

A Students Guide to Every Day Carry for Personal Protection

By Chris Fry - www.MDTSTRaining.com

Every day carry (EDC) of personal defense weapons, less lethal tools and support equipment is a subject often times taken for granted. Individuals concerned with personal protection eventually find a core set of equipment and attempt to carry said gear on a regular basis. Unfortunately this process of determining what to carry, how to carry it and where to carry is often hit or miss with no specific context or goal. EDC should be developed around your specific mission requirements, personal experience and/or training, consistent modes of dress, weather conditions or the predominant climate in which you reside. The weapons and gear carried may be limited by state, local or facility specific laws creating non-permissive environments in which you may travel or work. In this article I hope to provide an outline for effective EDC of weapons, tools and support equipment necessary for citizen personal protection. This article is meant to provide fundamental information and concepts to those who have not or cannot attend a training course. It may also aid those who have attended training but still have questions regarding safe and effective carry of personal defense weapons and equipment.

Like everything in the personal protection industry, I am sure opinions on the subject matter outlined will vary. Ultimately we are all individuals and for whatever reason what works for me may not work for you and that is ok. As long as the equipment you choose to EDC meet the criteria for your specific context (CCW, training, hunting, and job specific- LE/MIL/Security) in which it may be used, you should be fine. There are no absolutes, the comments and recommendations made are meant as a guide not as gospel. Keep an open mind, take what is useful and discard what is not. Whatever you do choose remember your life or the life of your family may depend on what and how you decide to EDC, so choose accordingly.

EDC for Personal Protection Guidelines

EDC gear should be broken into a hierarchy based upon potential need:

- **Primary** - weapons & tools such as handgun & edged weapons
- **Secondary**- support gear, less lethal, illumination tools, ammunition
- **Tertiary**- support gear personal emergency medical, multi-tools

Having done this it is important to take a few elements of EDC into consideration:

- **Personal Comfort**- whatever it is you decide to carry it has to be comfortable to the point that you almost forget you have it on. If it isn't comfortable, long duration EDC will be a one time endeavor.
- **Accessibility** – for personal protection purposes your ability to access your EDC firearm or edged weapon is your major concern. Your ability to access a primary weapon under duress should be a driving factor behind your choice of weapon, tool and carry methodology.

- **Applicability-** As a citizen the weapons and tools I carry will be different than those of a LEO. I need to carry what I deem important for the protection of myself, my family and possibly others.

Primary Weapons- Handgun Carry & Management

The following is a break down of holsters and handgun carry methods. This analysis is based upon my experience using a lot of the common brands for my personal EDC and those I have utilized during training classes. It has also been my great fortune to look at numerous and varied holsters that students bring to classes which I teach. There are far too many holster manufactures for me to cover here. The ones listed are what I believe to be some of the best for personal defense EDC.

Handgun Carry Methodologies

Outside the waistband (OWB) – Positives may include comfort, ease of access and variable holster materials. Some negatives include poor conceal ability for CCW dependant upon holster selection. Some work nicely while others do not.

OWB Categories

- Paddle holsters - large contoured paddle which slips between pants or behind belt. Can come apart at rivet or screw points and can be pulled up and out of pants off belt with aggressive intent
- Slide Holsters - fixed loop which covers the trigger guard and adjacent part of firearm only. Loops attach to belt. Not recommended for citizen CCW.

Carry Methods

- OWB-H - Outside waistband hip and behind hip in 3, 4, 5 O'clock positions
- OWB-Cross draw- Outside waistband cross body draw
- OWB- Small of back – horizontal carry method

Inside the waistband (IWB) - Positives may include ease of concealment and retention. Possible negatives include discomfort and limited production materials conducive to long duration wear and concealment

IWB Categories

- Loop Holsters- holster held with leather or plastic loops which wrap and snap around belt. Excellent retention and very difficult to pull holster up and off belt or away from body
- Slide Holsters - fixed loop which belt slides through. Excellent retention but inconvenient under time constraints
- Spring Clip Holsters- holster clips to pants or belt via a metal spring steel clip. Convenient but offers sub-optimal retention.

