The Tactical and Practical Every Day Carry (EDC) Guide!
The Underground Assault Rifle System
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The Tactical & PRACTICAL Every Day Carry (EDC) Guide

We all know him. Maybe we ARE him.

He’s the guy who carries around so many accessories that he may as well be wearing a Bat Utility Belt. Some of the stuff he carries is useful. Some of it just makes him feel cool, probably. But everything he carries could conceivably have some justification.

He’s EVERYDAY CARRY MAN, and when he’s not talking about his every day carry (EDC) “load-out,” he’s taking pictures of the crap he’s carrying on his person and posting those pictures on the Internet.

There’s a scene in the third Mad Max film where Max is told to leave his weapons behind before he has an audience with Tina Turner’s character. The joke is that he keeps piling on guns, knives, and other gear long past the point that any reasonable person would carry all those things.

Yet there are those of us who do seem determined to emulate Mel Gibson’s character, probably for the same reason that the character does that in the movie. We want to believe we are as incredibly prepared as Mad Max is meant to seem in the film.

Preparation is what EDC is all about.

Did your father carry a pocketknife? We live in an era where more and more people can’t open a bag of potato chips or a blister-packed Star Wars action figure without making an utter mess of things.

They’re clawing at packaging with their teeth and their keys because they don’t carry around something as basic as a penknife or a jackknife.

But if you’re at least thirty years old, you probably had a father who carried a knife in his pocket all day long, because that’s just what people did.

In part, the shift away from carrying the tools and accessories the average person is likely to find convenient is a shift from the rural to the urban. Much as firearms ownership has become much less common (and seems to enjoy less mainstream
acceptance in media and among “progressive” citizens and politicians), carrying a knife, a bandanna, or a flashlight is something most citizens just don’t bother to do.

Why, even the simple wristwatch is becoming an endangered species. Recent studies show that people under 30 don’t bother to wear watches anymore. Their smartphones have largely replaced the traditional bedside alarm clock, too.

It’s these same people who you see trying to use the dim light of their phone screens to find the lock with their car keys in unlighted parking lots. They’re the people who always want to know, “Why do you need a knife like that?” Then they ask to borrow your knife on what will become a series of future occasions in which they discover, oh wow, they could really use a knife to accomplish something specific.

At the other end of the EDC spectrum are the people who pride themselves on being the opposite of those ill-equipped non-copers.

The problem is that this idea of having with you the tools, accessories, and gear you need to tackle every conceivable (and inconceivable) problem can be taken way too far way too fast. There are people out there walking around with daily-carry bugout bags — bags intended to sustain them for three or more days while they flee a balloon-went-up societal collapse scenario.

They carry so much that they look like they’re ready to go camping with just what they have in their bags... and they lug those bags around everywhere, only to discover that when they really need them, they’ve left the bag in the car or at the office.

Practical, tactical everyday carry means having just what you can reasonably carry with you all the time. It is by definition the things you can comfortably carry on your body, regardless of your mode of dress (casual to formal, within reason)

Your practical EDC, therefore, is the load-out of personal accessories you carry on your body, in your pockets, and on your belt. It is not whatever you carry additionally, such as in a man-purse or briefcase.

Murphy’s law being what it is, it is guaranteed that at the moment you most need something from in your bag or briefcase, you will have decided to leave your off-body storage items behind somewhere.

Why? Well, convenience, that’s why.
Let’s say it’s the summer. You and some fellow employees are going to lunch in a coworker’s car. Unless you want to drag your heavy man-purse with you and into the restaurant, it’s going to stay at your desk or in somebody’s trunk. It won’t be there when you have to have it.

It’s a very unlikely scenario, of course, but what if you’re sitting in a bathroom stall when an active shooter comes walking through your office?

It won’t matter that your gun and your knife and your 600 lumen face-melting flashlight is in a Maxpedition pack underneath your desk. That stuff might as well be home underneath your bed for all the good it will do you in that situation.

The same is true for places you go and things you do countless times a day when you don’t carry with you a shoulder bag or other off-body carry device.

In deciding on what to carry on your person, then, the prepared citizen must choose from among an often confusing array of choices.

