

# SURVIVE THE COLLAPSE

250 NO-NONSENSE STRATEGIES FOR WTSHTF



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# Table of Contents

<b>EQUIPMENT TIPS .....</b>	<b>10</b>
The antidote to molotov cocktails... that fits in your hand! .....	10
A virtual forcefield against barbed wire and broken glass.....	10
A “super glove” that gives you a grip like flypaper... ..	11
The handheld flamethrower you make at home .....	11
The power to blind and to see in the dark.....	12
The handheld solution to prevent poisoning yourself!.....	13
The deadly weapon you’ve seen in countless movies... ..	14
The mistake everyone makes in an emergency!.....	14
The solution to networking with other citizens... no matter how bad it gets! .....	14
Can you get to that water? Here’s how!.....	15
The tactical flashlight you just might want to buy today .....	15
How to “pick” any padlock... with brute force! .....	16
How to use your home appliances to make fire .....	16
The cheap plumbing fitting that could save your life .....	17
Two is one... and one is none .....	17
Simple solutions for reducing the weight you carry .....	17
Prepping your wireless phone before you need it.....	18
How to save your life... from space! .....	18
The most critical piece of equipment you carry .....	19
The most important thing you can do in an emergency.....	20
Take a message and survive another day .....	20
A simple, cheap distraction tool .....	21
One assumption you should always make.....	21
The auto-parts-store solution to fire-building .....	21
The one route you should always be prepared to take .....	22
The obvious bug-out vehicle choice .....	23
Use technology to get an advantage! .....	24
The walking tool that’s also a weapon.....	24
The mobile phone that always works .....	25
What to do before leaving home .....	25
This option isn’t just for action movies or military trucks.....	25
You can’t carry an entire toolbox... or can you? .....	26
<b>GUN TIPS .....</b>	<b>27</b>
Make your own body armor! .....	27
The life-saving option most citizens don’t pursue .....	27
When and where to hide your guns .....	28
When you can’t buy ammunition .....	28
What’s better than a pistol AND a rifle? .....	29

When is a gun like a snack chip?.....	30
This tip is more valuable than you think.....	30
Filling your pockets at night.....	30
When a pump shotgun isn't enough.....	30
When guns and ammo are useless .....	31
You don't have enough ammo! .....	31
Secure your guns... or else.....	31
<b>KNIFE TIPS.....</b>	<b>32</b>
Don't leave home without THIS.....	32
How NOT to lose a critical tool! .....	32
<b>NETWORKING TIPS.....</b>	<b>33</b>
Going online to go off-grid.....	33
The search engine solution to finding other preppers .....	34
How friends and family can help .....	35
When going it alone isn't enough.....	35
The social network right outside your door.....	35
How becoming an evangelist can help .....	36
How to help your fellow man... in SECRET.....	37
The danger of talking too much.....	37
Can you count on your friends?.....	38
When you have to make enemies out of friends.....	38
Long distance relationships and survival .....	38
Should you take up arms? .....	39
Watching your neighborhood!.....	39
Who ALWAYS knows when there's an emergency? .....	40
When the Internet can and can't help.....	40
When to ask for help... and when not to.....	40
When to give them your money!.....	41
Meeting makers make it .....	42
How to get advance notice of every emergency .....	42
How to get a uniform you can legally wear for authority.....	42
<b>PLANNING TIPS .....</b>	<b>43</b>
Will you get choked? .....	43
Finding highways for your feet! .....	43
Learn about killing to avoid it .....	43
Nice guys finish DEAD last.....	44
Household objects and clever self-defense .....	44
Planning... IN ORDER.....	44
No guts, no instinct.....	44
Help from above .....	45
Is survival mental or physical? .....	45
When building a fire is the LAST thing you need .....	46



How your real-estate agent can help you .....	46
A higher power may be just the thing .....	47
Like the t-shirt slogans say .....	47
Prepping that's as easy as breathing .....	48
The slippery slope of an emergency .....	48
This is not happening...? .....	48
The perfect piece of gear .....	49
You CAN survive a WMD .....	50
How to prevent freezing up in times of danger .....	50
Sit down and write it out .....	50
How to plan for having a plan .....	51
There's a reason the home team wins so often .....	51
Another amazing self-protection resource .....	51
Can you survive a war zone? .....	52
If you can picture it... ..	52
Survival secrets that AREN'T secrets! .....	52
When the authorities CAN'T help you .....	53
Subscribe and survive .....	53
The map you aren't carrying might save your life .....	53
Hot air can be a survival resource after all .....	54
<b>STORAGE, CACHE, and STOCKPILE TIPS .....</b>	<b>55</b>
The simple, cheap solution to storing drinking water .....	55
Your insurance salesman is a prepper .....	55
Are you seeing double or triple? You should be! .....	55
Your tiny home away from home .....	56
Don't overlook simple solutions .....	56
When having a well isn't any help .....	57
Don't forget the 3 Gs .....	57
Not just long-term prepping, but LONG term prepping .....	57
What happens when your supplies run out? .....	57
When all your gear becomes USELESS .....	58
The cheap solution to burying your cache .....	58
When leaving some gear behind makes sense .....	58
Which of those plants will KILL you? .....	60
Hansel and Gretel had it right! .....	60
When to sacrifice some gear .....	60
How to drink from a toilet (and how not to) .....	61
It worked for WWII POWs .....	61
Your best friends outdoors .....	62
Mark Twain on Prepping .....	62
Count, then multiply .....	62
The easier way to store your supplies! .....	63

The one thing you'll never be able to stockpile enough of.....	63
When owning gold is useless .....	63
<b>ESCAPE AND EVASION (BUG OUT) TIPS .....</b>	<b>64</b>
NEVER do this when driving from danger! .....	64
Carrying transportation... in your transportation.....	64
Remember this when using human power .....	65
Four wheel drive? Not necessarily.....	65
When to avoid people... and when not to.....	65
An old saying about locks .....	65
Protection is more than just gloves .....	66
In a crowd, whatever you do, DON'T do this!.....	66
A new perspective on emergencies .....	66
Is your rally point a danger zone?.....	67
A last-ditch method to avoid being crushed .....	67
The low-tech survival training anyone can do .....	67
Protecting your transportation during a riot .....	68
What to do when you are taken captive! .....	68
Something you can't see that you should also hide .....	68
Don't go backward or forward.....	69
When you can't avoid a crowd .....	69
When cover and concealment should be avoided.....	69
Who has the right of way?.....	70
The foolproof defense method for traveling on foot .....	70
Where almost everyone goes in an emergency .....	70
The security step you may be missing in your car .....	71
A method for carrying and drinking "unclean" water.....	71
The survival secret you can learn from zombie movies.....	72
Where NOT to look during an emergency .....	72
You don't want to be caught wearing THESE shoes .....	72
The safest place in any emergency.....	73
Hide in plain sight with this simple strategy .....	73
When your safe zone isn't safe.....	73
When "hit and run" is the order of the day.....	74
What to watch for when YOU are the mob .....	74
Where to move when the mob does .....	74
When flying the flag could get you killed! .....	75
Definite warning signs that a crowd is getting out of hand .....	76
When a hero isn't a hero at all.....	76
The 3 landmarks you must know to navigate .....	77
If you can, stockpile THIS .....	77
The animal control tool that could fight a mob .....	77
Will you be TRAPPED on the highway?.....	78

Corkscrew your way out of danger!.....	78
When to use a secret code .....	79
Avoiding bumps in the night .....	79
How to conquer impossible barriers.....	79
How to turn the tables on your hunters .....	80
An almost psychic tip for moving through crowds .....	80
The road that isn't a road... and goes almost everywhere .....	80
The places a mob NEVER goes .....	81
The diplomatic solution to finding a safe area.....	81
Natural barriers to a mob's momentum .....	81
Should you stay inside a "dead" vehicle? .....	82
The household pet that helps you wage psyops.....	83
The forgotten bug out route beneath your feet .....	84
The ins and outs of survival straggling .....	84
Is there any reason to wait for a disaster? .....	84
A working strategy for powering through barriers .....	85
What's wrong with your best survival ideas? .....	85
THIS fact of human nature can get you KILLED.....	85
Bugging out as an armed group .....	86
The survival secret behind high-tension power lines .....	86
The sailing ship method for ditching a tail.....	86
Blending with a riot when you're trapped inside .....	86
When the more dangerous road is the safest .....	87
How to travel faster by going slower .....	87
The right angle that could take you to safety .....	87
When you're being chased, DON'T do THIS.....	87
When a fire extinguisher isn't for fires at all.....	88
The lie that could help or hurt .....	88
Learn to trust your instincts... except when you shouldn't! .....	88
The RIGHT answer to the question, "In or out?" .....	89
The one thing you should ALWAYS look for.....	89
When the authorities could KILL you .....	89
The trick to becoming INVISIBLE during social chaos .....	90
Your body's single biggest liability!.....	90
The right time to give thugs your wallet... sort of .....	90
The bridge to safety that isn't a bridge at all .....	91
The sheltered hiding place that every city has .....	91
The exact floors to avoid during a terrorist attack! .....	91
The best escape route when your vehicle is attacked .....	92
How to use others' compassion to your advantage .....	92
When going home... DON'T go home!.....	92
The lanes to avoid when driving out of danger .....	93

When being DEAD could help you LIVE .....	93
The things you're wearing that could make you a TARGET .....	93
<b>HOME DEFENSE TIPS.....</b>	<b>94</b>
The home-defense animal that isn't a big dog .....	94
A devious means of protecting your home from looters.....	94
Turning your home into Fort Knox.....	95
The gear every "safe room" should have.....	95
When you're facing a mob outside your home .....	95
The tools you MUST have to break OUT of your house.....	96
Don't get defenestrated! .....	97
The disgusting self-defense tactic anyone can use.....	97
Low-tech tips for barricading your home .....	97
How to park your cars and trucks for maximum defense.....	97
What you throw away could make you a target! .....	98
When your "safe room" is your whole house.....	98
How to extend your visual reach in a crisis.....	98
How to avoid emergency price-gouging .....	98
The safest way to disguise your home in a crisis .....	99
The weak link in your alarm system.....	99
The backup choice that could save your whole family .....	99
The simplest way to barricade a door.....	100
<b>SELF-DEFENSE TIPS.....</b>	<b>101</b>
The household chemicals that could fight off an attacker.....	101
The self-defense arena most people forget.....	101
The old trick knife fighters use to cheat .....	102
More weapons you can improvise from household items .....	103
Avoid these pepper-spray pitfalls .....	103
The most fundamental component of self-defense .....	103
The secret of most "bad guy" behavior .....	104
The shooting tip used by the best instructors .....	104
The mental slack you MUST give yourself in a crisis.....	104
What your self-defense training should emphasize .....	105
The secret to self-defense body mechanics.....	105
The primitive weapon anyone can build.....	105
The limitation even multiple attackers possess.....	106
One of the biggest problems citizen defenders face .....	106
The feature of your home that can help you fight multiple attackers.....	106
The one thing you can't do in self-defense.....	107
If you can't flee, make THIS count .....	107
The most terrifying self-defense scenario .....	107
How to use a shopping cart for self-defense .....	107
The revolting bluff that can get you out of danger.....	108

Never give in to THIS when under attack..... 108

Never turn your back on THESE people ..... 108

The ancient weapon that still works well TODAY ..... 109

This is EVERYTHING in self-defense ..... 109

## EQUIPMENT TIPS

# #1

### The antidote to molotov cocktails... that fits in your hand!

One of the common dangers during civil unrest is the threat of fire. Car bombs, Molotov cocktails, arson...all can lead to situations where you're either trapped in a fire storm or have to bypass an obstacle on fire to reach safety.

For this reason, carry a portable fire extinguisher in your vehicle and in your bugout bag. These are small canisters the size of a hairspray can. You can find them in your local hardware or automotive parts store.



# #2

### A virtual forcefield against barbed wire and broken glass

The danger of getting cut doesn't come only from opponents armed with knives. In an emergency situation, you may have to work with or repair machinery, make your way through trash-strewn areas, or clear away broken glass and other sharp debris.

One of the best ways to protect yourself from this threat is with Kevlar-lined gloves. These can be purchased online and from law-enforcement supply shops, such as the uniforms-and-accessories stores frequented by police.

*Submitted by Raymond, Chico, CA*



# #3

## A “super glove” that gives you a grip like flypaper...

Another great way to protect your hands is with cut-proof gloves made by Ansell. These are stainless steel wire with a rubber coating on them. They don't just protect your hands from cuts and abrasions; they give you an incredibly strong grip. Ansell is actually one of the biggest providers of protective gloves and clothing.

*Submitted by Gary, Montgomery, IL*

# #4

## The handheld flamethrower you make at home

The applications of a portable, handheld flamethrower should be obvious. Most aerosol spray cans are flammable. If you have a lighter, you can fire the spray over the top of the flame and create your own short-range flamethrower, which can be used for self-defense and also for utility purposes. Just use extreme caution.



If you use the “flamethrower” for too long, your aerosol can could explode, and if you melt the top of your lighter, it could burst in your hand. This is a tactic for extreme emergencies ONLY.

*Submitted by Jack, Barboursville, WV*

# #5

## The power to blind and to see in the dark

There are only about a MILLION tactical flashlights on the market. You should carry a quality, well-made tactical flashlight. Choose one that is metal, not plastic, so that it can be used as an impact weapon.

Get the brightest one you can find so it can be used as a weapon light, but if you can get one whose controls are simple enough, you may be able to use a multiple-function light that has a lower-brightness utility mode.



(Blindingly bright light is usually not best for utility, and a lower-brightness mode saves battery life.) Just make sure, if you get a multi-option light, that it is still simple enough that you can use it under stress.

*Submitted by Brent, Victoria, BC*



# #6

## The handheld solution to prevent poisoning yourself!

There are several different ways to purify water to make it safe for drinking. Boiling it is best. Chemical tablets that kill off germs and other hazards in the water are next best. Third best, but no less important, is physically filtering the water.



There are filter bottles and even filter straws you can pack in your gear that are relatively inexpensive, but which make drinking found water a less risky proposition. You can find filter equipment in sporting good stores in a wide range of prices, from a few dollars to hundreds.

*Submitted by Preston, Chattanooga*

# #7

## **The deadly weapon you've seen in countless movies...**

Flares and flare guns can be purchased in the sporting goods and boating departments of many chain stores, including Wal-Mart and other popular retailers. Not only are flares very useful for signaling for rescue, should you believe it's safe to call attention to yourself, but they can also be a makeshift weapon.

Firing a flare into a bad guy's chest at close range may not be the same as using a firearm, but it's nothing most people would want to experience. The primary use of such flares, of course, is to get the attention of rescuers at large distances.

*Submitted by Scott, St. Charles*

# #8

## **The mistake everyone makes in an emergency!**

NEVER depend on your wireless phone for communication in an emergency. Remember that "smart phones" aren't necessarily "smart" at all. Such devices are a source of many potential security concerns even if you're not experiencing an emergency. GPS tracking, hacking of your data, or theft of your phone (containing all of your contacts and family's names, for example) are only some of these worries.



Treat your phone like you would your wallet where losing it is concerned, and remember that a wireless phone frequently fails during emergencies because of users overloading the network.

*Submitted by R., Boise*

# #9

## **The solution to networking with other citizens... no matter how bad it gets!**

One of the best ways of communicating with other survival-oriented citizens is through a HAM radio. Such radios aren't dependent on other infrastructure, like networks or hanging wires. If you can transmit from your HAM radio, somebody else can hear you. Every single survival-oriented citizen should take the time to get his or her HAM radio license and learn to use HAM radio equipment. It just makes good sense.