Carry Methods

- IWB-H - Inside waistband hip and behind hip in 3, 4, 5 O'clock positions
- IWB-A- Inside waistband appendix carry

Milt Sparks Summer Special 2
IWB Holster



Ankle Carry- Positives may include excellent concealment and comfort with correct holster choice. Possible negatives include difficult or problematic accessibility and discomfort with incorrect holster choice or placement. Recommended for Back Up Gun (B.U.G) carry only. If a decision is made to CCW using this method, explore reverse ankle carry.

Shoulder Carry- Job/context specific. Positives may include concealment in specific modes of dress and easier access while in vehicles. Possible negatives include poor retention and muzzle awareness on draw stroke.

Deep Concealment- Belly band holsters, "thunder wear" and holster shirts. Positives may include excellent concealment. Possible negatives include discomfort over duration and poor accessibility especially under duress.

Waist/Purse - Fanny pack, purse, shoulder bag carry. Positives may include concealment, ease of carry, ability to carry a larger firearm and convenience. Possible negatives include problematic/difficult accessibility and possible retention issues.

Pocket Carry – Placement of firearm in or out of a holster into a coat or pant pocket. Positives include excellent concealment and the ability to carry firearm in some non-permissive environments. Some negatives include unsecured movement of firearm while in pocket which may lead to inconsistent draw stroke mechanics and presentation. A second concern is poor accessibility via pant pocket due to the nature of most pocket designs being too small to remove large objects while making a fist. With coat pockets this is not as much of a concern. This method is recommended for subcompact or small handguns only.

Mexican Carry - Simply sticking the handgun into a waistband. Positives may include grab and go convenience and no need for gear other than firearm. Negatives include poor retention and possible safety concerns dependant upon confidence and skill level of operator.

Weapon Clips – The clip draw is a small metal clip easily attached to most semi-auto and small frame revolvers. Positives may include ease of carry and the convenience of being able to grab and go. Some negatives include poor retention during grapple and the psychological impression of limited trigger guard coverage.

SW642 with Clipdraw- appendix carry
Hideaway Knife- off centerline carry
Spyderco P'Kal- pocket carry



Holster Categories

EDC Holster- carrying your CCW firearm

- Must to be comfortable- if it isn't, once the novelty has worn off you won't wear it. Kydex is rarely comfortable inside the waistband for 8+ hours, Leather is preferable
- Must be easily concealed in varied modes of dress
- Must possess some retention- which could simply be the pressure from your belt when carried IWB or a dedicated retention clasp or device
- For citizen CCW a retention device is not recommended
- Should allow easy re-holstering as well as access - meaning the holster you choose should stay open when you draw firearm not collapse closed. The ability to re-holster is just as important as the ability to draw
- Train with your EDC holster and if a new holster is purchased train extensively with that one as well

Training/Range Holster- a holster used expressly on the range, recommended that you use the same as EDC but for some reason this is not the case for many people.

- I recommend you train with the same holster you EDC but many people come to classes wearing a totally different holster than they came to the range CCW in. Why is this? Most often it is because it is more difficult training and shooting from the EDC holster

- I do this in classes because I want to demo to people from the most common carry position - on or behind the hip and because it makes it easier for students to see my motions & movement. But when I go to the range for my personal training I train out of my EDC holster

Hunting Holster- self explanatory, should facilitate easy access/draw and hold up to variable weather conditions. I can't really address this category because I have never hunted with a pistol

General comments regarding Holsters and Handgun EDC

- As a primary defensive tool the EDC handgun should be accessible to both strong and support hands.
- It should be consistent & concealable with all clothing types; you shouldn't have to "switch guns" because you're wearing a different outfit only in the rarest of circumstances.
- Constantly changing up your EDC handgun may create hesitation under the stress of interpersonal conflict or attack. Pick one EDC primary handgun, train extensively with it and develop confidence in your skills.
- People often drop \$500 on a handgun then carry it in a \$20 holster. Sometimes this is because we are trying to be frugal after having just spent all that money on the gun. But, a lot more often it is because people who are new to CCW do not know what is best to use for their specific context or circumstance.
- Spend your money wisely on a good leather holster for CCW EDC especially if your job requires extended CCW. Comfort is your main priority.
- Kydex holsters are an excellent second choice (see list of recommended manufacturers below) but remember that it is still a hard plastic and will require getting used to some discomfort for prolonged wear. Kydex is excellent for range use and training.
- Avoid holsters manufactured with any type of rivets - FOBUS- rivets are quick and easy to assemble but DO NOT hold up under pressure such as during handgun retention. I have literally ripped Fobus holsters apart/away from the paddle.
- The SERPA holster is not a recommended product and there are numerous documented reasons for this that can easily be found with some research via the internet and Google.
- With the SERPA I have seen debris and small rocks get lodged in the push button release mechanism rendering the holster inoperable and the gun had to be cut out of the holster. If you are carrying a firearm for personal protection this should be a major concern. I have recently heard but not seen or personally verified that BH is aware of this problem and newer generation SERPA's do not have this problem. Not sure if this is just spin or true. Either way I feel there are numerous other viable kydex retention holsters available.