- How much is too much?
- How much should you spend?
- At what point do you become the guy whose pants are forty pounds heavier when he’s finally got all his gear on him?

Trust me, if you carry such much stuff that it affects how you walk and how you look, you will attract the wrong kind of attention. You don’t want to be too obviously equipped (either because having gear is often seen as politically incorrect, or because you don’t want to paint a target on your face in an emergency — as in, “He’s got stuff, get him!”).

And you don’t want to be so laden down with gear that members of the opposite sex think of you as an accessories-bearing troll.
What Is A Practical EDC?

The basic loadout that every citizen should reasonably be able to carry, all day long, is as follows:

- Knife
- Flashlight
- Bandanna
- Lighter
- Medical kit
- Multitool
- Wristwatch
- Phone
- Survival bracelet
- Handgun with at least one reload

In choosing your EDC gear, then, follow these guidelines.

Your EDC will vary depending on you specific needs and circumstances, but the following tips will help you choose what will be truly useful over the broadest array of potential scenarios... without weighing you down like a pack horse.

Don’t Carry Junk

This should go without saying no matter what the item of gear is you are considering, but your EDC gear is, depending on the emergency, something that could save your life.

Do you really want to trust your life to something you bought at a dollar store or got free with a flashlight?

True story: A young man named Aron Ralston was out hiking in the middle of nowhere when he managed, through a fair bit of misadventure, to crush his own arm under a boulder.

The worst part of the accident wasn’t that his arm was crushed. It was that he was trapped and could not call for help. There was nobody to hear him, he had no way to
reach the rest of the world, and he could not physically move from the spot where he was trapped.

Ralston eventually cut off his own arm, escaped, and was rescued when he finally encountered other people. He wrote a book about the experience. (You may have seen the movie version, 127 Hours, which accurately dramatizes Ralston’s plight and stars James Franco.)

There’s one detail he has refused to give, however: The name brand of the multitool he used to sever his own crushed arm. He has said it was not a Leatherman, the most famous brand of multitools (after, perhaps, the Swiss Army Knife).

He has been quoted online as saying it was “what you'd get if you bought a $15 flashlight and got a free multi-use tool” to go with the light.

You’ve seen these tool and light combinations. Perhaps you’ve even bought them. They work okay, although you can tell the moment you pick them up that you’re not dealing with quality. More importantly, while these tools work for a little while, they almost always break under use after a relatively short time.

This is NOT what you want to have happen when you need a knife or a pair of pliers to get you out of a jam.

Picture this: It is dark and you blow a tire along a major highway. You have a jack and a donut spare, but there are no street lights out here along the highway, because you’re out in the country.

Which flashlight do you want have with you when to try and change the tire? A quality fifty to one hundred dollar SureFire model, or one of those multi-LED flashlights you can buy for a buck or three at discount stores?

Both lights will work out of the packaging... but the cheap light will fail much sooner, and maybe right when you need it.

The same is true for knives and almost every other piece of gear.

You might not be able to tell the difference between a ten-dollar liner-locking folder bought at a Pilot truckstop and the one-hundred-fifty dollar tactical knife after which the truckstop blade was patterned, to look at them from across the room. Pick them up, handle them, and open them, and you’ll be able to perceive the difference in how
they are built. The cheap knife doesn’t lock as solidly and won’t take as sharp an edge.

But like so many buyers you may be tempted to buy the cheaper knife anyway, because hey, money is money. Which remains true right up until the moment the cheap lock on that Chinese piece of junk you just bought folds on you during a work task... and the knife closes on your fingers, cutting you very badly.

- How much is permanent damage to your fingers worth to you?
- How much would you pay not to have to find your way through the woods at night in total darkness?
- What’s it worth to you not die of exposure because you were able to start a fire when you had to have one?

The rule for buying gear is, *buy the best you can afford.*

Don’t wait to buy your gear until you can afford top of the line stuff in all things.

Instead, buy inexpensive gear if that’s all you can pay for, then upgrade each piece as you save the funds to do so. A piece of junk is better than nothing at all, as Aron Ralston found out when he sawed through his own arm with an eight-dollar multitool’s dull knife blade.

