

E-Kits n' Stuff^{4.1}

Some Thoughts On, or some such...

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Shit Happens.
And
Murphy was right!

Definitions:

Emergency: Immediate peril to life, health or property.

Property: Anything that you posses, control and defend.

Government, earthquake, *government*, flood, *government*, fire, *government*, riot (now who the hell caused that?), *government*, economic depression / unemployment (now who the hell caused that?), *government*, sickness, *government*, accident, *government*, mechanical breakdown, *government*, non-governmental crime and oh, yes, did I mention ***government?***

It all happens to the best and worst of us, the just and the unjust alike. No one can think of everything and no one can be prepared for everything. It well behooves us to make what preparations we reasonably can for that which we can reasonably foresee. To that end I here set forth some ideas on preparedness planning for at-home and away-from-home-type emergencies.

As an aside on thinking practices (I recommend thinking in most, if not all situations) I will outline my evil, semi-militaristic approach to this novel and un-thought-of activity.

There is no reason to do anything unless – we have a goal in mind to achieve. Goals tend to be based on or derived from needs, wants and moral principles. Moral principles may be gotten from darn near any source, such as crackerjack boxes, priests or a study of history combined with personal druthers. I rather like the **Zero Aggression Principle**, which is based on that history / druthers stuff and spelled out below <<http://www.ncc-1776.org/>> and the **Covenant of Unanimous Consent** that derives from it. Read it and weep at <<http://www.lneilsmith.org/>>

new-cov.html>.

Once we have some goals in mind, we need an outline of actions to achieve them; and call it a “strategy”. This is general in nature and tends not to change much as we go along. Switching from “plan A” to “plan B” is a change of strategy.

The particular actions we choose to carry out the strategy are our tactics. Tactics may be mapped out ahead of time, but we should remember the old command aphorism “No battle plan ever survives contact with the enemy. That’s why he’s called ‘the enemy’”. The best we can do about tactics is to develop as many skills and the tools and supplies to perform them as we reasonably can. Giving thought to the circumstances under which we might need them is called war-gaming. Then we can choose and apply our pre-practiced tactics to the situation as needed. Always be ready to improvise your tactics, guided by your strategy to reach your goal.

How about that?

Some suggested goals for emergencies:

- * Survive the emergency in one piece; with no death, injury, rape, slavery, robbery or property loss.
- * Minimize the above to the extent that it cannot be avoided, especially death and slavery.
- * Minimize psychological trauma to yourself and your family. (Skill and preparation give confidence and peace of mind!)
- * Properly manage the expense and workload of achieving the above for optimum results with a reasonable investment of time, effort and money.

Strategies: Plan strategies for both being hit with the emergency while at home and being hit with the emergency while away from home. Whatever you do, *do not tell others* who do not need to know about your plans – if you want to live long enough to carry them out.

At home you may stand and fight (repel boarders, put out the fire, fix the damage, etc.), lay low and (hope to) be passed over by the coming catastrophe, deal with the temporary lack of what you need (use backups or improvise) until supply can be restored, or leave – to remain mobile or reach a place of refuge.

Away from home you may decide to make your way back home, remain mobile until the emergency is over or go to a place of refuge and hope to return after the emergency is over.

Tactics: In any case there are seven main aspects of your preparedness that you must take

care of before the emergency hits. All are of critical importance and must be attended to simultaneously as you go about setting up your plans and acquiring the necessary skills, equipment and supplies. I will treat each in a short outline-and-tips form; and refer you to the bibliography for books for in-depth study and the appendix for suppliers. Yes, Virginia, they appear long, but each is properly covered by whole books!

1. Food. (See “**The New Passport to Survival**” by Rita Bingham.)

Stock-up on the things you use now so your emergency food supply will be things you are used to. This is easy; just add another container or two in your shopping cart of the things you already buy. That way you will not have the added stress of unfamiliar foods added to the stress of the calamity that forced you to use home-stores instead of shopping. A month’s worth may be enough – or not. Think about how long you may want to stay home and not need to go shopping for various reasons. This category includes Kleenex, TP, paper towels; and foam or paper plates and plastic cutlery for no-washing water conservation. **See Smart & Final.**

Use it or lose it. Therefore, FIFO. The acronym FIFO means “First In, First Out”; or – as you add a new item to your inventory, use up the oldest one of that kind. Put all new stock in the back of the row so you will use the oldest one next. This works for all of your preserved food and other consumables on the shelf.

For the travel kit (car e-kit-pack + box and “grab-it-and-go kit” at home [longer term food, water, extra clothes and bedroll, extra fuel for the car, etc. to fill the trunk]) you should emphasize compactness and lightness. I recommend military MREs (*Meals Ready to Eat*) as the best travel rations for the back-pack and regular canned food for the GIAGK (*Grab It And Go Kit*). MREs are not what you eat every day, but are similar, have some variety and are well balanced nutrition for heavy work (like walking back home without your car) if you supplement with *Shaklee* nutritional products. Try living for a day with as much exercise as you can reasonably do – on only one MRE, two MRE entrees (which you can buy separately, see military surplus stores) and bottled water. This will teach you what is in an MRE, how to use it (including the heater, which you usually buy separately) and how many you need. Keep track of the amount of water you use, the amount of exercise and the conditions, like weather, so you will have an idea of how much to store at home and in the car kit.

Oh, yes, don’t forget water! You can go a lot longer without food than you can without water! You can stock up on this by buying gallon jugs at the store and rotating them in inventory, refilling them at the drinking water dispenser at the shopping center for 15¢ to 35¢. Get best-quality jugs with large screw-on caps! Buy pint, liter or liter-and-a-half jugs (along with some military canteens and Halazone or similar purifying tablets) for the car and GIAGK. If you use soda-pop in the 2 or 3 liter plastic jugs, these are great for water

storage, especially in the car. Buy **ONLY UNSCENTED** chlorine bleach (Clorox™ or similar) to disinfect drinking water from the tap; or other outside supply; at 2 to 4 drops per quart + at least a half hour for it to work. A suicidal idiot will keep less than a one week supply at a gallon per person per day. A month is reasonable, maybe. A (*only one??*) 50-gallon plastic ***drinking water barrel*** or similar 5-gallon stackable canisters in the garage is good life insurance and a swimming pool is *great* insurance. Swimming pools are also nice for putting out house fires if you thought to buy a pump and extra hoses. (A **2-horsepower+** gasoline-powered pump, not electric, you blitherer! Ya think you're gonna have electric power and good municipal water pressure in a regional emergency that can destroy your house?!?! Sheesh!) If you do not trust your tap water for any reason (such as right after an earthquake), close the intake valve of your water heater

IMMEDIATELY – WITHOUT OPENING A HOT WATER FAUCET AND RUNNING ANY NEW WATER INTO IT FROM THE PIPES – and drain it for drinking. With the **supply** (intake, cold) valve **closed**, open a nearby hot water tap to admit air and drain from the flush valve at the bottom of the tank into your storage jug. There are another 20 to 40 gallons! **Conical #2** coffee filters are good to remove dirt from water, so is Kleenex; then disinfect for at least half an hour with Halazone or **UNSCENTED** bleach at 2-4 **drops** per quart.

Emergencies are stomach churners. Have at least 2 medium boxes (one in a ZipLoc in the GIAGK) of baking soda at home and a 4-ounce squeeze bottle in the car backpack. It's good for tooth brushing too. Who the hell wants a punctured or squished toothpaste tube leaking all over his other stuff? Yuck-o!

Fresh food as sprouts is available by sprouting dry beans, lentils and peas. See “*The New Passport To Survival*” in the bibliography.

Minimum food supplements for the backpack: **Shaklee** Vita-Lea (your basic multi - vitamin/mineral), Vita-C, B-complex and Calcium; and if you are a guy with urinary blockage you must have Zinc-Complex. In an emergency or high-stress situation use at least double the amount on the labels, with meals (spread them out), and triple wouldn't hurt at all! At bedtime take only calcium and C, not VitaLea or B-complex. (**Shaklee only, please!**)

Do you have an alternative way to cook at home? *Especially* if you have an electric stove?

