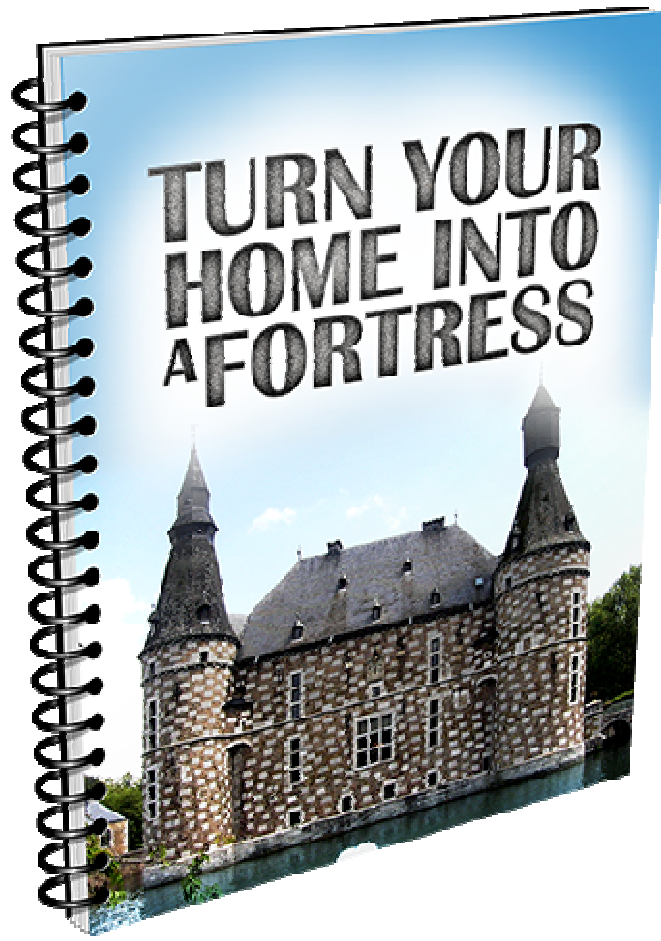


# TURN YOUR HOME INTO A FORTRESS



BY BENJAMIN WORTHEN

V 2.1

## TABLE OF CONTENTS

INTRODUCTION: Deciding to stay .....	4
PART ONE: Realize the odds, understand the level of planning and prepare for the worst .....	7
<b>Invasion by a foreign superpower</b> .....	<b>8</b>
<b>A Major Terrorist attack</b> .....	<b>10</b>
<b>Disarmament of the American civilian population</b> .....	<b>12</b>
<b>Thieves, looters, rioters or aggressive public events</b> .....	<b>14</b>
<b>Gangs, Marauders and other large group concerns</b> .....	<b>14</b>
PART TWO: Building an infrastructure and staying alive/healthy .....	16
PART THREE: Food and Water Storage .....	22
PART FOUR: Protection and Mindset.....	24
PART FIVE: Building Materials, Physical Fortress and Getting Prepared for Defensive Scenarios .....	27
PART SIX: Protect your perimeter .....	29
PART SEVEN: Including your family, and working in the broader community .....	40
CONCLUSION: Developing a flight plan if necessary.....	43

LEGAL DISCLAIMER: The information contained in **Backyard Liberty**, and its several complementary guides, is meant to serve as a comprehensive collection of time-tested and proven strategies that the authors of this course learn over the years, related to aquaponics and survival/preparedness. Summaries, strategies, tips and tricks are only recommendations by the authors, and reading this eBook does not guarantee that one's results will exactly mirror our own results. The authors of **Backyard Liberty** have made all reasonable efforts to provide current and accurate information for the readers of this course. The authors will not be held liable for any unintentional errors or omissions that may be found.

The material in **Backyard Liberty** may include information, products, or services by third parties. Third Party materials comprise of the products and opinions expressed by their owners. As such, the authors of this guide do not assume responsibility or liability for any Third Party Material or opinions.

The publication of such Third Party materials does not constitute the authors' guarantee of any information, instruction, opinion, products or service contained within the Third Party Material. Use of recommended Third Party Material does not guarantee that your results, with BackyardLiberty.com will mirror our own. Publication of such Third Party Material is simply a recommendation and expression of the authors' own opinion of that material.

Whether because of the general evolution of the Internet, or the unforeseen changes in company policy and editorial submission guidelines, what is stated as fact at the time of this writing, may become outdated or simply inapplicable at a later date. This may apply to the **BackyardLiberty** website platform, as well as, the various similar companies that we have referenced in this eBook, and our several complementary guides. Great effort has been exerted to safeguard the accuracy of this writing. Opinions regarding similar website platforms have been formulated as a result of both personal experience, as well as the well documented experiences of others.

No part of this publication shall be reproduced, transmitted or resold in whole or in part in any form, without the prior written consent of the authors. All trademarks and registered trademarks appearing in **Backyard Liberty** are the property of their respective owners.

## INTRODUCTION: DECIDING TO STAY

Sometimes you will need to stay in place in a major event. In fact, if you are properly prepared, both in mindset and in tools/technology/items, you'll often be better off by staying put. There are very few situations where the danger will be so great that you'll have to leave a properly prepared defensive position, though it can be possible (if you think this might apply to your situation, you should also see the special report on

Building the Ultimate Bug Out Bag). The goal is to be so well defended and have such advanced notice of threats, so as to be able to mitigate any threat before it is manifested to you in your position.

Having a superior fortress is not just a fluke occurrence, however; as you'll need to take into account a vast quantity of variables to ensure your own safety and the longevity of your structure. You'll need to have resources, infrastructure, tooling and physical capability.

A fortress is more than just building materials and alarms systems; barriers and firearms. A fortress is a well-executed plan of defense watched over by a flexible yet stalwart leader. Don't get too overwhelmed though: this book is the perfect tool to help you get there.

The decision to stay is not a question of "when", it's "if". It requires a predetermination to make it work. At some point, if you DO stay, you will face a situation of danger, which will thrust you into protection mode; a threat will come at you, and you will need to know how to keep that threat out.

This special report will help you to recognize threats, and it will give you the most practical and effective solutions to real world threats and help you to get through the worst possible situations. You're going to find information and tools that will put you head and shoulders above your would be attackers, looters, rioters and thieves.

When the conditions have degraded to the lowest levels of human society, you will be the one who emerges victorious. It will be you, whose hand is raised in the potentially life and death game between you and your aggressors.

Deciding to stay comes with a litany of concerns; you must know how to handle each of these situations and more importantly, understand that they can and WILL occur. Being able to physically, emotionally and mentally handle the firestorm that will come with a stationary position in a lawless land (whether figuratively or whether it actually occurs) is one of the most important parts of the equation.

In this book you're going to get the best of the best for information. My background leaves me uniquely positioned to provide truth seekers and those desiring the best information with real world, tried and true techniques and knowledge. My background in risk assessment and risk management, law enforcement and military consulting, gunsmithing and firearms design as well as my own dedication in prepping and survivalist training gives me a unique insight into this industry.

I've been working with the best minds and people in the world for years from a hundred different occupations and all walks. I've learned so much, but I think the most interesting thing I have seen, is the variance of skills and information that contributes to the grand scheme of things when it comes to surviving and prospering. Essentially, information and skills to be the best at this game can be grabbed from everywhere.

Let's not diverge too far though: you are reading this to grab some of this huge conglomeration of information and skills I have been lucky enough to be exposed to and absorb throughout the years.

As a beginning note: If you can take a single thing from this book, let it be this: In order to defend yourself and your family in a fortress-type defensive scenario, you need to strive for completeness. You should be striving for completeness in planning, in understanding and in implementation. You should be looking for the highest levels of integration.

- What you need to do, is decide whether you can stay and then build a plan that leaves little to be desired. What will it take to make this decision?
- Will you be able to kill someone to protect your family or personal safety?
- Will you commit to hardening your house to keep it safe?
- Will you be able to decipher clues, listen to the current events of the world and extrapolate necessary information to stay ahead of the curve?
- Will you be able to handle the long periods of hard work and the unknown?
- Will you be able to think ahead to stay out of trouble?

- Will you be able to stay focused on the situation, the prepping and your family's changing needs?
- Can you trust your instincts, or will you be second guessing yourself?

This all seems over the top, right? I mean, sometimes the worst thing that comes is an earthquake that lasts 14 seconds, or a terrorist attack that kills 6 people 3,000 miles away. Sure, they're bad, but they don't exactly rock your world. It's important to understand the quickness with which things can escalate, and you need to know at a moment's notice, Will you stay?

