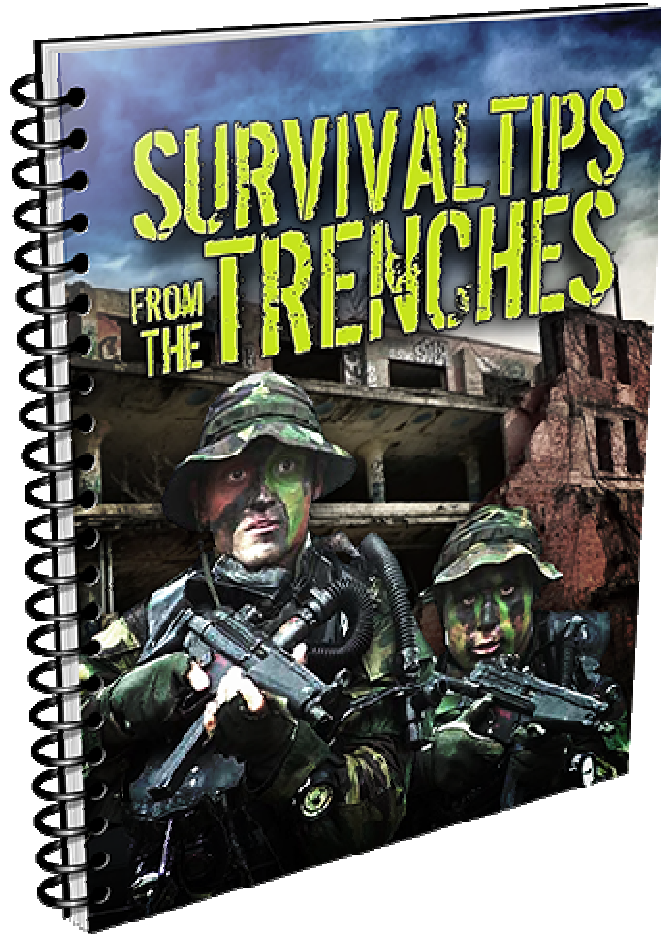


# SURVIVAL TIPS FROM THE TRENCHES



BY ALEC DEACON

V 2.0

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# 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 the 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.

## 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

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.
- 
- **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](http://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.

## The Bug Out Bag

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 your 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 your 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 the 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!

# WHEN IT HITS THE FAN

Mother Nature can be a bear, it's 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 world 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 bullion 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

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 everything 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](http://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

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 be 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 a 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.



## 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 of 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.

## 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 whatever 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.

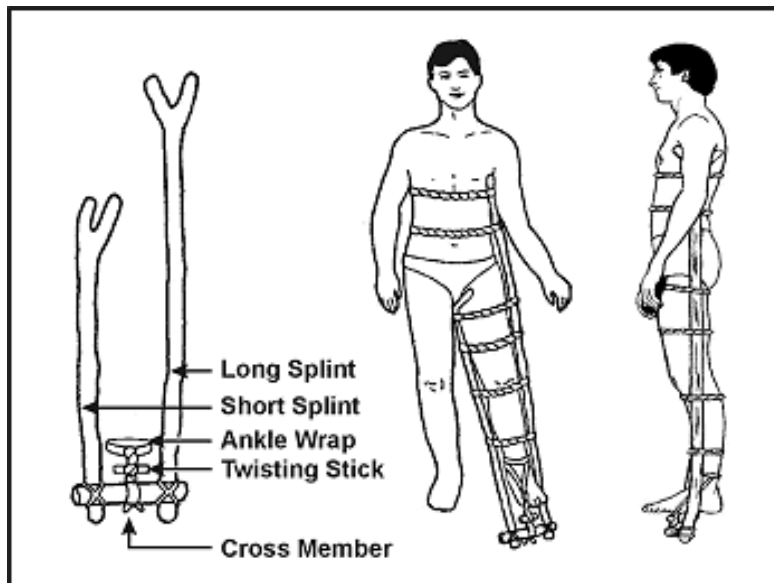


Image: Courtesy US Army

## 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.

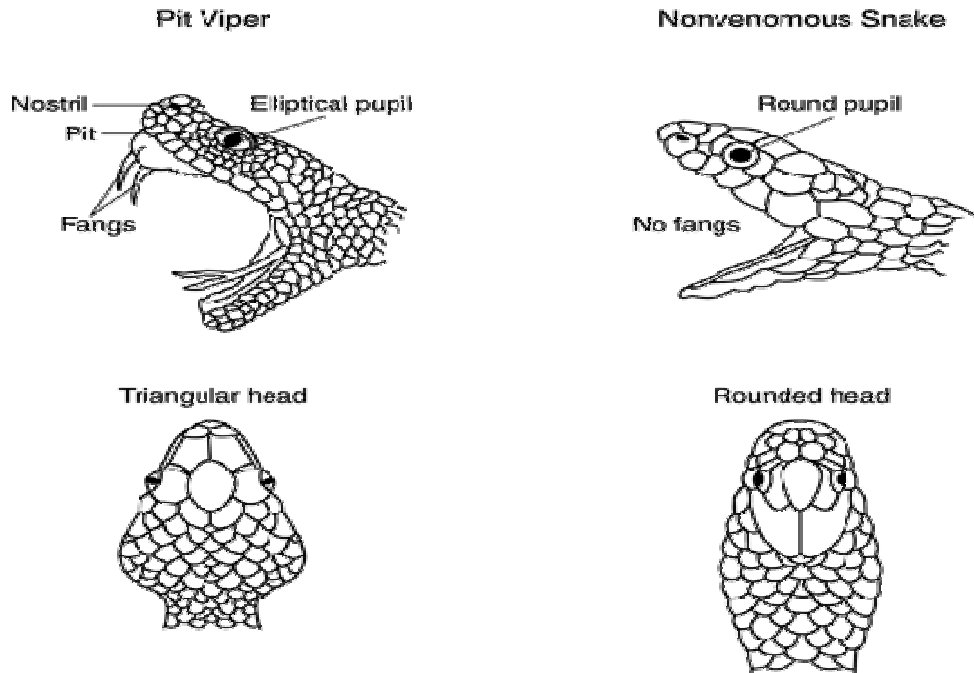
- Soak dressings or clean rags for 10 minutes in a boiling tannic acid solution (obtained from tea, inner bark of hardwood trees, or acorns boiled in water).

## 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.