*Submitted by Ralph S., Grove*

# #10

## Can you get to that water? Here's how!

Have you ever considered whether a drill pump is powerful enough to pump water from an average well, at say a depth of 75-100 feet? The drill batteries can be charged with the solar walk lights most people have.

Never, ever underestimate the importance of fresh water, and don't expect water to just be laying around for the having. You may need to actively pump water in order to have it when you need it.

*Submitted by Dave*



# #11

## The tactical flashlight you just might want to buy today

Some citizens may want a specific light recommendation for survival. There are many, but one such light is the MD2 Turnkey. It retails for about \$129.00 dollars and uses 123 lithium cells.

Roughly the same size as a comparable Surefire flashlight, it uses the latest Cree LEDs and has a lifetime guarantee. It's also made in the USA, which is rare these days.

*Submitted by Denis, Birnamwood, WI*

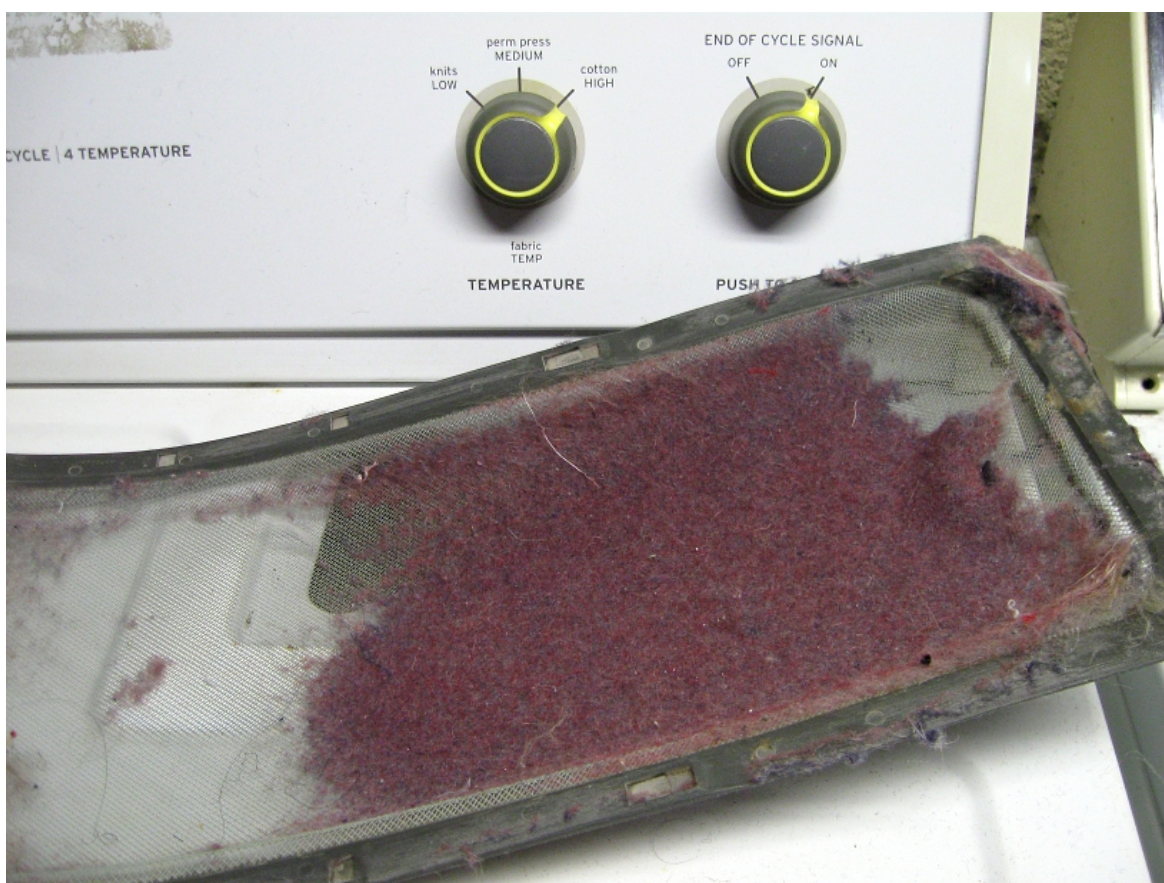


# #12

## How to “pick” any padlock... with brute force!

Your SCRAM bag or other gear should include a pair of bolt cutters. This is a piece of equipment overlooked by many. A simple padlock shouldn't stand between you and escape or safety, but if you don't have the equipment to break that lock, and break it quickly and relatively quietly, you're out of luck. You may not want to alert the entire neighborhood that you're banging away on a padlock with a crowbar or a brick, either. A pair of bolt cutters solves all these problems.

*Submitted by John, Atlanta, GA*



# #13

## How to use your home appliances to make fire

Tinder for fire-building is as close as your home's clothes dryer. Did you know that dryer lint is extremely flammable? Instead of throwing it away, harvest it and save it. Keep it safe, cool, and dry, in small plastic containers in your gear. It is then available to you for easy fire-starting. Just remember how flammable it really is – this is a good reason to keep your dryer screen clean so your dryer doesn't set itself on fire.



*Submitted by Earnest, Montreal*

## #14

### **The cheap plumbing fitting that could save your life**

Installing a bulb check valve on an inline drinking filter helps increase the life of the filter. Once the filter gets full, it is almost impossible to draw water through it. Installing the valve can gain you at least 20 to 30 percent more life from that filter than you'd get from mouth suction alone.

This could be the difference between risking dirty water, or having clean water to drink.

*Submitted by Chase, Holland, MI*

## #15

### **Two is one... and one is none**

No matter what you have in your gear, if you don't have a duplicate for it, you may as well not have anything. Remember the old slogan that "two is one and one is none?" It's very true. If you have a survival item that breaks, you don't have a survival item at all.

What if it breaks during travel as you escape and evade... and then you try to use it? Always have backup items to take the place of critical survival gear. It's a good idea to vary your spares, too, because if one item turns out to be critically flawed, you'll have a backup that doesn't share the exact same issue..

*Submitted by Brian, Burbank, IL*

## #16

### **Simple solutions for reducing the weight you carry**

In an escape and evasion situation, the ability to survive often hinges on the gear you carry. But the gear you carry has weight, and the heavier your gear, the more difficult it will be for you to go where you need to go to escape social chaos. If your gear is too heavy you may be tempted to leave something behind, or you may not be able to carry your bag or pack at all.



To reduce the weight of what you carry, try to choose items of equipment that have multiple uses. A "survival shovel" that can cut wire, hammer nails, dig, and saw is arguably better than those tools carried individually, which would be heavier. Always try to choose equipment that has multiple uses.

*Submitted by Liz, Burbank, IL*

# #17

## Prepping your wireless phone before you need it

If you carry a wireless phone for use in emergencies, consider buying more than one, and make them identical units whose batteries are interchangeable. For example, you could buy two prepaid phones that share the same model battery.

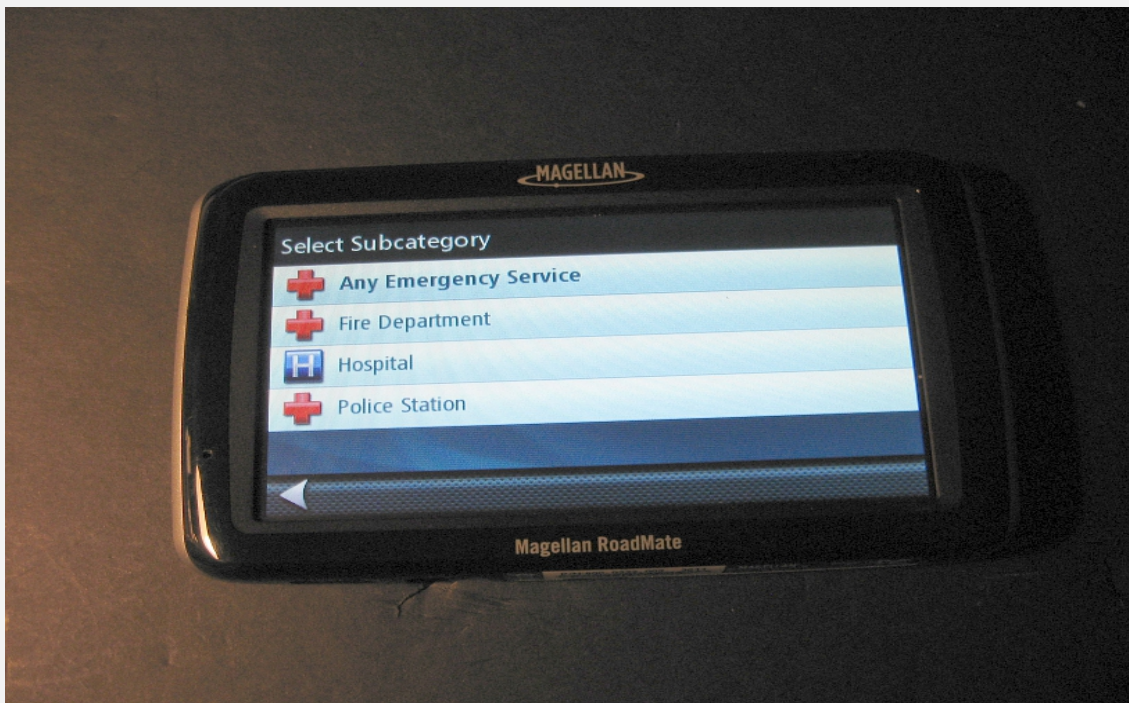
You can also buy prepaid minutes for those phones. Such phones are usually pretty light, but having them could make a very real difference in a social chaos situation (provided the wireless phone network is operating and not overloaded).

*Submitted by Denis, Birnamwood, WI*

# #18

## How to save your life... from space!

There may not be a whole lot of things you can count on in an emergency, but GPS could be your only friend. Using GPS, you can navigate both in your car and on foot. GPS units are available in a wide array of configurations, styles, and costs.



While you can't always count on a gadget to save your life (especially if the batteries aren't charged), having a GPS with you could help you walk out of a forest or find your way across a city without any other means of navigation. Never underestimate the power of GPS to help you.

*Submitted by Jim, Ocala*

# #19

## The most critical piece of equipment you carry

Your mindset is so important that your brain is one of the most critical pieces of “equipment” you can carry. Always think outside of the box. For example, if you need medical supplies, are you restricting your search to hospitals and places like that? Or are you looking in veterinary offices, which have supplies you could use?

Here’s another example: Your toilet tank has clean, safe water inside it. And here’s a slogan: No plan survives first contact with adversity. All these things have in common the importance of your mindset. That’s all that matters at the end of the day.

*Submitted by William, Ewing, NJ*





# #20

## The most important thing you can do in an emergency

The most important thing you can do in an emergency is to remain calm... and being able to breathe is a big part of that. If you're caught in civil unrest and there's a lot of pepper spray or tear gas being used, how would you breathe?

If you don't have a gas mask, you can improvise a filter using a bandanna wetted down with cider vinegar. This minimizes the effects of both tear gas and pepper spray, but if your eyes are exposed, use a solution of half Maalox and half water as an eye rinse.

*Submitted by MM, Albuquerque, NM*

# #21

## Take a message and survive another day

Have you ever needed to write down a note, take down a critical phone number, or leave a message for someone... only to find that you had nothing to write with or nothing to write on? You should always carry some means of taking notes and leaving messages.



You could choose to carry a Fisher Space Pen (which writes at any angle because it is pressurized) and a notebook specially treated to write while wet, or you could simply carry a Sharpie marker and some notepaper. Whatever you choose to carry, make sure you make having it with you a habit.

*Submitted by Dave, Dallas*

# #22

## A simple, cheap distraction tool

The power to distract may be the power to survive. A loud noise could really be your friend in such a situation. If you can get people's attention or distract them during a time of emergency, you may be able to exploit their shocked or surprised reaction.

A great tool for this are small, handheld air horns. When you hit one of these, especially during times of chaos, people tend to stop and try to assess where the noise is coming from. This may give you the time and opportunity to escape and evade.

*Submitted by Mike, Louisville*

# #23

## One assumption you should always make

Generally speaking, you should ASSUME that normal means of communication will be down in an emergency. Whether this is your wireless phone, your landline, or whatever else you use, make plans to work around this. Have alternatives available.



Even things you think are impervious to failure, like a citizens' band radio or a HAM radio, may fail if you don't have the power to use them. A power failure could sweep away a LOT of your options in a single blow. The more options you have for communication, the better off you are.

*Submitted by Louis, Baton Rouge, LA*

# #24

## The auto-parts-store solution to fire-building

Think unconventionally when it comes to making fire, as a weapon, as a survival necessity, or for signaling. Did you know that you can make fire chemically? Common brake fluid, mixed with pool chlorine, is a chemical fire-starter. It also generates a LOT of smoke, which can be used for cover, for signaling, etc. Just be careful not to breathe the fumes! You don't want a lungfull of that mixture.

The same thing that makes the fumes something you don't want to breathe, however, makes them useful when used as a tool of concealment against your opponents in a social chaos situation.

*Submitted by Kelly, Spokane, WA*

# #25

## The one route you should always be prepared to take

So many bug-out and escape and evasion situations end with you walking to get where you need to go. Are you aware of the best routes? You might not be. Every SCRAM, BOB, or other gear bag should include maps of local walking and hiking trails.

Walking and hiking trails, even bicycle trails, can be very useful in avoiding crowds and blocked roads. Most people will take the major routes; you want to avoid these and take the secondary ones.

*Submitted by Brent, Victoria, BC*





# #26

## The obvious bug-out vehicle choice

Don't overlook simple things like having a four-wheel-drive vehicle. If you have to go off-road to escape and evade, you don't want to drive your "smart car" through rocks and mud. You won't get very far.



A four-wheel-drive truck, even one of the luxury SUVs on the market, is far better for this type of driving than a smaller road car. Even "hybrid" cars like Subaru's with all-wheel drive are preferable for this type of driving than smaller economy cars. The price of gas may make you reconsider buying a four-wheel-drive, but survival concerns should make you re-reconsider.

*Submitted by Brian, Jacksonville*

# #27

## Use technology to get an advantage!

One way to stay ahead of all the best escape and evasion possibilities, especially if you travel over a wide range of places, is to carry a wifi-capable laptop or netbook and a topographical map (on disk or on your hard drive) of the area you're covering, such as the Western United States.

A topographical map gives you the lay of the land, and a computer allows you to carry more maps than you'll ever carry as physical maps. These provide you with every possible physical escape route.

*Submitted by Jim F.*

# #28

## The walking tool that's also a weapon

There are a lot of "cane fighting" products on the market, and even canes marketed specifically as weapons, with all kinds of slots and grooves cut into them. Remember, though, that a stout walking cane is not just a weapon. It's also a CANE.



A cane can really help you walk, assisting you as you travel, whether you need a cane to walk or you don't. The added balance and support it provides can really make the difference over long distances and on uneven terrain. This is why "survival" walking staffs and hiking staffs are so popular.

*Submitted by Evy, Murfreesboro, TN*

# #29

## The mobile phone that always works

Even in the remotest areas, where wireless phones can get no service, there is one option available to you. During Hurricane Katrina, those equipped with this option were able to make calls when everyone around them was not.

This item is a satellite phone. While they are expensive, and often require you to be within line of sight to the horizon to function, they allow you to call for help even in the most remote places on planet Earth. You should seriously consider adding a satellite phone to your communications gear for emergencies.

