

The Civilian Commando

SPECIAL OPS SECRETS TO SURVIVING ANYTHING!



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Introduction

How Did We Get Here?

If you think that you cannot be suddenly plunged into a survival situation – cut off from food, water, and shelter –just ask the recent victims of Superstorm Sandy.

And it doesn’t take a catastrophic event to put you and your family at risk. Scientists say that the blast of geomagnetic particles from one “good sized solar event,” one that the National Academy of Sciences says could happen this year –would be enough to knock out enough transformers to disable the entire US Power grid!

If your family had to rely on your survival and combat skills during an emergency -- when the wolves are at your door, both the four-legged, and the two-legged kind - would you know what to do?

You only have to look at recent headlines to understand the need for this Handbook. Consider this your WAKE UP CALL. Your alarm clock to open your eyes to the reality that we are living on a fragile planet that is showing signs of reaching a tipping point, that cannot and should not be ignored.

There have been more horrific storms, more tornadoes, stronger hurricanes, and more seismic events, in the last 5 years than anytime in the last 5 decades. But, it is not only natural disasters that you must be prepared for.

Despite what you think you have heard in the mainstream media about “avoiding the fiscal cliff” – the fact of the matter is we remain on the verge of worldwide economic collapse.

The US has been through 3 major financial upheavals in the past. Current world events indicate that the fourth, and quite possibly the worst yet, could be just over the horizon. The impact on you, your family and your ability to survive, not only financially but also physically during such a meltdown, cannot be understated. A World Financial crisis of the magnitude that could be coming will be as devastating to you and your way of life as any Hurricane, or Earthquake.

There is a good chance that you are already reeling from the impact of the financial downturn that began in 2008. You may already have had to deal with job loss, foreclosure – or worse. For you, everyday may already be just a struggle to get by. How much harder do you think it will get if whatever safety-net you have been relying on - whether that is a Government Program, or friends or family members who are doing well – suddenly also collapses?

Even if you have weathered the current financial storm, you cannot bury your head in the sand and

pretend that what is going on in the world will not eventually impact you and your family.

Let's look at some facts. Europe is on the brink of a major financial disaster. Moody's has recently downgraded Irish and Portuguese debt to junk, which puts them on par with Greece. This in turn has led interest rates on Spanish and Italian debt to jump significantly. This is a serious down turn of two major economies that will likely spread, like a disease. If and when that happens, the global economy will plunge into a crisis that will make the 2008 bankruptcy of Lehman Brothers look like a minor glitch.

Very soon after that, the US could face a financial crisis that would make the Great Depression look like a cakewalk- complete with rioting, lawlessness – and a total social and infrastructure breakdown.

Besides the steps to protect your assets, and to have some valid currency, you MUST prepare for a Financial Meltdown, just as you would for any major natural disaster.

From global weather patterns, to the intertwined financial and physical infrastructure that keeps things running, the truth is the usual systems are failing all around you. You need to find ways to get out of your "comfort zone," and stop relying on the things you take for granted. The NAVY SEALS have a saying, "The only easy day was yesterday!"

I have spent decades preparing for disasters, and coming to the aid of those who have not. And over those years, I can't tell you how many "rescues" I have been on that turned into "recovery operations" – because the person panicked and just did not know what to do to survive.

Now, that doesn't mean you have to be Special Ops, or have access to unlimited resources, to make a difference during a crisis. A little confidence, creativity, and the right knowledge can increase your odds in any disaster or emergency situation!

I've had military training, and I can tell you, no amount of training can possibly prepare you for every scenario you will encounter in theater. It is not designed to. What it does do is put you in a mindset that gives you power over panic.

That's what being a "Civilian Commando" is all about. In the following pages you will find tips and "tools of the trade" that come from military combat and survival training and my first hand experience as a First Responder in rescue and disaster relief operations.

I have written this handbook to share my expertise and give you reliable and useful information, designed to inspire self-reliance. In the pages ahead you will find practical information that will increase your odds during a disaster or emergency, but above all else you will gain knowledge that replaces fear -- with confidence.

Chapter 1

Mental and Physical Preparedness

“There is a time to take counsel of your fears, and there is a time to never listen to any fear.”

General George S. Patton

Did you ever stop to wonder why in any given disaster, or crisis situation --when people are facing the exact same set of circumstances, do some make it while others wind up toast? Skills and their relative level of preparedness are factors of course, but so is their mental attitude! Having the “survivor mentality” can often mean the difference between life and death.

From Victim To Victor - Finding Your Inner Badass

When you are up against it and you want to get out alive – you need to be a badass. It doesn't matter if “it” is a hurricane, an earthquake, or an angry mob banging at your door, the truth is it's most likely the toughest S.O.B that's going to come out on top.

Now first up, let's make a clear distinction between a badass and an idiot. A badass isn't someone who wears leather and chains and is loaded with tats just to look tough. A badass isn't a bully, a badass doesn't tear stuff up, or trash property for “fun”, and a badass isn't someone who fights just 'cause they like to fight. That's the definition of a wannabee and an idiot.

Being a badass is completely different. A badass knows he (or she!) is a badass and they don't have to prove anything to anybody.

A badass does not give up -ever. A true badass will always push to his or her limits, no matter how hard it gets.

A badass can be your best friend, or your worst enemy. A badass does not prey on the weak, and will always be good to good people.

A badass will do what it takes to survive, but badasses know their limits. Badasses

are not jerks. A badass knows he or she is tough as nails, but also that if you do something stupid like jump off a building – or spit on a badass -- you'll probably die.

A badass does not try to make enemies or go looking for fights. A badass knows that the easiest way to win any fight is to avoid it altogether. A badass never throws the first punch, but always throws the last.

Sure, most Special Ops are Badasses. But I've also known 79- year old grandmothers who are badasses. **It's all in the Attitude.**

Being mentally prepared to face a crisis is as important as any piece of equipment or technique that will be mentioned in this Handbook. A generation ago, being prepared was more than just the motto of the Boy Scouts; it was a way of life. Your grandparents knew it just made sense to prepare for the unexpected. Today, your friends and family may look at you like you're nuts when you talk about the need for emergency supplies and a disaster plan.

That's because recent generations have become a complacent bunch of whiners. We have had ever increasing modern conveniences making life easy, and have enjoyed long periods of relative financial ease. Rarely have any of you, or your friends or neighbors, had any problems with the availability of goods and essential services. You look at the headlines of terrible disasters in Japan, Haiti, even closer to home in New Orleans or New Jersey, but still take an attitude of "it's sad, but something like that can't happen to me." But it can. And the sooner you prepare for it *in your mind*, the better you will be able to prepare all around.

You have all heard tales of incredible survival; some get made into movies, like the plane crash in the Andes in October 1972 and what the surviving members of the Uruguayan rugby team were forced to do to survive. Or more recently, James Franco's Oscar nominated portrayal of mountain climber Aron Ralston and his incredible ill-fated "127 Hours" in the Blue John Canyon of Utah.

But just as it doesn't take a major disaster to find yourself in a desperate situation, not all survival stories make headlines. There are hundreds, thousands of equally amazing stories of survival that occur across the planet everyday.

Like a 62-year-old French woman, who survived 11 days lost in the Spanish Pyrenees living on nothing but rain water and nibbling on wild herbs.

Or Shayne Young who stumbled over 3 miles to safety, enduring the unbelievable pain of a broken back, to avoid freezing to death on top of a mountain, after his ATV had overturned, nearly crushing him to death.

Or 71-year old pistol packing grandpa Samuel Williams, who stopped two armed gunmen literally dead in their tracks when they attempted a stick-up at an Internet Cafe where Sam was just trying to enjoy a cup of Joe.

Whether their particular stories became legendary or not, what all of these people had in common was the determination, the will -- **not to be a victim**. They said to themselves, and sometimes even shouted out-loud:

“I AM NOT GOING TO DIE TODAY”

And that has more to do with your attitude, than any training you have had, or equipment you have on hand.

Survival is a State of Mind – Your Brain is Your Most Powerful Survival Tool!

It isn't always the person with the greatest physical strength that is better at handling an emergency and more likely to survive. Being able to think clearly is your most valuable asset in a survival situation. That goes for any survival situation, whether that is the aftermath of a natural disaster, or being confronted by a gang of street thugs --keeping your head is the key.

It has been proven time and time again how mental and emotional states are more important than physical skills in survival situations. You can have the strength of an Olympic athlete, and the best survival gear available, but they will be useless to you if you allow fear and stress to takeover – and you sink into despair and a negative attitude.

Survival is problems solving, and that means you need to be able to THINK!

You must be able to recognize threats to your life, know their priority of significance, and the severity of the threat. Then you must be able to take the necessary action that will keep you alive. It is physical fact, that when you are calm your brain can process information more efficiently, and problem solve more effectively – that is what is meant by “thinking clearly.”

In Special Ops training you learn that stress can inspire you to operate successfully and perform at your maximum efficiency in a survival situation. But you are also taught that stress can cause even the best soldier to panic and forget his training.

The key to your own survival is your ability to manage the inevitable stress you will encounter in an emergency. You are a survivor when you work with stress instead of letting your stress work on you. In any survival situation, your greatest enemies are fear and panic. If uncontrolled, they can destroy your ability to make intelligent decisions. Fear and panic causes you to react to your feelings and imagination rather than to the realities of your situation.

Special Ops Troops are taught to vanquish fear and panic with training and self-confidence! But you don't need military level training to achieve that! What you do need is some basic training, but more importantly the self-confidence that comes from knowing that your life can be threatened, and knowing what to do when it is.

When getting yourself mentally prepared for disaster, always keep in mind too, that it doesn't take a major catastrophe or earth-shattering event for you to find yourself in an emergency situation. As the saying goes “Sh*t Happens”. Cars breakdown, power goes out, unexpected weather moves in -- a simple wrong turn and you can be in dangerous and unfamiliar surroundings.

Changing Your Mind Set

Think of the hardest mental challenge you ever had to face and overcome in your life. In any survival situation you will likely be confronted by problems far worse. Your mental attitude will be your greatest strength, but it could also be your downfall. You will have to defeat negative thoughts and emotions, and also

conquer your greatest fears. You will never be further away from your “comfort zone.” Being prepared to deal emotionally with a disaster before it occurs will help you to shift your mental processes away from despair, and take on a "can do attitude" when a crisis arrives!

Modern society has conditioned your mind to expect instant relief from discomfort. If it's dark you just flip on a light switch, if you are hungry, you just run to the fridge, when you are cold, you turn up the heat.

But your mental conditioning can also be unconditioned. Your mind has a remarkable ability to adapt. You can turn back to your instincts, and retrain your mind to always hope for the best, but prepare for the worst.

Fear is a very real human emotion. Fear is a natural reaction to a crisis. There is not a warfighter, a police officer, a first responder, or anyone else that you might consider “brave” that would tell you they are “fearless” in a combat or other life and death situation. The definition of courage is not the absence of fear but it's acceptance and ability to use it positively when you can, and overcome it when you must.

Of greater concern than fear, is panic. Simply put, in survival situations -- panic kills. Panic is your uncontrolled need to forget everything and just try to run from your situation. Panic is triggered by the stress caused by fear of the unknown, a lack of confidence, not knowing what to do next, and letting your imagination get the best of you.

What it really all boils down to is this: you may never be able to control the circumstances that have put you in a survival situation – but what you can ALWAYS control is your reactions to them.

Fear, anxiety, anger, frustration, guilt, depression, and loneliness are all possible reactions to the many stressors common to survival. These reactions, when controlled in a healthy way, help to increase your likelihood of surviving.

Being able to manage stress and avoid panic will significantly improve your ability to stay calm, remain focused and keep yourself and those around you alive during

any crisis. Learning relaxation techniques, assertiveness skills, and keeping a positive attitude will all help.

One of the ways soldiers are taught to deal with psychological stress of going into combat or other life-threatening situations is to use the acronym “AIM.”

Anticipate–Identify–Manage

- **Anticipate** the anxiety and concerns that will arise. Don't pretend that you will have no fears. Begin thinking about what would frighten you the most if forced into a survival situation or violent confrontation. Train in those areas of concern to you. The goal is not to eliminate the fear, but to build confidence in your ability to function despite your fears.
- **Identify** uncomfortable or distressing thoughts that could cause further anxiety. Don't be afraid to make an honest appraisal of situations. Follow the adage, "Hope for the best, prepare for the worst."
- **Manage** your emotional responses using controlled breathing and self-talk so that your ability to cope remains as effective as possible and you can focus on the practical tasks that need attention

But your greatest power over panic is the confidence that comes from the level of preparedness you will have by following the advice you will find in this Handbook. Keep it safe; keep it close – and you will always know what to do.

Survival Shape

Next to being mentally prepared, one of the most important things you can do to increase your chances of surviving a disaster or crisis situation, is to keep yourself as physically fit as possible. The time to get into “Survival Shape” is NOW -- and not during a crisis!

But unfortunately today in the land of junk food and couch potatoes, you are more likely a lard-ass, than a badass! If that doesn't apply to you – sorry, but the truth is most people can't run for a freaking bus without feeling like they are going to pass out! Yeah, we spent a lot of time on mental preparedness, but the reality is, if you are not physically up to what it takes, your chances of survival are severely reduced, no matter how good your attitude is or your planning was.

Physical fitness is as equally important in a “street survival” situation as it is in

surviving during or after a natural disaster. Lets look at street crime for a minute. First of all if you are overweight and out of shape, you look like an easy target. Street thugs are not looking for a fight, they are looking for a victim – don't look like one and you are less likely to be one. Even if you are trained and licensed to carry a handgun, do you think that means you will not have to be physically fit to survive a mugging or other street attack?

Check this out. It's late at night; you, your wife and teenage daughter are walking out of a late movie. You are approached by a group of thugs with nastiness on their minds.

Maybe you can see some weapons, a knife, chains etc.

Whatever is going to happen is going to happen quickly. Your speed and reaction time is going to depend on your fitness – even if that means how quickly you can draw and use your weapon to defend yourself, assuming you have one. If you don't, are you in good enough shape to out run and/or outfight them, and get your family to safety?

Even if you are carrying, do you think when you're attacked by a group there won't be some hand-to-hand involved? Are you prepared to draw in time to drop every attacker without a struggle? Unless you are Law Enforcement or have been in combat, "shooting to kill" is probably a pretty hard decision to make – and while you are thinking about it, before you know it the dirtbags have the drop on you with your face pressed into the concrete – and God knows what happens to wife and daughter next!

This is where physical fitness comes in, if you LOOK and feel strong you have a much better chance of coming out of this alive.

First of all, if you don't look like an out of shape slob, you stand a better chance of not even being put in this situation. If you look and carry yourself like somebody who shouldn't be messed with – you probably won't be!

Now that doesn't mean you need to be a bodybuilding gym rat. You just need to get in shape!

Work out at least 2 to three times a week, walk, jog, stop taking the elevator and use the stairs. If you do go to a gym, yeah lift weights, and do some push-ups and crunches, but also start to hit the heavy bag. Get to feel what it feels like to throw and connect with punches. If you can't or won't go to the gym, just get moving – bike ride, use the car less, run around with your kids, wash the car, play tennis -- anything at all is an improvement! Once you start to be less sedentary, you'll be amazed at just how much better you feel. If you do some kind of exercise everyday, it may save your life in more ways than one!

One of the best “Survival Shape” workouts I can recommend is TRX Suspension Training. Not surprising The TRX was invented by a former Navy SEAL to keep his team pumped, primed and ready, while deployed. So it is no wonder that it has been embraced by the military. According to Department of Defense statistics, use of the TRX system by forward troops across all branches of the military has shown a 50% increase in physical job performance, in tasks such as forced rucksack marches, obstacle courses, and other Physical Training tests -- and more than an 80% decrease in stress and strain related injuries compared to those not using the TRX in training.

The TRX is totally portable. It is merely two nylon straps with handles on them, and is used anchored to a door, wall, etc. The bands themselves do not expand and contract like resistance bands; instead your bodyweight suspended from the TRX provides the workout. The bands allow you to do multiple reps of core strengthening activities, using your body weight as resistance, specifically, push-ups, squats, lunges, as well as dead-lifts, chest presses... just about anything you can do on typical exercise machines. Fire-fighters, SWAT Teams, and other law-enforcement agencies swear by the TRX for the same reasons. As do personal trainers and professional athletes such as UFC Champion Dominick Cruz, LaDainian Tomlinson of the San Diego Chargers, and Mixed Martial Arts Champion Bas Rutten. You can learn a lot more about TRX by checking out their website at www.trxtraining.com.

Now, lets talk “Survival Shape” and natural disasters, or other apocalyptic scenarios.

Unless you have been in the military you probably do not know what it is like to walk all day and all night with little sleep, or food, while carrying a hundred pounds of junk on your back. Or, to dig holes in brutal heat or deathly cold to sleep in, to go for weeks with out a proper bath or bathroom – and to have to do all of this while other people are trying to kill you!

Unless you have experienced it, you have no idea how brutal this could be, and how terribly UNPREPARED for it you likely are. But, you can get used to these kinds of field situations, every soldier does – but it starts with “basic training” and basic fitness.

You will not make it past day one in any kind of post disaster scenario, without some physical training before it strikes!

Final Tips

Besides getting in “Survival Shape” another part of improving your physical preparedness to face a disaster is to gain some additional skills you don’t have, but that could come in handy. If you don’t know how to swim, learn. Take a course in Yoga, Tai-chi, or other stress reduction techniques. These can help you cope before, during and after a disaster.

Get trained in basic self-defense, learn how to shoot. The more you can learn, and the more you can challenge yourself physically – the better you will be able to react in an emergency.

It is also a very good idea to learn CPR and basic first aid. Your local Red Cross Chapter (www.redcross.org) gives many such courses. They can help you be better prepared in emergency situations, build confidence, and may just save your life or the life of a loved one.

Chapter 2

Evacuate or Stay Put?

When you're faced with an impending disaster the question often becomes "should I stay or should I go?"

There really is no definitive answer, because it all depends on "what's coming" and how prepared you are to deal with it. Where you live, and the make up of your family will also be key factors.

You've all seen the images on the news of the stalwart New Englanders, or laissez faire "Conchs" in Key West, who refuse to leave in the face of a Hurricane, even when they are in a mandatory evacuation zone. Sometimes they did they right thing, and other times – there were tragic results.

The point is, before you decide to stay or "Bug Out" in any given crisis, you must be ready to do either. That means if you decide to stay, you better know how to hunker down and prepare your home against attack, both by Mother Nature and Mother Fuc*ers, and if you decide to get out of dodge you have a place to go, and a safe way to get there.

Stay Home – Stay Safe

Whether you are dealing with the aftermath of a natural disaster like Hurricane Katrina, a terrorist attack, or worse, civil unrest – rioting, looting, etc - is par for the course. It's human nature, and it happens all the time. In fact, the less prepared your friends and neighbors are, the worse it's going to be. No matter what, the most dangerous place to be is out on the streets.

So **Rule Number One** is to stay off of the streets and get yourself and your family well-prepared so there is no need to leave the safety of your home, unless it becomes absolutely necessary.

Listen very carefully. The only reason that an "ordinary law-abiding citizen" would ever have to venture beyond the safety of his or her home during a time of crisis is

if there was no power, and you needed food or water. As long as you have food and water supplies in your home, and some portable or alternative power, you can stay where you will be safest – inside.

The major Emergency Management Agencies say you need to have enough food and water to “shelter-in-place” for at least three days. That’s BS. If the Sh*t hits the fan the stink is going to stick around for a lot longer than three days. You need to be prepared to stick it out for at least three weeks, maybe more.

Here are the minimums.

Water

You need to store at least one gallon of water per person per day. To determine your water needs, take the following into account:

- One gallon of water per person per day, for drinking and sanitation.
- Children, nursing mothers and sick people may need more water.
- A medical emergency might require additional water.
- If you live in a warm weather climate more water may be necessary. In very hot temperatures, water needs can double.
- Keep at least a three-day supply of water per person.

In order to prepare the safest and most reliable emergency water supply, stock up on commercial bottled water. Keep bottled water in its original container and do not open until you need to use it. Observe the expiration or “use by” date - Store in cool dark place.

You will learn more about water, safe and unsafe water sources inside and outside of you home in Chapter 6; if you need that information, jump there now.

Food

Have at least 3 weeks of non-perishable food on hand. Stock up on the stuff you would normally eat, and it won’t go to waste if you have to use it before the expiration dates. Probably the single most versatile emergency ration is peanut butter, it doesn’t have to be cooked, it is high in protein, it has a very long shelf life – and even kids love it. Other good suggestions, many of which you may already have on hand are:

- Ready-to-eat canned meats, fruits, vegetables (MAKE SURE YOU HAVE A CAN

OPENER)

- Protein or fruit bars
- Dry cereal or granola
- Dried fruit
- Nuts
- Crackers
- Canned juices
- Non-perishable pasteurized milk
- Non-perishable cheese spreads

More on food requirements, alternative sources, and how to prepare meals without power will be covered in Chapter 6.

In addition to vitamins, have on hand, apple cider vinegar, honey, garlic, sage tea for colds, mint tea, golden seal, herbs for cooking, including dried garlic and onions, cayenne pepper, cumin, basil, and coriander and salt. These are all useful for their medicinal purposes and can enhance the taste of dried goods like beans and rice.

Beyond Provisions – My Home, My Castle

So it's not safe on the streets, and if you are going to have to stay safe in your home, that means you are going to have to defend it. A lot of hardcore preppers think they need to build a fortress, armed to the teeth, that's just Hollywood BS. Forget the zombies and fantasy-land, but a likely real scenario for the U.S. is an economic collapse followed by several months of panic and turmoil until order is restored.

During this period, some people may still be working, but a lot of people will be hungry, out of work, and scrounging around for food, water and other supplies. The same is true in the aftermath of any major disaster.

Beyond lack of food and clean drinking water, the biggest threat to your personal survival will be thieves, rapists and murderers. Crime will be rampant, so your house better not only be stocked, it better be secure. Here are some basic home security tips that will help keep you and your family safe and protect your home from criminals, disaster or not.

