

Realistic Everyday Carry (EDC) Checklist

Build a lightweight everyday carry setup around the problems you actually face.

EVERYDAY ESSENTIALS

- Smartphone with emergency contacts and SOS features configured
- Wallet with identification and essential cards
- Keys
- Essential medication you may need while away from home
- Small amount of discreet backup cash

POWER & COMMUNICATION

- Short charging cable compatible with your phone
- Compact portable power bank - charged and ready
- Important phone numbers available somewhere besides your contact list
- Offline maps downloaded when travel or poor coverage makes them useful

LIGHTING & BASIC UTILITY

- Compact flashlight
- Pen
- Small notebook or a few sheets of paper
- Optional compact multitool where lawful and permitted

Keep EDC tools simple. Larger or duplicate tools usually belong in your vehicle or emergency bag.

BASIC FIRST AID & PERSONAL NEEDS

- Adhesive bandages
- Antiseptic wipes
- Small gauze pads and medical tape
- Blister treatment if useful for your routine
- Personal medication and medical information as appropriate
- Optional N95 respirator for smoke, dust, or other appropriate conditions

OPTIONAL - BASED ON YOUR LIFESTYLE

- Reusable water bottle
- Personal safety alarm
- Bluetooth tracker for keys, luggage, or bags
- Work gloves
- Small hygiene supplies
- Extra medication where appropriate
- Pocket knife only where lawful, permitted, and useful

BETTER KEPT IN YOUR VEHICLE OR GO-BAG

- Additional drinking water
- Emergency food
- Extra clothing and weather protection
- Blanket
- Larger first aid kit
- Emergency radio
- Roadside equipment
- Larger tools
- Evacuation supplies

Layer your preparedness. Your pockets do not need to carry everything.

10-MINUTE EDC AUDIT

Empty your pockets, purse, backpack, or work bag onto a table. Review each item and check the questions below.

- Did I use this during the last month?
- What realistic problem does this item solve?
- Would I know how to use it under stress?
- Do I already carry another item that does the same job?
- Is it legal and permitted everywhere I normally carry it?
- Would this be better stored in my vehicle or emergency bag?

QUICK MAINTENANCE CHECK

Recharge power banks. Check flashlight batteries. Review medications and first aid supplies. Update emergency contacts. Remove equipment you no longer use.

Carry what you use. Know how to use what you carry. Keep the rest where it belongs.