

Introduction

Everyday Carry and Preparedness are mainstream.

During our careers we were using Everyday Carry and a preparedness mindset before we even knew it was just that. Using the right kit, good preparation and getting the job done safely under pressure. It was not unusual. We are also 'Digital Nomads' and 'Remote Workers' before it become popular. Many people are not traditional Preppers, but we could see many similarities from our experiences and the current need to prep a little bit more beyond our working environment.

EDC and Preparedness are not always two exclusive disciplines. They function very well in harmony. When the infrastructure fails and your basic needs are not met, being prepared, with little effort you will very resilient in fast changing events.

More people are using EDC and Preparedness than ever before. It's far removed from the 'Survivalists' often portrayed by some media. EDC and Prepping have an important role to play for everyone in todays new world.

Everyday Carry and Prepping is mainstream.

More women are prepping than ever before and people are prepping in secret, moving off grid, stocking up on food and resources and becoming self sufficient.

They are changing their lives from the drudge and reliance of the system, becoming entrepreneurs and starting their own businesses.

The Biggest Preppers

The world is in conflict. Don't be flippant and assume your government can take care of you in a crisis. Government's are the biggest Preppers along with the elite, corporations and entrepreneurs which make up for the smallest percent of the population.

With the unprecedented global changes that have affected us all on a level not seen for decades, there is very sound reasoning to be prepared and very resilient with little effort. Don't leave it too late, don't leave home without it.

Book Launch

During the compilation of this book there was an overwhelming need for publication. We thought long and hard about what to include. Is it alarmist, unlikely or so incredible that no one could take it seriously?

And then the world changed very quickly. Ukraine was invaded by Russia, energy and fuel crises, planned power cuts and global events snowballed.

We paused the launch of this book and witnessed the war in Europe, the collapse of the energy and food infrastructure, businesses closed and the economy dived.

As the status quo changed, we added the content we had previously thought unlikely to be useful. There are unprecedented long term global repercussions.

This book provides a solid foundation and an inspiration for first time and seasoned Everyday Carry users and Preppers. You can build vital resources to keep you and your family safe with peace of mind and resilience in a modern crisis.

Once you digest this book, I can just imagine you saying "I told you so", just as we do. These are unprecedented times so plan for the expected. You really couldn't make it up.

- **Every Day Convenience**
- **Contingencies**
- **Self Sustainability**
- **Emergencies**

"Resilience in the face of Adversity"

Please do find inspiration from this book and visit our companion website for more free resources, videos and tips.

edcprep.uk

1. What is Everyday Carry?

Defining EDC Preparedness

- True EDC
- Invest in your future
- The Right Mindset



EDC CAN BE MINIMALIST

Everyday Carry Preparedness is becoming very popular in UK and Europe with the unprecedented global challenges we are being plunged into. With a little consideration and simple choice of resources, preparedness should be very reassuring and effortless.

More Preppers Than Ever

Let's not be alarmist about EDC and prepping. Just look at what's happening in the world for starters. There is a lot of sensationalism and click bait, but it is serious.

There are numerous reasons why rational people are prepping. We are looking at the realities of what is happening now and what has happened in the recent past and what can happen in the near future. History has a tendency to repeat itself again and again with major repercussions.

With the right cool headed mind set and staying grounded, EDC Preparedness can be considered a common sense insurance for your livelihood . The biggest Preppers are governments, entrepreneurs and industrialists. They know what's going on, do you?

What is Everyday Carry?

Everyday carry can refer to items you use on a daily basis. Some reasons for building and EDC are convenience and preparedness which will help solve everyday challenges for common and not so common emergency situations.

Some of the most common EDC items can include a wallet, multi tool, torch, pen and keys and anything else that's essential to your daily routine.

These are often distributed in your pockets with options frequently expanded by the addition belt pouches, bags and backpacks. However this depends on the purpose and intentions of EDC items and the user.