## PART ONE: REALIZE THE ODDS, UNDERSTAND THE LEVEL OF PLANNING AND PREPARE FOR THE WORST

This book's purpose isn't to scare you, it's to prepare you. You're the only person who can decide what scares you, and when to get worried. You need to know how to protect that home you've worked so hard on. When it comes down to the fight or flight response, if you've chosen to stay you need to be informed and ready to rock.

It could be anything that causes concern, from a looter after a weather event or a hungry family, too desperate for food that they have become thieves. It could be a military serviceperson or law enforcement agent, knowing they have more power with bigger guns and bigger support networks, taking advantage of the situation.

The chance of an invasion by a major foreign power or a terrorist attack or rioting isn't as small as you might have thought. There is an important part to this planning phase of the home protection plan. You need to know what your odds are, what threats are important to prepare for and how you can ramp up to the next level.

What you need to remember is that with threats: the farther away both in time and in distance, the better off you are, generally speaking. An important part of your protection will come ***from the perimeter you establish, the protocols you implement and the quick thinking that accompanies your preexisting planning.***

Don't be surprised if these themes are repeated often in this book, they are game changers. These three concepts are what give you the advantage in life or death situations; they are valuable and deserve a high level of focus and respect. Use them as the backbone of your planning and rely on them when the going gets tough, but remember to keep an eye on the ball, look forward to the end game and always remember you need to stay alive and protect what's yours.

Some believe that the world has changed. Warfare isn't as rigid as it was before, the threats come in all shapes and sizes and with all sorts of driving factors. Some believe 9/11 was provocation for the United States to retaliate; others believe it was a conspiracy and that we fuel the fire of our own continual warring by killing people in

deserts halfway around the world. But politics matters little in the heat of the moment; an important reminder to you is this: the reasons why someone is doing something or something is happening, has little effect in the real time situation where lives are in danger.

What you need to know ahead of time is the politics, so you can provide the plan against the threat, but in the threat, those politics and those catalysts for action mean virtually nothing. You will need to be able to take decisive and aggressive action at times to ensure you are here tomorrow.

So before we talk a bit about politics and reasoning and potential situations, let's be clear: this is just the starting point. The real heart of the matter is that you can perform as necessary to carry the day.

As people protest around the world; nations argue at the bargaining tables and economies self-destruct it becomes clear that you live in a place, where the bonfire is just a spark away from igniting. Some say this dreaded day will never come, others are overwhelmed by the prospect of it; you and I: we are contemplative, seeking information and preparing ourselves for the inevitable.

What's real though?

Let's talk about probabilities:

### **Invasion by a foreign superpower**

Some believe Admiral Yamamoto uttered these words: "You cannot invade the mainland United States. There would be a rifle behind every blade of grass." I personally don't believe a classic Japanese demeanor would allow such a high profile Japanese military commander to speak such weighty words.

The Japanese relied on surprise attack and were by themselves, unlikely to try an invasion anyhow. More likely than not it was a propaganda move by the United States to grab the attention of all involved parties and put the rumor of an invasion on the table heightening the enlistment and bonds for the military and to put a bad taste in the mouths of Americans for the Japanese, while simultaneously getting Americans whipped up to protect their country against those who would do it harm.



Either way, half a century plus, later; Japan sits as one of our staunchest allies, albeit significantly less militaristic than in previous years; the Russians and Chinese posing the only legitimate threats to invasion of American soil.

Currently, both countries look down upon us, while talking politely in public; the amount of debt we owe to China and the steady dismantling of our nuclear Arsenal in the States put each of these countries in a unique position to pressure the United States. Both Russia and China enjoy similarly sized militaries (standing military) and massive reservist forces, as well as mandatory service requirements; both are expanding rapidly (China is building their second major Naval fleet currently and Russia is pushing for more population, while churning out staggering numbers of firearms).

Currently, the United States is going through the planned “sequestration” which dismantles large portions of the Navy, future munitions spending and a large portion of the infantry and mechanized divisions as well as the Air Force fleets.

Both countries seemingly have the capability to deploy personnel capable of starting a ground invasion, and have advanced support forces to continue such a movement for some time, but at the current time, they wouldn't both be able to fight a ground invasion and defend against strategic strikes even with America's dwindling nuclear armament.

The U.S. still enjoys relatively good borders (when it comes to keeping out terrorist threats) and has a large military force, even with the recent “sequester” talks. Another note: over 325 million guns are in the hands of private citizens and Americans don't like bullies. Post 9/11, the United States has bred a new type of citizen, capable of recognizing threats and reporting them; taking action as preventative measure and impassioned to avoid large scale deaths.

**Probability of a ground invasion in the next 5 years:** Although the threat exists, and continues to grow, it's such a small likelihood in the next five years without a major catalyst. Now, that catalyst could come in the form of a strike on North Korea or Iran, a reaction to a reaction on a movement against Israel or some major political faux pas, but it's still quite unlikely. The American people, while armed, as Yamamoto (or the US military propaganda machine of WWII) implied: a rifle behind every blade of grass is quite a deterrent to a foreign invader.

There's probably less than a 10% chance of a ground invasion in the next 5 years, EVEN WITH a major catalyst: the environment just isn't right for such a thing.

**Probability of a Ground invasion in the next 10 years:** I'm relatively certain that such a military action is impossible even over the next decade, unless major steps are taken to weaken the United States significantly, including further dismantling of the nuclear arsenal; disarming of the population at large and major economic woes.

Furthermore, there would be required; a significant action taken by the United States and a violent and over-the-top reaction by a foreign power like China or Russia to enact such an event. There is probably less than a 20% chance of a ground invasion by a foreign power in the next decade without significant, UNCONTESTED gun grabbing by the US government of the citizens of the United States.

### A Major Terrorist attack

September 11<sup>th</sup> 2001 was perhaps THE defining moment in modern U.S. History and did much to improve the chances for surviving such an attack in the future. It's highly unlikely that a full time monitored United States (by the NSA and CIA and FBI) could ever be the victim of an attack on such a scale from outside foreign terrorists again.

The system just doesn't allow such planning to take place with enough room to facilitate such a widespread attack. The last 5-6 major attacks on domestic soil have been thwarted by federal agents and have typically been under watch from inception. The NSA is building the biggest monitoring station for communications in the world in Utah and there is comprehensive immigration reform (in the works for the first time in over a decade) which should do much to close the borders more fully.

Terrorists have been able to carry out attacks, but they amount to small attacks and seem only as small symbols of the terrorist's agenda (think Benghazi and other embassy attacks). Al Qaeda is essentially fractured, not nearly the threat they once were; Domestic terrorist organizations have been reduced to small organizations; extremists seem to be worrying about regional conflicts as opposed to Jihad against the Mainland America. Even then, there isn't a lack of threat.

The threat of a terrorist attack is still real, and with certain constitutional rights becoming less and less prevalent in American's daily lives, the threat moves mostly from a foreign base to that of a domestic base.

**Probability of a major terrorist attack in the next year:** There is a low likelihood that any major terrorist attack (without a catalyst) would occur on American soil, but in the short-term, the foreign strongholds will continue to be weakened, plotted against and attacked as seen in Benghazi, Libya.

As tensions increase on the Gaza strip, there will be further attacks if the U.S. stands strong with Israel (which they will). North Korea and Iran will continue to drive their agendas forward, causing foreign terror groups to find catalysts from reactions by America. Asian countries will continue to have Islamist extremes work cell structures in countries heavily visited by Americans and the Middle East will continue to be a hotbed of activity, especially with a long exit strategy from Afghanistan and other areas. I put the chances of a major domestic terrorist attack at less than 5% from foreign terrorists, and at greater than 35% from domestic terror groups or cells in the next year.

**Probability of a major terrorist attack in the next 5 years:** As our nuclear disarmament continues and military spending is lowered through initiatives like the sequestration, we will continue to see terror cells develop for one cause or another over the next half decade.

If there is a major escalation in ongoing wars, Iran/Israel/Palestine conflicts or by countries like North Korea, we could easily see splinter groups coming from these areas and eventually growing enough in size to become major terrorist groups. I place the chances of a major foreign terrorist attack on the USA at slightly higher than 25% and one from a domestic group at above 45% chance in the next five years.

**Probability of a major terrorist attack in the next 10 years:** In ten years' time, the landscape for the world of terror will have changed dramatically; groups like Al Qaeda will have gone the way of the dinosaur and replaced by ever more capable and willing groups which will be far more dangerous in the grand scheme of things.

