

# EVERYDAY CARRY CHECKLIST

Prepping your way, every day...

**TRUEPREPPER**

This list is organized by category, color-coded by importance, and linked to extensive reviews.

Essential Items

Suggested Gear

Situation-Specific

## Everyday Clothing

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

## Nav/Tech/Comm

- Cell Phone
- Cell Phone Charger
- EDC Flashlight
- GPS Watch
- Survival Mirror
- Power Bank
- Batteries
- Whistle
- Compass
- Local Maps
- Ham Radio
- CB Radio
- Ranger Beads

## Hygiene

- Feminine Supplies
- Hand Sanitizer
- Floss
- Toothbrush
- Toothpaste

## Personal Items

- Keys
- Wallet
- Cash Stash
- Identification
- Rainproof Pen
- Waterproof Notebook
- USB Drive
- Fishing/Hunting License
- Playing Cards

## Water

- Steel Water Bottle
- Purification Tablets
- Water Filter
- Water (1L)

## Food

- Protein Bars
- Emergency Ration Bars
- Camp Utensils
- Field Can Opener
- EDC Fishing Kit
- Beef Jerky
- Condiments
- Multi-Vitamins

## Fire

- Lighter
- EDC Magnifying Glass
- Ferro Rod
- Tinder
- Waterproof Matches
- Pencil Sharpener

## First Aid

- Mini First Aid Kit
- Prescription Medication

## Tactical

- Folding Knife
- CCW Handgun (if trained)
- Ammunition
- Pepper Spray
- Handcuff Key

## Tools

- EDC Multitool
- Sewing Kit
- Paracord
- Carabiner
- Duct Tape
- Zip Ties
- Pocket WD-40
- Pocket Sharpener
- Super Glue
- EDC Prybar

## Pouches/Bags

- EDC Backpack
- EDC Pouch
- Garbage Bags
- Ziploc Bags
- Ammo Pouch

