FROM DESK

TO DEFENDER

A LEFTIST'S GUIDE TO DEFENSIVE PRINCIPLES

January 2021

Disclaimer

This manual is intended for educational purposes. The target audience is politically left-leaning members of our society who wish to know more about how to aid in both disaster relief and how to help protect their neighborhoods. It is neither intended for nor authorized to be used as a revolutionary organization document.

*It is strictly for **EDUCATIONAL PURPOSES ONLY.***

N1 - PREFACE

Date: 22 December, 2020

'We must prepare for the worst,' is a sentence that stokes one's fear and slams the adrenal gland like a bass drum. It is a concept that most people in an otherwise mundane and unprepared culture will say is "rash" or "hasty," or even "downright radical." While yes, preparing for the worst as a concept is scary to most, in the current environment of 2020, it is now more than ever that we must begin to grapple with our discomfort. We must realize that the flames that have been licking the joists on this rickety shack we call late-stage capitalism are going to bring it all down soon.

The working class is shattered and desperate in the face of the COVID-19 pandemic and the government's outright abandonment. More than forty million Americans face evictions, and food banks and soup kitchens are lined up for miles. There is no relief in sight. After only one $1200 check, which less than half of the citizenry actually received, coupled with the abysmal $600 pity penny they propose as of the time of this manual's writing, average Americans are fed up. While we starve, we watch the opulence and abhorrent flaunting of wealth and suck up our individualized propaganda designed to pit us against one another. Divisions are turning to chasms as the machine begins to break itself into pieces.

For the last few years leading up to the end of 2020, we have watched the far right proclaim "Fuck your feelings!" and claim to "drink liberal tears." We have watched them murder the citizens of this nation while wearing the uniform they tell us represents service and protection. We watch them as they don their hate group slogans proudly with the support of thousands. We have watched their treatment of those that disagree with them: all the murders, assaults, lynchings, muggings, mobbings, and all the other twisted violence they afflict upon us. Now they turn on those they claimed were allies. The far right has severed from the Republican party and is forming its own fascist, ideological cult of violence and death. They are growing in number and in confidence. They storm the streets, calling themselves "street sweepers" as they brutalize passersby and their assaults mount up into the dozens and police laugh on the sidelines.

They know how vile their actions are. They do not care. They seek only the destruction of their 'enemy' because they see backing down as the "death of the American way." They claim they want liberal tears and leftist blood on the streets. They claim they want to put a bullet in the head of every traitorous Democrat. The derangement of their death cult has grown prolific and they begin to operate not unlike similar right wing terror groups in the Middle East. They seems as though they think, ‘only the death of my enemy will satisfy my hunger. I will create as many enemies as needed to never go hungry again.’

It is time to plant your feet upon the soil of your home and stand shoulder to shoulder with your brothers and sisters who share your grief. The time for being victims is gone. The time for standing idle while our fellow citizens get murdered in cold blood by rampaging fascists is gone. It is time for the farmers to break down their plows in the crucible fire burning in their hearts and forge red hot sabers to defend themselves with. No longer should we stand mouth agape, watching the world burn to cinders. It is time to tell the fascists "This cannot go on! I will not take one more step back! You will go no further!"

The enemy is training, so should we.

N2 – INTRODUCTION

N2-A - THE PURPOSE

Preparing yourself for whatever may come is quite a daunting task when you get right down to it. It is a process of many months of training, and even the most highly trained special operations units in the world take casualties. In the face of logistical breakdowns, food shortages, civil unrest, outright invasion, or natural disasters, there are many things to consider, each one having its own sizable length and breadth. It is the aim of this manual to give the reader some idea as to where to begin, as well as lay the foundations for growth. Using this manual, you will learn how to strengthen your mind and body, develop a survival mindset, maintain and utilize firearms, and work in a rigid team structure in order to survive in complex scenarios. You will learn basic survival techniques, how to strengthen your body without a gym, basic first aid, proper marksmanship practices, and many other useful tools.

Keep in mind, however, that by no means is this manual a be-all and end-all to what it takes to survive in any given scenario. It is a time-dated piece written for the express purpose to help our brothers and sisters to defend themselves and survive whatever turmoil may come in 2021. It is meant to bring us up from our positions on the couch, the assembly line, or the desk and give us some rudimentary tools and ideas with which we can share with our fellows to strengthen communities in danger. Each of us can become a defender of the weak and an organizer of the first response. None of us *want* to be killers in defense or medics to maimed victims. However, there may come a day in which it cannot be avoided. These are grave matters that cannot be ignored.

Considering the target of this manual, the everyday American citizen, we will begin a slow and gradual process to transition. This guide is segmented into several parts and designed to ease you into the role of a community defender. In Part I, Foundation, you will learn the broad strokes of the essential military tool bag, and gain familiarity with them. In Part II, Framework, you will learn more intermediate aspects of those subjects as well as a few more complicated ones. Part III will teach you the concepts of adaptive learning built upon your own specific environment, introduce you to the concept of stepping into a leadership role, as well as knowing yourself and your role if you are not interested in leadership. Part IV is focused on showing you how to use your developing skills to help teach others and pass along your knowledge as it grows. Part V will guide you through specific scenarios you may face if you find yourself in a leadership position during an emergency.

* - * - *

N2-B - WHY LISTEN?

You don't *have* to. Personally, I served eight years in the United States Marine Corps, where I achieved the rank of sergeant. I refused to reenlist because the thought of swearing an oath to a fascist traitor like 'Mango Mussolini' made me sick to my stomach. I have completed a multitude of relevant training courses: basic machine gunner's course, combat life saver's course, movement on urban terrain, small unit combat training, mountain warfare, ruck marches and more. I am a qualified expert marksman, a trained survivalist, and come from the sticks of the midwestern USA where I was raised by hunters, farmers, and preppers. I am by no means the best at anything, but my lifelong love of learning

coupled with my unique circumstances has molded me into a repository of both military and farm-boy knowledge. I am tired of watching my community, and ones like it, devolve into chaos.

Our team comes from similar situations, to include several other veterans who feel the same way. We are made up of like-minded people with expertise in subjects that may help you survive the turmoil that you may face. We want to share what we know, and we want those that we share this with to then share it with others. The veterans among us believe that the time has come for those of us who swore to defend our nation from domestic enemies to put up or shut up. You do not have to listen to us, and we do not condone the active creation of conflict or aggression. But when the time comes to defend yourself or others from those who *will* create conflict, we hope you can remember a few things from this manual and put them to use.

_We_ protect us.

Because community defense belongs to _everyone._

PART 1 – FOUNDATION

INTRODUCTION:

Think of this first part of the manual as a "crash course" in five big-game topics. Each Section of Part 1 tackles a very important topic that will enable you to begin your journey towards becoming a Defender. While this first part is introductory in nature, that does not mean that is worthy of dismissal. Experts and newbies alike may find valuable information therein, and it will be formatted in such a nature that it will also serve well as a reference guide. Make sure that you read it front to back, from A to E. That way, you will be introduced to relevant topics in succession, so as to avoid overwhelming you with information right off the bat. We will work on many things throughout this manual, but first you must begin to grapple with the basics. That will make Part 1 your "boot camp," so to speak.

PART 1, SECTION A - BARRIERS TO ENTRY

Author(s): Chowa
Editor(s): gdogabbott

Subsections

1-A-1 - THE BARRIERS

Americans are spoiled. We sit upon our couches, faces buried in screens, gobbling down propaganda telling us "Everything is okay. Just keep purchasing things. Material objects will make you happy. No, no, don't pull out that IV we've forced upon you. Keep that blood bag full, we would never deprive you of things." The concept of leaders running rampant while we gorge on entertainment and food has been in play for centuries. It is even written in ancient history as early as the year 100 C.E., where the Roman poet Juvenal writes, "... Already long ago, from when we sold our vote to no man, the People have abdicated our duties; for the People who once upon a time handed out military command, high civil office, legions -- everything, now restrains itself and anxiously hopes for just two things: bread and circuses." As the ancient Romans did, we handily dole out responsibility and power to those who keep us fed and entertained. We fatten the pigs who take advantage and pay no mind. We sink further into our vices.

That is your barrier to entry. Almost every living American has been raised to believe material objects and the expenditure of capital is the key to American prosperity. We are encouraged to indulge our senses and strap ourselves with chemical dependencies. We work our lives away and allow our hard-wrought labor to be siphoned away for mere crumbs of the money it generates. We are selling decades of our lives. We are handing off the fading youth of our bodies to people who sit upon hoards of gold and tell us "This is not enough, work harder. Increase productivity. Increase your workload. MORE, MORE, MORE!" And we are told to be grateful. Now we sit, eyes opening to the catastrophe forced upon us, shouldering the burdens that they have given us. We are now juggling our inherited guilt and developing a sense of frustration that boils under the surface.

They have chained us for too long. Our dependencies and dopamine feedback loops (whose money-making schemes were designed to abuse shamelessly) encourage us to become lethargic, apathetic and waste away. Caffeine, sugar, carbohydrates, heavy oils, nicotine, alcohol, opiates; these are but a few of the chemicals they lasciviously slather all over us. That is discounting the sensory input like social media, celebrity obsession, cult-like fandom, video game addiction, gambling, pornography addiction and other popular culture facets. Each and every one of these concepts are not harmful on their own. It is okay to use recreational chemicals, partake in social media, admire celebrities, enjoy fictional universes, play video games, and enjoy sex. These things all reward our senses and can give us some measure of joy in this bleak and hollow existence they intend for us. The problem is that they say "These things are the *only* thing that will make you happy. But you need *more*. You don't have enough yet. But you cannot do it on your own. It is only good when *I* do it for you. Sit, do not create. Sit, absorb, and do *not* look away."

To begin the process of removing these phantom shackles is not an easy task. You must battle yourself first before you can even consider being a community defender. These are avenues of vulnerability that can be exploited. Your brain is being held slave to your body's addictions, and in order to realize your potential, you must first acknowledge this. To truly know your vices is to understand how to defeat them. You do not have to go cold turkey, although it is the most effective way to detoxify. You can wean yourself clean. This includes all things chemical and sensory; food, screen time, alcohol, and caffeine, to name a few. The biggest barrier to entering the defender and survivor mindset you will find is your own body. It will be painful, it will take effort, and it will not be a pleasant experience to overcome it.

But consider this:

You can rise to your feet to tell your addictions "No more!", suffer at their loss and watch yourself grow stronger. Alternatively, you can continue to indulge mindlessly, ignore what is coming, and eventually watch as your community is assaulted by terror and bodies begin to decorate your neighborhood. Which would feel worse to you? When you struggle in the oncoming months of preparation, remember why you are doing this. Our communities are counting on us to protect them when others will abandon them to the wolves. Vulnerable members of our society are being killed. In America, it is becoming less uncommon for people to be lynched, assassinated, assaulted, maimed and ostracized simply for the color of their skin, who they choose to love, or what political doctrine they subscribe to. These people are outnumbered, cornered and face a ravenous pack of wolves that want to tear them limb from limb. Those who can defend them, must, or live with the regret of failing their moral duty.

If we have the ability, we *must* protect those who cannot protect themselves. We *must* then bring them up and teach them to do the same.

In the next few months, think of them. Think of the ones who will look to you as they grasp at the jackboot pressed upon their neck. Make yourself able to put a stop to it. Their lives depend on you!

1-A-2 - THE MINDSET

Reality is *morbid.* Horrible things happen to good, unsuspecting people all the time. There are vehicle accidents, natural disasters, random acts of violence, politically inspired violence, and other unspeakable brutalities. Most of the time these things cannot be avoided, and yet most people choose to bury their heads in the sand and pretend that ignoring it will magically stop it from happening. They depend on the previously reliable infrastructure to repair itself. They are quick to ignore the blood, sweat, and tears that go into maintaining a society. We *need* things like paramedics, firefighters, family crisis responders, and police officers. We *need* people to respond professionally, quickly and effectively to emergencies.

What we *don't* need is people in those systems that will willingly "forget some of their training" or claim "I didn't know that was a rule" as they either let people die or straight up murder them. Crooked paramedics will let a drug overdose patient fade away in the ambulance to prevent further problems. Crooked firefighters will respond slower to fires in certain neighborhoods. Crooked cops will straight up use people for target practice if they twitch in the wrong direction. It doesn't matter if those people are good at their jobs. It doesn't matter if they're stressed out. Killing others is not what a first responder should be practicing, actively or passively. What good is a system that cannot purge itself of these horrific, monstrous killers?

We need the people that can do these jobs and won't willfully act in or enable the death of another person. People in these positions are propped up and perpetuated by a system that is rigged against minorities, LGBTQ+ persons, the impoverished, or others classified as second-class citizens. That is why those who are at risk of being labeled as such should have dependable people to rely upon if they fear being ignored in a time of need or outright killed. There should be citizens in their neighborhoods ready and willing to step forward, lend aid, give them what they need, and to help lift them higher.

That is the mindset of the community defense organizations and their teams of defenders, herein called "Orgs" and "Defenders." They should be the ones to stand the tallest when the threat is the most present. They should be the first to extend their hands down to pull people from the a blaze. They should be the ones rallying the fleet of small vessels when communities flood. They should be ready to stand when the crooked death-dealers wish to see their corpses on the ground.

It is the duty of a Community Defender to fill those boots, to pull people from burning buildings, to slow the bleeding until medical personnel arrive, to form a defensive line around a vulnerable family. A Defender doesn’t seek out trouble, doesn’t fantasize about its coming, but rather stands ready on the sidelines, just in case. If this description lines up with what you aim to be, you need to steel yourself now, and do it fast. The job is not easy. It is not sunshine and rainbows. It is mud, it is muck, it is blood, and it is death. You could die, you could kill in defense, you could watch your neighbor bleed to death despite your first aid. That is what a Defender must accept. That is what a Defender will inevitably deal with if all the worst outcomes come to pass.

The mindset of the Defender is found in what we call the "Community Creed":

“As a Defender, I will always work to strengthen my community. I swear that I will do this by:
“Never withholding knowledge, kindness, or compassion from anyone,
“Treating all members of my community with respect, no matter our differences,
“Never degrading another human being even at my own expense,

“Always lending aid to those who ask for it,
“And doing everything in my power to make sure no one’s human rights are violated.
“These things I do swear.”

Reach down into your heart. Look into the proverbial mirror. Be honest. Can you swear these things to your neighbors? Can you honestly commit yourself to putting your fellows before yourself? Being a Defender is no easy task and you need to be honest with yourself about whether you have the stomach for it. If you do not, work on getting there. If you do, and *really* know that you do, remember what you are willing to swear to. Read this passage, swear it to yourself (this isn't a cult, you won't put your hand on a bible and go to jail if you don't do it), and try your best to embody the spirit it represents.

PART 1, SECTION B - FITNESS

Author(s): Chowa
Editor(s): gdogabbott

Subsections:

1. Getting Started
2. Adaptive Foundational Fitness
   a. Phase One
   b. Phase Two
   c. Phase Three
3. Nutrition Basics
   a. Macronutrients
   b. Calories
   c. Basal Metabolic Rate

1-B-1 - GETTING STARTED

One of the most important aspects of the Defender mindset is resilience, both physical and mental. You can be a world-class bodybuilder but at the same time the world's biggest coward. Being fast and being strong does not make you someone who can be dependable in an emergency. In a time of crisis, people will look to the mentally strong before they will look to the physically strong. But that does not excuse you from making yourself more physically capable of handling an emergency situation. You are doing yourself and your fellows a great disservice if your muscles fail to perform tasks that are expected of you.

Therefore, it is my belief that the first layer of the foundation to the defender's duties is the ability to demonstrate self-control and discipline in all things. One cannot exhibit self-discipline and control without also having respect for the physical demands of handling crises. Effective leadership in a situation such as a natural disaster or civil unrest is incredibly demanding. That is why fitness will be the first thing that we cover in this manual.

That doesn't mean that you need to be a marathon runner or a bodybuilder. No one is telling you to chisel out a six-pack before standing up for your neighbors. What we are looking for by building up a basic level of fitness is dependability. Dependability is the ability to not only endure, but to control your body's responses to external stimulus. Somebody might get hurt and might need to be carried away from a dangerous situation. It is a good leader's responsibility to be able to remove people that are in their charge from a dangerous situation, and most times they will expect you to be able to do such.

Leaders that demand things of their charges that they cannot do themselves are not fit to be leaders. Leaders are simply people that move first. Others will be inspired by your initiative, so don’t spoil that by not being able to do half as much as they can. Don't allow yourself to let your body fail because of negligence or lack of self-discipline. People will not allow themselves to be led by people that they view as ineffective. We must demonstrate strength of mind, spirit and body. This is the first fundamental step.

