

Every Day Carry Contents

Everyday Carry (EDC) items are not in your BOB but carry on your person everyday. Some items may include:

- ID
- Cell phone
- Glasses
- Watch
- Mini LED light
- Whistle
- Pen
- Pocket knife
- CPR Barrier
- Cash
- Seatbelt Cutter / Glass Breaker

Once you have gone through additional training, this list might expand. For instance, after taking a Stop the Bleed class, you may opt to carry a tourniquet with you routinely. It is estimated that half of the 59 people who died in the Las Vegas Harvest Country Music Festival could have been saved if other concert-goers had carried tourniquets.