- **Arm yourself.** Owning at least one firearm will give you the peace of mind that you can protect your family as well as the capability to do it. However, you should not own a firearm without being properly trained how to use it. More on the best guns for home protection will be discussed in Chapter 3.
- **Reinforce all of your doors.** Most criminals don't know how to or even try to pick locks; they just kick in the door. But if you have a sturdy door that can't be busted down very easily, they're likely to just move on to the next house.
- **Get motion detector lights.** Especially the kind that run on solar or batteries, in case of a power outage. Criminals don't like to be seen, and if a bright light hits them they'll probably flee. I recommend Cooper Lighting's MSL180W Motion Activated Solar Floodlight. Its bright, easily installed with no additional wiring, and you can get them on Amazon or at Home Depot for around \$80.00 each,
- **Get an alarm.** Make sure it is loud, and again, make sure it will work if the power is out. If you don't have the budget for a major home security system, just pick up a few doorknob alarms. You can get these online or at Home Depot for about 10 bucks.
- **Reinforce your windows.** Windows are just too easy to break through and too tempting. If you live on a ground floor put bars over all your windows.
- **Build a security fence.** It has to go all the way around your property and be at least seven feet high. Yeah a determined criminal might find a way past it, but they may not want to try, and just move on to an easier target. The key to most of these measures is deterrence.
- **Use a decoy safe.** Your "real" safe should be very well hidden, but get a decoy safe that is fairly easy to find and filled with some cash, junk jewelry and documents that look important, but aren't. Special Ops love the art of diversion. Use your "real" looking decoy safe, and put your valuables in a diversion safe that looks like a book, or various household items, like toiletries or drink cans. You can find a variety at safetybuddy.stores.yahoo.net.
- **Get a big dog** – Enough said.

If You Leave

If you decide to leave, or are even thinking about leaving, the two most important things you need to have are a Bug Out Kit, and a designated Bug Out Vehicle.

Your Bug Out Vehicle must be 4-wheel drive, preferably an older but well maintained one, with a manual transmission and a carburetor. “Modern” vehicles with electronic ignitions, and fuel injection, could be rendered useless in the event of an Electromagnetic Pulse (EMP) that can occur as the result of a Solar Flare or nuclear detonation. A vehicle with a clutch and carburetor can always be roll-started. **Knowing how to drive a stick and start a car by popping the clutch is a must have survival skill.**

You can pick up a mid 90’s Jeep Grand Cherokee almost anywhere in the country for under \$2000.00. Do so! Even if it just sits in your driveway be sure it is gassed up, in good repair, and ready to go at all times. If it is beat up on the outside – good – leave it that way. This way you don’t look like a target. The ultimate Bug Out Vehicle looks like crap, but drives like a dream.

Remember if you’re going to leave there is a chance that traveling by roads under normal conditions may not be possible, especially the later you decide to bug out. Communications, public transportation, streetlights, traffic signals, and other infrastructure that normally make traveling by road easy, may not be functioning.

As part of your evacuation plan you must be prepared to travel by foot if necessary. You should know your evacuation route before an emergency occurs. Drive it several times looking for spots along the route for shelter or other facilities, just in case you have to leave your vehicle and make your escape by foot.

If you do need to evacuate on foot, that means you will have to carry your Go Bag with you slung on your back. Traveling for miles in uncertain conditions carrying a rucksack is not easy for someone untrained. In the military, we drill for a forced march in full pack and gear. A forced march is when you have to move out from one location to the next faster than normal. If a forced march is ordered it usually means you are in trouble, or someone else is. Military units train for a forced march so that when it’s issued they will be able to handle it.

Now you may not be faced with a forced march, but part of getting in “Survival Shape” should be to throw on your Go Bag, and go hiking with it a few times a week. This is not only great all around exercise, but it will help you to build up the

strength and stamina to carry your pack when you must. This kind of training can be especially useful for younger family members. Practicing evacuations can be made into fun family adventures.

A Place to Go

Just about every ex-military guy I know has what is called a “Safe House” or “Bug Out Shelter.” It’s a place you can go to for long-term shelter and survival if things really get rough. I know that you may not have the will, ability, or the desire to create such a place, and in that case the best thing you can do is to stay in your home, and defend it. But I recommend you do think about creating a “Bug Out Shelter,” and if you do, here are a few things to keep in mind.

Everything that you have done to your main residence, you should have duplicated in your remote shelter, multiplied by the time you expect you may need to hold up there in terms of days, weeks or months.

When thinking long-term Survival Shelter, you must think not only about what is in it, but also where to locate it, and how to get there. Make sure it is:

- Off the beaten track, ideally accessible only by a single dirt road, and by at least a 4WD vehicle.
- Plain, not fancy. On the outside it should look like a simple hunting cabin, or weekend shack, so as not draw a lot of attention from locals and/or become a target for vandals.
- Close to a spring, well, stream or other natural source of water.
- Within 10 to 20 miles of a village or small town where you can get to by foot, if necessary, for additional supplies, and news of the outside world, should you need it.
- Have enough land for growing your own vegetables and other crops.
- Close to a natural, easily harvestable food source, such as plentiful wildlife for hunting, or lakes, rivers streams for fishing.
- Stocked with enough weapons and ammunition to defend yourself from small groups of marauders or bandits, should you have to. More on Firearms and firearm training will be discussed in Chapter 3.

The Bug Out Bag

Complete details of what should be in your three day Bug Out Bag, and why, will

be covered in the Chapter 4. But at the minimum your bag should contain:

- Water—one gallon per person, per day (3-day supply)
- Food—non-perishable, easy to prepare items (3-day supply)
- Flashlight
- Battery powered or hand crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- Pocketknife
- First aid kit
- Medications (7-day supply) and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map(s) of the area

Escape and Evasion

In the military it's called "E&E" or Escape and Evasion, and it has to do with what to do if you are captured or separated from you unit, or an airman downed behind enemy lines. But E&E comes very much into play in "urban survival" situations too. A home invasion, or bugging out during civil unrest takes on many of the actions and decision making aspects of an "E&E" op. Make no mistake, in a hostile civilian engagement, such as a break-in, a mugging, or kidnap situation, the bad guys are the enemy — every bit as much as in a theater of war. As the enemy that means his aim is to harm or kill you – and unlike in theater, probably your loved ones as well. That makes him a very dangerous enemy, and once you're in his control -- you're screwed.

I suggest an urban E&E Course, they are available, simply Google "Urban Escape and Evasion Class." In such a class you will learn everything from how to escape from zip-ties, to being handcuffed, blindfolded and locked in a trunk. But here are a few tips.

“Evasion” in a home invasion situation means having a “safe room.” You need a simple code word that tells your family there is trouble and it’s time to get to the panic room. Don’t get fancy; just shout, “ESCAPE.” It works fine. Ideally it should be a room with only one defensible entrance. You should have a weapon in the room, but the most important item in the panic room is a cell phone.

Stay in the safe room with your family to defend them, especially if you are armed. Fight the urge to play hero and go off single handedly against the attackers. If you do have a gun with you in the safe room, position yourself in a far corner of the room opposite the door. This forms a “fatal tunnel” giving you the maximum amount of time to shoot because you’ll be the last thing the intruders see when they burst through the door.

Do not leave the room until the police have arrived, even if you think the intruders have left. They may be hiding to coax you out of the room and take you hostage.

If somehow you are cut off from your safe-room in you own home, or a kidnapping attempt off the streets, your window for escape is never better than during the first moments of the attack. There's a lot of chaos going on at that moment, and the enemy hasn't had a chance to get organized and take you to a more secure location. Once they get on their “home turf” security will most likely double and your chances of escaping greatly decrease.

In a home invasion, you may be able to buy some time and look for avenues of escape by complying with the robbers to some point, but NEVER agree to being tied-up or restrained in any way.

You have a good chance of getting out alive if your enemies never let you see their faces. But if they do, that means they don’t care, and you are likely toast. During a home invasion, if they let you see them, they probably intend to kill you after they get what they came for. If, on the other hand, they keep themselves hidden, they might mean to turn you loose when it’s all over.

So, if the bad guys don't try to hide their identity, you probably have very little to lose by attempting to escape. If you don't escape, you're probably dead anyway. If

you get hurt or killed attempting to escape, you haven't lost much.

Tips and Takeaways

- **Think like a criminal.** If a criminal looked at your house, would it look like an easy or attractive target? Don't leave anything of value, or status outside, trim bushes and other landscape features so there is nowhere to hide, get some heavy-duty curtains. Compare your house to your neighbors' houses. Make sure it looks more secure than theirs. If not, your house could be targeted first.
- **Prepare for everything and be ready for anything.** Keep a pair of easy to put on comfortable shoes at the foot of your bed, in case you have to get up and out quickly. Keep a loaded firearm within reasonable distance of your bed.
- **Stay in Shape.** Being agile and fit is one of biggest advantages you can give yourself.
- **Learn Some Form of Self Defense.** Doesn't matter what. You need to learn some kind of martial art. It can be something simple like karate or boxing or something more unique like Krav Maga. Knowing some kind of hand-to hand combat will give you and your family tremendous piece of mind.
- **Never Open The Door.** The easiest way to avoid a home invasion is to never open the door to a stranger. Use a peephole or window to see who is at your door. If you don't know them, ask them what they need through the door. Also, carry your weapon with you when you approach the door. It won't do you any good if your gun is upstairs beside your bed if a criminal tries to bash their way in when you open the door.
- **Prepare Your Family.** Prepare your family for what they'll need to do in the event of a home invasion. Getting your kids to a safe area will be your primary focus so practice what you want them to do. Teach your kids to lock themselves in a bathroom, or other safe room, with a cell phone and how to call 911 for help.
- **Drills, Drills, Drills.** You need to practice your home protection plan with your family. Also a good way to see how vulnerable your home is, is to do a dry-run as a criminal. Trying to rob your own house will help you find the holes in your defenses, and also helps to practice your safety plan with your family – just make sure they know its a drill, and don't get yourself shot!

Chapter 3

When It Hits the Fan

Mother Nature can be a bear, its true. But the worst and most devastating crisis you are likely to face in your lifetime will not be caused by an act of nature, but an act of man. And when it does, your biggest threat is not going to come from anything blowing in the wind, or walking on four legs!

Prepare and Survive Economic Collapse

Is The World Financial System on the verge of a catastrophic failure? Respected experts say that if you know your history, the answer is a definite “Yes.” The US has been through 3 major financial upheavals in the past. Current word events indicate that the fourth, and quite possibly the worst yet, could be just over the horizon.

A World Financial crisis of the magnitude that could be coming will be as devastating to your way of life as any Hurricane, or Earthquake – and you must be equally prepared!

What you must do immediately is move at least 10% of your net worth into gold or silver bouillon or coins, put them in your own safekeeping – not a bank vault or safety deposit box.

In the event of a full economic collapse, forget about getting your money out of a bank, and don't think the FDIC will protect your assets it won't. By putting 10-20% of your savings in physical silver or gold coins, that's a percentage of your savings

that will be spared.

Besides that, have at least one-month worth of expenses on hand in your home safe in cold hard cash. Yes, paper currency will be devalued very quickly during such a crisis – that is why you want your physical silver or gold. But in the very beginning, **cash will be king**. The cash should be in small bill denominations, 20's, 10's, 5's & 1's. Stores that have supplies will not take credit cards for sure. And ATMs will be non-working, exhausted, or looted very quickly.

So what are the warning signs that the Financial Crisis is creeping up on your back-door? Look for lack of investments; higher interest rates; unemployment – and especially hyperinflation. If your bank starts coming up with excuses not to give you your money right away when you want to close an account, that's usually a sign of impending collapse.

Besides the steps to protect your assets, and to have some valid currency, you **MUST** prepare for a Financial Meltdown, just as you would for any major natural disaster that could leave you figuratively and literally “out in the cold.”

Make sure your Bug Out Bag(s) are packed, fresh, and ready, and do the same for your Shelter-in-Place Emergency supplies. Have at least 3 weeks to one month of stored food and supplies in place, as things could get ugly.

If you have prepared a Safe House, be sure it too, is well-stocked, and consider Bugging Out to it ASAP, before things get really bad.

And go back and review in Chapter 2 on how to secure and defend your home.

What to do During Rioting and Urban Unrest

Rioting, looting, warlike mobs hell-bent on destruction – they are a staple of any Hollywood Post-Apocalyptic movie. They are also the unfortunate aftermath of many real world natural and man-made disasters.

As I hope you have come to learn by now, no matter how tough you are, or THINK

you are, the best way to deal with open conflict and violence is to try to avoid it at best, and be prepared for it at worst. During Civil Unrest or Open Conflict, the majority of deaths and injuries happen to people who are out on the streets – whether they are there to fight, loot or just stand in line for food or water.

So Rule Number One has to be to stay off the streets as much as possible. In addition:

- Hide a duplicate of your equipment/supplies, a stash of cash, silver/ gold, and firearms away from your home. If you do not have a Bug-Out or Safe House, consider renting a storage locker, preferably in an older warehouse facility that does not use electronic access, because that could fail in a power outage.
- Keep Your Health Up – Review Chapter 1 on Survival Shape and Physical Preparedness.
- If you do not already have such preparations, consider gates, dogs, and other home security/defense products, such as Security Grilles for windows. The use of weapons, firearms and other methods of self-defense are matters of training and personal choice, and will be discussed at length in the next sections.

During open conflict, get away and stay away from areas of rioting. You can be in just as much danger from the rioters, as Police and Civil Authorities that have been sent in to quell the violence, who often cannot, or do not care to – distinguish rioters from bystanders. You need to be smart, use your head, don't panic, and follow these specific tips and techniques to avoid being a victim no matter where you are.

Be aware by recognizing danger. Have communication such as a radio, CB, or scanner. Use your senses. Panic spreads fast so when you feel threatened like your hair standing on end and the adrenalin working. Take action. Fight down the panic and stay calm.

Avoid confrontation and try to go around potential problems. Have an escape route that you have selected ahead of time.

Act like the natives. Try to blend in so you don't attract attention. Be careful of what you wear. Be aware of your surroundings.

Learn to defend yourself. Choose an art that is compatible to your beliefs and skills such as karate, aikido, mace, pepper spray, guns or other weapons. Armed or unarmed the best way to win a fight is not to have one, but if you are forced to face trouble head on, you should resist with everything possible in a life or death situation.

Don't get involved in mobs or mob behavior. They become mindless and objectivity is lost.

On Martial Law

I've served my country faithfully. I am and always will be a patriot. But I remind you of America's history, and the fine line between "Rebel," "Patriot" and "Minute Man." I do not want to think of the day when active U.S. military may be called in to take action against American Citizens, but I cannot discuss "civil unrest" without also including a discussion about Martial Law. There have been plenty of rumors, and there are no lack of conspiracy theory websites, and the more "fringe" elements of Preppers that would have you believe that the agenda of the current administration is to grab power, and stay in power by invoking Martial Law between now and 2016. I do not buy into much of that – BUT you need to know that the Government has made plans to deal with what it believes to be mounting threats of violence and insurrection from "civil unrest."

In 2002 the federal government established a North American Army command. This was the first time such a command was set up on US soil. Its purpose is not to repel foreign invaders. Under the guise of Homeland Security The United States Northern Command or US NORTHCOM was created for **domestic operations**.

In 1879 after the reunification, congress passed the Posse Comitatus Act (PCA), which stipulates that federal troops cannot be used on US soil for law enforcement purposes. Many believe that the creation of NORTHCOM was in direct violation of the PCA, and it along with the recently passed Insurrection Act (Title 10 USC, Sections 331-335), clears the way for "the president to use U.S. military personnel at the request of a state legislature or governor to suppress insurrections." The Insurrection Act also "allows the president to use federal troops to enforce federal laws when rebellion against the authority of the U.S. makes it impracticable to enforce the laws of the U.S."

Now you may think, what's the problem? In fact maybe its a good idea that the Army is ready to swoop in and protect citizens and restore order When the S*ht Hits the Fan. Maybe so, but do you really trust these people. I mean not the average GI Joe, I would trust him (or her) with my life -- I mean the people in charge.

Things have not gotten too bad in the U.S. yet. There has been the occasional "Occupy" protest that got out of hand – but nothing the local authorities couldn't handle. But, Europe has been a whole other story. Not long ago, France was brought to its knees by night after night of rioting. There it has become almost a daily occurrence for workers to hold their bosses hostage in hopes of winning economic concessions. Similar things happened in London where normal life and businesses were shut down by days of rioting, despite well-known "British civility."

It wouldn't take much to push this country over the edge with rampant rioting that results in a government crackdown on civil liberties. When that happens, no matter what the original cause or location of the trouble, everyone will be affected. Effects might include travel restrictions, random ID checks, mass arrests, food and fuel rationing, controls on money and banking, roadblocks, and other harsh "emergency" or "for you own good" restrictions. In other words -- Martial Law!

Any level of civil unrest can lead to crackdowns, new regulations, and harsher police policies that can end up infringing on everybody's freedom in the long run. But if it ever gets to the point of Martial Law – I hate to say it – then the government itself will be a far bigger threat to your well being than whatever the original cause of the clampdown was.

What exactly is "Martial Law?" In a nutshell, forget everything you know – or think you know about the Constitution. Under Martial Law the Constitution is suspended.

That means curfews, rationing of basic goods, and enforced relocations at best, confiscation of firearms and supplies, and summary arrest/execution by soldiers, SWAT teams and other Federal Enforcers at worst.

You need to be prepared for that like any other disaster. That means following every thing I have said so far about food stores, water stores, home defense and staying off of the streets.

Beyond that here are a few helpful tips from someone who has been on both sides of Police Actions.

- If you get picked up in mass arrests during a riot or demonstration, the cops probably won't care a lick to hear that you are just an "innocent bystander." You'll only tick them off, which will lead to a charge of resisting arrest, or worse. Buddies of mine who are Law Enforcement tell me the best thing you can do is go along as cooperatively you can. Friends I know who have been busted at protests say the same thing. Most of the time when things settle down, the charges are usually dropped. The exception is if things have gotten to the point where the police are rounding people up and throwing them into detention camps never to be seen again – then, and only then -- resist like hell!
- I also suggest you have a good lawyer and carry his or her card with you. In the heat of chaos it probably won't do you much good, but that card will come in handy later. Besides, if you and a police officer have an encounter even in "regular" times, a lawyer's card, along with your calm assertion of your legal rights, will help you to be taken seriously. Even more valuable in these circumstances than a lawyer's card is a PBA card. If, like me, you have friends or family that are cops, makes sure you have one of their cards in your wallet, and be sure you know exactly the station or precinct they work out of. Be sure to tell the "arresting" officer your, brother/uncle/ second cousin, whatever, is "On the Job" and you may just walk.

Under Martial Law

- Do not trust anything the Government says. But comply with any directives. Not doing so will get you killed. Remember under Martial Law, your "rights as an American" are out the window. Failure, especially "willful and intentional failure" to comply will get you shot and killed without trial, or due process.
- Avoid contact with government officials or those in authority as much as possible.
- Keep your mouth shut. Do not say anything to anybody that could get you in trouble.

Self Defense: How to Best Any Opponent, Any Size, Any Time

“Hooray, you are finally going to teach me how to fight!” No, I’m not. What I am going to do is teach you how to avoiding fighting whenever you can, and then give you some basic tips on how to survive a fight if you have to, but I encourage you to get some real self-defense training. Take classes in any martial art, doesn’t matter which, any style can save your life.

You need to understand that knowing how to fight and defend yourself is crucially important -- but fighting should always be a last resort when all other options have been exhausted. Avoidance, on the other hand, is the first best option. Remember the easiest life-threatening confrontation to walk away from, is the one you never encounter! More than any move or technique you can learn in this Section, the main lesson you need to take away from it is this: **In a Survival Situation Self-Defense is About Using Your Wits – Not Your Fists!**

There are many different ways to defend yourself, ranging from the use of firearms, non-lethal weapons such as Stun-guns or Pepper Sprays, hand weapons such as knives, swords and batons, improvised weapons, to hand-to-hand combat. But no matter how you choose to defend yourself, all Self Defense starts with the same two concepts:

- You need to understand your limitations.
- You need to be able to assess the threat level to you and have the skill set and the mind set to react accordingly.

When alone, it is important to ensure that you display an air of confidence that others can see. By not backing down from a confrontation, by keeping up an air of confidence you may cause your aggressor to be the one to back down. Always maintain direct eye contact, this can intimidate your opponent, and also allows you to look for signs that he or she is about to make the first move.

When confronted by a potentially violent adversary the first thing you need to do is literally “size-up” the situation. Is the aggressor much larger or stronger looking than you are? Does he or she appear to be armed? Look for baggy pants or other loose clothing, this is usually a sign that they are concealing a weapon of some sort. Is the aggressor wearing cloths like heavy or steel-toed boots, or spikes and chains

that can cause you serious injuries? Now is the time to look for anything that you can use to your advantage, if violence erupts. Look for:

- Long hair and clothing you could grab.
- Friends--yours or the attackers--who may come to your defense or become otherwise involved.
- A red face, flushed with blood, implies that the attacker is not ready for fighting; otherwise the blood would be diverted to the muscles.
- A white, thin-lipped face and 'tight' voice imply that violence is imminent.

If You Have to Fight

Sometimes despite your best efforts to escape or avoid a confrontation, violence is inevitable. Only you will know when that line has been crossed and there is no other alternative but to fight to survive. But understand this, once you have made that decision, there is no turning back, and no holding back. It is you, or your attacker. When you do fight back, get angry and give it everything you have. Do not even think of fighting fairly, your attacker won't! Kick, bite, scratch, gouge, do anything you can; with anything you have to disable your opponent. Don't think twice about grabbing a handful of dirt, gravel or sand and throwing it into your attacker's face, or using your keys to thrust into his eyes. Sounds harsh? Too bad, he is trying to kill you!

Again, if you want to really know how to come out on top, you need to get some training. I cannot give you in a book, what you can get from a class. But in a pinch and if you have not had any training here is what I recommend.

