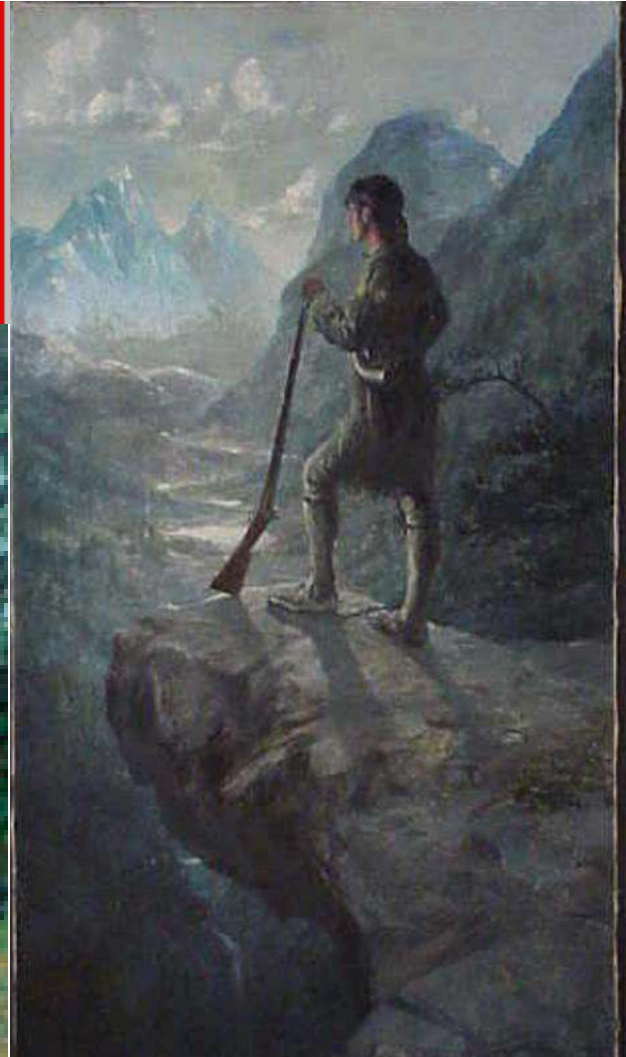


Survival Planning, Contingency Kits, & Bugging Out Version 2.1



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When I started writing this piece, I was reading an article in the Westchester County, NY [Journal News](#) on how the local governments in the area were not cooperating with FEMA by not providing data needed for the re-certification of the Indian Point Nuclear Power Plant emergency plan. The consequence is that the plant owner, Entergy Nuclear Northeast, and FEMA will invoke the Reagan-era Presidential Executive Order 12657 that lets FEMA and Entergy create evacuation plans without any input from the locals, and later bill the locals for the cost. Executive order 12657, interestingly enough, came about from New York State's refusal to participate in the emergency planning for the Shoreham (Long Island) Nuke Plant in the late 1980s. Accord-

ing to the story, New York State hired former FEMA Director James Witt to analyze the current Indian Point plans. Witt concluded that the plans were ineffective. As a result, the four counties in the Indian Point Emergency Planning Zone (Westchester, Rockland, Putnam and Orange) refused to state that the plans were workable and up-to-date. One county, Westchester, has also refused to let FEMA officials have access to county records that would "allow" FEMA to rubber-stamp the plan as workable.

This story provides a good lesson for the survivalist. Only YOU can be responsible for your own safety and preparedness. While the county, local and federal officials in Southeast New York (mostly Liberal Democrats) play games with each other; the people who live near Indian Point are without an effective emergency plan. Should something happen those people will be absolutely screwed save for the few who had the foresight to make their own plans. **Proper planning prevents pitifully poor performance.** Unfortunately, many often overlook the planning aspect of their survival preparations. I have met some otherwise very intelligent individuals whose planning never went beyond "If the shit hits the fan I'm heading for the hills." While "bugging out" can be a viable strategy in many instances, the espousal of "crisis relocation" by government planners will ensure that in a disaster situation there will be large amounts of sheeple on the road with nowhere to go. If you think rush hour is bad, just wait.

Identifying Potential Threats

The first step for the survivalist is to perform a hazard analysis of his locale. This should focus on his locale's disaster history, frequency of severe weather, geography, and proximity to high-risk areas. The following questions should be asked:

- History:
Has the locale experienced past disasters?
- Weather Patterns:
Is the locale prone to severe weather?
What are the prevailing wind patterns in case of nuclear fallout or a hazardous materials incident?
- Location:
What is the geography of the locale?
Is the locale near the coast or a river?
Is the locale near a fault line or active volcano?
Is the locale urban or rural?
How large or vital is the locale?
Is the locale a seat of government?
- Proximity to High-Risk Areas:
Are any major cities or industries located nearby?

How are the ethnic/race relations in the locale?
Is the locale near a major military installation?
Do major highways or pipelines pass through the locale?

Chances are the answer to the first two questions is going to be "yes." Every locale has its own particular quirks. If you have been living in your locale long enough, you remember all the times things became interesting. If you are a recent arrival, you can find some long-time resident to give you a local history lesson, or check the newspaper archives at your local library. Natural disasters and severe weather occur just about everywhere, and it's just a matter of knowing whether you will have to eventually deal with earthquakes, tornadoes, hurricanes, blizzards, floods, or whatever.