Though drone warfare will factor heavily in the next ten years in reducing the opportunity for major attacks; there will be an increasing volume of attacks from more variable sources and they will amount to a larger amount of total destruction. I put the probability of a foreign attack on American soil at 75% and an equal chance by domestic

terror groups. That is seemingly high, but the opportunity for groups like these to attack will be enhanced as technology improves. An example of why is here: do you have any idea how easy it would be to make a dirty bomb carried in an unmanned drone type vehicle by “normal/average” citizens? (Drones are available on the consumer market for a few hundred dollars) Such an attack could be carried out in 100 different US cities at the same type and cripple the first responders and government temporarily with hardly any cost and only a small relative level of difficulty.

## Disarmament of the American civilian population

We aren't going to get into Manchurian candidate conspiracy theories here, because facts are facts, and conjecture is, well, conjecture. Everyone has their own beliefs; it's not my job to convince you to listen to mine or even to open you up to unsubstantiated theories. My job is to inform you and to prepare you.

Gun control is a very real concern for the American populace, especially those with concerns for major events or aggressive segments of population. Gun control is not a concern simply because it limits the populace's capability in wild event aftermaths and during major strife, but because the idea and culture of guns is so uniquely American.

The American DNA, as culturally diverse and relatively young as it is, is steeped heavily in the idea that guns provided for Americans, freedom from tyranny. The Second Amendment was written second because the founders felt it was important enough to only be trumped by the most basic of God given rights (Freedom of speech, religion, assembly). It is the first amendment which Gives Americans their rights, but it is the second amendment which securitizes those rights to make it impossible to take them away.

It is through the platform of the second amendment that a civilian populace in real concern for their constitutional freedoms could conceivably shake off the mantle of tyranny through a large group of concerned citizens up against a potentially better equipped (though similarly equipped man to man) albeit significantly smaller standing military or tyrannical force. It is perhaps premature to begin speculation that the second amendment and the means to resist tyranny be exercised at the present time, but it is important to protect that right to bear arms for future concerns which might come cloaked under the mask of other problems and solutions.

Our civil rights as Americans must be protected because the second amendment holds specific meaning and is potentially the most important key in resisting tyranny, both domestic and foreign.

From the perspective of many gun enthusiasts, the end is near for the modern musket (the AR-15 and others) and fears of the softening of the hold the second amendment has had in the previous 200+ years are becoming more real.

In the event of a confiscation of guns (a gun grab), the biggest fear would be that further removal of civil rights would soon follow and some believe, eventually a wide scale killing of unarmed citizens.

While I'm unconvinced that these events are likely to happen (at least in the near-term), I cannot dispute the historicity of these concerns. There is a precedent for many of these concerns. In post Katrina New Orleans and the surrounding areas, a large scale gun grab DID IN FACT occur, with even some death and violence against private citizens who refused to hand over their guns.

This is an incredibly unsettling event which begs the question: what happens if we remove gun rights and THEN a major event happens? Only criminals, law enforcement and military would have guns; law-abiding citizens (the biggest facet of our populace) would be defenseless against these groups. If the order were reversed to allow for such a scenario, there could easily be massive casualties experienced in the aftermath of a weather event, including where no overt danger existed from the event.

We have recently (in the wake of Aurora and Sandy Hook) seen massive political support by legislators for gun control, even though many studies (including those done by the Clinton era DOJ) show that crime is not decreased with so-called "assault weapons" bans.

**Probability of a wide scale gun grab in the next 1 year:** There is a high likelihood that certain states will enact harsh laws in support of gun control, including NY, CA, IL, MA and others. NY and CA have either passed, or introduced bills in their state legislatures in the past month, with other states ramping up. I give a federal ban or confiscation a low likelihood of passing in the next year (probably a 25% chance of passing major gun control laws), though we could begin to see registration of firearms federally, which many conspiracy theorist see as a bleak start to the worst case scenario.

In certain states, there is a greater than 75% chance that MAJOR gun control regulation will pass, including California and Massachusetts.

There is a greater than 50% chance that states like IL, PA and HI will all enact harsh controls as well. Others will follow suit, including many of the state son the east coast.

**Probability of a wide scale gun grab in the next 3 years:** There is a chance that if the House and Senate become majority controlled by democrats in the 2014 midterm elections, that a major gun legislation program could pass without contest. It's rumored that certain states would not uphold the laws, secede, or that civilians will stage a wide scale revolution in the wake of such an event.

I would argue that such an event is unlikely, even with major regulatory increases regarding firearms (I also don't generally condone such ideas, but do urge people to become involved in fighting gun control). I see a 50% chance of major gun legislation passing at the federal level in the next 3 years.

Let's get down to some other concerns:

### Thieves, looters, rioters or aggressive public events

It doesn't take much to set certain people off and given the right environment, reactions can escalate the situation further. In a localized or regionalized event (like a hurricane, tornado, flood, earthquake, etc.), this type of behavior is almost a foregone conclusion in urban, suburban and even in some cases suburban/rural demographics. It's unlikely that MOST civilians in urban and suburban settings WON'T see trouble on these fronts.

### Gangs, Marauders and other large group concerns

These scenarios listed above are just a sampling of some of the scenarios in which a group assault could conceivably come to be. It might only take a court ruling (think: The Rodney King riots), Economic downturn (think Muggings in Washington D.C.), normal gang fighting (Think: the situation in Chicago, IL) or drug cartels looking to expand (think: Fast and furious scandal; Baja, Mexico cartels and an expanding footprint in the U.S.). These types of events are highly likely to occur, especially within 40 miles of a major metropolitan area.

These are likely scenarios which crop up often in survivalist forums, in the back of the minds of concerned Americans, and which have precedence in recent history. It is events like these and results like these that cause concerns for the average person trying to build a protective fortress for the future. I'm hopeful that you are noticing the trend of complexity on the discussion of these concerns; the many levels and layers of thinking that come along with these ideas (and these have been pared back for brevity in this case).

This is important because as you begin to plan, you will need to think in a very complex manner to have a chance at enjoying true safety, benefit and reality in a fortress type scenario. Your planning must meet the threat through excessive and obsessive planning and implementation to help you maintain security and capability.

## PART TWO: BUILDING AN INFRASTRUCTURE AND STAYING ALIVE/HEALTHY

Community organizing has been a popular concept since the runaway elections of President Barack Obama in the recent past. But the type of community organization I'm talking about is that of building the proper resources to survive longer-term.

You will need to have infrastructure in place to ensure you can reasonably and comfortably survive in the ultra-long-term.

For example: are you a medical professional; a doctor or nurse, or someone with the ability to keep people alive? How about gardening? Can you build and keep a garden when it counts? Many people think that gardening is easy, but it's tougher than they give it credit for.

Can you wire solar panels and rebuild electrical components for a high level of productivity? Do you know defensive tactics and can you set up a wide perimeter for protection? Can you rebuild a home to be weatherproof after part of it has been destroyed or altered? Do you have a way to derive energy, renewable food sources, filter water or create plumbing when there isn't running water?

Sure, many of you can answer "YES" to one or two of these questions, but VERY FEW people can say "YES" to all of them. It's for the areas you cannot handle that having infrastructure can be helpful. But how do you guarantee that you have the right people around you and the right skill sets, and that those people will be able to last long enough to be a resource. Well, that bit is more complex; it takes a bit of finesse to ensure this infrastructure is built to last.

The easiest way is to be working as much as you can to grab specific skills in each area that you feel is important; including medical, food, firearms and defense, plumbing, building, energy creation, electronics, water filtration and other areas.

Wait *THIS* is the easiest way? Well, it's simple: you cannot control other people's driving factors, preparations, dedication and implementation, but you CAN control yours. So by default, this IS the easy way to ensure you have infrastructure. That is: you provide your own infrastructure for long-term survival and comfort.



Let's avoid this topic though, as this venue isn't nearly big enough to describe the steps necessary for building your own infrastructure. I know, I'm such a tease. Let's instead talk about the concept of working with the broader community and implementing a plan for infrastructure.

Suffice it to say for the time being, that as an individual or as a family, you should ALWAYS be looking to enhance your capabilities and grow your skillset to achieve a high level of preparedness and be prepared to handle anything that comes your way.

What you need to do is establish relationships and feel out your neighbors and community to determine how prepared *they* are and what they are willing to do to protect their home and family.

A good start to this process is to start making friends in the prepper community. Wait I thought we were talking about neighbors? We are, but sometimes neighbors change, move, and leave early, and get displaced. Only those as well equipped as you will be able to stay in the harsh conditions you are preparing for. Don't worry, we WILL revisit your existing neighbors and close community later.

Having a prepping community to rely on (across the country even), will be important in major events, to gather outside information, insure you know what's coming and perhaps even assist if you are eventually displaced. Having a HAM radio or other long range communications device or having predetermined agreements in place with close friends who are also preppers can be huge benefits in bad situations.