1-B-2 - ADAPTIVE FOUNDATIONAL FITNESS

All of us stand on the road to physical readiness, but at different distances from a generalized ideal level of fitness. Considering the scope of this document and the target demographic, we must have a program that is adaptable, customizable, and consistent. We don't use weights, we don't use treadmills, we don't use equipment aside from pull-up bars. Being a bodybuilder is not the goal. Being physically ready is the goal. You can achieve that goal at any location with no equipment to aid you. But, as with everything else in this manual, nothing comes easy or free. We need to ease you into this, because this section will be one of the most difficult.

Not just because there is a fundamental desire built into our brains by the cultural norms that have been forced upon us to sit and idle our lives away, but because it never, ever ends. Staying in shape is a constant commitment and doesn't end when the bullets stop flying or the cities are rebuilt after an earthquake. It is a burden you will have to strap to your back and carry it always. Being physically ready for the challenges ahead trumps any and all other priorities. Remember, we are not trying to become Defenders who can drill a penny at 100yds consistently but can't run two miles to deliver aid to their endangered communities. You should be able to run a mile, be cognizant enough to assess the situation, take a stance and be ready to fire. Gasping and sucking at air is not conducive to your marksmanship potential.

You need to get your cardio and calisthenics right. So, first, we must establish your current level of fitness in respect to your goals. Can you do a pushup, or can you a hundred pushups? Can you run a hundred yards, or five miles? Either way, we need to get an idea of where you stand and what you need to do to get further down this road of dependable fitness. Defenders must be able to withstand some very strenuous scenarios and keep their feet steady, while respecting their limits.

In Part 1's fitness section, I want to help you get ready to begin your physical readiness journey. In the next 28 days, we're going to lay out the foundation for you to grow on. Here is the plan for what I call the "Adaptive Foundation Fitness" program, that I have cooked up based upon my years of Marine fitness training, personal research and experience as a lifter.

1. **Phase One - Setting the Posts:** Wherein we will discover your current progress and establish simple, gradual goals to meet.

2. **Phase Two - Laying the Foundation:** Building muscle groups to give you a solid foundation to begin your regimen with.

3. **Phase Three - Always Upward:** Introducing more complex workouts in a modular fashion to help you proceed along the path at your own speed.

Here to accompany this program is a simple set of three rules.

1. **Rule One:** You will always be sore if you're doing it right.
    - Always push your limits, even if your muscles ache constantly.

2. **Rule Two:** In emergencies, Aerobics is more useful than Anaerobics.
    - In other words, if you have to prioritize a type of exercise, pick cardio!

- If you can't last for more than a few quick lifts, you are nearly useless in an emergency.

3. **Rule Three:** Every day, no excuses.
    - You don't have to break yourself off every day. But *always* do something. Do a four-on, three-off week if you want. On your "off" days, stretch, drink lots of water and plan your next "on" day.

* - * - *

1-B-2-a - PHASE ONE

For Phase One, we are going to do a lot of measuring and planning. I like to think of fitness like building a house. It is constantly getting battered by weather, by time, by accidents. Repairs are needed constantly on the essential systems or they will begin to interfere with the house's ability to perform its functions. Much like the systems of a house, the systems of muscles in your body need constant maintenance.

To begin, let's get an understanding of where you are at. No judgment, but no fudging the numbers to feel good. Be honest with yourself so we can design a program that is tailored to you. We will need a few measurements in body circumference (for calculating Body Fat %), weight, and height. These are all statistics that are not incredibly relevant, so do not let them cause you anxiety. These numbers essentially give you a platform to compare your results to, chart and feel good about your progress. If you do not have the means or the desire to do such, do not feel obligated. Statistics about your BF% will not help you resolve an emergency.

First, flip to Appendix A, Section 1 and start filling out the sheet. Take your weight (side note: make sure you use the same scale every time you weigh yourself). Get your height, as well as all the other data there. Each piece of data is optional unless you want a more detailed progress report. You will need tailor's tape to do your measurements for calculating body fat percentage. You can also lay out a string and color it against a yard stick if you can't get a hold of tailor's tape. When you measure your waist, do it at the navel. Measure the neck dead center, and the hips at the hip bone. Make sure the tape is level to the ground and flat against the skin. It should not be tight enough to indent your skin or loose enough to slide off you. Round down to the nearest half inch for the waist and hips, round up for the neck. Make sure you write all these numbers down.

Here is where it can get a little complex, but the easiest way to do it is using a free "body fat calculator" app on your smartphone or computer and plug in your numbers. It'll do the math for you. For those curious, for bio-males it takes your waist measurement, subtracts your neck measurement, and then creates a number called a "circumference value" or CV. For bio-females, it is as such: CV = hips + waist - neck. That CV is then used against a chart (also included in Appendix A), to determine your body fat percentage. The prescribed ideal according to the Marines is considered to be less than 18%. Again, this is not an incredibly important measurement, as being a purist about BF% has little bearing on your performance overall.

Once you understand your current body measurements, let's turn to our exercise measurements. Follow with the sheet on Appendix A, Section 2 and start at the top. Look at the list of exercises as you stretch your muscles and conduct some warm-up movements. Good warm-ups consist of slow, steady movements, little static stretching, and should leave you just the tiniest bit sweaty. You never want to conduct a workout with cold muscles, as muscular damage can happen pretty quickly. Once you're good and warmed up, do each exercise once. Do as many as you can until your body fails. Give it everything you have, as we are measuring your "Maximum Repetitions" or "max reps" for each of these exercises. This will help us determine how many repetitions you will need to do in order to get an effective workout.

If you want to get an effective workout, you do not want to do max reps on every single set of exercises. It is more effective to do a certain percentage of your max reps based on how difficult you want it to be. Based on what you want to do, you adjust your reps, as well as how many sets of the exercise to do. We want to focus on endurance, so we are going to go with a more moderate percentage

of your max reps, and increase the number of sets. Considering we are only using calisthenics to build our foundation, calculating your workout repetitions will be quite simple to do. Say, for example, that your max reps for crunches was 40 (for the sake of easy math). Take that number, divide it into tenths.

[40 / 10 = 4]

Easy enough, right? Now if we want to calculate 60% of that, we simply times that number by 6.

[4 * 6 = 24]

So your workout weight based on 60% of 40 reps is 24 reps per set of crunches. Normally, when you are going for strength calisthenics, you would go for closer to 80% of your max (4 * 8 = 32 reps per set) coupled with going for only one or two sets. With endurance calisthenics you want to go more sets, with slightly less repetitions per set. We will go for three to four sets at 60% of our max reps. Don't worry if it sounds overly complicated, after calculating it a few times, it will become second nature. If you're up for a higher challenge for the sake of simpler math, just do 3/4 of your max to get 75% of your max reps.

Now that you have all your max reps, rest up and take three or four days to begin Phase Two. I recommend measuring on a Wednesday, and starting the following Sunday for the sake of starting on a new week.

* - * - *

1-B-2-b - PHASE TWO

Figuring out where you start is the easy part. Now that you know where you are, you've got to fill in the blanks on your "First Month" sheet. It's four weeks, as many days per week as you can handle, and a gradual progression into difficulty. So the "First Month" program is the first step on your Adaptive Foundation, and meant to be as modular as possible. Once you progress past the First Month, the AF will look like the Week 4 line every week. There are 12 months included in this manual, and you can make as many copies as you want of those if you want to keep it going.

The AF program that I have here doesn't have to be your one and only fitness program. You can spike it up if you want, add some CrossFit or HIIT. This program is for the newbies. If you're getting to the point where you're not a newbie anymore, just know that it's okay to outgrow it. This is simply a crash course in fitness, and will hopefully help you get a decent build from which you can grow upwards.

How to Fill Out Your Sheets:

So if we have figured out what type of workout we want (endurance is preferred here), figure out your set and rep numbers. Feel free to use the numbers from the example sheet. It's a good start for endurance training.

For example: Let's say your pushup max is 40 pushups. Here's how to fill it out based on your goal.

- Endurance = 60% of max rep (24) per set, 3-4 sets per exercise.

  Your boxes should look like this:

  [Pushup | O 24 x 4]

- Strength = 80% of max rep (32) per set, 2-3 sets per exercise.

  Your box for an exercise should look like this:

  [Pushup | O 32 x 3]

Do that for each exercise listed on Week 1. Keep in mind planks or other timed exercises are based in seconds, not reps. We will calculate the following weeks by adding 5 to each rep count, keeping the set count. Like so:

Week 1 [Pushup | O 32 x 4]
[Crunch | O 40 x 4]
[Air Squat | O 40 x 3]

Week 2 [Pushup | O 37 x 4]
[Crunch | O 45 x 4]
[Air Squat | O 45 x 3]

Each week's exercises will retain their numbers for the whole week. Go ahead and fill out Week 1 to see how it looks. Once you've got them all filled in across the entire week, leave the rest of the weeks blank. Go ahead and complete the first week and feel out how you feel about your set and rep counts to see if they need adjustment. Too hard? Move towards a smaller max rep %, no shame. Moving from 60% to 40% is okay. Too easy? Shoot for strength over endurance. Move from 80% to 100% if you have to or increase sets.

Now, for actually conducting the day's workout. Get a clipboard, book, notebook, whatever you need, to write on. Sit it next to your workout space and have it handy. Do each exercise one by one. Those circles are check boxes. As you complete exercises, check them off. On a full set, mark an "X." If you do a partial set, mark a "\," then cross out the numbers and write what you actually did. Not completing a full set is okay. That means you're hitting your boundaries and know what your limits are. If you can't hit any set, maybe humble down a bit and shoot for easier sets until you can hit what you want to.

Week 1 is your baseline. Move from there in any direction necessary. Week 2 could be harder or be an opportunity to correct your baseline. Continue to increase reps if you complete them and remember that the goal is constant upwards growth. In theory, you should be adding 5 reps or 5 seconds to each exercise each week for the first month, then repeat that process perpetually. That is the backbone of the Adaptive Foundation.

After Phase 2, aka "First Month," Phase 3 will introduce more complex concepts (like running and other high-impact cardio).

Remember to stay strong and accept any sort of mistake you make on this journey. The first month is the hardest, as it will show you the meaning of burn and sore muscles. If you can keep it up for the first month, you have an astronomically higher chance of continuing that growth.

Do it every day, no excuses. If you have to take a day off sets and reps, do some stretching or take a good walk. Drink lots of water, take a multivitamin, and eat lots of protein (a good practice is 50% of your body weight in protein grams per day. A 200lbs person doing physical training would take in 100g of protein per day), as it will fight off soreness and help your muscles repair.

People could be counting on your ability to endure, so remember them as you struggle. Once you get done with Phase Two, go ahead and move into Phase 3, "Always Upward."

* - * - *

1-B-2-c - PHASE THREE

Congrats! You have moved from Phase 2 to Phase 3! Now just keep doing that. Forever. Seriously. Phase three of this program is meant to just make this tracking of daily exercise second nature to you. One day you will find your ideal workout and that can just be yours forever! After you get to your final goal, the idea is to maintain that. Your body will constantly try to degrade in fitness as you move forward. You will constantly be building yourself up to whatever standard you perceive to be ideal. Hence the name of this Phase, "Always Upward," since you're consistently climbing this Sisyphean hill with no hope of ever crossing over.

Oh, you thought that "Always Upward" was some sort of motivational slogan from some airplane academy for babies? No, it describes your current physical condition undergoing a constant assault by time, procrastination and snacks. In this metaphor, your body is Sisyphus, and your brain is Zeus. Every daily exercise you conduct is another lap of the boulder up that hill. Sound cruel? It is. Your body will hate you for it. But you will need to be stronger than your base urges if you wish to continue to be Zeus in this metaphor and not Sisyphus. So, in short, Phase 3 is the strengthening of the foundation so we can build some cool stuff on it later. It will not be fun.

After the first month, we will increase the difficulty. So, now, in addition to your weekly sets of AF exercises, you will need to conduct an additional cardio workout. In our First Month sheet, we do Push-ups, Crunches, Planks, Air Squats, and Burpees every single day. After the first month, you will begin to intersperse those days with a no-joke cardio exercise. We're talking running, circuit training, cycling, swimming, and whatever else you can think of that gets your heart rate going!

Check out the AF Phase 3 sheet and you'll see that instead of doing two sets of each exercise on every single day, we're spreading them out. Don't be excited yet! On the days between those, making your total workout days 6 out of 7, you will be conducting cardio. After the first month, we should be more prepared to do a steadier program, so slack is starting to be tightened up. So, for example, your weekly routine might now look like this:

Sun: Calisthenic Circuit (C.C.), Mon: 2-mile jog, Tues: C.C., Wed: 30 minutes heavy cycling, Thu: C.C., Fri: 30 minutes heavy swimming, Sat: Rest (yay!)

Keep in mind you will want to continue to increase your reps for your calisthenics, in addition to the new information you will need to track about your cardio progress.

Running Safety: A few pointers for those who do not have much experience in running any sort of distance.

1. **NO FLAT-FOOTED SHOES:** These things are hell on your joints, please please please don't use them for running. You'll want a good running shoe with some good padding that can endure road runs. They don't have to be expensive; you can get a passable pair for less than $30 at a department store.
2. **DO NOT KEEP RUNNING IF YOU HAVE SHIN PAIN:** Shin splints are no joke! You will destroy your shins if you keep going when you have sharp shin pain. These are little splinters of your shin breaking off into your muscle. If you start to get acute shin pain, STOP RUNNING! A few good

practices to avoid this is to land on the balls of your feet, practice good form, as well as know your limits and start small.

3. **POSTURE IS IMPERATIVE:** When running, you want to make sure you maintain a good posture to preserve your energy as well as promote healthier impact absorption from your body. Keep your back straight, head back, arms held in an "L" shape with elbows close to ribs. Lean forward slightly but not enough to threaten your balance. Loosely flapping your arms about like Jim Carrey in Ace Ventura is not good practice.
4. **PRACTICE MAX REPS PRINCIPLES:** Start by running a few hundred yards (a run tracking app like MapMyRun is good for this). If you feel okay, then increase by 200 more. Keep doing that until you can't go any more. That is your "max rep" for running, in a way. If it helps, you can round up or down to the nearest mile for simplicity's sake. Increase by a mile every few weeks until you're comfortable with your level. You don't need to run a marathon on every cardio day ten years from now.

Running Circuit Courses: On days that you feel like you want to do some cardio but want to mix it up some, do a circuit course! So, say you're normally running in a grid-patterned town, and your block is about a half-mile all the way around. Set a start point, run a lap around your block, then do a calisthenic exercise. Do as many laps as you want to/can. Should be easy to knock out a really good workout in a half-hour or less this way.

Some alternative cardio workouts include: playing intense sports, swimming, cycling, climbing, or carrying heavy things around. One thing to keep in mind is that cardio is simply anything that will suck up a lot of air, causing you to breathe heavy, sweat like crazy and expand the capacity of your lungs. We call this "aerobic exercise." It's really limited to what you want to achieve. As long as you *feel* like you got a workout, you more than likely did.

As long as you continue to follow this basic Adaptive Foundation program, you likely will not need much else. No one needs you to be some ripped behemoth with muscles big enough to untie the tangled knots of our political climate. So don't worry about the bodybuilders or fitness freaks think. They will inevitably try to convince you that *their* way is the only way. It's not. It will always be hard to be even a little fit, but you don't need to look like those folks to get the job done. Just fill out the sheets in the Appendix, make some copies and get ready to settle into the eternal struggle.

1-B-3 - NUTRITION BASICS

As a disclaimer, I would remind the reader that this manual is designed for the newbie and is not meant to retain a 100% accurate scientific analysis of specific nutritional chemicals. Especially not in the first part.

Fundamentally, we as citizens of this western society at large have been lied to about what is required by our bodies to operate. I mean, 42% of Americans are obese, and 18% of Americans morbidly so. With that in mind, let's examine the typical diet. Get up in the morning, grab some toast/cereal/bagel. Decide to have a snack at work and eat a candy bar. For lunch, some generic fast food, then a snack on the way home. Then, dinner of some kind of pasta dish. Can you see a pattern? What is the common denominator here?

The first thing in your mind that might spring to mind is "sugar!" Well, you'd be right in a sense. But the real monster here is an over-saturation of "carbohydrates" in general. Bread, pasta, chocolate, soda, candies, donuts and countless other snacks and meals. The first of the "macronutrients," and the most over-consumed, but definitely not the most important. Seriously. Keep an eye out for words like sucrose, glucose, sugar, carbs, and those sneaky corporate words used to hide sugar counts. We want this number to stay relatively low. Fast food and junk food industries are booming because they thrive on the addictive properties built into our body's reaction to carbs. They have turned our bodies against themselves and pretend it is our own fault.