But as soon as you can afford to replace that piece of junk with a nice item, do so.

One final note on buying gear: **There is a limit** to how much you should pay.

There is a point of diminishing returns after which paying more doesn’t get you more quality. It just gets you more prestige. There is nothing a 200-dollar folding knife will do even under hard use that a 60-dollar or 100-dollar knife can’t, and there’s really no perceivable difference in overall quality between the two.

Yes, the more expensive knife might have more exotic steel or handle materials, but their lock strength will be roughly the same (which is to say, of good quality). When buying the best you can afford, remember that pricing is as much a marketing tool as anything else. Knife manufacturers sometimes price a knife very high in order to convey the notion that knife is for an exclusive clientele of discerning buyers. Once you get up into the 100-dollar range, most knives are of decent craftsmanship.
Don’t Carry Too Much ...

How much gear is too much gear?

Well, the mistake many people make when packing bugout bags is that they pack them so heavy they cannot walk with them for any distance.

While it’s horrible imagery to invoke, remember the people who were forced to walk out of Manhattan after 9/11?

Anyone carrying a tremendously heavy bugout bag might have felt pretty damned well equipped for an emergency... but after a couple of blocks of that bag dragging them down, they would have really regretted having so heavy a pack to shoulder.

A bugout bag, to be useful, has to be light enough that you can carry it on foot all day.

By the same token, your EDC gear has to be light enough that it won’t hinder your movement as you carry it all day, every day, everywhere. This is the stuff that’s in your pockets and on your body no matter what you do.

If you jingle and jangle when you walk, if your gear starts to give you back problems, or if it is slowing you down as you move, you’ve obviously gone too far in the preparation department.

Pare down your daily carry until you can comfortably move about without suffering any long-term discomforts. Pay special attention to anything that digs into your body and makes you hurt after several hours of carry.

If carrying a specific handgun in your waistband all day is giving you a bruise or back pain, it’s time to change what you’re doing before things get worse and you end up seriously hurt.

Let's go over each part of your EDC kit one by one ...
Knife

The knife is one of the most important tools you can carry.

If you had absolutely no other survival gear, whether in an urban or a rural setting, you can use a knife to manipulate your environment to produce just about anything else you needed.

For everyday preparedness in the case of emergencies, a good pocketknife beats even a firearm. Firearms aren’t very useful unless you need to shoot someone in self-defense, which is thankfully a very rare occurrence (and for most people will never happen).

But there are countless situations every normal day, much less during an emergency, when being able to cut something could make a huge difference.

The knife is also one of the smallest, lightest, and most powerful self-defense tools on the planet. Set aside any ridiculous notions you might have about “knife fighting” and just consider what a sharp edge and point can do.

In the hands of even a toddler, a sharp kitchen knife can do grievous harm to another human being, with no real muscle power or coordination behind it.

Now put that same knife in the hand of a determined citizen who has a little training in its use. Suddenly his ability to defend himself against even multiple attackers has just increased.

The knife, in the context of self-defense, is a “force multiplier.”

It’s like a lever. It lets you apply more force with less effort, which is why a man with a knife has a much better chance of defending himself when he is outnumbered than the same man does empty-handed.

When choosing your knife, choose a general-purpose utility knife that is easy to carry and has a sturdy lock, as well as other features that make it suitable for emergency self-defense.
In other words, choose a “tactical folder,” a type of knife that can be had in abundance. Choose something in the low-middle price range, say 60 dollars or so, and you’ll be doing pretty well for yourself.

The knife should have some sort of one-hand-opening feature. It should be comfortable and give you decent traction. It should lock up solid.

Most likely it will have a pocket clip, allowing you to carry it around in your pocket fairly discreetly and comfortably.
Flashlight

A utility flashlight can save your life multiple times a day.

Just crossing a busy street at night becomes much easier when you have a flashlight with you, as you can make it possible for other cars to see you. If your flashlight has a strobe setting, so much the better.

Flashlights can be had at any price point and with a dizzying array of features. You don’t need something with hundreds of lumens, although those lights have their place as “combat lights.”

