



# Every Day Carry

## What is Every Day Carry?

Every Day Carry, commonly called EDC, is a collection of items you carry with you/on you every day and everywhere. Your phone, for instance, classifies as an EDC item. So does your credit card. But there are plenty of other items you can keep in your pocket or your backpack to be prepared and self-reliant.

So, as the commercial asks, “what’s in your wallet®?” Below is a suggested list of items which could be helpful and possibly even critical.

### First Aid

Your EDC should have some basic first aid supplies to get you through the day. Think about putting few band aids in your wallet, lip balm or pain meds in your backpack. A bandana has many functions and it can easily fit in the back pocket of your pants.

### Light

While your mobile phone has a flashlight app which can be convenient, it is not always practical to use. Keep a small keychain LED flashlight with your car or house keys, in case the lights go out. This way, you can still use your phone for urgent communication.

### Tools

Look around at the items you already have and see how you could repurpose them in an emergency. Paracord bracelets are very fashionable and the cordage they are made of has a multitude of uses. Duct tape can be used to fix almost anything. All you need is two feet, rerolled around an old credit card. Carrying some sort of pocket multitool can be extremely helpful throughout your day, if you ever run into any problems.

## Examples of EDC items

- Multi tool
- Band-aids
- Rerolled duct tape
- Paracord bracelet
- Needle and thread
- Bandana
- Keychain light
- Mini lighter
- Ferrocerium rod
- Mini whistle

## Conclusion

Think about your personal needs and the conditions/situations you may encounter during your day. That is the first step in the planning process. Just like your First Aid Kit and your Go Bag, your EDC should be perpetually evolving. Do not wait until it is “complete” to rock it. Always make adjustments and improvements and do not hesitate to ~~steal~~ borrow an idea or three. Become self-reliant by putting together a [First Aid Kit](#) and a [GO Bag](#). You can find instructions for these on our website. For more resources check out our [Emergency Management Page](#).