So, I would like to introduce you to the most essential concepts of "macronutrients." These are our body’s nutritional building blocks on which all our energy and nourishment is centered.

* - * - *

1-B-3-a - MACRONUTRIENTS

There are three fundamental nutrients that make the majority of our body's energy intake. The nutrients themselves are essentially the most important things to track, because the minute details of each specific one are not super relevant to the beginner. So, here's a lightning round of macro basics. We will dive into these in more depth in later parts of the manual.

The first of them that we're going to cover are carbohydrates. Carbs are, in the sense of our bodies, the nitrous of fuel sources. They burn fast, they burn hot and they give us instant energy. That energy does not last long and leaves a gap behind it that we will more than likely lead our bellies to be hungry faster. In the metaphor of the human body as a car, we need some form of fuel to keep us going. Carbs get the job done, but they're biologically not meant to be our primary source of energy. When you eat them while you aren't doing much, they get either dumped or converted, anyways! Humans are a predatory animal, and we need something denser for more sustainable energy, so the default is to render unused carbs into fat.

That is our second macro: fat, the black sheep of the family. It gets a bad rap. It has a more complex structure that our body gets more long term use out of. It doesn’t burn as hot, but lasts a lot longer than carbs. In fact, carbs that aren't used are actually rearranged chemically and converted to fat for storage and later use. Our bodies are built to run on this, but that doesn't mean the "keto" diet is the only way to go. It is an effective diet, but the layman's keto foods are far from healthy in the actual nourishment

department. Not to mention you still need some carbs. Generally speaking, fat is the most reliable source of energy as well as long-lasting, but none are more important than the others.

The last of the macronutrients is protein, our muscle building block. This little fella is a miracle worker when you're sore. When you work out, the pain is caused by your muscles *literally* tearing in micro fractures. Lactic acid then fills in the gaps, which is what causes the soreness. Yes, when you work out, you are quite literally ripping your muscles apart and filling them back in bigger. In simplest terms, protein is what allows the tears in the muscle to be converted back into muscle. That is why it is recommended you get a full, big serving of protein just after an intense workout. Believe it or not, that is the most common method of fighting soreness. You may hear this as "the window" from lifting types. Once you set down your bar or body for the last rep of the last set, you have 30 minutes to intake a boatload of protein (usually 20-30g for normal people, bodybuilders will go for more). That will allow for the most efficient recovery, coupled with some potassium when you get home.

I mean imagine it, most humans back in the long long ago, in the before-fore times were hunters. They didn't have guns, probably didn't have a good grasp on bows yet. They had spears and their own bodies. They would likely have spent days in the fields, tracking. Then, a hard chase of an hour, followed by a kill and noshing. Our bodies are built through evolution to work like this. There may be more effective ways to get your protein absorption rates up, but the simplest way is usually the best. So get some powder in a cup, mix it right after your workout and chug it after you're done. Alternatively, get some peanut butter, get a banana and a spoon. Peanut butter + banana is *delicious* and an absolute sore muscle neutralizer.

* - * - *

1-B-3-b - CALORIES

While counting calories is not super complicated, there is a bit of trickery to doing it right. This program is not meant to be Atkins, Weight Watchers, Keto, Paleo or whatever, it's meant to simply help you understand a tiny fraction of the way your body uses energy. Everything you eat has a measurement of the energy it provides, and those are Calories (Cal) or Kilocalories (kCal), depending on where you live. We all need energy to survive but overtaking the amount your body needs leads to the excess being stored in long-term storage aka fatty tissue. To understand it, you don't need to get out the scientific calculator and crunch numbers after every workout. All you need is this simple relation:

If calories burned > calories consumed, then weight loss occurs.

Or vice versa:

If calories burned < calories consumed, then weight gain occurs.

If you ask a nutritionist, they will tell you that calorie consumption is infinitely more complex than that, and there are a lot more facets to it that you need to understand to achieve your ideal diet. The thing about that is, we don't need that level of sophistication yet. This is a crash course. Just keep in mind these basics, and you'll be on a good start.

Keep a good food journal. Look up the nutrition facts for each thing you eat. Be as exact as possible. Once you start counting the numbers, you will see exactly why so many people have a hard time dieting. Our food is so cram-packed full of calories that it is practically fit to bust. This is especially bad once you consider the amount of fats, proteins, vitamins, and minerals are absent. There are people who can have three or four thousand calories a day, hundreds of grams of carbs and fat, but somehow less than ten grams of protein.

Food that is awful for us is delicious. Parts of our brain that activate during good sex are almost identical to when you get a bite of your favorite food. That is why counting calories is important for a beginner. You need only refer to our equation to see why. It is easy to overlook something because you like it so much. For me, that's cheesecake. At family get-togethers, they don't even let me near gramma's cheesecake until everyone else has had some. I will tear that bad boy apart. That's why I have to count calories. We're all human, but we can keep ourselves in check.

* - * - *

1-B-3-c - BASAL METABOLIC RATE

So essentially, the concept is: burn more than you eat and you will always lose weight. That's all well and good, but how do you understand how many calories per day you burn? I'm going to introduce the concept of a Basal Metabolic Rate (BMR), or how many calories you burn per day if you were to lay in bed and do absolutely nothing. This is the number of calories it takes for you to exist for any given day.

A tricky thing to understanding what a BMR represents is getting your head around the fact that all the tissue in your body requires energy to function. Cells need energy because they need to do their jobs. The functions of your body would not be possible without trillions and trillions of those cells doing just that. Some cell's job is to rearrange unused carbs after they are digested and convert them into fatty tissues, which also need energy to maintain. Which then, increases the amount of energy that is now required to maintain equilibrium. More mass leads to a higher energy requirement, which leads to being hungry more often, which causes you to eat more, which perpetuates the cycle. That is why a number for your BMR is useful in understanding the rough estimate of your body's current energy requirement.

To get started, find yourself a good BMR calculator (most fitness apps on smartphones have one included, and there are loads of freeware calculators online) and plug in your numbers. It will need your height, your weight, age, and biological sex. This will calculate your *existence rate* (not a real term, I just think it's funny). But none of us reading this stare at ceilings all day and refuse to move even a single muscle (even blinking consumes calories). So we need to refer to a matrix that should be included with any decent BMR calculator. You will have a range of BMRs based on your level of daily activity. Pick the one that matches you, and boom, there's your approximate BMR adjusted for additional burn. Keep that in mind and remember to eat less calories than you burn based on that adjusted number. That is the simplest way for long-term weight loss, but ironically the most difficult.

Now, if you are inspired to pump up your workout routine to really get ripped (not necessary but some people enjoy it), remember that it's okay to go over your amounts listed. The harder you sweat, the more calories you burn. Never forget that this is not an absolute science for most of us. These are the broad strokes, and I am introducing you to the concepts. If you feel the need to dive further into knowledge, utilize the plethora of resources available on the Internet. There are a multitude of free, offline fitness apps, exercise programs and fitness personalities far more knowledgeable than I am.

PART 1, SECTION C - FIREARMS

Author(s): Chowa, Vidaderojoyverde
Editors(s): gdogabbott

Subsections

1. Safety
   a. Safety Rules
   b. Range Safety
   c. Weapons Conditions
2. Weapon Anatomy Basics
   a. Short Weapons
   b. Long Weapons
   c. Assault Weapons
   d. Heavy Weapons
3. Positive Mental Attitude
   a. Developing a PMA
   b. Accepting Poor Perfomance
   c. Developing patience
4. Visual Training Guide
   a. Preface
      1. Main Points
   b. Part 1
      1. Safety Rules
      2. Basic Anatomy
      3. Safe Handling/Dry Fire
      4. Maintaining a Firearm
   c. Part 2
      1. Handgun Stance
      2. Long Gun Stance
      3. Eye Dominance
      4. Aiming
      5. Table-to-Target Drill / Penny Drill
   d. Part 3
      1. Drawing From Holster
      2. Reloading a Handgun
      3. Bring Long Gun on Target
      4. Reloading a Long Gun
      5. Shoot and Reload Practice
   e. Part 4
      1. Natural Point of Aim
      2. How a Bullet Travels
      3. What is M.O.A.?

1-C-1 - SAFETY

Before we even step into the next level of defense, you need to be made aware of the *absolute criticality* of understanding firearms safety. These machines are designed to kill things. They are very good at that. If you neglect safety precautions, it could cost you or someone in your general vicinity *dearly.* Before you ever pick up a firearm, remember the tenets presented in this section.

It is the responsibility of every single shooter to do so. I cannot iterate just how important it is. Anyone who fails to adhere to simple rules of safety should not be allowed to utilize firearms until they correct themselves. There is simply too much on the line for even a single slip-up. This isn't a "Ah, well, I'll tighten up next time!" kind of scenario. If you slip even *once*, you could end someone's life.

Do not take people away from their families, especially through sheer laziness or negligence. Do not let that sit on your conscience.

* - * - *

1-C-1-a - SAFETY RULES

Short and sweet, we will lay out the rules for weapons handling. This pertains to <u>every</u> weapon. No ifs, ands, or buts here. These are the four paramount rules to weapons handling:

Rule 1: TREAT EVERY WEAPON AS IF IT WAS LOADED

Loaded or not, bolt racked back or not, establish good habits by acting as if it was loaded and ready to fire. Think of every weapon just a mere slip away from ending a life. Take it seriously.

Rule 2: NEVER POINT A WEAPON AT ANYTHING YOU DO NOT INTEND TO SHOOT

Misfires and accidental discharges happen in rare circumstances. In the event that it happens to you, and it might, make sure you are not going to hurt someone. We call this concept "Muzzle Awareness." Point that barrel to the ground or down range if you are not firing.

Rule 3: KEEP YOUR FINGER STRAIGHT AND OFF THE TRIGGER UNTIL YOU ARE READY TO FIRE

You should not touch the trigger until you are sure it is safe to put rounds down range. If it malfunctions or sticks, it could set off with a single brush of the finger. It's best just not to touch the trigger at all unless you're going to follow through.

Rule 4: KEEP THE WEAPON ON SAFE UNTIL YOU ARE READY TO FIRE

Many weapons you will encounter have a function known as a "safety." This is a mechanism that stops the functions of the weapon, usually by either locking the trigger or hammer in place. Safety should remain on until you are ready to fire at a target. You never know when a piece of gear might snag

your trigger and discharge a round. While the safety can fail as well, it is best to layer these things for backups. Not to mention that there are many weapons that do not have one built in *at all*. Make yourself familiar with your weapon's safety if it has one.

Rule 5: KNOW YOUR TARGET AND WHAT LIES BEYOND IT

Bullets do not often stop at the target. They can penetrate many surfaces, to include walls, wood, windows or vehicles. They can also create deadly shrapnel that will spray around the general area. Firing at a wood target with someone behind it is unacceptable, even with a berm between.

I do not care where you are or what you are doing. These safety rules should *never, ever,* be broken. Firearms are deadly pieces of machinery, and we must make sure we do not do any undue damage to anyone or anything.

* - * - *

1-C-1-b - RANGE SAFETY

For a public range, there is always an additional set of rules running on top of the one you place upon yourself. You must make yourself aware of *all* other shooters on the range as well as their general adherence to safety rules. To set a good example, *always* practice good safety and make your Range Safety Officer aware of anyone who is violating rules and endangering the lives of others.

Here are a few good rules to go by that you can't go wrong with. Make sure to check with your local range to be made aware of any local rules.

Range Rule 1: STAY AWARE OF YOUR MUZZLE

Proceed as you would with Weapons Rule #2, except at *all* times, including when your weapon is on the ground or table and unloaded. Always keep your barrel aimed down range, or at the ground when that is not possible. Imagine a direct laser line coming from your muzzle. Never touch someone with that laser.

Range Rule 2: KEEP EVERYONE IN CHECK

Even if you have social anxiety, anyone waving their muzzle around the range needs to be stopped. They endanger the lives of everyone near them. Give them a chance to be corrected without intervention.

Range Rule 3: REPORT THE BELLIGERENT

Failing the benefit of the doubt means you need to step it up. Report jackassery to your RSO. If the RSO doesn't do their job, report them to the state. Simple as that. Firearms are not toys and anyone who treats them as such are not fit to use them.

If your range is unsafe, find a new one. Even if you have to drive a little longer for target practice, it is much preferable to being dead.

* - * - *

1-C-1-c - WEAPONS CONDITIONS

Now that we have a general set of rules to abide by, we must go a step further and make sure of the conditions of the weapons we interact with. This is written with military terminology, but I use a few terms that will be more applicable to general use.

Condition 1, "READY": Safety On, Magazine Inserted, Bolt Forward, Round In Chamber

This is a weapon that is locked, loaded and ready to fire. It should only be in this condition right before you put rounds down range. As soon as you are done, you need to move to a higher condition.

Condition 2, "READY" for Single-Action/Double-Action Weapons: Magazine Inserted, Round In Chamber, Hammer Forward.

For revolvers, it would be rounds inserted into cylinder, cylinder locked into place, hammer forward. Only pull the hammer right before you are ready to fire, if it applies to your weapon.

Condition 3, "CLEAR" - Safety On, Magazine Inserted, Chamber Empty, Bolt Forward

Another semi-deadly condition. Have your weapon in this state as you are on the firing line. As soon as you are done firing, you must go to this condition if you have ammunition left. Once done shooting, move to the next condition.

Condition 4, "EMPTY" - Safety On, Magazine Removed, Chamber Empty, Bolt Forward

When not firing and not on the firing line, remove *all* ammunition from the weapon. Pull the magazine out, clear the chamber and put it on safety.

The first thing you should think about after picking up a weapon is to figure out what condition it is in. For a pistol, pull the slide back just enough to check for brass. Most semi-automatic rifles do the same thing. For a revolver, you will want to pop the cylinder out. For magazine fed weapons, if there is no round visible, then pull the magazine out and inspect it, as well. If it is empty, pull the action all the way back and lock it in place. Once locked, do a visual inspection to ensure that the round in the chamber was ejected.

The worst thing that you can do here is to blindly grab a weapon and sling it or holster it and end up bumping the weapon and setting it off. To prevent this, always clear your weapons after you are done firing and ensure that there are no rounds racked or loaded. The best practice to prevent safety accidents is to empty a weapon when not in use and leave it in plain sight to prevent tampering.

1-C-2 - WEAPON ANATOMY BASICS

There are lots and lots of pieces of terminology you will hear about firearms. A lot of it will sound very foreign to you, until you begin to memorize what the names of certain parts are called and what the general function is. We do not need some high-frill glossary or scientific journal describing terminology. We are going to get you up to speed as quickly as possible.

* - * - *

1-C-2-a - AMMUNITION

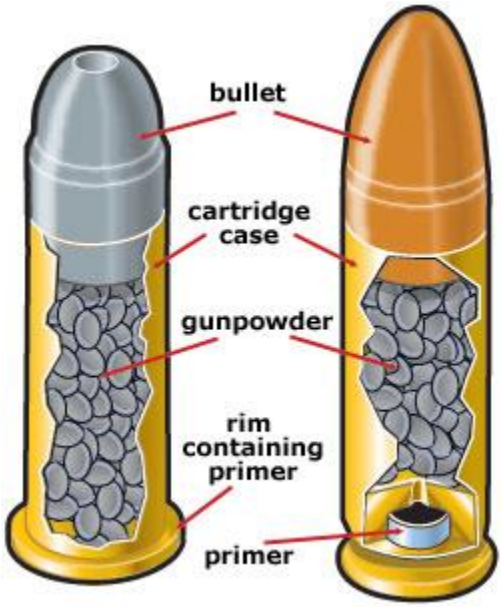
So let us start with something all firearms have in common: ammunition! We will start with the overall basics, then move toward more complex concepts as we roll forward. These things are really very simple, when it comes down to it. Let's start with cartridges.

* - * - *

1-C-2-a-1 - PARTS OF CARTRIDGES

Let's get right down to it, starting with what ammunition cartridges are made of. First up, what most people call "bullets" are actually the entire piece of ammunition lumped together. The full piece, from tip to tip, is called a "cartridge." Let's talk about them a little bit.