Propane camp stoves are great. Use an adapter hose and a 20 lb. bulk tank to save mucho-megabucks at home; and save your 1-lb. tanks for travel. A multiple-adapter from the sporting goods store in the shape of a 3 or 4 foot pipe that attaches vertically to your 20 lb. bulk tank with appliance fittings at the top and sides allows you to have a *single-mantle* lantern at the top and connect your stove or heater to the bottom/side. Single mantle lanterns give plenty of light (=~100 watts incandescent & you better get spare mantles!) and save half of the gas used for lighting. If you are really cheap-o (or a “belt and suspenders” sort) use charcoal (***outdoors!!***) in a SMALL brazier or (**new** terra-cotta, *not plastic, you idiot!*) flower pot. OK, add a couple of common bricks and aluminum foil to prevent

scorching the table and a clean 6-oz. tuna can for a firebox in the pot. You only need one-to-four briquettes to cook dinner, not dozens. Break them into small chunks with a hammer for a hotter fire for a shorter time. Experiment now while it is easy and you can fix your mistakes cheaply! You *do* know **not** to throw today's ashes into the trash and *burn the house down*, don't you? Use a metal ash can with a lid. Did I *have to* tell you that? Sheesh! On the march, use a folding pocked stove (or one of those nifty in-the-canteen-pouch-around-the-**canteen-cup** "Natic Stoves" from the military surplus store) and trioxane bars; or 90%+ denatured alcohol in a 3 oz. cat food or spam can. If you are REALLY DUMB and did nothing, you can burn rubbing alcohol (**not** isopropyl) in a tuna can. Mutter, mutter... Wood?... Nah...

Read *The New Passport To Survival*. See the bibliography. Buy only **Sopaco** brand MREs.

2. Shelter.

At home this is easy. Use your house or apartment. Duh... If your house took heavy damage you may still want to stay there. In that case plastic tarps (The good blue polyethylene ones with rope hems and grommets, NOT those cheap-film ones for painting!!! Geeze, do I have to tell you everything?!?!) will cover roof damage or leaks and make a cheap tent. Sleeping in your car will be safer and more comfortable (unless you are too tall) than the ground; especially in rain; if you rig a tarp as an awning so the doors are covered for rain and to keep windows open an inch without water getting inside. This is also a good reason to have an RV or trailer parked away from structures and trees – so they will not fall on the trailer and make you feel like a cold, wet idiot. Parking them (with clothes, tools and *supplies-that-you-rotate-regularly*) out of town on rented land – ***that you don't tell anyone about*** – is even better! Register the trailer under an assumed name/corporation or the name of someone else; so that when the IRS drives you from your home they will not also take your backup. On the march the problem gets harder because you can't carry much. CTD has a neat-looking 3-pound bivy-tent for about 30 bucks. I have not used one so caveat emptor. I carry in my e-kit pack a poncho and a small camouflage polyethylene tarp. Oh, yeah, don't forget cord (mason-line or para-cord, brown). A hatchet? Look up Indian lodges. A sweat-lodge is good in cold country.

3. Clothing for city slickers. This includes your bedroll.

I live in southern california, which is a desert. Most of the year the day to night temperature range may exceed 40 degrees. It can be 100° F. at noon and *you will freeze to death before dawn*. ***Really – believe that!*** Except for high summer near the coast you will need warm clothes, which are light but BULKY and fill up your pack. To avoid starving in comfort keep your warm stuff (& more food/water/drugs) in a separate bag or box in the trunk of your car.

If you don't know about layering here are the basics: Start with your street clothes. These must be drab and uninteresting. No bright colors or low necklines, gals! "Women, sheesh!" You gals instinctively want to look attractive. This is great in peace-time, (pant, pant! wolfe-wistle!) but NOT in an emergency that will break down the public *perception* (there ain't none, but folks think so) of government peace-keeping. The object of the exercise for both sexes is to maintain a look of drab and uninteresting competence; maybe just *a little bit* dangerous, not military. Generally keep your weapons hidden and do not wear military camouflage. Loose-fitting earth-tones are good. So are cargo pockets, shades (Silencio *Wraps*) and a full-brimmed hat. Back straight, head up, observing everything, stride along with a confident air about you (especially when pooped, *work on it!*) and you look unattractive to robbers, rapists, cops and other criminals. As it gets colder put on your thermal undies between street stuff and regular undies, then (drab colored) wind-breaker and sweater. Bring *a* change of undies. Gals, wear a dark t-shirt for changing, high-top panties and a rather flat sport/support bra for comfort and a low sexual profile. Thermal underwear can be anything from sweats to ECWS (military *Extreme Cold Weather System*, see a local surplus or sporting goods store).

Your head radiates more heat than much of the rest of your body. You **MUST** have a watch cap or balaclava to sleep in. See the ECWS balaclava at the local surplus or sporting goods store. Your feet and hands are subject to freezing first and are of great importance (The agony of da feet will bring on the agony of defeat, which can include death – or worse.); so you need wool gloves or shooting-mittens (not regular mittens) and thick wool socks for sleeping. If the weather is wet include water-proof gloves or mittens. Damn! This stuff is getting bulky! I need a bigger pack! Maybe an ALICE (see CTD again). OK, if it is cold anyway, start with your thermal underwear on under your street shell and add outer layers later. Keep it loose, so air can circulate and keep you dry. Sweat n' wet = cold n' dead.

No, Virginia, you don't need combat boots. You do need comfortable, lightweight hiking shoes that are water resistant or proof, depending on the season. In summer in warm climates deck shoes or Keds are fine. Maybe with waterproof spats? I buy white canvas-tops with good, thick soles and dye them brown with coffee. Be drab... drab... Oh, yeah, bring an extra pair of walking socks! And medical **cloth** tape for your heels (apply it vertically, high & wide!) and other chafe-points to *prevent* blisters. Put the tape on **BEFORE** you start walking! If you don't, you will hate yourself and make a better (slow or stationary) target for freelance (or official) socialists. If you have canvas tops consult at a good sporting goods store that specializes in camping for waterproofing compound. See the *LL Bean* catalog. Cold, wet feet can kill you. Ask any Army Sergeant or World War-II vet.

Your bedroll can be a quandary. A sleeping bag combined with a sleeping mat and bivy tent are too darn bulky for words. On the other hand, you **MUST** stay warm and dry at night or you may freeze to death; *hypothermia* in tech-nickel lingo. So, therefor, some thoughts: The tent can be a poly tarp (with poles?) and cord. See the Boy Scout Manual. A three-eighths or one-

half inch closed-cell foam sleeping mat is more compact than a sheet of half-inch bubble-pack, but heavier. If you use bubble-pack get the thickest stock and lie on it with the bubble side up to permit water vapor (from perspiration; even when you are cold) to escape to the sides between the bubbles – or you may freeze in your condensed sweat. The solid side is stronger against tears and punctures and forms a ground cloth. Did you remember to sweep the area you will lie on for rocks and sharp things before laying down your ground cloth or mat? A synthetic-fiber sleeping bag is cheaper than down, colder when dry, warmer when wet and much bulkier. A down sleeping bag is warmer if kept dry, loses almost all insulation properties if wet and takes forever to dry. It compresses to a small size and is expensive. A wool blanket (or two) is cheap, heavy, fairly warm, rolls up fairly small and insulates rather well even if damp. It can be inserted into a reflective mylar emergency sleeping bag (with a short service life; carry two!) and thereby kept dry and much warmer due to reflection of your radiant heat back to you. Your bag/blanket roll can be wrapped in the sleeping pad and that rolled up in the tarp and slung under your pack crosswise with straps. You should sleep in your (freshest, driest) clothes for insulation and instant response to attack in the night. The only clothes I would consider removing to sleep are my shoes – to replace them with heavy wool socks. If I decided to remove the shoes, *they must remain in the sleeping bag* for **security**; and to dry them. (Try walking a long distance without shoes sometime when your life does not depend on it!) **The same applies in spades for your pistols and spare ammo; they must always remain on your body, not in stealable luggage.** In any case, you need at least two aluminized-mylar radiation-blankets / sleeping bags in your pack. They are very compact, cheap and work by reflecting your infrared radiation back to you. If those are all you have outside your cloths, they can save your life. Most heat transfer – even on the surface of the earth – is by radiation, not conduction. So your best warmth is from a combination of insulation and reflection. Try it at home before you have to bet your life on your technique. *Try* re-folding the mylar blanket too. *Tie your pack to your body when sleeping* with dark string to wake you fast if robbery is attempted. If traveling in a group, rotate the watch every two hours at night.