*Submitted by Joe, Clifton, NJ*

# #30

## What to do before leaving home

In the event of civil unrest so severe that you are afraid to remain within your home, don't just leave. You need to take precautions so that your home has a greater chance of surviving the unrest or the disaster. This means turning off everything that is running, including your water and electrical appliances (switch off the box in your basement, and unplug appliances for added security).

It also means shutting off gas supplies in your home to prevent the danger of fire and explosion. Some survival companies sell purpose built "turn-off tools" for switching off things like gas mains. Consider keeping one of these handy, and never leave your home unsecured.

*Submitted by Pattie, Wichita, KS*

# #31

## This option isn't just for action movies or military trucks

Run-flat fires aren't just for action movies. You've probably seen footage of police chases on television in which drivers of vehicles whose tires are badly damaged continue trying to run. Their rims pour out sparks and the vehicles lose most of their mobility.



In the end, the cops always capture the drivers of these damaged vehicles. In an escape and evasion situation, you can't climb out and change a tire with angry mobs around you. Consider very serious equipping your vehicle with run-flat tires.

*Submitted by Bob, Allentown, PA*

# #32

## You can't carry an entire toolbox... or can you?

You can't carry an entire toolbox with you... or can you? There are so many multitools on the market today that you would be a fool NOT to carry one. The typical multitool has pliers, wire cutters, screw drivers, knife blades, saws, can openers, and other implements, including some with interchangeable tool bits.

What do all those tools have in common? They're all things you might need in a survival or social chaos situation! With so many models at so many different prices on the market, you have no excuse not to carry one. Always, always, always carry a multitool.

*Submitted by Jesse, Conifer, CO*

## GUN TIPS

# #33

### Make your own body armor!

They sell bulletproof vests and bulletproof shields, such as plates you can put in a bag or briefcase. These are expensive, however. You may be able to use common household objects to provide you with temporary shields against flying bullets, such as in an “active

shooter” scenario.

Any thick, layered material can help. For example, a book bag full of books, or hard furniture like wooden tables and chairs, can help stop or slow bullets so they’re not as dangerous to you.

*Submitted by Harry, Jarrettsville, MD*

# #34

### The life-saving option most citizens don’t pursue

Depending on your state, getting a permit to carry a gun concealed may be very difficult. In those states that have concealed carry permits, however, only a small percentage of eligible citizens ever signs up for one.

If you believe in survival, if you believe in being prepared for emergencies, and you are NOT carrying a gun where it is legal and possible for you to do so, why not? If you can get a Concealed Carry Weapon (CCW) permit, you absolutely need to do so. If the process takes a while, don’t wait. Start now.

*Submitted by Dennis, Lakeville, MN*





# #35

## **When and where to hide your guns**

Keep your most expendable weapons in the trunk of your car for emergencies. The revolver and derringer are the definition of “hide out guns” and, if by some chance, they are confiscated on the road by authorities (such as happened during Katrina), you haven’t lost much.

Make sure your “expendable” guns are reliable and will go bang every time the trigger is pulled. Keep plenty of ammunition available in your car too (but make sure these are stored separately if your local laws require it).

*Submitted by Dustin and Diane, Dallas/Ft. Worth, TX*

# #36

## **When you can’t buy ammunition**

During protracted social chaos, you may not be able to buy new ammunition, but it may be possible to reload spent ammunition. If you can, pick up reloading dies for weapons that you don’t own but which are “mainstream” calibers.

Keep bullets and powder on hand too. Being able to provide reloaded ammunition to others can prove very valuable for “trade items” during times of long-term social chaos. Reloading equipment is always a good investment for armed citizens.

*Submitted by Steve, Highland, UT*



# #37

## What's better than a pistol AND a rifle?

You know the value of a good pistol, but have you considered how useful it is to have a carbine built on the same platform? You can buy carbine conversion kits that turn your pistol into a long-barreled weapon with a shoulder stock.

This is entirely legal and the cost of the kits varies depending on what you get. The advantage of a carbine kit on your pistol is that it makes it easier for you to hit targets at longer distances. This is especially useful in hunting for game during a social chaos or long-term survival situation. You may be able to mount optics on the carbine conversion, too.

*Submitted by Lincoln, Galloway, NJ*



# #38

## When is a gun like a snack chip?

Remember that guns are like that famous snack chip — no one can have just one. Anyone who tells you, “I’m buying one gun and stopping there” probably doesn’t understand how silly that is.

If you’re a gun owner, be a multiple gun owner. The more guns you have, the more options you’ll have, and the better prepared you will be. Remember: More guns, not less. It just makes good sense.

# #39

## This tip is more valuable than you think

This is a more valuable survival tip than you might think. Never, ever give in to attempts to restrict your ownership of firearms as law-abiding citizens. We here in Australia have had to suffer a great many such restrictions.

Criminals don’t care about the law; they buy weapons on the black market and carry whatever they want. If you want to continue to be an armed citizen, never, ever support those who push “gun control” schemes, and always resist attempts to disarm you.

*Submitted by Jeff, Perth, Australia*

# #40

## Filling your pockets at night

At the end of every day, to make sure you don’t leave the house unequipped come morning, put the carry ammunition for your daily carry weapon in the pants you plan to wear the next day. Make sure that ammunition is always factory loaded ammo for your carry weapon, not reloaded ammo.

Not only does your life depend on the consistency and reliability of your ammunition, but factory ammunition has published ballistics data that makes it more easily defensible in court should you be forced to take a life in self-defense.

*Submitted by Mike, Amherst, MA*

# #41

## When a pump shotgun isn’t enough

It may not be the most popular choice, like an assault rifle or a handgun, but have you considered an automatic shotgun? I love my Saiga 12, modified by Red Jacket. It and a few ten and twelve round magazines work for me. Having an automatic twelve-gauge with several loaded magazines gives me the ability to put a LOT of firepower downrange at realistic combat ranges. The shotgun offers great power. Never forget that.

*Submitted by Steve, Leander, TX*

## #42

### When guns and ammo are useless

Having all the guns, ammunition, and magazines in the world won't help you if a critical spring or firing pin breaks. There are firearms accessories providers who offer complete spare parts kits and individual spare parts for many popular weapons.

Make sure you have spare parts on hand for your gun's high-wear parts, especially things like firing pins, extractors, and recoil springs. A broken gun is a useless paperweight, and in times of social chaos it will be very difficult to do something about the problem. Have the parts on hand before the fact so you can keep your weapons operating.

*Submitted by Jim, Philadelphia*

## #43

### You don't have enough ammo!

If you think you have enough ammunition, you are wrong. Go shopping for ammo. Do it today. You need at least 1,000 rounds on hand for every weapon you own, preferably more.



If there are major calibers that you don't have weapons to shoot, consider storing these as well. They are valuable trade items in long-term emergencies. If you own a shotgun, you cannot possibly have enough buckshot on hand, so buy more of that, too. Consider storing your ammo in different places so that you don't lose everything in the event of a flood, a fire, or theft.

*Submitted by Don, Melbourne*

## #44

### Secure your guns... or else

There are a number of ways to hide your guns, including in your car. Make sure that you don't just hide your guns, however. They must also be secured from unauthorized use.

If this means hiding them with locks and blocks on them (not trigger locks on loaded guns, which is a dangerous practice, but purpose-built loaded-gun shells and other safety gadgets), then do that. Never, ever leave an unsecured loaded gun where a child (or an intruder) could find it and use it. If you can think of that hiding spot, someone else can. Use the tools available to make those hidden guns safe.

*Submitted by Ken*

## KNIFE TIPS

### #45

#### Don't leave home without THIS

The knife is the single most important tool in any person's survival gear. Almost anything can be found or improvised using a knife. For example, large cloth can be cut into smaller strips for bandages or carrying straps or a thousand other things... IF you have a knife to do it. Shelter can be improvised from locally available materials... IF you have a knife to prepare it. The knife is the only tool you can't do without. If you don't have one, you have to improvise a cutting blade before you can improvise most other things.

*Submitted by Aaron, Aliso Viejo, CA*

### #46

#### How NOT to lose a critical tool!

A knife on a lanyard is a great way to prevent loss of your tool. Stage hands and construction workers have known for a long time that a tool on a lanyard can't fall onto people below. A lanyard can help prevent you from dropping something into the water or off a bridge, too, where it is lost forever.

Perhaps just as importantly, a lanyard can give you a means to carry a knife that is not readily visible to others. A pat-down may or may not detect it, but wearing a knife under your clothes on a lanyard prevents it from being easily visible while it is still accessible to you.

*Submitted by Brad, San Jose*





## NETWORKING TIPS

# #47

### Going online to go off-grid

Local media stations usually have a social link for networking, including sites like Twitter and Facebook. Many of them have free mass text message systems (SMS messaging) to provide you with news and emergency alerts.

Signing up for these free services, even if it might mean you get a little spam here and there, could make the critical difference. Such a warning could give you those precious minutes during which your firsthand knowledge that something is happening helps you escape and evade.

During some active shooter incidents, for example, campus text messaging services alerted students to the danger. Services like these provide you with up-to-the-minute details concerning what news may affect you.

*Submitted by Gary, Salt Lake City*



# #48

## The search engine solution to finding other preppers

Google has an alert service called “Google Alerts” ([www.Google.com/alerts](http://www.Google.com/alerts)) that lets you set up searches for special keywords. Setting up search terms for events to alert you from day to day of specific news conditions might make the difference in keeping you and your family members informed.

This alert system also provides you with a no-cost way to monitor different locations, such as setting up searches for cities and towns where family members live or work.

*Submitted by Gary, Salt Lake City*



# #49

## How friends and family can help

Many of us have friends and family in states other than our own. If you were to experience an emergency that, for example, cut power to the entire area, many of your family members locally would have no way to contact you and each other. If, however, you set up a contact out of state, it might be possible for each of you to check in with that out of state contact and thus trade news and updates about each other. Having such a “relay station” set up far from your locality, in order to prevent that relay from being affected by the social chaos condition, can help you and yours stay in touch.

*Submitted by Gary, Salt Lake City*

# #50

## When going it alone isn't enough

The benefits of forming a survival group are obvious. There is safety and power in numbers. More able-bodied team members means more chance that you will survive and be protected. However, you need to make certain you can trust people before you invite them to “bug out” with you or be part of your group. Don't be too trusting too quickly.

Even people who seem okay after you first meet them can turn out to have a few screws loose, and it make take you many months or even a year or two of knowing someone before you really understand these issues. Trust your gut and make sure those with whom you network are worthy of your friendship. Never divulge knowledge of your family and your preparations too quickly.

*Submitted by James, York, SC*

# #51

## The social network right outside your door

Your neighborhood and your community can be a powerful network in times of social chaos. If you and your neighbors establish, ahead of time, a method of signals to hang on your doors, preparedness checklists, and hierarchies of neighborhood “captains” to aid in communication, you will be a long way toward establishing everything you need for times of crisis. Talking about a crisis before it hits and preparing your community as a whole to meet it will make all of your neighbors less adversarial when an emergency finally does come.

*Submitted by Mike, Orem, UT*

# #52

## How becoming an evangelist can help

Consider becoming an evangelist for preparedness. Yes, this does entail some risk, as it will let your neighbors know that you are at least thinking of being prepared. If you value your neighbors and community at all, however, helping them to help themselves could make a huge difference.

Go to them individually and talk to them, explaining to them why preparing for emergencies ahead of time makes sense. When you convert them, you transform them from competitors into allies.

*Submitted by Steve, Highland, UT*





# #53

## How to help your fellow man... in SECRET

Consider preparing to help your neighbors WITHOUT their knowledge. Add to your food and water stores and preparations enough supplies to help your neighbors when they experience distress. Helping your neighbors, protecting your neighborhood, is the best way to find like-minded people without being accused of starting a domestic terrorist group.

In a world where people are hypersensitive to the concept of preparing, simply being willing to help your neighbors could go a long way toward ensuring your own family's safety. Don't turn them away; prepare, ahead of time, to help them.

*Submitted by Ray, Huntington Beach*

# #54

## The danger of talking too much

If you've taken the time to stockpile provisions, this is a good thing. You should be proud of the work you've done and the foresight you've had. You can even share details of your plans with people you already know share your mindset and support what you're doing.



What you DON'T want to do, ever, is give explicit details about your preparations to the whole world. Don't make a big point of telling everyone you meet that you are prepared. You're just painting a target on your back should social chaos ever occur where you live.

*Submitted by Dick, Norman, OK*

# #55

## Can you count on your friends?

Don't count on ties of friendship to protect you in a social chaos situation. Even those you believe you trust, even those you know are your friends, will turn on you if they are desperate to keep themselves alive and protect their families.

Remember that old Twilight Zone episode in which invading aliens shut off the power, then selectively turn it back on to make neighbors suspicious of each other? It strikes a chord with viewers because it's based on the truth. People will turn on you FAST if their families' lives are at stake. Don't forget that.

*Submitted by Will, Saint Helens, OR*

# #56

## When you have to make enemies out of friends

Be prepared to strike a fine balance when helping your neighbors during times of crisis. Helping them does prevent them from becoming enemies, yes, but if they become demanding and aggressive, you've got to be prepared to make a show of force to

run them off.

You may not want to do it and you may feel badly about it, but there's very little choice unless you want to sacrifice your family and yourself to an increasingly angry mob.

*Submitted by Marty, Flomaton, AL*

# #57

## Long distance relationships and survival

At its most fundamental level, networking is about communicating with other people who are close enough to help you. Remember that to survive social chaos, it does you no good to belong to some huge online group of preppers who will be in different parts of the country, cut off from each other, in the event of widespread social chaos.

Make sure when you build your network you do it with people who are local to you, not hundreds of miles away. Strength in numbers only holds true if those numbers are where you are.

*Submitted by Bill, Lombard*

# #58

## Should you take up arms?

In times of social chaos, the “neighborhood watch” concept must be taken a step farther. Remember that during the LA Riots after the Rodney King verdict, armed Korean shopkeepers stood on their shops and brandished weapons, prepared to use force to protect themselves and their livelihoods.

You may need to consider establishing armed neighborhood patrols during such a scenario. Just make sure your armed patrol isn’t made up of hotheads, and remember that you aren’t the ones in authority if the military or the police show up to set up camp.

*Submitted by Don, Melbourne*



# #59

## Watching your neighborhood!

BEFORE an emergency, a traditional neighborhood watch program is the perfect way to get your neighborhood networked and get to know those in your community. The mere presence of people who are willing to step up and say something if they observe suspicious activity is usually enough to decrease crime. It isn’t enough to stare out a window, though; you need neighbors who are willing to get to know each other, patrol the local area, and make sure their presence is obvious. This will help deter crime on a day to day basis.

*Submitted by Jason, Hornell, NY*

# #60

## Who ALWAYS knows when there's an emergency?

Who always knows when there's a fire, a crime, or another emergency going on? The police, the fire department, and those other first-responders in your community, that's who. What these organizations have in common is that they use radios that can be publicly scanned.

If you don't have a "police scanner," get one. You can find lists online of the frequencies used by your local authorities, then program these into your scanner and monitor all of them at once. Knowing what the authorities are talking about could be the advance warning you need of an emergency or social chaos condition.

*Submitted by Jim, Katy, TX*

# #61

## When the Internet can and can't help

The Internet may not be of much help to you after a social chaos event occurs, but it could be of huge help before the fact. The Internet isn't just a network of websites created by other people. YOU could be one of the people to create a forum or discussion group online. You could even create a group devoted only to local people. Such a forum enables you to do very important planning, networking, and socializing in order to cement these ties before an emergency knocks on your door.