Parts of a Cartridge:

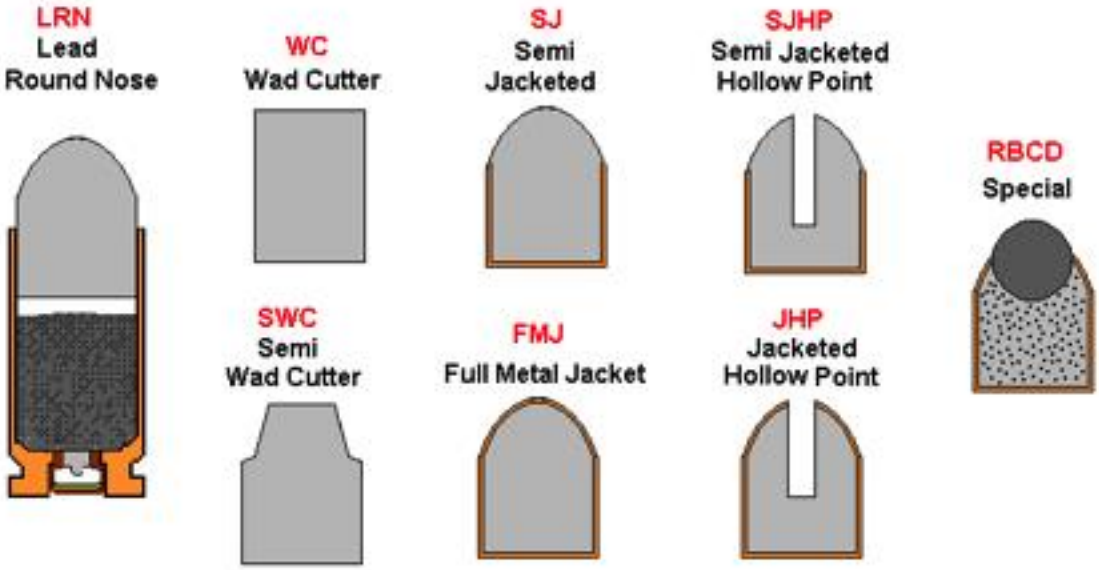


(Appendix B, Figure 1)

- Bullet - The deadly bit. This flies out the end of the barrel to hit whatever you're aiming at.
- Case - Metal can that holds the powder and the bullet.
- Powder - Explosive gunpowder whose pressure pushes the bullet out of the barrel.
- Primer - The spark that ignites the powder. Set off by a pin or hammer striking it.

Let's dig into each part a little more. You will hear a lot of terminology for each one.

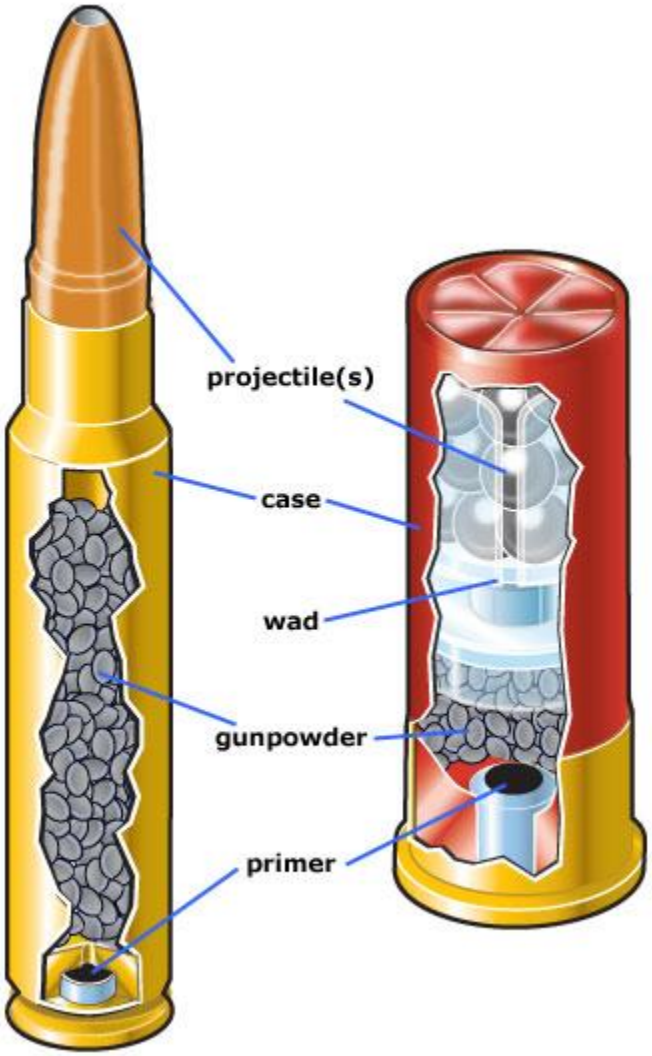
Types of Bullets



(Appendix B, Figure 2)

- Full Metal Jacket (aka FMJ or "ball ammo") - Bullet made of soft material like lead, wrapped with a hard metal jacket that allows for a higher bullet speed. Most modern rifle bullets are jacketed in this fashion.
- Hollow Point - Partially jacketed or unjacketed bullet with a ‘hollow point’ at the end. Usually more accurate than FMJ and is generally preferred for self-defense. Upon impact with flesh, the bullet will flatten out and fragment, which usually prevents it from exiting the body.

Types of Casings:



(Appendix B, Figure 3)

- Metal – (left) Metal casing used in handguns and rifles. Can be steel, brass, aluminum or pretty much any hard metal.
- Shotshell – (right) Plastic or sometimes paper shell used primarily with shotguns.

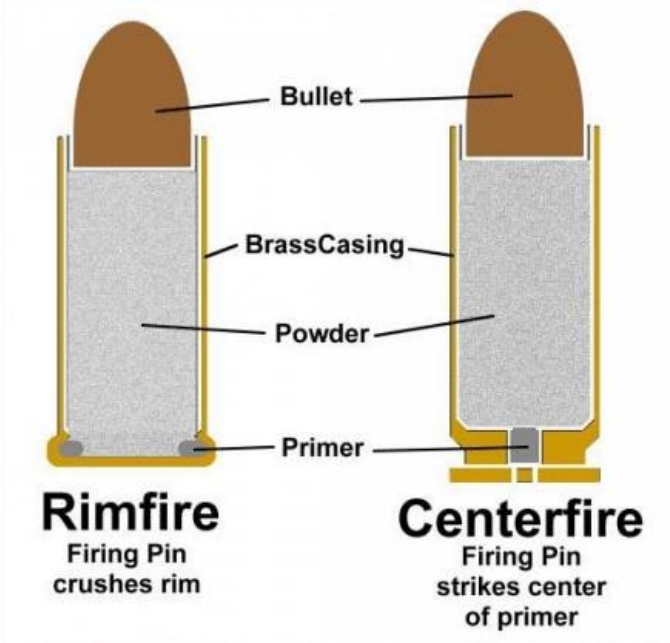
Types of Powder:

(Appendix B, Figure 4 + 5)

Black Powder - Old school powder, mostly used with muzzle-loaders in the modern era. Makes a huge cloud of smoke. You won't see much of this in modern munitions.

Smokeless Powder - New school stuff, burns hotter and has a higher-pressure output. Most cartridges use this.

Types of Primer:



(Appendix B, Figure 6)

Rimfire - Most seen with 22LR ammunition, ignited by striking the rim of the cartridge.

Centerfire - Most ammunition uses this, indicated by the presence of a circular cutout in the bottom of the casing. Ignited by striking with a firing pin.

Now we know the pieces, let's touch on a tiny bit more specificity before we move on.

1-C-2-a-2 - AMMUNITION MEASUREMENTS

You will see lots and lots of different size measurements of various international standards when it comes to describing the ammunition. It can be measured in inches (in) or millimeters (mm). These numbers can describe both the size of the bullet, as well as the size of the casing.

Size Descriptors

1.23 x 45 - This measurement you will see quite often when weapons have to use a special kind of ammunition designed for it, or if there are multiple variations of a specific bullet caliber. "1.23" describes the bullet diameter or caliber, and "45" measures the case size. This is usually done in millimeters, sometimes inches (ex: .223”). Popular examples include 7.62x39, 7.62x54R (the 'R' designates it as a 'rimmed' cartridge), and 5.56x45.

Caliber - In the most general of terms, this is a simple measurement of ammunition based on its bullet size. Examples include 9mm, 10mm, .380, .22LR, etc. This works well when weapons are designed for identical, common types of ammunition. A hunting bolt action rifle and an assault rifle can be chambered for the exact same ammunition despite having very different intended uses. The specifics of this we can get into later.

1-C-2-b - SHORT FIREARMS ANATOMY

Just like with ammunition, there are an insane number of variations on all types of firearms. The best way for us to break this down is to simplify the types into broader categories and describe the individual types within those categories. First up on the block is 'short firearms.' Typically, we can think of these in terms of either a short barrel length or the lack of a shoulder stock. These are also referred to as "handguns" for the most part, though there are some rifles that have been modified to operate in much the same way. Most beginners do not need to know the specificities right away. That is why we first boil it down to firearm size rather than technical function.

Types of Short Firearms:

Pistol - Pistol is a handgun that has its chamber integrated with the barrel.

Revolver - A handgun with revolving chambers enabling several shots to be fired without reloading.

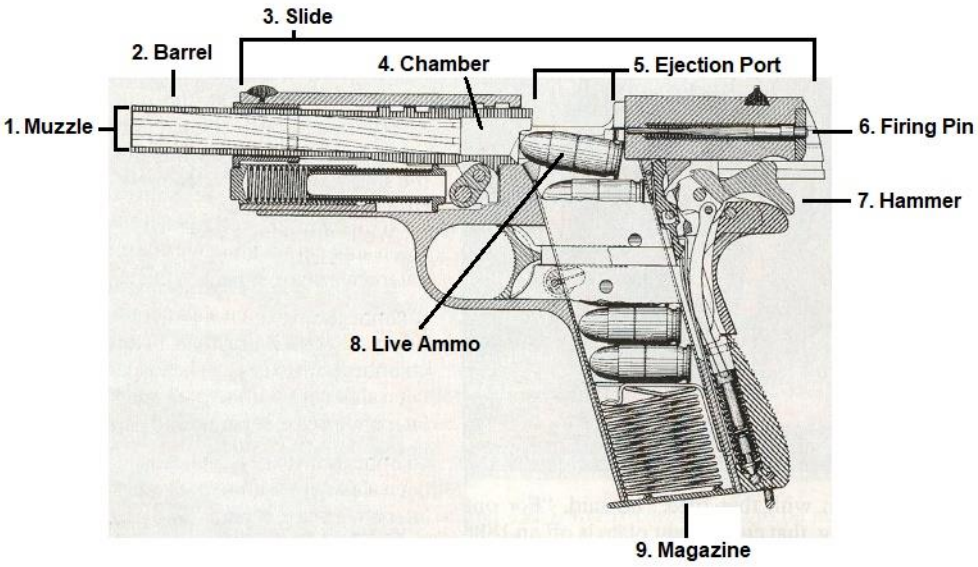
Sub-Machine Gun - A portable automatic firearm that uses pistol-type ammunition and is fired from the shoulder or hip.

Modified Rifle - A firearm that was originally intended for use as a rifle, but has been modified to operate like a handgun. This most often takes place by replacing the long barrel with a shorter one and the stock with a pistol grip. (AR-pistol, AK-pistol, etc.)

Modified Shotgun - A firearm that was originally intended for use as a rifle, but has been modified to operate like a handgun. The most common example of this is the sawed-off shotgun, with its short barrel and pistol grip instead of a stock.

For the following sections, make sure to refer to the images included for each one. We will discuss in short what each piece does, from the end of the barrel to the grip.

1-C-2-b-1 - GENERAL FIREARM TERMINOLOGY



(Appendix B, Figure 7)

There will be a few terms that you read below that you may not recognize right away. Here is a general few things to remember about the mechanisms most firearms share.

1. Muzzle - End of the barrel, where the bullet exits. When we talk about *muzzle awareness,* this is the piece we are referring to.
2. Barrel - Cylindrical tube of metal with spiraled grooves, called *rifling,* which causes the bullet to spin for better accuracy and stability at range. The interior of this is called the *bore.* If a firearm does not have rifling, it is called *smooth-bore.*
3. Slide – The upper part of the pistol, which *slides* back with the recoil of the firearm.
4. Chamber or Breech - Cavity at the front of a barrel where a cartridge is staged for firing.
5. Ejection Port - Port from which an expended shell casing is ejected.
6. Firing Pin - Small pin that is designed to impart shock force onto the surface of the primer which will ignite it.
7. Hammer - Strikes the firing pin, delivering enough force to detonate the primer.
8. Live Ammo – Ammo that is loaded, primed, and ready to fire. In this figure, ammo is being fed into the chamber from the magazine.
9. Magazine - Spring-loaded device that feeds ammo into the chamber of a weapon and works in tandem with the slide or bolt. Can be built into the weapon (internal) or inserted into a port (detachable).

(Not Pictured)

10. Bolt - A mechanism present in many firearm designs that contains the firing pin and moves forward and back to load and unload ammo from the magazine to the chamber.
11. Clip - A piece of metal used to hold ammo such that it can be quickly loaded into an internal magazine.

1-C-2-b-2 - ANATOMY OF A PISTOL

(Appendix B, Figure 8)

Definition: A type of handgun whose chamber is integrated into the barrel of the firearm.

1. Front Sight - the focal point of our firearm's aim, paired with the rear sight.
2. Muzzle - the end of your barrel, where the bullet exits.
3. Slide - mechanism that gets blown back by firearm recoil and ejects an empty shell casing.
4. Barrel - Tube that the bullet travels down. Built with spiraled engraving to create spin on the bullet, which increases accuracy.
5. Slide Stop - When depressed, will lock the slide in place. Can be used for inspection or cleaning purposes in a pinch but is usually activated upon an empty magazine.
6. Rear Sight - The base of our aiming system, paired with front sight.
7. Hammer - Spring-loaded mechanism that strikes the primer.
8. Safety – A button or lever that when toggled prevents actuation of the trigger. While not all pistols have this, it is imperative to find on your pistol and utilize it.
9. Disassembly Lever - When depressed, will allow the slide to be pulled free from the grip.
10. Trigger - Activates the hammer to ignite the primer.
11. Trigger guard - Metal ring looped around the trigger mechanism to protect from accidental discharge. Also for resting your finger against to show you <u>really</u> know your stuff. Gun nuts love their trigger discipline, smart ones anyway.
12. Magazine Release - When depressed, it will allow the magazine to be removed from the magazine well.

13. Grip - Sometimes called the "receiver," this is the lower portion of the firearm where the trigger assembly is housed.
14. Magazine - A nice little metal binder to keep all your cartridges in line to be fed up to the slide and shot.

* - * - *

1-C-2-b-3 - ANATOMY OF A REVOLVER

(Appendix B, Figure 9)

1. Front Sight - the focal point of our firearm's aim, paired with the rear sight.
2. Muzzle - the end of your barrel, where the bullet exits.
3. Barrel - Tube that the bullet flies out of.
4. Cylinder - A "magazine" of a primitive nature, a little merry-go-round of death.
5. Rear sight - (copy and paste from above)
6. Hammer - Spring-loaded mechanism that strike the primer.
7. Frame - Metal housing that doubles as both the grip and the base for the rest of the pieces. Contains trigger & hammer mechanisms tucked neatly away inside.
8. Trigger - Activates the hammer to strike the primer.
9. Trigger guard - Metal ring looped around the trigger mechanism to protect from accidental discharge.
10. Grip - On a revolver, this is usually only an extension of the frame used for holding. The trigger mechanism is housed in the frame.

* - * - *

1-C-2-b-4 - ANATOMY OF A SUB-MACHINE GUN (SMG)

(Appendix B, Figure 10)

1. Muzzle - the end of your barrel, where the bullet exits.
2. Barrel - Tube that the bullet flies out of.
3. Front Sight - the focal point of our firearm's aim, paired with the rear sight.
4. Receiver - Main frame of the firearm, which 'receives' ammunition from the magazine to feed into the chamber.
5. Rear sight - (copy and paste from above)
6. Folding Stock - Collapsible shoulder support to aid in more accurate fire.
7. Trigger - Releases the spring-loaded bolt, which drives the firing pin to ignite the primer.
8. Trigger guard - Metal ring looped around the trigger mechanism to protect from accidental discharge.
9. Safety - Most firearms of this kind or bigger have a built-in safety switch that holds the trigger or bolt in place. Make sure to find and use it.
9. Pistol Grip - One of the defining characteristics of both assault firearms and SMGs. A pistol-style grip extruding from the bottom of the receiver.

Modified Firearms

Some people want to combine the usefulness of a smaller firearm with the firing power of a larger firearm. They do this by essentially chopping off the longer, bulkier pieces of the long firearms in order to do this. This is illegal pretty much all over the country, but you may run into it every once in a while. We're talking sawed-off shotguns, AR-15 pistols, AK-47 pistols and all sorts of other firearm heathenism.