4. Transportation.

If the emergency hits when you are away from home – or you must leave home; **and** you can't:

- * travel to home or to your prearranged place of refuge,
 - * **or** remain on the move until it is safe to go there,
- your supplies will run out and you will be in deep politics. (Politics are theft, rape, slavery and murder. All else is window dressing.) Your four basic modes of travel are shank's mare (walking, for you easterners – har, har!), bicycle, gas fueled scooter or motorcycle and car or truck. Don't give me any of this bilge about electric vehicles! *Where in hell* are you going to get electricity and the leisure to wait until the next day to re-fuel? Every 10 to 50 miles?

Damn!

Walking shoes. “Been there, done that” above in “clothing”. Do get out and get some exercise once in a while, please. Try walking. It works fine! Find your limitations and expand them too. Carry some weight, like a pack with some nice, soft bricks in it. Pad the bricks to prevent chafe to the pack.

A bicycle is cheap and does not run out of gas. (OK, you will get pooped, so use it for errands now and build your range.) It is the most efficient form of animal-powered transportation there is. Really! You need *at least* a 5-speed transmission and a good luggage rack. You can even get a gasoline engine for *any* bike. Some bikes fold for transport in a car trunk but are bulky there. Saddlebag brackets are nice too. Make them out of cheap PVC pipe and mount them with heavy electrician’s plastic wire-ties, or just wire, or make fancy-shmancy mounting brackets from steel plumber’s tape. Bring extra wire-ties. Saddlebags may be small military packs from CTD like part number “LEG-103” for \$3 each (capacity = 3 day’s food, each); and you can carry both of them with “D” rings on one shoulder-strap on foot in addition to your e-pack. A head-lamp/tail-lamp is nice and tools can be: a crescent wrench, pliers, a roll of electricians tape, a 4-way screwdriver, cheap bicycle tire-irons, a small air pump and a **Camel brand** tube-hot-patch kit. Don’t forget 2 or 3 small bungies. A **good “U” lock and cable!!!** Can you remove a punctured tube, patch it airtight and replace it correctly, pumped-up? Did you bring an air pump, tire gauge **and** maybe a spare tube? I hope you have good walking shoes!

There are folding scooters that fit in the trunk of a small car. This is nice when the car is disabled or stuck between earthquake obstacles. They are gas powered. They have 2-stroke engines and **you MUST use 2-stroke oil** from the motorcycle shop or you will be on foot due to a seized/dead engine or fouled spark plug. They go about 20 mph tops, cruise about 10-15 mph and are not as good as a regular scooter, like the Honda-50; but will fit in the car trunk and are light enough to portage over/around obstacles. If you want a home-garaged backup for your car that is cheap to own; the Honda-50 or similar is a good bet. Cruising speed is about 30 to 35 mph; gas mileage is about twice that of a cheaper 2-stroke folding scooter; and it is street (not freeway) legal in all states. Some have a trunk that will hold your helmet and/or tools. Carry a quart of oil and 2 spare spark-plugs (with plug-wrench) for any kind of scooter (2-stroke or 4-stroke) and buy your tire-irons at the motorcycle shop. How about a 6 ft. length of fuel line to siphon gas? What will you siphon it into? Maybe one of those small fuel bottles that hikers use? Have extra keys in your shorts; or maybe somewhere safe instead, like a shoe. Helmets should be Snell Foundation approved or at least ANSI Z.90 rated. Freeway legal motorcycles are beyond the scope of this article. Do your homework.

Cars & trucks. Yeah! If you are away from home when the shit hits the fan you will probably have your primary vehicle – unless the shit is carjacking you; **SO SHOOT HIM.** Please

keep it in good shape and serviced according to schedule. Is the spare tire inflated? Have you checked recently? How would you like to have a puncture and find there are *two flats* – including the spare? Hey, wait a minute! Do you know how to change a wheel on your car? Do you have a basic tool kit in the trunk, including flares? How about fuel? If you are caught at home with an almost empty tank (I was gonna fill it tomorrow...) you should have enough spare fuel stored at home (and rotated into the car's tank every three months to keep it fresh and usable) to get to your evacuation haven – plus maybe 50 to 100+ miles of extra range for safety margin and detours. If you are caught away from home do you have enough cash (*not* credit or ATM cards, **CASH**) to buy fuel and food? I am scared to have less than 10 gallons of fuel at home in cans. 2¹/₂-gallon cans are a *lot* easier to handle than 5-gal. ones and you can fit one in the trunk when bugging out. Don't buy cheap sheet-metal; get heavy steel or thick plastic. Don't forget a siphon hose / pump too. Store them outside your house or garage in an earthquake-proof container or shed where houses, block-walls (earthquake rubble) and trees cannot fall on them! (This is also a good idea for a backup scooter's garage.) Spilled fuel will contaminate everything that it touches, as well as burn the house down when the vapor gets near a pilot light or electric switch. A friend of mine spilled gasoline on some sealed soda cans in the trunk of his car. The cans were under heavy internal pressure from the carbonation and the movement of the car. After washing them off – the soda in them was contaminated with gasoline right through the aluminum cans and against the internal pressure. Sheesh!

Car trunks are lovely! They hold your spare wheel, tool kit, jumper cables, backpack e-kit, box-of-extra-food/water-and-clothes/bedroll – and still have enough space for all of your daily shopping needs. And if you have to leave home on the run, you can throw your food from the pantry, any drugs that you need (are some in your pack?) and your important documents / backup disks / family pictures into the fitted boxes you keep on hand; and the boxes into the trunk in less than 5 minutes and hit the road. ZOOM! (Good G-d! Did I remember to fill the gas tank and stow one of the tight-capped gas cans in the trunk?) Make a checklist for the GIAGK and post it in the pantry now to save time when seconds are short. Pickup trucks are even better. I have a slide-in camper for mine (a little house) and I want to replace it with a trailer and a camper-shell that stays on all the time. (Money, money, money... Ah, well...) In the camper shell I will build a bed (2.5 ft. wide) at the side; and a kitchen-box (2.5 ft. wide by 1.5 ft. deep) at the front of the camper with storage under the bed for permanent supplies – and still have more than a car-trunk's space for everyday stuff or the GIAGK on the floor.

5. Information and communication.

Jumping from the frying pan into the fire is generally considered bad form, and can get your ass singed off. So, you need to know where you want to go, how to get there and what is going

on; both on the way and there. That requires maps and practice on the proposed routes, including alternate routes and information on conditions along the way. Communication takes several forms.