If your potential concerns include a hazardous materials (hazmat) incident, nuclear weapons fallout, "dirty bombs", or nuke plant incident then the wind speed and direction will become very important to you. In the continental United States, the prevailing winds blow from west to east; subject to local variations. You however, will be more interested in when that railroad tank car, tractor-trailer, or pool supply store has an accident or fire, and whether or not that smoke plume is going to become a concern. Once the survivalist completes his study, he can develop a list of potential survival situations that may affect him

When you are doing the hazard study of your area and developing bug-out routes if they are required in your contingency plans, you will be making extensive use of maps. A good set of maps is probably one of the most important tools any survivalist could own. Having the ideal number of maps can get to be an investment, especially considering one DeLorme topographic atlas can cost \$20. You should start by concentrating on your local region first, as you'll first be doing a hazard analysis. Then you can expand to areas you find yourself in regularly. If you are bugging out to another region, you will want the appropriate maps for that area as well. Ideally you should have the following for every area of operation:

- 7.5 minute series USGS Topographic Maps of your area, and adjacent maps
- Road maps for every state you may find yourself in
- DeLorme topographic atlas for your state, and neighboring states – I highly recommend these maps. Their web site is at <http://www.delorme.com/atlasgaz/>
- Street maps for your town/county and surrounding ones – You can often get these for free from local businesses or your town hall/county office building.

There is one warning about maps you should be aware of. Sometimes what is on them doesn't correspond with the real world. Roads are always being worked on, and the one that appears to go from point A to point B may be washed-out as a result of a storm last year, or turned into a dead-end because some local big-shot didn't want all the through-traffic on "his" street. When planning bug-out routes, always confirm that they will work by making a practice run. Ideally, you should have at least three different routes thought out. This way if one becomes impassible, you still have at least two others to use. Natural disasters can flood out roads and bridges. A hazmat accident on the highway can not only block the road, but also the areas around and downwind from it. You might have to go way around the problem area. In a case like that, detailed street and road maps will help you get home. Very recently in Connecticut, there was an accident on Interstate 95 near Bridgeport in which a fuel-tanker exploded on a bridge. The resulting fire damaged the bridge beyond usability, shut down the highway for almost a week, and caused massive traffic problems throughout the area. Commercial vehicles were sent up to Interstate 84 which was about an hour out of the way, and passenger cars were diverted to the Wilbur Cross and Merrit Parkways that are already suffering from traffic overload. The only people who were able to effectively get around down there were those with local highway knowledge.

Besides side roads that may get you to the same place as your primary route, you may find other byways that may come in handy. There may be a railroad right of way that will get you out of the city, or an abandoned rail line that has been turned into a rail trail for joggers and bicyclists. A utility company right-of-way for high-tension lines may have a dirt road on it for service vehicles. You will also find potentially useful structures (emergency shelter). There might be an abandoned gas station on a side road that is part of your secondary bug-out route, or a public works shed that doesn't seem to get visited too often. It doesn't matter if your routes go through an urban, suburban, or rural area. You will find these things. There is one warning on railroad right-of-ways that I have to share with you however. Stay well away from the tracks. If you get surprised by a train you will lose the encounter! Many railways do have

enough space off to one side of the right-of-way for a vehicle to go down them. Obviously abandoned railways are a different matter, and the local information you've collected will help you best judge that. In a survival situation, you may have to find and access a temporary secure shelter for you and your vehicle while bugging out to your retreat. You may need to get off a highway by means other than the normal exit. You may have to travel via an alternative route such as a railroad, rail-trail, or utility right-of-way. To accomplish this, you may have to bypass fences, padlocks, gates, and other forms of physical security. These actions, while frowned upon in the present, will be essential to your survival in a survival situation.

When your route reconnaissance is done, you can then go back and very discretely examine what you found earlier in greater detail. This examination is intended to uncover what obstacles you may encounter to access the route or shelter. I cannot stress enough how important it is that you do it as discretely as possible. Some random individual who happens to observe you during your second-stage reconnaissance may get the impression that you are staking a place out. In a way you are, and they (nor the cops they call) will know you are simply doing this in the event there is a disaster situation, and you need to get past a traffic jam or shelter yourself until things calm down. In the post 9/11 situation, you have to be especially careful when going near places that are considered part of "critical infrastructure". You will discover what is blocking access, and start to get an idea of how to bypass the obstacle. The techniques in this article could get you arrested for trespassing, breaking and entering, or attempted burglary if they are used in other than a life-threatening situation, emergency, or post-SHTF scenario. Depending on local laws or law enforcement attitude, the possession of this equipment in certain situations may get you charged with possession of burglary tools. If you feel the need to carry emergency access tools, they should be carried in a toolbox among with other common tools and equipment as to not cause suspicion. In most places, having repair tools or tools of your respective trade in your vehicle is commonplace.

There are quick and dirty techniques that can get you past or around 70-80% of all physical security obstacles in a couple minutes, leave minimal damage and initial evidence of entry, and enable you to re-secure the obstacle for your own protection and security. The last two items are of utmost importance. You don't want someone else noticing your handy-work and thinking they too have an easy spot to squat in or go through while you have camp set up.

With the exception of the two largest items, most of this kit can fit into a small mechanics tool bag, or in your toolbox hidden in plain sight among all the other tools. The preferred option is the latter. It lessens the risk of getting questioned about your intent for possessing them, and you will get hassled less if they are more or less mixed in with a whole bunch of other tools as opposed to sitting by their lonesome in their own tool bag.