1-C-2-c - LONG FIREARMS ANATOMY

Long firearms is probably the broadest of the terms you will see here, but with few relative categories within. They are the most common form of firearm worldwide, especially considering that most places outside of the US will only allow shotguns or small-caliber rifles for hunting. In the US, these things are prolific. In rural areas we are introduced to these things as kids, taught how to use them and appreciate them. If you think about it, it is a wild thing to be handed a loaded rifle at the ripe age of eight and be allowed to put rounds down range no questions asked. They make cartoonishly small rifles for little kids to shoot here. Say what you will about it, that's just how it is here.

A couple of identifying things about long firearms is that they are just that; long. They have long barrels and stocks in most cases. They can shoot more accurately due to the longer barrel, and they are more commonly associated with higher calibers. Most of them are shoulder mounted, meaning the stock of the firearm is placed against the shoulder. They come in a wide variety of styles and intended uses, but they are limited to strictly two formats: rifles and shotguns.

A rifle's job, for the most part, is to shoot accurately at a greater distance consistently. They can be bolt action, semi-automatic or even automatic. The identifying factor here is that for the most part, they don't have a pistol grip and they have a longer, skinnier barrel.

For shotguns, we think of the phrase "spray and pray." The majority of these are smooth-bored firearms that spray dozens of pellets instead of a single projectile. The size of the spray is dependent on the muzzle, the size of the pellets, and the shell. These are great for all things short-range; hunting or home defense. There are shotguns in the style of rifles that are built to fire extremely large slugs (shotgun bullets) in the same fashion. Those are called *slug guns.*

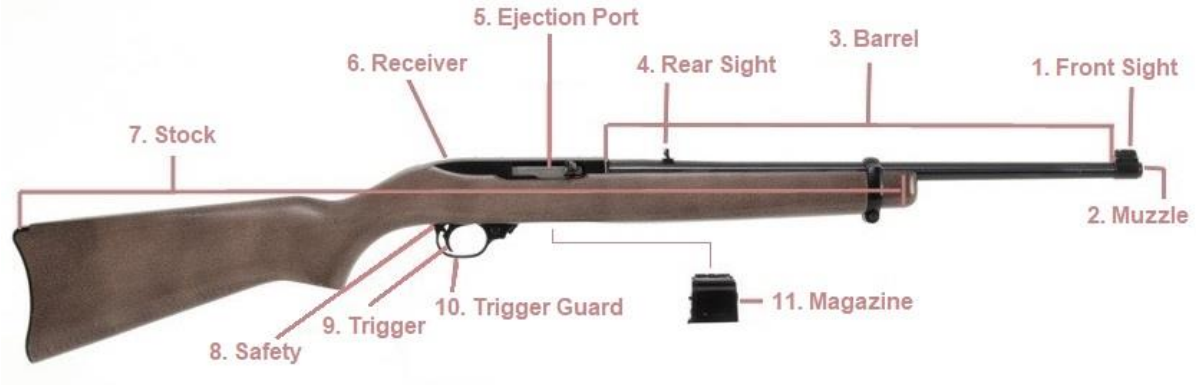
Types of Long Firearms:

Rifle: A shoulder-mounted firearm with a long, rifled barrel intended for accurate shooting.

Shotgun: A shoulder-mounted firearm with a long, usually smooth-bored barrel. Shoots plastic 'shotshell' cartridges, loaded with either small BB-like pellets, or with a very large single bullet called a 'slug.'

* - * - *

1-C-2-c-1 - ANATOMY OF A RIFLE



(Appendix B, Figure 11)

1. Front Sight - the focal point of our firearm's aim, paired with the rear sight.
2. Muzzle - the end of your barrel, where the bullet exits.
3. Barrel - Tube that the bullet travels down. Built with spiraled engraving to create spin on the bullet, which increases accuracy.
4. Rear Sight - The base of our aiming system, paired with front sight.
5. Ejection Port - Port from which an expended shell casing is ejected.
6. Receiver - Main frame of the firearm, which 'receives' ammunition from the magazine to feed into the chamber.
7. Stock - aka 'buttstock,' 'butt,' 'shoulder stock.' Overall structure of the firearm, meant to be braced against the shoulder to support accurate aiming.
8. Safety - Most firearms of this kind or bigger have a built-in safety switch that holds the trigger or bolt in place. Make sure to find and use it.
9. Trigger - Activates the hammer or bolt, which strikes the primer.
10. Trigger Guard - Protects from accidental discharges.
11. Magazine - Most rifles have this, but not all are external and detachable. Sometimes they are built directly into the stock.

1-C-2-c-2 - ANATOMY OF A SHOTGUN

(Appendix B, Figure 12)

1. Bead Sight - A single bead serving as the front sight, usually seen on smooth-bore shotguns, not rifled slug guns.
2. Muzzle - the end of your barrel, where the projectile(s) exit(s).
3. Rib - Hot barrels can create heat waves that mess up your sight picture. The rib is a single raised rail above the barrel, used to make sure the heat waves don't mess up your shot.
4. Barrel - Tube that the bullet travels down. In the case of Built with spiraled engraving to create spin on the bullet, which increases accuracy.
5. Forearm, the "pump" - Serves two purposes in a pump shotgun: holds the magazine inside a tube at the center, and 'pumps' to push a new cartridge into the chamber.
6. Chamber - Cavity at the front of a barrel where a cartridge is staged for firing.
7. Magazine Loading Port - A spring-loaded flap that you can feed new shells into the tube magazine.
8. Loading Port - Also the ejection port, you can feed new shells directly into the chamber if you want.
9. Action Release - Unlocks the forearm so you can push it forward to lock the chamber closed.
10. Grip - Hold the shotgun here.
11. Safety - Locks the trigger, and in some cases the forearm, in place.
12. Trigger - Activates the hammer or bolt, which strikes the primer.
13. Trigger Guard - Protects from accidental discharges.
14. Stock - Overall structure of the firearm, meant to be braced against the shoulder to support accurate aiming.
15. Butt – The very end of the stock that rests against your shoulder. Sometimes equipped with rubber pads at the end of the stock to help absorb the shock of the recoil.

* - * - *

1-C-2-d - ASSAULT FIREARMS ANATOMY

Assault firearms: a category of firearm we have heard so much rhetoric yet so little actual information regarding. So many people have so much to say about them but like to coat it in scary words like "high-capacity magazine" or "fully automatic" or "killing machine" or some such.

The truth of the matter is simple; these firearms, like most firearms, were designed to *kill*. These particular firearms are a class of machines built for warfare or civilian derivations thereof. They are designed to work with magazines, in a variety of firing modes, for the express purpose of increasing the output of firepower and battlefield presence for fielding armies.

We won't discuss much politics here, seeing as the point of this section is to introduce you to this information. It doesn't matter what people think about them, you need to know the facts. Here are some characteristics of assault firearms according to US legislation (notice the coded language):

Common Characteristics of an Assault Firearm:

- Semi-automatic, with detachable magazine.
- Folding/telescopic stock.
- Pistol grip beneath the action.
- Bayonet lug, for affixing bayonets under the muzzle.
- Threaded barrel for suppressors, compensators or other forms of muzzle attachments.
- The ability to add under-barrel attachments such as a breaching gun or grenade launcher.
- Presence of a barrel shroud, to prevent direct contact with a hot barrel after extended or rapid firing.

This category of weapon includes models from each of the other categories, as well as some bigger firearms we will discuss later. If you go by this list of attributes, there are assault rifles (like the AK-47), assault shotguns (like the AA12), and assault handguns (also known as machine pistols). Keep that in mind as you move forward in your learning.

Here are some anatomical terms for three of the most common assault firearms:

1-C-2-d-1 - ANATOMY OF AN AK-47

The golden standard, which has been around since 1947 and is the most commonly used assault rifle the whole world over. *Of course,* we were going to cover this one.

(Appendix B, Figure 11)

1. Muzzle - The end of your barrel, where the bullet exits.
2. Front Sight - Focal point of our aiming system.
3. Muzzle Brake - A device that shapes the pressure blast exiting the barrel to assist in recoil compensation.
4. Barrel - Tube that the bullet travels down. Built with spiraled engraving to create spin on the bullet, which increases accuracy.
5. Cleaning Rod - A rod built into a housing beneath the barrel that can be unscrewed and used in cleaning the barrel of the firearm.
6. Gas Block - Point where the gas generated by the explosion leaves the barrel into the gas chamber.
7. Gas Chamber - Mechanism that uses the pressure created by the explosion to push the bolt back to chamber a new round.
8. Front Stock / Forearm - Allows you to grip the firearm without touching the hot barrel or receiver.
9. Sight Block - Block attached to the receiver that has the rear sight mounted on it.
10. Rear sight - Base of our aiming system.
11. Receiver - "Receives" ammunition from the magazine to feed into the chamber.
12. Bolt - Multi-purpose device; receives gas pressure from gas chamber, slides in the receiver, holds the firing pin, ejects expended shells, feeds new ones into the chamber.
13. Magazine Catch - A latch that is designed to work with AK47 magazines, has a clip that secures the magazine in place.
14. Fire Selector - The "safety" of this firearm in civilian models; on military models it also selects the firing mode between semi-automatic and automatic.
15. Dust Cover – Also called the “action cover” or “bolt cover.” Covers the recoil spring, which is what pushes the bolt forward. This is what makes it semi-automatic/automatic.

16. Recoil Spring Button - Secures the dust cover to the recoil spring assembly. If you press this, you can remove the dust cover for disassembly.
17. Pistol Grip - Grip it. Like a pistol.
18. Trigger - Pull to make boom.
19. Buttstock - The part that mounts to the shoulder. Usually wooden, but some models have a metal folding stock, some collapsible.

* - * - *

1-C-2-d-2 - ANATOMY OF M16A4 & MILITARY REPLICA VARIANTS

(Appendix B, Figure 12)

Note: While this is a military firearm, you will see civilian models specifically designed to emulate the military style, minus the 'three round burst' firing mode.

1. Muzzle - Bullet exits here.
2. Compensator - Much like a muzzle brake, except designed to allow gas to exit in a "star" pattern, which more evenly distributes the force for muzzle control.
3. Barrel Nut - A removable nut which is screwed into the barrel and is used to mount the compensator.
4. Barrel - Bullet travels down this. Rifled to create spin, which increases bullet accuracy.
5. Front Sight Assembly - Houses the front sight, the sling loop, and the bayonet lug.
6. Bayonet Lug - Pivot point where the base of a bayonet is secured. Front end of bayonet fastens to underside of compensator.
7. Barrel Shroud - Metal sheath that prevents contact with the hot barrel. Fitted with "picatinny" rails for attachments and hand guards.
8. Barrel Extension - Spring-loaded mechanism that secures barrel shroud.
9. Upper Receiver - Upper part of the "receiver", where the bolt, chamber, ejection port and charging handle are housed.
10. Ejection Port Cover - Covers the ejection port. Will pop open upon firing or in any case where the bolt moves.
11. Bolt - (just beneath the ejection port cover) Holds the firing pin, moves back with recoil, ejects and inserts new rounds, locks against chamber.
12. Chamber - Where rounds are fed and staged for firing.
13. Magazine Well - Insert magazine here, with the curved end toward the muzzle.
14. Magazine Release - Pressing this button will allow a magazine to be removed.
15. Rear Sight - Focal point of aiming system. Big ring is for close range targets, little ring is for long range targets.
16. Lower Receiver - Lower part of the receiver; houses the trigger assembly and hammer, also receives the ammunition from the magazine.
17. Bolt Catch - (on reverse side) a small latch that will hold the bolt in the rearward position, either manually or when the magazine is empty.

18. Fire Selector - On military models, is a devices that allows the firearm to function in either the semi-automatic or three-round-burst firing modes. Civilian models just have 'fire' and 'safe.'
19. Trigger - Pull to make it go boom.
20. Charging Handle - 'T' shaped handle just on the upper rear of the upper receiver. Pull this back to pull the bolt back.
21. Forward Assist - A device that ensures the bolt is pushed all the way against the chamber. Helps prevent malfunctions.
22. Buttstock - Put this against your shoulder. Also, please enjoy the delicious irony that an actual, fielded military small arms rifle (a literal assault weapon) doesn't meet the criteria for assault weapons under US Legislation. Neato, huh?
23. Buttplate - On this model, this has a compartment for your cleaning kit. Or your sour candies, if you've got a long march ahead of you and you don't mind the taste of CLP.

* - * - *

1-C-2-d-3 - ANATOMY OF THE M4A1, AR-15

Terminology is nearly identical to M16A4, only differences are highlighted here

(Appendix B, Figure 13)

Nearly identical to M16 except:

1. Shorter barrel than M16
2. Collapsible Stock

Note: M4A1 is a military variant and is one of the few infantry firearms fielded that have a fully automatic selection on the selector switch. While almost identical to M4A1s, AR-15s are civilian firearms and will obviously not have fully automatic capabilities unless you're rich enough to buy the license for them.

1-C-3 - POSITIVE MENTAL ATTITUDE

Firing a weapon accurately and effectively is an art form when it is done right. There are a lot of moving parts, and lots of variables that can affect your ability to fire on target. Ultimately, the most important thing to consider is your state of mind, especially as a new shooter. After all, if you're nervous, you may have a hard time keeping your hands from shaking as you expect the recoil. It is nerve-wracking for a lot of new shooters as they get ready to put some rounds down range for the first time. For new shooters, it is almost always their *attitude* about their shooting performance that dictates whether or not they will be able to improve. Angry, frustrated people are not great marksmen for the most part.

In this section we are going to cover the concept of "Positive Mental Attitude" for firearms usage. This will help you shape your expectations in order to allow you to grow past your barriers.

* - * - *

1-C-3-a - WHAT IS PMA?

Positive Mental Attitude (PMA) is, in a word, optimism! Every time you even cross a single toe into the rifle range, make sure you bring it with you. Like I said before, this is an art. In all actuality, it is more like a science. We *are* playing with deadly physics here, after all. Nevertheless, it is okay to miss the bull's-eye when you fire, and you need to remember that before you even take your first shot. Think of it like a single experiment out of a series of research on how to shoot better.

Like science, learning to shoot is a lengthy, studious process. We try things, we fail, and we learn from it. The best thing to do for yourself when you begin to use firearms is to remember that you will not be a sharpshooter on your first try. You will not be sniping the wings off a fly at 100 meters. Not even close. You should be happy to put holes in paper consistently. What we should expect from ourselves when starting anything (especially something as variable as shooting) is the ability to overcome crippling perfectionism. Take that feeling in your gut that tells you to give up if you fail the first time and lock it away in the world's biggest, sturdiest safe. Then chuck it into the ocean. You don't need it.

PMA is an acronym for you to remember when your results are not exactly what you expected them to be. It is a simple frame of mind that will keep you on the right path for growth. It might sound like an unnecessary piece of advice, but you might be surprised by how many "bad" shooters are really just taught wrong in the beginning and have since then have always been expecting themselves to fail. More often that not, your fear will be self-propagating. PMA will help you remember that most things, marksmanship included, are not polar entities. Your notions of "I am just not good at this!" or "I will never get better at this!" just don't belong here. You will create the result that you are *expecting* to create. Come into this expecting growth, and you will attain it. Come into this feeling like you will always fail, and you will. Expect good things from yourself when you begin this journey, really believe in the concept of growth, and you will have it. Don't forget it!

* - * - *

1-C-3-b - HOW TO DEVELOP PMA

Let's go over a few exercises for you to consider with your journey to growing into this mindset that you find yourself working toward. This is a practice that I want to drill into your head mostly for marksmanship, but it is good for your life, in general. These are three simple exercises you can use to encourage a growth mindset in yourself.

Exercise 1 - Reward yourself when you meet a goal.

Humans are creatures whose behaviors are predicated on chemical reactions in our brains. These chemical reactions are based on external stimuli. When good things happen to you, you receive a hit of 'reward' signals in your brain. These feel-good chemicals make you feel happy and euphoric. That is where the secret lies.

Want to know a shortcut to encourage yourself to improve as a force of habit? Make your brain give you a shot of dopamine for doing it. Set up an easily attainable target for any of your specific areas of weakness. Say, for instance, that you are lacking in marksmanship on targets over 100 yards. Take your current performance (we will go over on how to track this a little later) and mark it down. Give yourself two sessions at the range to beat that number. If you beat it, buy yourself a treat! Splurge on an ice cream or one of your favorite snacks.

Trust me, it sounds silly, but it is a good incentive, especially if you couple that with the hunger pangs that come with losing weight. But this doesn't have to be a food-related thing; maybe let yourself have a day off of exercise if you meet a range goal! There are lots of ways to reward yourself. Don't be afraid to get creative and shake things up.

Exercise 2 - Give yourself a reason to want success.