- Safariland holsters with the retention "hood" are an excellent option but I am not aware of an IWB CCW model available. If you want a range/training holster or your job specific needs require you to carry in the open the Safariland holsters are top of my list. They make some excellent CCW leather holsters with the traditional leather snap retention straps.
- An introduction to and ongoing training in the concepts and theories of in-fight-weapon-access is strongly recommended. This is an area of training often neglected or never taught and should entail more time than actual marksmanship or combative shooting practices once basic standards in those areas have been met.
- A thorough understanding of and practical application training in threat recognition and management tactics otherwise known as managing unknown contacts is essential to countering realistic criminal assault. No firearm or mechanical device will help you recognize a potential threat before it may be too late.

For more information on EDC options for personal protection please see:
[The Efficacy of Centerline Primary Tool Carry](#)

Recommended Holster Manufacturers

I currently own and use or have used holsters from all of the following

[Tucker Gun Leather](#)

[Milt Sparks Holsters](#)

[Taurisano Holsters](#)

[High Noon Holsters](#)

[F.I.S.T. Holsters](#)

[Comp-Tac Holsters and Accessories](#)

[Safariland Holsters](#)

[Raven Concealment Holsters](#)

[Blade-Tech Holsters and Accessories](#)

[Galco Waist Pack Review](#)

[Clip-Draw Weapon Clips](#)

Primary Weapons- Edged Weapon Carry & Management

The decision to EDC an edged weapon is highly individual. The psychological effect an edged weapon generates is considerable when drawn or held upon another human during interpersonal conflict. An edged weapon is by no means an end all be all defensive weapon nor is it a magic talisman. It is without doubt a highly functional and effective tool for personal protection when understood and utilized properly. The following is an analysis of edged weapon EDC based upon my study of edged weapon fighting, my experience collecting, carrying, using as well as having them used against me over the last 20+ years.

For more information on utilizing an edged weapon for personal defense please see: [A Students Guide to Edged Weapon Combative Fundamentals, Every Day Carry and Training Equipment](#)

Edged Weapon Categories

- **Fixed Blade Knives (FBK)** – While some consider a FBK harder to conceal than a folder this is highly dependant on the knife and carry position. For personal protection purposes I recommend a 2-3 inch fixed blade with single edge which will meet most legal guidelines throughout the US (*It is your responsibility to research what is legal and what is not in your region). Fixed blades do not require fine motor skills to open such as a folding knife does. This is why they are top of our edged weapon list.
- **Tactical Folding Knives (TFK)** – The tactical folding knife has become widely popular today with many and varied models and designs available. If a fixed blade is not an option or as a back up to your fixed blade knife the TFK is viable. Be advised that accessing a TFK under duress is a not easy and requires training in that specific skill set as well as a basic understanding of bridging skills such as practical unarmed combatives.
- **Improvised Weapons** – For me this category includes pens and pencils. Allowed in most environments a sturdy pen makes an acceptable personal defense tool. Following a point driven application method a pen or pencil is a formidable last resort improvised weapon.

Edged Weapon Carry Methodologies

There are numerous ways in which to carry and conceal a knife or edged weapon. The focus here is on how best to carry an edged weapon in order to facilitate its access and utilization during a dynamic life threatening incident. Carrying a boot knife for example does not provide me with speedy access to that tool while being pummeled by multiple assailants. While it may be a viable carry option, it is not the best for immediate personal defense.