- Large (24-36") Bolt Cutters
- Fence Pliers (or 6-12" bolt cutters)
- 24"+ Crowbar
- 6" "Wonder Bar"
- Leatherman Tool or Gerber Multi-Plier
- Small Lockpick Set
- "Jiggler" Pick Set
- Warded Padlock Picks
- Padlock Shims
- Spare Padlocks
- Large Black Cable Ties
- Linoleum Knife
- Multi-bit Screwdriver with "tamper proof" bits
- 2-Ton Hand Winch
- Leather Gloves

This kit gives you a number of options for quickly bypassing commonly encountered obstacles, and allows you to re-secure the obstacle after you have bypassed it. The tools are only half the equation, however. The other half is the use of your brain while doing a reconnaissance of your bug-out



route, potential rest stops, and potential retreat areas. The tools listed above will get you past most of what you will run into.

- A large pair of bolt cutters will get through just about any lock, chain, or hasp you may encounter; with the exception of the large "ghetto"-sized padlocks used to secure store gates in inner city areas. The best attack point would be the chain the lock is attached to. At a later point, you can re-secure it with one of your spare padlocks and few people will be the wiser.
- Many lesser-quality padlocks can be opened with padlock shims, jigglers, and warded padlock picks.
- Chain link fences can be opened up with a pair of fence-cutting pliers or small bolt cutters. It is best to do this near a fence post, as one can use the large cable-ties to re-secure the cut section of fence and hide evidence of entry. Cutting fence can be a time-consuming method of access.
- Many doors can be jimmed open with a crowbar, wonder bar, linoleum knife, or a knife or screwdriver blade from a multi-tool. I have seen doors with top-of-the-line locksets installed into them, but with susceptible latches, bolts, and strikers.
- Many items are secured with nothing more than "tamper-proof" hardware. The requisite bits will deal with these.
- Any number of methods can remove Windows from doors without breaking them, allowing access.
- A large crowbar and two-ton hand winch are very handy for removing obstacles in one's route, or for placing obstacles behind oneself to discourage being followed.

Lockpicks are a point of controversy among many, but for what it's worth here's my opinion. When I refer to "lockpicks" I'm talking about the sets used to pick pin-tumbler locks usually found on buildings and vehicles. "Jigglers", warded padlock picks, and padlock shims are a different category, and require very little effort and a modicum of skill to learn how to use effectively.



A small pick set takes up very little space in a contingency kit. For most entry problems that require you to actually pick a lock, you can get by with a kit consisting of a few picks and a torsion wrench. I have seen small sets that fit in a fountain pen-sized container, looked like a key, were sandwiched between two credit-card size pieces of plastic, and came in a pocket knife-sized holder. There are even some "full size" picks that are made from flat steel stock, and will take up almost no space in a kit. Learning how to pick locks takes a little practice, but is no more difficult than learning how to shoot. There are even free online publications such as the [MIT Guide to Lockpicking](#) that will teach you how. At my last trip to the Tulsa Gun Show, I saw a couple dealers selling a five-piece set with an instruction guide for \$10. All things considered lockpicking equipment and knowledge is a useful tool for the survivalist. Here's the bad news. In most places possession of lockpicking equipment is a definite no-no unless you are a locksmith, or are engaged in locksmithing as part of your job. In many cases, the circumstances of where and how you are caught with "burglar tools", and the attitude of local law enforcement depends on whether or not you are prosecuted.

The big question all survivalists have to answer is "When should I bug out?" Only you can answer that question based on your survival plans and current situation. When I'm asked that question by novice survivalists, my immediate answer is "Now." If you feel that where you are living right now could become so dangerous that you would rather flee your home than ride it out there, then you should move to a

potentially safer location. If you cannot maintain a "sustainable lifestyle" at your current residence, then you should move to where you can. If you have a job that entails a long commute into the city via public transportation, you should try to find something closer to home. Like everything else in life, you will probably wind up working out some form of compromise. Anything you can do however, to improve your self-reliance, preparedness, and sustainable lifestyle is a step in the right direction.

There have been a few times I came close to implementing contingency plans. The first was during the beginning of the first Gulf War. I was just finishing my Army Advanced Individual Training (AIT) at a military post in the Midwest when the whole shebang started. (I had 2 weeks to go.) Even back then there was concern about terrorist attacks in the United States among those who were in the know. I was still in an Initial Active Duty Training (IADT) phase, had flown in, and couldn't have anything more dangerous than a nail file in the barracks. I did have my TA-50, shortwave receiver, some spare cash, and a friend in (relatively) nearby New Mexico. That weekend I went to the post library, determined routes to my friend's house with a road atlas, and copied the relevant pages. A trip to the PX's sporting goods section got me a Gerber Magnum LST lockback knife. There was an industrial surplus store in the town next to the post, and I picked up some basic hand tools there for about \$15. I cached it all near my barracks, and slept a little better knowing that if a worst case scenario occurred I was prepared as best as I could have. No one knew what was going on, and even the thought of Spetsnaz-trained Iraqi SpecOps teams detonating a small nuke on post seemed entirely plausible at the time. The remaining two weeks went by without incident, and just before I left I recovered my cached supplies.