Everyday Carry has become a culture on the Internet with thousands of people demonstrating their EDC Kit in blogs and videos.

Take a breath. Let's ease ourselves into EDC Preparedness.

True Everyday Carry

I noticed in the early days, EDC referred to items that are additional to your daily items such as keys, sunglasses, pen, pad and credit cards to get you out of the tricky situation.

Ask yourself this. Will your EDC Prep kit address some of the following?

- Backup contingency resource?
- Alternative means to pay?
- Communicate?
- Keep you safe?
- Get you home?
- Keep you fed?

This appears to have changed. EDC often refers to items such as keys, sunglasses, pen, pad and credit cards and not much else in addition. As it becomes more mainstream on social media the definition is distilled and confused which has blurred the definition of EDC and its true purpose in an emergency.

If you do lose your keys, credit card, wallet, cash and pen and this is the only EDC kit you have, it's not really going to help you. You need a backup, a true EDC kit that you carry in addition to these regular items.

What are You Preparing For?

This simple question can be overlooked. How can EDC and prepping work in real world applications beyond product endorsement?

Manmade Obstacles

- Civil unrest.
- Road closures.
- Severe traffic and long delays.
- Breakdown of public transportation.
- Government and Military intervention.
- Break down or loss of phone services.
- Chemical, industrial emergencies or threats.

Local and Global Events

- Flooding
- Severe Storms.
- Supply Chain Collapse.
- Cyber attacks.
- Power Outages.
- Panic buying of food.
- Financial Crisis.
- Local and National Strikes.
- Fuel shortages.
- Gas supply shutdowns.
- Corruption at a high level and incompetence.
- Accumulation of events.

Everyday Carry Tiers

This can be taken to a number of levels or Tiers if you decide to expand your EDC Preparedness from a generic setup something more advanced for a specific task.

We will discuss three tiers of EDC covering a number of interests and professions many of which are based on my own EDC and experiences.

You don't have to duplicate exactly what we use, rather try and suggest the philosophy and thought behind it, why and how you may build your own EDC kit with the right mindset. Consider your specific requirements and then find kit to provide a solution.

When it comes to everyday carry, users can be very loyal to particular brands and types of products. It's great to be able to personalise your EDC, but if you are just starting out, even that may feel overwhelming.

EVERYDAY CARRY PREPAREDNESS

You can choose to expand your EDC kit for some very simple reasons.

- Convenience
- Unplanned situations
- Planned Situations
- Work and leisure

There are no hard and fast rules when you are personalising your Everyday Carry. A generic kit can be called upon for a wide number of users. If you have a profession it will be geared towards this but still very relevant to other EDC users.

Specific EDC

My personal EDC kit stems from my own personal and profession requirements. Often the kit I used in my career wasn't purchased specifically to serve as EDC, it just happened that myself and my colleagues were using kit that these days can be termed as EDC purely because it was the kit we would grab for a specific task, either pocket size or multiple Tier backpacks and cases ready to go.

Multiple EDC Tiers Example

You may be content with a small minimalist pouch containing items beyond your regular keys, sunglasses and credit cards. However, you may find that you may have multiple Tier 1, Tier 2 and Tier 3 EDC kit.

- Tier 1 USB cables, batteries, phone adapters, earphones, cash, spare keys.
- Tier 1 Tool Kit, Screw Drivers, Ruler, Spanners, silicon gloves.
- Tier 2 Commute to work Vehicle Emergency Kit (VEK)
- Tier 2 Travel overseas
- Tier 3 Photography and video kit
- Tier 3 Get Home Bag (GHB)

This will make more sense as you progress through the book. The upshot is, it's your decision on what kit you need in each tier and when you need it. You may choose to take one tier with one or two bags of the same Tier. There is no 'best kit', it's personal to you.

Prepping Misconceptions

There is by definition an overlap between EDC and Prepping. We will cover the most used types of prepping to illustrate the context and scenarios in which you have or likely to experience.