This is the nice way of saying "Punish poor performance." No, I'm not saying you need to get a whip and hit yourself with it. The idea here is to amplify the possibility of reward by giving it a contrast to make you <u>really</u> want to succeed. Let's pair up this exercise with the first one. Say you want to improve your marksmanship by 10% in the next two sessions. If you do it, reward yourself by not having to exercise that evening. If you fail, however, not only do you have to do your daily workout, but now you have to do an extra set of every exercise! Or if you're feeling really mean toward yourself, get yourself a really nice snack and give it to someone else instead.

Exercise 3 - Examine difficulties as lessons instead of barriers.

When you run into a difficulty, or a failure, don't look at it as something that has hurt you. Sit down for a few minutes, analyze the failure or difficulty, and consider the lesson you will learn from it. A missed shot, if analyzed properly, can tell you how to prevent it in the future. A missed goal can help you set more realistic targets for growth. Instead of facing everything that slows your journey down this road with frustration and rage, take some time to look around the scenery. Routinely look at how far you

have come and remember the difficulties you faced in the past. Analyze them and then the personal growths that you have made as a result. Not everything needs to be negative. Remember to remain optimistic, as optimism is what separates us from the doomsayers.

* - * - *

Conclusion

Again, this is mostly something I want you to think of while you're on the range and need some ways to keep your hunger for growth. There are many situations where framing things in this manner will help you, and if you find use of it outside of learning to shoot, great! Like was stated in the introduction of this manual, this is a metaphorical toolbox that will hopefully leave you with a few things to have on hand should you need them.

1-C-4 – Visual Training Guide

Author(s): Vidaderojoyverde
Editor(s): Chowa

This wonderfully constructed visual guide for absolute beginners was crafted by Reddit user /u/vidaderojoyverde and edited for our use, with permission. It may be good to have on hand, should you need a quick reference guide on all things firearms! We thought we would include it in addition to the works we wrote out long-form. Enjoy!

* - * - *

A LEFTIST'S INTRO TO FIREARMS

PREFACE

Before you start with this guide please understand these three points.

1 - SAFETY, ALWAYS

No matter what you are doing with a firearm there is inherent danger. Heed **ALL** safety precautions. **ALWAYS** keep your activities safe to the point of ridiculous. Be overly responsible!

2 - TRAINING

The best way to become proficient and confident with a firearm is through practice and training. Courses, dry fire, goal-oriented range trips... everything adds up. Just reading about firearms or owning firearms **does not** grant any skill.

3- THIS GUIDE IS ONLY INFORMATIONAL

This guide is intended for a new firearm owner to familiarize themselves with basic concepts and terms. **Please have a qualified expert's help before you attempt your first live fire practice.**

MEMORIZE THE SAFETY RULES

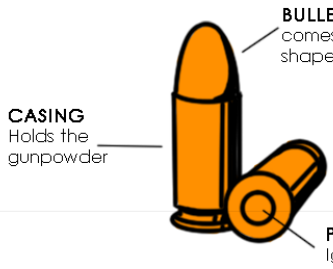
Avoid unintentional injury or death. Like any tool there is inherent danger to firearm usage - you MUST be overly cautious to the point of ridiculous.

1. **ALWAYS** assume a firearm is **loaded**
2. **NEVER** point your firearm at anything you are not wanting to **destroy**
3. **KEEP YOU FINGER OFF THE TRIGGER** until YOUR SIGHTS ARE ON TARGET
4. **KNOW YOUR TARGET**, and what is **BEHIND IT**.

ANATOMY OF A FIREARM

AMMUNITION

(ammo, round, bullet)



COMMON FIREARM "ACTIONS"

-BOLT ACTION
Manually cycle each round in/out of via a handle attached to a firearm's bolt

-LEVER ACTION
Manually cycle each round in/out of via a lever

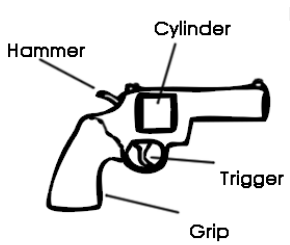
-PUMP ACTION
Manually cycle each round in/out of via a pump

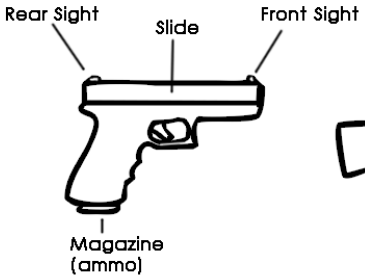
-REVOLVER
Rounds sit in a cylinder that cycle each time you pull the trigger

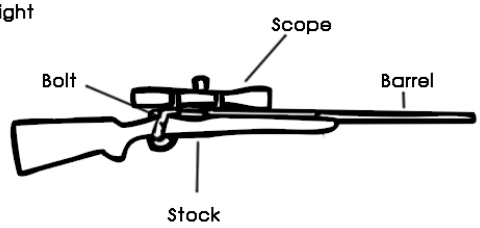
-SEMI AUTOMATIC
A round automatically cycles in/out of the firearm each time you pull the trigger.

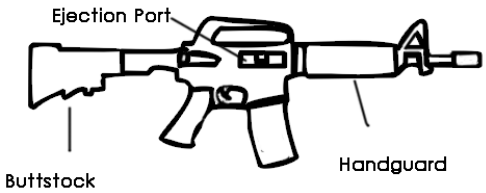
EXAMPLES

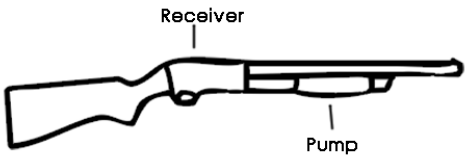
Firearms have a huge variety of uses, so design/function varies.
Hunting, Self Defense, Sport, Collectables, etc...





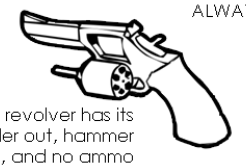






SAFE HANDLING AND DRY FIRE

This pistol has its slide locked back, and magazine out



This revolver has its cylinder out, hammer down, and no ammo

FOUR STEPS TO MAKING A FIREARM SAFE

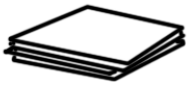
ALWAYS unload the firearm and confirm it is unable to fire before handling

1) Magazine out / Ammo out
2) Bolt Back or action open, making sure any live cartridge is removed.
3) Safety On if applicable
4) Visually confirm chamber is clear.

FAMILIARIZE YOURSELF WITH YOUR FIREARM

Learn how to operate your firearm well before heading to a firing range! Firearms will come with a manual, and many manuals are available Online. Always read about your firearm, as all firearms are different, some vastly so. Learn how to take your firearm apart, and put it together in case there is an issue later. Learn how to operate the loading and firing of that firearm (do not use live ammo). Practice aiming in a safe direction. Practice operating the trigger if your firearm is OK to fire without ammo (dry fire).

MAINTAINING A FIREARM



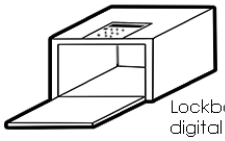
FIREARM SPECIFIC CLEANER, PATCHES AND BRUSH

SECURE YOUR FIREARM

you are responsible for your firearm and how it is used. Do not become a negative statistic!

LOCK UP YOUR FIREARM!

-Gun safes are an excellent way to keep your firearm safe, and organized! in some states it is a law.
-Strong lockboxes can be an option
-You can also purchase trigger locks and cable locks to that prevent the firearms operation.

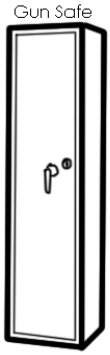


Lockbox with digital lock

Trigger Lock

DO NOT STORE FIREARMS IN A VEHICLE!

Gun Safe



KEEP YOUR FIREARM CLEAN

Like any tool a firearm will become dirty and dry with time. Learn how to clean your firearm! A brand new firearm will often need to be cleaned of a protective grease prior to shooting.

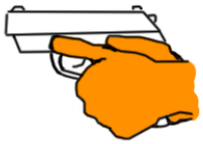
-Make sure firearm is clear, and dissasemble it.
-Clean the barrel, chamber, magazines, and action with a firearm specific cleaner and cloth.
-Lightly lubricate the firearm with a firearm specific lubricant, paying close attention to any moving parts.
-Re-assemble and test function of firearm to make sure it is lubricated and assembled properly.

PART 2

HANDGUN STANCE

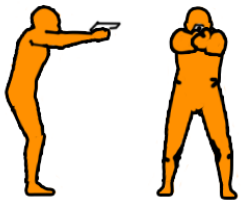
There are a variety of ways to hold a firearm. As a beginner it is important to always stick to basics/simple methods that will give you confidence in shooting.

PISTOL GRIP



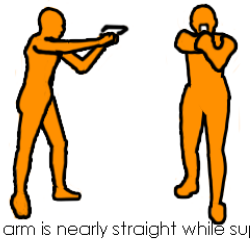
hold the shooting hand high up on the grip. Place your thumb forward. Wrap your second hond over the first, with your thumb forward. This reduces recoil and makes for easier aiming

ISOSCELES STANCE



Both arms are nearly straight forming a triangle with the head. legs are slightly bent, and slight forward lean. Turning left/right for multiple targets is easier, and presents more of a protective vest to opponent.

WEAVER STANCE



Shooting arm is nearly straight while support arm is bent straight down. Legs have slight bend. Mimics a bladed "boxing stance", and rifle stance. Uses tension to reduce recoil. Smaller target to opponent

REVOLVER GRIP

Thumbs are tucked when shooting a revolver. The exposed cylinder can cause burn to your thumbs!

LONG GUN STANCE

Just as in handguns, there are a variety of ways to hold a rifle as well. The "Athletic" stance is most common and recommended, but you might find value in other methods for other applications.

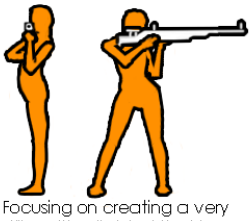
ATHLETIC STANCE

Have shoulders square forward. Stand with your feet shoulder-width apart. Trigger side hand will be about six inches behind lead foot. Place the butt stock of the rifle near the centerline of the body and high up on the chest. Keep your elbows down. Extend your head and place your cheek on the butt stock. Lead hand holds in a "C". Recoil is reduced and you are able to easily move forward and back.

"Traditional" Stance

The old school way most people learn to shoot. Very comfortable and easy to hold for a long period of time. Minimizes body facing an opponent

OLYMPIC STANCE

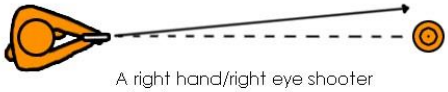


Focusing on creating a very still position/tabled that is augmented by equipment

EYE DOMINANCE

Knowing which eye to use to line up your sights is key to good accuracy and technique. Generally you keep both eyes open with one eye "centering" the firearm.

A right hand/right eye shooter using correct eye.



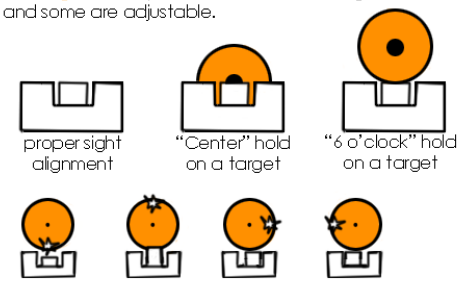
A right hand/right eye shooter using incorrect eye.

A great trick to figure out if you're right or left eye dominant: put up a target or a piece of tape on the wall, and step back a few feet. Put your arms at full extension and form a triangle with your hands, and line up the "target." Now, close one. Close the other. One eye will be centered (your dominant eye) while the other will be off center.

AIMING

ALIGNMENT AND AIMING

With Iron Sights, you line up the rear sight with the lead sight with the target. Some pistols hold below the target, some sit center, and some are adjustable.



Improper alignment by even a fraction results in dramatically changing where a shot lands. The longer the distance betwen the front and rear sight, the easier it is to properly align.

SIX STEPS TO ACCURACY

-SIGHT PICTURE
The alignement from the rear sight to the front sight to the target should be where you want it.

-RESPIRATORY PAUSE
Movement changes where the shot lands!
Try to shoot when body is relaxed and not full of air.

-FOCUS
The front sight should be in focus, the target should be blurry. This keeps you focused you on the alignment.

-SQUEEZE TRIGGER
Resist the urge to "slap" the trigger in and out. This moves the firearm DRAMATICALLY. Always smoothly pull in and slowly release until you feel the trigger reset.

-CALL THE SHOT
Focus on your sights while shooting! Know exactly what your sight picture was at the moment the gun fires. This increases your focus on the target and avoids distraction at the exact moment of shooting

DRY FIRE PRACTICE

TABLE TO TARGET DRILL

-Insure the firearm has NO AMMUNITION Make sure no ammunition is in the area.
-make the firearm totally safe, and place it on a table facing in a safe direction. If there is a magazine, remove it and keep it nearby.
-BONUS: if you can purchase "snap caps" (plastic or aluminum dummy rounds) use them
-Quickly bring your fire arm to "loaded and ready" status (magazine in, snap caps in, safety off, etc...)
-Fire one shot with proper alignment.
-Quickly make your pistol safe again and on the table.
-Track your time and try to improve.

PENNY DRILL

-The firearm is totally unloaded and safe.
-Place a penny on the barrel
-Pull the trigger 10 times without dropping the penny.
-If the barrel is odd shaped or using a long gun, place a dot on the wall and try to keep the barrel aligned to it.
-Even advanced shooters still do this drill.

Be comfortable with these drills before trying live fire practice!

PART 3

DRAWING FROM A HOLSTER

If conceal carry is legal in your state, mastering the draw from holster is essential. Being able to safely take your pistol from its holster to the target takes practice to stay safe as well as be fast and efficient.

Obtain full grip on gun, trigger finger striaight off the gun. Support hand on abdomen

Lift gun straight up to clear the holster, trigger finger still straight. Hand still on abdomen

Gun elbow is bent orienting the barrel towards the target, finger still straight hand on abdomen

Gun hand and other hand meet together and form proper grip in center. Finger is still straight

Gun is pushed forward and brought to eye level. Finger may go to trigger ONLY when you decide to fire

RELOADING A HANDGUN

Learning how to quickly reload an empty handgun is an essential skill. In some scenarios clearing your ammo and replacing is also the quickest way to get a jammed gun back into action.

SEMI-AUTO PISTOL

Finger off trigger.Drop elbow and orient the pistol 45 degrees just below eye level

Release the magazine. Let it drop free. If you can't use trigger hand thumb, use other hand

Pull a magazine from your support hand and insert it into the pistol

use the palm of your support hand to firmly set the magazine into place

Rack the slide of the pistol to set a new round into the firearm

Regain strong grip and pistol on target.

Revolver

Open the cylinder. Grip through the frame with your support hand. Oreint the revolver up

Eject the spent casings by firmly smacking the ejector rod with your free hand

Orient the gun down to receive ammo

Load the ammo. Tools such as a speed strip or speed loader are recommended

Close the cylinder and regain a firm grip

bring the gun back on target

BRING LONG GUN ON TARGET

Finger straight and off trigger. This assumes the long gun is at "high ready" pictured here or low ready

Push the firearm tou clearing the butt stock from your arms or any snags

Pull the rifle into your firing position. Get your firearm pointing down range When ready to fire, put the finger back on the trigger.

RELOADING A LONG GUN

Long guns reload in a variety fo ways. It is just as important to learn as a handgun

SEMI-AUTO RIFLE

Finger straight and off trigger. You may keep rifle up or tuck into armpit.

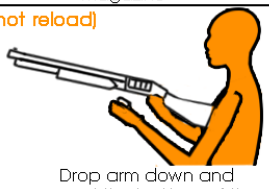
Release your magazine and let it drop. At the same reach for the new magazine

Replace the magazine firmly. Re-engage the firearm's bolt

Bring the firearm back on target. At this point you may put your finger on trigger when ready.

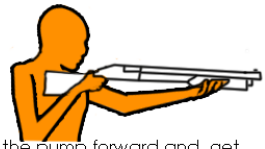
PUMP SHOTGUN (quick one shot reload)

Finger straight and off trigger. Pull pump back. Grab a shell from a side saddle or pocket.



Drop arm down and around the bottom of the shotgun

Place the shell through the open ejection port of the shotgun



Push the pump forward and get back on target. At this point you may put your finger on trigger when ready.

DRYFIRE DRILL

SHOOT AND RELOAD PRACTICE

Most altercations involving a firearm are resolved in one shot. A jam or a lack of ammo can prevent your firearm from operating. This drill trains the important quick draw AND a quick reload.

-Make sure you firearm is totally unloaded with no ammo nearby.