- Maps from the American Automobile Association are great. I live in the Los Angeles area so I have (more than) *LA and Vicinity*, *Camping California* both north and south and *Western States*. If your destination is far away you need detailed maps for your area, all maps for your route and at least 50 miles on both sides of the route (more is better!) for detours, as well as the destination area. Carry your maps in your e-kit pack in a zip-lock bag (to keep them dry if the pack gets soaked) so you will have them when you need them. Did you remember to include a copy of your address book so you will have alternative destinations – and phone numbers for them? Keep separate maps for every-day use; don't use your e-kit maps for that.
- Communication comes in two flavors: incoming-only for news and two-way if you are traveling in a group or plan to join-up with other people later. News basically means radio or phoning friends – IF the phones work. ***Did you bring a copy or printout of your phone book?*** Yes, Virginia, I meant to repeat that. Your car radio is fine as long as you have your car and the electrical systems work. If you cannot use your car radio for any reason (Why do you have an *e-pack*, anyway? In case you lose your car! Duh...) you need a pocket-radio with “AA” batteries. Bring the ear-phone so you can listen without giving your location away – or disturbing others. ***Don't go to a disaster shelter! Cops there will rob you!*** I also recommend a hand-held broad-band trunk-tracking scanner (like the Uniden Bearcat) for police, public service, aircraft, marine and military bands. In a large disaster commercial news WILL be censored and late, so having the straight-poop from the police/military bands could keep you out of danger areas. *Like riot or interdiction zones!*
- This is a good time to mention that all your electronics (flashlight, radios, etc.) should use the same batteries. “AA” size is good for all that stuff, is most universal (that means the easiest to replace), small and light. “LED” (Light Emitting Diode) flashlights go, *by far*, the longest on batteries but are not too bright. Get a *Mini MagLite 2-AA* as well as the LED one. Carry AT LEAST half a dozen spare alkaline batteries and some spare incandescent bulbs! For the car get a “universal battery eliminator” that plugs into the cigarette lighter socket, at the electronics store, to run your battery-powered stuff on car-power while you can.
- Two-way communication is harder. Other than shouting you basically have phones and radio. Forget about the Post Office as that is slow, government and unreliable at best. Well... maybe you could post ahead to your destination as a backup in case you cannot communicate on the road. If you have a cell-phone, only make or receive calls when it is plugged into your car's power. When on battery power turn it on, make a **short** call (**Ladies, this means you!**); telling the person your plans and that you will not be able to receive calls because your phone will be off and why; and turn it off to save power. The phone system is independent of the

power grid, so a power failure will not necessarily kill the phones. If your home phone requires 110 volts and you do not have backup power – you get what you deserve; so store a cheap phone in the closet. Sheesh! If you are on the march pay phones may work, so carry plenty of change. I now see most requiring 35¢ or more for local calls so make it a mix of quarters and dimes. Oh, yes, keep mucho-change in your pack, folding-money in pockets. Lots! Pre-paid phone cards are nice if they do not have an expiration date, so check first. They also give you protection from government wiretaps when calling away from home as they cannot be traced back to you or your location unless you paid for them with a credit/debit card.

Always pay for phone cards with **cash only and don't re-charge them!** Failure to heed this warning can get you killed – or worse. Most cell-phones now have GPS tracking along with your account information, so a cash-pre-paid and anonymous TrackPhone or similar may keep you out of the concentration camps. Keep that account up to date and active! Don't let it slide.

- Two-way radios are for short or long distances. Long distance usually means short-wave and that is beyond the scope of this article; except that there are portable short-waves for the car. Short distance radio means about 2 miles to 20 miles if you have line-of-sight to the other person. Anything blocking your line-of-sight to the other radio, like being in a car or forest, cuts down on your range. FRS walkie-talkies are the shortest range (up to 2.5 miles on line-of-sight) and small and light. GMRS walkie-talkies have up to 10 times the range of FRS, can communicate with FRS within its range limits and cost more; but prices are coming down, so shop around. CB radios have the most range (up to 20 miles on line of sight with a big antenna), can use large car-mounted antennas for long range and “rubber ducky” antennas for shorter range hand-held use, are bulkier and cannot communicate with FRS or GMRS, only other CBs. CBs also come in “single sideband” which greatly increases range for transmission. **Consult with your friends and family about what they use and buy accordingly.** I like hand-held CBs with both a “rubber ducky” and a big antenna/cable for the car as well as carrying an FRS or two. When in storage do not keep batteries in your equipment as they may leak and destroy the equipment. CB is the most popular with truck drivers, so it is good for hearing road condition reports – to keep you out of riots or road-blocks/check-points. *Test* before you *trust*.

6. First aid and medical care.

Stress! Stress! Stress! Chronic disease, cold, allergies, fear, dumb mistakes that cause injury, lack of sleep, exhaustion, etc.! You have three ways to cope with this stuff. Good food and supplementation / exercise, drugs and first-aid / medical care. Well, OK, you will do much better than otherwise if you are in good shape, supplement your diet with **Shaklee** stuff and learn and practice survival skills. Knowledge and skill bring peace of mind with the ability to cope.

- Your basic line of defense against disease and injury is a healthy, trim body. Have you looked in a mirror lately? Me neither. So see your **Shaklee** dealer and get started on a supplement program along with stashing the basics (see the food section above) in your e-kit, both pack and trunk-box. Your **Shaklee better health kit**, along with your prescription drugs, is the first thing to throw into the GIAGK when you must bug-out. If you use drugs regularly, like for blood pressure or allergy, especially if you use prescription drugs, keep a supply in your e-pack. Rotate this as part of your regular supply. FIFO! Ask your doctor about stocking up, about a year's worth, on prescription drugs to get past interruptions in supply. Tell him this is why you want extra so he will not think you are a junkie. This is a good time to ask for advice on medical/first-aid training, books and suppliers. Do NOT – **EVER** – mention **defense** to your doctor, as many are government agents/spies. **Loose lips sink ships. Also families.**
- First-aid is a lot harder. You don't need to be a medical doctor, although that would be nice. What you do need is good training in first-aid, so call the Red Cross and sign up for a class. If you want to go whole-hog you can train until you are an Emergency Medical Technician, or EMT. My friend Greg did that; and when I found out I replied "Greg, you are now **Electrical Mechanical Tubing?!?**" He hit me. He should have. Training is worth the cost in time and money even if you do not have to bug out. When a relative of mine petted the cat the wrong way and got *deeply lacerated* by claws I did the first-aid thing and took him/her (No, I am *not* going to tell you who it was!) to the emergency room at the hospital. When the doctor asked me what I had done and I described the treatment; he said that he could not have done better. Talk about your ego boost! I think I need a new hat... this one seems smaller... somehow...
- Do not go out and buy a first-aid kit at the drug store until you have taken the Red Cross or equivalent course. If you do not know what you are doing you will waste your money; and may make your wound worse instead of better. After training you will be entitled to an opinion on the contents of those kits; and build up your own from components or buy a military kit. I use a Tupperware or ZipLoc sandwich *box* for the basic kit and expand for the bulky bandages with a quart-size ZipLoc *bag*. I love ZipLoc bags in the e-kit! They are compact, conform to the needed shape, weigh almost nothing and keep things dry and organized. You can even use an empty gallon size for a pillow! Only buy the heavy-duty freezer bags, not the thin, weak ones that will tear and make you kick yourself.

7. Defense. (read *at least* the first 3 paragraphs.)

If you are a hoplaphobe (from the Greek roots: "hoplon" means "instrument" or "weapon" and "phobia" means "neurotic and unreasoning fear or dread") or if your life is not worth defending, **skip this section.** There is more after it though! By the way, hoplaphobia is curable. See *To Ride, Shoot Straight and Speak the Truth*, chapter 1, *The Root of The Evil*.

No one has the right, under any circumstances, to initiate the use of force or fraud against another person. Period! Full stop! End of discussion! Well, OK, it's not the end of the discussion, but that makes spiffy punctuation, doesn't it? Decent people do not start fights, steal or destroy other's property or hurt or kill folks without justification. There are MANY IN-decent people in the world and they will rob, rape and murder you if you give them a chance. Otherhand-wise, all decent people have the inalienable right to resist coercion, employing whatever means prove necessary in their judgment. The above bold print is the libertarian **Zero Aggression Principle**. (Doncha just love that acronym? ZAP!)

Man is a technological animal. He cannot live without the possession and use of his property. If, under emergency conditions (or, morally, under **any** conditions) a person steals your pack with its tools and supplies it is very likely that he has condemned you to death. The same applies to your house or car. You have the absolute right and duty to stop the criminal by ANY means. That specifically includes killing him. Under today's political circumstances you cannot afford to let him live; as he will then enlist the aid of the police and courts to murder you. I tell you that from personal experience. Police and judicial officers have tried, in aid of a street thug, to assassinate me and I barely survived – with terrible damage. If you cannot understand that you have my pity. If you *do* understand the ZAP – and accept it as a moral principle – read on.