Fixed Blade Knife (FBK)

Sheath Carry – Varied positions focusing on beltline carry. This is the recommended mode of carry for a primary FBK or secondary back up knife. The positive benefits of centerline or slightly off centerline carry of primary tools is explained in detail in [The Efficacy of Centerline Primary Tool Carry](#) article link above. Sheath carry of a FBK following this method has been shown to be much faster to access under pressure of attack at extreme close quarters. Some negatives may include discomfort wearing in this position heavily dependant upon size and shape of knife chosen and individual body types. Specialty aftermarket sheaths are sometimes necessary. The following are various sheath carry methods:

Shivworks Clinch Pick – off centerline carry



Emerson LaGriffe – off centerline carry



Neck Carry – Neck sheaths. Positives include excellent concealment and comfort. A major negative includes difficulty accessing under pressure and duress of an attack.

Underarm/Shoulder Carry - Job/context specific. Positives may include concealment in specific modes of dress and easier access while in vehicles. Possible negatives include poor accessibility when worn under closed front garments similar to neck carry.

Static Cord Carry- A sheath system attached to a rope or cord which is anchored on the belt or inside a pocket. The sheath is placed inside a pocket or inside the waistband. When the FBK is drawn the knife is pulled from the sheath and the cord retains the sheath near the body. Positives may include concealment and the ability to carry larger FBK. Possible negatives include bulk and discomfort dependant upon knife size.

Ankle/Boot Carry- Some type of sheath system attached to ankle or clipped to boot. Positives may include excellent concealment. Possible negatives include difficult or problematic accessibility and discomfort with incorrect sheath.

Tactical Folding Knife (TFK)

Weapon Clip - Pant pocket, shirt pocket, boot, nape of neck, inside waistband appendix or pistol carry (behind hip). Probably the most common carry method seen with TFK. Positives include the convenience of varied carry positions the clip offers. In front of hip pant pocket carry is recommended for primary TFK or back up carry for personal defense purposes.

Sheath Carry – This method is popular amongst hikers, kayakers and outdoor enthusiasts. Sheath carry of a TFK for personal defense purposes is not a recommended method due to the multiple fine motor manipulations necessary to access and open the TFK from a sheath.

Spyderco Merlin in Mike Sastre River City Snaploc Neck Sheath



Pocket Carry- Similar to pocket carry of your handgun, carry of a “pocket knife” or even a TFK carried in a pant pocket is problematic at best. Anytime the fist is balled inside a pocket it is difficult to withdraw, especially under stress. Possible carry of a TFK in an outer layer pocket is a viable option.

Belt Pouch Carry- Common method of carry for numerous hunting knives, EDC of a primary or back up TFK is less than optimal for personal defense due to the fine motor skill necessary to access. Positives may include comfort and convenience of carry.

General comments regarding Edged Weapon EDC

- A fixed blade knife is recommended for personal defense purposes. Centerline or off centerline carry is recommended.
- Tactical folding knives require extensive drilling to access and open under the pressure of attack. On-going training is required to develop skills and confidence with this tool.
- As a primary defensive tool the EW should be accessible to both strong and support hands.
- It should be consistent & concealable with all clothing types, you shouldn't have to “switch knives” because your wearing a different outfit only in the rarest of circumstances.
- Constantly changing your EDC edged weapon may cause hesitation under the stress of interpersonal conflict or attack. Pick one EDC primary FBK or TFK, train extensively with it and develop confidence in your skills.
- An introduction to and ongoing training in the concepts and theories of in-fight-weapon-access is strongly recommended.

- A thorough understanding of and practical application training in threat recognition and management tactics otherwise known as managing unknown contacts is essential to countering realistic criminal assault. No FBK or TFK will help you recognize a potential threat before it may be too late.

Recommended Edged Weapon for EDC Manufacturers

[Shiv Works](#)

[MD Tactical](#)

[Emerson Knives](#)

[Ka Bar TDI](#)

[Hide Away Knife](#)

[Spyderco](#)

[Benchmade](#)

[Strider Knives](#)

[In Fight Access Sheaths](#)

[Sastre River City Sheaths](#)

Secondary Support Gear - less lethal, illumination, ammunition

No one can be sure when or what kind of potentially life threatening personal defense situation will arise or face us. Because of this support gear could play a critical role in personal protection second only to our primary defensive weapons. There are numerous theories about what support gear may or may not be needed and where to carry said items. Access of support gear does not require the urgency that a primary tool does under the pressures of attack or personal defense but support gear should be set up in a manner which facilitates fast and easy retrieval, perhaps under duress. If whatever situation you find yourself in requires an emergency reload or access of an illumination tool, assessment of your environment for routes of escape or evasion should be your first priority.