*Submitted by Bill, Chicago*

# #62

## When to ask for help... and when not to

There is a timeline to most people's attitudes during social chaos, and understanding this timeline can help you network (and know when to avoid networking). People tend to be very cooperative in the first twenty-four hours of a disaster or emergency.

During that first day, make sure you use the time to find food, water, and shelter that is defensible. It's when people start to get hungry and thirsty, and they realize that help is not coming immediately, that things start to get ugly. Know the window of opportunity and plan accordingly.

*Submitted by Denise, Eastpoint, FL*



# #63

## When to give them your money!

Firearms and self-defense expert Massad Ayoob once suggested keeping a five-dollar bill wrapped around a matchbook to toss to those “street thugs” who hit you up for money. His logic was that giving a person something small would prevent them from wanting to take more. That has been hotly argued over the years, but in a social chaos situation, you’re not facing a single mugger or even a street gang. You’re facing all of your neighbors, and having small “giveaway” supplies on hand might help keep them happy and predispose them to helping you (whereas turning your neighbors away could make them hostile). Keep small items like candy bars, batteries, matches, etc. on hand to take the “edge” off group anger in an emergency.

*Submitted by Josh, Columbus, OH*



# #64

## Meeting makers make it

You need to schedule preparation meetings with coworkers and like-minded neighbors well in advance of an emergency. Have you done so? You can't depend on being able to network when things go wrong.

Yes, those who are like-minded still will be, but during desperate times, they won't be thinking as clearly. Having a plan ahead of time and then sticking to it is far preferable to trying to come up with that plan on the fly, and then hoping your "allies" won't lose their nerve or turn on you.

*Submitted by Don, Melbourne*

# #65

## How to get advance notice of every emergency

If your community has one, consider joining a Volunteer Defense Service in your area. This will help you get a heads-up on information about emergencies coming your way. The time commitment is usually around two years, perhaps once a month during those years.

This is a great way to get the skills and information you need to defend your family, while forcing yourself to stick with it because you've adopted this obligation. Join a Volunteer Defense Service in your local community to get a heads up on information.

*Submitted by Chase, Holland, MI*

# #66

## How to get a uniform you can legally wear for authority

Consider joining the Civil Air Patrol. This is a volunteer organization that is an auxiliary unit of the United States Air Force. Civil Air Patrol membership grants you a government/military style ID and the legal right to wear a USAF uniform.

Keep the uniform in your car. It just might afford you an authoritative presence in times of emergencies, allowing you to pass a roadblock or travel during curfew. The networking value of joining such an organization also involves the information you may receive as a member.

*Submitted by Tim, Vallejo, CA*

## PLANNING TIPS

# #67

### Will you get choked?

Take the time to learn all the “choke” points on your regularly traveled routes. These are the areas where much traffic must be squeezed into a smaller point, and therefore where progress can be slowed or stopped. Choke points include bridges, tunnels, areas where lanes are closed on the highway, etc. Choke points are an ambush danger and may also present difficulty in travel because you may get bogged down there. Avoid choke points whenever possible, plotting alternative routes to avoid them.

*Submitted by Warren, Salt Lake, UT*

# #68

### Finding highways for your feet!

National trails are like highways for the feet. How well do you know your national trails? Not only should you get to know them, but you should take up hiking.

Hiking your national trails will help build up your strength and endurance for traveling by foot. It will also help familiarize you with the trails in your area, which could help you in times of emergency.

# #69

### Learn about killing to avoid it

Never underestimate the power of research to help you in emergencies. Take the time to read David Grossman’s book, *On Killing*.

It is considered one of the best books on the topic of lethal force and on human beings’ willingness to engage in using that force. It may sound morbid, but in an emergency you need to understand this side of human nature (both your own and those of the people around you).

*Submitted by Nelson, Vero Beach, FL*

# #70

## Nice guys finish DEAD last

A few years ago in Djibouti, I was handing out bottles of water to a group of locals. They weren't satisfied with that; they ended up stampeding me, crushing me against a bus. The US Marines I was driving for came to my rescue and got the locals off me.

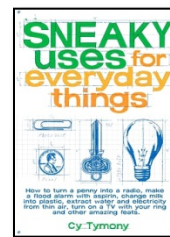
I learned a valuable lesson. Don't get killed trying to be nice and helpful, because people won't always appreciate your help. They won't always be satisfied with what you give them and they'll try to take more.

*Submitted by Joe, Lake City, FL*

# #71

## Household objects and clever self-defense

Read *Sneaky Uses for Everyday Things* by Cy Tymony. This book teaches you how to make the most of everything around you. It will teach you to make glue of out milk, eavesdrop on aircraft radio, and realize the full power of LED technology. It's a single book that contains a wealth of adaptable survival information.



*Submitted by Will, Western MA*

# #72

## Planning... IN ORDER

Remembering that your brain is the most powerful tool you have for survival is not enough if you don't know how to apply that tool. The proper sequence of steps is this: Identify the emergency, devise your plan, execute that plan, and then move on. Do not give up. The will to survive is your first and primary priority.

*Submitted by Tommy, Tishomingo, OK*

# #73

## No guts, no instinct

People say, "trust your gut" without really committing to that. How often do you get a gut feeling and then act against it because you think you "know" the truth is otherwise? Your power of intuition, your initial "gut feeling," is a powerful survival tool. It's right more than it is not. Err on the side of caution to stay safe. Always trust your gut!

*Submitted by Jerry, Seattle*



# #74

## Help from above

Numerous crisis survivors comment that some mental attachment and focus helped them survive: they prayed, thought of their loved ones, played mental puzzles in their heads... something to give them a reason to survive and keep their mental and emotional state balanced.

Always have something on which you can focus in order to keep you going in an emergency. That focus can empower you more than you possibly understand. In an emergency, focus IS survival.

*Submitted by John, Boston*

# #75

## Is survival mental or physical?

It is said that survival is 90 percent mental and 10 percent physical. It doesn't matter what the percentage is; what's important is that you remember survival is truly BOTH. No amount of physical preparation can be successful if you don't understand the mentality needed to apply it and use it.

No amount of mental preparation for survival can help you if you take none of the physical steps needed to act on it. One aspect of survival cannot survive without the other, the physical AND the mental.

*Submitted by Steve, Sioux City, IA*



# #76

## When building a fire is the LAST thing you need

You probably spend a lot of time learning to MAKE fire in a survival or social chaos situation. Your gear probably has plenty of methods in it for making fire. But how much time do you spend learning to FIGHT fire? Do you have anything in your survival stores or your bug-out gear for putting out fires?

In a social chaos situations, fire will be common, and an easily produced weapon of riot and disorder. Fire-fighting methods and equipment should absolutely be part of your preparations for surviving social chaos.

*Submitted by Steve, Raymond, NH*



# #77

## How your real-estate agent can help you

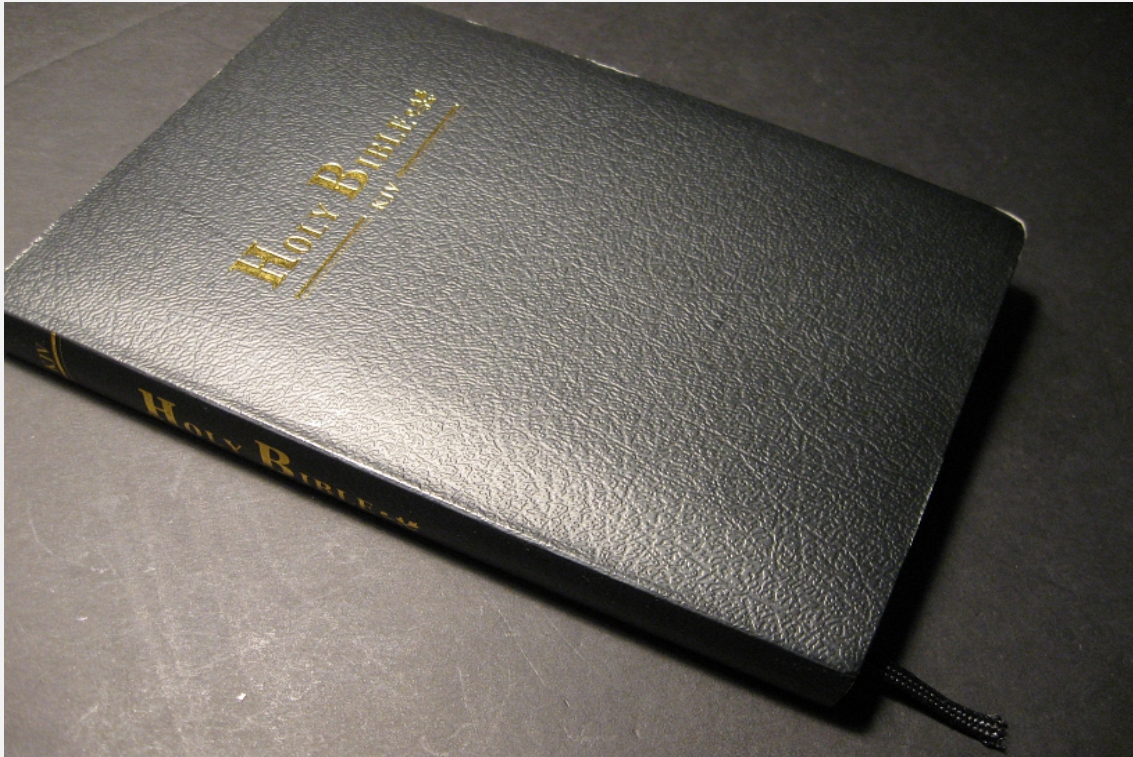
Your survival preparations should include a holistic plan. Buy land. Buy multiple acres. Choose land far from large cities that can be used for an evacuation site. Install motion detectors and other security systems. Get to know your neighbors. Stock up on food and water. Install a large propane tank for fuel and keep it half to full always. Buy and stock multiple weapons, practice with them, and have a backup plan. That, in a nutshell, is a complete social chaos survival plan... but your own circumstances will vary.

*Submitted by Gordy J., Young Harris, GA*

# #78

## A higher power may be just the thing

Pray. It may sound hokey to you, and if you're not a believer, it will be difficult to become one overnight. You may have heard the expression, "There are no atheists in foxholes."



In a time of social chaos, a connection to your higher power may be the one thing that keeps you going. You would be surprised just how much you can accomplish if you follow the dictum, "Worry about nothing, pray about everything."

*Submitted by Mark, Denver, CO*

# #79

## Like the t-shirt slogans say

A popular t-shirt reads, "Keep Calm and Carry On." It sounds so simple, but it has far-reaching implications. To paraphrase, the ability to keep a clear head while others about you are losing theirs is the hallmark of a leader. If you can stay calm during social chaos, you can think clearly. Thinking clearly is the key to making good decisions. And good decisions can make the difference between life and death, for you and your family.

*Submitted by Mark, River Heights, UT*



# #80

## Prepping that's as easy as breathing

Mental exercises such as mediation and breathing exercises help tremendously for keeping your ability to reason in high stress. It may sound odd, but it can save your life. Regular meditation to help lower your heart rate, your breathing, and your stress and anxiety can do wonders for your overall outlook.

*Submitted by T.J., Vancouver*

# #81

## The slippery slope of an emergency

Understand just how quickly things can go downhill in a social chaos situation. After your immediate response shock plan and longer-range adaptive change strategies have come and gone, comes the practice of guns, beans, and water. These are both necessities and luxury in a social chaos situation. Healthcare in such a scenario means to stay healthy. Watch, listen, and read the signs around you.

*Submitted by Jeffrey, Tulatin*

## This is not happening...?

# #82

You may be missing the most important part of a survival situation and

not even know it. The first thing you have to do in a survival situation is... RECOGNIZE THAT YOU ARE IN ONE.

If you don't acknowledge the emergency, if you don't accept it, you will never be able to cope with it. When an emergency occurs, you MUST switch to survival mode IMMEDIATELY. Throw that mental switch and you will be able to do what must be done.



*Submitted by Mike, Northport*



# #83

## The perfect piece of gear

The perfect piece of gear is actually a combination of gear. You should always have a knife on you. You should always have a flashlight on you. You should always have a gun on you. These things are not as useful when separated from each other! Always have gun, knife, and flashlight with you at all times if it is legal for you to do so. Keep your head on a swivel, stay aware, and always try to stay one step ahead of what's out there.

*Submitted by Dale, Burnsville*



# #84

## You CAN survive a WMD

Many of us fear chemical or biological “weapons of mass destruction” because there seems so little we can do about them. There are some survival strategies you can keep in mind in the event of such an attack.

First, minimize your time of exposure. Second, maximize your distance from the source of exposure. Third, shield yourself from the source by whatever means you have available, be it a rain poncho or any other type of cover-up. Lots of hot soap and water can act as an expedient form of decontamination in the event you have been exposed. Remember, above all else, don’t panic, and follow these steps as outlined.

*Submitted by Czar, Winter Haven*

# #85

## How to prevent freezing up in times of danger

Gather as much information as possible before the fact. Study EVERYTHING so you don’t freeze up. Freezing is encountering something your brain doesn’t know how to deal with, so make sure your brain has as much in it as you can. Learn about everything from electromagnetic pulse to economic challenges to social unrest. Each event of social chaos is survivable if you aren’t caught flat-footed.

*Submitted by Diane, Seattle*

# #86

## Sit down and write it out

Your family should have a WRITTEN emergency plan. Writing up that plan forces each member of the family to understand what they are responsible for doing in an emergency, what the meet-up point is, what the alternate communications methods will be, and how these plans will be applied to specific emergencies. Sit down with your family ahead of time, draw up the plan, and make sure each member understands their role in it.

*Submitted by Ron, Granite Falls*

# #87

## How to plan for having a plan

The first rule of planning for disaster is to HAVE a plan. This sounds simple, but many people TALK about planning while never actually accomplishing anything toward that goal. Take the time to make your plan, test it, and refine it. A theoretical plan is not enough; you have to test its components to make sure they will work when you really need them. You wouldn't trust an untested piece of gear in the field; you shouldn't trust an untested plan, either.

*Submitted by Casey, Oklahoma*

# #88

## There's a reason the home team wins so often

Your local area is known, in some circles, as your "AO," your Area of Operations. Know your Area of Operations and know it well. Obtain the appropriate maps of your area but, more importantly, travel your AO yourself. Explore it. Get to know every part of it.

If the "home field advantage" is to be yours, knowing the area where you are can be the difference between success and failure while escaping and evading or dealing with some other form of social chaos. Know the routes in, the routes out, and other environmental factors. Your AO is yours; make it your turf by understanding it.

*Submitted by Tom, Grand Rapids, MI*

# #89

## Another amazing self-protection resource

You should pick up a copy of the book, *The Urban Warrior's Bible*, by "The Sensei." This is an amazing self-protection resource. It contains a wealth of information on a variety of topics relative to urban survival, self-defense, the strategies and training of such methods, and other resources for pursuing survival in a social chaos situation.

*Submitted by Michael, Detroit*

# #90

## Can you survive a war zone?

One of the best books you can read for preparing to survive social chaos is *Secrets of Street Survival – Israeli Style: Staying Alive in a Civilian War Zone* by Eugene Sockut. Another is *The Modern Survival Manual: Surviving the Economic Collapse* by Fernando Aguirre.

The first is survival from a military-trained point of view, while the second is from a civilian point of view. Combining the two outlooks produces the best possible outcome for the citizen-survivor and his family.