Scientific research in criminology has proven that your chances for survival are *much* higher if you resist the criminal *effectively* instead of resisting from a position of weakness or trying to surrender and give him what he wants. What he wants usually includes hurting or killing you. Your three main resistance methods are hand-to-hand fighting, use of a blunt or sharp hand-weapon or use of a firearm. The first two methods require you to let the criminal approach you to touching distance. That means that if you can hit him, he can hit you. If he has a gun he will stand outside your range of action and shoot you dead. If you use a gun you can kill or disable him (just disabling is *not* recommended!) at a safer distance. Usually the armed victim does not need to fire a shot to discourage the private criminal, as just showing the gun will scare him off about 9 times out of 10. However scaring him off leaves you open to the need to defend against the police, who are much deadlier. That is why people who defend themselves with firearms (*Americans defend themselves and others with firearms between 2,500,000 and 3,000,000 times per year.*) are rarely killed, hurt or robbed by private criminals – and those who are disarmed or use hand-powered weapons often are; even when they surrender at once. That is why I recommend that you get good training and obtain and use firearms for self defense, with blades for backup. Remember that just having a gun or blade without training and practice does not mean that you are armed. You must have skill or you will get in terrible trouble – or die.

The subject of firearms is complex and subject to heavy influence of personal needs and preferences, not to mention prejudices. In this article I will be brief (really!) and confine my remarks primarily to emergency defense (including civil war) and what I consider to be

optimum or minimum choices and uses; with a minimum of customization or accessories. Read as much other material (see the bibliography and then look further) as you are willing to before you make purchases, bearing in mind that time is short in today's political climate to acquire equipment, supplies and skills. Buying the wrong equipment or supplies will cost you dearly in money and time, and you cannot afford to waste either. It may also cost you your life – due to inadequate performance; such as fighting with a .223 rifle or 9mm pistol.

Consider making all your arms and related purchases through another person whom you can **trust with your life** (or an alternate **throw-away personality** in another state) for registered-sale items (or buy from private parties without identifying yourself); and non-registered purchases with cash or money orders only – with no address or other information traceable to you; such as a **private** PO box (Mail Boxes, Etc.) with package service. The government people will tell you that this is illegal, but that is a lie. There are no such laws (see the Bill of Rights); although if they catch you – the government people will torture and murder you for it anyway. If you make any purchase of firearms from a licensed dealer on a BATF form 4473; or related purchases on a credit card or shipped to your home **YOU WILL BE PLACED ON A GOVERNMENT LIST** of people to raid and murder at a later time. These raids and murders happen every day in the U.S.A., averaging over 109 raids per night. See the JPFO website and the JPFO documentary film “Innocents Betrayed”. You may wish to fill out the “form 4473” anyway to comply with government demands; just remember that you cannot acquire firearms without risk to your life from government murder. Of course, not having a firearm when you need one may get you killed too. I never said this stuff was easy, safe or simple!

One... More... Time!

“Pre-paid phone cards are good if they do not have an expiration date, so check first. They also give you protection from government wiretaps when calling away from home as they cannot be traced back to you or your location unless you paid for them with a credit or debit card. **Always** pay for phone cards with **cash only and no identifying information!** ‘Don’t leave home without it’ and **NEVER** use it at your home or that of a friend; to keep the number clean of identification; just in case I am out of date on the technical details. Failure to heed this warning can get you killed – or worse.”

Here is the firearms intro for city folks; and it's really just an intro. It's short. Really! If you think this is windy, see the bibliography; and that is just a start too. Personal defense with powered weapons is a complicated subject; although you can get started with a couple of books (Col. Jeff Cooper's “P of PD” & “TR,SS&StT”), one gun (an M1911A1 {compact model?} pistol or Remington-870 shotgun), some ammo and minimal accessories for *well under* \$1,000. If you think that is expensive, remember that the government has forced prices up for decades.

There are three main kinds of small arms that free people use for defense: Rifles, pistols and shotguns. Rifles are offensive in concept but useful in defense, heavy, bulky, impossible to conceal under most circumstances except in a vehicle or building, loudest and give the most power (in useful calibers) and range. Pistols are defensive in concept though useful for offense, convenient and concealable, the least in power and range (with exceptions), weight and bulk; and your primary defensive arm when away from home because you *wear* it instead of *bear* it. Shotguns are as big and bulky as rifles, have short range (for defense, *about* 5 yards with light (bird) shot, 20 to 35 yards with buckshot and 100 yards with single slugs), do not penetrate walls as much as rifles and are usually best for home defense, being *much* more powerful and easy to use than pistols.

Rifles are not usually needed for personal defense in peacetime, at home or on the march. Shotguns are great for the in-town house and pistols for traveling. That said, do I need a rifle? **YES, I DO!** At *least* two, in fact; one at home and one hidden away from home (along with ammo, tools, spare parts & loading tools/supplies) in case of raids or burglary. These are for long-range defense of family, home, neighborhood (depending on terrain) and country. *Liberty's teeth!*

Single-shots are for hunting and sport shooting. If you are good enough to use these you need no advice from me.

Fighting rifles for the militia are semi-automatic and of military pattern. (We has met the militia – and he is us! {with apologies to Pogo}) That means that when you pull the trigger it shoots one bullet, cycles the action to reload – and stops. To fire again you must release the trigger, re-acquire your sight picture and pull the trigger again. The optimum magazine size for fighting rifles is 20 rounds (20 cartridges); and you should get as many magazines as you can afford. 3 is an unreasonable minimum and I would be *verrrry nerrrvous* with less than 7. (One in the gun and six in double pouches with ALICE-clips for your belt.) One of 5 or 10 round capacity for practicing at the public range – to be politically correct – is good life insurance against police attack. If you have a Garand get *at least* 100 en-bloc clips & some bandoleers. Personally, I do not take my battle rifle to public ranges anymore; it is too dangerous as there are police there sometimes. Get *at least* 100 stripper clips (cheap!) for fast reloads too. All semiauto battle rifles (OK, except most M1-Garands!) are in caliber .308 Winchester, also known as 7.62mm NATO; which is a standard U. S. Army round – and that is why this caliber is the gotta-have-it one. None of them are assault-rifles, which are sub-machine guns and use intermediate-powered ammunition, such as .223 Remington (5.56mm NATO), .30 Carbine or 7.62X39mm (.30 Russian Short). Intermediate power ammunition is not suitable for militia rifles because it is under-powered and therefor unreliable in combat. Your rifle is your heaviest weapon, so it must use a full-power cartridge that is standard for the military that you are most likely to oppose; as you can then use captured ammunition. Figure to spend \$2,000+ for the rifle with accessories (like a *Springfield Armory* long-range scope-

sight) – plus ammo (at least 1,000 rounds per gun) plus ammo loading tools and supplies for your empty cartridge cases. Don't forget at least one *Lee Precision* bullet mold for your bolt-action general-purpose rifle!

General-purpose rifles are for all the uses that you might put a rifle to, including hunting, pest elimination and fighting. They should be of the Scout Configuration and in .308 caliber for the reasons stated above. The best is the *Styer Scout* at about \$3,000 with needed accessories and taxes; and the other on the ready-made market is the *Savage Scout* at about \$600 plus accessories and taxes, or about \$900 total. Guess which one is the best and which one I can afford. You **MUST** have **iron sights** on all of your guns! Telescopes are nice – and tend to break just when you need them. Consider the *Thompson Center* variable-power pistol scope for the scout-mount ahead of the loading port. Your rear iron sight should be a ghost-ring mounted on the receiver bridge for bolt actions, which these scouts have. Your front sight should be a square post of the Cooper configuration. You need a sack-full of detachable box-magazines, which are rare on other bolt or lever actions. Your sling (yes, Virginia, you **NEED** a shooting sling!) should be the *Ching Sling* or *Ching Safari Sling* with the *CW sling* as a second choice. Put a 9-round butt-cuff on the Savage for extra ammo as life insurance.