Knowing who to call in the immediate aftermath of an event can help to plan your next move. I suggest working with groups and people who have group mentalities, but being wary of those who seem selfish and focused only on their own welfare. Having a community is not about leeching off of your fellow preppers, but it is about granting them access to your skills and resources in exchange for their skills and resources.

If I have an excellent and overproducing aquaponics setup, but I'm in need of electricity and don't have enough solar panels or wind power, I can use my abundance of food to barter with my community members. In a situation where there isn't immediate danger, like a rural setting after a major weather event, I might even drive over to make a trade or work with other preppers, like borrow a generator and some fuel, or grab an extra solar panel and battery.

If my preps include extensive tactical training and firearms and ammunition, and my position is secure and safe, but my prepping friend has a large ranch to protect, but no firearms, we might be able to help ensure his ranch can produce extra food by helping him to securitize it.

I might not even need to be super close to these friends to grab benefit from them, and they from me. One friend might have much needed ammunition reloading components that I can't find in time for disaster. One might have a windmill which can charge my batteries after my solar panels are damaged in a major storm. One might have propane tanks that far exceed my storage and can supplement my fuel stocks, in exchange for some of my wood, or some of my renewable food.

Most importantly, if you are in a bad situation and you've got friends a few miles down the road, they might be willing to come bail you out of a firefight or an aggressive conflict, to help assure they don't have to face the same threat later and help you maintain your position.

Having friends with the same mindset as you can be incredibly important if a major economic downturn or a nuclear blast cripples local infrastructure. Make sure you have the communications and travel considerations handled so you can work with them.

Now, back to the neighborhood...

Your neighbors might be a bit more prepared than you would think. You aren't alone, and while there has in the past, been a stigma attached to prepping, it's not nearly as prevalent now to see such a stigma. Being prepared for hundreds of different reasons, has become a pretty popular idea of late and your neighbors are likely ready to begin talking about it, or have already started the process.

Sure, it's not likely that your neighbors are building a bunker in their backyard with homeowner's association approval, but a casual mention of the "Doomsday Preppers" T.V. show will probably go far in determining their taste for all things prepping. Their reaction will give you an idea of where they stand on the topic. Similarly, taking a neighbor shooting might uncover some other information, or give you an opportunity to bond while doing something that is useful in the grand scheme of your prepping.

Trading recipes and giving food gifts at Holiday time might also uncover a propensity of your neighbors to preserve food or show off certain skills. Your gathering of information could also make it easier to talk about your own views of the world and what you're doing to prepare.

Be careful not to single yourself out as a crazy person, or as the guy with all the resources, remember when SHTF, it's best to have as few outside people knowing as little as possible about your strategies and resources. Definitely be careful not to alienate your neighbors and push your agenda on them, but talking with your neighbors about simple things, like weather, food, energy preparation and other mainstream topics is perfectly ok. Many parts of the United States still function on a personal self-sufficiency platform. You'll probably find that many of your views and your neighbors will align, even if your political or religious views do not.

That brings up a good point to explore too: religious organizations and church congregations can be an excellent group infrastructure. For over a hundred years, the Mormons have been associated with advanced preparations and long-term food storage, as well as crisis relief aid. The LDS community is not alone anymore though, there are MANY church based organizations stepping up to take on these ideologies and often times, the ONLY safe havens in the aftermath of major events is at Church properties or assisted by churchgoers. Most often after major natural disasters and events, church buildings and churchgoers play a big part in the restructuring and relief effort.

Many church based groups are now poised to prepare for crazy events, whether they are political, social or natural in origin. You can find excellent support for preparation in these types of organizations if it fits with your overall views and situation.

You can similarly find friends and allies in political forums from the local to the national stage, including simply on the internet in forums and on various websites. These types of infrastructure allow a well prepared person to access information in a time of need.

It's seriously unlikely that any single event (short of an all-out nuclear war with hundreds of successful hits on the mainland U.S.) will displace enough people to render these national infrastructures useless, and furthermore, it might make these

preparations even that much more important, so they are good to have. Remember to prepare for travel and communications capabilities to get some use out of these outlets.

Your neighbors will be able to help create a broader safety net no matter where you are, as long as staying put makes the most sense. In an apartment complex, the pool water, building structure and lack of entry points into each until might allow a small amount of people to protect an entire complex from outsiders. The density of population in such a setting can be problematic, but finding the right people and having buy-in and similar preparations can make this scenario an excellent long term solution.

In a suburban tract home community, there might be only a few roads in, and allow 3 or four families to protect a huge amount of area, access resources throughout the entire neighborhood and take advantage of the available land and structures after the large portion of the community has left.

A road block with some early detection systems in place; some well-placed perimeter protection, like neighbors with guns and a shooting protocol, for instance, and the proper mentality can make such a scenario efficient and brutally effective, without ever inviting too much danger for those back at the house.

Not every situation is going to be like the television show “The Walking Dead” or the movie “Night of the Living Dead”. Many people stay in their homes when fire is near or flooding has occurred. Many more stay near home when food shortages occur or water is tight. You’re not ALWAYS going to face looters and rioters, government gun grabbing police states, or marauding motorcycle gangs.

Your view of infrastructure should be to continually assess the capacity for continuance, and to help sustain the here and now, while simultaneously preparing for the future. Look for like-minded people, but don’t be afraid to approach your neighbors during or immediately after a major event. Their views will be plain in communications under pressure or stress.

You can then determine where the value lies and how much information you are comfortable with sharing. Realize too that nothing inspires action more than having to react. In the aftermath of a particularly tough event, you will find surprisingly flexible and willing neighbors, where you might not have earlier.

The goal is to find those people whom you can trust; who you can be sure can hold their own or add to your safety, comfort and capability. Your neighbors should be looking for the same in you if they intend to stay. I will say this though in closing about the infrastructure building around your preparations:

DO NOT allow your infrastructure to know or gain access to your preparations, tactics, weapons and tools such that they could take over your location, hurt your family, or kill you. Allow people to know only what you are comfortable with them knowing. Do not lend out items or give of resources you cannot sustain or replace quickly.

Do not allow yourself to be put into positions of weakness by being separated from your defensive position unless you have a backup plan. Be wary of everything and realize that between you and me it will always be me. The same goes for the people you are dealing with: they will always choose theirs and themselves over you and yours. Do not get that fact twisted and do not invite enemies or allow friends to become threats on your safety.

## PART THREE: FOOD AND WATER STORAGE

Sure, it's nice to be able to repel attacks, defend yourself and your family and to be able to feel confident in your posture in the aftermath of an event, or during a major event which causes civil unrest. But the bigger picture involves other more important parts to survival: those things which can destroy your well-defended fortress from the inside out. I'm not talking about double agents; I'm talking about health and sustenance. You need to eat and be hydrated in order for your defensive capabilities to be worthwhile. Without food and water you can die quickly without any outside force or aggressive attackers ever even coming near you.

In the case of Food, some people can potentially last 3 weeks or so without food; in the case of water its about 3 days at most. Withering away as a prune; depleted and weak, in wrenching pain is also not the most desired way to expire, I'm sure. The death involved with starvation and dehydration is excruciating, long, painful and incredibly taxing.

Your planning should always be all inclusive, integrative and harmonious within the different facets. This is a theme I hold dear when it comes to preparation, you can evidence this with the congruence running through each of these texts; they all work together to help you bring a complete plan to the table. The subject of food and water prep has become something of a ridiculous discussion of late. With the issues facing mainstream citizens around the world, it's becoming en vogue to start working towards self-sufficiency and preparedness, especially in the United States.

The problem with all this interest in food storage is that most of it doesn't make real fiscal sense, and nearly all the normal methods don't yield a real sustainable source of food. I don't need to convince you of the logistical and practical benefits of aquaponics; you wouldn't be reading this if you needed convincing.

The simplest reason that aquaponics makes sense over mass produced freeze dried or dehydrated foods is that it is real food; self-sustaining and offers an infinite supply. The cost of setting up a legitimate aquaponics system is negligible compared to the incredibly expensive store bought or wholesale "pre-packaged" foods. For the same reason I can't stand pre-packed, mass-produced 72 hour kits and "survival items", I cannot stand these types of commercialized foods. They aren't built for people who are

bent on being completely self-sufficient and looking for long term solutions. These commercialized products fail because they are built for people to have excuses, made for people who are too busy to devote time to the process of surviving, and generally made to take advantage of people who aren't as knowledgeable in the preparedness field.

That's not to say that every type of food and water strategy doesn't have importance at some level; but put simply: don't rely on something built for novices. Push yourself to get the facts and to build the real, long-term supply that you need for food and water storage.