In fact, in some situations, such as looking at your watch in a darkened movie theater, or finding something you’ve dropped on the floor, a super-bright light might be a liability that temporarily blinds you. Still, when buying a light, you can pretty much buy any light that is of decent quality.

You will do yourself a favor if you choose to carry a light with a knurled aluminum body, with or without a pocket clip. Such a light not only provides illumination in emergencies, but can also be used as a pocket stick. This is a weapon that, in Japanese martial arts, is known as the yawara. All the yawara is, really, is five or six inches of wooden dowel. You could use a large metal bolt or any number of other rigid cylinders to apply the techniques of the pocket stick. When held in your fist, the butt of the stick or flashlight can be used to strike a target with tremendous force. It concentrates the power of your blow into a smaller area that won’t feel pain and doesn’t break nearly as easily as your fingers do. You can seriously mess someone up when you hit them with a pocket stick or flashlight. Breaking their bones is not out of the question, especially if you hit them in the hand or the cheekbone.

Even if you just carry a small keychain light, however, having illumination when you need it is incredibly important. There are so many times in the course of a day spent indoors, or a night inside or out, when it is dark and you cannot see something as well as you should.

Just avoid really cheap LED flashlights. These have proliferated in recent years and will break very quickly. You get what you pay for.
Bandanna

The bandanna is one of the most underrated of all survival and preparedness items.

It takes up almost no room and has almost no weight, but a single square of cloth, folded and carried in your pocket every day, is wonderfully useful.

It can be everything from an emergency bandage to a handkerchief to a means of carrying something.

It can keep your head or your neck warm. It can be tied as a headband around your temples to help you concentrate.

Filled with batteries from your camera or gravel from a parking lot it can be a makeshift weapon, swung like a blackjack or a sap.

Wetted and tied across your face it can be a breathing mask.

You could even cut it up and use the strips as cordage, if you had to.

It’s so light and easy to carry, and does so many things, that you would be a fool not to carry one.
Lighter

The ability to make fire when you need it a primal function.

Fire can cook food, boil water to sterilize it, burn the ends of paracord to keep it from fraying, or serve as an emergency light source.

It doesn’t matter that fewer people than ever smoke these days. You should carry a lighter because you just never know when you will need to be able to produce a flame.

There are nice, expensive windproof lighters on the market, and you could choose to carry one of these. The average disposable lighter is fairly long-lasting though.

You will almost never encounter a disposable butane lighter that doesn’t work unless

   A) the case is cracked and the butane has escaped;

   B) the mechanism has corroded to the point that it is frozen, which happens when these lie around for a long time; or

   C) you use it until it’s empty.

Avoid Zippo lighters or imitations that use non-butane fuel. The traditional “lighter fluid” used in Zippos and their copies evaporates quickly even if the lighter isn’t used.

Yes, it really hurts me to say that because Zippos are possibly the coolest lighters out there, but just having one sitting in my wine rack -- I can tell you that even not using it for weeks, the fluid just evaporates. It's really annoying.

Stay away from dollar-store disposable butane lighters, too, as these are fairly fragile.

Last tip: Always choose a lighter whose flame can be adjusted if you have the choice.
Medical kit

You can’t carry much of a medical kit on your person every day, but you can carry a small one.

There are pocket kits on the market that have quite a few pieces of gear in them. At the very least, you can carry some bandages in your wallet (although you don’t want to go overboard and create an unwieldy wallet).

Don’t be afraid to mix and match stuff from a commercial medical kit, for example. Adding a sewing kit to a medical kit makes it much more useful for a variety of chores, including home-brewed emergency stitches. You can add some children’s bandages too, just in case a youngster needs medical attention.

If you want to buy something, there are some EDC options on the market today. Here is one that I found that looks interesting (I haven't used it, so your mileage may vary):

![EDC Kit](https://example.com/edc-kit-image)

More information can be found at the following link ...

http://www.itstactical.com/medcom/medical/edc-trauma-kit-now-available-for-your-back-pocket/
Multitool

The multitool is as close as you will ever get to carrying around a tool kit.

You can’t know what emergency you might face throughout the day. The multitool is an attempt to anticipate several average needs and combine solutions to those needs into one convenient package.