*Submitted by Matthew, Hampton*

# #91

## If you can picture it...

The power of visualization cannot be understated. When you visualize what you would do in reaction to a given scenario, it is almost as good as actually practicing doing that. Make sure you think about how you would react to a given situation BEFORE you need to react. That way, when you encounter that scenario (or one close to it) in real life, your brain will be better prepared with premade pathways to those decisions. You'll be able to react more quickly because you took the time to think about it.

*Submitted by Dennis, Simsbury, CT*

# #92

## Survival secrets that AREN'T secrets!

Do you know where your fresh water aquifer springs are, locally? This isn't secret information. Doing a little research will help you learn where these springs are near you.

Take the time to map out every natural cave and, when planning for long-term survival, use your knowledge of these springs to help plan for survival in proximity to fresh water.

*Submitted by Metzman, San Antonio*



# #93

## When the authorities CAN'T help you

Your communication plan should not rely on the authorities. The authorities will likely not be available in an emergency or, worse, drawing attention to yourself may make you the result of “command and control” scrutiny you may not want. The key to your communication plan is to work out whom you trust well in advance of the event. The “triggers” for implementation of your communication plan should be clear to all involved.

*Submitted by Carl, West Palm Beach, FL*



# #94

## Subscribe and survive

You should subscribe to your local OEM emergency notification system. Many states have such systems. Major cities have text message, email, and cell phone notification for emergencies.

These notifications may include such events as road closures, police actions, and other critical information. If your locality has such an emergency notification system, be sure to take advantage of it.

*Submitted by Alan, New York*

# #95

## The map you aren't carrying might save your life

You have heard the term “VFR” with relation to airplanes, probably. An aviation VFR map is a map that has all rail, pipeline, road, utility, waterway, and other rights of way and landmarks very clearly marked. The things pilots use as references on the ground can be the things YOU use as a travel reference in escaping social chaos.

*Submitted by Greg, Alexandria, LA*

# #96

## Hot air can be a survival resource after all

Every locality has talk radio. You should listen to it. Stay informed by listening to talk stations. You don't even have to agree with the political outlooks shared; you just have to know what people are talking about.



Knowing what's being discussed is the key to having your fingers on the pulse of the local population. Know what will trigger them and know when an emergency may occur by listening to talk radio.

*Submitted by Don, Melbourne*

## STORAGE, CACHE, and STOCKPILE TIPS

# #97

### The simple, cheap solution to storing drinking water

There's a simple and cheap way to make large quantities of water safe to drink. That's by adding a small amount of "shock" chemicals are used for swimming pools. It only takes very little to purify a large amount of water. A few drops of bleach can be used to help stored water (water already safe to drink that is stockpiled) from going bad while remaining stored for long periods of time.

*Submitted by William, Redfield, AR*

# #98

### Your insurance salesman is a prepper

There are many companies that offer "food insurance" and water purification tools as well as other survival supplies. You can very easily set aside large quantities of storage food if you just have the money to pay for it to be delivered.

Do keep in mind that you should try the food and eat it relatively regularly to make sure it agrees with you and to accustom your system to it. You don't want to change your diet radically to a foreign food substance in the event of an emergency, for this could make you ill.

*Submitted by Robin, Hernando, FL*

# #99

### Are you seeing double or triple? You should be!

SCRAM, BOB, or other bug-out gear bags should be prepared in multiples as long as you can afford to do so. Keep one in every critical location you travel to and from.

These include your car, at home, and at the office. Chances are, when an emergency comes, you won't already be safe at home. The office bag is an absolute must because most of us spend a third of our lives (or much more) at work.

*Submitted by Lewis, Missoula*



# #100

## Your tiny home away from home

If you can, rent a storage area that is not near your home, but rather, central to your travels. Off-site storage of gear can be essential, especially if something happens when you are not home, or you are cut off from the places where your gear is normally cached. The more survival spots you have, the better prepared you are.

*Submitted by Brent, Victoria, BC*

# #101

## Don't overlook simple solutions

Store plenty of dried food. Storage food doesn't have to be expensive and it doesn't have to come from companies that offer fancy products at high prices.

A lot of dried beans, rice, oatmeal, and other "dry goods," properly packed in sealed containers in a cool, dry place, can be all you would need to survive for the long term. When possible, store your food in multiple locations. You don't want a single moisture problem or vermin infestation to wipe out everything you have.

*Submitted by Randall, Albany, OR*





# #102

## When having a well isn't any help

Having a water well on which you can draw is very important, but does that well rely on electricity to pump it? If your pump is electric, a power failure could cut you off from your source of water. Install a hand pump as a back-up. In survival situations, the only power on which you can count is muscle power.

*Submitted by Lorin, Redwood City*

# #103

## Don't forget the 3 Gs

Your SCRAM bag or BOB should include the usual items, such as food bars, water in a canteen, toilet paper, and medication... but don't forget the three Gs. The three Gs are Guns, Gold, and Ammunition. The third item doesn't start with a G, but it goes with the first G. Guns, Gold, and Ammunition are the most important items you probably aren't packing in your bag.

*Submitted by Dwane, Ottawa*

# #104

## Not just long-term prepping, but LONG term prepping

For REALLY long-term preparation, did you know that you can freeze vegetable seeds? Seeds generally last quite some time, but not forever. Freeze them to keep them even longer, and make sure the seeds you freeze are for plants that grow well where you are.

Also, know how to extract seeds from seasonal vegetables that grow in your region, so you can replenish your supply.

*Submitted by Will, Western MA*

# #105

## What happens when your supplies run out?

Know where to get food in a crisis. It's all fine and good to talk about defending your stores of canned food, but sooner or later, that food is going to run out. Would you know where to find, trade for, borrow, steal, or make food if you ran out? Do you know the common, local, nutritious plants? Would you be prepared to eat pets, pet food, or wild animals you hunted? These are things you must know to be truly prepared.

*Submitted by Will, Western MA*

# #106

## When all your gear becomes USELESS

Of all the supplies you COULD carry in your bag, ranging from water purifier to a blanket, rope, tools, guns, knives, ammo, fire-starting gear, And everything else, remember that your gear is useless to you if it is too heavy.

Don't get bogged down with "stuff" you don't need. Travel LIGHT. Always travel as light as you can get by traveling; always take with you what you need, but absolutely no more than that.

*Submitted by James, Centreville, VA*

# #107

## The cheap solution to burying your cache

PVC pipe is a great way to build water-proof containers that you can bury storage-cache items in. Start by cutting the pipe to the length you need. Epoxy a permanent end cap on one end.

Screw the end cap on the other end, wrap the whole thing in plastic, and seal it with duct tape. Be sure to include a rope or other line connected to the pipe to make it easier to retrieve later, and bury it near an external marker that will make it easy for you to find.

*Submitted by Jeff, Brownville*

# #108

## When leaving some gear behind makes sense

One survival strategy for long-term escape and evasion is to keep only three days' supplies and a secondary weapon on you. Cache your primary supplies and weapons in a safer location.

That way you have the means to get to your supplies, but the items on you are essentially expendable in case you are intercepted along the way.

*Submitted by Tony, Hattiesburg*

# #109

A lot of people don't prepare as much as they could because they worry the cost is prohibitive. A good strategy for long-term survival and preparation is to buy what you can afford now. As time goes on, slowly replace or back-up the cheaper items with better items as you can afford them. Even the cheap stuff is better than having nothing at all, and the longer you go without an emergency, the better your total gear will be.

*Submitted by David, Auburn, WA*

# #110

In long-term survival situations, you may need to think in terms of a "barter" economy. Make sure you have items on hand that you can use as "money" in such a situation.

These may be things you need, and they may be things that other people want, such as luxury items. These include tobacco, chocolate, painkillers, and similar items.

*Submitted by Steve, Normal, IL*

# #111

When an emergency happens, you will have a brief window during which everything is still working. Charge your phones and other batteries during this period. Fill all your bathtubs with water.



Collect anything you can think of collecting while you still have access to power and utilities. This MAY be enough to get you through the emergency, or it may at least get you started.

*Submitted by Alexander, Vancouver*

# #112

## Which of those plants will KILL you?

Make sure you know the difference between plants and berries that are naturally edible, and those that are poisonous. Every year, people die eating things they THINK are edible that instead make them sick. You can't afford to make a mistake with some naturally occurring plants.

*Submitted by Barbara, Waukesha*

# #113

## Hansel and Gretel had it right!

You may have to leave in an emergency with some of your stores not quite cached. You're your storage cache items (such as those prepared in waterproof containers for burying) until the last possible minute.

When the time is right, choose your location and start digging, being careful to do this where no one can see you and where you can conceal the fresh dirt you've just moved around. Leaving cached items along your path may come in handy if you have to travel back the way you've come, or backtrack at all for any reason.

*Submitted by Jeff, Brownville, NY*

# #114

## When to sacrifice some gear

Consider staging some of your items, or more expendable survival gear, as a decoy. Most people will not look further if they believe they have already found the things you have that they want.

This is the same strategy as having a "decoy" wallet to give to muggers. Give the enemy something to take and you keep what you really need to keep.

*Submitted by Dawn, Philadelphia*



# #115

## How to drink from a toilet (and how not to)

When gathering water from your toilet tank stay clear of the walls of the tank. You don't want to contaminate the water and you don't want to expose yourself to any bacteria or mold that may be growing on the sides of the tank. Water can be found in a variety of places you wouldn't think of, such as in hot water tanks, even when utilities fail. It may not taste very good, but it's potable.

*Submitted by Joseph, Anchorage*



# #116

## It worked for WWII POWs

If your home has an outside porch, it will likely have open space under it. Break through a small section in the corner of the basement wall and use it as an access point. Conceal the entry with false wall.

You can carpet the walls of a small closet to make concealing easy with a flap-up door. Within the interior you'll find refuse left behind by the builder, most likely; remove it. Such a hidden room will have two purposes. It's a great hidden storage place for food and water, and makes a great "safe room" for emergencies.

*Submitted by Dave, Gettysburg*

# #117

## Your best friends outdoors

When surviving out-of-doors, animals are your friends. They have the same needs and generally respond to the same problems as you do. Do as they do. Eat what they eat; avoid what they avoid. Most of all, don't worry if you put on a little extra weight; this will give you reserve energy should you need to go without food for a few days. If it works for the animals, it can work for you.

*Submitted by Ranger, Hoodspout, WA*



# #118

## Mark Twain on Prepping

Mark Twain once said, "Put all your eggs in one basket... and WATCH THAT BASKET." Funny as that is, remember that you don't want to store all your ammunition, food, and other supplies in one place. Spread them around logically. This helps keep them safe in the event that one cache is stolen or damaged.

*Submitted by Roger, OR*

# #119

## Count, then multiply

You may plan your first-aid and emergency supplies for the size of your party or your family. Consider keeping extra supplies, however. If you find a hurt person or persons, and you can help them, you've done the right thing and you may have made a very useful ally in the person you helped.

# #120

## **The easier way to store your supplies!**

While making underground cache containers from PVC will work, there is an easier way to store your supplies, your food, your water, etc. Large poly-plastic agricultural containers, available in rural areas, can be used for underground storage caching with little or no modification. Make sure they are sealed properly when you bury them.

*Submitted by Roscoe, Gainesville, TX*

# #121

## **The one thing you'll never be able to stockpile enough of**

It is impossible to have enough water. The average person requires more water to drink every day than that person can easily carry. It is essential to store water at your survival location in order to have enough water on hand.

Six-gallon containers that lay flat and will fit under a bed can be had at large discount stores. Five-gallon jugs that aren't as compact are also readily available, and water is still relatively cheap. Don't scrimp when it comes to storing water.

*Submitted by Steve, Leander, TX*

# #122

## **When owning gold is useless**

Heavy gold coins are worth too much to be useful for a social chaos trading system. You want to keep a good supply of small, real silver coins on hand to use as currency in the event of economic upheaval.

Barter items like ammunition and so on are good, but real, precious metal coins can make all the difference in the world.

*Submitted by Roger, Florence*



## ESCAPE AND EVASION (BUG OUT) TIPS

# #123

### NEVER do this when driving from danger!

“Escape” should always be on your mind during civil unrest. When driving, never get boxed in between other cars or obstacles. For example, stay far enough from the car in front of you so that you can maneuver around them if needed and never, NEVER take the middle lane in a three-lane road! With cars on either side of you, you won’t be able to move around them.

*Submitted by Randy, Pensacola, FL*

# #124

### Carrying transportation... in your transportation

What would you do if your car were disabled? You might still need to move faster than you can walk. It’s a good idea to keep a mountain bike or other portable, foldable bicycle or scooter in your vehicle.



If you run out of gas your car is otherwise disabled, you’ll still be able to cover a lot of ground in a hurry.

*Submitted by Troy, Denver, CO*



# #125

## Remember this when using human power

If you use a bicycle or other human-powered vehicle for transport, don't forget to think in terms of equipment. If you can't carry more than the contents of a backpack on your shoulders, you might as well be walking. A bicycle equipped with a basket, bags, or sidesaddles can help transport more gear, and you'll still be able to move much faster than you would be moving on foot.

*Submitted by Brent, Victoria, BC*

# #126

## Four wheel drive? Not necessarily

Remember not to think in terms of cars and four-wheel-drive trucks when it comes to escape and evasion with a vehicle. Dirt-bikes have every bit the off-road capability a truck has, but they're more versatile and much more compact.

They can go where trucks cannot, and they're light enough that you can move them with your own body if you get stuck. They're also very, very economical when it comes to fuel.

*Submitted by CW, Los Angeles*

# #127

## When to avoid people... and when not to

We often plan, in times of social chaos, to avoid contact. What if you needed to be rescued, however? Pack a reflective vest or the reflective tape runners use. When in need of rescue, use these to increase your visibility while signaling for help. Because these are small, portable clothing items, you can take them off when you don't want to be found. Hiding or being rescued is then entirely up to you in a social chaos situation.

*Submitted by Gary, Salt Lake City*

# #128

## An old saying about locks

There's a saying. Pick a lock and lock behind you. It's a good idea to familiarize yourself with basic lock-picking. Tools and books on how to pick locks are readily available. Your state or locality may have laws about the "possession of burglary tools," so do some research before you obtain these items.

Still, it's a good idea to know how to pick a lock. If you can disable a lock to get past it without damaging it, you can then relock it behind you in order to safeguard your path.

*Submitted by Dave, Milwaukee*

# #129

## Protection is more than just gloves

You need protection when you're out and about. This doesn't just mean gloves. It also means knee pads, shin guards, tough material like heavy overalls, a hard hat that doesn't look like a hard hat, and safety glasses.

A dust mask is a good idea, too, as well as ear plugs to keep out loud noises. Equipped with this gear you can get through almost anything, including smoking, debris-strewn buildings.

*Submitted by Lewis, Missoula*

# #130

## In a crowd, whatever you do, DON'T do this!

When in a crowd, do not run. Running draws attention and your own agitation can be contagious. In a mob, you don't want to risk getting everyone ELSE excited, because things are already dangerous enough.

Always remain calm, move slowly, and do your best to get out of a crowd without making that crowd more excitable.

*Submitted by George, Mebane, NC*

# #131

## A new perspective on emergencies

Whenever possible, get "above" an emergency situation. The thing you use to gain altitude could be a tree, a roof access ladder, a fire escape, or other means of gaining altitude. Many people will simply forget to look UP in an emergency, which means they'll pass right by you. Being up above the action means you have a better chance of spotting real trouble before it can get to you, too.

*Submitted by Angelo, Eugene*

# #132

## Is your rally point a danger zone?

When choosing a location to meet your family members or the members of your party, consider what is likely to draw looters and rioters. Choose a location that has no value and no interest to such people whatsoever.