*\*A Note: a product called a "waterbob" can be used in your bathtub(s) to store 100+ gallons of water in a few minutes during a panic, check it out (about \$35); your water heater (if a traditional one) will have about 50-150 gallons of water in it, which is potable. In a worst case scenario, disconnect the gas or electricity and disassemble the tank from the top to access this water store.*

This section on food and water storage doesn't need to be too expansive (see the main product on Aquaponics); rather it should be a stark reminder that a fortress is not strengthened by a finite and restricted food supply. You should be looking for renewable food resources and supplementing with the proper techniques, water filtration and additional food sources in an effort to bring full circle integration into your fortress.

Just as your overall preparedness plan requires full integration and a holistic viewpoint, so does your home defensive strategy and the idea of building a defensive fortress-you need supplies to be a formidable defensive strategist.

Bottom line: establish a self-sustaining, renewable food resource (my recommendation is an aquaponics setup) and protect it; it's at the core of your fortress.

## PART FOUR: PROTECTION AND MINDSET

You're probably a lot like most of society: just trying to make it through the next day, working hard, saving a bit of money and trying to enjoy your family. You are not likely a cold-blooded killer, right? What would it take to change your mind on taking a human life? What will it take to get you into a position to kill another human?

Remember this is not a decision that can be made lightly. You need to know what to do to take the upper hand in a life endangering situation, only you can determine if you can protect yourself or family with lethal force, but I suggest you determine that answer early on, rather than when the situation arises.

You need to be able to level the playing field against criminals, evil people and those without the same reasons to live as you have; here's how:

- If you are forced into a hand to hand confrontation, there are no rules; do not be afraid to kick them in the groin, the head, gouge their eyes or bite.
- Non-lethal weapons can be used effectively, and can buy you a bit of time until you need to use a firearm, or exit the situation.
- Household items can be used as weapons: broomsticks, kitchen knives, rolling pins, chemicals, etc. Use what it takes to stay safe or protect your life.
- Stay prepared. CQB (Close quarters battle) is not as cool as the movies would have you believe. Sometimes fights are won with pens, or hammers, because they are accessible. Two points: don't get caught unprepared and use what is necessary to win the fight.
- Take some classes on battle training, gun use, fighting and tactics, as well as psychological aspects of such scenarios; these classes will help you to survive better than many other options.
- Know your location; know how to use your home as a defensive structure.
- Consider heavy defensive upgrades like metal window bars, bulletproof doors, bomb blast resistant window films and heavy locking mechanisms if you have the time and the money to use these defensive upgrades. I have all of these on my bug out location, and at my full-time home; they give me a huge amount of comfort if things were to get bad in a hurry.



- Be prepared with food and water too, it's important to have these resources to stay alive inside of your fortress.
- Booby traps can be dangerous, but that doesn't mean they aren't useful. You MUST remember to communicate with your family and maintain safety protocols to avoid "friendly fire" though, so plan accordingly.
- Once the event occurs, move all normal household items which can be used as a weapon from their expected locations to locations where only you and your family know where they are. This includes removing kitchen knives from the kitchen and chemicals from the garage or under the sink. Having these items in different locations keeps them out of an attacker's hands.
- If you must kill, do whatever it takes. You cannot afford to show mercy to an attacker that would not afford you such luxury.

NO MATTER WHAT: survival is the key. If you cannot reasonably eliminate a threat, you must remove yourself from such a threat. It is not about being right, it's about staying alive. If you have to go, then go; live to fight another day. Of course don't give up easily, but do not underestimate your attacker's prowess or power; do not allow yourself to be lulled into a false sense of security either.

The information in this book is packed heavily, but the idea of this book isn't to give you every conceivable idea for defense or offense in a major event; rather it is to teach the ideology of being able to protect yourself in your home, regardless of where that home is.

When you understand the ideologies that accompany this mindset of preparedness, you enable yourself to make the preparations to survive. It's a bit like the old adage: "Give a man a fish and you feed him for a day; teach a man to fish and you have fed him for a lifetime."

Sure, I could tell you all exactly what I think will work for a vast majority of people, but if I cannot teach you the concepts and theories and techniques behind these thoughts, how can I ever expect you to use them effectively when you are thrust into a stressful situation where these things can be the difference between life and death. Many people complain that they cannot find the most direct ideas from books like this; you know, the ideas that they don't want to be bothered to research.

Those types of people aren't usually able to take advantage of situations when they need to, because they are not indoctrinated in the ideology and implementation of the ideas and theories behind the planning. I can have all the food, water and guns in the world, but it only takes a single well planned attack to take that all from me by a couple of enterprising marauders.

What the readers of this special report really need is to understand WHY and HOW, not WHAT. Take the time to research, plan, reform your plans, audit yourself, communicate and take feedback from your inner circle and do not be afraid to refine your planning and preparations.

Do what you can to simplify everything into the lowest common denominators and use that as a basis for further building. Start early, over-plan, and use your preps to make sure you can use them properly when you need them. Grab skills where you can, ask as many questions as you can, talk to innovative, like-minded people and find out what they have to say.

Overall, remember that survival is hardwired into your body and mind, but you have to nurture it to bring it to the forefront. "Luck is when preparation meets opportunity." You need to be prepared and be ready for the opportunity to implement those preparations to ensure you have the ability to survive.

This is not limited to riots and Zombie Apocalypse; it's applicable to everyday scenarios like weather events, power outages, food shortages, drought and a whole host of other events. Learn the mindset and the underlying ideas behind prepping; rather than just look for the coolest specific instructions.

## PART FIVE: BUILDING MATERIALS, PHYSICAL FORTRESS AND GETTING PREPARED FOR DEFENSIVE SCENARIOS

You can buy extra pieces of defensive gear like police riot shields, rolling ballistic shields and heavy duty sheets of wood but you should be paying attention to the actual makeup of your home. Most homes built now, even while built to specification of building codes for the most part aren't particularly built for heavy duty defensive settings.

If you close your door hard, you can probably see the plaster wall outside of the door shake heavily as it closes. If you punched the wall, chances are you would break through the sheetrock lining it to find skinny studs, bad carpentry and thin walls. Chicken wire, 3/8" of plaster and a sheet of tar paper is about all you have between you and the elements (including human elements).

Wood is flammable, wood siding, wood shingles, wood trim and many paints aren't very fire resistant. If someone needed you out of your home to kill you and take your stores, they could conceivably smoke or burn you out. Of course they'd be risking the supplies, but many thieves and aggressors don't care. When human interaction degrades to that point, all bets are already off.

Remember that you need to reinforce the entry and exit points of your home, protect the windows and prepare the outside of your home to be a defensive structure.

You can go about the exterior hardening by using thick heavy plywood screwed into window trim and door trim with heavy screws and braced with 2x2 boards. These relatively inexpensive window and door guards make it virtually impossible to breach before you can eliminate the threat, especially if you have an upstairs or other vantage to see the attacker.

Window bars can be purchased which fit inside of window frames and which can be removed for looks and replaced when needed. Have vinyl shutters? Heavy duty vinyl shutters only require 2-4 medium screws to secure well. A well placed screw through the frame and shutter body can make it very difficult to get in from the outside.

Early warning systems help in the case of bad materials or poor design for a home's exterior walls in that: before a person could use a sawzall to get through your exterior wall, you should be able to mitigate the threat. If you are in a position where you might take extreme assault by explosives like dynamite or heavy artillery, you might consider eliminating that threat or even leaving, if you are convinced that those types of actions are going to be sustained. A simple home cannot withstand repeated exposure to explosives and it's important that you stay in an area that is structurally sound.

Materials are less controllable with a pre-built home, but if you are able to build a custom home, you should implement a good bit of concrete, steel studs and masonry where possible. These materials will help to reinforce your new home.

Regardless of what structure you start with, just do what you can to cover weak spots, and try to figure out threats early on so you can get rid of them. Use heavy duty reinforcing materials, and have enough on hand to make a difference. Use quality screws and nails and do it right the first time, because you may not be able to do it a second time.

Don't be afraid to buy sheets of 16 gauge steel; ¾" plywood; cement board; heavy duty screws, and heavy duty steel or stainless expanded steel sheeting for attaching to walls to make it more difficult to get through them. These are items that with a bit of storage precaution can be stored in a small amount of space.

Don't forget that you can buy commercially available police riot gear and movable structures which could also offer unique shooting cover or help in deterring aggressors. The point is to make your home difficult enough to penetrate so as to avoid threats on your inner sanctum. To avoid or deter threat is always better than to face threats. Your goal is to build something too tough to penetrate, and then be ready to face the threat if it still chooses to assail you.