FEET and LEGS– You probably instinctively know and it is 100% true, the most effective technique for putting down a male opponent is a kick or knee to the groin. When finding yourself in a conflict scenario, immediately assess your opponent's defensive capabilities. If your attacker is without a knife, gun or other weapon, make a quick attempt to distract your opponent while kicking his groin. If the blow connects and your attacker becomes temporarily immobilized, take the opportunity to run away or seek help, do not waste vital time taunting your attacker, or trying to deliver a “finishing blow.” If the groin region is not a clear target, use your kicks to maintain distance between you and your attacker while maintaining balance and bodily equilibrium. Use easy and stable kicks such as the front kick (jabbing your heel waist-level at a opponent directly in front of you) or the shin scrape (kicking down at your opponent's shins and scraping down the leg)

to maintain balance while causing as much damage as possible.

ARMS and HANDS – If you are untrained you can do far more damage with something in your hand, then with your fist or open hand. One of the primary instructions I teach in self-defense workshops is using your keys as a weapon. Quickly grab your keys and position them within your fist so that two keys jut out directly between your knuckles, with a key between your pointer and middle, as well as middle and ring finger, respectively. This creates a small weapon from your hand that will cause your punches to be more damaging. When punching your opponent, pivot your hips as if you were throwing a baseball. Forget the cowboy stuff and don't go for the jaw. Aim for the nose instead. Punches to the bridge of the nose can easily break your opponent's nose, stunning him and causing bleeding. If you cannot reach your opponent's face, aim instead for the solar plexus region immediately below where your attacker's ribs end down the center of his body -- a blow to the solar plexus can render him disabled through loss of breath.

I also teach about the use of improvised weapons. In a street attack be prepared to use anything and everything you have at your disposal to defend yourself. The following can all be used very effectively against any opponent.

- Coins from your pocket can be thrown in an attacker's face, or you can wrap them up in a handkerchief or sock and use as a club.
- Use your bag, purse, briefcase, aim for the head.
- Umbrellas and walking sticks can be used as clubs or jabbed into feet or stomach, or brought up between the legs to an attacker's groin.
- Hard-soled shoes are essential to be able to kick effectively. Aim for the groin. Scrape your shoe down a shin.
- High heels should be aimed at an attacker's foot or hand. Putting all her weight on a thin heel means an average woman can exert a pressure of nearly three-quarters of a ton! But, you cannot run in high heels. Take them off and throw them, or use them to strike the attacker.
- Roll up a newspaper and jab it end first into the face or stomach.
- Jab a credit card, comb, hairbrush, anything into the upper lip below the nose.
- Scrape a comb across the attacker's face or back of the hand.
- Dig a pen or pencil into the attacker's hand or face, the attacker's impulse may be to defend the eyes.

- Powder from a compact may temporarily blind an attacker.
- Perfume, hairspray or deodorant can be sprayed into an attacker's eyes.

When Your Opponent is Armed

In situations where your opponent has a gun, it is ill-advised for you to attempt to fight or disarm your opponent unless you have received considerable training in doing so. In cases where you are held at gunpoint with a firearm, the safest and smartest strategy is to simply follow your attacker's commands unless he puts the firearm down, in which case you kick him in the groin. If your opponent is attacking you with a knife, pipe or other weapon, keep him at bay with kicks until he moves into close range.

A cane or a stick gives you reach over a knife. When dealing with an opponent armed with weapon other than a firearm, and you feel that cooperation is not an option -- disarming his weapon is your number one priority. Again this is not easy without proper self defense or martial arts training, but it can be done with careful grabs to the wrist and wrist-locks initiated on the hand holding the weapon. Wait until your opponent leads with an attack, and grab his wrist with one hand while either kicking him in the groin or striking his nose or solar plexus. If the pain of your blow has not weakened his grip on his weapon, use two hands to twist his wrist until you cause enough pain to disarm him.

Non-Lethal Weapons

The military and law enforcement employ a number of non-lethal, or less than lethal weapons. These can include, blunt impact munitions, also known as “riot rounds,” electrical devices, chemical sprays, and directed energy weapons. Of the four, the two most common you would likely use for individual self defense would be chemical irritants, such as Pepper Spray, or electrical devices, also known as “Stun Guns.”

- **Pepper Spray** – Pepper Spray is probably the safest, easiest to get, most effective, and easiest to use Non-Lethal Weapon to carry for self-defense.
- **Stun Guns** - Electric shock weapons, or bio-effect weapons are designed to cause electro muscular disruption, (EMD) or incapacitating a combatant by totally overriding their nervous system. The best known of these so-called “stun guns” is the TASER. Unlike the kind of “Stun Guns” that deliver their EMD pulse via direct contact with prongs on the device, The TASER has the

advantage of allowing you to keep your distance from your attacker. TASERs are not considered firearms, but there are restrictions on the purchase of them, and the legality of carrying one in certain states. Check with the company's website (www.taser.com/products/self-defense-products/taser-c2) to find out the local laws in your area.

Everyday Pocket Weapons

Many people choose to carry a concealed handgun for self-defense. How you do or do not feel about guns is a matter of personal choice, but no one should carry a gun without proper training. If you have no moral objection to firearms, you should take a specific Self-Defense Shooting course before purchasing a handgun and applying for a carry permit, if they are available where you live. More on Firearms, both handguns and others for home and personal defense, will be discussed in the next Section.

Similarly, knives and large edged weapons in particular such as swords, though lethal, require a fair amount of training to use effectively in combat. There are however a few very simple to use and easy to carry "everyday" pocket weapons that could save your life if you are attacked during a time of unrest, or anytime on a city street!

- **Smith & Wesson Tactical Pen** - This fully functioning pen is made of anodized aluminum and tapers to a sharp jabbing point on the non-writing end that can do significant damage to the eye, or other soft tissue of any assailant. As of the writing of this handbook they have not been banned by the TSA, so you can even carry one on an airplane and be prepared for an attempted terrorist takeover of your flight. Another similar Tactical Pen is the Cold Steel Pocket Shark
- **Kubotan** – A Kubotan is a common "keychain" weapon that I highly recommend for self defense in close quarter combat. The traditional Kubotan is composed of a high-impact plastic rod approximately 5-inches long and about a half inch around. A Kubotan is designed to strike bony surfaces, nerve points and tissue. If done effectively, it has the ability to temporarily paralyze or cause extreme pain to your attacker giving you more time to escape. The best places to attack when using the Kubotan are the stomach, the groin, the solar plexus, the arm, the hipbone, the shin, the collarbone, the kneecap, the ankle and the throat. But you can never go wrong anywhere

you connect with a Kubotan, the pain and damage inflicted by your blow will increase tremendously.

- **Expandable Baton** – An expandable baton is a very popular hand weapon used by Law Enforcement Professionals and Special Forces Operatives. If there is one weapon I recommend you carry other than a handgun for street defense, an expandable baton is it. At the very least, have one in your car. An expandable baton is very effective against any attacker because it gives you reach, surprise, and speed. Expandable batons are usually 6-inches when collapsed, making them easy to carry, but with the flick of a wrist they can expand to anywhere from 12 to 25 inches. Sometimes the mere expansion of the baton, along with a loud “Ki-Ai!” Karate yell - is enough to intimidate your attacker into submission. There are two kinds. A flexible spring type, that is very effective in being able to deliver extremely fast bone shattering whip-like blows. There other type expands to a solid baton, which allows both swinging and thrusting strikes. Either way they make for a most effective personal defense weapon, especially against multiple adversaries.

Surviving A Confrontation With Multiple Attackers

As you saw in the last Section, mob violence can be a very real problem in many survival situations. My close friend and colleague “David A” (real name withheld for security reasons) is a former Israeli Special Forces Operative, who now runs a world-renowned Executive Protection Agency. David and I have collaborated on several “projects” and he has written several books on Urban Self Defense. He recommends the following when confronted by a gang or mob bent on violence.

First and foremost as you have heard over and over again in this chapter -- Survival often means NOT fighting, if you see an escape route -- take it now. David also says see if you can talk your way out of the situation. This may not be as hard as it sounds, but it does take a certain amount of finesse, confidence, and a very clear head. Here are some tips:

- Look and stand strong, do not be intimidated – BUT telling a group that’s ready to take you apart to “F”- off, or otherwise use inflammatory speech, does nothing to diffuse the situation.
- Remember you are probably dealing with people that are close to the edge and already feel they have nothing to lose. Stay calm & don’t show any fear.
- Apologize – Believe it or not, saying you are sorry, but without giving ground,

or breaking eye contact, is often enough in “gang mentality” for the leader to look like Top Dog in front of the group without a fight ensuing.

The mob’s body language will be your best way to gauge your danger level. Watching the group’s body language will give you a clue to when they are ready to attack. The following actions may be a signs of an attack.

- Watch for the assailant to do something like removing a hat or shirt.
- Your attacker may start to make erratic movements such as rubbing his nose, pushing his hair back or clenching his teeth.
- Watch the groups eyes, they may start to glance at each other for cues on when to attack.
- Watch the attacker’s fists, often times they will tighten them right before they are ready to attack you.

If it seems like violence is about to erupt, and you are unarmed, quickly scan your surroundings for possible improvised weapons. Beer bottles, tree branches, garbage cans, bricks, and remember even your keys, or the comb or pen in your pocket can used as improvised weapons in an emergency situation.

The key to surviving a gang attack is understanding that you will not have to fight the whole group. In fact your goal is to fight as few of them as possible. David says instead of defeating each of their bodies, **you must instead destroy their minds.**

You do this by making sure your first strike is spectacular, very visible, dramatic, and preferably deadly. The more visible and the greater the injury is, the greater the psychological effect it will have on the rest of the group. The first few seconds of the fight are critical, if you can emotionally defeat the group with your first blow, many of them will scatter without ever throwing a punch.

You need to identify the leader, the strongest link. This person is your main threat and must be taken out first. Taking out the leader can destroy the group’s willingness to fight and is the first step to surviving the attack. Remember, you want to create a strong visible injury that will make the group rethink its attack. In a life or death situation confronted by multiple attackers there are no rules. Target the leader, take out his eyes, break his kneecaps, break his nose – even be willing to scream like banshee and bite and rip out his throat – you’d be surprised

how intimidating that could be to a mob! Your goal is to immobilize the attackers by any means available – make it hurt, and make it count - - and you just might make it out.

Best Firearms for Home Protection and Survival

First before I begin any discussion of firearms, if you are going to own I gun, and I think you should – you also need to get proper training. A gun in an untrained hand can put you at greater risk, than having no gun at all.

Now, that having been said, I am constantly asked what is the single best gun for protection and survival? There is no single answer, because every situation is different and every person’s skill level is different. The best gun, or guns to put in the hands of an Ex-Marine, cannot possibly be the same for the average homeowner. Even amongst different branches of the military, Army Rangers debate with Navy SEALs over what is the “best” gun, and the deadliest ammo!

About the only thing that we can agree on is that there is certainly no single gun that could suffice for every single survival situation. Now that is not to say that you need to build an arsenal, but you do need to have a selection of at least a few firearms to serve different purposes.

Even if you have never fired a shot, you probably know that there are three basic types of Firearms: Rifles, Shotguns and Handguns. Within each of those there are subcategories based on how the ammo is chambered and fired, - single-fire, automatic, semi-automatic, or pistol or revolver – and the caliber (size) of the round.

At the bare minimum you should consider owning and learning to use at least one from each category – a long rifle, a shotgun, and a handgun.

As I say that is “bare minimum” Here is what I recommend:

- A combat rifle for defense/offense
- A Rifle for hunting if your fighting rifle is not suitable
- A Shotgun for defense/hunting
- A .22 Rifle for small game & plinking (informal target practice)
- A Handgun for self-defense

A combat rifle as the name implies is your weapon to fight with. Think military assault rifle. Now, here is where there is a lot of controversy, especially in light of recent events. I am going to depart a bit, and maybe take some flack from a lot of other survival types, and tell you – you do NOT need an assault rifle for combat, and it may not be your best choice. So relax, and stand by – I am going to tell you a bit about assault rifles, being very familiar with them, and also tell you why you don't need to worry if they again become banned.

The entire family of semi-automatic, magazine fed rifles, also known as “Assault Rifles” of suitable caliber - meaning 7.62 NATO, 7.62 x 39, or 5.56 NATO is overpriced and in many states, over-restricted. The most commonly available weapons in this category are the AR-15, AK-47, SKS, M1A, FN-FAL, HK's 91 & 93, and Ruger's Mini-14.

If you want one, they are not all that different. If I had to make a recommendation, I'd go with the Ruger Mini-14 because of its ease of reconfiguration, and many accessories.

But I really do not recommend assault rifles. They are expensive to buy and maintain, they require a lot of training, and they jam – a lot. Most importantly, in a survival situation you are most likely to be defending yourself against thugs and marauders, and not heavily armed infantry.

That is why I make the following recommendation for your “Combat Rifle” - a lever action .30-30. A lever action rifle, like my personal favorite, a Marlin Model 336, can fire just about as fast as any semi-auto assault rifle you can name. It has a greater magazine capacity than most, especially if large magazines for Bushmasters and the like get banned, and it has much better trigger action than most any battle rifle you'd care to name – and jams a heck of a lot less. It shoots fast, is accurate and will bring down anything in North America, on four or two legs. It is commonly chambered for 30-30 Winchester or 35 Remington, and ammunition is plentiful and not too expensive. As a survival rifle, it is an excellent choice as it is lightweight, handy and easy to pack. Used Marlin Model 336s can be had for as low as \$200 and even when new, are quite economical.

These are some pretty significant considerations. Think about it - you can buy two

lever-action guns at around \$200 each and a thousand rounds of ammo- about 500.00 more or less - for less than the cost of ONE state of the art assault rifle - \$1200 & up - with enough money still left over to either get ANOTHER thousand rounds, or a handgun, shotgun, or a couple of .22's.

Ultimately, to decide what firearms are right for you – you really have to think about what you most likely will be hunting, or defending yourself from. There is an old adage that says if you are hunting, then you need a hunting rifle, it follows therefore that for “Survival” you need a Survival Rifle. As I said earlier the best “survival” or backpack gun is the AR-7.

Beyond a go anywhere Survival Rifle such as the AR-7, I also recommend the Ruger 10/22. The Ruger 10/22 is one of the most popular and reliable .22 rifles in the world. It is attractive because of its many available upgrades, and after market accessories such as scopes and extended magazines. You must have a .22 in your cache. 22L ammo is cheap and plentiful, making a .22 rifle great to train with.

Big game hunting/counter-sniping rifles are the next group of guns to be considered. The selection of a big game rifle depends on the variety of game to be hunted. In the lower 48 states, a bolt-action rifle chambered in .308 Winchester or .30-'06 will normally handle most big game. Regional differences will determine exactly what you need. For example, in the plains and desert states, you might need a scoped rifled chambered in a flat-shooting cartridge such as .270 Winchester or .25-'06. No matter which chambering you select, it is important that you buy a well-made rifle with a robust action. Remington, Ruger, and Winchester among others all make guns with these qualities.

A shotgun is on my list of “must have’s.” A shotgun is a staple for home defense and survival situations. Also called “scatter guns” aiming becomes less of a requirement, and they can be fired fast and repeatedly.

The Mossberg 500 Shotgun in 12 or 20 Gauge is one of the most economical and versatile shotguns you can buy. A shotgun has certain advantages and disadvantages over a rifle. Specifically a shotgun is a very flexible in that it can shoot a variety of loads from low powered small-pellet game loads, to heavy buckshot capable of taking down the largest game animals (or intruders). The

disadvantage is that a shotgun can be uncomfortable for women or small-framed shooters due to the recoil. But you can get around that with practice and training, and a reduction from 12 ga. to 20 ga. for smaller shooters. Used Mossberg 500s can be had for as little as \$120.

Handguns

You need at least one handgun. Here again you are going to see me depart from what you may think is “a given.” I do not recommend a semi-auto pistol like a 9mm. I say for self defense, survival, or home protection, you should always consider a revolver, over an automatic pistol because of the reliability and less likelihood of the revolver to jam. A revolver is inherently safe, and if a round fails, another trigger pull will be instinctive and chamber and fire the next round. The caliber should be no less than .357 magnum and maybe, preferably, a .44 magnum.

Hollywood and the assorted “gang-bangers” out there would have you believe that revolvers somehow became ineffective the day everyone started switching to autos - far from it. A properly loaded revolver of quality design and manufacture in the hands of a good shooter can stand and deliver the goods. No other handgun can compare with the .357's stopping power when using 125 grain hollow-points. And no other weapon is as versatile in as many conditions as a good four or six-inch barreled .38 revolver.

So to wrap up – I think the minimum home defense/survival “suite” of firearms you should own are:

- Marlin Model 336 Lever Action Rifle
- AR-7 Survival Rifle
- Ruger 10/22 Long Rifle
- Mossberg 500 Shotgun
- .357 or .44 Magnum Revolver and or a .38 Snub Nose

You Can Survive a Chemical Attack

Terrorists could use a direct chemical attack, or can attack a chemical plant or chemical storehouse resulting in a release of toxins that could cause chaos and havoc.

In the event of Chemical Attack

- If at all possible, quickly try to define the impacted area or where the chemical is coming from, and take immediate action to get away.
- If the chemical is inside a building where you are, get out of the building without passing through the contaminated area, if possible.
- If you can't get out of the building or find clean air without passing through the area where you see signs of a chemical attack, it may be better to move as far away as possible and shelter-in-place.

If you are instructed to remain in your home or office building, you should:

- Close doors and windows and turn off all ventilation, including furnaces, air conditioners, vents, and fans.
- Seek shelter in your internal room, the highest in the house, and take your disaster supplies kit.
- Seal the room with duct tape and plastic sheeting.
- Listen to your radio for instructions from authorities.

If you are caught in or near a contaminated area, you should:

- Move away immediately in a direction upwind of the source.
- Find shelter as quickly as possible
- If you are outside, quickly decide what is the fastest way to find clean air. Consider if you can get out of the area or if you should go inside the closest building and shelter-in-place.
- Do not leave the safety of a shelter to go outdoors to help others until authorities announce it is safe to do so.

If you are in a contaminated area, you may need to rely longer on your stored rations than you'd expect, as plants and animal in the area may also be contaminated – so use your stored food with that in mind.

You Can Survive a Biological Weapon Attack

In many ways the prospects of a biological or “germ warfare” attack by terrorists is far more frightening than the possibilities of a Chemical Attack. What could make a Bioterrorism attack so insidious is that, unlike a chemical or nuclear attack, a biological attack could go undetected for hours, days, or potentially weeks, until

people, animals, or plants show symptoms of disease.

- If you become aware of an unusual and suspicious substance, quickly get away.
- Protect yourself. Put on your biohazard mask that you should have in you Go Bag, or emergency kit. In lieu of masks, cover your mouth and nose with layers of fabric that can filter the air but still allow breathing. Examples include two to three layers of cotton such as a t-shirt, handkerchief or towel. Otherwise, several layers of tissue or paper towels may help.
- If you believe you have been exposed to a biological agent, remove and bag your clothes and personal items. Follow official instructions for disposal of contaminated items.
- Wash yourself with soap and water and put on clean clothes.
- If a family member becomes sick, it is important to be suspicious.
- Do not assume, however, that you should go to a hospital emergency room or that any illness is the result of the biological attack. Symptoms of many common illnesses may overlap.
- Use common sense, practice good hygiene and cleanliness to avoid spreading germs, and seek medical advice.
- In a declared biological emergency or developing epidemic, you need to hunker down and stay away from crowds where others may be infected.

You Can Survive a Nuclear Attack

While it is true that the likelihood of a full-scale nuclear conflict between Superpowers is far less likely than it was decades ago, the risk of a more targeted nuclear strike by a terrorist state or organization, or the release of a radiological event, has actually increased.

The Department of Homeland Security identifies the following most likely targets of nuclear attack.

- Strategic missile sites and military bases.
- Centers of government such as Washington, DC, and state capitals.
- Important transportation and communication centers.
- Manufacturing, industrial, technology.
- Petroleum refineries, nuclear and electrical power plants, and chemical plants.

- Major ports and airfields.
- Major cities and financial centers.

If you live near any of the above, your risk is greater than someone who does not.

Communications in the aftermath of a nuclear event may be difficult or totally non-existent, because of the effects of EMP. If you are separated from your family, you had better plan on some methods of communication other than cell phones.

Taking shelter during a nuclear blast is absolutely necessary. There are two kinds of shelters - blast and fallout. Most communities no longer have designated blast or fall out shelters. Look for buildings or facilities with large basements, such as hospitals. Not a pleasant prospect but hospital morgues make for great shelters, as they usually are in the lowest basement, and have heavy concrete walls. Other places to take shelter:

- Boiler Rooms and Pipe Runs and Chases (a pipe run or chase is under large buildings such as schools, that are a series of catacombs housing pipes and electrical conduits, usually below the basement.)
- Subways and Other Tunnels,
- Underground Parking Garages
- Bank Vaults – a great shelter if you can get access, and not locked in if electronic or timed locks fail in the blast.
- Caves – as long as you stay well back from the entrance.

Any protection, however temporary, is better than none at all, and the more shielding, and distance from the blast or fallout area you can take advantage of, the better.

You do not have to be within the immediate vicinity of a nuclear blast to feel the effects of fallout. Once fallout is predicted to start, sleep in the basement, especially along the walls that are underground, to enhance the minimal protection offered by your house. Pile items on the floor above you – such as books and heavy or thick furniture, because everything between you and the fallout on your roof will offer you some degree of protection.

In the section on first aid, I told you that we are trained to keep wounds uncovered

to let them drain. In a radiation fallout area, that changes -you MUST cover any exposed wound to prevent radiation from entering your body.

