

# EVERY DAY CARRY WORKSHOP

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## HOW TO BUILD A PERSONAL KIT FOR EVERY DAY PREPAREDNESS

WHETHER YOU ARE IN AN URBAN SETTING OR THE WILDERNESS, YOUR KIT SHOULD ADDRESS NEEDS YOU MIGHT HAVE ON ANY DAY OF THE YEAR.



THINK ABOUT THE FOLLOWING NEEDS:

CLEAN WATER  
FIRE STARTING  
CUTTING TOOL  
LIGHTING  
NAVIGATION  
FOOD  
CORDAGE  
FIRST AID  
MEDICATIONS  
EMERGENCY SIGNAL  
COMFORT

**KIO3 Tabs**



**Instant Coffee**  
**Electrolyte Drink Powder**

**Blister Pads**



**Antiseptic Wipe**

**Burn Cream**

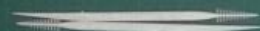


**Antibiotic Gel**

**Leatherman**



**Toothpicks**



**Band-Aids**



**20' Cordage**



**Aluminum Foil**



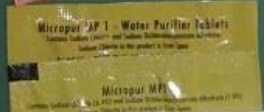
**Large Safety Pin**

**Fishing Kit**



**P-38 Can Opener**

**H2O Tabs**



**Striker**

**Needles**



**Flashlight**



**Coffee Filter**



**Fish Hooks**



**12" Duct Tape**

**Compass**



**Pill Bottle w/meds**



**Compressed Towel**



**Flint**



**Tinder**



**Matches**



**Survival Card**

