



E.L.G. for EDC

Emergency Loadout Guide: Everyday Carry

Mindset - Situational Awareness - Pocket Gear - Wearables - PSK

BOB	INCH	VEK	GHB	✓ EDC	K9
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This Emergency Loadout Guide discusses the Everyday Carry (EDC) essentials you pocket, wear, or otherwise attach to yourself during the course of the day. EDC is more than just knives, flashlights, or a gun; it encompasses the mindset, utilitarian needs, possible threats, typical tasks, locale (weather/terrain), and your expected course of action. Since our daily lives vary greatly, there is no way to create a checklist that is exhaustive of all scenarios but we have formed a Line of Carry Checklist that provides an example of what gear, tools, and supplies should be on your person.

EDC is thoughtful selection of items that will offer immediate assistance. This could be the use of a bottle opener at a backyard BBQ or a tourniquet following a mass casualty event. Your EDC should include a Personal Survival Kit helping you sustain until you can reach your Get Home Bag or Bugout Bag. EDC isn't just for trivial daily chores, it's the first line of preparedness.

AKA: Everyday Carry, EDC, Pocket Gear, Pocket Dump, Daily Carry, PSK.

Purpose: Supplies you with the means to travel short distances (24-48hrs) from a non-permissive environment to a secure rally point, supply cache, or homestead.

Bottom Line Up Front (BLUF):

1. Understand the Mindset, Reason for EDC, and Situational Awareness
2. Discuss Carry and Wear Methods practicing the Grayman Technique.
3. Legalities of concealed weapons and good Samaritan laws.
4. Explanation of Lines of Carry, EDC Checklist.
5. Developed a Personal Survival Kit, PSK.

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EMERGENCY LOADOUT: Terminology

BOB: A “Bug Out Bag” is a backpack style bag worn when expediently traveling from an undesirable location to a desirable location. This is typically when you must egress from home to a bugout location (BOL). It’s a worst case scenario loadout with items needed to survive a 72 hour trip. You’ll be able to travel quickly with these bare essentials. A BOB is the ideal loadout for unexpected civil unrest/rioting/looting, localized EMP, fuel/food shortage during grid down, etc.

INCH: “I’m Never Coming Home” is a loadout for when you must egress from home to a BOL with no intentions or expectation of returning home. It can be an INCH bag overloaded with supplies for a 10 day trip or a trunk or trailer pre-loaded in a Bug Out Vehicle (BOV) with supplies for a vehicle egress. The items in an INCH should aid in long-term settlements and retention of memoirs. This loadout is better fit for responses to nuclear fallouts, land invasions, widespread EMP, pandemic, etc.

VEK: A “Vehicle Emergency Kit” has equipment and tools that stay inside your trunk until needed. It should have tools for common problems like a dead battery, frosted windshield, and low fuel. It should be there for a crisis such as longterm stranded motorist scenarios, snow storms, and crashes. The VEK will also be a supplement during SHTF cases.

GHB: The Get Home Bag is retrieved when traveling from an undesirable location to the homestead. Ideal for the vehicle, workplace, or out of town meeting. It has the bare essentials needed for a 1-2 day trip. The intent is to have minimalistic and subdued supplies that are quickly accessed and easily carried on a daily basis. A GHB will come in handy if the SHTF happens while you are at work or less than 100mi from home.

EDC: Your Every Day Carry is composed of useful tools and supplies to accomplish daily tasks. While some items can aid in a survival scenario the purpose of the kit varies. These items are carried on one’s person or kept nearby such as in a small pouch. EDC is also what you wear; this is EDW or Every Day Wear. A Personal Survival Kit (PSK) should be in your EDC.

EDC is in arm’s reach and gets used daily for common tasks. ↴
↻VEK stays in your vehicle and can be used for minor roadside emergencies or to supplement your other survival egress options. ↴
↻GHB should be with you on public transportation or when out and away from areas where your BOB is stored, it’s used to get home during an unexpected widespread emergency. ↴
↻BOB is kept at secure locations like your car, work, or home and is used during rushed transition from danger to a rallypoint or home and only lasts for about 3 days. ↴
↻INCH is for planned bugouts from home to a secure location. ↴
↻Your K9 is with you at home, on walks, and should be apart of your survival plan to bridge the gap when other loadouts are not available.