Pistols include single shots, revolvers and semi-automatics, also called just-plain *automatics*. See single shot rifles above. Revolvers **must be double-action**, are working guns and specialized for everything other than fighting, like hunting; and autos are specialized for fighting. An exception to that general rule is that revolvers, while more fragile, prone to jamming-open on reloading (This makes me nervous!) and limited in the number of shots and speed of reloading – have one advantage over the autos in a fight. They do not throw their empty brass all over the landscape like an auto does, where it is hard to pick up after the action (when you need to be fading over the horizon) and has your fingerprints all over it – for the police to use to track you down and murder you for the crime of self defense. You eject the empties from a revolver into your hand and drop them in your pocket. **Don't miss that pocket and leave one on the ground! Use full-moon clips!** Otherwise the auto pistol is superior to the revolver for defending you life. It is more reliable, if it does jam it is quicker and surer to clear, quicker to reload, has more magazine capacity, can be fired with the last round in the chamber while reloading (the revolver must be taken out of action to reload), is flatter and therefor easier to conceal and is easier to learn to shoot well than a revolver.

The **best** auto pistol for defense is the *M1911A1* in caliber .45ACP, designed by John Browning, in various sizes from various makers; and *all* of the above remarks about auto pistols apply *only* to it. I like the *Springfield Armory* and the *Kimber* brands. The 1911 is a single-action pistol that is designed to be carried – *safely* – cocked and locked (condition one). Don't bother even looking at double-action (or trigger-cocking-single-action; AKA, **Double Action Only**) auto pistols. Double action in an auto is an unintelligent solution to a problem that doesn't exist. It also makes the gun more expensive, less reliable and harder to shoot well. Sheesh!

The best fighting revolver that I recommend is the *Smith & Wesson* model 625 in caliber .45ACP (The same gun also uses .45AR; and .45-Super for long range), using *full-moon clips* for reliable, fast reloads and safe retention of empty brass. The *Taurus Tracker*, also in .45ACP is smaller and lighter, only holding 5 rounds, uses *full-moon clips* and *may* have problems with cast-lead bullets due to its barrel-porting system. Ask the Taurus importer about cast-lead bullets in ported barrels -- and if you can have a solid one. The S&W has no problem with cast lead bullets. Buy **lots** of *moon-clips* – and some *de-mooners* to save wear and tear on your fingers!

Your fighting pistol should be in .45ACP caliber for reliable fight stopping with one fair hit on the torso. Remember that rats run in packs and you do not want to run out of ammo with the fight half over – because you had to use it all on the closest rat; so use a reliable cartridge that usually drops a man with one hit – and carry spare magazines. The .45ACP will stop a man over 90% of the time with one fair hit, while the 9mm Parabellum will do that about 50% of the time, and most of those are difficult head-shots. U. S. soldiers in Iraq are reporting lousy performance from the 9mm and are scrounging for M1911 pistols in .45ACP. Fools will tell you that the .45ACP is impossible to shoot well and painful because of excessive recoil, or “kick”. **Balderdash!** My 82 year-old mother shoots this in a revolver that she is too weak to lift (she shoots it from a rest and uses the Weaver stance, NOT isosceles!) and has fun with it. If 12 year old girls can shoot full-power .45ACP and enjoy it – you can too!

Shotguns are break-action (hinged in the middle so they look broken when opened) with one or two barrels, slide-or-pump action repeaters and semi-automatics. Shotgun gauge numbers seem backwards; 20 gauge is smaller than 12 gauge. The number of round lead balls that fit the bore of the barrel and weigh one pound is the gauge number. Sheesh! You can use a 20 gauge for defense but it does not work as well as the 12 gauge; and 12 ga. ammunition is easier to come by in peace and war (it is military standard); and to make at home.

The consensus among professionals seems to be that the Remington model 870 pump action is the best fighting shotgun and it is among the least expensive too. The shorter barrels of about 18 to 20 inches are just as powerful as the long ones and much easier to use in a fight. Pay extra for screw-in choke tubes so you can have a rifled one for slugs and a smooth cylinder one for shot. It needs a magazine extension, which is available commercially, a shooting sling of the *Ching Safari* type and good iron sights with a large (up to one-quarter inch aperture) ghost-ring sight at the rear of the receiver and a post in front. Shotguns do not really need scope sights for fighting. Double barrels may be OK for home defense if they are of the “coach gun” configuration; with exposed hammers and short barrels of about 18 to 20 inches. If you are facing criminals in your home; private thugs tend to be few in number (maybe 1 to 4) and government thugs run in packs of about 20 at a time. That is why I prefer

the pump action with a magazine extension and a butt-cuff full of extra ammo even for home defense. If you have time, grab your bandoleer of ammo and sling it over your shoulder too.

On ammunition:

For rifles there are many choices but the optimum is .308 Winchester, also known as 7.62mm NATO. It is almost as powerful as the 30-06 so it strikes a blow like the Hammer of Thor; about twice as powerful and capable of stopping a fight or dropping your target at twice or better the range of the .223/5.56mm NATO. The army uses it for sniping to 1,000 meters, or 1,100 yards; and in medium machine-guns. It is one of the most common in civilian use and the only .30 caliber that you can count on capturing from the enemy in a civil war. If you are thinking of using the .223 for defense; look up *Carl Drega* and the *Branch Davidian Church* on the internet. They died for that mistake. Stay with your full-power .308 caliber.

For pistols, with their short barrels, lower operating pressures and low velocities; you will hear much about “energy”, which is dependent for the most part on velocity. ($E = \frac{1}{2} M V^2$) General Hatcher showed in his research that the *most* important aspect of a pistol bullet’s ability to disable an opponent is its diameter – and the *least* important is its velocity. So a big, fat, slower bullet will work better than a small, faster one. Bullet design is important (best: the hollow-point *Speer* Gold Dot or a cast semi-wadcutter from *Lee Precision* molds; if you are stuck with military hardball you can load it backwards so it works as a flat-faced wadcutter), but you cannot count on the supply of commercial high-tech bullets (like Gold Dots) for long; as the government is working to shut down the commercial arms market completely. So far, in 2003, the job is about 75% complete. Therefore when you run out of your special hollow-points you will have to fall back on your home-cast semi-wadcutters. Then only a big bullet will do; even if you could rely on a hollow-point to expand every time, which does not happen all that often. Conclusion: do not go below .40 caliber and .45ACP is optimum, as well as available from the enemy via capture.

For shotguns stick with the 12 gauge, as it is most popular with the public and is the only military gauge. You can get various sizes of hunting shot, with number (#) 6 and #7.5 the most useful. For fighting to 25 yards use #00 buckshot, which has 9 large pellets in the $2 \frac{3}{4}$ " cartridge. For shooting to 100 (well, *maybe* 125) yards use single slugs. For slugs use a rifled barrel or a rifled choke tube (cheaper and quicker to change-back to smooth-bore for shot). You can buy slugs as components or loaded ammunition; or cast your own for “free” in a *Lee* 1-oz. slug-mold at home.

Ammunition availability: I said it before and I now say it again; the U. S. government is in the process of shutting down the commercial arms market, with about 75% of dealers forced out of business so far in 2003. When they are finished – *what you already have* and can make, trade-for or capture are all you will get, so stock up now and distribute most of your weapons-

ammo-tools -supplies in several widely-separated off-site caches to prevent loss in a raid when you are not at home; or prepare to surrender and die in the concentration camps like the Jews of Europe in the 1940s. If you do not accept that assessment, that is too bad. You have not been paying attention.

That is why it critically important that you can make your own ammunition – and lay in supplies *now* to build skill and save money; and after the industry is killed, so you can defend your family at all. Your minimum reasonable ammunition inventory (and more is better!) is 1,000 rounds for each centerfire gun (*not each caliber, each gun!*), perhaps 500+ shot shells and 5,000 to 10,000+ .22 rimfire, because they cannot be reloaded. Get “copper *long rifle*” and *long CB caps* if you have a .22 *long rifle* gun; or for trade goods. It is probable that in the full civil war .22 and other ammo will be used as money. You cannot re-load rimfire cases, only center-fire ones. WalMart often has Federal brand .22 long rifle, high velocity, copper-plated, hollow-point ammo for an excellent price (\$14 for 550 rounds). Drive around and get as many boxes as you can at each store (cash & carry, no names, please!) to make a case lot or two – or more.