The last thing you want to do, when choosing your rally point, is to put it right by a glass-fronted store full of stereos, or a gun shop, or a grocery store. Avoid the places looters and rioters will attack.

*Submitted by Jeff, Coachell, CA*

# #133

## A last-ditch method to avoid being crushed

If you feel you are in danger of being “squeezed” by a crowd, hold your arms straight up. As the crowd compresses, bring your arms down, lifting yourself up above all of those next to you.

Alternatively, just raise your torso above the crowd. More than once, people have been crushed because they couldn’t bring enough air into their lungs. The danger of being killed by a crowd-squeeze is real and you must prepare for it.

*Submitted by Marc, Albany, NY*

# #134

## The low-tech survival training anyone can do

You may not think of running as survival training, but take it up now. If you can run a mile every day, you can put a mile between you and the emergency. This increases your chances of survival dramatically.

Gradually building up the strength and endurance to run a mile every day will make you stronger and more fit and healthy overall, which also improves your chances.

*Submitted by John, S.F., CA*

# #135

## Protecting your transportation during a riot

If you believe in participating in political rallies or other political events, make sure you park your car well away from the damage. If something goes wrong and social chaos breaks out, your car will be in a lot less danger than if it is “close to the action.” It will also be there if you need to get away once you clear the emergency condition, whereas it might not be if it was closer to the event.

*Submitted by Nancy, Bloomington*

# #136

## What to do when you are taken captive!

In an escape and evasion situation, you may be captured. Your captors may be moving you from one location to another. Don't be afraid to turn yourself into “dead weight” by pretending to faint.

Someone who has fainted is a burden and your captors may decide it's better to find someone who can move under his or her own power. They may drop you and move on to someone else.

*Submitted by G.B., Ruidoso*

# #137

## Something you can't see that you should also hide

Your IR footprint, your infrared picture (your body heat) may be something you'll want to conceal. Insulating space blankets are thin strips of material that work by keeping your body heat in.

Using that same insulating blanket to hold your heat in to mask your body heat signature from infrared detection equipment. Make sure to wrap the blanket around your shoes and heat to prevent leakage. You could even paint the outside (which is shiny) to keep it from standing out visually.

*Submitted by David, Santa Ynez, CA*



# #138

## Don't go backward or forward

If you are trapped in a mob confronting police, don't go backward or forward; go lateral. As you are moved along with the mob, look for buildings with more than one exit (hotels are great for this). Enter the nearest suitable building, cross the lobby, and exit the other side, hopefully on another street.

If you are on the wrong side of the mob, pick your target building well in advance, and begin moving sideways as the crowd moves you forward or back. This is the way a ferry crosses the river: it aims either upstream or downstream, moving across the river as the current helps it meet its landing.

*Submitted by Ralph, Ithaca, NY*

# #139

## When you can't avoid a crowd

If at all possible, avoid demonstrations. If you get caught near one that turns ugly, staying low is your best bet. The more upright you are, the more visible a target you make. Stay low, stay alert, pray, and make sure you always know where you're moving. It may be necessary to "pop up" like a prairie dog periodically to assess your position before you return to moving low to the ground.

*Submitted by Susan, Mechanicsville, VA*

# #140

## When cover and concealment should be avoided

Remember that in urban areas, obstacles and other artificial structures that can cover and conceal you may also hinder your escape. Obstacles are double-edged in that way; depending on where you are in relationship to where you are going, they may be helping you hide or they may be cutting you off.

*Submitted by Rick, Beaumont*

# #141

## Who has the right of way?

Electrical and natural gas transmission “right-of-way” corridors provide good highways for travel that most people don’t consider. What’s best is that they’re usually near wooded areas and other places where concealment is plentiful. Follow them, but stay near the wooded sections when on foot, being prepared to duck and hide whenever necessary.

*Submitted by Robert, Washington, DC*

# #142

## The foolproof defense method for traveling on foot

When traveling, become “the gray man.” When walking through a working-class neighborhood, wear working-class clothing. When walking through an upscale neighborhood, dress up to blend in.

If you feel you must wear “tactical” clothing, choose clothing as close to normal civilian dress as possible. Your backpack or other travel gear should NOT scream, “I’m carrying weapons inside me.” Don’t look like a victim, but don’t stand out like a sore thumb, either.

*Submitted by Tom, Chicago*

# #143

## Where almost everyone goes in an emergency

Remember that in social chaos events, most people will go to places already known to them. This could cause great danger, depending on the scenario. What if, during social unrest, a variety of parties desperate for supplies and safety all converged on the local mall? If you can think of it, someone else can think of it. Avoid places where many other people are likely to go. During social chaos, large crowds are the worst danger you can face.

*Submitted by Steven, Tucson, AZ*

# #144

## **The security step you may be missing in your car**

You probably already know you shouldn't drive a car right into an angry crowd. You may have seen footage of people shaking a car as part of a mob, before eventually turning it over on its side or even on its roof.

What if you were simply yanked out of your car, however? Have you forgotten the most fundamental safety precaution of all? Lock your car doors at all times. It's a simple act that helps safeguard you whenever you are in a vehicle.

*Submitted by Timothy, South Charleston*

# #145

## **A method for carrying and drinking "unclean" water**

If you carry a water bladder or pack of some kind, include an inline filter for it. If you do, you can then fill the bag from "unclean" sources, yet filter it as you drink it. This enables you to filter water for more than person, too. The purified water needs less cleaning, less often, and requires less energy to drink it.

*Submitted by Shane, Saint Joseph, MI*

# #146

What if you can't get there from here?

You know how to get home. But what if you "can't get there from here?" What if somebody is following you and you need to lead them away, then get home from a different location? You need to research more than one way to get home, then practice using those different routes. It pays to vary your routine.

*Submitted by Miles, Knoxville*

# #147

## The survival secret you can learn from zombie movies

It's a running joke in zombie movies. A live person or persons see the zombies and start shuffling around, acting as the zombies do. Pretty soon, the monsters ignore them, and they can go about their way in peace. The same is true of angry, rioting crowds during times of social chaos. Yell along with the crowd. Blend in with them. Go along to get along. If they think you're one of them, they won't come after you.

*Submitted by William, Leroy, AL*

# #148

## Where NOT to look during an emergency

During times of social chaos, avoid making eye contact with anyone. Eye contact will be seen as hostile and as a challenge by some agitated parties. When moving through a crowd, look beyond everyone, as if to a point in the distance, and look as if you are concentrating on that point.

If you look distracted, like you have someplace you need to be that has nothing to do with those around you, they will tend to ignore you as you go on your way. If someone tries to make eye contact with you, look around them as if you are already focused elsewhere.

*Submitted by William, Carson City*

# #149

## You don't want to be caught wearing THESE shoes

You may have to travel on foot during social chaos, so don't make the worst mistake you can make. Don't travel from social chaos in brand-new shoes and boots. Your shoes and boots must be well broken in or you will injure your feet badly with cracks and blisters. Heavy socks can make a big difference, so carry these, and bandages for your feet, wherever you go.

*Submitted by Shawn, Fremont, NE*



# #150

## **The safest place in any emergency**

Whether it's a crowd or some other spectacle, the place to be is never in the heart of the action. No matter how interesting something may be, if you are at its center, you will be trapped if it turns ugly. Always stay on the PERIMETER of the excitement, and know where your exits are (as many exists as possible).

*Submitted by Scott, Altoona*

# #151

## **Hide in plain sight with this simple strategy**

There is no way to prepare for every scenario, but in times of social chaos, especially if you manage to make an enemy of someone (on purpose or by accident), if you can disguise yourself, you can avoid trouble.

Carry with you some means of changing your appearance. A hat, a scarf, a reversible shirt; any of these things can help change your appearance so that you aren't immediately recognizable. Wearing something very obvious, then discarding it, is another way to draw attention from yourself, such as ditching a hat after you've developed pursuers while wearing it.

*Submitted by Steve, Sioux City, IA*

# #152

## **When your safe zone isn't safe**

What is your BACKUP safe zone? Any event might make your home, with all your survival stores, or your bugout location, with all your well-planned caches, completely unavailable. Do you have another option? If you haven't planned ahead for this you very much need to do so.

*Submitted by Carl, West Palm Beach, FL*

# #153

## When “hit and run” is the order of the day

Even in lawful, moral self-defense, confrontation in a social chaos situation can kill you. You must be careful not to do anything illegal that could come back to haunt you later (remember, cameras and witnesses are everywhere), but you mustn't stay behind to get killed by a mob if you've angered some among them by engaging one of their number. “Hit and run” or “hit and evade” may be the order of the day in social chaos self-defense.

*Submitted by Jeffrey, Tualatin*

# #154

## What to watch for when YOU are the mob

Even if you believe you are a member of a crowd, such as demonstrators whose demonstration you were attending, a mob has a mind of its own. That group mind can turn on you when you least expect it.

Say one wrong thing, make one wrong move, or get picked out of the crowd by someone else (by mistake or on purpose), and you could be in danger of losing your life to an angry rabble. Always remember that crowds are dangerous and can turn on you in a heartbeat. Never trust them.

*Submitted by Cynthia, Berkeley*

# #155

## Where to move when the mob does

When forced to move with a crowd, stay at the edges of that crowd, but also be aware that you must turn when the crowd does or risk being “outed” by the crowd's movement. Stay near the back and break away if you must change direction, but make sure you do it when nobody can see you. You don't want suddenly to become the target if a member of the crowd sees you fleeing.

*Submitted by Katherine, Ashland*

# #156

The one “disguise” you can never take off!

We don’t like to admit that race and ethnic background may make a difference to some people, but it really does during times of social chaos. During a riot or other act of civil unrest, you don’t want to be caught being the wrong color or the wrong background in some neighborhoods.

Remember Reginald Denny, the white truck driver who was dragged out of his truck and beaten by an angry mob after the Rodney King verdict? He was simply in the wrong place at the wrong time while being the wrong race. Never forget that you may become a target simply because of the color of your skin (or other aspects of your appearance).

*Submitted by Ray, Garden Grove*

## When flying the flag could get you killed!

# #157

Are you  
proud of  
being an  
American?  
You should

be. But if you’re in a foreign country when unrest breaks out, remember that America is frequently the target of anger from other countries.

If you are caught on the street “looking American,” it may be the last thing you ever do. Don’t be afraid to tell people you’re Canadian if you absolutely must, and dress (and act) like the locals whenever possible. Adopting local dress is a very good way to blend in when abroad.



*Submitted by Richard, Albuquerque, NM*

# #158

Wherever you go, whatever you do, keep in mind that when you are in public, you must know how to get OUT of public. Always note at least two exit routes when you enter a new area, preferably not the primary route from which you just entered.

Assume that the obvious means of travel may be blocked and have a plan for working around these. This should become second nature for you. Practice until it is automatic.

*Submitted by Diana, Port Angeles, WA*

# #159

## **Definite warning signs that a crowd is getting out of hand**

Always avoid, avoid, avoid. If you work near high-profile areas, such as your state capitol or a national landmark, listen for the loud sounds of demonstrations and riots.

Screams, chants, extended honking of car horns, and so on are all signals that some sort of demonstration is getting out of hand. When you see the potential edge of a mass unrest event, turn the other way. Ignore the impulse to see what is going on. You can read about it in the paper later.

*Submitted by Sean, Sacramento*

# #160

## **When a hero isn't a hero at all**

We all think about being the hero. We all fantasize about being the guy who saved the day. The urge to do good, and to help other people, is very strong, especially for those of us who are basically decent and good at heart.

Just remember that you are not your own person if anyone depends on you. You belong to your family first. Protect THEM and see to THEIR safety. Avoid the urge to be a hero to strangers. Don't risk yourself when your family requires your protection.

*Submitted by Steven, Farmington*



# #161

## The 3 landmarks you must know to navigate

A good rule of thumb for travel, especially if you must navigate by map and landmark, is to know where you are going, where you are coming from, and what is in between.

Plotting out these three points and recognizing them using landmarks is a good way to make sure you don't go around in circles or miss your route. Plotting the midpoint between the start and the end helps keep you on track.

*Submitted by Jim, Ocala*

# #162

## If you can, stockpile THIS

If you have the ability to store it, make sure you keep plenty of spare gasoline on hand. Do so safely and make sure you don't create a fire hazard. (Also, it's not a good idea to keep spare gas in your car's trunk, even in a properly approved container, because the fumes will enter the vehicle.)

For long-term storage, make sure you "stabilize" the gasoline to prevent it from turning to varnish. Remember, gas will be among the first commodities to be rationed or to run out entirely during a time of social chaos.

*Submitted by George, Chicago*

## The animal control tool that could fight a mob

# #163

Angry mobs are often dispersed by riot police wielding fire hoses. At least, that's how it looks in the movies.

A big canister of "bear spray" may be what you need to disperse an angry mob, however. At the very least, it may help back the mob down long enough to help you get away.

*Submitted by Joe, Houston*



# #164

## Will you be TRAPPED on the highway?

Stay alert to conditions farther up the road while driving, especially if you're on a highway on which you could be trapped. During some conditions, drivers have been trapped for hours, even days on highways from which they could not turn off once they were stuck between other cars.



Never drive into unknown congestion on the road. Stop, observe and, if necessary, turn around.

*Submitted by Tom, Oklahoma City, OK*

# #165

## Corkscrew your way out of danger!

When caught in a large group of people, remember that slowly rotating your body can help you to "cork screw" your way out of danger. As the people around you move, your rotation will help carry you past them and beyond the crowd. This movement will also prevent you from being thrown to the ground and trampled.

*Submitted by Mike, Lexington, MA*

# #166

## When to use a secret code

Your family members are the most important people in your world. You need to plan ahead to keep them safe, and one of the best ways to do this is to develop a special code word among them. That code word should be the signal that tells your family it's time to meet at a predetermined safe location.

The code word prevents others around your family members from knowing that something is wrong, which may help provide a window through which they (and you) can escape.

*Submitted by Marilyn, Tyler*

# #167

## Avoiding bumps in the night

Have you ever traveled at night, or at night in the rain? Did you hit things you would have easily avoided during the day? The dangers of travel during nighttime are many times greater than traveling during the day. While night offers cover, it also conceals hazards. Avoid traveling at night whenever possible.

*Submitted by Richard, Berkeley, CA*

# #168

## How to conquer impossible barriers

Things we think of as impassable barriers seldom are. The walls of the average home or structure are mostly drywall held up by studs. There may or may not be insulation within the walls, but this rips easily by hand. You can kick through or break through most drywall sheets.

If you have a heavy tool like a hammer, this is that much easier. With a little work and a little time, you can break through most ordinary walls, especially walls in cheaply built modern structures.

*Submitted by Joe, Arizona*

# #169

## How to turn the tables on your hunters

Remember the saying, “The best defense is a good offense?” If you are being pursued, then you are the hunted. You can turn the tables on the hunters and make THEM the hunted by doubling back and around. Make THEM your target, rather than being theirs. Once the tables are turned they may break off their pursuit.

*Submitted by Christopher, Orlando, FL*

# #170

## An almost psychic tip for moving through crowds

Sensing the movement of a crowd is very important. Note the crowd’s movement, and stay with its periphery, but DO NOT GIVE IN. Do not be driven by the crowd. If you allow the crowd to dictate your movement, you will slowly become part of the mob, and it will be harder to pull yourself out.