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CARRY METHODS

Your pockets are what most people think of when EDC comes to mind. The military has a regulation banning soldiers from putting their hands in their pocket unless retrieving or placing an item. The reason is two-fold it reduced reaction time (removing hands, raising out of pocket, extending) and there are far better places to keep gear. With that said, there are many items perfect for pocket carry. I just want you to keep you mind open about other ways to EDC. Let's discuss all the methods. There are principally two categories of carry methods, on-body and off-body.

On-Body Carry Methods: This is what we typically associate with EDC. These are locations on your person where items are worn, attached, clipped, or pocketed.

Pockets- Includes Front, Back, Cargo, and Shirt Pockets. Limitless options for types of items.

- Large Storage Capacity (large pockets can hold a variety of items)
- Offers Concealment (typically items in pocket are not recognizable though a gun could show an imprint)
- Average Retrieval Speed (does not offer quick access)

Waistband/Belt - Holster for Gun, Clip-on Flashlight, IWB Knife Sheath

- Average Storage Capacity (a belt offers many methods of attachment of small pouches, holsters, sheaths, etc)
- Offers Concealment (an untucked shirt or coat increases concealment opportunities, items can also be tucked inside the waistband)
- Best Retrieval Speed (dependant upon wear and how an item is attached to the belt, guns, knives , and other items can be quickly accessed, this is why police have duty belts, everything is in hands reach and at the ready)

Wrist/Ankle - Paracord Bracelet, Watch, Ankle Holster

- Minimal Storage Capacity (depending on the storage device, dozens of items can be stored on the wrist or ankle)
- Offers Concealment (if stored on ankle, pants will cover items)
- Average Retrieval Speed

Head/Neck - Lanyard with knife, Survival Necklace, Sunglasses, Bobby Pin in hair

- Minimal Storage Capacity (multiple methods of carry)
- Offers Concealment (Necklace kits, neck knives or hats with storage can blend in to normal outfit)
- Average Retrieval Speed

Clothing - Overcoat, Hoodie, Gloves, Boots, etc.

- Maximizes Storage Capacity by adding additional pockets



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- Offers additional concealment of EDC. Jackets cover your waistband, boots offer option to sheath a knife on high top.
- Often reduces retrieval speed of EDC by adding additional layers to move to access items.
- Provides protection from the elements. Increases defense from hostile attacks (wear ballistic body armor or abrasion resistant gloves).
- Escape and Evade supplies can be sewn into or otherwise covertly carried within the collar of a shirt, the seam of pants, socks, etc.

Off-Body Carry Methods: Items that are within lungable grasp act as an extension of your EDC.

Backpack - Includes Purse, Messenger Bag, Sling Bag, etc.

- Large Storage Capacity (multiple large compartments can hold items too large for other methods)
- Offers Concealment (many large items can be well concealed and if bag is chosen wisely, it will blend in with any other in a crowd)
- Slower Retrieval Speed (has to be removed from shoulder and opened for access to items)

Vehicle - Underseat, center console, dash.

- Maximum Storage Capacity (trunk, center console, under seats, glove box, etc.; offers many large compartments for IFAK kits, tools, larger weapons, spare clothing, etc.)
- Offers Concealment (multiple areas where items, pouches and kits can be concealed)
- Varying Retrieval Speed (items can be positioned in and around the driver's seat for quick access, other larger tools and supplies may be out of immediate access and would not be considered part of your EDC)

Other - Office desk drawer, overhead storage on a plane, nightstand.