You can buy factory-made ammunition from any local dealer or by mail order from companies like Midway USA, Graf & Sons, CTD and many others. The best buys are Federal Cartridge Co., Winchester and Remington. Stay away from Soviet-bloc manufacturers, steel cases and *Berdan* primers!!! You need *reloadable* cartridges / cases that are **brass** with **Boxer primers**. Read ads carefully! Surplus 7.62 by 51mm, which is interchangeable with .308 Winchester must be NATO standard with the cross-in-a-circle head-stamp. Even if you chose not to reload (a serious strategic mistake!) your reloadable once-fired brass cases are valuable.

There are four parts to a rifle or pistol cartridge. The case holds it all together, the bullet flies to the target and destroys it, the powder is the fuel and the primer is the “spark plug”. To learn how to do this ammo-loading-stuff read *Modern Reloading, Second Edition* by Richard Lee and maybe *NRA Guide to Reloading* from the NRA. The best way to get cases to reload is to save your empties from factory ammo and buy new pistol and rifle brass in bulk (boxes of 1,000 or more are best) from Midway or Graf. Midway and Graf will sell you primers and powder by mail order, but there is an extra \$20 hazardous-materials shipping fee (for small orders under 32 pounds of powder; combine your order with friends to get free haz-mat shipping from Graf).

I use Hodgdon powder (number H4895 for the rifle and HP38 for the pistol) and *only* Winchester or CCI for primers. Compare prices locally, including tax, and decide. Local purchases at the gun shop can be anonymous-for-cash too (so far...), and that is important. Buy jacketed bullets when you order your bulk brass and either buy cast lead bullets from the gun shop (cheap!) for practice – or cast them at home from scrap clip-on wheel weights (which are of a good alloy, not the flat ones that glue on) from the tire shop (almost free!!) in **Lee Precision** molds. The guys at Pep Boys gave me 86 pounds of old, used wheel weights AND

the plastic bucket for no charge! *Do not use the flat glue-on weights* (or try using them *separately* from the clip-on ones) as they are dead-soft and may contain zinc; which will contaminate your other lead so it will not cast well. The flat ones *may* be OK for shotgun slugs. A one-piece deep-drawn food can on a camp stove is good for a scrap-melting pot. An electric **Lee Production Pot** or *Pro-20* melter is best for casting.

Several companies make reloading tools and bullet molds, but the best for quality and price is *Lee Precision*, available from Midway and Graf on the internet, phone or mail order. **You can have a complete ammo factory** by Lee from Midway or Graf for .308 Win. and .45 ACP with: the Lee Anniversary Kit (the basic ammo factory) with *Modern Reloading* manual, .308 PaceSetter dies, .308 case length gauge / shell holder, .30/180-grain bullet mold, **.309** lube/size kit, .45 ACP deluxe die set, .45/200-gr. mold and case-mouth expanding die; for *about* \$175 delivered. (Prices from 2003.) Lee bullet molds give you an unlimited supply of cast bullets and you can push them to over 2,000 feet per second (oh, maybe 2,200 or so...) from a rifle with Lee *Liquid Allox* lube and crimped-on gas checks. Buy gas-checks (*Hornady* brand), a **Lee** bullet-sizer kit (for crimping-on the gas-checks while sizing – & it is the best design) for each rifle caliber, *Lee bullet and case lubes* (several bottles/tubes) and *a stick of Lee hard bullet lube for the bullet mold's bearing surfaces in each kit* – along with your loading tools from Midway or Graf.

Paper jackets (with *Liquid Allox*) on smaller bullets let *linotype* hard-cast ones run over 3,000 feet per second; and let lead or copper-jacketed .30 bullets work in 8mm rifles, or 7mm in a .30! (With *no* rifling marks – for forensic sterility!) I also advocate less expensive loading kits stored off-site for backup; based on the *Lee Hand Press Kit (with dies, etc. above)*; that fit in a .50 cal. ammo box which is air-tight. Use the **tall** .50 cal. box from CTD (proximity fuse box) to make room for a manual and powder-dipper set. Store your powder and primers in **two other containers** for safety and to prevent contamination of the primers and powders by the vapors from the lubes. Scrub ammo cans to prevent oil vapor from killing your ammo.

Only use Lee lubes for case sizing and cast bullets (*Case Lube* and *Liquid Allox*).

Shot shells are reloadable too! You can get shells and plastic wads from Midway and Graf but buy your shot locally, as shipping is more expensive than the lead. The Lee 12 ga. *1-oz. slug-mold* gives you unlimited shotgun slugs (otherwise expensive!) that you load in standard plastic shot-shell wads, just like shot. Then your 12-gauge shotgun – with iron sights – can flatten a rioter a football field away! Unfortunately, you cannot load shot shells on your rifle/pistol press. A Lee shot shell loading kit (the *Load-All II*) complete with special press is about \$45.

If you are really poor look at the “*Lee Loader*” kits, which fit in your pocket. They are about \$18 each and load *one* caliber. You will need one for the rifle and another for the pistol. The **rifle** Lee Loader only neck-sizes; so you should add a full-length sizing die with shell

holder to use with your plastic-faced *Sears* mallet. “*Hand-press*” kits are \$46 (in 2003) with .308 PaceSetter dies only.

Commercial .308 cases are fine and Remington is a great buy in bulk brass. An even better buy is 7.62mm NATO military once-fired-brass in big boxes for-cheap from Midway USA. It is good quality stuff. Full-length re-size & trim with a **Lee** case-trimmer first. Military full-metal-jacket bullets do not drop an enemy as reliably as soft points and go through him to hit others beyond (like your neighbors) more often. Good soft points are Winchester and Remington. I buy the boxes of 1,000. Do not worry over the Hague Accords about using only full-metal-jackets. **You are not bound by them** as only governments signed them.

Pistol ammo is similar except that only 9mm is NATO standard. Good boys and girls shoot .45ACP, not 9mm! Hardball (military full-metal-jacket with a round nose) is the **least effective** kind of pistol bullet available – and the cheapest factory ammo. Use it only for practice; or better yet, practice with home-cast lead semi-wadcutters. Those semi-wadcutters are also good for fighting when you run out of Gold-Dots. The best fighting bullet is the Speer Gold-Dot, second is Taurus’s all-copper hollow-point, with Remington Golden Saber and Winchester Silvertip as fair thirds. You can get all of those as factory cartridges or components for loading your own, with the possible exception of the Taurus component bullets. Graf & Sons sells Winchester and Remington .45ACP brass and Midway sells those and Magtech brand too.

See “Principles of Personal Defense”, “To Ride, Shoot Straight and Speak The Truth”, “The Art of the Rifle”, “Modern Reloading, Second Edition” and “NRA Guide to Reloading” in the bibliography.

Did I mention to NEVER say anything on the phone, land line (*especially cordless radio-phones that neighbors listen to!!!*) or cellular, that you would not say in the presence of a spy who wants to kill you? The FBI has the ability to tap one percent of all phones in America at any given time and uses the “OnStar™” system’s microphones to bug people’s cars without warrants. The ninth circuit court of appeals said that was fine – as long as they did not disable the use of the system for emergency communication. Do you know that the FBI reads and filters just about ALL e-mail in the U.S.A., so if you mention this stuff *once* in an e-mail you will be on the death list? Use “**PGP**” for *all e-mail*, “**PGPdisk**” for your files and backups; and consider “**PGPfone**” for the voice phone. All of these “PGP” (**Pretty Good Privacy**) products are military-grade security systems and free for personal use. Download them (PGP 6.0.2i, Win. & Mac) at <www.pgpi.org>. The police and FBI are now routinely and illegally tapping phones and “OnStar™” systems without any warrants; against both targeted victims and randomly.

By the way, there are some parts of the form 4473 for gun purchases from dealers that are not mandatory, like race and social security number – the last time I looked. Never give your social security number to anyone outside the social security administration! Heck, you are

not even required to have one; did you know that?

Must reads: “Principles of Personal Defense” and the documentary movie “Innocents Betrayed” from JPFO.

Appendix, where to get books, equipment and supplies:

Boy Scouts of America <<http://www.scouting.org/>>

BSA (Boy Scouts of America) Supply Division

<<http://www.scoutstuff.org/>> for gear and supplies

LOS ANGELES SCOUT SHOP (Saturday) Telephone: 213-413-4400

2333 SCOUT WAY, LOS ANGELES, CA 90026-4995

The Boy Scout Manual on camping and survival skills. *This is a must-have book!* (Also at Amazon.com.) The Boy Scout Pocket Knife is a great tool!