The typical multitool has pliers, a knife, screwdrivers, a can opener and cap lifter, and perhaps some other specialty tools. Some even have multiple tool bits in separate carriers that mate with a driver on the tool.

You may choose to carry only a multitool, but these aren’t ideal for self-defense, whereas they are great for general utility.

Many prepared citizens choose to carry a dedicated self-defense knife, which is never used to preserve the edge, and a utility knife or tool like a Swiss Army Knife or a Leatherman multitool.

You literally cannot go wrong with those two brands, which are of very good quality, but the market is flooded with other great multitools.

I’m thinking about picking up a SOG brand one off Amazon.com ... because ... ok, I'll admit it -- it looks super "cool" and "tactical" (Also, SOG is a decent brand from what I've heard).

Just ask yourself: If I had to cut my arm off, is this the tool I’d want to do it with?

Buy accordingly, even if that’s only (mostly) a joke.
Wristwatch

A wristwatch may seem like an affectation, but what happens if your phone runs out of power or you can’t get to it? Being able to tell the time by glancing at your wrist is still a useful thing. Choose a quality wristwatch with a sturdy band and then take good care of that watch. You can still buy “kinetic” watches that never need batteries, too.

Phone

We go everywhere with our phones. You already have this with you, so you probably don’t need to be reminded to carry it. But a good smartphone gives you a camera, an audio recorder, and access to countless other applications.

One good addition to your phone is a portable external battery for emergencies. Use this to power your phone when you can’t get to an outlet to charge it, yet you still need to be able to use your phone. ONLY use it in emergencies.

Survival bracelet

Cord is very useful for a variety of emergency and utility chores. One stylish way to carry a length of cord on your body is a “survival bracelet.” Made of braided paracord, these can be had almost everywhere.

It seems like everyone and their uncles are making them.

You can even get them with buckles, with emergency whistles, with compasses, and any number of other things braided into the cord. A single paracord bracelet on your non-watch hand doesn’t add any weight and even looks good (and manly – you can choose pretty colors if you’re a woman who wants a certain look).

You can even find any number of tutorials online that will teach you how to make one for yourself.
Handgun with at least one reload

The final item you should consider for everyday carry is a handgun. This is the best portable tool for self-defense. Regardless of the gun you choose, it should be comfortable and concealable when worn all day. You should be able to deploy it comfortably and easily, and shoot it accurately.

Regardless of the gun you choose, make sure you have at least ONE reload for it.

You may not anticipate getting into any gunfights, but what happens if you do get into a shooting altercation?

You don’t want to be carrying around a paperweight after you empty that gun. You need to have the means to reload it at least once after the fact.

On the other hand, you don't NEED four extra magazines or reloads ...

There is a really funny article here:

And he makes a GREAT point:

"I would suggest the following:

- One compact handgun
- One extra magazine

I know what you are thinking now, but seriously folks — you will never (as a civilian) get into some sort of Die Hard style epic gunfight where you will burn through 40 or 80 rounds of ammo on the streets of Barkerville Alabama.

Statistics show that basically all gunfights in the US only last a few rounds at best. Even in the event of confronting an active shooter I have never heard of a civilian (who confronted the shooter) who had to conduct multiple magazine changes.

Also with active shooter situations the shooter tends to choose places where people can not legally carry concealed guns anyway (like schools and military bases) so it wont matter if you have four 20 round glock magazines because they will be in your car.
So basically the gun you carry will more than likely only be used to suddenly defend yourself (or others) from street level crime, not a team of assassins sent by an evil genius.

If you (as a civilian in the US) end up getting into a massive shoot-out where you cook through 3 magazines you can write me and prove me wrong, until then one compact gun and one mag (optional) will be my EDC advice to the average Joe.

Your Everyday Carry Solution

Remember that your EDC load-out is intended to SOLVE PROBLEMS.

You must stop and think about the problems you are likely to face. Then, choose your equipment accordingly.

Follow the guidelines in this report and you should be well equipped for the challenges you face... as long as you remember that the ultimate everyday carry tool and weapon is the one you were born with.

It is your brain, and it makes all the difference in everything you do.