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MINDSET - SITUATIONAL AWARENESS - GRAYMAN TECHNIQUE

Your carry shouldn't make you stick out, or become a target. You want to blend in with your surroundings while maintaining a prepared mindset. You are prepared to help yourself and others. You are able to offer a lighter to a friend with a cigar, extend a tissue to a lady following a sneeze, or defend your neighbor following a burglary. Your EDC has yourself and others in mind, you EDC because you want bring ease to accomplishment of tasks and have aid in the event of emergencies. You can tighten a loose screw and also save a life by applying a tourniquet. While you brush your teeth and dress of a morning, you are playing out the day in your mind. You are navigating your route to work in your head, you remember that dark alley you have to walk down as a shortcut, you remember you'll be working late tonight, you know a delivery is arriving and you'll have 6 boxes to cut open, you know you have meetings and have to keep track of the time... This thought process helps you plan your EDC for the day. You've got a drawer in your nightstand that holds your baseline EDC. From this mind planning you know you'll need your gun (and CCW, ID), a flashlight, a watch, a knife for those boxes, and well you get the idea. Now don your EDC and go. Be aware of your surroundings. Adjust to changing variables around you; rainstorm, fire alarm and evac, transit delays, etc. Assess and make a plan. Remember others around you are experiencing the same changes but you are prepared and ready. You have a mindset and set of tools to overcome obstacles. As negative COAs develop you can address them. You foresee a convenience store robbery because your state of awareness allowed you to see those two hooded men walk by the front door 3 times, you saw one man adjust his waistband, you are read. You've already called 911, you've notified the clerk, you are armed.

- Plan your day (walkthrough of the expected Course of Actions COAs)
- Assign EDC items to accomplish COA tasks and address needs
- Be aware of your surroundings and react accordingly

Practice the Grayman Principle by controlling your actions and the way you display yourself to the public. Here's what you need to know... ✓Wear nondescript clothing (non-tactical backpack). Wear what everyone else in the area does. ✓Hide distinguishable features such as a particular scent, walking with a gait, long bangs in front of eyes, tattoo on the forehead, etc. ✓Conceal nonverbal actions such as looming over your shoulder, pointing, peering around corners, etc. ✓Go with the flow. Don't travel in areas normal people wouldn't. If you look out of place you've lost your ability to fit in. ✓Adapt to your surroundings. ✓Utilize natural distractions. If have to do something that makes noise or would normal draw attention wait for the right time such as when a subway is passing, garbage truck is loading, etc. ✓Minimize interactions and be forgettable. ✓Know your city. Don't find yourselves needing to ask for directions or train schedules. Know where resources are. ✓Observe others and go with the flow. ✓OPSEC. Don't carry all your PII with you. Don't post about your plans or vacations online. ✓Don't be tactical. If you carry a knife, or a gun, don't advertise it.



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ANALYZING YOUR CARRY - WHAT TO EDC?

What you carry should serve a purpose. This is dependant on your needs, location, tasks/plans for the day, etc. Your EDC will vary based on what you are doing and where you are going. For example an EDC for a trip to the grocery store will be different from that for a day at work. Here's what you need to analyze to determine your EDC:

- Will I primarily be indoors or outdoors?
- Am I in an urban or rural environment?
- Will I encounter threats or hostile areas?
- Do I need to accomplish tasks that require specific tools that would otherwise not be readily available.
- Are there water sources, emergency weather forecasts, areas for shelter, steep inclines, heavy foliage, or other environmental concerns?
- What other supplies will be at my disposal? (Bugout Bag, Get Home Bag, Toolbox in back of car, stocked kitchen at work, etc)
- What are some of the common barriers I may encounter today?

Now you'll need to match your analysis to items that can aid you. Here are some examples of proper applications of assigning a tool/item to accomplish a task or overcome a barrier.

- If darkness will fall before you return home = Flashlight
- If you are hauling tied down cargo in your truck bed = Knife to cut rope
- If you are going to a backyard bbq and plan on drinking = Bottle opener
- If you are driving = Wallet/ID Card
- If you will be away from home or car or work for 10+ hours = Phone charger
- If you are working out in the sun = Lip Balm, Sun Glasses, Hat
- If you are clearing trees deep in a forest with a chain saw = Safety Glasses, Gloves, Tourniquet

As you can see, your EDC will vastly change day-to-day. Just because you don't have any specific expectations to need a knife, or a gun, or even a flashlight; doesn't mean you should remove them from your EDC. Planning for the unexpected is what will set you apart from others who fail to prepare. You want to be the person that has what you need and what others need. Whether that be : offering a handkerchief to a lady that sneezed, defending yourself and others during a gas station robbery, or cutting yourself free from jammed seatbelt after a vehicle rollover.