Tips and Takeaways Human Action Disasters

- Here is a trick I've learned that could come in very handy for you during civil unrest, or martial law. **Buy A Video Camera** – A big one, not the kind that is used for personal use, but a big camcorder that looks like it is used by TV News Crews. You can find these pretty cheap on EBay and such as they have been replaced by much smaller and digital models, it does not even have to work. It is not for filming, but a great way to “hide in plain sight” and stay safe during a riot. If you look like you are part of the Press, usually both rioters and police will avoid attacking you. You can complete the disguise by wearing a “Shooter's Vest” with lots of pockets, and a baseball cap with a TV News logo on it, which you can usually find in any Thrift or Second hand store.
- Crushed in a crowd? Self preservation is the key. Try to ride it out like a buoy in the sea. If caught in a crowd surge, stay away from anything solid like a wall, barrier, or pillar. Keep hands out of your pockets and remove your tie, or anything else that could be grabbed and take you down.
- Be careful of roadblocks. In a time or urban conflict or unrest you are going to see both expanded police roadblocks, with warrantless searches, harsh questioning, and possibly mass arrests, and most likely "freelance" roadblocks set up by anybody from political protesters to bandits. If it's humanly possible, avoid roadblocks. It's not illegal to turn away from a police or military roadblock, as long as you don't disobey any traffic laws. Police do consider it suspicious behavior and may come after you, even if you've done nothing wrong; but in a time of civil unrest, avoiding a roadblock could save your skin. If, in a time and place of unrest, you're in a line approaching a roadblock, watch what happens to the people ahead of you. If you see any sign that the motorists ahead are being abused, get the hell out of there.
- When confronted by a thug, or mugger – look for anywhere nearby where you can flee to help you escape or gain an advantage. This is not a movie, this is life and death. There is nothing dishonorable or “unmanly” by running away if that will save your life!
- A great Survival Tool is a large Mag Light or similar Tactical Flashlight -- it not only serves your needs for a flashlight in various Survival Situations, this

powerful flashlight may dazzle an attacker, and also makes for a sturdy and handy club.

- If you live in an area that has outlawed the sale of Pepper Spray, go to your local hardware store or supermarket and get a can of Wasp Spray in the insecticide aisle. Get only the Wasp or Hornet Spray, nothing else. It gives you a range of 25-50ft with a chemical spray that is almost as effective as pepper spray when hitting the face of an aggressor.
- HEPA filters do not filter out chemical agents, and will not help you during a chemical attack, however they are useful in biological attacks. If you have a central heating and cooling system in your home with a HEPA filter, leave it on if it is running or turn the fan on if it is not running. Moving the air in the house through the filter will help remove the agents from the air.
- You should add a radiation detection device, and potassium iodide tablets to your survival kit if you live within 10 miles of a nuclear power plant.

Chapter 4

Your Bug Out Bag

Among survivalists it's called a "Go Bag" or "Bug Out Bag", or just "BOB", but no matter what you call it, it could be your most essential piece of survival gear.

It is basically a large survival kit that's filled with everything you need to survive during and after a disaster. Your Go Bag allows you to quickly grab what you need should you be forced to get out of dodge in a hurry.

FEMA and the other preparedness agencies of the world will tell you that your bag should have enough supplies to last for at least 72-hours. Since most major disasters will disrupt services and your normal life for a lot longer than three days, it's best if you have stuff in your bag that will get you by for longer than that. There is, however, only so much you can carry, but The official US Army Survival Manual says even the smallest survival kit, if properly prepared, is invaluable when faced with a survival problem.

Your Go Bag should be packed and ready, and easily accessible whenever you should need it. You may want to keep your Go Bag in your car, or your designated "Bug Out" vehicle. Each family member should have their own Go Bags stocked with the baseline essentials, and other more specific items based on their age, gender, and other personal needs.

You need to take your Go Bag with you when hiking, camping and traveling by boat, or any other means of transportation where you may wind up in a survival situation.

How much equipment you put in your kit depends on how you will carry the kit. A

kit carried on your body will have to be smaller than one carried in a vehicle. Always layer your Bug Out Bag, keeping the most important items on your body. For example, your knife and compass should always be on your body – or in the most readily accessible pockets of your backpack.

Here is a list of the essentials, but make sure your Bag is built to fit your needs; some people may need items that are not on this list.

- Individually sized Backpack/Rucksack
- Drinking Water—(3-day supply, minimum 8 oz per person per day)
- Food—non-perishable, easy-to-prepare items (3-day supply, minimum 1200 calories per day)
- Flashlight
- Battery-powered or hand-crank/solar Multi-band/NOAA Weather Radio
- Knife
- First aid kit
- Multi-purpose tool
- Pocket Compass (see tips on how to use)
- 8" x 10" Plastic Tarp
- Emergency blanket
- All Weather Pocket Size Sleeping Bag
- 36 Hour Emergency Candles
- Whistle
- Flint Fire Starter & Striker
- Storm proof/water proof matches
- Disposable Lighters
- Sun Screen – at least spf 30
- Dust/ Bio-hazard Mask
- Compact Folding Stove & Fuel Tablets
- Portable Water Filter
- Water Purification Tablets
- 2.5 Gal Collapsible Water Carrier
- Rechargeable batteries (AA/AAA) and Solar Battery Charger
- Heavy Duty Poncho
- Light Rain Poncho
- Bio-Hazard Mask
- Change of clothes and a warm hat

- USB Cigarette Lighter Charger Adapter
- Sewing Kit
- Water Proof “Personal Communications Pouch” – including Permanent marker, paper, tape
- Mirror
- Duct Tape
- Compact Folding Shovel/Hatchet/Hammer 6-in-1 Survival Tool
- Pry Bar and Gas Shutoff Tool
- Leather Work Gloves
- 2- 4 Light Sticks
- Safety Goggles
- Sanitation and personal hygiene items
- ¼ inch x 50 ft Polypropylene Rope
- 50 ft Nylon Utility Cord
- Siphon Hand Pump
- Map(s) of the area
- This Handbook

Essential but non-emergency/survival items

- Extra cash
- Deck of playing cards
- Photos of family members and pets for re-identification purposes
- List of emergency point-of -contact phone numbers
- List of allergies to any drug (especially antibiotics) or food
- Copy of health insurance and identification cards
- Extra prescription eye glasses, hearing aid or other vital personal items
- Sunglasses
- Extra keys to your house and vehicle

Additional Items

Even the best of kits should never be considered “complete.”

The above outline and details are intended to provide you with the “baseline essentials” of a Bug Out Bag. You will want to customize your Bag to your individual size and physical abilities. You also will want to personalize with individual toiletry or other personal items for men, women, and children etc.

Some additional items you may want to include are:

- Wind Proof Lighter
- Back Pack Signaling Flares
- Walkie-Talkies
- Chemical hand warmers
- Machete

It is recommended that you only include weapons in your Go Bag, if the situation you are going into dictates it, and only if you have been properly trained in their use. A folding “survival rifle” like the AR-7 used by the US Air Force is a great Bug Out Bag firearm.

If you are talking about a “survival rifle” in its most literal sense of the word, then it has to be lightweight and easily mobile. At the same time it must have enough firepower to be capable of procuring food, or to offer you protection against a hostile threat.

In my experience there is none better at that than the AR-7. The AR-7 made by Henry Arms is the civilian available version of the famous U.S. Air Force “floating survival rifle.” The components of the AR-7 break down, and all fit into the waterproof stock of the weapon; it becomes small enough to carry in your Go Bag. It is a favorite of bush pilots, boaters, and outdoorsman the world over. It is chambered for .22 long rifle ammo, making the ammunition cheap and plentiful. You can get 500 rounds of .22L for under 20.00. The action is semi-auto, and it takes an 8 round magazine, two of which also fit into the stock. It is ideal to have in your Go Bag for picking off squirrels, rabbits or other small game, and in the hands of a good shooter, adequate for self-defense in an emergency situation. The whole weapon is as light as a feather weighing only 2.5lbs. It will float both when collapsed and when fully assembled. This rifle is also inexpensive and goes for anywhere from \$150 used to \$250 for the new ones.

Tips and Takeaways

- In addition to packing extra clothes in your Go Bag, the clothes you wear while bugging out are also important. Of course time of year and the weather have a lot to do with what to wear. But in general, get yourself a good sturdy pair of hiking boots, or military style combat boots. Unless you have reason

to be hiding from someone while you are evacuating -- and that's your business - you don't have to wear camo, but military, or law-enforcement style "cargo pants" with lots of pockets are a good idea. A hunters or camping style vest, again with many pockets, is also a valuable piece of clothing. 5.11 is my favorite provider of tactical clothing. Visit them at www.511tactical.com.

- Wear a belt, it is useful to hold items that you need to get to quickly, and it also can be used as an improvised rope or fastening device for a number of emergency situations. Be sure it has a heavy buckle, and you do not really need it to hold up your pants, so it can be swung effectively as a bolo type weapon in a pinch.
- Carabineers can be used to hook items that you need to get to easily on the outside of your pack.
- Select items for your bag that you can use for more than one purpose. Do not duplicate items, as this increases your kit's size and weight.
- If you know nothing about knots and lashing, include some zip ties in your Kit, these have a ton of uses.
- Some say your pack should be a bright color to use as a signaling device if you get lost. I say if you need to Bug Out, the Sh*t has probably hit the fan, and you probably don't want to be seen, and/or you may be in a situation where you have to hide your stuff. Always think "E&E" – go with a camo military surplus rucksack for your Go Bag. You will have other stuff in it for signaling for help if need be.

The Right Knife

Ever since the movie "Rambo" came out, everybody thinks a "Survival Knife" is this huge piece of steel, with a hollow handle to hold a survival kit. It looks cool in the movies, and you can find them all over the internet. But that's exactly where they should stay – in the movies and on your computer screens – not in your survival pack!

First of all, that hollow metal or plastic handle that you think is so spiffy is only held on with a simple nut or even a small dab of epoxy glue in the real cheap examples! They can easily break under the kind of abuse a real survival knife needs to be built to take. And about the stuff in that handle – yes it is good stuff to have, but what happens if you lose the knife? Now you are down both a knife, and a

bunch of useful supplies! You would be better off carrying the water-proof matches, fishing line, etc. that is concealed in the handle, in your pocket, or a small personal kit, or other container.

Remember the purpose of a knife in your Go Bag is not to be a weapon, **but a tool**, and you want a knife that was best designed for that purpose, and nothing else. You need to look for a knife that is a “full tang.” This is also sometimes called a “one piece” or “integrated design.”

It means the blade becomes the handle, usually with side pieces attached to both sides for improved grip. How the blade tapers into the handle (or pommel) can differ depending on the model, but the important thing to remember is that you want a **single piece of steel**. Full tangs are essential for maximum strength and utility. If you have decided to carry a machete as part of your bag, same rules apply.

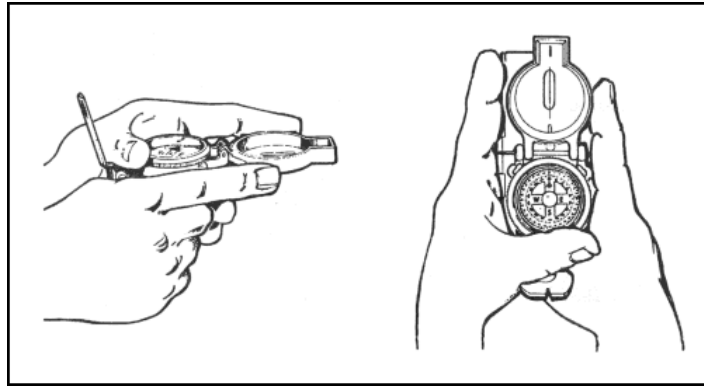
Stick to name brands in knives or machetes like SOG or Gerber. You will never hear a complaint from someone who spent top-dollar on a survival blade; you probably won't hear at all from someone who didn't!

How to Use A Compass

A compass is a Go Bag essential, but it won't do you squat if you don't know how to use it, and chances are – you don't.

Forget more complicated orienteering type “map” compasses, they are too complicated for the average user, and are designed for sophisticated navigation. You just don't want to get lost. A good simple camping style pocket compass can be your best friend in a survival situation, and requires no special skills to use. Here's how to use a basic compass.

- Hold the compass flat in the palm of your hand at chest level;
- Move your body around until the **Red** end of the needle, usually marked with an “N” lines up with the “N” on the face of the compass, now you know which way is North.



Proper Position for Holding Your Compass

So long as you keep the red magnetic needle lined up with the “N” on the compass – you will always be able to get your bearings and know how to travel in any direction you wish. Some simple compasses also have a rotating clear bevel on top with a clear Lucite arrow. These are a good idea if you have never used a compass. With such a compass, once you have identified North as above, and you want to travel east for example, turn the Lucite arrow so it lines up over the “E”, and head in that direction. Leave the arrow there as a reminder of the direction you want to move in, and every 100 paces or so, realign the red compass needle to the North, to be sure you are moving in the desired direction.

Last Word

Your Bug Out Bag is critically important, but only as a vital tool that will help you survive. Never forget that YOU are still your best and most ULTIMATE survival tool. It is your confidence, your skills, your knowledge, and your **will to survive** that will be the biggest determining factor of whether you will make it or not.

Chapter 5

Basic First Aid and Field Medicine

Everyone should know CPR and basic First Aid techniques, these skills can help save the lives of a loved one, or even a complete stranger, any day, any time -- but they are especially critical in the face of a disaster or national emergency.

So for a few weeks or so, give up your bowling night, or one night of partying, or going to the movies, or what ever else it is you do once a week, and sign up for a CPR and Basic First Aid Class. You can find one by check with your local fire station, local hospitals or local chapter of the American Red Cross.

First Aid Kit

Your home, your car, your place of business, and your Go-Bag need to have at least a basic First Aid Kit. A well-stocked first-aid kit can help you respond effectively to common injuries and emergencies. A basic kit should include at least the following:

Basic Supplies

- Adhesive tape
- Antibiotic ointment
- Antiseptic solution or towelettes
- Bandages, including a roll of elastic wrap (Ace Bandages) and bandage strips (Band-Aids) in assorted sizes
- Instant cold packs
- Cotton balls and cotton-tipped swabs
- Disposable latex or synthetic gloves, at least two pairs
- Duct tape
- Gauze pads and roller gauze in assorted sizes
- Eye goggles
- First-aid manual
- Petroleum jelly or other lubricant
- Plastic bags for the disposal of contaminated materials
- Safety pins in assorted sizes
- Tooth preservation kit consisting of salt solution and a sealable case
- Scissors, tweezers and a needle
- Soap or instant hand sanitizer
- Sterile eyewash, such as a saline solution
- Syringe, medicine cup or spoon
- Thermometer
- Triangular bandage
- Turkey-baster or other bulb suction device for flushing out wounds

Medications

- Activated charcoal (use only if instructed by your poison control center)
- Aloe Vera gel
- Over-the-counter oral antihistamine (Benadryl, or generic Diphenhydramine)
- Aspirin
- Calamine lotion
- Over-the-counter hydrocortisone cream
- Personal medications that don't need refrigeration
- If prescribed by your doctor, drugs to treat an allergic attack, such as an auto-injector of epinephrine (EpiPen)

As with your Go Bag, keep your First Aid Kits easily accessible in an emergency. Make sure everyone in your family, or place of business, knows where the Kit is located. Make sure you are familiar with, and know how to use all of the items in your First Aid kit before you need them. Check on the items periodically, and make sure they are fresh, and usable – replace old, dried out or expired items as needed.

Your First Aid Kit probably came with a First Aid Manual that details how to use the items, and what to do for the most common emergencies. If your kit did not come with a First Aid Manual, get one. There are any number of “Pocket First Aid Guides” you can find on Amazon. Besides, if you followed my advice at the top of the Chapter, and got some First Aid training, you won’t need a manual, as you will be able to call upon your

Training, or refer back to the manual you were given in the class.

In any case I won’t rehash any of that training, or readily available info here. What I will tell you is what I learned in the field, and the stuff those other manuals and classes won’t.

Field and Emergency Medicine

Wounds

In a survival situation, where you are cut off from civilization and or medical personal for an extended period of time, even minor wounds can become seriously life threatening.

Open wounds are serious in a survival situation, not only because of tissue damage and blood loss, but also because they will likely become infected. Bacteria on the object that made the wound, on the injured person’s skin and clothing, or on other foreign material or dirt that touches the wound may cause infection. By taking proper care of the wound you can reduce further contamination and promote healing.

- Clean the wound as soon as possible after it occurs by removing or cutting clothing away from the wound.
- Always look for an exit wound if a sharp object, gunshot, or projectile caused the wound.

- Thoroughly clean the skin around the wound.
- Rinse; do not scrub the wound with large amounts of water under pressure. Though not recommended, you can use fresh urine if water is not available.

Forget what you have seen in the movies! The "open treatment" method is the safest way to manage wounds in survival situations. Do not try to close any wound by suturing, cauterizing, or similar procedures. Leave the wound open to allow the drainage of any pus resulting from infection. As long as the wound can drain, it generally will not become life-threatening, regardless of how unpleasant it looks or smells.

In a survival situation, some degree of wound infection is almost inevitable. Pain, swelling, and redness around the wound, increased temperature, and pus in the wound or on the dressing will let you know if it has become infected. In the absence of antibiotics, if your wound becomes infected, you should treat as follows:

- Place a warm, moist compress directly on the infected wound. Change the compress when it cools, keeping a warm compress on the wound for a total of 30 minutes. Apply the compresses three or four times daily.
- Drain the wound. Open and gently probe the infected wound with a sterile instrument.
- Dress and bandage the wound.
- Drink a lot of water.

In the event of gunshot or other serious wounds, it may be better to rinse the wound out vigorously every day with the cleanest water available. If drinking water or methods to purify drinking water are limited, do not use your drinking water. Flush the wound forcefully daily until the wound is healed over. Your scar may be larger but your chances of infection are greatly reduced.

Continue this treatment daily until all signs of infection have disappeared.

Maggot Therapy

If you do not have antibiotics and the wound has become severely infected, and shows no signs of healing -- consider maggot therapy as detailed below, despite its

hazards and generally disgusting nature:

- Expose the wound to flies for one day and then cover it.
- Check daily for maggots.
- Once maggots develop, keep wound covered but check daily.
- Remove all maggots when they have cleaned out all dead tissue and before they start on healthy tissue. Increased pain and bright red blood in the wound indicate that the maggots have reached healthy tissue.
- Flush the wound repeatedly with sterile water or fresh urine to remove the maggots.
- Check the wound every 4 hours for several days to ensure all maggots have been removed.
- Bandage the wound and treat it as any other wound. It should now heal normally.

Broken Bones

If you have taken the suggested First Aid training you will have learned about basic immobilization and splinting techniques for broken bones and fractures.

Army survival training adds the following information about treating broken bones in the field if you are far from medical help, or First Responders are overwhelmed in the wake of an emergency.

Often you must maintain traction during the splinting and healing process. You can effectively pull smaller bones such as the arm or lower leg by hand. You can create traction by wedging a hand or foot in the V-notch of a tree and pushing against the tree with the other extremity. You can then splint the break.

Very strong muscles hold a broken thighbone (femur) in place, making it difficult to maintain traction during healing. You can use natural materials to make an improvised traction splint as follows:

- Get two forked branches or saplings at least 2 inches in diameter. Measure one from the patient's armpit to 8 to 12 inches past his unbroken leg. Measure the other from the groin to 8 to 12 inches past the unbroken leg. Ensure that both extend an equal distance beyond the end of the leg.
- Pad the two splints. Notch the ends without forks and lash a 8- to 12-inch cross member made from a 2-inch diameter branch between them;
- Using available material (vines, cloth, rawhide), tie the splint around the

upper portion of the body and down the length of the broken leg.

- With available material; fashion a wrap that will extend around the ankle - with the two free ends tied to the cross member.
- Place a 4- by 1-inch stick in the middle of the free ends of the ankle wrap between the cross member and the foot. Using the stick... twist the material to make the traction easier.
- Continue twisting until the broken leg is as long or slightly longer than the unbroken leg.
- Lash the stick to maintain traction.

NOTE: Over time, you may lose traction because the material weakened. Check the traction periodically. If you must change or repair the splint, maintain the traction manually for a short time.

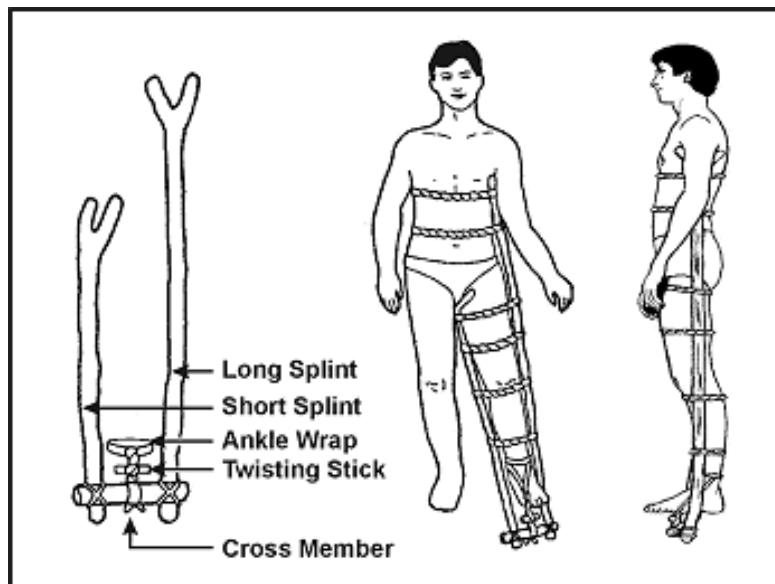


Image: Courtesy US Army

Burns

In a survival situation where emergency help is not available, the US Army Survival Manual offers the following field treatment for burns, which may help to speed healing, reduce the chance of infection, and ease pain.