Loompanics Unlimited just has great books! Get a catalog! E-mail:

service@loompanics.com

PO Box 1197 Port Townsend, WA 98368; (800) 380-2230 <<http://www.loompanics.com/>>

Lindsay’s Technical Books for unusual and useful skills – and fun for vintage-tech freaks, like me. Send a buck for a catalog that is a great read in itself! 815-935-5353, PO box 538, Bradley IL, 60915, <www.lindsaybks.com>.

CTD; Cheaper Than Dirt (*awful* name, good prices, some good products and some junk too) <www.cheaperthandirt.com> Call from a pay phone 800-421-8047 and ask for a printed catalog to be sent to a name and address that are not yours. 2524 NE Loop 820, Fort Worth, TX 76106-8047.

- They have camping stoves and fuel, canteens and mess kits, packs, ammo and ammo cans (heavy, but cheap, tough and airtight storage for small stuff; I have a *Lee hand-press ammo factory* in a .50 cal. can!), gas cans, outdoor clothes, gun magazines (*Steel*, NOT PAPER – and a magazine is not a “clip”, darn it!), camping stuff, *bad knives*, cordage, webbing, etc.

DO NOT BUY FULL MREs FROM CTD! They no longer carry good or complete ones.

Your local surplus store (Duh...) Caveat Emptor! Some of these buy from CTD just like you, and mark-up like crazy! Check the CTD catalog first and shop smart.

Your local sporting goods store (Double-Duh...) See:

- Big-5 (Often has a great price on 12 ga. hunting ammo and .22 rimfire ammo.)
- WalMart sporting goods department, craft dept. (white cotton flannel for gun-cleaning patches & folding travel-scissors) and clothing dept.

- Sears Roebuck has a rotating perpetual sale on everything. Wait for your stuff to drop in price!
- Some specialty sporting stores, especially mountaineering shops, are extra expensive. Beware!
- Try the hardware store for cordage (rope and mason-line) webbing (strap stock, buckles), etc.

JPFO; Jews for the Preservation of Firearm Ownership <www.jpfo.org> Education (you need this!), the “Innocents Betrayed” documentary film, fighting knives, books. Start with “Innocents Betrayed” and all the “Grandpa Jack” booklets.

Frugal Squirrel's Homepage for Patriots and Gun Owners

<<http://www.frugalsquirrels.com>>

Gobs of information (both good and junk, downloads and CD-ROM) and military manuals. Ya just *gotta* have some military manuals, both on paper and e-texts! Get “The Ranger Handbook”, “Combat skills of the Soldier”, “First Aid for Soldiers”, “Survival Skills”, “Hits Count” (basic rifle marksmanship), “Sniper Training and Employment”, etc. Start with “Frugal’s Survival CD” for your computer; then see what else you want that is not on there. Order with privacy in mind.

Luggage and Handbag, 284 E. Arrow Highway, San Dimas, CA 91773, phone 909-394-1213. 1.25" Webbing, 1.25" tri-glide sliders, buckles, etc.. For making Ching-Slings, carry straps etc.

Firearms training, in approximate (descending) order of quality:

Gunsite: <http://www.gunsite.com/home.htm>

Thunder Ranch: <http://www.thunderranchinc.com/>

Front Sight Institute: <http://www.frontsight.com/>

Your local shooting ranges and gun shops for referrals to SWPL (South-West Pistol League, *better*) or an NRA certified instructor (not as good as SWPL).

Don't go to a local police officer for training! Most of those palookas can't shoot for sour owl jowls (They *don't compete* against militia because – *they lose!*), can't teach – and you will be giving military intelligence to the most likely enemy you need to defend against.
Sheesh!!!

Your pistol instructor must teach the **Weaver** stance, *not the isosceles stance!*

Shooting supplies, other than guns:

Mail-order of shooting supplies leaves a paper trail for the government to follow; so shop the

local gun stores for cash-and-carry, or order through a straw-purchaser or a cut-out *private* PO box address – under a false name – and pay with a money order. (Did I *HAVE* to tell you that again? Sheesh!) Do NOT buy surplus ammo with Berdan primers! Only get ammo and cartridge cases that use **brass cases** and BOXER PRIMERS, so you can re-load them – many times!!

Your local gun shop. (Duh...) Check prices on powder and primers compared to Graf & Sons; without tax but with extra shipping for less than 32 lb. of powder. Combine powder orders. Ammo loading & bullet casting tools, use **Lee Precision** tools (press kits, *PaceSetter* dies for rifles and *Deluxe Die Sets* for pistols; powder-&-case tools) and the GREAT manual “*Modern Reloading, Second Edition*” by Richard Lee; see the on-line catalog at <www.leeprecision.com> or send a buck for a paper catalog to Lee Precision, Inc. 4275 Highway U, Hartford, Wisconsin, 53027 – and buy from Midway or Graf for better prices. **Midway USA** 800-243-3220 <www.midwayusa.com> 5875 Van Horn Tavern Rd., Columbia, MO 65203; great prices on ammo, Lee loading tools; and supplies (such as once-fired brass, scopes, accessories, powder, primers etc.) for shooters. The Master Catalog & Reference Guide (part number 191-206) is a fine reference book too.

Graf & Sons, Inc. 800-531-2666, <<http://grafs.com/>>, 4050 S. Clark, Mexico, MO 65265. They have most of the stuff that Midway has. Compare prices in the catalogs. Combine orders with friends and family to get over 32 lb. of powder (+ primers) and Graf pays the haz-mat shipping charge. The on-line catalog is really just a price list. Shop the Midway website or catalog and compare prices after you decide what you want.

CTD, see above.

Shooting slings, *not* carrying straps (Yes Virginia, you NEED *shooting slings* for all your long guns!): The best slings are the **Ching Sling** and **Ching Safari Sling**. See *Eric Ching's Directory* at <<http://pw2.netcom.com/~chingesh/index.html>> and check out the pictures. You can buy them in leather or nylon, or make your own at home. See **Luggage and Handbag**.

Bibliography:

“*Principles of Personal Defense*”, “*To Ride, Shoot Straight and Speak the Truth*” and “*The Art of the Rifle*” by Jeff Cooper. *The first one is a “MUST HAVE” on mind-set for everybody* and the other two are for shooters. Order from Gunsite ranch at 928-636-4565, <<http://www.gunsite.com>> Gunsite Pro Shop, 2900 W. Gunsite Rd., Paulden, AZ 86334. Call for prices and send a money order. Also see Amazon.com for a straw-man order.

The Boy Scout Manual, see the BSA Supply Division at the top of the appendix and *Amazon*.

The New Passport to Survival (\$15.95) by Rita Bingham. General home preparedness for

most emergencies with emphasis on food; except the needs for defense and evacuation, which are not covered at all. (See *Principles of Personal Defense* by Cooper.) Natural Meals Publishing, <www.naturalmeals.com> order line 888-232-6706, info line 405-359-3492 or **amazon..com**

The Royal Canadian Air Force Exercise Plans for Physical Fitness, (huff, puff!!) at any bookstore.

How to Stay Alive in the Woods & Survival with Style by Bradford Angier, at any book store. Also get **Outdoor Survival Skills** by **Larry Dean Olsen**.

The Freedom Outlaw's Handbook: 179 Things to Do Until the Revolution by Claire Wolfe, Loompanics Unlimited, 360-385-2230, PO Box 1197, Port townsend, WA 98368, <www.loompanics.com> & Amazon, get a catalog before ordering! Straw-man orders only!!!

Modern Reloading, Second Edition, by Richard Lee, order from Midway USA along with your loading tools, bullet molds, brass, bullets, scopes etc. Get the **Lee Precision Catalog** first.

NRA Guide to Reloading, Provides a comprehensive introduction to reloading. This is good but **Modern Reloading, Second Edition** is more essential. <<http://store.nrahq.org/nra/>>.

Anything by **Mel Tappan**, such as **Survival Guns**, Delta Press. <www.deltapress.com>