You want to find the right balance. While you should try to prepare for possible outcomes, it's impossible to have everything you'll ever need on your person at all times. Don't burden yourself with unnecessary items. If your pockets are loaded, your belt has 6 things clipped to it, and your shoes has a screwdriver slipped in the sole you've gone too far. Assess your needs each day and fine tune your carry.



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EDC LEGALITIES - KNOWLEDGE IS PREPAREDNESS

It's important to thoroughly research the laws in your state regarding the items in your EDC and anything you plan on adding to your EDC. The point of EDC is to be prepared for many situations and overcoming problems. Getting into legal trouble due to illegal EDC items is something completely preventable with a little research. Legal knowledge regarding your state and local laws is a part of your EDC. Knowing what you can and cannot carry, where you can and cannot carry it, and knowing the legal obligations and consequences of assisting strangers in medical emergencies(Good Samaritan Laws) is essential knowledge.

Here are some helpful resources to find out the laws in your state regarding the carrying of knives, firearms and assisting in medical emergencies(Good Samaritan Laws):

- Knife Laws by State: <https://www.akti.org/state-knife-laws/>
- Concealed Carry Laws by State: https://www.usconcealedcarry.com/resources/ccw_reciprocity_map/
- Good Samaritan Laws by State:
<https://www.google.com/amp/s/recreation-law.com/2014/05/28/good-samaritan-laws-by-state/amp/>

After researching the laws that apply to your EDC, adjust your items accordingly.



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EDC: CHECKLIST & LINES OF CARRY

It is not possible to provide an exhaustive checklist of items to be carried for all persons. We have created a recommended carry that will be applicable to most persons. We have further provided examples of other Lines of Carry (LoC) along with a sample of how it will vary. We suggest you use the “Baseline Carry” as your routine EDC then make adjustments based on your individual needs. The other Lines of Carry will list items to be carried in addition to your baseline. They are provided as examples based on specific scenarios and categories. Please see legend below for symbol (➡/□) definitions.

Baseline Carry (applicable to most persons, should be a standard on all other lines of carry)

➡ Knife (Small Fixed Blade or Folder)

- ☐ Lighter
- ☐ Wallet/Purse
- ☐ Cash/Credit/ID
- ☐ Flashlight
- ☐ Sunglasses/Hat
- ☐ Watch
- ☐ Pen/Pencil
- ☐ Paper/Notepad
- ☐ Keys
- ☐ Phone
- ☐ Handkerchief
- ☐ Multitool

□ PSK (SEE BELOW GUIDE)

Prepared Civilian Carry (open/concealed carry permitted, threats possible)

➡ Gun

➡ Tourniquet

- ☐ IFAQ, Individual First Aid Kit (Trauma)
- ☐ Knife (Large Fixed Blade)
- ☐ [Paracord Bracelet](#)

Aware Civilian Carry (open/concealed carry not permitted, threats possible)

➡ Stun Gun or OC Pepper Spray

➡ Key Fob Alarm

- ☐ Knife (Small Fixed Blade, Push Dagger w/ legal blade length)
- ☐ IFAQ, Individual First Aid Kit (Trauma)

First Responder (police, EMT, firefighter)

- ☐ Handcuff Key
- ➡ Trauma Shears
- ☐ Abrasive Resistant Gloves
- ☐ Whistle
- ☐ Multitool
- ☐ Permanent Marker

International Travel (airplane, OCONUS, foreign speaking)

- ☐ Passport
- ☐ Local Map
- ☐ Language Reference Card



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➡ Kubaton

- ☐ Satellite Phone

Homestead (at home, about your property)

- ➡ Rifle (carried/slung for property/fence line security checks or responding to suspicious activity)
- ☐ Gun (worn or accessible on all floors and centrally located, worn when in and around property)
- ☐ Car Keys (to be stationed on your nightstand at night, hit panic alarm in even of B&E)
- ☐ Walkie Talkie

SHTF Ready (current evolving LAE, apocalyptic times, civil unrest)

- ☐ Personal Nuclear Dosimeter
- ☐ Nitrile Gloves
- ☐ Respirator Mask (compact/collapsible)

Hiking (short trips to a nearby store, to water source, to a neighbor's distant house)

- ☐ Compass
- ☐ Water Bottle
- ☐ Walking Cane

Hostile Territory / Hostage Threats (non-governmental forces, 3rd world military/police corruption active, SERE applications)

- ☐ Handcuff Key
- ☐ Kevlar Friction Saw
- ☐ Shim
- ☐ Morse Code Reference Card
- ☐ Blood Chit Card

Items marked with a ➡ "Feathered Arrow" in the checklist are considered Items of Immediate Necessity, (IINs). These are items that require quick accessibility in the event of a medical emergency or self defense.