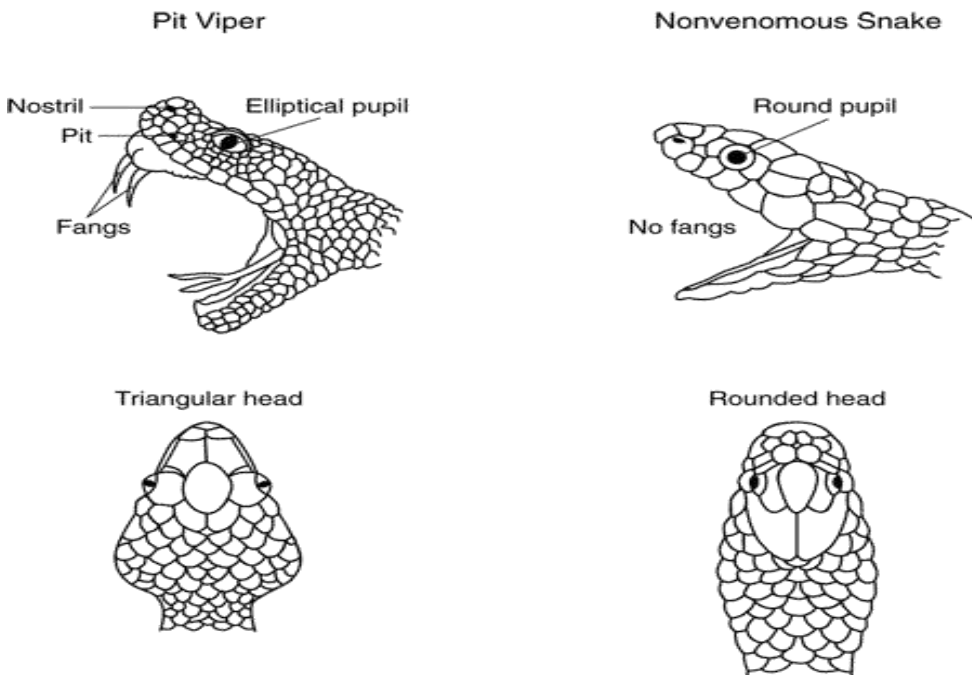
- Soak dressings or clean rags for 10 minutes in a boiling tannic acid solution (obtained from tea, inner bark of hardwood trees, or acorns boiled in water).

Snake Bites

Best treatment for snakebites is to stay away from poisonous snakes, and avoid

being bit.

Of the poisonous snakes found in North America, all but the coral snake have slit-like eyes. Their heads are triangular, with a depression, or pit, midway between the eyes and nostrils. See Illustration below.



Other characteristics unique to certain poisonous snakes:

- Rattlesnakes rattle by shaking the rings at the end of their tails.
- Water moccasins' mouths have a white, cottony lining.
- Coral snakes have red, yellow and black rings along the length of their bodies.

That stuff you see in the movies about cutting the wound and sucking out the poison makes for great drama, but never should be attempted unless you know that professional medical help is more than an hour away. If you have to do it, here is the CORRECT procedure as I learned from the US Army Survival Manual.

- Make an incision no longer than 1/4 inch and no deeper than 1/8th inch over each puncture, cutting just deep enough to enlarge the fang opening, but only through the first or second layer of skin.
- Place a suction cup over the bite so that you have a good vacuum seal. Suction the bite site 3 to 4 times.
- Suction for a MINIMUM of 30 MINUTES. Use mouth suction only as a last

resort and only if you do not have open sores in your mouth. Spit the envenomed blood out and rinse your mouth with water. This method will draw out 25 to 30 percent of the venom.

- DO NOT put your hands on your face or rub your eyes, as venom may be on your hands. Venom may cause blindness.

After caring for the victim as described above, take the following actions to minimize local effects:

- If infection appears, keep the wound open and clean.
- Use heat after 24 to 48 hours to help prevent the spread of local infection. Heat also helps to draw out an infection.
- Keep the wound covered with a dry, sterile dressing.
- Have the victim drink large amounts of fluids until the infection is gone.

Natural First Aid

You live in a world where so-called modern wonder drugs, laboratories, and equipment have obscured more “primitive” yet highly effective types of medicine involving determination, common sense, and a few simple treatments. This is something you need to always keep in mind when thinking about First Aid in survival situations. A well-stocked First Aid kit can only take you so far, and only last you so long.

When lost in the wilderness, or in the aftermath of a natural disaster where you could be cut off for days, months, years, or forever, for that matter -- from the corner drugstore, let me remind you that I have been in combat in many parts of the world where people still depend on local Shamans or healers to cure their ailments. Many of the herbal and botanical based treatments they use are as effective as the most “modern” drugs available. In fact, many modern pharmaceuticals you take for granted, owe their origins to the herbs and plants found in the rainforests. Here are several “natural” first aid treatments you need to get to know.

Antihemorrhagics for bleeding. You can make medications to stop bleeding from plantain leaves, or, most effectively, from the leaves of the common yarrow or woundwort (*Achillea millefolium*). These mostly give a physical barrier to the bleeding. Prickly pear (the raw, peeled part) or witch hazel can be applied to

wounds. Both are good for their astringent properties (they shrink blood vessels). For bleeding gums or mouth sores, sweet gum can be chewed or used as a toothpick. This provides some chemical and antiseptic properties as well.

Antiseptics to clean infections. Use antiseptics to cleanse wounds, snakebites, sores, or rashes. You can make antiseptics from the expressed juice of wild onion or garlic, the expressed juice from chickweed leaves, or the crushed leaves of dock. You can also make antiseptics by boiling burdock root, mallow leaves or roots, or white oak bark (tannic acid). Prickly pear, slippery elm, yarrow, and sweet gum are all good antiseptics as well. All these medications are for external use only. Two of the best antiseptics are sugar and honey. Sugar should be applied to the wound until it becomes syrupy, then washed off and reapplied. Honey should be applied three times daily. Honey is by far the best of the antiseptics for open wounds and burns, with sugar being second.

Analgesics for aches, pains, and sprains. Treat these conditions by making a warm compress of the crushed leaves of dock, plantain, chickweed, willow bark, garlic, or sorrel. Sweet gum has some analgesic (pain relief) properties. Chewing the willow bark or making a tea from it is the best for pain relief as it contains salicylic acid, the raw component of aspirin. You can also use salves made by mixing the expressed juices of these plants in animal fat or vegetable oils.

Insect Bites and Stings

You can relieve the itching and discomfort caused by insect bites in the field by applying:

- Cold compresses
- A cooling paste of mud and ashes
- Sap from dandelions
- Coconut meat
- Crushed cloves of garlic
- Onion

Tips and Takeaways

Here are a few other tricks of the trade.

- You can treat diarrhea by drinking a tea from the roots of blackberries. Tea

made from cowberry, cranberry, or hazel leaves works too.

- You can reduce fever with a tea made from willow bark, elder berries, linden flower, or aspen or slippery elm bark.
- Tea made from mint leaves or passionflower leaves, has a sedative effect, it can help you, (or you kids) get some sleep in a tense survival situation.

I told you the basics you need in a First Aid Kit – but if one thing that pre-packaged kits never seem to have enough of is bandages. Remember the very idea of “first” aid is to just stabilize a person until you can get them to advanced medical treatment. That may not be for a long time in a survival situation, so you should have extra bandages.

Since space is always an issue, I recommend you get some hospital grade or mil. spec. trauma bandages, like BloodStopper, or TrauMedic, that can be boiled and reused if you have too.

I always have a few feminine sanitary “maxi pads” in my kit. They can be used as highly absorbent compresses for dealing with bleeding or seeping wounds. Avoid the kind that are scented, or “deodorizing.”

I can and have given you some tips that can help you survive injury or emergencies in the field, but getting yourself some real First Aid Training can be as important to your survival as learning Self Defense or spending time on a gun range.

Chapter 6

Rule of Threes: Shelter, Water, Food

There is something that everyone who has taken any kind of survival training has had drummed into his or her head, it's called the Rule of Threes. A person can survive for:

- Three minutes without air
- Three hours without shelter
- Three days without water
- Three weeks without food

The idea behind the Rule of Threes is a simple one: so you know your priorities in any emergency situation. In the food obsessed modern society we live in, untrained people who find themselves for the first time in an emergency situation, often spend their time running around exhausting themselves finding sources of food, and suddenly its nightfall, cold, raining, or snowing, and they are dead by morning without proper shelter.

Rule 1 - Shelter

In any given survival situation, whether you are lost, stranded, have had to evacuate, or your residence has become unlivable due to a natural disaster, SHELTER is your primary concern. Do not exhaust your energy, looking for food or sources of water, before you have found or built a way for you to survive the elements – or whatever or WHOever else is out there meaning to cause you harm!

“Shelter” in terms of Emergency Management, Preparedness and Survival is a very broad term. As far as natural disasters go, shelter could merely mean grabbing your Go-Bag, and finding a safe haven outside of a disaster zone with a friend, relative, or even within a designated Red Cross or other municipal group shelter. It could also mean taking “shelter” inside of your home, and defending it as discussed in Chapter 2.

Wherever you decide to hole up, even if that means going to a mass care shelter, you should always plan on taking your Go Bag with you, so you are sure you have the supplies you need. Going to a mass shelter can mean living with a lot of people in a confined space, which can be difficult and unpleasant at best, dangerous at worst. You are going to want your stuff with you to make it more tolerable, defend yourself if you have to, and make it easier to Bug Out from there -- if the situation

warrants it. Remember if you go to designated Red Cross or FEMA shelter, you will not be permitted to take weapons with you – which in my opinion is reason enough to avoid such places.

Beyond the context of a natural disaster, shelter can also mean the only thing that separates you from the elements in a survival situation, such as being lost or stranded as the result of an incident while traveling on land, sea or air. But, there could also be a natural or man-made disaster, where the destruction is so devastating and complete that you may also need to find, or build a shelter just to survive.

According to the US Army Survival Guide, when you are in a survival situation start looking for shelter as soon as possible. As you do so, remember what you will need at the site. It must contain material to make the type of shelter you need, and it must be large enough and level enough for you to lie down comfortably.

A shelter can protect you from the sun, insects, wind, rain, snow, hot or cold temperatures and predators. It can give you a feeling of well-being. It can help you maintain your will to survive.

Sources of Natural Shelter

Before you expend a lot of time and energy scrounging up materials, and trying to build a shelter, do not overlook natural formations that can provide shelter.

Examples are:

- Caves
- Rocky crevices
- Clumps of bushes
- Small depressions
- Large rocks on leeward sides of hills
- Large trees with low-hanging limbs
- Fallen trees with thick branches

However, when you are looking for a natural shelter, always keep in mind:

- Stay away from low ground such as ravines, narrow valleys, or creek beds. Low areas collect the heavy cold air at night and are colder than the surrounding high ground. Thick, brushy, low ground also harbors more

insects, and can collect rainwater and run-off.

- Check for poisonous snakes, ticks, mites, scorpions, and stinging ants.
- You also need to look for loose rocks, dead limbs, coconuts, or other natural growth that could fall on your shelter.

Whether you are looking for a ready-made natural shelter, or plan on building a shelter - - remember SIZE DOES MATTER. And in this case, you need to forget about spaciousness and the comforts of home. A very common mistake is to make your shelter too big. Any survival shelter needs to be large enough to protect you. But it also must be small enough to contain your body heat, especially in cold climates – and to be inconspicuous, if your shelter is intended to shield you from the elements, as well as curious and potentially dangerous creatures of both the four-legged, and two-legged variety.

Building Shelter

If you cannot find a natural shelter, then you will have to build one. The key to making a shelter is to build the kind of structure that will give you the most protection in the kind of environment you are in, while expending the least amount of energy to do so. Before attempting to build any kind of shelter, the US Army Survival Manual asks you to ask yourself:

- How much time and effort will you need to build the shelter?
- Will the shelter adequately protect you from the elements (sun, wind, rain, snow)?
- Do you have the tools to build it? If not, can you make improvised tools?
- Do you have the type and amount of materials needed to build it?

The answers to these questions will be driven by what you have with you. If you have put together a Bug Out Bag as described then you will have no trouble building any of the following shelters, to keep yourself and your family safe.

A natural lean-to is one of the simplest, and yet sturdiest shelters you can build. All you need to build this shelter is the material you can find, and your knife.

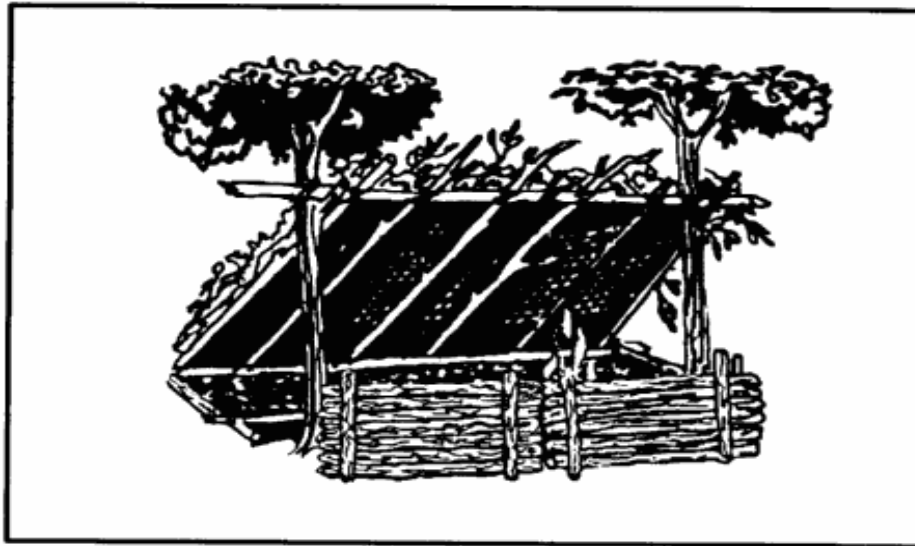
Basic Lean-to

You will need two trees, or upright poles, just as in the poncho lean-to. They should be about 7 feet (2 meters) apart; one pole about 7 feet long and 1 inch (2.5 centimeters) in diameter; five to eight poles about 10 feet (3 meters) long and 1 inch in diameter for beams; cord or vines for securing the horizontal support to the trees; and other poles, saplings, or vines to crisscross the beams.

- Tie the 7-foot pole to the two trees at waist to chest height. This is the horizontal support.
- Take your 5- 8 beams and lean them at about a 45-degree angle from the horizontal pole to the ground. Lash them to the pole with cord or vines. The nylon utility cord that should be in your Go Bag is ideal for this purpose. As with all lean-to type shelters, be sure to place the lean-to's backside into the wind.
- Make a lattice by crisscrossing saplings or vines on and laced through the beams.
- Cover the framework with brush, leaves, pine needles, or grass, starting at the bottom and working your way up like shingling.
- Place straw, leaves, pine needles, or grass inside the shelter for bedding.

In colder environments, you can increase your lean-to's comfort and warmth by building a fire reflector wall. Drive four 5-foot long stakes into the ground in a rectangle pattern to support the wall.

Stack green logs on top of one another between the support stakes. Form two rows of stacked logs to create an inner space within the wall that you can fill with dirt. This action not only strengthens the wall but also makes it more heat reflective. Bind the top of the support stakes so that the green logs and dirt will stay in place.

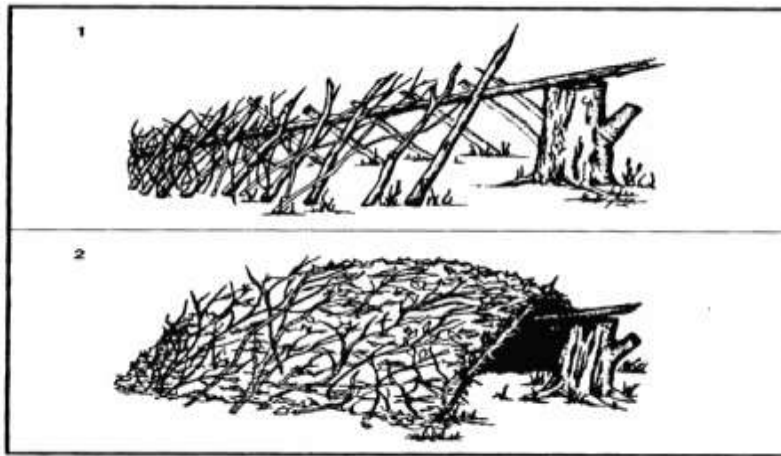


Basic Lean-To with Fire Reflector - Image: Courtesy US Army

Debris Hut – Next to a Lean-to, probably the simplest shelter you can make from natural materials is a Debris Hut.

To make a debris hut:

- Make a tripod using two short stakes and a long pole - or by placing one end of a long pole on top of a sturdy base, like a boulder or tree stump. The long pole will become the ridgepole running the length of the shelter.
- Secure the ridgepole by lashing with cord to the stakes, or by otherwise anchoring it to the base.
- Prop large sticks along both sides of the ridgepole to create a triangular-shaped ribbing effect. Ensure the ribbing is wide enough to accommodate your body and steep enough to shed moisture.
- Place finer sticks and brush crosswise on the ribbing. These form a latticework that will keep the insulating material (grass, pine needles, leaves) from falling through the ribbing into the sleeping area
- Add light, dry, soft debris over the ribbing until the insulating material is at least 3 feet thick—the thicker the better.
- Place a 1-foot layer of insulating material inside the shelter.
- At the entrance, pile insulating material that you can drag to you once inside the shelter to close the entrance or build a door.
- As a final step in constructing this shelter, add shingling material or branches on top of the debris layer to prevent the insulating material from blowing away in a storm.



Debris Hut – Frame and Covered – Image Courtesy: US Army

Shelter Tips and Takeaways

Staying Warm - Whether you are in a natural shelter, or something you have built, depending on the time of the year, and geographic location where you have had to shelter– staying warm and maintaining your proper body temperature, could be a major survival issue.

Your best bet to stay warm is being able to start and maintain a fire. A fire provides warmth, heat, light, can help you to be seen, (if that is one of your survival goals) and raises your spirits.

I can get into details on how to use a fire plow or bow and drill to start a fire without matches. It can be done, but it's not easy. None of the "primitive" fire starting methods are, they take a lot of practice, you should learn them and if you want to, go to YouTube, check out the dozens of "how to videos" there, and do go out in your backyard and practice the method that seems easiest for you. I suggest the fire plow.

But the point is if you carry redundant sources of "modern" fire starters in your Bug Out Bag, you won't have to. I can and have used the primitive methods, but it's a hell of a lot easier with a Zippo! That's why in your kit you should have waterproof matches, a mercury flint fire strike, windproof lighter (I don't smoke, but I carry one of these in my pocket everywhere I go) and a few disposable Bics, just for good measure!

Light - For the most part, light is a useful thing to help you see and work through the night. Light provides comfort, and gives you the ability to signal for help. However, keep one thing in mind when using your lights in a survival situation. If you are forced to shelter in a high-risk area, or area of turmoil or conflict, light can also attract unwanted attention. You can use your light but minimize the risk of exposure by:

- Using your poncho, jacket, or tarp to cover the light if you are using it to read a map or to provide light for other survival activities at night.
- Some flashlights have a red light, or red filters to give the output a softer light that does not attract as much attention, and also will help you to preserve your night vision.

Rule 2 – Water

Once you have secured your shelter, without a doubt water is an essential element in any survival situation. Water is an item that no emergency supply kit should ever be without.

Water Sources: Safe and Unsafe Water

Remember for as part of your home emergency preparedness you should have stored one gallon of water per day, per person for drinking and sanitation.

If you are sheltering-in- place, and run short, there are several sources of safe drinking water in and around you home, and some you need to avoid.

Safe Water Sources

- Melted ice cubes
- Water drained from the water heater (if the water heater has not been damaged) **DO NOT CONFUSE THE WATER HEATER, WITH YOUR FURNACE OR HOME HEATING SYSTEM**
- Liquids from canned goods such as fruit or vegetable juices
- Water drained from pipes

Unsafe Water Sources

- Radiators
- Hot water boilers/furnace (home heating system)
- Water Beds (fungicides added to the water or chemicals in the vinyl may

make water unsafe to use)

- Water from the toilet bowl or flush tank
- Swimming pools and spas (chemicals used to kill germs are too concentrated for safe drinking but can be used for personal hygiene, cleaning, and related uses)

Other Sources of Water in Urban Environments

In a later section I will give you the survival tips I have learned about how to find sources of water “in the wild.” But what if you have not “bugged out” to the great outdoors? If you have stayed in the city, here are some “urban” alternative sources of water you need to be aware of.

Even the most urban of cities will have a park with a lake or some other body of water. In an emergency, you can use this water, but be sure to purify it as described in the next section. Even in cities your best source of water is accumulated rainwater. You can find it in anything that could hold it, but again be sure to purify it as follows. If you live in an apartment building, get a couple of those plastic “kiddie pools” and keep them in a closet. In the event of a disaster, throw them up on the roof for this purpose.

Water Treatment

Even water from the safe sources as identified above should be treated before you use it. Contaminated water can contain germs that cause diseases such as dysentery, cholera, typhoid, and hepatitis. There are basically three water treatment methods, Boiling, Chlorination, and Distillation. None is perfect. Often the best solution is a combination of methods. You should have the necessary supplies to do at least one, if not all of them as part of your Home Emergency Preparedness Kit and or Bug Out Bag.

Boiling -Boiling is the safest and simplest method of treating water. In a large pot or kettle, bring water to a rolling boil for 1 full minute, keeping in mind that some water will evaporate. Let the water cool before drinking.

Chlorination - You can use household liquid bleach to kill microorganisms. Use only regular household liquid bleach that contains 5.25 to 6.0 percent sodium hypochlorite. Do not use scented bleaches, color safe bleaches, or bleaches with added cleaners. Because the potency of bleach diminishes with time, use bleach from a newly opened or unopened bottle. Add 16 drops (1/8 teaspoon) of bleach

per gallon of water, stir, and let stand for 30 minutes. The water should have a slight bleach odor. If it doesn't, then repeat the dosage and let stand another 15 minutes. If it still does not smell of chlorine, discard it and find another source of water.

Distillation - While the two methods described above will kill most microorganisms in water, distillation will remove germs that resist these methods, as well as heavy metals, salts, and most other chemicals. Distillation involves boiling water and then collecting only the vapor that condenses. The condensed vapor will not include salt or most other impurities. To distill, fill a pot halfway with water. Turn the lid of the pot upside down. Tie a cup to the handle on the pot's lid so that the cup will hang right-side-up. (See figure) Make sure when you place the lid onto the pot, it dangles above, and not into the water. Boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.