## PART SIX: PROTECT YOUR PERIMETER

You want to be a hard target; in order to do this; you should emulate other notoriously hard targets like the Pentagon, Fort Knox or the Oval Office. Each of these “hardened” locations employ a total of more than 20 distinctive security protocols and four specific security platforms: **Early detection; Physical barriers; psychological security and physical action with deadly intent.**

These four security platforms will be indicative of your total security quotient; that is: the more you implement these four platforms, the more you will be able to be confident in your total security.

**Early detection** is finding out what threats exist and at what level you must react.

**Physical barriers** are items, techniques and preparations which can keep that threat out of your location for a greater amount of time and which allow you to prepare for the physical action which may be inevitable.

**Psychological security** involves controlling information and the environment to systematically ensure that a threat is questioning their actions, motive and uneasy about what could come next. Psychological security allows you to become the acting party, by catching your aggressor off-guard and giving you an opportunity to exploit their mindset and jumbled thoughts.

Here’s why these things make sense: Places like Fort Knox and the Pentagon and the White House utilize these techniques. Fort Knox has the full backing of the largest mechanized vehicle division in the US Armed forces; its passageways and vaults fill up with water in a matter of minutes to drown would be infiltrators.

That’s IF someone can get past the massive physical barriers that have NEVER before been successfully breached. The White House has the incredible protection of automated devices, special technology and the impenetrable Secret Service.

The Pentagon reportedly took a head on collision with a jumbo jetliner on September 11<sup>th</sup> and only had a 16 foot hole punctured in a relatively small portion of the façade. These places utilize the best of the best and have a track record to prove their fortress-like qualities. Very few combined incidents in the history of the United States

have occurred which allowed an individual or group effort to penetrate these fortresses successfully; when they have been penetrated, the damage was mitigated at an amazing level.

Early Detection Systems might include seismic plate movement detection or active weight alarm systems which can allow a person to know way before physical eyes can be put on an aggressor.

Fort Knox Gold repository uses a camera system partially designed and implemented by ADT (a well-known, private sector company which sells to the public); which uses speed sensors, locational designations and weight plates to determine exactly where a threat exists and how soon it becomes a bigger threat.

Physical barriers might include fences and heavy materials to physically separate an aggressor from their target. These barriers will allow more time to react and potentially stop a threat all on their own.

Fort Knox and the White House use reinforced chain link and iron bar fencing to protect the outer perimeters respectively. Each of the three locations (Pentagon, Knox Repository, White House) uses bomb blast proof concrete barriers, separate from the concrete pylons in place to keep aggressors at a safe distance. They also utilize a combination of laminated blast proof nylon and glass windows; ballistic Steel and heavy foundational building and materials to ensure a massive blast can be contained.

Fort Knox employs a physical barrier with as many as eight physical barricades to ensure that the inner building cannot be reached under virtually any circumstances.

Psychology plays a major role in threat mitigation and as a deterrent against attackers for these hard targets.

Misinformation (or perhaps even scarier: the truth) about what might lie in store for an attacker keeps many at bay. Machine gun turrets in the grass at the White House and Fort Knox; 3 minute full flooding of the vault level at the repository for anyone who might be able to breach the building: these are just a couple of the scary things the buildings MIGHT have in store for an attacker.

Back room violent interrogations; detention via the NDAA and Guantanamo Bay; the full force of America's biggest Infantry group; Snipers on the rooftop 24 hours a day; these are the psychological deterrents that tend to work very well. Who knows if they

even exist? Not me; not you; not that guy plotting to kill the President. That's why these things are so important.

In the end, you still have to deal with that pesky little part we have yet to elaborate on: **Deadly force/Physical engagement**. I don't need to expound on the particulars of the military or specialized law enforcement's capability to negate a threat.

So what can you do, without billions of dollars annually in black book top secret funding sources like the Government has? You'd be surprised how well you can be equipped with a bit of money and/or some ingenuity, elbow grease and forward thinking.

You can even use their techniques and implement their technologies on smaller scales to build an effective plan. You'll want to start by asking yourself the following:

- What is your plan?
- How long will your security plan take to implement?
- Are the parts of your plan available currently?
- How long will it take to get your planning finished and you plan in place?
- Can you family explain the plan, use the plan to their advantage and implement the plan?
- Which parts of your plan need to wait until a major event surfaces?
- Is there a component of your plan which requires an outside resource or personnel to run the plan?
- What happens if your plan fails or you are prevented from implementing it?
- Have you communicated effectively with your group or family about this plan?
- Does your security plan have aspects from each of the aforementioned areas of safety planning (early detection; physical barricades; psychological methods and deadly force)?
- Is each aspect of your planning complementary of each other aspect and taken together, do the plans work as an integrated all-inclusive plan?
- Have you audited your plan thoroughly?
- Can this security plan work now?

If you are asking why I put the cart before the horse here (after all, I'm supposed to be teaching you how to design and implement a plan right?), you can rest assured there is a good reason. That is: take the above survey questions; answer them now and then

answer them after completing the reading of this special report. You'll be shocked how much of your security plan will be begging for a tweak here and an improvement there and you'll be able to audit your planning much more effectively.

The combination of the four pillars of security is necessary to ensure a complete and thorough plan. You NEED to work on early detection; physical barricades; psychological deterrents and deadly force/physical engagement. Disinformation and psychological warfare can be a key component to your overall strategy, just be sure to understand the effects it will have on you and your group/family too. You must also remember, there is nothing heroic about inviting a threat into your personal space: focus on keeping enemies out of your home, not on practicing your grappling technique or close quarter combat shooting skills. The further away an enemy is when they decide to leave: the better.

You might consider having the right tools and materials on hand to implement your security planning in short order. These items might include:

- Hand and power tools, capable of being operated indefinitely without grid tied power (that means some form of alternative energy generation).
- Rope, Screws, Nails, Duct Tape, wood, metal, wire and other basic building materials.
- Cement, rocks and gravel are interesting materials for physical barriers.
- Shovels, post hole digging equipment and yard/landscaping equipment and materials

Additionally you might consider a chain-link fence for open properties; a security camera setup for closed properties and some motion activated flood lights for early detection. These are relatively cheap compared to what they have been in the past; you'd be surprised to learn how easy it is to get them setup and how low the cost can be.

If money is no issue: consider a heavy duty concrete reinforced or brick/stone/block wall which encompasses a large portion of your home. Such a barrier helps you to create a focal point for infiltration, and can give you plenty of time to react to threats outside of the wall. Additionally, a dog might be just the thing you need for early detection and can double as a morale booster, but does require additional food



and water. A chain-link fence is an excellent barrier, giving you just enough of a reaction time to get in place for your defensive maneuvers.

In the end, your actual home security (inside of the perimeter) is the most important part to the process; without a heavily fortified home with adequate protection, your perimeter and other planning will not only be a concern, but could actually allow your aggressor additional support in killing you or displacing you. Know what to do, know where the threat is, be untouchable and be ready to act if your security fails.

Early detection is incredibly important, and is often enough to deter most with criminal intent. You'll need to keep the following in mind:

- Utilize concepts instead of brand name products if you aren't able to afford commercial security solutions.
- If you don't have the money, prepare to do a lot of the labor yourself, or expect the process to take longer as you implement it slowly. This works especially well when planning for early detection systems.
- Dogs are awesome but they are not a complete system. You must have realistic threat mitigation techniques.
- Use research and public resources like libraries, salespeople and government agencies to grab information that can help you shave costs.
- Give your aggressors a warning, but stand firm if they do not heed it. Be prepared for anything, including engaging an enemy and using lethal force if need be.
- Remove threats immediately. As soon as you can be sure a threat exists, remove it. Threats become even bigger the closer they get.
- Don't be fooled by opportunists, frauds or liars. Remember, there are reasons these people are here at your home; chances are it's not your electric personality. In times of need, people will do anything to get what they need, be aware.

You will want to get an off grid energy source working for nighttime early warning systems. Having a camera system and flood lights with motion sensors is a smart choice, but have tools and materials/equipment to repair these items so they don't miss a beat.

If you are able to do some of the work for yourself, and want to be involved in the process, a camera system, with motion detection and early warning devices could run you under 3k if done properly, whereas, the price can rise above 15k if you go the commercial route.

You shouldn't feel forced to go the commercial route or even the expensive route when planning for early detection systems, but you should be looking to cover all the exits and entryways, and give yourself enough time to react. Ideally the four points of your security plan as outlined above, should each give you an additional minute (at least) to respond if possible.