*Submitted by Katherine, Ashland*

# #171

## The road that isn’t a road... and goes almost everywhere

Railways, even in times of declining rail freight, are common throughout the United States. These railways frequently have ditches along them. Those ditches provide a great alternative “highway” for those traveling on foot. Use the ditches parallel to the tracks to expedite your discrete travel.

*Submitted by Sean, Fort Worth*



# #172

## **The places a mob NEVER goes**

Remember that a crowd never takes narrow, difficult routes that would break it up and spread it out. A crowd always takes major routes, routes of least resistance. When planning your escape routes, include as many non-main routes as you possibly can.

The smaller and more narrow, the better, for this prevents the mob from following you as a whole.

*Submitted by Casey, Columbia, SC*

# #173

## **The diplomatic solution to finding a safe area**

When planning your safe areas, don't forget things like consulates and embassies when in foreign lands, as well as the homes and businesses of friends and family.

By establishing multiple routes to these multiple locations, you can create a network grid of safe places to go in the event that social chaos breaks out. If you're not mobile, get mobile, and if you are mobile, stay mobile.

*Submitted by Donovan, Tampa, FL*

# #174

## **Natural barriers to a mob's momentum**

Buildings are natural barriers that break the momentum of a mob. They will move around buildings because they have to. On foot, get to the closest building and follow its perimeter away from the action. It is the lee in which you can shelter from the storm of the riot.

*Submitted by Karyn, Dragoon, AZ*

# #175

## Should you stay inside a “dead” vehicle?

In any emergency, if your vehicle is mobile, or if your vehicle is not mobile and you are trapped in adverse environmental conditions (such as snowstorm), you must think very carefully about leaving it.



People have died by leaving their cars to search for help, only to leave behind family members who are eventually rescued at the vehicle. Your vehicle should be your shelter in times of adversity, left behind ONLY when the danger is too great for you to remain.

*Submitted by Warren, Pasadena, CA*

# #176

## The household pet that helps you wage psyops

Dogs have a tremendous psychological impact. Many people find a good, faithful dog a real comfort, and many hostile individuals fear dogs. You should consider very heavily integrating dogs in your day to day life.



A faithful dog can protect you, deter predators, provide companionship, and even act as a service animal (if the dog is specially trained). A dog that is well trained can be a tremendous asset in any emergency.

*Submitted by Joel, Bogota, Columbia*

# #177

## The forgotten bug out route beneath your feet

How often do you consider your sewer system? Most major urban areas and even minor areas have a sewer and storm drain system. Often, these can provide you with escape. They lead almost anywhere.

The tight space may make it easier for you to defend yourself from greater numbers, too. It may not smell good, and there is a health risk associated with sewers, but in a life-or-death situation, you may choose to use them to facilitate escape.

*Submitted by Joseph, Reno, NV*

# #178

## The ins and outs of survival straggling

When avoiding a moving mob, look for the closest side street or doorway. Duck into this. Wait for the mob to pass. Don't wait for the last stragglers; you want to be among the latecomers, but not part of the mob again. Use the side streets, going "against the grain" and circling back around to your vehicle, where applicable.

*Submitted by Robert, Oklahoma City*

# #179

## Is there any reason to wait for a disaster?

A crowd may lose control at any moment. If you see one, or if you are someplace where a crowd MIGHT get out of control, why wait? Leave while things are still peaceful. If the crowd doesn't go berserk, so much the better, but just like leaving a ball game early avoids crowds driving out the parking lot, leaving a crowd before it turns violent can make for safe passage out of the area.

*Submitted by Greg, Toronto*



# #180

## **A working strategy for powering through barriers**

When stopped in your vehicle, always plot out where you could drive, whom you would ram, and how you could power through obstacles in your path if you absolutely needed to get out of there. It's not enough to leave space in front of you; other drivers won't always allow you to pad your comfort zone as much as you would like. You must be prepared to drive

THROUGH the hazards.

*Submitted by Margason, Greencastle*

# #181

## **What's wrong with your best survival ideas?**

When seeking out hiding places, remember that your first, second, and third ideas are probably the same ones everyone else has. If you can think of it, someone else can think of it. The obvious places to hide will draw immediate attention from anyone searching for you (or searching for victims in general). Always choose less obvious places as hiding spots.

*Submitted by Ranger, Hoodspout, WA*

# #182

## **THIS fact of human nature can get you KILLED**

Predictability can get you killed. We are creatures of habits, but clinging to the same route, day in and day out, while commuting, could lead you to make dangerous mistakes of habit during an emergency. Change up your daily commute and, in so doing, teach yourself alternate routes of travel so you can stay flexible.

*Submitted by Gary, Salt Lake City*



# #183

## Bugging out as an armed group

Armed citizens can “escape and evade” in armed groups for enhanced security. Moving at a reasonable pace with weapons at the ready, use the power of your group to move through intersections and create a protective cordon around your number. Don’t hurry; don’t yell; don’t draw attention. Simply apply the determination of your group and the strength of its numbers to protecting your unit as a whole.

*Submitted by Gene, Newhall*

# #184

## The survival secret behind high-tension power lines

The lines of electrical towers you see carrying high-tension cables must move in a more or less straight line through which major obstacles, like trees, have been cleared.

You can use these electrical towers to provide you with a line-of-sight reference and to give you the cleared passageway to travel on foot. Following such cables can get you to a road, eventually, if you’re somewhere you can’t find a road, and roads mean escape.

*Submitted by Tom, San Antonio*

# #185

## The sailing ship method for ditching a tail

Just like a ship “tacks” against the wind, moving parallel and then over to its true path, make sure that you use such an indirect route if you think you are being followed home. Indirect routes will eventually get you where you need to go while throwing off pursuers.

*Submitted by Tom, Dallas, GA*

# #186

## Blending with a riot when you’re trapped inside

If a riot envelops you, don’t panic on the inside. Join right in on the outside, though, yelling and screaming as though you’re more angry than you’ve ever been. Try not to engage in any property crimes unless you absolutely have to in order to maintain your cover, and break away as soon as the opportunity arrives.

*Submitted by Jim, Marshfield, WI*

# #187

## When the more dangerous road is the safest

Dangerous as traveling at night can be, escape might best be accomplished by waiting until after dark. Rioters will likely set fires, and their night vision will be compromised as they huddle around the objects of their destruction. Blend in and then “wander off” using the cover of night in these situations. Try very hard not to draw attention to yourself.

*Submitted by Leonard, Albuquerque*

# #188

## How to travel faster by going slower

Go slow. Don't rush. Escaping quickly might lead you to disaster. If you go too quickly you could stumble, you could make a mistake, or you could draw unnecessary attention to yourself. Slow and steady wins the race in a social chaos evasion scenario.

*Submitted by Hector, NY*

# #189

## The right angle that could take you to safety

If you're in a crowd that suddenly starts to run, you should try to move away in a right angle from the direction of movement. This should allow you to disengage from the crowd and move away from the disturbance.

*Submitted by William, Victoria, TX*

# #190

## When you're being chased, DON'T do THIS

When evading, avoid the temptation to look behind you. Looking behind you makes you look guilty or suspicious. It also takes your focus off your forward motion, and you might miss a possible escape route.

If you can, use natural reflections (in car windows or store windows, for example) to assess what is behind you while maintaining your forward focus.

*Submitted by Mark, Orange County, CA*

# #191

## When a fire extinguisher isn't for fires at all

Fire extinguishers are great for dealing with fires, but they're actually good weapons, too. They're heavy, so that can be used as clubs. Much more importantly, they can be discharged at head- and face-level, distracting and temporarily blinding even multiple assailants. A blast from a fire extinguisher could give you the time and space you need to escape.

*Submitted by Alan, Chesapeake, VA*

# #192

## The lie that could help or hurt

Don't be afraid to use deception if you must... but also be prepared to be called on a bluff. In a crowd, if you think you may be a target, you could try yelling, "I'm a fireman, I'm a fireman, let me through!"

Firefighter is an occupation that still enjoys widespread respect, even in terrible situations, so this may give you a window you can exploit.

*Submitted by Ralph, Naselle, WA*

# #193

## Learn to trust your instincts... except when you shouldn't!

Remember that your first instinct in an emergency, to run toward authority, may not be a safe choice. In a social chaos situation, moving straight toward the police may make you a target of other rioters, or you may find yourself being "pacified" by the police (who don't know you want help; they are reacting the mob as a whole and will not see you as an individual).

Run AWAY from authority figures in situations like these. Find a place where you can take shelter from the riot. Putting a building between you and it is a safe bet.

*Submitted by Guillermo, Guadalajara, Mexico*

# #194

## The RIGHT answer to the question, “In or out?”

If you have the option of staying inside or going outside when an angry mob passes by, always stay inside. Your voice will not be heard from within an angry mob; there’s no point in going out there. Not only should you stay inside, but stay away from the windows, and get well clear of them should anything (like rocks or bricks) be thrown through them.

Also, be aware of the danger of fire should someone outside start hurling torches or Molotov cocktails.

*Submitted by Mike, Lexington, SC*

# #195

## The one thing you should ALWAYS look for

It’s one thing to take note of obvious exits. Does the room or area you are standing or traveling in have LESS obvious exits? Are there exits, ways out, that you might not normally think of as exits?

Are their doors not intended to be used as exits that nonetheless lead outside? In an emergency, don’t be afraid to duck out a window from the ladies’ room (if you’re a guy) or run through the kitchen door that says “staff only.” Less obvious exits are important.

*Submitted by Steve*

# #196

## When the authorities could KILL you

A lot of argument has arisen regarding authorities recommendations during emergencies. During 9/11, for example, those who listened to authorities’ calls to stay put were killed when the towers fell. Those who disobeyed survived more often.

In an emergency, listen to the recommendations of authorities because they may be correct... but be prepared to make your own decisions, too. You may not agree, but you need to take in as much information as possible to make a decision.

*Submitted by Dave, Turlock, CA*

# #197

## The trick to becoming **INVISIBLE** during social chaos

Sometimes, the only way to escape injury in a social chaos situation is to become “invisible.” Sometimes you have to do this right in the middle of the chaos. You may need to climb under something or into something, like a dumpster or other place of concealment.

You could hide in store shelves behind merchandise, or in walk-in coolers, or anywhere else that a person can hide while a mob moves around the person hiding. Becoming invisible can save you when all other avenues of escape are cut off.

*Submitted by Mike, Oklahoma City*

# #198

## Your body's single biggest liability!

Exposed skin is skin that is vulnerable. During times of social chaos, cover up as best you can. Wear long sleeves and long pants. Wear heavy boots if you can. Protect your skin from the elements and from things like pepper spray and tear gas.

*Submitted by Dawn, Philadelphia*

## The right time to give thugs your wallet... sort of

# #199

Consider preparing a “dummy wallet” with money and

even canceled credit cards. This could buy you time in the event you are accosted. It can be used as “bribery” to buy time and opportunity to escape. This is the same concept as staging some of your supplies as a decoy to assuage or throw-off invaders.



*Submitted by R.B., Aliso Viejo, CA*



# #200

## **The bridge to safety that isn't a bridge at all**

Large pipelines are like bridges. Using a pipeline, you can cross a ravine or any other place the pipeline crosses. You can walk or even scoot across a pipeline to escape, to avoid water, or to go around steep and impassable walls.

*Submitted by Michael, Dallas*

# #201

## **The sheltered hiding place that every city has**

Wastewater treatment plants are large facilities that could provide you with a good place to take shelter. They aren't someplace that offers anything of value to rioters and looters, and the poor smell will help discourage others from entering. You could ride out the social chaos in such a place as long as you can tolerate the smell yourself (which usually isn't as bad as people think it is).

*Submitted by Glenn*

# #202

## **The exact floors to avoid during a terrorist attack!**

If in a building, such as a hotel, when a riot, mob, or terrorist bombing occurs nearby, stay away from the first two floors and from floors eight and above. These are the floors where the most damage from mobs and bombs can occur (the first two floors) and the floors where fire equipment usually cannot reach easily (above the seventh floor).

Always avoid the windows in such a situation, and make sure you leave immediately if you sense something wrong is happening. Sticking around a hotel in such a scenario is a good way to get killed.

*Submitted by Mike, Lexington, MA*

# #203

## The best escape route when your vehicle is attacked

If your vehicle comes under attack with you in it, try to crawl through the back seats into the trunk, which can afford you slightly more protection. Remember that your vehicle, while it seems solid, is like a child's toy to an angry mob. They can shake the car, upend it, flip it, and even carry it away to drop it over embankments. If your car is flipped over, the roof very likely will cave in, causing the windows to break and showering you with pebbles of safety glass. The trunk is slightly more safe, but of course you cannot see what is happening and you will have to leave the way you entered (unless your trunk has a safety release).

*Submitted by Hugh, White Hall*

# #204

## How to use others' compassion to your advantage

In an escape and evasion scenario, take advantage of people's innate compassion. Pretend to have a disability. People underestimate those they think of as weak. Be aware, however, that this ploy can also backfire, for those who seek to prey on others during times of emergency will target the disabled as easy pickings.

If you try to use this ruse to gain compassion, be prepared to use force should you instead be attacked as weak.

*Submitted by Dan C*

# #205

## When going home... DON'T go home!

In times of social chaos, never go straight home if you are leaving the scene of the chaotic event. You may not even be a target, but the simple act of breaking out of the social chaos could draw tendrils of the mob home with you. If you must go home, consider going to a different location and waiting for the chaos event to be well past before you finally travel home.

*Submitted by Randy, Pensacola, FL*

# #206

## The lanes to avoid when driving out of danger

Avoid the center lanes when coming to a stop at a light or intersection. If you do have to stop, pick the outside lanes. From these lanes you have enough turning radius to jump the curb or median. From the center lane, you may be stuck as if on railroad tracks, with vehicles at either fender.

*Submitted by Kelly, Tampa, FL*

# #207

## When being DEAD could help you LIVE

Sometimes, you just have to play dead. Dropping to the ground and pretending to be a corpse, especially if the social chaos event has caused others to die, can get you out of a tight situation by causing others to ignore you.

No one enjoys dealing with dead bodies, after all, and after some disasters, there are plenty of bodies with which to blend in. Once any hostile parties have moved beyond you, you can stop playing possum and keep moving.

*Submitted by Maria, Oneonta, NY*

# #208

## The things you're wearing that could make you a TARGET

During any social chaos event, status symbols will make you a target. Are you wearing expensive jewelry? A pricey watch? These are like flags that say, "rob me because I have things you might want." Take them off you and make sure nobody sees them.

Anything else you might be wearing that speaks of wealth or status, from your coat to your shoes, should also be removed.

*Submitted by Martin, Copperas Cove*

## HOME DEFENSE TIPS

# #209

### The home-defense animal that isn't a big dog

Many people will suggest you have a big dog at home for self-defense, and this is a good idea. Even a little dog, however, can be a deterrent. Burglars and home invaders will avoid houses with barking dogs simply because of the noise generated. Even small dogs are like little alarm systems that react to the presence of strangers.

*Submitted by Gary, Salt Lake City*



# #210

### A devious means of protecting your home from looters

One way to protect your home from looting is to make it look as if it has already been ransacked. Throw clothes around the yard, break a window, and perhaps throw some older furniture out onto the steps.

Anything that makes the house look as if it has already been gone through will discourage a mobile group of rioters or demonstrators from wasting time on a picked-over target.

*Submitted by Shawn, Fremont, NE*

# #211

## Turning your home into Fort Knox

Secure your home physically. Doors and windows should be as solid as you can make them. Install security doors (which are much stronger than hollow-core wooden doors) whenever possible. Use good deadbolts to secure your doors, too. Trim back thick vegetation to deny intruders and burglars cover. The more clear your lawn is, the fewer ambush points it offers.