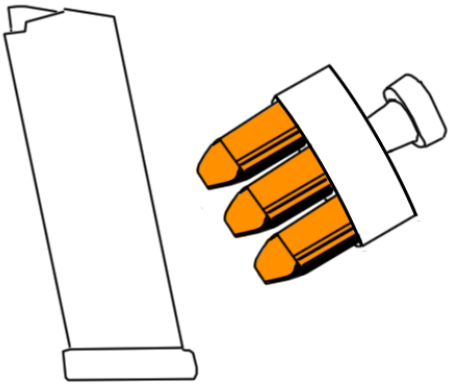
-Start from low ready, or if you have one a holster.

-Draw and dry fire shoot one time. You can tape a target to the wall if you feel you need one

-Quickly perform a reload. Snap caps are useful here but an empty mag or loader is fine.

-Fire another dry fire shot towards the imaginary target.

-Time yourself and improve time.

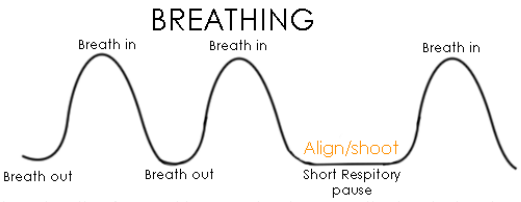


PART 4

NATURAL POINT OF AIM

You are not "forcing" the firearm or you body into place when firing on a target. Instead, you want to create comfortable positions and alignments. Even slight fatigue and minor movements can take you totally off target!

A common pattern to see is shots string up and down a target when winded or breathing heavily.



When shooting for precision, your body moves the least when breath is out. Align with respitory pause, and shoot with respitory pause.

INCORRECT
Cranking your neck down

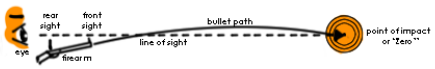
CORRECT
Rifle up, cheek weld to stock

Whether shooting a handgun or pistol, bringing the sights up to your eye vs. your head cranked down to the sights will create a much more consistent result and allow for easier shooting overall. An example here shooting "prone" position - cranking the neck down and to the sides is uncomfortable and creates odd alignment. Extending the neck out and placing cheek comfortably on stock is far easier.

HOW A BULLET TRAVELS

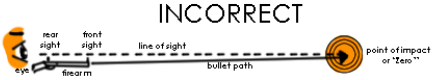
CORRECT

THIS is how a bullet travels, and how your sights work.



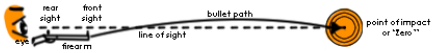
INCORRECT

This is **NOT** how a bullet travels, or how your sights work.



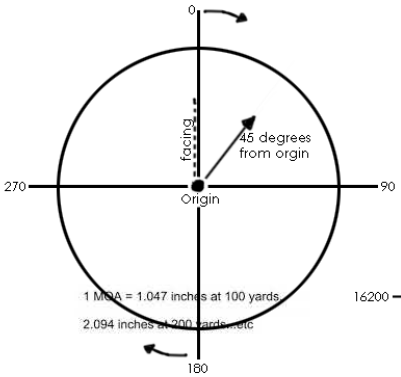
INCORRECT

This is **NOT** how a bullet travels, or how your sights work.



The front sight (and thus the front of the barrel) is off by the tiniest fraction, however at distance that angle has multipled that fraction to being completely off target.

Measuring angle with 360 Degrees/points in a circle



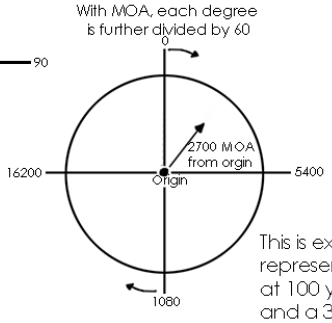
WHAT IS MOA

As you work with your firearm, adjust the sights, and adjust your distance you will hear a lot about MOA.

M.O.A. stands for: **M**.inute **O**.f **A**.ngle

It is a useful way of measuring and aligning

With MOA, each degree is further divided by 60



1 degree of possible angle

becomes a smaller MOA

This is extremely convenient as a 1moa adjustment in sights represents a 1.047 inch (or about 1 inch) adjustment at 100 yards! This is also a 2 inch adjustment at 200 yards, and a 3 inch adjustment at 300 yards, etc...

"ZEROING" YOUR SIGHTS

If your firearm is able, you may need (or want) to adjust its point of aim. For more advanced sights such as scopes or "Red Dots" you will need to refer to your manual.
REMEMBER - impact will be higher or lower if a target is at a different distance than your "zero" or current point of aim.

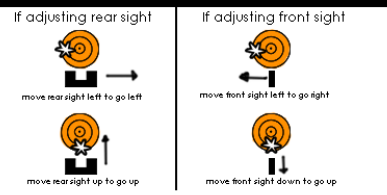
BEFORE YOU BEGIN, YOU WILL NEED TO BE ABLE TO "GROUP" SHOTS

An excellent group, you can find the center/point of aim easily

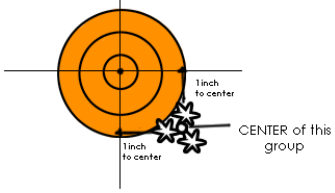
An adequete group, you can still find center/point of aim

It's impossible to determine where the point of aim is

Being able to "Bench Rest" or support the rifle is useful to eliminate your movements from the shot.



The sight's manual says each "click" adjusts 1/4 inch at 25 yards. So to move the point of impact 1 inch left at 100y takes 16 clicks! This target also needs 16 clicks to go up



Determine the center of your group. Adjust your sights towards where you WANTED it to go. All sights adjust in different increments, so write down what you changed in case you ned to undo your changes.

DRY FIRE DRILL

Study on natural point of aim

It is very easy to "force" yourself onto target, and as recoil occurs you are suddenly far off target. You must train yourself to go straight to your natural position.

Firearm is unloaded. Assume a strong stance and align your firearm to the target.

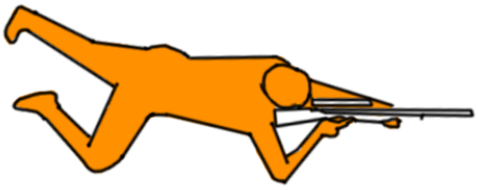
Closed you eyes. Do a cycle of breath in and out.

Open your eyes, and see how far off target you are. You can adjust your position and repeat until satisfied.

PART 5

PRONE POSITION

The most stable unsupported position. Allows for steady shooting. Its great for zeroing a rifle, hunting, and even tactical applications.

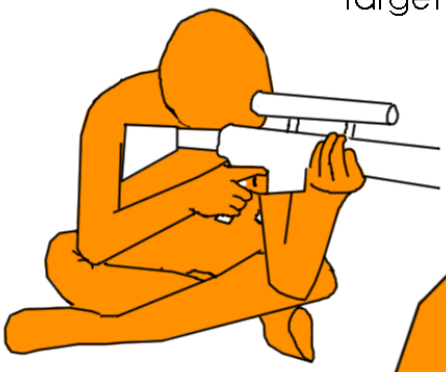


Elbows are firmly on the ground to support rifle. Legs apart with firing side leg bent comfortably up. Support elbow as directly underneath rifle as possible. Neck is extended forward and cheek welded to stock.

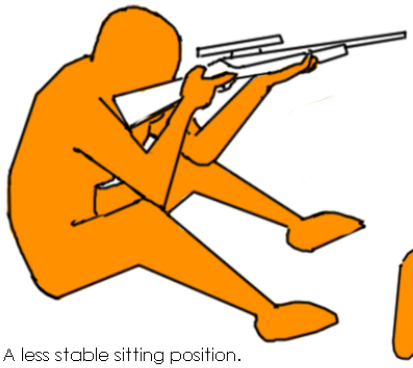
When adjusting left/right use the legs/hips

SITTING POSITIONS

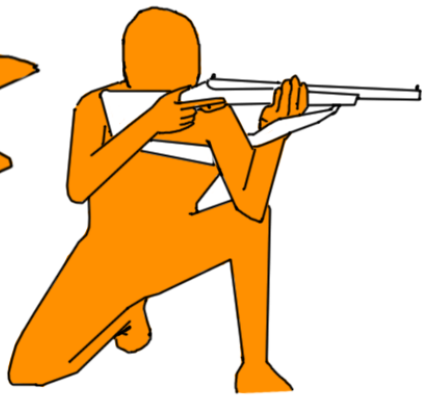
Sitting positions are more stable than standing, but less than prone. You become a smaller target quickly and for some is faster than going to prone.



A very stable sitting position. Index sideways the target and sit criss-cross. You have stability by resting your elbows onto your knees. If you are inflexible this might not work for you.



A less stable sitting position. If sitting criss cross is too difficult you can extend your legs and achieve almost the same effect. Heels should dig in to improve stability.



The quickest "sitting" position, but also the least stable. By kneeling and using your knee to support your firearm you can gain a bit of accuracy. In this image it is combined with the "hasty sling" technique.

TRANSITIONS

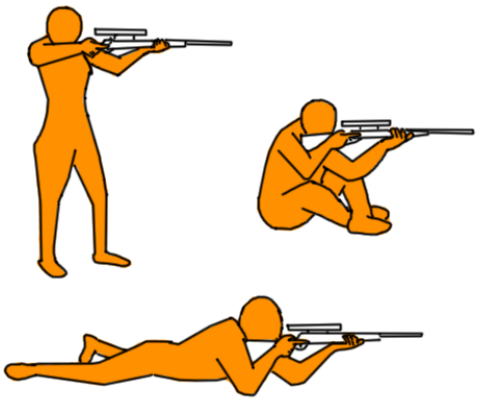
It is extremely important to be able to transition SAFELY to a sitting or a prone position. Support yourself in a manner that keeps the barrel down range at all times. If your firearm has a safety, use it while transitioning.

Many are strong enough to get to prone or sitting position without too much support from their hand. Use your hand anyway in order to easily keep the barrrel pointed down range at all times.

DRY FIRE DRILL

Practice Transitions

-Make sure the firarm is totally unloaded and safe.
-Set a target on the wall. Dry fire one shot to the target
-Put safetey on, and transition to a sitting position safely
-Safety off and perform one shot from sitting to target.
-Reset back to standing
-Perform one dry fire shot to target from standing
-Safety on, and transition to prone safely.
-Safety off, perform one dry fire shot to the target.



PART 6

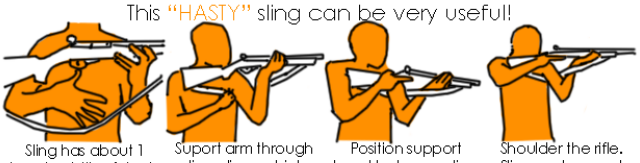
HOW TO USE A SLING

Standard carry method | Varation on standard | Front/ready carry method

With all carry methods INSURE THAT YOUR FIREARM IS SAFE, WILL NOT ACCIDENTALLY FIRE, AND IS POINTED IN A SAFE DIRECTION!

You might have a long gun which has a sling attached, or perhaps you will need a sling for carry. There are so many styles and application, so this guide will focus on the common "two point" sling, along with simply carry methods.

An old-school use of slings is using it as a steadying device. This "HASTY" sling can be very useful!



Sling has about 1 hands width of slack. | Suport arm through sling, sling as high as you can make it. | Position support hand between sling and stock | Shoulder the rifle. Sling and support arm has all the weight, no weight on firing hand.

VISTING A RANGE

Visiting a shooting range can be scary for a first timer. If possible go with an experienced shooter. You MUST have proper eye and ear protection! Be sure to inform the range that you are a brand new shooter - even if its awkward. LEARN THAT RANGE'S RULES!

4 Basic Range Safety Rules

All 4 general safety shooting rules still apply!

1) Always keep the muzzle in a safe direction no matter what you are doing with it at the time.
2) Do not load or prep firearm unless the range is "hot" or ready for fire.
3) Always keep your finger off the trigger unless you're aiming at a target.
4) Make sure everyone is also following the safety rules.

INITIAL GOAL

Reliably shoot fist sized "groups" of shots at 7 yards without support. This is hard at first, but better than most shooters!

Groups on a standard target

ACCURATE PRECISE | INACCURATE PRECISE | ACCURATE IMPRECISE | INACCURATE IMPRECISE

POTENTIAL ISSUES

ALWAYS KEEP THE FIREARM POINTED DOWN RANGE!

-MISFIRE
Gun goes click and does not fire. Wait 10 seconds before clearing it and continue firing

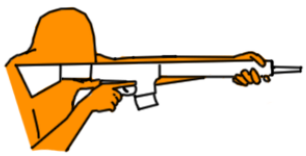
-HANG FIRE
Gun goes click, and as you're waiting it goes off a second late due to delayed ignition.

-SQUIB
Gun goes "pop" instead of "bang." The bullet is now lodged into the barrel and incredibly dangerous. GET HELP FROM THE RANGE

RECOIL CONTROL

As you begin to develop your skills, you will find that firing quickly is harder than most people let on. A firearm moves and sometimes does not snap back where it was before, causing poor accuracy.

With a pistol you must practice a firm grip, wrists locked, with elbows slgihtly bent, while allowing your finger to move smoothly on the trigger and not slapping it.



With a long gun, your stance is the first key to reduce most recoil. Additionaly, if your rifle has enough hand space you can try a "c-clamp" the handguard to help keep it level

EXCESS RECOIL

Whether through poor technique, an overly poweful firearm, or both - this firearm has comprised the shooting position. This leads to poor accuracy, flinching, and can even hurt!

FINAL NOTES

REMEMBER: SAFETY IS FIRST!

-Millions of shooters own their firearm incident free. Some ignore the safety rules and get hurt. Be overly responsible!

-It is your responsibility to know the laws and of your city, county, state, and country. They're all different everywhere. Ignorance is not an excuse.

-Once you know how to maintain your firearm and make it safe, dry fire! Top shooters dry fire often.

-A strong grip, proper stance, and trigger control (even squeeze in and out) are a huge part of getting proficient quickly.

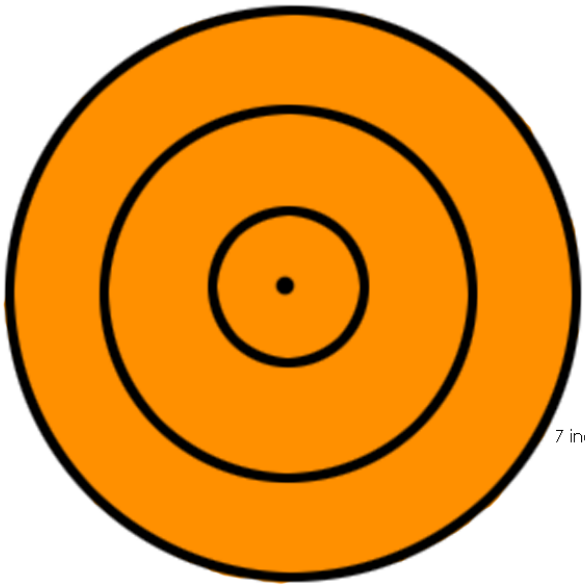
-Owning a firearm does not make you an expert. Proper training, time at the range, and experience does. It all adds up, but over time

SELF TEST

BASIC HANDGUN SELF TEST

This live-fire test for a shooting range is a great way to test your progress with your firarm. It is done from 7 yards, the average distance of self defense.

7 rounds, 7 yards, 7 seconds



7 inch wide circle

-Setup a 7 inch circle (can be hand drawn) at 7 yards.
If shooting from 5 yards, make it a 5 inch circle, From 10 yards, a 10 inch circle, etc..

-Start from low ready (barrrel pointed down range, but slightly below target and sights not brought to eyes)

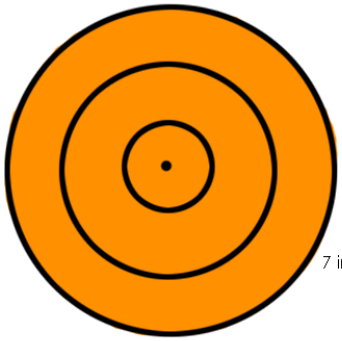
-Fire 7 shots inside the circle within 7 seconds.

-For any Misses, add 1 second to your time.

BASIC LONG GUN SELF TEST

You wil find that long guns are much easier to aim and shoot accurately in common self defense ranges. To test yourself you can go a bit further out than a handgun.

20 yard challenge



7 inch wide target

-Setup a 7 inch circle (can be hand drawn) at 20 yards.
Just as above you can scale the target bigger/smaller at differant distances

-Start from low ready (barrrel pointed down range, but slightly below target and sights not brought to eyes)

-Fire 7 shots inside the circle within 21 seconds;

-For any Misses, add 1 second to your time.

we are all stronger together

PART 1, SECTION D - INTRO TO EMERGENCIES

Author(s): Black Swan Outdoors
Editor(s): Chowa, gdogabbott

Subsections:
1. Introduction
  a. Community
  b. Turn Off Youtube
2. Planning
  a. Know Your Threat
  b. Your First 72 Hours
  c. Self-Care is Community Care
  d. PACE Planning
  e. Evacuation
3. Supplies
  a. Shelter
  b. Food
  c. Water
  d. Utilities
  e. Signaling and Medical
  f. Protection
  g. Auxiliary Kits
4. Coordination
  a. Supply Chains
5. Conclusion.

