
 - ◆ The pen would be a lot more effective if you have a notepad to go with it. If you don't want to carry an entire notepad, consider a folded sheet of paper.
- List of Important Information

- ◆ It's can be a good idea to have important phone numbers, addresses and whatever else you might need that you regularly access from your phone written down on a back-up paper in case your phone is dead/lost/stolen.
- Firearm
 - ◆ Concealed carrying a firearm is one way of protecting yourself and potentially others. Consider this only if you feel confident in your ability to carry and always follow your local laws.
- Paracord Bracelet
 - ◆ It's always a good idea to have spare cordage on hand.
- Handkerchief
 - ◆ Can be great for cleaning purposes, making char cloth, wear on your head, etc. Make sure it's 100% cotton if you plan to use it for char cloth or any other fire starter.

Important notes: These are just suggestions. Based on your region and specific needs you could downgrade or upgrade. My EDC requires that I carry stuff around in a sling bag for my daughter such as diapers, first aid, snacks, etc. Sometimes a small bag will be necessary depending on your situation. Or you may just want to keep it inside of your pockets. It's all up to you.

If you ever need to bounce ideas or need help in anyway, I'm here!

Contact me:

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