You may find yourself in a situation where you need to be able to find natural and other alternative sources of water to survive.

Here are some things you need to know about water, and where and how to find it.

- Water can usually be found in low laying vegetated areas.
- Water can usually be found at the base of mountains & cliffs trapped in between rocks.
- Water can usually be found in the deserts wherever you see anything green – that means there is a source of water below it.

One of easiest and simplest techniques to accumulate water is to gather rainwater, so do not forget to spread out your tarp, or poncho to do so. But even

in the absence of any rain, here are three simple methods to obtain water.

You will need:

- Plastic bags.
- Empty water bottles.
- A couple of bandanas or handkerchiefs.

You are in the woods. There is no obvious source of water like a stream or anything around, but you know somehow the trees are getting water. Here is how to make them share it with you. Tie a clear plastic bag over and around a very leafy green branch. Make sure the bag is tightly sealed and you will be able to produce water through condensation.

Now here is where the empty plastic bottles come in. Take a green leafy branch and place it inside the bottle and seal it tightly. Place it in the sun if possible. By the end of a hot sunny day it should yield about 1/3 cup of water through condensation. Of course, the more bags or bottles you use, the more water you'll be able to produce.

Last but not least, the hankies or bandanas. Just before dawn, or sometimes very late at night -if you tie a couple of bandanas around your ankles and shuffle around through some tall grass...you'll be able to soak up a lot of wetness. Then just wring them out into something, its pretty makeshift, but effective!

You do not have to be lost in the wilderness to use the above techniques; you can also do them in your own backyard, or with any trees or grassy fields in your neighborhood.

Water Tips and Takeaways

- DO NOT: Drink carbonated beverages instead of drinking water. Carbonated beverages do not meet drinking-water requirements.
- DO NOT: Drink caffeinated drinks or alcohol, these dehydrate the body, which increases the need for drinking water.
- Bees or ants going into a hole in a tree may point to a water-filled hole. Siphon the water with plastic tubing or scoop it up with an improvised dipper. You can also stuff cloth in the hole to absorb the water and then wring it from the cloth.

- In arid areas, bird droppings around a crack in the rocks may indicate water in or near the crack.
- Green bamboo thickets are an excellent source of fresh water. Water from green bamboo is clear and odorless. To get the water, bend a green bamboo stalk, tie it down, and cut off the top. The water will drip freely during the night. Old, cracked bamboo may also contain water.
- Wherever you find banana trees, plantain trees, or sugarcane, you can get water. Cut down the tree, leaving about a 12-inch stump, and scoop out the center of the stump so that the hollow is bowl-shaped. Water from the roots will immediately start to fill the hollow. The first three fillings of water will be bitter, but succeeding fillings will be palatable. The stump will supply water for up to 4 days. Be sure to cover it to keep out insects.
- Some tropical vines can give you water. Cut a notch in the vine as high as you can reach, then cut the vine off close to the ground. Catch the dripping liquid in a container or in your mouth.

RULE 3 – FOOD

Contrary to popular belief food is lowest priority in a survival situation. How many calories you need to consume on a daily basis varies greatly, from person to person – but between 1500 – 2000 per day is a safe target for any one. And most people can, and many people do, live on far less than that everyday, either by choice or necessity. You might whine between lunch and dinner that “I’m starving” – but the truth is, anyone can go for a pretty long time without food, but that’s not to say that you shouldn’t be prepared.

Your Emergency Stockpile

How much food you should store depends on a lot of things. FEMA, The Red Cross and other Disaster Preparedness agencies all say at least three days. But that really is a bare minimum, and in fact, not something you need to really prepare. On any given day, you probably have enough food in your house to last 2 – 3 days. Storing food in terms of preparedness should start with at least a 1– 2 week supply, and gradually expand. The Special Air Services Survival Handbook recommends you have a store of non-perishable food that could last for a year!

You should need to consider the following things when putting together your emergency food supplies:

- Try to stick with the foods you are comfortable with, and that your family eats regularly. This will not only ensure that they are eaten, but will help maintain a sense of normalcy
- Remember to be prepared for any special dietary needs.
- Try to avoid salty, spicy, and other foods that will make you thirsty.
- Choose salt-free crackers, whole grain cereals, and canned foods with high liquid content.

Following a disaster, there may be power outages that could last for several days. Stock canned foods, dry mixes and other staples that do not require refrigeration, cooking, water or special preparation. Be sure to include a manual can opener and eating utensils.

There are many “emergency” foods such as Military MREs and other specially prepared or freeze-dried foods that have an extended shelf life well beyond that of the ordinary foods. I highly recommend that you include some of these MREs as part of your survival food stores, not only because of the extended shelf life, but because they are easily portable if you should have to bug out.

These specially prepared MREs and backpacking meals can have a storage life of five to seven years, and today are a lot tastier, and more nutritious than the early military “K-rations” I had to deal with back in the day. There are a number of commercially available MREs, but most are still manufactured according to military specifications including the requirement that each meal supplies 1,200 calories.

MREs are lightweight, easy to pack and easy to eat — heating is recommended but not required. For times when you will have no alternative heat source, you should consider the MREs such as the troops actually use that come with portable chemical heaters. You can get these at any Army-Navy store, or anywhere that sells military surplus and supplies.

Less well known than MREs, are survival food bars. These are specially formulated shortbread blocks produced under U.S. Coast Guard guideline specifically for use as emergency life raft and ship rations. They are non-thirst provoking and highly stable in extreme temperatures. They come in 2400 or 3600 calorie sealed packages, but each unit is subpackaged for easier rationing. Most brands have a

standard shelf life of five years. Another is “Soldier Fuel.” Formerly known as the Navy Seal’s HOOAH! Bar, it’s been engineered to provide a steady energy boost during sustained field operations. You can get both at the USNavySealStore.com.

Preparing Meals Without Power

Power outages are very common with most natural disasters. Believe it or not, there are plenty of ways to cook without a microwave!

- For emergency cooking indoors, you can use a fireplace.
- You can keep cooked food hot by using candle warmers, chafing dishes, and fondue pots. Use only approved devices for warming food.
- Canned food can be eaten right out of the can. If you heat it in the can, be sure to open the can and remove the label before heating.

NEVER COOK ON A CHARCOAL BBQ GRILL INDOORS BECAUSE OF THE RISK OF CARBON MONOXIDE POISONING.

Beyond Stockpiling: Natural Food Sources

Stored food and MREs can only last so long, and take you so far. And there is always the possibility that you can find yourself without them, or cut off from them. Knowing how to forage, trap and cultivate for food like your ancestors did, could mean the difference between life and death for you and your family in any long-term survival situation.

Finding Food After a Disaster in Urban Environments

The following tips about plants and animals apply no matter where you are. Even in the most metropolitan of cities there is greenery, and likely some of the edible plants the Army Manual describes in parks, botanical gardens, roof gardens, window boxes and the like. There certainly is no lack of insects and bugs in cities, as unappealing as that sounds. The section on hunting and trapping in “the wilderness,” applies equally well to squirrels, rats, mice, pigeons, stray dogs and cats, and any other critters roaming around the city – should it come to that. If the Sh*t has really hit the fan, and the cities are in decline and along with them the human population, more and more game will start to encroach on urban areas. Do not be surprised if you start to see rabbits, deer and coyotes on main street, as believe it or not, there are large populations of all three living on the outskirts of

most big cities.

If you are outside for any extended period of time, and cut off there is an abundance of plant life and vegetation that you can use for food. But there are also many plants that are not edible – you need to learn the difference. For example, poison hemlock has killed people who mistook it for its relatives, wild carrots and wild parsnips.

The Army Survival manual suggests the following basic information for determining plants you can eat, and ones you should avoid.

- Plants growing near homes and occupied buildings or along roadsides may have been sprayed with pesticides. You should wash these plants thoroughly. In more highly developed countries with many automobiles, avoid roadside plants, if possible, due to contamination from exhaust emissions.
- Plants growing in contaminated water or in water containing *Giardia lamblia* and other parasites are contaminated themselves. Boil or disinfect them.
- Some plants develop extremely dangerous fungal toxins. To lessen the chance of accidental poisoning, do not eat any fruit that is starting to spoil or is showing signs of mildew or fungus.
- Avoid any weed, leaves, or seeds with an almondlike scent, a characteristic of the cyanide compounds.
- Some people are more susceptible to gastric distress (from plants) than others. If you are sensitive in this way, avoid unknown wild plants. If you are extremely sensitive to poison ivy, avoid products from this family, including any parts from sumacs, mangoes, and cashews.
- Some edible wild plants, such as acorns and water lily rhizomes, are bitter. These bitter substances, usually tannin compounds, make them unpalatable. Though they taste bad, they are edible -- boiling them in several changes of water will usually remove these bitter properties.
- Many valuable wild plants have high concentrations of oxalate compounds, also known as oxalic acid. Oxalates produce a sharp burning sensation in your mouth and throat and damage the kidneys. Baking, roasting, or drying usually destroys these oxalate crystals. The bulb of the jack-in-the-pulpit is known as the "Indian turnip" is a good example, you can eat it, but only after removing these crystals by slow baking or by drying.

WARNING: Though it may be tempting because of they are recognizable, you should avoid eating mushrooms, or any fungus in a survival situation! The only way to tell if a mushroom is edible is by positive identification. There is no room for experimentation. Symptoms caused by the most dangerous and toxic mushrooms may not show up until several days after you have eaten them. By that time, it is too late to reverse their effects.

To avoid other potentially poisonous plants, stay away from any wild or unknown plants that have:

- Milky or discolored sap.
- Beans, bulbs, or seeds inside pods.
- Bitter or soapy taste.
- Spines, fine hairs, or thorns.
- Foliage that resembles dill, carrot, parsnip, or parsley.
- An almond scent in woody parts and leaves.
- Grain heads with pink, purplish, or black spurs.
- A three-leafed growth pattern.

Identifying edible plants is a complex science. Some plants have both edible and poisonous parts. Many are edible only at certain times of the year. Others may have poisonous relatives that look very similar to the varieties you can eat or use for medicine. If you are truly interested in learning all there is to know about identifying what plants you can eat by living off the land, you may want to take a specific course in the subject.

One plant that is almost always safe to eat is seaweed. Seaweed is a valuable source of iodine, other minerals, and vitamin C. When gathering seaweed for food, find living plants attached to rocks or floating free. Seaweed washed onshore for any length of time may be spoiled or decayed. You can dry freshly harvested seaweed for later use. Different types of seaweed should be prepared in different ways. You can dry thin and tender varieties in the sun or over a fire until crisp. Crush and add these to soups or broths. Boil thick, leathery seaweeds for a short time to soften them. Eat them as a vegetable or with other foods.

Hunting, Fishing, and Trapping

Unless you have the chance to take large game, concentrate your efforts on the

smaller animals. They are more abundant and easier to prepare. Unlike plants, you do not have to get into a complex identification process to know what animals you can and can't eat. Relatively few are poisonous. **Basically with relatively few exceptions, if it crawls, swims, walks, or flies – its lunch!**

Although it may prove difficult at first, you must eat what is available to maintain your health. Some classes of animals and insects may be eaten raw if necessary, but you should, if possible, thoroughly cook all food sources whenever possible to avoid illness.

While it might sound revolting to you, understand that your best and most abundant source of food in any survival situation – are bugs and insects.

Insects to avoid include all adults that sting or bite, hairy or brightly colored insects, and caterpillars and insects that have a pungent odor. Also avoid spiders and common disease carriers such as ticks, flies, and mosquitoes.

Rotting logs lying on the ground are excellent places to look for a variety of insects including ants, termites, beetles, and grubs, which are beetle larvae. Do not overlook insect nests on or in the ground. Grassy areas, such as fields, are good areas to search because the insects are easily seen. Stones, boards, or other materials lying on the ground provide the insects with good nesting sites. Check these sites. Insect larvae are also edible.

Insects that have a hard outer shell such as beetles and grasshoppers will have parasites. Cook them before eating. Remove any wings and barbed legs also.

You can eat most soft-shelled insects raw. The taste varies from one species to another. Wood grubs are bland, but some species of ants store honey in their bodies, giving them a sweet taste. You can grind a collection of insects into a paste. You can mix them with edible vegetation. You can cook them to improve their taste.

Most amphibians, reptiles and of course all species of birds are edible.

Of course, almost all fish are edible. There are no poisonous freshwater fish, cook

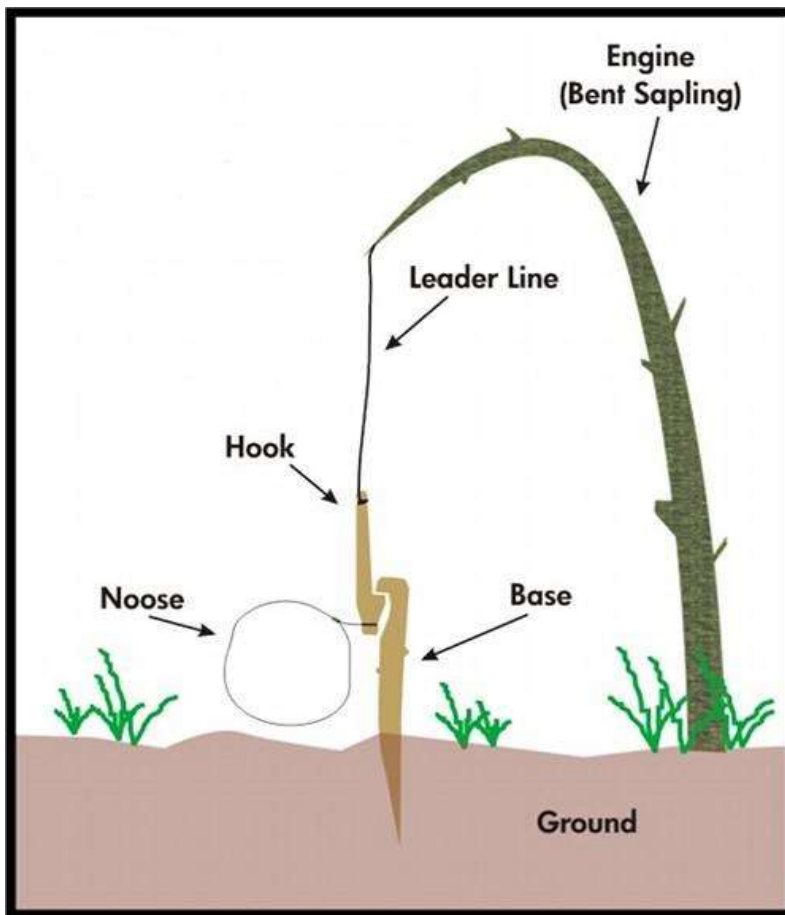
all caught fish to kill parasites.

If you should happen to have a small caliber Survival Rifle with you, you should be able to take several species of small game such as squirrels, ground hogs, badgers, rabbits and the like. If you do not have a firearm, you should also restrict your efforts to trap or snare animals to small game, as it is much easier than going for larger prey.

If you are unarmed, Snares and Traps are a good alternative to acquiring game. Besides, well-laid traps are likely to snare more game than you can ever shoot, and helps to preserve ammunition you may need for personal safety.

Snaring has been around for centuries. A simple snare consists of a noose placed over a trail or den hole and attached to a firmly planted stake. If the noose is some type of cordage placed upright on a game trail, use small twigs or blades of grass to hold it up.

You may have seen a simple **Twitch-up Snare**, also called a Spring Snare in the movies. It uses a noose as in a basic snare and an “engine” – a bent sapling, that when triggered snaps the animal into the air. This kills it more quickly and effectively, with less likelihood of escape than a standard snare. You need your snare wire or cordage, a live and supple sapling and two forked sticks to make this snare.



To make the snare:

- Bend the sapling down, and scratch a mark in the dirt where it touches the ground.
- Release the sapling.
- Place one of the forked sticks securely in the ground at your mark, with the short fork pointing down toward the ground. This will be the Base of your trigger.
- Now tie a line of cord or wire on the end of the other stick. This called the leader line.
- Tie your noose to the other end of this stick just above the V in the fork. This will be your trigger Hook.
- Now tie the Leader Line to the top of the sapling. Bend the sapling down so that the noose lies on the ground and you can lock the short forking branch of the Hook, into the short forking branch of the Base, like you were hooking your two index fingers together.

When the animal gets stuck in the noose, it will release the hook from the base, and be sprung into the air at the end of the sapling.

The simplest way to make this snare is by finding two sticks that can hook together by their forked branches. If you have the time and the tools some like to make a trigger by carving notches that fit together into the Hook and Base.

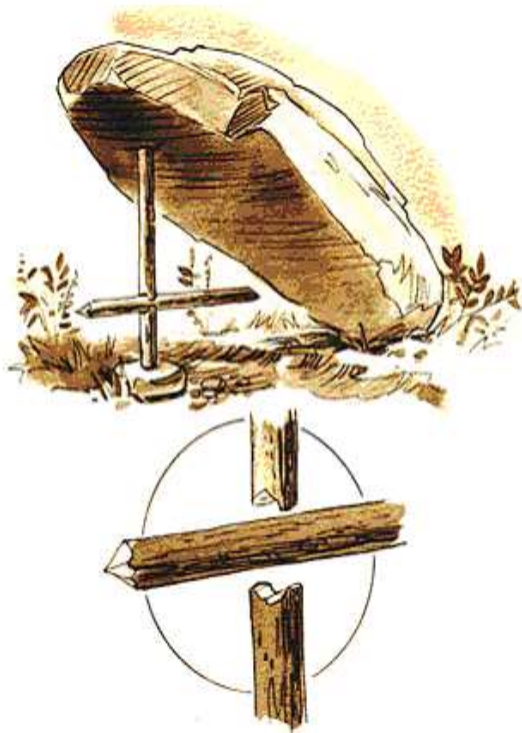
You may have seen or heard of traps that use a large rock, log, or other heavy object supported by sticks to crush animals beneath them. These are called **deadfall traps**. One of the most common is called a 4-stick Deadfall. Despite what you may see online or in other survival manuals, this is not an easy trap to make or set. Here is a much simpler version of that trap I have used that requires no particular lashing skills and is much less complex to set.

Basically it could be called a "T"-deadfall. It uses a large weight like a flat rock as in the 4-stick deadfall, a thin Bait Stick and only two other sticks that have been notched, so that they can interlock together with the Bait Stick between them.

All you need to do is carve out an L-shaped notch in the end of two sticks so that you can put them back together as if forming a single stick. The best way to do this is to take a stick roughly about 1- 2 feet in length (adjust for the size of the animal you want to trap) and about 2- 3 inches in diameter, and cut or break it in half. Then, make your notches, and you will know that it can be put back together to hold up your drop weight.

To set the trap, all you need to do is: Put your two notched sticks together, wedge the bait stick between them, and prop the rock or heavy plank up by the interlocked sticks forming an angle with the bait stick running under the heavy object.

When the animal fiddles around with the Bait Stick, it will trigger the two interlocking sticks to separate...releasing the heavy object.



Grow Your Own

While stockpiling food is definitely important, not knowing how to grow or find your own food is a huge mistake for anyone interested in long-term “off-grid” survival.

Sooner or later even a stockpile designed for a year or more will run out. The only way you can truly ensure your future survival is to know how to grow, hunt, and preserve your own food.

There is another benefit to knowing how to grow your own food in a Survival Situation. It can make you a very valuable commodity. Should things go really bad, knowing how to grow your own food means being able to basically grow your own currency. Others less prepared than yourself, will likely be willing to trade just about anything for your extra provisions.

So what should you grow? In a survival situation, any plant that can be eaten would be considered a survival plant. That would include any vegetable or fruit you have in the garden right through to local weeds or plants that are edible. But a true “survival plant” should meet the following criteria (in order of importance):-

- It should be edible (of course), tasty and nutrient rich
- It should be perennial – or at least readily self-seeding
- It should need a minimum of care
- It should have a long or repeated harvest

There are not too many conventionally grown vegetables that will meet all of these criteria. Here is what I have growing in my survival garden.

- Malabar Spinach -For its hardiness and abundance of nutritious greens.
- Kang Kong - For its hardiness & abundant supply of leaves, stems and shoots.
- Garlic chives - For their hardiness, flavor, and nutrition.
- Sweet potato - For its nutrition, and supply of greens & tubers.
- Taro - For its hardiness & supply of leaves stems and tubers.

Food Tips and Takeaways

- Building a store of foods doesn't have to be expensive, nor done all at once. Each week consider adding a few extra canned foods and other non-perishable food items to your grocery list.
- Any rope or cord will do for a snare, in an emergency, even vines will do -- but as wire makes for the most effective snares, you may want to include 50 ft of Snare Wire in your Bug Out Bag.
- Trapping is a numbers game. The more traps you set the more that will be hit. Traps and snares need to be placed in multiple locations, and it's also a good idea to use a variety of traps.
- You may want to consider one or more Commercial Traps to include in your Emergency Survival Kit and/or Go Bags. Professional trappers agree that one of the easiest to use, and most readily available such commercial trap is the Conibear #110.
- Remember this well. Most people can easily go for a few days without food and not experience any serious impact on their physical and mental capabilities. After that things can get ugly. When denied access to food for long periods of time, people can become very violent and be eager to take it from others who have it. In the worst case scenarios, people will be ready and willing to kill in order to get to food, this has been known to take place even among friends and relatives during ill-fated expeditions. You must know how to not only obtain your own food – you better also be prepared to defend it!

Chapter 7

How to Survive a Plane Crash

When was the last time you took a commercial flight? If you are like most people today, it was probably within the last month. It may even have been this week, as you may be one of the many for whom traveling by plane for business is as

commonplace as taking a bus.

Because only the most spectacular and dramatic airplane accidents make the news, it is a common misconception that if a plane goes down, that's it you're history. That's probably why you just tune-out on the safety demo, figuring if something happens, what's the point? But, contrary to popular belief, most air emergencies are very survivable – if you know how!