Sure, in a suburban setting you might not get a minute between first detection and potential door breaching, but you should be looking to extend that time by as much as possible. In a wooded setting, laser break beam silent alarms are cheap and easy to implement; in suburban settings, a similar system could be made to work at the street entry to your cul-de-sac, you just need to think outside the box and prepare early to have the items on hand to make it happen after SHTF.

You can find surprisingly useful items for a good price on seemingly out of place stores and websites like Costco and amazon.com. For instance: a 4-6 sensor remote doorbell system can be picked up for under \$100 at both of these places and will serve well for an early detection layer. You can expand the system with a bit of ingenuity and a few dollars; you may even wait to perform the installation or expansion until after an event to allow you to work under the radar (just make sure you have parts and accessories on hand to use).

Additionally, since you're always going to be looking for a cohesive plan, you should be looking at how you will respond at every level of your planning to unexpected threats. A good example is this: if a heavily armed man is running at your home with a shooter covering him from across the street, it's safe to assume that they aren't there to barter, and the threat should be eliminated immediately.

You might not feel the same way if a couple of children without traveling companions is making their way slowly up your road; it might give you pause to find out what the circumstances are before you enact some sort of self-preservation plan.

Setting down a specific plan for many predictable instances will help you to react quickly when they present themselves. What you may not realize is that BOTH of the

above situations are PREDICTABLE in many scenarios. If you disagree that these situations are predictable, you're leaving yourself open to concerns, and should analyze previous major events from riots to weather systems to see how common each of the situations are, and begin to plan accordingly for handling each (and other) situation(s). This is an important part to the communication planning: get your family together to get buy-in and brainstorming power for this phase of planning.

Their input and understanding will be a big part of your plan. They will be able to help you make proper decisions, give you ideas you weren't thinking about, and help you to carry out the implementation when the time comes to react, but only if they know what to expect and understand the importance. This part is definitely a group project.

Once you brainstorm; practice and communication will only enhance your ability to enact a plan. Military troops have muscle memory and quick reaction times because they know what they need to do and practice doing it again and again, so take a hint from their repetition and communication techniques.

As for tools and items to have on hand; at this point you might consider adding the following:

A chainsaw; tie-wire; good quality pliers; some locks for securing items; a multipurpose trowel for brick and mason work or for cement; some rebar pieces; more Para cord; several sacks of cement, weatherproofed by wrapping well in plastic or storing inside where they won't grab ambient moisture; shovels, wheelbarrow and some steel fence posts.

You might be looking at these items as a ridiculous set of items to store, but I urge you to look at the multiple areas which these items can be used in a huge variety of events. Fence posts are great for making a makeshift barrier, but can also be used for high wind conditions, to secure smaller trees and protect doors against flying debris. You will want to look for multi-use items with strength and versatility for anything that comes up from small events to life-threatening ones.

A chainsaw can be used to clear debris, free you from a home barricaded by trees or help you scavenge for items during a prolonged event where many citizens are either dead or have left the area. Don't forget the gas.

Let's carry this theme of versatility over into a wider range of items...

Did you know several hay bales can be made to be bullet resistant with a bit of mud and cement, when stacked and doubled or tripled? These same hay bales can be used to feed horses and cows or other livestock.

If you have the space or the need, realize that common items can often be made to be useful in extraordinary circumstances. Whole homes are made out of hay bales all across the country, with ease of use and great insulation; I have also personally built several root cellars out of nothing but hay bales, which work in extremely hot conditions just like a regular root cellar. THAT type of versatility is what you should be looking for.

I also recommend having on hand some razor wire, chain link rolls and galvanized fencepost to make a quick barrier fence. I don't buy excessively, but I always have a bit on hand to protect my entries and exits or to add to my exterior barriers in a pinch. As an aside: always allow yourself an exit in case of fire, and insure that it is able to be accessed at all times without too much concern.

Protect this exit as well, and camouflage it to keep it a secret. It doesn't take a lot of cement to turn sand or dirt into a practical barrier by itself given the proper planning. Having some powdered lime and several sacks Portland cement on hand can help create barriers in a matter of hours that have quite a bit of defensive strength. Those rebar pieces can help you to form a wall without complex cement forming equipment or tools; use your resources, and try your best to think twice, measure twice and cut once.

It's of course, beneficial to have a barrier already in place before the event hits, so try your best to get that type of planning done early on. You'd be surprised how easily an urban or suburban dwelling can be protected with a small amount of items on hand. Some  $\frac{3}{4}$ " plywood sheets and 2x4's hidden in a spare closet could easily protect your windows in an urban setting, and won't cost a lot.

Paired with some 3" screws and a rechargeable drill with bits, a solar charger and some forethought, these window barriers can make a thief or assailant think twice about storming your compound. This book is not just about preparing in a rural farm setting. You will need to protect yourself in a cul-de-sac in a homeowners association or a condominium just as well. Four 5 foot long 2x4 boards can secure your door in a matter of minute from being kicked in with about 20 screws and some quick thinking.

Another excellent item you could rig up for protection in an urban setting is the “burglar bomb” type of non-lethal defensive items. These are typically boxes of metal, secured to the wall with some screws, which have sensors and pepper spray for anyone that stands in front of it for more than a few seconds. You can mount such a device outside (though they are typically mounted just inside the door of apartments or homes), to avoid unwanted guests.

These are available for a few hundred dollars and will allow you to gain several minutes (maybe much more) to react to a situation. I don’t suggest mounting these outside unless there is already some level of civil disobedience. In the case that first responders or other agencies are moving house to house, I would take some time to think about how such devices will help or hurt the situation. In the case of a gun grab, they might be helpful, but in the case of a humanitarian/rescue situation, they might be hurtful. Plan accordingly; perhaps between layers of your barriers, where access must be granted.

Remember that psychological aspect of the planning? Try to get your hands on items which appear to be worse than they are, like exploding targets, firecrackers, gas masks and dead animals/entrails. These all can act as deterrents and will help you to fend off larger groups of less aggressive people, or small groups of aggressive people who don’t have the stomach for it. Dead animals, eventually just look like rotten, maggot infested piles, and to many who would walk by, they can see you have no problem killing things. Blood smears on your porch might turn away a daring thief if he thinks he doesn’t have much of a chance.

Motion activated lights can help to show you have planned well, but be careful: you may have to defend yourself if your assailant is daring enough. Such planning becomes enticing to those who think they have what it takes to beat you at your own game. Be sure that you are ready to defend against such aggressors.

Don’t be afraid to warn those who would threaten you, that you intend to stay where you are, and are not afraid to use lethal force. Use a sign if you prefer, but a well-placed warning shot or a PA system can help too. A flash-bang can be picked up at a gun show for times when you need to appear better equipped than you are. If you have advanced weapons, you are too much of a risk for certain types of aggressors. But be careful not to entice your enemies; make sure you can handle any threat they bring, and

let them know that you can. Looters don't want to die; if you can convince them they are better off to go to the next house, they will.

Remember, you need four distinct plans (one for each of the following: Early detection; physical barriers; psychological warfare and physical engagement), but they should all harmonize, whether you are in the city or in the country. You need all four parts to be working hand in hand to feel most comfortable.

Some points to remember:

- Once an aggressor makes it through your perimeter, you must act quickly to remove the threat: the longer you wait the more tactical advantage you lose.
- Aim for the chest (the fatal triangle: a triangle formed with the neck at the top and the nipples at the base), though it's not horrible to hit someone in the upper abdomen either. Two shots is best, but what's important is to end the threat, whatever it takes.
- You don't want to take captives; they are dangerous, hard to keep control of and a drain on resources and peace of mind. Either kill them, or don't engage at all. Remember that when you shoot, you are shooting to kill. (See the special report on Guns to learn about guns in your overall planning).
- Space between you and the threat is most important. Maintain space as it equals safety in most situations.

Some items you might consider to have on hand:

- A ballistic vest for those who would be involved in conflict (expensive but worth it in a major event)
- Plastic knives (Coldsteel brand makes several excellent examples) which can be stashed as last ditch weapons
- Training swords or a staff (these items are also available through vendors like Coldsteel) can allow you to keep distance between you and an attacker
- Light for life flashlight by 5.11 brand. These lights don't take up many resources to charge, but last a while and are bright enough for defensive purposes. Don't discount other tactical lights also as a defensive weapon

Another major consideration if money isn't tight is a safe room. A well-equipped and properly built safe room can be the single most important factor in staying alive or becoming a target marked for death. Many attackers will not waste the time with

breaking into a safe room; they'll take what they can and leave. Once they leave, or when they slip up and give you a tactical advantage, take back your space.

A safe room should have the ability to see what is going on outside, and yet be able to be sealed (without cutting off oxygen supply) for protection against attack; have supplies for a day or two at least, and have weapons to allow you to fight your way out if necessary. Generally speaking the door should open into the space so it is harder to barricade from outside the safe room, and should be built to be as difficult to deconstruct or attack as possible, including cement, steel and strong composite materials in its build.