Break down of support gear is based upon potential need:

- **Less Lethal** – Oleoresin Capsicum (OC) or small hand held impact devices. These items should be readily available but are not the first line of defense against spontaneous attack unless operating in a non-permissive environment where EDC of primary weapons is not allowed or prohibited. In this circumstance, Less Lethal tools may become primary weapons.
- **Illumination tool** – Most criminal activity perpetrated against citizens takes place from 6pm-6am when lighting conditions favor them and inhibit you. Having one or more illumination tools is required for personal protection EDC, considering these circumstances.
- **Ammunition for EDC firearm**- Should be easily accessible under stress.

Less Lethal Tools Carry & Management

The decision to EDC some type of less lethal force option is once again highly individual. Considering all the other weapons and support gear available the addition of less lethal tools can sometimes border on to much. Having varied force options is however smart planning when considering personal defense and the various circumstances that could arise. Probably the most common EDC less lethal tool is OC spray or “Pepper Spray”. Opinions vary widely about the efficacy of OC when being used against a determined aggressor and it is probably a good idea to not rely upon this tool to stop an attacker but to consider it more of a deterrent. OC is available in various configurations to include keychain devices, combination palm stick and OC devices as well as stand alone canisters in numerous designs and sizes. For EDC for personal protection a canister of at least 2 ounces with a high output top and burst dispersion pattern is recommended. OC holsters or pouches are a possible carry option but once again add bulk to the waistline where other primary tools are being carried. OC should be carried in an easily accessible location so it can be “palmed” prior to entering an area of concern; this is utilizing good tactics.

One EDC location to avoid if possible is off body carry in a bag or purse. This method encourages task fixation while searching in the bag or purse to find the OC canister which may be at the bottom or mixed up with other contents. Avoiding task fixation while in public areas is a fundamental personal protection skill set.

Other less lethal tool options may include palm sticks or kubotans, heavy metal pens (tactical pen) or even improvised tools such as standard pens, pencils or sharpie markers. All of these items can be carried in most non-permissive environments attracting little if any attention and provide the user with another force option other than practical unarmed combatives. Several palm stick or kubotan models are available, some with dedicated holsters or carry sheaths. If the decision is made to EDC one of these tools seek out training to find out what you are and are not capable of doing with this tool. Again, off body EDC of these items for personal protection purposes is not recommended.

Illumination Tool Carry & Management

With the predominance of criminal activity against citizens and law enforcement being perpetrated between 6pm and 6am the need for some type of illumination tool should be a priority when considering EDC for personal protection. Numerous small, powerful lights are available and for personal protection bright white light such as that provided by an LED is recommended. A minimum of 60 lumens is required if utilizing white light as a distraction or weapon in an effort to temporarily blind an opponent. Most modern “tactical flashlights” come with a weapon clip providing an excellent option for EDC. Some common carry locations include front and back pant pockets or inside the waistband but utilization of the clip can provide numerous carry options.

Dedicated holsters for certain lights are available but tend to be bulky, add weight and may cause discomfort. Pocket carry is a viable option since access of an illumination tool will rarely be a critical time driven defensive priority unless utilizing the flashlight as a primary weapon. If that is the case then placement of the illumination tool in front of the hip should be considered. Please see list below for recommended flashlight manufacturers.

Ammunition Carry & Management

Semiautomatic Handguns

Single or Double Magazine Pouches- Inside or outside waistband models are available with the outside the waistband models being most popular providing more comfort. Some shoulder holsters have magazine carriers under the arm on the opposite side of firearm. For personal protection purposes extra ammunition should be carried in a convenient and easily accessible location. Based upon studies of actual gunfights a minimum of one reload (one full magazine for semi-auto or one full reload 5-6 rounds, for revolver) is recommended. Keeping spare ammunition in a location in front of the hip on the support side is one of the best locations for fast access but may be problematic for concealment. Magazines can be mounted vertically or horizontally on the belt dependant upon individual body type and placement of other equipment. Magazine pouches should offer retention to prevent inadvertent loss but retention flaps are not recommended for citizen CCW. Magazine should be placed with ammunition facing toward the centerline of the body or towards the enemy. Placement via this method enables fast and efficient reload mechanics.