Items marked with a ☐ "Gloved Arrow" in the above checklist are considered Items for Life Altering Events, (I-LAEs). These items aid in SHTF and worst case scenarios. Their accessibility is dependant upon urgency and carry methods vary.

Other Loadouts: Remember that your other Emergency Loadouts should be apart of your overall plan. Incorporate these loadouts as relevant.

- ☐ GHB - This is the go-bag that serves as the logical next resource when EDC is unable to sustain or aid and further supplies are necessary. A GHB will give you life saving gear to help for a days travel to home or other loadouts.
- ☐ PSK - This is a kit for basic survival needs, Due to it's micro size, it's capable of being a part of your EDC and can aid in meeting some of the checklist items of the GHB.
- ☐ VEK - Your vehicle kit includes all of the above items. If for some reason you cannot access your GHB or other loadouts, scavenge from your VEK or better yet egress in your vehicle if feasible.
- ☐ BOB - If accessible, consider using your BOB instead of GHB. It's better to be overly prepared than underprepared.
- ☐ INCH - While it's highly unlikely that your INCH loadout is obtainable when you are not even home yet, bare in mind, if for some strange reason it's accessible, use it to get home if applicable.
- ☐ K9 - If your K9 is with you, use the K9 kit to supplement your egress to home and the aid of your dog for protection while in route.



PERSONAL SURVIVAL KIT (PSK)

A PSK is a small collection of supplies designed to aid in survival situations. This could be any of the following: a camping trip gone wrong after your backpack is lost during a river crossing; your plane makes a crash landing near an island; your on vacation and bought a cigar but forgot a light; you need to treat a minor laceration; you need to sew on a button to your suit before a wedding; and well you get the idea, it's not always life or death, these items can be helpful in day to day situations.

Packing your PSK will vary based on your carry method and expected needs. It may be wise to have two PSKs; one for worst case scenarios when away from your other gear and one for daily carry to and from your house. Common packaging options include: altoids tin, ziplock bag, nylon pouch, incorporation into a [paracord bracelet](#), plastic tube, heat shrunk baggie, storage pocket [patch](#), behind you phone against phone case, etc.

PSK Contents (these are guidelines to get your pointed in the right direction)

- ☐ Mini Button Compass
- ☐ Razor
- ☐ Sewing Needle
- ☐ Thread
- ☐ Bandages
- ☐ Alcohol Pad
- ☐ Strike Anywhere Matches
- ☐ Survival Match
- ☐ Mini Bic Lighter
- ☐ Razor Blade
- ☐ Ferro Rod
- ☐ Fishing Hooks
- ☐ Fishing Line
- ☐ Emergency Whistle
- ☐ Micro LED Light or Chemsticks
- ☐ Benadryl Pills
- ☐ 1ft Duct Tape Strapping
- ☐ Cordage
- ☐ Tinder
- ☐ Water Purification Tablet
- ☐ Fresnel Lense
- ☐ Triple Antibiotic Packet
- ☐ Emergency Space Blanket
- ☐ Pencil



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RESOURCES

ICERS

Superesse has developed an Emergency Response System to help assess your situation and react in concert with your support group. The ICERS plan (In-Case-of-Emergency Response Plan) is a downloadable and editable template in PDF and Word format.

Download at www.superesstraps.com/products/icers

ELG: EMERGENCY LOADOUT GUIDES

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GEAR

SUPERESSE GEAR

You have access to our customer discount of 25% off all our [survival straps](#), [patch kits](#), [carryall bags](#), [hanks](#), and more. Use promo code “GETANOTHER” at checkout. Choose from a collection of wearable gear and micro tin kits that can be used to outfit your Emergency Loadouts.

SUMMARY

This is a working document. Content such as gear suggestions, tips, carry ideas, and other info will be updated as we deem fit. You'll receive email notifications along with a download link.