Like everything in survival, to get out alive from a plane crash you need to be prepared for the worst and have a plan. You know that card in the pocket in front with the safety info – READ IT! Not all airplanes are alike; you need to know the specifics of the plane you are on.

Then, pay attention to the safety briefing, and always follow crewmember instructions. Flight crews are highly trained, and despite what you think, their primary responsibility is passenger safety– and not just getting you soda and peanuts!

Flight Safety Basics

- **Brace Yourself** - Review the safety information about bracing for hard or emergency landings. The proper brace position depends on where you're sitting. For passengers with a seat in front of them, the suggested brace position is to cross your hands on the seat in front of you and rest your forehead on top of your hands. If you don't have a seat in front of you, bend over as far as you can, grab your legs behind your knees, and keep your head down until the plane stops.
- **Protect Your Legs and Feet** –Try to get your feet planted as far back as you can, because of the way that your legs and feet can fly out causing injury. Keep your carry-on baggage under the seat in front of you to give you a block there, so your feet and legs can't get caught and crushed under the seat in front of you.
- **Forget Your Baggage** - If you've got to evacuate a plane, don't try to take anything with you. If it's something that's really important to you, stick it in your pocket [or a waist pack] so your arms are free. Items may get in the way of other passengers trying to evacuate or slow you down.
- **Exit Row Responsibility** - Rather than taking that exit row because it gives

you a little more room to stretch out, you should take those rows realizing and understanding that you are putting yourself in a position where others may be counting on you in a crisis. If you are seated in an exit row you must say to yourself, “yes, I know I'm sitting here and yes, I agree to listen carefully and to do whatever the flight attendant asks of me.”

- **Oxygen Mask** – As the briefing says, always put yours on first before you help others. That means even if you are flying with a child -- you will be useless to him or her, if you go unconscious.

Just as in any disaster, panic is your greatest enemy in the event of an airplane accident. It may be very difficult to keep your wits about you when a plane is plummeting from the skies, but as always, remember being prepared for any given emergency is your greatest power over panic.

Remaining calm, clearheaded, and maintaining focus will do more to save you than anything else. Did you know that in almost every plane crash victims are found dead, still strapped into their seats, while others have evacuated to safety? That is because they panicked and couldn't even do something as simple as release their seat belt! In the military we are told that the first 90 seconds of a plane crash is "golden time." If you're able to stay calm and move fast within that time frame, you have a good chance of getting out of the plane alive.

If Your Plane Goes Down in The Water

Don't inflate your life vest until you're outside of the cabin. Once you are in the water your main goal is to get far away from the aircraft as quickly as you can. The US Army Survival Manual says that you need to get clear and upwind of the aircraft as soon as possible. However, to increase your chances of being seen, stay in the vicinity until the aircraft sinks.

If you are in a raft with other passengers, try to find other survivors that are in the water. The best technique for rescuing individuals from the water is to throw them a life preserver attached to a line. Another is to send a rescue swimmer from your raft with a line attached to a flotation device that will support the rescuer's weight. This device will help conserve a rescuer's energy while recovering the survivor. It is a bad idea to swim out to rescue another without wearing a life vest. In a panic, he can take you both down –I've seen it happen. Try to select someone

who has had rescue training to be your rescue swimmer if at all possible. If you have not had such training, you need to know that you should never underestimate the strength of a panic-stricken person in the water. A careful approach can prevent injury to the rescuer and the victim in the water.

If you have not been trained in lifesaving techniques here's how to do it: approach a survivor in trouble from behind, this way there is little danger the survivor will kick, scratch or grab you. Swim to a point directly behind the survivor and grasp his or her life preserver's backstrap. Use the sidestroke to drag the survivor to the raft.

If you are the one in the water, try to make your way to a raft. If no rafts are available, try to find a large piece of floating debris to cling to. **Relax**; if you know how to relax in ocean water, there is very little danger of drowning. Your body's natural buoyancy will keep at least the top of your head above water, but some movement is needed to keep your face above water. Floating on your back takes the least energy. Lie on your back in the water, spread your arms and legs, and arch your back. By controlling your breathing in and out, your face will always be out of the water and you may even sleep in this position for short periods. Your head will be partially submerged but your face will be above water.

If you are in an area where surface oil is burning, if you have an uninflated life preserver, keep it, but DO NOT INFLATE IT. If you have already inflated your preserver -- discard it. You are going to have to submerge to survive! Quickly cover your nose, mouth and eyes, and go underwater. Swim underwater as far as possible before surfacing to breathe. Before surfacing, use your hands to push burning fluid away from the area where you wish to surface. Once an area is clear of burning liquid, you can surface and take a few breaths. Try to face downwind before inhaling. Submerge feet first and continue as above until clear of the flames.

If you are in oil-covered water that is free of fire, hold your head high to keep the oil out of your eyes. Attach your life preserver to your wrist and then use it as a raft. If you have a life preserver, you can stay afloat for an indefinite period.

In a Life Raft

The crash of a commercial airliner at sea will initiate a swift and massive Search and Rescue effort. If you are in a raft, you will likely be rescued, but here are the things you need to do until then.

First, be sure to check the physical condition of all on board. Give first aid if necessary. Take seasickness pills if available. Vomiting, whether from seasickness or other causes, increases the danger of dehydration. Try to salvage all floating equipment, foodstuffs, bottles of water, clothing, seat cushions, or anything else that could be useful to you and your fellow passengers. Secure the salvaged items in or onto your raft. Make sure the items have no sharp edges that can puncture the raft.

If there are other rafts, lash the rafts together so they are about 6 to 8 feet apart. Be ready to draw them closer together if you see or hear Search and Rescue aircraft. It is easier for an aircrew to spot rafts that are close together, rather than scattered.

Remember, rescue at sea is a cooperative effort. Use all available visual or electronic signaling devices to signal and make contact with rescuers. For example, raise a flag or reflecting material on an oar as high as possible to attract attention. Have signaling devices ready for instant use.

Throw out the sea anchor if the raft is equipped with one, or improvise a drag from a bailing bucket, roll of clothing, or something else that may be in the raft. A sea anchor helps you stay close to where the plane went down, and in the search area. Without such an anchor, your raft may drift over 100 miles in a day, making it much harder to find you and your fellow survivors. Be sure to wrap the sea anchor rope with cloth to prevent its chafing the raft. The anchor also helps to keep the raft headed into the wind and waves.

If you have a flight crewmember aboard your raft, allow them to take charge, as they are trained to do so. Follow their directions as if your life depends on it – because it does! If you are on a raft with only fellow passengers, calmly consider all aspects of your situation and determine what you and your companions must do to survive together. Inventory all equipment, food, and water. Ration food and water. Assign a duty position to each person: for example, water collector, food

collector, lookout, signaler, and water bailers.

Above all else: Remain Calm. Unless your aircraft was off course for some reason, and went down off of its flight path in an unknown position –help is on the way, and should arrive soon.

Tips and Takeaways

- **Seating** -There is common misconception that certain seats are safer than others. The truth is, there is no definitive answer as to where the safest seat is during a crash, simply because every incident is different, and every aircraft is different.
- **Dress for Survival** – Think about the clothes you are wearing when flying. Women especially need to take this advice seriously. How well can you run from a burning plane in flip-flops or high heels? Even if I am going to a business meeting, every time I fly I dress in jeans, sneakers, comfortable shirt, no tie – never know if I need to take action against a terrorist, or get away after a crash. I can change when I arrive safely at my destination.
- **Know Where the Exits Are** – When boarding a plane, as you go down the aisle, count the number of seats between your seat and the nearest exit by placing your hand on them. This way you can find the exit even in a dark or smoke-filled cabin. And remember, as the safety announcement says, the nearest exit may be behind you. So in that case, take the time to get up during the flight to use the restroom, and do your seat count to that exit.
- **Flying With Family** - If you're with your family, talk to your children about what to do in the event of an emergency. Divide the responsibility of helping your children between you and your spouse. It's easier for one parent to help a single child than for both to try to keep everyone together.
- **Fire** - In the event of fire, stay as low as you can and get out as quickly as possible. The smoke and fumes from a burning plane are highly toxic and more likely to kill you than the flames.
- **On Land** - If you make it out of the plane in one piece, get as far away as possible as quickly as you can and duck behind something large in case of an explosion.
- **On Sea** - Don't inflate your life vest until you're outside of the cabin. It will restrict your movement – and prevent you from swimming under a surface oil fire.

- **Think before you drink.** Consuming alcohol will slow your response time and cloud your decision-making. I have not dulled my senses with alcohol on a flight since 9-11.

Chapter 8

How to Survive a Shipwreck

Countless novels, movies, and TV series have been made about castaways and survivors of shipwrecks. This chapter will separate Fact from Fiction and teach you what you need to know about surviving being lost at sea.

As with any potential disaster or travel emergency, the best way to survive a shipwreck is to take every precaution you possibly can to avoid one, and to be fully prepared to survive and be rescued should an accident occur. That starts on dry land before you launch. Before you board your vessel you need to make sure you have everything you might need in the event of an emergency.

Items to call or signal for help need to be very high on the list. That includes a VHF radio to communicate with other boaters, flares and, depending on how far you're traveling, an emergency position-indicating radio beacon (EPIRB) or a personal locator beacon (PLB).

Life jackets that are regularly checked are also a must, as well as a life raft in case you have to abandon ship.

If you have to abandon ship, you want to make sure you've got what you need while waiting to be rescued. That means you need to have your Go Bag with you. In addition to the essential items detailed for your basic Go Bag, additional items for your Marine Emergency Go Bag should include:

- Portable Emergency Flares
- Additional Water Proof Matches
- Additional Food and Water Rations
- Desalinization tablets
- Thermal or Cold Weather Gear in watertight containers

- A portable Solar Still
- Fishing line and hooks in a watertight tube or container

If your boat is taking on water, find the leak and stem the flow using whatever you can, such as sails or cushions. But if the hole is too big or you're not able to contain it, then call the coastguard for help and get everyone ready to abandon the vessel.

Only leave your boat if you have no other option. Use flares and your EPIRP and PLB to attract attention from rescuers. If you sent a proper Mayday or Distress Call, help will be on the way. Even if you see land in the distance, you are better off staying put in the water. This is especially true if you are in the water without a raft.

It can be tempting to try to swim to land if you see it in the distance, but distances can be very deceiving, and unless you know for a fact that you are close enough within your physical ability to swim back to your departure point, the best thing to do is to stay in the water.

I've worked Coast Guard and I know that a lot of people drown near the beach because of rip currents or high surf. So don't frantically head for what you think is land. If you are with a group of passengers the best thing is to stay together as a group. The larger target will make it easier for rescuers to spot you, and you can more easily stay warm and conserve energy in the group.

Sea Survival

Surviving at sea can be the most grueling, the most mentally and physically demanding survival situation you are likely to ever find yourself in. It will take all of your mental and physical preparedness skills, but it can be done, as proven when:

- 67 British sailors survived 20 days and 1,200 miles adrift at sea during WW2 after their ship sunk following a U-Boat attack. They floated on four lifeboats and survived on water biscuits, raisins and the odd raw fish caught by hand.
- World War 1 pilot Eddie Rickenbacker and his crew were flying from Hawaii to an air base in the South Pacific when their plane crashed into the ocean. The eight crewmembers survived 20 days in three life rafts with a handful of chocolate bars and oranges, and a fishing hook and line.

As you might imagine what these and many similar stories of survival at sea have in common was an insurmountable will to live, coupled with the right knowledge of what to do.

If You are Lost At Sea

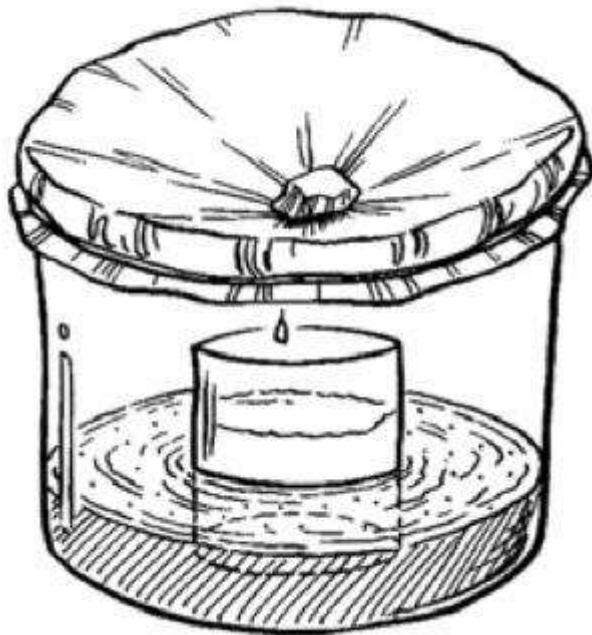
- Abandon ship only when absolutely necessary. Use a life raft if available.
- If you must swim conserving energy is critically important. Grab anything that will help you float. Obviously, a life jacket is your best bet, but failing that, look for plastic containers used for food or fuel, or buoys or even a piece of wood. The key is to find ways to save your energy. Swimming furiously is a sure way to exhaust yourself and drown.
- If you are in a life raft or lifeboat, try to take along as much warm and protective clothing as you can handle — wool and polypropylene and anything that's windproof or waterproof. You need to stay as dry as you can. Even in a raft the combination of wind and wet clothes could cause hypothermia.
- Stay Hydrated - Since at sea, fresh water is such a valuable commodity, you don't want to sweat any more than necessary, so limit both your physical exertion and exposure to the sun. If you can, make a sunshade with sails or a tarp. And if the weather is hot, keep your clothes on and get them wet. That will keep you cool and also protect you from getting badly sunburned.

You cannot drink Sea Water without doing irreparable harm to your body. If you have a supply of water, start rationing right away. You really won't need to drink much water the first day, no matter how thirsty you feel. Then try to limit your intake to 12 to 16 ounces for a few days, eventually dropping it as low as two to five ounces a day. You can survive, but you'll definitely become weaker.

Desalinization of Seawater -- You can only drink seawater that has been desalinized – or has had the salt removed. Most life-rafts or at sea survival kits include desalinization tablets. Many modern life rafts also come equipped with Solar Stills, which is a very simple device for removing, or distilling salts and other impurities from any water source, including seawater. If your raft is not equipped with one, you can make one very easily. All you need is a large and smaller container, such as a bowl and a cup, some plastic wrap or something similar, and tape or elastic bands.

- Put the smaller container into the larger.
- Fill with Seawater, about 2/3 up to the top of the smaller container.
- Stretch the plastic wrap over the bowl; secure making a tight seal with tape or elastic bands.
- Put a weight like a rock in the center of the plastic wrap cover, so that it dips down toward the cup in the bowl, but not so it enter the cup.
- Leave apparatus in the sun. As the Saltwater evaporates due to the solar energy, it will condense on the inner surface of the plastic wrap, eventually dripping down into the cup as drinkable distilled water!

If you should be shipwrecked on a beach, you can make a much larger still to purify greater amounts of seawater by using a dug ditch, and a tarp.



Simple Solar Still

Use your stores of survival food first if you have them. These should be rich in carbs for sustained energy. Try for fish if you can, but remember that fish are high in protein, which requires more of your body's limited water to digest. Seaweed, if available is a better option. Any bird you can catch is edible.

What About Sharks?

Hollywood would have you believe that your greatest danger when lost at sea is sharks. The truth is of the many hundreds of shark species, only about 20 are

known to attack humans, and if you are stranded in the water you will likely have other more immediate survival concerns than potential shark attack. Still, depending on where you are, sharks can present a problem, and there are things you can do when in the water to minimize the chance of an attack.

Protecting Yourself from Sharks

In the Water Without a Raft

- Stay with other swimmers. A group can maintain a 360-degree watch. A group can either frighten or fight off sharks better than one person.
- Always watch for sharks. Keep all your clothing on, including your shoes. Historically, sharks have attacked the unclothed people in groups first, mainly in the feet. Clothing also protects against abrasions should the shark brush against you.
- Avoid urinating. If you must, only do so in small amounts. Let it dissipate between discharges. If you must defecate, do so in small amounts and throw it as far away from you as possible. Do the same if you must vomit.
- If a shark attack is imminent while you are in the water, splash and yell just enough to keep the shark at bay. Sometimes yelling underwater or slapping the water repeatedly will scare the shark away. Conserve your strength for fighting in case the shark attacks.
- If attacked, kick and strike the shark. Hit the shark on the gills or eyes if possible. If you hit the shark on the nose, you may injure your hand if it glances off and hits its teeth.

When you are in a raft and see sharks:

- Do not fish. If you have hooked a fish, let it go. Do not clean fish in the water.
- Do not throw garbage overboard.
- Do not let your arms, legs or equipment hang in the water.
- Keep quiet and do not move around.
- Bury all dead as soon as possible; weight the body down as much as you can so it sinks far away from the raft and quickly. If there are many sharks in the area, conduct the burial at night.
- When you are in a raft and a shark attack is imminent, hit the shark with anything you have, except your hands. You will do more damage to your hands than the shark. If you strike with an oar, be careful not to lose or break it.

Getting to Shore

If you have been at sea in a raft for an extended period of time without rescue, land in sight and accessible, may seem like your salvation. But landing on shore with a small craft may not be as easy as it seems. In fact, it may be impossible. If you have to swim for it here's how SEALs do it.

- Grab your Go Bag, or anything else you think you will need to survive on shore. Use the sidestroke or breaststroke to conserve strength.
- If the surf is moderate, ride in on the back of a small wave by swimming forward with it. Dive to a shallow depth to end the ride just before the wave breaks.
- In high surf, swim toward shore in the trough between waves. When the seaward wave approaches, face it and submerge. After it passes, work toward shore in the next trough.
- If you must land on a rocky shore, look for a place where the waves rush up onto the rocks. Avoid places where the waves explode with a high, white spray. After selecting your landing point, advance behind a large wave into the breakers. Face toward shore and take a sitting position with your feet in front, 2 or 3 feet lower than your head. This position will let your feet absorb the shock when you land or strike submerged boulders or reefs.

Tips and Takeaways

- Even if you are an expert swimmer, and you are only a few miles from shore, WEAR A LIFE VEST ANY TIME YOU ARE ON BOARD A VESSEL, or know where you can grab one very quickly.
- You should only abandon ship if you know your boat is sinking and cannot be recovered. A life raft should only be considered a last resort. You should stay on the boat for as long as possible as it is a bigger target for Search and Rescue crafts to find you.
- If you were able to send out a distress signal or if you are near shipping lanes, try to stay put. Only paddle for shore if you are sure it is in reach, and you have some idea of where you're going.
- If you are lost at sea for an extended period of time, capturing rainwater can be critical to your survival. Take a tarp or sail and shape it into a bowl to catch the rain. Even a garbage bag could work. Make sure you have some sort of water catcher set up at all times; you'd hate to lose a chance to

collect water during a storm in the middle of the night.

- You can tell if you are approaching land by cumulus clouds which usually form over land, and wind generally blows toward land during the day and out to sea at night.
- Look for birds flying overhead, that is a good sign that land is near, and birds tend to fly towards land, especially at night when they would be returning to roost after feeding.

Chapter 9

Survival On the Road

You can find yourself in trouble in your car for any number of reasons, from a mechanical problem to running out of gas. In the best case scenario, getting stuck on the side of the road in your car is an annoyance, worse case, it can compromise your safety and put your life and the lives of your passengers in danger.

Don't think for one minute that "roadside-assistance" from an auto club or subscription service is all you need. Ever call AAA? Last time I did, I waited over an hour. A lot of bad stuff can happen stuck on the side of the road in an hour. And that's if you can even call them. In the wake of a natural disaster cell phones may not work, even those fancy push-to-call buttons on the dash may be out of commission. Depending on the scale of the emergency, even if you can get in touch with them, those services may well be too overwhelmed to respond.

Nope, like in any other survival situation you have to realize the only one you can count on to save your butt – is you! That's why I say you must carry specific "road survival" items in your car, even if you only use it for commuting or local driving. Beyond that you need to upgrade your basic roadside emergency kit with additional items for long-distance travel, for winter weather conditions, and possible evacuations during natural disasters.

Your Basic Road Emergency Kit Should Contain

- **Cell Phone** - Besides the one you normally carry with you, it is a good idea to get a “disposable” cell phone, the kind that comes pre-loaded with a certain amount of minutes, and keep it fully charged and in your car kit, along with a cigarette lighter charger. This way you are never stuck in your vehicle without a cell phone.
- **First-aid Kit**
- **Fire Extinguisher**
- **Warning Light, Reflective Hazard Triangle, or Road Flares**
- **Jack and Lug Wrench**
- **Foam Tire Sealant or a Portable Compressor and Plug Kit**
- **Spare Fuses** - If you experience an electrical problem, your first check should be for a burned-out fuse.
- **Jumper cables or a Portable Battery Booster**
- **Flashlight**
- **Rescue Tool** – This is a must tool for any car. It should be in a glove compartment, or somewhere it can be gotten to easily, and not packed away with the rest of the items in your roadside kit. The rescue tool is usually equipped with a knife, or some other blade, and a “punch” for breaking a window. Should your car become submerged, this little item could be the difference between life and death. You will read more about that in the section of this chapter, How to Get Out of a Submerged Vehicle.
- **Multi Tool**
- **Gloves, hand cleaner, and clean rags**
- **Cash** – At least \$20 in small bills and change, keep this available for miscellaneous use.
- **Pen and Pad of Paper**

How to Escape from a Submerged Vehicle

In America every year close to 1000 people die by drowning in a submerged car. And don't think you have to go suddenly skidding off the road and plunge into a river. Hundreds of people get in severe trouble and sometimes lose their lives trying to drive through flooded roads and highways, or over frozen lakes or ponds. Did you know that a car could sink in less than 30 seconds?

It is a crucial survival skill to know what to do in the event your vehicle hits the water.

You window will be your safest and easiest way to get out. If you can, and you know you are about to hit the water, roll down the driver's side window.