The second time was in the summer of 1991 while I was working in a Boy Scout camp up in the Adirondack Mountains. In mid-August of 1991, Hurricane Bob came up the East Coast. We had finished closing up the camp for the season, and were about to depart southward for home when Bob made his appearance off the coast of New York and Southern New England. We were already experiencing heavy wind and rains as far North as we were, and could only imagine how much worse it would be closer to the coast. I almost wound up staying a few extra days up there, or possibly diverting to my grandparent's place that was even further inland (and presumably safer) until the storm passed by. As it turned out, the locale where I lived at the time wasn't hit too badly, and I proceeded home without incident. I was actually pretty well prepared when this went down. My car had a full-tank of gas, and was packed with camping gear, some canned food, radio gear (2-meter ham, CB, police scanner, shortwave), a .22 rifle, and a shotgun. I had also received the last of my salary for the season. I could have stayed up there (or at any other safe place) for at least a couple weeks if I had to.

The final and most recent time was during 9/11, ten years after the last potential contingency I encountered. The potential Y2K problem was a good excuse to update contingency plans, upgrade equipment, and fill the gaps in overall preparations. Fortunately, Y2K passed by without major incident, and those of us who know better came out even further ahead as all the Y2K wanna-be survivalists sold off the stuff they thought they no longer needed. I might add that Y2K was not a problem because those of us in the IT and Telecom industries at the time worked a lot of overtime testing and upgrading stuff to make sure it would work, but I digress. The attacks of 9/11 didn't bother me much from a solely preparedness standpoint, as I knew major cities, especially New York City, were targets, and my location at the time minimized that risk factor. I did have a couple retreat locations we could have gone to. If more attacks occurred, WMDs were used, or martial law was declared, my wife and I might have done an emergency relocation to one of them. As things progressed however, it became apparent that our apartment was still a safe location.

The 9/11 attacks did not worry me as much as the first two times I almost had to implement a contingency plan. During the first time, I was "in the dark" in an unfamiliar area, and had to stay at a potential target location until my AD-AIT was over. I felt at the time that I was under-equipped for many problems that might have happened. I also did not have any contingency plans developed as I assumed that my two-month stay would be uneventful. The second time I was much better prepared, but having seen the destruction that hurricanes can wreak I had genuine cause for concern about my safety. All the knowledge and equipment in the world wouldn't have helped me if a large-enough tree landed on my car while driving down the road. Even so, I was far enough away from the worst of it and had a number of options available to me. What 9/11 did prompt me to do was reevaluate my existing plans, and implement certain

pre-disaster lifestyle changes to maximize self-reliance and preparedness.

Before I continue with the topic, I want to talk about a few more things that happened in this neck of the woods while writing this article. The area of New York City and Northern New Jersey went on "Orange Alert". Some of the bridges and tunnels going into Manhattan Island were closed to commercial traffic, and vehicles entering the city were subject to "inspection". This mostly affected commercial vehicles; which is how 90% of all goods get shipped into New York City. The end result is that prices for everything have gone up in the city, and there have been rumors of shortages heard.

Stay out of large cities. Especially symbolic ones with limited access during times where there will be lots of extra people there for some event. Time and place combinations like that often prove to be irresistible targets for someone who is not afraid to die for their cause. The alert level increase was announced on a Sunday evening a couple of hours in advance. You can guess what the traffic situation was in and around the city that evening and the next morning. Traffic was affected as far North as the Tappan Zee Bridge in Westchester county.

Severe thunderstorms swept through Northern New Jersey, dropping power lines across the New Jersey Turnpike. That resulted in the shutting down of both directions of the 'Pike. Fortunately this occurred late on a Friday evening, so traffic in the region wasn't affected as much as it would have been if it happened during rush-hour on a weekday. This is just one more example of how bugging-out as a sole survival strategy is a really bad idea. The problems we had up North were mild compared to what Florida just went through with Hurricane Charlie.

Hurricane Charlie made a surprise right hand turn that caught more than a few people by surprise. I suspect the more intelligent long-time residents of the Sunshine State had already known how hurricanes and tropical storms like to often act in unpredictable ways. Again, the lesson here is clear. If stuff like that is known to happen where you live, then it's essential you take the necessary preparedness steps to deal with it when it (not if) it happens, and do not fully trust "official" sources when they say "don't worry about it". I have been through a couple hurricanes that I recall over the years, and the thoughts and prayers of The Pine Tree staff are with all of you down there.

If you worked at home in a nice safe rural area and never went more than a few miles away from the homestead to run errands, then maybe you won't need a bug-out or contingency kit. For most of us however, having one should be considered a requirement. As I have stated before, I prefer the term "contingency kit" because it more accurately describes its purpose. Helping you bug-out to a safe location is only one potential use of a contingency kit. As we have seen earlier in the article, bugging out may be impossible to do, or may take longer than expected. In instances such as these, the traditional bug-out kit needs to be expanded to cover additional functions. You may need to procure alternative means of transportation. You may have to find a secure location and sit tight for a little while until things calm down. In certain situations, you may even need to "set up shop" somewhere for longer than expected. Depending on what scenarios and problems you may envision running into while doing your survival planning, you will equip your contingency kit accordingly. As I mentioned in a previous article, a contingency kit needs to serve several essential functions. They are (in no particular order):

- Communications
- First Aid
- Food
- Fire-Making
- Self-defense
- Shelter
- Water

This all depends on your potential scenarios and situations you think you may encounter. Your contingency kit can consist of two parts. The first is the personal kit consisting of core items that you would keep in a backpack. The second part would be a vehicle kit that supplements your personal kit. Should you have to abandon your vehicle for whatever reason, you can always cache the less portable parts of your vehicle kit, or have the means in the kit to hide your vehicle until you can recover it later.