*Submitted by Randy, Idalou, TX*

# #212

## The gear every “safe room” should have

Your family should have an action plan in the event of a home invasion. This should include multiple predetermined access points to and from an accessible safe room.

Your safe room should have emergency supplies in it, too, including defensive items, lighting, cell phones, a first aid kit, and other emergency and bug-out gear. Your gear should be secured from unauthorized access, just as your safe room should be, so that “bad guys” can’t take refuge in it.

*Submitted by Lee, Texas*

# #213

## When you’re facing a mob outside your home

If you’re barricaded and facing a mob, make sure you’ve trained a family member who’s good under pressure to be your loader/reloader. Have two or more reliable rifles and two or more reliable pump shotguns with extra magazines PLUS your handguns.

This allows you to deal with both long and close range while always having a loaded weapon handy (and not wasting your own time with reloading). Using this method, a single shooter with a loader can hold off a large mob without additional support.

*Submitted by Kevin, Davenport, IA*



# #214

## The tools you MUST have to break OUT of your house

Keep a sledgehammer and shovels in the basement. It may sound strange, but if you've fortified your home and you are then overrun by rioters or looters, you may have to break back OUT of your fortified location.



Shovels and a sledgehammer will give you the means, however long it takes, to break back out again so you can be on your way.

*Submitted by Stephen, Croydon*

# #215

## Don't get defenestrated!

There are security window films on the market that can help prevent a breach of your home through a broken window. Check into these. There are so very many security products on the market that, if you own your own home, you should seriously look into the many ways that home's security can be bolstered.

*Submitted by Donald, Wauseon*

# #216

## The disgusting self-defense tactic anyone can use

Use fear to keep the mobs at bay. You could put up a large sign that says something like, "Danger! Active AIDS Patient! Bloodborne Pathogen Protection Required!" There will be those who don't believe it, but most people will err on the side of fear and not risk it.

Nobody wants to expose themselves to a fatal disease in times of crisis, especially when medical treatment is rare or nonexistent.

*Submitted by Bill, Smiths Grove, KY*

# #217

## Low-tech tips for barricading your home

Remember that most doors can be kicked in or battered in with only a little effort. To barricade your doors from the outside requires some seriously heavy obstacles (like a refrigerator) blocking the doorway. Security doors can help, but consider installing metal bars to prevent access to the door itself.

*Submitted by Mary, Saint Cloud*

# #218

## How to park your cars and trucks for maximum defense

Your vehicles can be part of your home defense strategy. Park your vehicles strategically to block doors and other vulnerable areas. Vehicles can provide cover when you are returning fire to protect your home, too.

(Just remember to use the engine block for the most cover; the glass of the windows is no protection at all.) Use every resource available to you to protect yourself, always thinking outside the box.

*Submitted by John, Colorado Springs*

# #219

## What you throw away could make you a target!

During times of social unrest, and even during day-to-day activities, be careful what you put out on the curb as trash. If you have boxes that are clearly labeled as having once held desirable items (like big-screen televisions) or survival stores, you may be tipping off your neighbors and anyone who drives by as to just what you have stored at home. Always conceal your trash whenever possible, and be on the lookout for trash-pickers.

*Submitted by Dan C, Houston*

# #220

## When your “safe room” is your whole house

Your entire home can be one large panic room if you prepare that home appropriately. Use a layered defense concept. Harden each layer of your home’s defenses accordingly, and have an interior panic room to which you can retreat should the outer layers of your defenses be breached.

*Submitted by Wayne, San Ramon*

# #221

## How to extend your visual reach in a crisis

Surveillance cameras can extend your vision and make it possible to monitor all areas of your home from a single control station.

While you should be careful to avoid becoming too dependent on cameras (invaders who spot the cameras can exploit their blind spots), keeping a close eye on your property using the cameras and supplementing this with direct observation of the home’s exterior can keep you very secure.

*Submitted by Bill, Eugene, OR*

# #222

## How to avoid emergency price-gouging

During natural disasters and other social chaos scenarios, plywood used to cover windows and doorways is often at a premium. Sellers of plywood have been known to gouge prices, and those who can’t get any must go without.

Prepare for an emergency by stacking pre-cut and marked plywood panels in your basement or garage for use during an emergency or natural disaster. You can also include cut-outs in the plywood for use as firing ports in extreme situations.

*Submitted by Joe, Houston*

# #223

## The safest way to disguise your home in a crisis

Make sure your home doesn't stand out during an emergency. The sound of a generator running could tip off your neighbors to the fact that you have power, even if you're not lighting up the home obviously at night (which is like shining a beacon that says, "Invade me").

Anything that draws attention to your house by making you look more prepared than your fellow citizens puts you in danger.

*Submitted by Mike, Hampton, VA*

# #224

## The weak link in your alarm system

If you have an alarm system connected to a central dispatch (it alerts the police to respond), make sure there are multiple ways to activate that alert so that all family members have a chance to call for help.

Some alarm systems respond to noise and will call to verify that everything is okay, so make sure every single family member knows the appropriate codes to call off a response or to signal for help. Coordination among your family members is key to surviving severe situations.

*Submitted by Michael, Hesperia*

# #225

## The backup choice that could save your whole family

If you've cached survival supplies for your family, you will be reluctant to share these. Ask yourself this, however: Do you really want to survive with only yourself to shoulder the load?

Wouldn't it be nice to have some support and backup? Include extended family and able-bodied friends to enhance your security. This may strain your supplies more, but it makes you more physically safe and helps you share the burden of home defense.

*Submitted by Ken, Austin, TX*

# #226

## The simplest way to barricade a door

One of the simplest ways to barricade a door is to jam it closed. You can use a two-by-four and a saw to create a large wedge that is much stronger than any store-bought doorstop. Use the wedge to jam doors, preventing entry.

Your wedge is portable, too, so you can carry it with you from place to place as you travel. Add sandpaper to the bottom surface of the wedge (you can affix it with super glue) to help give it some “grab” to keep it in place on floors and carpet.

*Submitted by R.J., El Cajon*



## SELF-DEFENSE TIPS

# #227

### **The household chemicals that could fight off an attacker**

Noxious chemicals are one way to improvise a self-defense weapon. These include oven cleaner, wasp and bee spray, and any other high-pressure chemical. Keep in mind that the chemical itself isn't the only danger. The pressure of the liquid is also dangerous by itself. If fired close to the opponent's eyes, the strength of the spray could damage the eye through physical force alone.

*Submitted by John, Madison, Mississippi*

# #228

### **The self-defense arena most people forget**

One aspect of surviving social chaos is surviving the legal aftermath of the social chaos. Remember that anything you do while trying to survive may be subject to legal review once order is restored.

If you use a chemical like wasp spray or oven cleaner for self-defense and you blind someone, for example, that person could sue you (or you could be arrested) once the social chaos event is over and authorities regain control of the area.

*Submitted by Jeff, Summerfield, FL*

# #229

## The old trick knife fighters use to cheat

Knife fighters have long known of an old trick in which they improvise body armor against blades. You can do this using phonebooks, magazines, layers of cardboard, and similar materials. By layering the material you create a barrier that is more difficult (but remember, not impossible) for sharp edges to penetrate. This type of armor is best against smaller knives like pocket knives and stilettoes.

*Submitted by Joe, Lake City, FL*



# #230

## More weapons you can improvise from household items

Other weapons you can improvise from household chemicals include bleach (which can be fired from high-pressure squirt guns), muriatic acid, drain cleaner, and basically any powdered chemical.

Remember that any chemical weapon you spray or throw at someone else could conceivably affect you, too, especially if it blows back into your own face.

*Submitted by Christian, Seattle*

# #231

## Avoid these pepper-spray pitfalls

If you carry pepper spray, make sure it fires a good long distance. You should get at least two units and practice with one outdoors (being careful not to spray yourself or get spray blown back into your eyes). Test the identical, spare pepper spray unit to make sure you understand how far it travels, how it spreads, how many shots you can expect to get out of it, and what it feels like to pull the “trigger.”

*Submitted by Christian, Seattle*

# #232

## The most fundamental component of self-defense

The most fundamental component of all self-defense and survival is alertness. Staying alert equals staying alive. Staying alert means being aware of your surroundings. You can practice being aware by forcing yourself to recite aloud the details of the things around you.

Can you describe the last three people you passed on the street? What color is the car behind you in traffic? What sounds do you hear around you? Awareness is everything and can be trained into your daily life.

*Submitted by Cory, Hemet, CA*

# #233

## **The secret of most “bad guy” behavior**

“Bad guys” are generally creatures of opportunity. They will look for weaknesses that just happen to be there. Rather than staking out your fortified home, they will simply roam and area and look for any chance to breach an otherwise defended area.

Don’t give the “bad guys” the opportunity they seek in their laziness. Stay alert, keep your entry and exit points covered, and observe what is going on around you at all times.

*Submitted by Jerry, Seattle*

# #234

## **The shooting tip used by the best instructors**

Many shooting instructors teach their students to perform a 360-degree threat-scan after shooting someone in self-defense. This is because “bad guys” travel in groups, as often as not, and you must always be on guard for the threat you do not yet see.

Whenever you are observing goings-on around you in a social chaos situation, threat-scan the full 360 degrees as often as possible.

*Submitted by William, Leroy, AL*

# #235

## **The mental slack you MUST give yourself in a crisis**

Mentally give yourself permission to use violence in a social chaos situation. Many people feel very much opposed to hurting others, and this is understandable. Give yourself permission, in advance, to use force. Do not feel defensive; go on the OFFENSIVE, as this is the way you will save your life and the lives of your family members.

If you do not acknowledge the necessity of violence in violent times, you may be paralyzed with indecision when force is called for.

*Submitted by William, Baltimore, MD*

# #236

## What your self-defense training should emphasize

Your self-defense training should emphasize simplicity. Simple actions that use gross-motor movements are actions you can use under the stress and adrenaline of a self-defense situation.

Train, train, train, for you will act as you practiced. The more you sweat in practice, goes the saying, the less you will bleed in battle.

*Submitted by Tom, Grand Rapids, MI*

# #237

## The secret to self-defense body mechanics

Use body mechanics to maintain space. This can be as simple as getting your hands up between you and an opponent. Maintaining space helps keep your opponent outside of the danger zone in which he can hit you. More importantly, it gives you TIME, including time to react to threats and to formulate solutions to problems. In self-defense and in surviving social chaos, distance is your friend.

*Submitted by Ken, Greenville, SC*

# #238

## The primitive weapon anyone can build

A bowhunting broadhead or a broken piece of glass affixed to a broomstick can be a makeshift spear, helping you keep distance between you and an attacker. A good compound bow, for that matter, can make a very useful, quiet weapon, and bows are far less restricted and controlled than firearms.

You can amass a stockpile of arrows for your bow relatively cheaply and easily.

*Submitted by Eric*



# #239

## **The limitation even multiple attackers possess**

Even when facing multiple attackers, there is a limit to the number of people who can attack you at once. If you are being approached from the front, the back, and both sides, that's basically four people. Deal with those four people, not the endless mobs beyond them. Even against hundreds, you can deal with only so many people at a time, and only those four people can effectively attack you.

*Submitted by William, Leroy, AL*

# #240

## **One of the biggest problems citizen defenders face**

One of the biggest problems many citizen survivors face is the concept of whether they are ready to take a human life in self-defense. One way to prepare for this is to become a hunter, accustomed to taking life and dressing game.

Another way is to use targets that picture aggressors rather than simple silhouettes. When your brain is programmed to deal with people, not abstract targets, you will be able to flip that lethal switch in the event of a life-threatening situation.

*Submitted by Greg, Roanoke, VA*

# #241

## **The feature of your home that can help you fight multiple attackers**

One way to deal with being attacked by multiple people is to bottleneck them by standing inside a doorway. If you can't do that, you've got to keep moving. Strike the person closest to you as viciously as possible, and keep striking as you move from opponent to opponent. Whatever you do, don't let them encircle you. If that starts to happen you've got to break out as forcefully as possible.

*Submitted by Jason, LaVergne, TN*

# #242

## **The one thing you can't do in self-defense**

Never, ever stop. In self-defense, you must hit and keep hitting, go and keep going. Don't ever stop. It's kill or be killed. In self-defense there is no "fair fight" and there's no such thing as "just a fistfight." Any real self-defense scenario could end in death, so make sure it isn't you.

*Submitted by Glenn*

# #243

## **If you can't flee, make THIS count**

Even in self-defense, think flight, not fight. If you must fight, make it look as little like striking as possible, so that anyone who sees you will not describe you as the aggressor. Finger-flicks to the eyes are a good tactic, as are using palm strikes and other strikes that are not closed fists. Do what you can to distract and disable your opponent and then flee. Your honor is not at stake here; your life is.

*Submitted by CD, Daly City*

# #244

## **The most terrifying self-defense scenario**

There is nothing so terrifying as being in the vicinity of gunshots ringing out. Make sure you use cover and concealment to prevent bullets from hitting you and shooters from seeing you.

Cars and buildings are some of the best protection from bullets you can find. Keep one or the other between you and the source of gunfire at all times.

*Submitted by Ken, Greenville, SC*

# #245

## **How to use a shopping cart for self-defense**

Shopping carts are great for making space between you and a group. In a stampede you can pull the cart over yourself as a protective cage. Also, trash dumpsters are large and not too hard to jump into. A fire escape can get you up and out of a rough scene. All of these objects can be used as makeshift environmental defenses in a self-defense situation.

*Submitted by Steve, Rochester, NY*

# #246

## **The revolting bluff that can get you out of danger**

Even when facing a hostile crowd, shouting, “I’m going to puke, I’m going to puke,” and hurrying like you’re trying to find a place to vomit can really scatter people before you. Even someone intent on hurting you will think twice before grabbing you if he thinks you’re going to be sick on him. Never underestimate the power revulsion as a self-defense method.

*Submitted by Steve, Rochester, NY*

# #247

## **Never give in to THIS when under attack**

When defending yourself, don’t give in to fear. Under fear and stress, you will tend to hold your breath. Keep doing that, and you may pass out. Once that’s happened, you are at the mercy of your enemies and you will be beaten badly or killed. Maintain your breathing to help maintain your ability to reason, to avoid panic, and to avoid mental shutdown.

*Submitted by Jack, Morrow, OH*

# #248

## **Never turn your back on THESE people**

Never turn your back on those around you, especially if they are hostile. Slowly and carefully BACK out of any situation. The focus point of the action may not be on you; keep your front to that focus and your back to wherever you’re going to get away from it. Maintain this posture until you are clear of danger.

*Submitted by Elias, Vancouver, WA*

# #249

## The ancient weapon that still works well TODAY

Crossbows are another good weapon that uses the same principles as bows and requires slightly less skill to use. Crossbows are especially useful to those in countries where firearms are restricted or prohibited.

Crossbows are also more or less silent, which means they do not attract adverse attention when used, nor give away your position. Even an unskilled beginner can learn to use a crossbow relatively quickly, making this an ideal (if unconventional) weapon of self-defense.

*Submitted by Erik, Somerset, UK*

# #250

## This is EVERYTHING in self-defense

In self-defense, the image you project is everything. If you appear confident, you will be seen as confident. As the saying goes, however, “if you look like food, you will be eaten.” Make sure you project confidence and at least appear to have a bigger bark and a sharper bite than anyone else. Don’t look for trouble, but carry yourself as if trouble is something you can handle. This will discourage others from approaching you and help keep you safe from potential threats.

*Submitted by Mike, Milford, MA*

