Everyday Carry Checklist

For more information visit: https://trueprepper.com/kits/everyday-carry-list/

Minimum Requirements
- Work Gloves
- Socks
- Shirt
- Underwear
- Pants
- Hat
- Bandana
- Boots/Shoes
- Belt
- Jacket
- Poncho
- Sunglasses
- Scarf/Shamagh
- Compressed Towels
- Handwarmers

Suggested Additions
- Cell Phone
- Cell Phone Charger
- Survival Mirror
- Power Bank
- Whistle
- Ham Radio
- CB Radio

Consider Adding
- Work Gloves
- Socks
- Shirt
- Underwear
- Pants
- Hat
- Bandana
- Boots/Shoes
- Belt
- Jacket
- Poncho
- Sunglasses
- Scarf/Shamagh
- Compressed Towels
- Handwarmers

Fire/Light
- Lighter
- EDC Flashlight
- EDC Magnifying Glass
- Ferro Rod
- Tinder
- Waterproof Matches

Documents/Navigation
- Rainproof Pen
- Waterproof Notebook
- Identification
- GPS Watch
- USB Drive
- Fishing/Hunting License
- Compass
- Local Maps
- Ranger Beads

Communication
- Steel Water Bottle
- Purification Tablets
- Water Filter
- Water (3L+)
- Protein Bars
- Emergency Ration Bars
- Camp Utensils
- Field Can Opener
- EDC Fishing Kit
- Beef Jerky
- Condiments
- Multi-Vitamins

Safety
- Folding Knife
- CCW Handgun (if trained)
- Ammunition
- Pepper Spray
- Pocket Sharpener
- Ammo Pouch
- Handcuff Key

Water
- Steel Water Bottle
- Purification Tablets
- Water Filter
- Water (3L+)
- Protein Bars
- Emergency Ration Bars
- Camp Utensils
- Field Can Opener
- EDC Fishing Kit
- Beef Jerky
- Condiments
- Multi-Vitamins

Miscellaneous
- Keys
- Wallet
- Cash Stash
- EDC Multitool
- EDC Backpack
- Batteries
- Sewing Kit
- Paracord
- Carabiner
- Duct Tape
- Zip Ties
- Pocket WD-40
- Garbage Bags
- EDC Pouch
- Super Glue
- Pencil Sharpener
- Prybar

Hygiene/First Aid
- Mini First Aid Kit
- Prescription Medication
- Feminine Supplies
- Sun Screen
- Bug Spray
- Hand Sanitizer
- Floss
- Toothbrush
- Toothpaste
# Everyday Carry Checklist

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<th>Suggested Additions</th>
<th>Consider Adding</th>
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<td>Moist Wipes</td>
<td>Anti-diarrheal Tabs</td>
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