You should have adequate oxygen supply, or SCBA (self-contained breathing apparatus) capabilities or outside ventilation which cannot be tampered with. Your safe room should be able to withstand the harshest natural events including fire and flood, tornadoes and hurricanes. Your Safe room should have as few entry/exit points as are reasonably safe to have and should be in the interior of the home if at all possible.

A safe room is not the be-all-end-all to your personal safety but it can be a key piece to the safety and security puzzle.

In all, you want to look for the best perimeter protection, the best early detection devices, the best psychological warfare techniques, and the best tools to help with physical engagement, and you want to back these all up with the best security mindset that you can.

## PART SEVEN: INCLUDING YOUR FAMILY, AND WORKING IN THE BROADER COMMUNITY

Your family is the most important thing (unless you are solo or don't yet have a family), for many reasons. Families provide help, moral support, and closeness at a time where you need it most. More realistically and less emotionally, a family provides a built in infrastructure to accomplish goals and rebuild after an event, as well as serving as a cohesive group with like mind.

But a family can be a hindrance without the proper tools, communication and integration. You will need to work at helping your family see your vision, learn new skills and further your total preparation in your home's defense, your longevity preparations and the overall plan.

What you need to do is establish a base level of agreement. When two parties debate a topic, they try to establish a common value upon which to argue. Without a common understanding, there is no potential for agreement in the future because the two sides will likely differ so much in their argument that it will not be possible to bring it back to the basis. It's particularly difficult to debate religious and political views because the basis is never established.

With preparing for your defensive positioning, you should establish each family members understanding and viewpoints to grab their buy-in. For instance, if your teenage daughter thinks you are an idiot and jokes about your "excessive" and "crazy" preparations and how you should be locked up in a loony bin, it's going to be significantly more difficult to get her to buy into your preparations until after it's too late.

If your wife sees you spending a ton of money on a bunker but your whole family is eating poorly, day in and day out and week in and week out, it's going to be significantly more difficult to convince her to help prepare until it's too late. If your son is a bleeding heart liberal and you and he have loud discussions about your conservative political views often, it's highly unlikely that he will embrace your other philosophies as well.



What you need to do is find a common ground and initiate a calm and sensible discussion about why you are so interested in preparing in the manner that you intend to. You should try to find common ground for each family member and delegate specific jobs to them to give them a chance to come on board with your ideas on their own terms.

You should be up front with them, communicative and straight talking, but you should also understand that some people need more time or more finesse to be convinced that this is the right thing to do. You should avoid limiting their normal lives and do what you can to integrate their everyday actions with that of your overall planning.

Another important thing to do is to communicate, explain and take each member through the planning as well as practice specific implementations of the plan so they can get the real world idea about what they can expect and what part they play in the overall scheme of things.

Furthermore, you should be explicit and clear with outside members of your family, like brothers and sisters, extended family and friends, as to what you expect from them PRIOR to allowing them to come into your "fortress".

Family members can often misplace their understanding of your preparations to take advantage of your good planning and will expect some sort of Holiday experience if they need to rely on you for help in a major situation. If they are not completely involved in the entire process, they will not understand the intensity and cost of preparations. You must explain your expectations and be reasonably assured that they are taking the process seriously.

This is especially important for instances where it might not be OBVIOUS that there is a safety risk or a high risk for looting, rioting or conflict. It is these types of situations where conflicts can escalate quickly, and when your additional family members might not be particularly well suited to avoid such an escalation. Be clear, be definitive and be blunt: give these additional members of your group the tools and understanding they need to complement your planning, rather than hinder it.

Bartering is important; definitely have items on hand which hold value, particularly things like the following:

- Extra common tools like hammers and drill bits, screws, nails, pliers, fittings
- Coffee, tea, water and water filtration devices, alcohol
- Delicacy foods like chocolate, high end canned foods and shelf stable dairy and meat
- Ammunition for common calibers (though exercise caution with whom you trade such items to)
- Cooking fuel, wood for heating
- Soap, deodorant
- Gasoline, diesel or other liquid fuels which can be safely stored
- Access to power (energy)
- Well water if possible for showers and potable water
- Batteries
- Toothpaste, toothbrushes
- Medical supplies

Remember to stock up so that any barter items are in excess of what you absolutely need. Barter is important but it's not mandatory. Remember that modern convenience and food and water can be particularly valuable in small scale and large scale events.

You will want to cultivate relationships with outside sources and nearby community. These relationships can offer a good foundation for a time when most of modern society could be at risk of collapse. It is these relationships that could mean the difference between your survival and death. In the sense of protecting your family and your fortress, having extra eyes in your neighborhood, extra information from outside the affected area and communication capabilities are infinitely important.

## CONCLUSION: DEVELOPING A FLIGHT PLAN IF NECESSARY

You've spent an incredible amount of time to get your fortress ready for anything, but time has passed; some feelings have changed; the surrounding infrastructure has broken down, or you have too busy an onslaught on your compound. Something needs to change to get you to the quality of life you want.

Sometimes, you have to leave. I can envision thousands of "normal" situations where you would have to leave a heavily fortified position in favor of a different position.

Ideally you will have the resources and planning in place to have a secondary bug out location, or you will have luck on your side in that you're able to work together with a community to secure better conditions. Either way, you might be in a position eventually to have to leave.

I recommend taking a detailed look at the special report bundled with this book called "Building the Ultimate Bug out Bag", as it is an excellent primer to the process of assembling a capable collection of items for bugging out. You will need to have a clear cut plan for bugging out, even if you initially plan to stay.

It is through redundancy and overlapping planning that you can gain the greatest advantage in the holistic planning efforts you'll undertake for survival under stressful or harsh conditions. You will need to have a predetermined egress route (way to get out safely); a pre-assembled set of survival tools; the emotional, mental and psychological capability to make the move; and the capability of carrying out such a move.

You'll want to have offensive and defensive measures factored in and be able to answer these questions prior to bugging out:

- Do you have a vehicle for transport, or a route and supplies capable of getting you to your destination?
- Can you expect to get out of your position without alerting potential aggressors of your plan?

- Do you have defensive cover or the proper safety equipment to ensure your safety if attacked while leaving?
- Do you have offensive capabilities, such as firearms, to assist you in leaving?
- Is the move more difficult than staying or relocating to an immediate area?
- Are you sacrificing too heavily in resources by moving?
- Have you determined that bugging out is the last or best option for your situation?
- Do you have the proper mindset to face the other factors that come along with leaving your fortress, including eating and hydration, safety from weather and other natural conditions and defensive scenarios?
- Is every member of your group capable of meeting the minimum physical and mental needs of leaving?
- Have you tested your strategy and are you reasonably assured that such a plan has little risk of failing?
- Are there areas or resources you need to be locking down, securing or otherwise decommissioning for future use, or so that they cannot be used against you in your egress?
- Are you extending your capabilities or resources or life expectancy by leaving your position?
- Are there outside personnel that must be coordinated with to enact a bug out plan?
- Do you have adequate supplies and communications resources and planning to make the bug out plan successful?

When answering these questions, if a majority can be answered “Yes”, then you will probably be in a position to bug out and will want to start implementing your plan.

Given the right preparation and prior planning, as well as a decent geographical location and renewable resources like gardens, aquaponics capabilities and fuel (wood or other) and a fortress-like defensive setup, you might never have to leave.

Certainly, outside forces can often overwhelm the limited infrastructure and planning you will be able to effectively access, and can lead to a necessary exit. The goal here is to prepare for the longest possible, yet still reasonable case scenario that you can envision, and then have the knowledge and skills and mental mindset to be able to carry your survival to the next level. In the grandest sense of things, having a fortress

built to withstand realistic threats, the capability of dealing with the unknown to effectively mitigate concerns and gathering as much active intelligence as possible, you will be highly capable of extending your life expectancy and quality of life in situations where it is impossible to guarantee the outcome.

In situations as small as a loss of the power grid and as large as a nuclear attack within a couple hundred miles of your location, you will be able to survive and continue on.

*\*A note: Don't forget to retake that survey about your security planning from section 6 to see what if anything has changed and to serve as a basic audit for your current plans.*

The core piece of your planning will be your home and your defensive planning. As has been made clear in a whole host of natural disasters and major events in recent history; locally and even regionally, civil disobedience and widespread public panic can escalate to very dangerous levels under even the most seemingly mundane conditions. It is not a matter of if, but when this will occur for many situations.

The most important thing you can do right now is to get started on preparing your home to be your fortress.