Your Everyday Carry Safety Kit

Safecore Defense — PROTECT YOURSELF. STAY SAFE.

Everyday carry means the things you have on you every single day — the kit that is with you when something happens, not sitting at home in a drawer. A good kit is small, light, and legal. This guide shows you what to carry and why.

The Core Four

These four items cover almost every everyday situation. If you carry nothing else, carry these.

1. Personal Alarm

What it is: a small device that screams at 120 decibels or more when you pull the pin or press the button.

Why carry it: noise brings people, and people end bad situations. It is legal everywhere — no age limits, no permits, no state bans. It works for kids, seniors, and everyone in between.

How to carry it: clipped to your keys, your bag strap, or your belt loop. It must be reachable in one second with either hand.

2. Pepper Spray

What it is: a small canister of pepper-based spray that irritates the eyes, nose, and throat on contact.

Why carry it: it stops an attacker at a distance of 8 to 12 feet and gives you time to run. Keychain sizes weigh almost nothing.

How to carry it: in your hand when walking alone at night, or clipped to your keys. Check your local laws first — some places limit size or require you to be 18 or older.

3. Flashlight

What it is: a small, bright LED flashlight, ideally 200 lumens or more.

Why carry it: you use it every day — finding keys, lighting a dark path, checking a strange noise. In a bad moment, a bright light in the eyes buys you a second to act. It is also the most normal-looking item on this list, so you will actually carry it.

How to carry it: pocket, bag, or clipped to a keychain. Rechargeable models save money over time.

4. Your Phone — Charged and Ready

What it is: your lifeline. A charged phone with emergency numbers saved is part of your kit, not an afterthought.

Phone habits that matter:

- Keep it charged. Top it up before you leave the house.

- Know how to call 911 from a locked screen.
- Save an emergency contact under ICE (In Case of Emergency).
- Share your location with a trusted person when you are out late or in an unfamiliar place.
- Do not walk around staring at it. Head up, one ear free, aware of your surroundings.

The Next Level

Add these when you are ready. They take a little more thought and, in some places, a little more paperwork.

- **Stun gun.** Small handheld models fit in a pocket or purse. Check your local laws — stun guns are restricted in some states and cities. Keep it charged and practice the grip.
- **Tactical pen.** A sturdy metal pen that writes normally and can be used as a striking tool. Legal almost everywhere and genuinely useful as a pen.
- **Whistle.** Cheap, light, and loud. A good backup when an alarm battery dies.
- **Multi-tool.** A small multi-tool handles everyday jobs and gives you options in a pinch.

How to Build Your Kit

1. **Start with the Core Four.** Alarm, spray, light, phone. That is a complete kit.
2. **Carry it the same way every day.** Same pocket, same clip, same place. Your hand should find each item without looking.
3. **Check it monthly.** First of the month: test the alarm, check the spray expiration date, charge the flashlight, test the stun gun if you carry one. Two minutes, once a month.
4. **Keep a second set in the car.** A spare alarm and flashlight in the glove box cost little and save the day when you forget your kit.
5. **Practice the draw.** Ten times a day for a week: hand to alarm, hand to spray. You are building a reflex.

What NOT to Carry

- **Anything illegal where you live.** Check your local laws for every item. A tool that gets you arrested is not a safety tool.
- **Anything you have never practiced with.** If you cannot use it under stress, it is just weight in your pocket.
- **Anything too big to carry daily.** The best kit is the one you actually have on you. Small and carried beats big and left at home.
- **Anything that looks like a weapon when it is not.** Disguised items can cause legal trouble and confusion. Carry honest tools.

Packing It All

A small pouch, a jacket pocket, or a key organizer holds the whole kit. Total weight: less than your phone. Total cost: less than a dinner out. And unlike most things you buy, this kit is something you hope you never need — but you will be glad it is there if you do.

GET THE GEAR

Safecore Defense carries everything in this kit — personal alarms, pepper spray, flashlights, stun guns, and tactical pens — all backed by our **lifetime warranty on all products**.

Shop now at www.safecoredefense.com — PROTECT YOURSELF. STAY SAFE.