Pocket Carry of Magazines- EDC of a spare magazine in a pant pocket is not recommended. It may be extremely difficult to access the magazine under the stress and time constraints involved with a life threatening situation. Pressures placed on items in pockets as the human form assumes various positions such as kneeling, going prone or supine make it very difficult to put the hand into, grasp and remove the item. Coat or cover garment pocket carry is a viable option with the possible benefit of adding weight to the cover garment aiding the clearing and presentation process of primary firearm (strong side pocket placement and carry). Placing a spare magazine in the support side coat or cover garment pocket could become dangerous when firing from a retention position where that spare magazine and garment could fall into the line of fire.

Revolvers

Speedloaders- A cylinder holding spare cartridges utilizing some type of mechanical release. Speedloaders can be carried in belt pouches or mounted on the harness of a shoulder holster. Most require a snap or flap for retention which may inhibit access. Coat or shirt pocket speed loader carry can be convenient and provide good concealment. Access may be slowed or possibly problematic due to unknown orientation of loader in pocket. Pant pocket speed loader carry is not recommended for the same reasons outlined for magazine pocket carry.

Bianchi Speed Strip- A flat plastic strip which hold the cartridges in a row not a circle. This makes speed strips popular since they are flat providing easy concealment and carry convenience. Bianchi also makes a dedicated speed-strip carry pouch. If speed-strips are utilized attempt to carry one on the front of the body and one on the rear of the body (front pocket, back pocket) to facilitate access from various supine or prone positions.

Bianchi Speed Strips



Full Moonclip- A circular piece of spring steel designed to hold a full cylinder of ammunition together as a unit. A moonclip allows loading of a full cylinder and once fired the cases are all extracted together as a unit. Unlike a speedloader, a moonclip is inserted with the cartridges and remains in the revolver during firing. Moonclips tend to be less bulky than a speedloader for EDC and there is no need to manipulate any type of cartridge release like with a speedloader. Due to the reduced bulk more than one moonclip can be carried in a speedloader pouch. Unfortunately revolvers need to be converted to properly accommodate the moonclip and special tools are often required to load and unload the clip itself. Carrying a moonclip reload in a pocket presents unique problems such as getting debris or other small items that may already be in the pocket lodged near the rounds which may cause difficulty and malfunctions during loading.

Moonclip for Smith & Wesson



Loose Cartridge Pocket Carry- This method is not recommended for personal defense due to the time and stress associated with access from a deep carry location. Some companies such as Galco make horizontal belt pouches which can hold several loose spare cartridges. This method, while convenient and low profile is not conducive to emergency access and reloading due to the fine motor skills required. If you choose to utilize this method extensive training is required.

B.U.G- The final option available for both semi auto handguns and revolvers is the EDC of a dedicated back up gun or B.U.G... EDC of a BUG may be the fastest reload available during a combative situation where the primary weapon is either out of ammunition or has malfunctioned, highly dependant upon carry location and skill level of the operator. Carry of a smaller auto pistol or revolver (than the primary) is common due mainly to comfort and one's ability to conceal a second firearm. A possible negative to BUG carry is its added weight and bulk combined with that of weapons and gear already being carried.

General comments regarding Secondary Support Gear EDC

- Proper training in how to utilize an illumination tool properly in conjunction with a firearm is essential and should be done so prior to a lethal force encounter. Understanding the benefits, limitations and tactics associated with low light engagements is essential to successful personal protection.
- Purchase a high quality illumination tool; your life may depend on it.
- EDC of more than one illumination tool is practicing good tactics.
- It is your responsibility to attend a credible Less Lethal OC training course.

Recommended Secondary Support Gear for EDC Manufacturers

[Comp-Tac Holsters and Accessories](#)

[Blade Tech Holsters and Accessories](#)

[Bianchi Speed Strips](#)

[HKS Speedloaders](#)

[MAXFIRE Speedloaders](#)

[SAFARILAND Comp3 Speedloaders](#)

[Surefire Flashlights](#)

[Insight Tactical Lights](#)

[Fenix Flashlights](#)

[First Light USA](#)

[Aerko International](#)

[Sabre Self Defense Sprays](#)

[Mil-Tac Tactical Defense Pen](#)

[SureFire Tactical Pen](#)

[Cold Steel Pocket Shark](#)