There are a few different general philosophies towards assembling a contingency kit. One assumes a short-term problem, usually a time frame of 72 hours (3 days) is assumed. Kits of this nature are intended for the user to "ride things out" at a basic existence level for the time frame. After 3 days disaster relief services are supposed to come in and render aid. A variation of this philosophy is a bug-out kit. This version is designed to get the user to his retreat in the event of a TEOTWAWKI-type disaster. Instead of riding things out in natural disasters and minor problems such as blackouts, this kit is focused upon getting its owner to their destination intact. It would, for example, contain more in the way of weaponry and firepower than a simple 72-hour kit. Yet another kit philosophy is what I refer to as a "Robinson Crusoe"-type kit. This kit assumes you will be stuck someplace during a long-term disaster, and will have to "temporarily" set up shop. This type of kit may lean a little heavily towards tools, security devices, and "infrastructure" items.

Most contingency kits will borrow a bit from all philosophies depending on the situation and whims of its user. This leads me to the most important part of any contingency kit. It is the gray matter that sits in your cranium between your ears. Broad knowledge and common sense are the two most important survival tools anyone can have. Those two items will let you make the most of whatever you happen to be carrying with you when the shit hits the fan. The longhunters and mountain men of old used to prosper in the wilderness with little more than a good knife, tomahawk, flint 'n steel, rifle, blanket, and a small "possibles bag" filled with some sundry items. It was their legendary skill in woodcraft that enabled them to survive.

Water

The U.S. Army says that a soldier under normal circumstances needs a minimum of six quarts of water a day to remain effective. Under physical exertion, you can sweat a quart out of you in the course of an hour. A lot of water intake is done via the foods you eat during the course of the day. Eating survival food such as freeze-dried and MREs means you will have to drink more water, or need more for preparation. A gallon (four quarts) of water weighs 8 1/3 pounds, so a day's supply would be at least 12 pounds. Carrying around "enough" water for more than a day would be prohibitive considering everything else you might be carrying. The standard U.S. Army individual load for water when I was in consisted of two one quart canteens on the web gear, and a two quart canteen kept on the rucksack. We always, however, had a "Water Buffalo" trailer nearby that was filled every day for filling our canteens.

Chances are you will have to acquire water from sources that are potentially contaminated. I recommend that your contingency kit contain a high-quality water filter such as a PUR/Katydin or MSR unit. At the very least get enough good purification tablets such as Chlor-Floc, to treat enough water that you may need during the course of the problem. The Chlor-Floc tablets are sold 30 to a package, which will treat eight gallons of water. The Chlor-Floc tablets are what the U.S. Military is currently using, and have replaced the old Iodine tablets. Some people cannot drink water treated with purification tablets, as they suffer digestive upset from it. If you have to go this route, make sure your system can tolerate them. I was recently at a local Eastern Mountain Sports (EMS) store, and noticed that they were selling straw-type filters for \$7 that were good for filtering 20 gallons of water, and would filter out most non-viral nasties that you might encounter. That was the same price that the local Army/Navy store was selling packages of Chlor-Floc for.

For long term contingencies or situations where you might be stuck someplace for a while, you might want to learn how to make medium to large-scale water filter systems using sand and other materials. You can find chlorine bleach almost anywhere, and it can be used to treat water sources by adding 1 teaspoon to every 10 gallons. Make sure the brand of bleach you use has no extra additives in it.

Food

Unless you can cache food along your bug-out routes, you will have to carry enough food to last however many days you will be on the road. If you have to hike it to your retreat with a pack on your back, you will need to eat two to three times what you "normally" do, due to the extra exercise you will be getting. You will also want stuff that can be eaten with little to no preparation; possibly while on the move. I don't care much for MREs from having eaten them in the Army way too many times, but they get the job done. You can greatly reduce their bulk by discarding the packaging and just carrying the actual food items in their

plastic/foil pouches. I would also not carry the MRE heaters, as they use precious water in order to work. You only need one plastic spoon, or you can discard it if you're carrying a hobo kit. Besides MREs, you could carry common hiking/backpacking foods such as energy bars, "gorp", beef jerky, and instant soups and cereals. You can also get "survival food" such as the Mainstay emergency cookies, "survival food tabs", and Datrex food bars.

While planning your bug-out routes, make note not only of places where you might be able to cache a few MREs, but also places where you might be able to scrounge food. Some of them may be seasonal in nature, and you should take note of this as well. Some may not be obvious, and take some research to find. For example, an industrial park along your route may have a company such as Sysco as a tenant. Sysco is a provision supplier to schools, office buildings and other institutions. They maintain large local warehouses of provisions to supply their customers. Another such company is U.S. Food Service.