If you did not have time to do so, you will have to wait for the pressure to equalize. By then, the power will probably be out. You will have to smash the window. That is why you need a "rescue tool." I recommend an EMT or Fire Fight Utility Knife, which has a full knife blade, a Center Punch (to break the window), and a razor to cut your seatbelt, like the Tac Force Speedster EMT, which you can find on Amazon, or Ebay for under 20.00.

I cannot stress enough the importance of this inexpensive device. I am 6ft, about 185 lbs, and during a controlled training exercise, try as I might I could not kick out the window of a submerged vehicle. Car windows are made of tempered glass, they cannot be broken by kicking or punching, but they can be easily shattered with a pinpoint strike from a center punch tool.

Always go for the window and not the windshield. Windshields are not only tempered, but also lined with shatter-proof material.

How to Survive Being Snowbound in Your Car

Snowstorms can be dangerous if you are caught unprepared for them, particularly on the road.

Never venture out in the winter months without a Bug Out Bag in your car. In addition your Winter Emergency Road Hazard Kit should also contain:

- A warm blanket or two
- Extra antifreeze and windshield wiper fluid
- A snow scraper
- A tow chain
- An extra hat, scarf and set of gloves
- Road salt or sand

If you should become snowbound in your car during a blizzard or severe winter storm, calm down, use your head and try the simplest solutions first. If you have a cell phone or CB radio in your vehicle, call for help. Your next priority has to be to take steps to prevent hypothermia and frostbite. Do everything you can to prevent

losing heat from your body. If you have extra clothes along, put them on. Then:

- Turn on hazard lights and hang a distress flag from the radio antenna or window.
- Remain in your vehicle where rescuers are most likely to find you. Do not set out on foot unless you can see a building close by where you know you can take shelter. Be careful; distances are distorted by blowing snow. A building may seem close, but be too far to walk to in deep snow.
- You may be tempted to keep the engine running to run the heater for warmth. **DO NOT DO THIS.** You will consume too much fuel. Instead, run the engine and heater about 10 minutes each hour to keep warm. When the engine is running, open a downwind window slightly for ventilation and periodically clear snow from the exhaust pipe. This will protect you from possible carbon monoxide poisoning.
- Exercise to maintain body heat, but avoid overexertion. In extreme cold, if you do not have enough blankets for everyone in the vehicle, use road maps, seat covers, and floor mats for insulation. Huddle with passengers and use your coat for a blanket.
- Be careful not to waste battery power. Balance electrical energy needs - the use of lights, heat, and radio - with supply.
- If stranded in a remote area, stomp large block letters in an open area spelling out HELP or SOS and line with rocks or tree limbs to attract the attention of rescue personnel who may be surveying the area by airplane.
- Leave the car and proceed on foot, only if necessary - once the blizzard passes. If you are forced to move, make sure you clearly mark a trail from the vehicle. Leave a note in your vehicle stating your intention, the time you left, the direction you set out in and where you where headed.

SNOW SURVIVAL TIP: You can use snow as a source of water, but do not eat snow to prevent dehydration. Eating snow will lower you body temperature, and it uses your body's energy to melt it, which can speed hypothermia. Melt snow in a cup, water bottle, or other container, and then drink it.

What to Do In a Carjacking

Did you know there are almost 50,000 carjackings every year in the U.S.?

Here are some other facts:

- 93% of carjackings occur in cities or the suburbs.
- 92% of carjackings are committed when the victim is alone in his or her car.
- 90% of carjackings involved the use of a weapon.
- Most happen near the victim's home or work.

I know you want to know how to fight back, that's coming. But I hope you have come to realize by now, that even with all my skills and training I know that no matter how tough I am, the easiest way out of any jam – is not to get into it in the first place. So here are ways to prevent yourself from being a victim. Most carjacking attempts happen in parking lots. Being aware of what's going on around you as you approach your vehicle is your best weapon.

- Have your keys in your hand BEFORE you reach your car. Criminals will look for an opportunity like you fumbling for your keys. You can also use your keys as an improvised weapon.
- Look around in your car before getting in; criminals can sometimes be waiting for unsuspecting victims, and don't forget to check the backseat once you do get in.
- Be aware of people who are loitering, asking for directions, looking for money or cigarettes, or handing out fliers. These are techniques that are often used by those looking for a quick and easy target.
- Never underestimate your gut feelings. If something seems out of place, turn around and go back to where you came from, or quickly get in your vehicle and lock the doors.

To prevent a carjacking while you are driving, make it as hard as possible for anyone to get in the car.

- Keep your doors locked, windows up, and sunroofs closed.
- When coming to a stop, leave enough room between you and the vehicle directly in front you so you can quickly maneuver around the vehicle if trouble should arise.
- Drive in the center lane. This makes it harder for criminals to box you in, and gives you more avenues to escape.

Now, if all that fails, and someone does try to rob you and take your vehicle at gunpoint:

- Never get in the car with the criminal; it's better to lose the car than to lose your life.
- If they have a gun... Run, most of the time these creeps just want the car. You have somewhere around a 90% chance of being safe, if you just cut and run. If you get in the vehicle you probably have a 100% chance of something bad happening.
- If you're forced to drive, even if the carjacker has a gun, you have a weapon too – your car! Buckle up, chances are the idiot carjacker didn't take the time to do the same. Ram your car into something at the next busiest intersection. Hopefully the thug will be hurt during the crash. When this happens, get out of the car and run like hell!

Some other points about highway crime

There have been several “Urban Myths” about “gang initiations” involving flashing of car lights, egging windows, car seats left on the side of the road – leading to assault, rape or worse. None of these have ever been substantiated as true. However what is true is “bump and rob” attacks. This is where someone intentionally hits your car, and then robs you when you get out to exchange info. Again, trust your guts. If you get hit, and something seems “off,” roll up your windows, lock your doors, and call the police, and do not exit your vehicle until they arrive.

There also have been real incidents of women being pulled over by unmarked police cars that are fake, and then sexually assaulted. If you are being pulled over by an unmarked car, and he is a legit Law Enforcement Officer, there will be no issue with you continuing at a normal rate of speed, off of the highway and not stopping until you get to a well-lit gas station or rest stop. Even then, do not get out. Call 911, dispatch will be able to tell you if that is a real cruiser or not behind you. If it is – too bad you just got yourself a ticket – but if it's not you may have just saved your life!

Tips and Takeaways

- If your vehicle is stuck on the side of the road, it's vital that you give other motorists as much warning of its presence as possible, especially at night. Look for a battery-powered warning light that can be placed far from the

vehicle. Reflective hazard triangles and flares are also effective and don't need batteries.

- A car fire can start from something as simple as a wiring short circuit or leaking oil. You should get away from a vehicle that's on fire as quickly as possible. Still, for extra security it's good to keep a fire extinguisher in the car that can be used in any emergency or to quickly put out a small flame that's just begun. A fire extinguisher can also be used as an impromptu weapon, sprayed in the eyes of an attacker. Look for a compact unit that's made for cars; it should be labeled 1A10BC or 2A10BC.
- If the last time you had a tire taken on and off was at a tire shop, or garage using a pneumatic lug wrench – they may be too tight for you to release with a hand wrench – especially for women – no offense! Check if you can loosen your lugs by hand – if you can't, have your mechanic loosen them to the point where they are safe, but loose enough for an average person to remove by hand.
- Before there were cell phones there were CB Radios, and today they still could save your life if your route will take you into an area where cellular service is spotty, or if cell phone service is out in the aftermath of a natural disaster.
- If you are traveling by road during the winter, or need to take roads or mountain passes that are known to become impassable during winter – always tell someone your ultimate destination and when you are expected to arrive.
- I always have a portable battery booster in my car, the kind that also has an air compressor, and an AC power inverter. This eliminates the need for a second car to jump a dead battery, and it also provides portable power to charge your cell phone, or power your laptop computer or other small appliances. Which is something that could be very useful in a survival situation. You can get one for under 150.00 like the Wagan 400-Watt Power Dome, available at Amazon.com.

Chapter 10

Surviving Natural Disasters

There have been more violent storms, more earthquakes and other natural disasters in the last 5 years, than any other time in recorded history. No matter where you live, it is not a question of if you will be facing some kind of natural disaster – but WHEN!

Earthquake

Not everyone is at risk for an earthquake, but did you know that the US Geological Survey has actually identified 45 states and territories throughout the United States that are at moderate to high risk for earthquakes?

Before a Quake

Fasten shelves securely to walls.

- Place large or heavy objects on lower shelves.
- Store breakable items such as bottled foods, glass, and china in low, closed cabinets with latches.

- Fasten heavy items such as pictures and mirrors securely to walls and away from beds, couches and anywhere people sit.
- Brace overhead light fixtures and top heavy objects.
- Store weed killers, pesticides, and flammable products securely in closed cabinets with latches and on bottom shelves.
- Locate safe spots in each room under a sturdy table or against an inside wall. Reinforce this information by moving to these places during family drills.
- Make sure televisions, computer monitors and other expensive electronics are restrained or anchored to the walls, shelves or desktops so that they will not fall over or fall off in an earthquake.
- Hold earthquake drills with your family members: Teach them the basics of Drop, Cover and Hold On.

DURING A QUAKE

- If you are inside when the shaking starts ...
- Drop, cover, and hold on. Stay in one place and move around as little as possible.
- If you are in bed, stay there, curl up and hold on. Protect your head with a pillow.
- Stay away from windows to avoid being injured by shattered glass.
- Stay indoors until the shaking stops and you are sure it is safe to exit. If you must leave the building after the shaking stops, use stairs rather than an elevator in case there are aftershocks, power outages or other damage.
- Be aware that fire alarms and sprinkler systems frequently go off in buildings during an earthquake, even if there is no fire, or other danger.

If you are caught outside when the shaking starts ...

- Find a clear spot away from buildings, power lines, trees, and streetlights, and drop to the ground. Stay there until the shaking stops.
- If you are in a vehicle, pull over to a clear location and stop. Avoid bridges, overpasses and power lines if possible. Stay inside with your seatbelt fastened until the shaking stops. Then, drive carefully, avoiding bridges and ramps that may have been damaged.
- If a power line falls on your vehicle, do not get out. Wait for assistance.
- If you are in a mountainous area or near unstable slopes or cliffs, be alert for

falling rocks and other debris. Landslides are often triggered by earthquakes.

If You Find Yourself Trapped Under Debris:

- Do not light a match.
- Do not move about or kick up dust.
- Cover your mouth with a handkerchief or clothing.
- Tap on a pipe or wall so rescuers can locate you. Use a whistle if one is available. Shout only as a last resort. Shouting can cause you to inhale dangerous amounts of dust.

Hurricanes, and Tornados

As victims of Hurricane Sandy recently learned you don't have to be in the tropics to suffer the effects of a serve storm. Hurricanes and Tornados have increased in magnitude and in volume over the past few years, and can strike just about anywhere.

The good thing about Hurricanes is that with modern tracking techniques, you usually have a lot of time to prepare. Follow evacuation advice – those that do not, usually regret it. You will usually be advised to evacuate if:

- You live in a mobile home or temporary structure – such shelters are particularly hazardous during hurricane no matter how well fastened to the ground.
- You live in a high-rise building – hurricane winds are stronger at higher elevations.
- You live on the coast, on a floodplain, near a river, or on an island waterway.

If you are in an area that is prone to Hurricanes, as I do (I live in South Florida) you may want to take specific steps to strengthen or “retrofit” you home to make it more likely to withstand a hurricane – as I have. A complete list of what you can do make such improvements can be accessed at:

http://www.nhc.noaa.gov/HAW2/english/retrofit/secure_home.shtml

What To Do When The Storm Hits

If you have chosen to shelter-in-place during a Hurricane, make sure you have your Emergency Preparedness Kit ready and easily accessible and your weather radio with you in whatever room you hunker down in.

- Stay indoors during the hurricane and away from windows and glass doors.
- Close all interior doors – secure and brace external doors.
- Keep curtains and blinds closed. Do not be fooled if there is a lull; it could be the eye of the storm – winds will pick up again.
- Take refuge in a small interior room, closet or hallway on the lowest level.
- Lie on the floor under a table or another sturdy object.
- Avoid elevators.

Tornados

The preparation of what to do before, during and after a tornado, differs very little from a hurricane, except that in a tornado you get far less warning. Also tornados are primarily a wind event, and therefore the problems of rain, storm surge and flooding that you get with hurricanes, you don't get with tornados. However keep in mind that tornadoes are nature's most violent storms.

If you live in an area prone to high winds or tornadoes, even if your residence has been "built to code" that does not mean it can withstand winds from extreme events such as tornadoes. You should consider building a Wind Safe Room. Complete design and construction plans for building a safe room can be downloaded from FEMA at: <http://www.fema.gov/library/viewRecord.do?id=1536>

While tornados can come without any warning, here are some signs to look for:

- Dark, often greenish sky
- Large hail
- A large, dark, low-lying cloud (particularly if rotating)
- Loud roar, similar to a freight train.
- If you see approaching storms or any of the danger signs, be prepared to take shelter immediately.

Fires

Did you know that there are more than 400,000 fires in the U.S. every year resulting in almost 15,000 deaths? In fact, more Americans die in house fires every year than in all natural disasters combined

As with other potential disasters you need to have a plan in the event of a house fire, be sure that everyone in your household knows it and be sure to practice it

with them.

- Everyone should know two ways out of every room.
- If your home has two stories, find a safe way to climb out the window and get to the ground. “Roll-out” fire escape ladders are a great method. Like the Kidde KL-2S Two-Story Fire Escape Ladder available on Amazon for less than 50.00
- Decide on a meeting place outside of your home where everyone can gather.
- Make sure that windows are not stuck, screens can be taken out quickly, and that security bars can be properly opened. Make sure everyone in the family understands and practices how to properly operate and open locked or barred doors and windows.
- If you have children teach them not to be afraid and hide from firefighters.
- Keep fire-prone places, such as dryers and fireplaces clear of clutter.

When your smoke alarm goes off your goal should be to get yourself, your family and your pets if you have any, out of the building and to safety as quickly as possible.

- Crawl low under any smoke to your exit - heavy smoke and poisonous gases collect first along the ceiling. The air closest to the floor will be less filled with smoke and fumes. This makes breathing and seeing easier.
- If there is smoke blocking your door or first way out, use your second way out.
- Smoke is toxic. If you must escape through smoke, get low and go under the smoke to your way out.
- Before opening a door, feel the doorknob and door. If either is hot, leave the door closed and use your second way out.
- If there is smoke coming around the door, leave the door closed and use your second way out.
- If you open a door, open it slowly. Be ready to shut it quickly if heavy smoke or fire is present.
- If you can't get to someone needing assistance, leave the home and call 911 or the fire department. Tell the emergency operator where the person is located. **NEVER GO BACK INTO A BURNING HOME**
- If pets are trapped inside your home, tell firefighters right away.
- If you can't get out, close the door and cover vents and cracks around doors with cloth or tape to keep smoke out. Call 9-1-1 or your fire department. Stay where you are and signal for help at the window with a light-colored

cloth or a flashlight.

NOTE: If your clothes catch fire, **Stop, Drop, and Roll** – stop immediately, drop to the ground, and cover your face with your hands. Roll over and over or back and forth until the fire is out. Make sure all family members and especially children know and practice STOP, DROP and ROLL.

Flood

Floods are one of the most common hazards or Natural Disasters the world over. Floods can occur as a disaster all their own, but Floods are often the result of other natural disasters or weather events, which is why they occur so often. Heavy Rains, Hurricanes, Snow Melt, and Earthquakes all can lead to flooding.

Even if you feel you live in a community with a low risk of flooding, remember that anywhere it rains, it can flood.

When A Flood is Threatening

- Have your Go Bag and your Bug Out Vehicle ready and be prepared to evacuate at a moment's notice.
- Clear drains, gutters and downspouts of debris.
- Move furniture and electronics off the floor, particularly in basements and first floor levels.
- Anchor fuel tanks. An unanchored tank can be torn free by floodwaters, and the broken supply line can cause contamination or, if outdoors, can be swept downstream and damage other property.
- Shut off electrical service at the main breaker if the electrical system and outlets will be under water.
- Place all appliances, including stove, washer and dryer on masonry blocks or concrete at least 12 inches above the projected flood elevation
- When a flood or flash flood warning is issued for your area, head for higher ground and stay there.
- Stay away from floodwaters. If you come upon a flowing stream where water is above your ankles, stop, turn around and go another way. Six inches of swiftly moving water can sweep you off of your feet.
- Keep children out of the water. They are curious and often lack judgment about running water or contaminated water.

- Be especially cautious at night when it is harder to recognize flood danger.

A SPECIAL NOTE ABOUT DRIVING DURING FLOOD CONDITIONS

You should never attempt to drive through a flooded road. The depth of water is not always obvious. The roadbed may be washed out under the water, and you could be stranded or trapped.

Did you know that?

- It only takes six inches of water to reach the bottom of most passenger cars causing loss of control and possible stalling.
- A foot of water will float most vehicles
- Two feet or more of rushing water can carry away most vehicles even sport utility vehicles (SUV's) and pick-ups.

When driving during flood conditions:

- Do not attempt to drive through a flooded road. The depth of water is not always obvious.
- Do not drive around a barricade. Barricades are there for your protection. Turn around and go the other way.
- Do not try to take short cuts. They may be blocked. Stick to designated evacuation routes.
- Be especially cautious driving at night when it is harder to recognize flood dangers.

Plague or Pandemic Outbreak

A pandemic is a disease outbreak of global proportions. It happens when a novel virus emerges among humans that causes serious illness and is easily human transmissible from person-to-person.

Preparing for a flu or other pandemic echoes your preparedness for other natural disasters. You need to have your Home Emergency Preparedness Kit Ready as well as your Bag Out Bag.

However, unlike facing a hurricane or natural disaster, during a contagious disease outbreak, it is very likely your best move will be to hunker down and stay safe and secure in your own home, rather than consider evacuating and risking exposure. If

you have prepared a “Survival Safe House” off the beaten path however – a Pandemic may be a very good time to Bug Out for it.

The best thing you can do to protect yourself and your family during a Pandemic is to minimize your exposure to the contagion by practicing good infectious disease control techniques and hygiene habits.

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, eat nutritious food, cut down or eliminate alcohol and tobacco use.

Tips and Takeaways Natural Disasters

- There is a common misconception to take shelter beneath a doorway during an Earthquake. **DO NOT DO SO UNLESS YOU KNOW FOR A FACT THAT THE PARTICULAR DOORWAY IS OF HEAVY CONSTRUCTION.** In Fact MOST doorways are weaker than the rest of the support structure of your home.
- In the U.S the average tornado moves Southwest to Northeast, but tornadoes have been known to move in any direction.
- If you are under a tornado warning, seek shelter immediately! Most injuries associated with high winds are from flying debris, so remember to protect your head. If available, put on a bicycle or motorcycle helmet to protect yourself from head injuries.
- Where you are during a tornado will define your best course of action. The safest place to be is an underground shelter, basement or safe room. If no underground shelter or safe room is available, a small, windowless interior room or hallway on the lowest level of a sturdy building is the safest

alternative.

- Smoke alarms are the most effective way to prevent death and injury from house fires. You should place your smoke alarm just outside sleeping areas, such as the hallway outside the bedrooms.
- In the U.S. statistics show that more than 50 percent of fatal house fires occur between 11 pm and 7 am (peak hours for all fires are 5 pm to 8 pm), so practice two ways out of every room at night. And make sure at least one of them does not rely on a stairwell, which can easily become a deadly vortex of gas, smoke, heat and flame.
- You should sleep with your doors closed; this could give you a few extra minutes of valuable time in a fire.
- If you have pets, place “Pet Finder” stickers on your windows to alert fire fighters and rescuers. You can get these from your Vet, or local humane society.
- Floods often displace animals. Watch out for wild animals, especially poisonous snakes that may have come into your home with floodwaters.
- "When in doubt, throw it out": Dispose of food, beverages and medicine exposed to floodwaters and mud, including canned goods, capped bottles and sealed containers.
- In preparation for pandemic outbreak stockpile and take vitamins and supplements known to improve your immune system such as: Vitamin C, Vitamin D, B-vitamins, Amino Acids such as Lysine and Glycine, Herbal and other Natural Supplements such as Echinacea, Turmeric Extract, Ginger, and Quercetin

In the aftermath of any natural disaster always remember your Rule of Threes:

You can survive for:

- Three minutes without air
- Three hours without shelter
- Three days without water
- Three weeks without food

Keep this manual handy and refer back to it as needed for shelter water, food – and how to defend yourself and your home, and you will have a fighting chance to survive anything that man or nature can throw at you!

You don't have to be a soldier to be prepared, and find the strength and the courage to survive any crisis. I have written this book to give you reliable, practical, and useful information, but also to get you out of your comfort zones and inspire self-reliance.

This handbook should serve as your wake-up call that you are living in a world where the things you take for granted can be gone in the blink of an eye. But it is written not to frighten you -- but to shake you out of your complacency. My goal is not to create paranoid little bunnies that run to their hidey-holes waiting for Armageddon. But to give you the knowledge and skills that allow you to live your life free and happy, in both the best – and worst of times. You deserve that, and so does your family.

The information in this book will increase your odds during a disaster or emergency, but above all else it provides guidance that replaces fear -- with confidence.

Other useful resources:

[Survival MD](#) (Best Post SHTF Medical Survival Guide Ever)

[Blackout USA](#) (EMP survival and preparedness guide)

[Backyard Innovator](#) (All Year Round Source Of Fresh Meat, Vegetables And Clean Drinking Water)

[Conquering the coming collapse](#) (Financial advice and preparedness)

[Liberty Generator](#) (Easy DIY to build your own off-grid free energy device)

[Backyard Liberty](#) (Easy and cheap DIY Aquaponic system to grow your organic and living food bank)

[Bullet Proof Home](#) (A Prepper's Guide in Safeguarding a Home)

[Family Self Defense](#) (Best Self Defense Strategies For You And Your Family)

[Sold Out After Crisis](#) (Best 37 Items To Hoard For A Long Term Crisis)