[Alpha Innovations Stylus Kubaton](#)

Tertiary Support Gear- emergency personal medical, multi-tools

When considering the possibility of being involved in a dynamic combative encounter such as an assault, robbery, rape or kidnapping it is important to acknowledge that injury to us, a loved one or third party is highly probable. Because of this EDC of emergency personal medical supplies should be explored. Response time of Law Enforcement and Emergency Medical Services varies widely depending upon location and region. If injured you may wait 9 min or 90 minutes before EMS reaches your location. For personal protection EDC it is important to keep in context the situations we mean to utilize emergency personal medical equipment for. These situations include gun shot wounds (GSW), contact weapon wounds and blunt trauma care.

Like the rest of the information outlined here it does not matter what you EDC if you lack the training and knowledge necessary to utilize it. Emergency personal medical application to self or others requires a thorough understanding beyond which this article is capable of providing. With that in mind the injuries that may be treated via self care for short duration and prepared for via EDC are extremity wound hemorrhage and penetrating trauma.

Personal Medical Carry & Management

Blow Out Kits (BOK) – There are several excellent BOK's available on the market today. Some contain basic cut and scrape care items and others contain materials with which to start an IV or treat a pneumothorax. For personal protection specific needs a small BOK that can be carried on the body without excessive bulk is desired. However, it is recommended that a BOK also be carried off body in a shoulder bag, purse and/or stored in a motor vehicle.

Extremity wound hemorrhage- May be caused by contact weapon slashes and cuts or penetrating wounds from gun shot. EDC of a dedicated tourniquet is easily done and the benefits may outweigh the inconvenience or discomfort of doing so. When considering a tourniquet for EDC it should be a proven design, small and compact making it easy to stow in a pocket, off body bag or purse. Several possible EDC tourniquet manufacturers are listed below.

Cinch Tight TK-4



Penetrating chest trauma- May be caused by contact weapon stabs and thrusts or deep tissue penetration from gun shot. Self care of these wounds could possibly be beyond our means but adherence to a combative mindset should motivate any and all attempts to self treat versus giving in or giving up.

If the wound channel is open (versus being filled with the penetrating weapon such as a knife - do not remove impaled items unless they are blocking the airway) an effort should be made to pack the wound in an attempt to stem profuse blood flow. EDC of hemostatic agents such as the quick clot ACS sponge is an affordable and convenient option which easily fits in a pant or coat pocket. Other options may include some type of pressure dressing such as the well proven Israeli pressure bandage but may be considered to bulky for citizen EDC. Please see links below for recommended manufacturers and more information.

QuikClot ACS sponge



Additional Support Gear

As if we don't already have enough gear to carry it is sometimes important to consider EDC of some form of Multi-tool. Personal protection does not always involve firearms and knives. It may mean having to fix some type of automobile problem which arose while driving through a particularly concerning part of town. EDC of firearm brings with it the possibility of some type of weapon malfunction which may require a tool to aid in field stripping the weapon. Is this something that will be done during a dynamic life threatening incident; of course not. But having some type of expedient tool as part of the EDC kit is smart planning. Multi-tools usually come with some type of carry pouch which is a viable option since immediate access will rarely be a priority. One small compact multi-tool that can be clipped to a keychain is the Prybaby from Atwood Knife and Tool.

General comments regarding Tertiary Support Gear EDC

- It is your responsibility to attend a credible training course preferably offered by a tactical emergency medical services trainer specializing in combat casualty care.
- If you do decide to carry some form of tourniquet, train in applying the tourniquet with both the dominant and support hands.
- Attend a basic red cross CPR course

Recommended Tertiary Support Gear for EDC Manufacturers

[VOK- Ventilated Operator Kit](#)

[ResQ-Pak](#)

[Catastrophic Trauma Kit](#)

[Cinch Tight](#)

[Swat-Tourniquet](#)

[Combat Application Tourniquet](#)

[QuikClot](#)

[CELOX Emergency Hemostatic Agent](#)

Conclusion

Every Day Carry for personal protection is a highly individual subject. Some reading this will certainly already be aware of the options and methods outlined within while others may find much of this information completely new. It was my goal to provide an abbreviated compilation of resources and information about personal protection driven EDC. It is my hope that some of the information presented gives the reader another option or introduces another method which may enhance current EDC standards and practices.