There are some Preppers, not all, that say you should not be prepping for the end of the world. You may be waiting a long time. Prepare for today and tomorrow and the following months with food, fuel and energy. It can be that simple and whatever you want to call it you are simply planning ahead, you are prepping. It's been going on for centuries.

Be pragmatic. Everyday scenarios that anyone, traditional Prepper or not, can undertake very simply for inconveniences such as power cuts that may continue for longer than we would like. This is just the start of basic prepping and you can grow from there.

- End of the World - Very unlikely
- Power Cuts - Extremely likely
- Food and energy price hikes - Inevitable

We are not talking about the lone wolf in the Zombie Apocalypse, not quite yet. It's a community effort with a multitude of shared skills and resources to stay resilient.

Self Sufficiency

We have become very reliant on Just In Time deliveries, instant gratification, too much choice, disposable resources and massive landfill waste.

EDC and a certain amount of prepping encompasses being more self sufficient with resources and basic skills that may have been neglected over the years due to modern convenience. These skills are being revisited during recent global events.

Reap the benefits and rewards of self sufficiency, there are a vast number of them.

Fiercely Independent

Individuals and family units often strive to be fiercely Independent from the infrastructure. If one can be independent of another, they are separate and not connected, so the first one is not affected or influenced by the second.

There are a number of families that are not Preppers but choose to genuinely live off the grid, completely, in a modern traditional way. A small young modern family in a Fäbod in the forests of Jämtland, Sweden are living the traditional Swedish life.

Common Sense

Your common sense is your natural ability to make good judgments and behave with sensible, practical sound judgment and level-headedness.

Resilience

Resilience can get you through simple and greater challenges. You can have the ability to bounce back, recover strength, lift your spirits and maintain a degree of humour.

More and more people across the UK, Europe and many other countries you can name are investing in EDC and Preparedness for the first time.

Everything is personal and specific to their needs from the daily commute, profession, the country they live or travel in and the environment and political situation.

EVERYDAY CARRY PREPAREDNESS

Insurance

EDC and Preparedness is an Insurance which you may not need, but glad you have it when there is a minor issue or when the SHTF.

Mindset

With the right mindset, to be prepared at short notice will be one of your greatest assets to bring you peace of mind and of course resilience.

There are many variables that predict what can happen in the future. Look at the history and don't become blinkered or have tunnel vision and caught up in whatever people are freaking out about on social media. It is quite feasible to prepare for the expected.

- Prepare the right kit and resources with the most value for your situation.
- You can get very close to being prepared for most scenarios.
- Good information, planning, skills and community will lead to a positive outcome.
- Adopt the right mindset.
- Use your skills, do what you do best.
- Learn new skills and interests.
- Anyone on any budget can implement EDC Preparedness.
- Being self sufficient is an asset to be proud of. Share your EDC Preparedness and skills with your family, friends, and neighbours.
- Don't become the lone wolf in the zombie wilderness, create a community of people and share skills and resources.
- KISS, Keep It Simple and Safe, practical, and reliable as possible.
- Don't let Prepping dominate your life. Have some fun too.

There is no such thing as the 'best', when you do your research on social media and when buying kit. The 'best' is matter of opinion, budget and personal choice, your specific requirements and abilities.

Who Can Benefit

There are a lot of people that enjoy prepping. Any demographic, skill level, profession and gender will benefit from even the most basic EDC kit for everyday life and work and for greater challenges that can occur at a moments notice.

“Be Pragmatic and have fun with EDC Preparedness”

2. Who is Prepping?

Individuals, families, organisations

- Prepping is Mainstream
- Organisations Prepping
- Take Back Control



PREPPING CAN BE SIMPLE

There are more individuals, communities, organisations & Government sanctioning prepping in one form or another, than ever before. History appears to be repeating itself again and again, only now the effects have rippled across the world. EDC and Prepping is no longer the preserve of the survivalist. Who is prepping and why? You maybe surprised.