

# CL #4 – Everyday Carry Bag/Kit Checklist

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**Purpose:** To help you build your own kit that's handy, easy to carry and keeps you prepared.

We often refer to these everyday carry kits as a “MacGyver” bag from the old TV show; as these have the basic, practical items needed to get you out of a variety of situations. This checklist is arranged according to the 6 Pillars. Assemble the items that will best serve your needs for each of the 6 Pillars and Tools. See suggestions below and check these off as you put together the items you need. See 56 minute video for explanation of 6 pillars.

\_\_\_\_\_ 0) Watch or review the Prepper Academy video for 6 pillars <http://goo.gl/o5yrJO>

\_\_\_\_\_ **1) Personal Health and Security**

Medicine you're dependent upon  
Folding Knife (self-defense/survival tool)  
Pepper spray – get online  
Flat whistle – get online

\_\_\_\_\_ **2) Shelter**

Mylar Blanket – get these online usually 10 for \$10.00  
Paracord – get online, WalMart

\_\_\_\_\_ **3) Water**

Quart freezer bag with 2 purification tablets  
Mini water filters  
You'll also have whatever water you normally carry with you each day

\_\_\_\_\_ **4) Energy, Electricity, Fire**

Mini lighter  
Waterproof matches – get online, WalMart  
Keychain LED light  
Pen light

\_\_\_\_\_ **5) Food**

Runner's Gel  
Protein Bar  
Emergen-C  
You'll also have whatever snacks you usually carry with you each day

\_\_\_\_\_ **6) Tools/Training**

Folding knife  
Multi-tool (like Swiss Army Knife) – get online  
Emergency cash

\_\_\_\_\_ 7) Work out easy ways to carry these items with you daily, a small make-up bag in your purse for women and see ideas from video for guys. Main thing is keep it small enough and light weight enough that **you will carry it** with you all the time.