Self-Defense

Everybody has a different opinion on survival firearms. In 25 years of being involved in shooting sports, the number of opinions I have heard almost equals the number of fellow enthusiasts I have met. It should come as no surprise that the vast majority of opinions have been no more or less valid than any other. I read an article in the December, 2003 issue of Gun World magazine on "defensive firearms" by the magazine's editor, Jan Libourel. It was the last in a series, covered long guns, favored shotguns, and definitely reflected the author's residency in the People's Republic of California. Why any gun owner would want to live there when there are plenty of better places for gun owners is beyond me, but as guide for gun owners who live in a socialist state the article was adequate. Anyone who has taken the time to properly think through and develop a survival battery has a valid opinion as to its composition for his or her specific circumstances. My opinion has changed over the years as I continued to learn more about firearms, and changed residences from suburban, to urban, to rural locales. The best advice I have received from a mentor on survival firearms was "Make sure you are completely familiar with whatever you choose, and that it all works flawlessly." Those words of wisdom are 100% applicable no matter what circumstances you are preparing for, and whatever scenarios you envision.

The second-best piece of wisdom came from survival guru Kurt Saxon on what you should choose. His words were "A rifle for reaching out, a pistol on the nightstand, a shotgun by the door. You don't need no more." Unfortunately, most people tend to discount his common-sense approach when they hear his gun selections: .30-06 M1 Garand, .38SPC revolver, and 12ga shotgun. Now Kurt is from the survivalist movement of the 1960s and 70s, so his opinions are colored from that era. The World War II/Korean War-era M1 Garand is a fine reliable rifle in a versatile caliber, albeit a little heavy. A surplus M1 Garand in good condition is getting pricey and hard to find. A new one is expensive. They require those 8-round enbloc clips that self-eject out of the rifle, often into oblivion. Without those clips, the rifle is a poor single-shot. The .38 Special is an adequate defensive caliber with the right ammo. Since you can fire .38s in a .357 Magnum revolver however, going with the .357 gives you more ammo options. The 12 gauge shotgun is the one item in his battery suggestion that few people argue with. Since you have the choice of several different models made by Winchester, Mossberg, Remington, New England Firearms/H&R, and Benelli to name a few, the argument shifts to what make and model you should have. Looking at them from a subjective standpoint, however one could do very well with a survival battery consisting of a good rifle in a .30 cal cartridge, a .357 Magnum revolver, and a 12 ga. pump shotgun. This battery could be very inexpensively put together, cover shooting ranges out to 800 yards, and be adequate for an individual familiar with tactics and the weapons in question. The three-gun battery is a good start, and we can expand upon it and make it better. Before getting into specifics, however let's try to envision some real-world firearms applications, and potential scenarios the survivalist might plan for.

Most survival firearms are purchased for hunting, self-defense, or both. Hunting is a pretty broad category, and depending on what you're going for you can use anything from a .22LR (long rifle) rimfire up to a .338 Winchester Magnum. My hunting experiences have been limited thus far to upstate New York and Southern New England, ranging from rabbit and squirrel to white tail deer; typical Northeast game. Most of this was done with a .22LR rifle or shotgun. Occasionally I have carried a .30-30 or .30-06 when deer hunting in areas where rifles are allowed, depending on the terrain. In the more populated areas, big

game hunting is limited to the use of shotguns and handguns. In rifle country, I've seen people use everything from 6x55 Swede, to .45-70, to 7mm Remington Magnum. For those on a severely limited budget, a simple \$80 single-shot break open shotgun made by New England Firearms enables you to hunt everything from small game and upland birds to deer. You just select the correct shells for the game you are seeking. For about \$200-\$300, you could outfit yourself with a decent .22LR rifle and a 12 gauge shotgun. Many hunters prefer the .22LR for small game such as rabbit and squirrel. It doesn't damage the meat as much as a shotgun, and the ammunition is cheaper than shotgun shells. You can pick up a box of 50 .22LR rounds for a dollar. For another \$100-\$300 you can pick up a rifle in a .30 caliber cartridge. There are many military surplus bolt-action rifles starting at around \$100, and a Marlin or Winchester lever-action sells new for around \$250. That will give you the firearm capability to take anything from a squirrel up to black bear. At a recent (December 2004) gun show I saw an individual selling mint condition WW2 8mm German Mausers for \$270 each!

On the defensive end, you will be most likely dealing with adversaries using the following calibers: .223 Remington (5.56mm NATO), 7.62x39mm Soviet, 9mm Parabellum, and .40 S&W. You might also see .30-30 Winchester and .308 Winchester (7.62mm NATO). Most likely however, the predominant firearms will be in pistol and carbine calibers. You therefore want a rifle that has an effective range greater than the AR-15, SKS, AK-47, and pistol-caliber carbines. This means a good rifle in a .30 caliber cartridge such as .308, .303 British, .30-06, 7.62x54mm Russian, 8mm Mauser, et. al. The two choice calibers would be .308 and .30-06 as they are very common in the states, but you can get good deals on surplus ammo in the other calibers, enabling you to put aside a decent stockpile of ammo at a reasonable cost.



British Lee Enfield Rifle Number 4 Mark 1 in .303 British Caliber - An example of a perfectly fine MilSurplus rifle available at a reasonable price.

Getting into firefights is generally considered a bad idea in a survival situation, as certain adversaries may have access to resources such as fire support. Therefore any type of activity is going to be more along the lines of "sneak and peek - shoot and scoot" while you stay out of range of all those ARs and AKs. While a semi-automatic "battle rifle" such as an M1A/M14, FAL, or HK-91 would be nice, a bolt action rifle would do just fine for that type of work. The objective of "bugging out" is to get from point "A" to one's retreat location intact and preferably uninjured, and gun battles reduce the chances of that. This means emulating Natty Bumppo instead of John Rambo, and going for the stealth approach.

