

Everyday Carry Checklist

TRUEPREPPER

For more information visit:

<https://trueprepper.com/kits/everyday-carry-list/>

☒ Minimum Requirements

☐ Suggested Additions

☐ Consider Adding

Everyday Clothing

- ☒ 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

- ☒ Cell Phone
- ☒ Cell Phone Charger
- ☐ Survival Mirror
- ☐ Power Bank
- ☐ Whistle
- ☐ Ham Radio
- ☐ CB Radio

Water

- ☒ Steel Water Bottle
- ☐ Purification Tablets
- ☐ Water Filter
- ☐ Water (3L+)

Food

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

Hygiene/First Aid

- ☒ Mini First Aid Kit
- ☒ Prescription Medication
- ☒ Feminine Supplies
- ☐ Sun Screen
- ☐ Bug Spray
- ☐ Hand Sanitizer
- ☐ Floss
- ☐ Toothbrush
- ☐ Toothpaste

Safety

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

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

EDC



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Minimum Requirements



Suggested Additions



Consider Adding



Playing Cards



Moist Wipes



Anti-diarrheal Tabs