The usual guns carried in a contingency kit are a rifle and handgun. Usually one firearm is in a larger "defensive" caliber, and the other is in .22 LR. In rural environments, it would be a .30 caliber rifle and a .22 pistol. Most defensive encounters would be at long range, and larger game would be available to hunt if the opportunity presented itself. The .30 caliber rifle would handle both of these tasks. The .22 pistol would be adequate for close-range small game harvesting, and defensive purposes where a low-signature weapon is needed. In urban environments, defensive ranges would be much closer, and concealability would be more of a factor. A good handgun in a defensive caliber such as .40 S&W, .45 ACP, or .357 Magnum would be needed. The low-signature .22 firearm could be another handgun or one of the break-down .22 rifles such as an AR-7 or Marlin Papoose. Some individuals carry three firearms in their contingency kit. They carry a rifle, pistol in a defensive caliber, and a .22 LR firearm of some sort.

Shelter

The purpose of shelter is to protect you from extremes in the environment. This can be something as

simple as a lean-to shelter in the woods, a protective shelter in the event of a Nuke/Bio/Chem attack, or defensive fortifications in the event of a civil disturbance. Shelter should also in a TEOTWAKI/bug-out situation provide concealment in order to avoid potential trouble if possible.

In many areas, secure shelter is readily available by using the techniques and tools talked about earlier in this article. Older "Bell System"-era telecommunications facilities were designed to be nuke-proof and somewhat self-sufficient in the event of an attack. Over the years most have become unmanned as phone companies increasingly adopt remote administration systems for the maintenance of their switching equipment, but the buildings are still designed to survive almost any disaster. Telco buildings are generally alarmed, and entering one sans permission will most likely get you arrested for trespassing and who else knows what now after 9/11. Doing so in a life threatening (such as being caught in a blizzard) or SHTF situation would be a different matter however. Major telecommunications facilities may be targeted in the event of a nuke strike or terrorist attack, and should be avoided. Smaller, out of the way remote facilities in the rural areas would be a different story.



In rural/wilderness areas there should be plenty of natural materials to build a shelter with, if you can't find someplace immediately suitable to hole up in. I carry a military poncho, some wire, and 550-cord in the contingency kit to assist in building shelters. At the very least the poncho and 550 cord can be used to make a quick-n-dirty "hooch" that you can sleep underneath.

First Aid

At the very least you should pick up a book on first aid and read it. The U.S. Army has a Field Manual, First Aid for Soldiers that you can download online. You can also take the first aid/first responder and CPR courses offered by the American Red Cross and other organizations. You then can put together a first aid kit based on your level of expertise, or purchase one of the pre-assembled kits. The member of your group designated as "medical specialist" should have at least an EMT certification, and have a well-stocked medical kit put together. As far as bugging-out is concerned, your kit should be able to handle problems you may encounter while en-route to your retreat.

Communications

When I refer to "communications", in a survivalist/bugging-out context, I'm talking about three things:

- Gathering information about conditions in your area.
- Signaling others in order to get assistance.
- Keeping in touch with members of your group.

Every contingency kit that covers a technological disaster should at the very least contain a portable AM/FM radio. The preferred item to get is a "multiband" AM/FM/short-wave radio. This will enable you to not only hear local news broadcasts for short-term emergencies, but also international broadcasters for problems that may be long-term in nature. There are many different types, and you can't go wrong if you pick up anything made by Sangean, Grundig, or Sony. My recommendation for a beginning receiver is the Grundig FR-200 Emergency Radio. It covers AM, FM, and short-wave bands, and will run on either AA batteries, or off a rechargeable battery pack that you charge with a built-in hand crank.

The second item you should get is a "police scanner" in order to monitor local public safety communications and get real-time information about conditions in your area. Talking about scanners and local public safety communications monitoring can take up an entire article in itself, and if I receive sufficient interest I will write an article on them. A new scanner can cost anywhere from \$100 for a basic



Radio Shack PRO-83 Police Scanner

model, to \$500 for the top of the line model from Radio Shack. If you check out pawnshops, you can find some real bargains on used scanners. Generally speaking, if you live in a rural area you can listen to everything you need with a basic unit. When you get your scanner, subscribe to Scanning USA Magazine <http://www.scanningusa.com/>.

There has been a previous article in this magazine about license-free radio communications for survivalists. For the most part it comes down to FRS or CB radios. Many survivalists have gotten their ham license; which is a good thing to have. When it comes to the license-free bands, I lean more towards CB than FRS. A properly set-up CB station has better range than a FRS handheld. CB is also more useful while on the highway (channel 19). Here in New England, CB channel 7 a/k/a "Survival 7" is a popular common channel among survival groups.

The last category under communications consists of items you use to signal search & rescue parties. This includes whistles, signaling mirrors, strobes, signal flares, and EPIRBs (emergency radio beacons). Depending on what scenarios you are preparing for, these items could be a useful addition to a contingency kit. Make sure you have signals for both day and night, and learn the various ground-to-air signals used in search & rescue. Any good survival text will have them. The universal signals for "help" are the letters "SOS", and three of anything. (signal fires, gunshots, et. al.) In International Morse Code, "SOS" is "di-di-dit, dah-dah-dah, di-di-dit" " ... --- ..." or three short, three long, three short. This can be done with anything from radios to flashlights.

Contingency Kit Assembly

With content requirements out of the way, you can start assembling contingency kits to suit your particular situation. There is no hard and fast rule other than the time-tested "Use whatever works. There is plenty of high quality equipment out there, so a survivalist has a lot of leeway to put together a custom kit to their liking. As part of the work on this article, I put together a general-purpose travel kit as an example for readers of the article. The first-level kit consists of a few standard carry items that remain on one's person; barring certain circumstances. It consists of the following:

- Multi-Tool (Leatherman, Gerber, et. al.) - Mine happens to be a classic Leatherman.
- Small Flashlight (Mini Maglight, Inova, etc.) - Most people use Mini-Maglites, but I usually carry an Inova for its brightness and long battery life. If I were going "tactical" or had to scrounge batteries, I'd use a Mini-Mag with a red lens.
- 3-4" lockblade knife - I currently switch between a SOG Flash II, **Spyderco Endura Clipit**, and Cold Steel Recon Folder.
- Small "Executive"-type Swiss-Army Knife (on key ring)
- Key ring LED Light (on key ring)



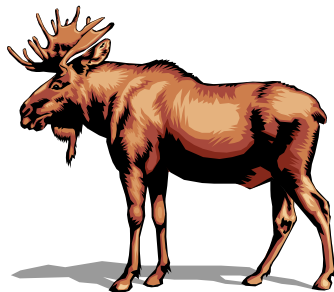
All of these items see use at least three or four times a day, and act as the foundation for the next kit. In a survival situation, these items will go a long way towards helping you out. This bare bones collection of equipment is more than what the average person keeps with them, and it is a sad comment on today's society that I have been often asked why I carry so much "stuff" on my person. The events of 9/11 have changed this attitude somewhat, but there still remains plenty of ground to be gained.

The second-level kit fits in a small backpack, and is designed to cover a wide range of possible contingencies. I consider it an "extended bug-out" kit, as it enables one to live off the land and scrounge supplies a little better than a regular bug-out kit should the need arise to stay in place a little longer.

- Becker BK7 survival knife
 - Multi-tool (in sheath pouch)
 - Diamond sharpening rod (in sheath pouch)
 - Magnesium block fire-starter with piece of hacksaw blade (in sheath pouch)
- Spec-Ops Brand "Pack-Rat" pack organizer containing the following:
 - ◆ Signal mirror
 - ◆ Inova 24/7 light with spare batteries
 - ◆ Gill Net

- ◆ Magnesium block fire starter
- ◆ Space Blanket
- ◆ Container of lifeboat matches
- ◆ Trioxane fuel bar
- ◆ Emergency Fishing Kit
- ◆ Straw-type water filter
- ◆ Mini folding saw with wood and metal blades
- ◆ Roll of trip wire
- ◆ Dental Floss
- ◆ Small Sewing Kit
- ◆ Wooden "tongue depressor" wrapped with duct tape, first-aid tape, and electrical tape
- ◆ Survival card set (5 cards)
- ◆ Swiss-Tech Utili-Key
- ◆ Swiss-Tech folding pliers
- ◆ GI Can Opener
- ◆ 4-5' length of piano wire
- ◆ "Jiggler" pick set
- ◆ Warded lock pick set
- ◆ 6 piece pin-tumbler lock pick set
- ◆ Color Field Guide to Common Wild Edibles, by Bradford Angier
- ◆ FM 21-76-1, Multiservice Procedures for Survival, Evasion and Recovery
- Spec-Ops Brand T.H.E. (Tactical Holds Everything) Backpack
- 2 Black Garbage Bags, 30 Gal.
- Bolt Cutters, 15"
- Large Black Cable Ties
- Lineman's Test-Set Phone (butt-set)
- Yaesu FT-817 Portable Ham Transceiver or Grundig FR-200 Shortwave Receiver
- Radio Shack PRO-83 Scanner
- Water Filter Unit (MSR)
- Two-Quart Canteen with Cup
- 2 Ponchos
- Poncho Liner
- Assorted Foodstuffs (Beef-Jerky, Energy Bars, MREs, etc.)
- .22LR Pistol with 100 rounds of ammo
- Personal First Aid Kit:
 - ◆ Field Dressing
 - ◆ Snake-bite kit
 - ◆ First-aid tape
 - ◆ Bandages and gauze pads
 - ◆ Alcohol wipes
 - ◆ Assorted medications and ointments

The above list is not the final word on contingency kits, and contents should vary depending on your resources and potential situations you may run into. It serves as a basic example that you should modify accordingly.





Live free or die; death is not the worst of evils.”

- General John Stark, 1728-1822

The Pine Tree Journal is a New England based and focused periodical of self-reliance and preparedness. For the purpose of this periodical, the "New England" region is considered to be the states of Maine, New Hampshire, Vermont, Massachusetts, Rhode Island, Connecticut, and the "upstate" region of New York State. The PTJ hopes to bring a different approach to survivalism focusing on a region of the United States that has not received the appropriate attention in survivalist circles. Most preparedness periodicals are from out West, and generally focus on that region. Internet newsgroup discussions abound with the incorrect assumption that the Northeast is not suitable for individuals who wish to practice a self-reliant lifestyle. We self-reliance hobbyists who live up here (and there are more than a few of us) have a good laugh over that. The truth is that any area has its share of advantages and disadvantages, and New England is no different in this regard.

The Pine Tree Journal is available for free download at <http://www.digivill.net/~ticom/>.