1-D-1 - INTRODUCTION

The panic that resulted from the first wave of the COVID-19 pandemic brought attention to the vulnerability of the American supply chain. The “just in time” efficiencies of capitalism have displayed great weakness in the face of societal anomaly. One upset and the whole system grinds to a near halt. Compound this with poor leadership from the boardroom to the White House, and millions of Americans are subjected to the mercy of a powerfully weak economy. As it turns out, our economy is "fragile, not like a flower, but fragile like a bomb.”

What some may consider is "Making America Great Again" is the very same thing that has pushed away all things local. In other words, the great, industrial American supply chain and global logistics of our everyday life are strangling themselves. Food, knowledge, energy and more come from outside our communities and hang in the balance of wall street speculation, and hedge fund managers who spy ticker tape and live in their own gilded age of ignorance to the rest of the world.

As is proven at least once per decade, this economic "hiccup" is bound to happen again. When it does, the response will be worse. The disease, the market responses, our local, state, and national leadership will be worse. I say this because I cannot see how any of this is getting better. The American political system has been weakened, propaganda has filled the hearts and minds of 70 million Americans. They were once the backbone of our economy, culture, and life. Today, the same people are using the tools of theocracy, pseudoscience, and fear to keep America a white Christian patriarchal society and have shown a greater willingness to die with a lie, then live free in truth.

The underlying cause of economic and environmental instability is capitalism, accelerated by our neglect to tackle climate change. Certainty is essential for market speculation as it is for knowing when to put a seed in the ground. Once the season degrades, so will capitalism. The root cause for more disease, the veracity of storms and the unpredictability of wider spread forest fires is undeniability climate change. Outward signs of loss of biodiversity and the earth's inability to absorb a glut of carbon.

On the economic front, the sharp division of wealth between the poor and the rich has increased so much that the middle class is dying. Our means of production means little to the market, as does its people. White males who once ruled history are being coming just as extinct as the beasts, they have forced into extinction justified by "progress" and organized religion. From this social angst has risen the threat of the far-right. Over the last four years they have risen to meet an ever-diversifying population with less and less resources. These are the short, medium- and long-term threats facing America today.

Facing these issues, we need to build resilience in our communities and homes. We need to become hard to kill. While the rifle stands as a symbol for defense and war, behind every trigger finger is an infrastructure put in place to ensure that a shot can be first fired. Every home needs to build within itself a means of resiliency. This resilience is for both the self and the greater community. For one cannot exist without the other. This guide is about creating the right framework for this reliance. There is an endless number of books and videos on the internet surrounding the topic of emergency preparedness. While many writers and producers present this information with good intention, most of what is shared is unrealistic, a product of escapism and fantasy. The preparedness community which came about after Hurricane Katrina, the Iraq war and the sub-prime mortgage crisis is just one example of our broader community feeling the economic and ecological squeeze on the middle class, the working class. This guide cannot provide you with a complete blueprint for becoming resilient, but it can help you focus on the real threats we will all be up against, and in your own personal journey, help you decide what to prioritize, as you wade through the plethora of material available to you on this subject.

* - * - *

1-D-1-a - COMMUNITY

The first reality of a disaster is that neighbors help neighbors. Before you store one extra can of beans or buy more ammo, if you do not have a community, you have nothing. No one man can live and defend himself in isolation. You need friends and family; you need neighbors and strangers. When the chips are down, this is a time when people relate to people. Too many fiction books and movies make it appear that in the face of an emergency people instantly become selfish marauding looters and rapists. This is far from the truth; money and power is something people crave when they have the means to survive. Without it, in the immediate, most people are good and decent. Sure, there are bad people, but that is not most people. Have a plan for them but think about first how you can help others. This starts today. Get comfortable with meeting new people, trading goods and services, and volunteering your time. We all have either time, talents, or treasure to share. Living in isolation and fear restricts the resources available to you. While the romantic appeal of living in some off-grid cabin might sound great, you're actually cutting yourself off from everything you really need to survive, you're cutting yourself off from the community.

* - * - *

1-D-1-b - TURN OFF YOUTUBE

There are lots of myths which encircle the preparedness community, off grid living is just one. One of the worst summations of a post-disaster environment is that food and water can be found in rural areas. Most of our crops and vegetable products come from large monocultures far from the areas in which we live and grown in an industrial manner. Meat and milk too are mostly produced in an industrial fashion, in large confinements where the animal's reproduction and growth become artificial. In the first inclination of a down-turned market, the "farmers" will plow in their fields, pump the milk, and slaughter their livestock to help curtail losses. There are very, very few farms out in pastoral America with any diverse or sustainable production. It is counter intuitive to think this, but there will always be less food in the country than the city. Heck, most of the corn in places like Iowa who pride themselves on "feeding the world," doesn't really feed humans. Iowa corn mostly feeds the world's life stock, and the rest goes to gas tanks and soft drinks.

When or if electricity goes out, so too will the pumps that pull water out of the wells in most rural communities, leaving the landscape, for human purposes, almost desert-like. Sure, there are pockets of ground water available, but most of this water has been poisoned by decades of over-fertilization, erosion, and dead animal carcasses. More hormones leach into the waterways from poultry and hog production by the means of their feed than what one might find in the city from the birth control that gets flushed into our waterways by a typical university student body.

Another often used trope of survivalism is to "head into the hills" with a single pack to live off the fat of the land. This fact is this is no longer possible, as only 35% of the wilderness left is extremely remote compared to where people live. Sure, there are small pockets of forest which people can easily access, but their resources could hardly support a fraction of a typical community. Many people assume they have greater survival skills than they actually do. YouTube is filled with fair-weather survivalists, who like to build shelters and stay overnight in the woods in the best of conditions for a limited time. It is easy to think about hunting and trapping on a full belly, much harder when your stomach is empty, and your

spirits are low. Also, YouTube is filled with throngs of former military types, who all seem to have been "survival instructors." They teach a style of survival based on the vast infrastructure of the military complex. It is one thing to learn about survival when the people looking for you have sophisticated equipment and helicopters, it's quite a different reality for most other people.

Most people teaching preparedness or survival on YouTube and elsewhere have never had to truly execute the skills they preach. Neither to do their readers and followers, all these skills go unchallenged and the cycle continues. What an emergency is really like, what it will be perhaps in our near future is that of life in the developing world. There will still be technology, power, and all the trappings of the developed world. What is available will be highly limited to time and who has it. If you really want to learn about practical "survival" skills take a ten-day trip to a place like Haiti and live with the people, not in some resort. You will get a far better lesson about resource scarcity, creative problem solving and real self-defense than you will listening to a vet who is forty, has done nothing since his 4-year stint in the military when he was 18, and now lives on a cul-de-sac in the suburbs shooting YouTube videos from his backyard.

1-D-2 - PLANNING

In order to tackle any sort of emergency for your immediate family and neighborhood, an extensive amount of planning will be required. Here we will break it down and show you how to build your own plan. Begin thinking about your own personal environment and categorize things that are unique to your area that you may have to plan around additionally. For example, someone living in rural Idaho will have a much different set of immediate priorities than someone living in Brooklyn.

* - * - *

1-D-2-a - KNOW YOUR THREAT

The real threats we face aside from the looming economy and degrading climate, is the rise of the far-right. This threat is pervasive today because of the economy and political instability, but also political amplification of these groups by the Republican Party's Trump Presidency. The views of the far-right are diverse. The range from the typical hate groups, to private militia, to proto-fascism. One of the least talked about, but the most significant aspect of Trump's amplification and support for these groups is his work making their grievances mainstream and legitimized. Their views have become adopted as a plank of the Republican party making differentiation of the views of the far right less discernible from the average conservative. This has placed the enemy without uniform and hidden within a mass of human shields. In the last few years, they have targeted hospitals, power plants and water treatment facilities. They have vandalized houses of worship, detonated bombs within them and fired weapons into praying congregations. The far right has tried to weaponize COVID-19 and actively inflamed violence during protests. They have assassinated police and even attempted the kidnapping of a governor, as well as the overthrow of a state government. Amongst their most heinous acts over the course of the past four years have not been the acts of terror themselves, but the sympathy they have achieved from 70 million conservative voters. People like Randy Weaver, David Koresh and even Timothy McVeigh are looked upon like prophets in their time, as they revere people like Ammon Bundy, Kyle Rittenhouse, Richard Spencer, and Gavin McInnes. The Gadsden Flag, the Trump flag, and the Swastika are all the synonymously posted colors flying above our stars and stripes.

1-D-2-b - YOUR FIRST 72 HOURS

This pervasive classist and racist ideology are proving to be deadly for many marginalized peoples. This includes immigrants, refugees, members of the Jewish community, people of any diversity, women in general, as well as our loved ones in the LGBTQ+ community. This is shown particularly clearly when there is an emergency. *Any* emergency. Hurricane Katrina painted a vivid picture as to what all "other" Americans experience every day from emergency services. People of color do not always get the same level of help which white America enjoys.

For any future natural or national disaster, as well as the very real possibility of a regional disaster, there are many things a household can do to prepare. Today we will cover the basics. The beginning point for any household is to have cash on hand. Many preppers will want you to think that you can purchase security through spending a wanton amount of money on dehydrated food and firearms. This is the opposite; you need money. If you do not have a savings account, you have no business buying a lantern or bullets. How much you need will be up to you, but enough to cover a months' worth of expenses and then some would be a good place to start. Then having an additional $1,500 cash on hand would be wise. We do not live in a barter society, so don't listen to anyone telling you that you need gold and silver. While you are saving, start to put together a 72-hour kit. You can get a good list of supplies from FEMA. This will cover most disasters you are likely to face from a pandemic, flood, loss of power and so on. 72 hours is a golden number, because if you can survive the first 72 hours of any disaster, your likelihood of surviving increases exponentially.

Link to the FEMA site for those reading on an electronic device:
https://www.ready.gov/kit/

For those reading in print, see Appendix D, Section 1 for the list.

* - * - *

1-D-2-c - SELF-CARE IS COMMUNITY CARE

Anything more in the way of supplies not only helps you, but also helps the community. By taking care of yourself first, you are also making sure that supplies coming in from the federal or state government can be extended farther. One more bed in a shelter available, one more hot meal for a child. By taking care of yourself and your family, means you have created the ability to help other people. After a disaster people need to be fed, looked after, lost children or pets need to be recovered and so on. Preparations should be made with the intent to help your community, but first make sure you are safe and stable; then help others. Anything else is selfish and puts you, your family, and others at greater risk.

* - * - *

1-D-2-d - P.A.C.E. PLANNING

As we approach putting together a plan, we will use the planning acronym PACE. PACE stands for Primary, Alternate, Contingency, and Emergency. Every good plan has the capacity to fall apart, a plan B and C gives you options and the ability to pivot. Many people, especially in the preparedness community, like to jump ahead to the sexier "emergency" options. For example, grabbing a "bug out bag" and heading to your nearest county park sounds fun in theory, however you are more likely to find yourself on your cousin Leroy's couch. If you have a primary plan, an alternate, and a contingency in place, the likelihood of needing to spend any time or money on the emergency plan is juvenile fantasy. It is important to know that the emergency options are there, but spend your energy making sure you do not fail this far along in your planning.

Remember this acronym when writing your plan down.

P - Primary Plan

A - Alternative Plan

C - Contingency Plan

E - Emergency Plan

* - * - *

1-D-2-e - EVACUATION

Many natural disasters such as wildfires and hurricanes can force one from their home. If this is a foreseeable event, you would be prudent to consider planning how you are going to evacuate in advance. Events can happen either extremely quickly, or slowly over the course of hours or weeks even. If you need to leave quickly, have some items which will aid you later, help get you rescued faster, or simply tide you over can be helpful. Just keep in mind anything can be replaced and possessions are just objects, nothing is worth more than your life. Preppers will advise you to have a "bug out bag" at the ready for a "bug out," or evacuation. Please keep in mind hardly any of the junk they suggest is helpful in a real emergency. You will be best to simply have some important documents and files id's and cash, along with a prepacked travel bag of clothing. A pre-packed bag is helpful even in non-life-threatening emergencies such as in an unexpected funeral, or an unexpected hospital stay. It's easier to tell someone to grab a bag pre-packed than ask them to pack a bag for you.

For emergencies which you can anticipate coming, having items pre-staged or prepacked for an evacuation might be prudent. Think about the items that you would want to save or would be helpful down the road as well as in the immediate. Put all the items together in groupings packed in sturdy plastic tubs with secure lids. 17-gallon tubs are the best as they are easier to move through doorways, then the larger 27-gallon containers which can quickly become over packed. Keep in mind that you do not need tubs set aside specifically for evacuation. If you already have tubs being used for storage you can use these too. Simply dump the contents in a designated spot. When/if you return, unpack the evacuation tubs and repack the storage items. After you have predetermined what you are going to save and how many tubs it will take, then consider the trailer size required to take all these items. A hand truck and some ramps will be helpful getting the tubs out and loaded into the trailer too. If you cannot afford what you want in trailer size, then you need to figure out what you need. Once that is determined, then go out and purchase the containers and trailer. Keep each tub as close to the items you want to store. For example, if you are taking clothing, then keep a tub in your closet. Each tub should be pre-labeled and have a list in the tub of the items to pack. A duplicate list and master list should be in with your other paperwork to grab.

Once all of this is determined, you will need to do a dry run. Practice packing the tubs, and loading onto the trailer, hitching it up and leaving. Time yourself to see how long it takes. Can you get it done in 2 hours? 5? Would another set of hands move you along faster? Once you know how long it will take, prioritize each grouping, so you know what needs to be packed first and/or what could be left off in time does not permit. Last, you will need to consider how you will secure the items while traveling and where you will take the trailer. Will you go to a friend's house out of the area? Will you rent a storage locker for a few weeks or months? Do you have a second property to store this stuff? Be sure to video and photograph your entire house and record all the items you plan to take and leave behind for insurance purposes.

Evacuation trailer groupings:

1. **Kitchen**
2. **Camping Supplies**
3. **Heirlooms**
4. **Library**

5. **Tools**
6. **First Aid/Medical**
7. **Home Office**
8. **Clothing**
9. **Firearms**
10. **Pantry**
11. **Bicycle**
12. **Food**

1-D-3 - SUPPLIES

Immediate plans are not enough on their own. We must also remember that no community can survive without supplies. Shelter, food, water, protection and more; these are all things that will be necessary upon the exit of our society from its place of comfort. Have a plan to retain or obtain all of the supplies listed in the following sections.

* - * - *

1-D-3-a - SHELTER

Shelter is the most important part of your preparations. Your primary plan for shelter is, of course, your home or apartment. This is where most of your preparations will take place, however, keep in mind the principle of community. You may need to think about how you will or can move these supplies to an alternate location such as with friends or family. The contingency for this is a hotel or shelter for short stays. The emergency plan may lead you to living out of your car or camping, however that is unlikely when you are in a community. The key is to focus on the transitions between the different shelter options. Decide if you should keep supplies in any of these locations. Should you pool resources together within your community on purchases, or just have the means to store supplies at these locations? Think about how your likely threats will affect your home preparations. It would be a terrible shame to put back five years' worth of food and have to leave it because you didn't plan on a forest fire burning up your home.

* - * - *

1-D-3-b - FOOD

In a wilderness context the next priority after shelter would be water, but we are talking about a civilian context where food will be a less available much quicker than water. Food is also a higher priority because food also brings on a sense of comfort and increased morale, particularly in the planning phase. The average town will have about three days' worth of food in their grocery stores for an entire community. In the event of any disruption in the supply chain, food will come in at a trickle. The combination of a sensationalizing news media and the apparent loss of variety of food on the shelves often triggers anxiety, and as a result panic buying ensues. In the aftermath of a natural disaster, FEMA may come in with some hot meals, however this can take four to five days.

Your primary plan should be to have a minimum of two weeks of food on hand. Three weeks of food would be even better, if possible. Resist the urge to panic buy with the masses when an event occurs. You have thought ahead so that you don’t have to subject yourself to these dangers, trust in your planning.

* - * - *

1-D-3-c - WATER

Your next priority is water. Your primary concern is having access to drinking water. Having several large cases of bottled water is a good start. It is more likely that you will lose access to clean water before the availability of water. So, your alternate plan should be a means to treat water coming from the tap such as boiling or using bleach or iodine. The contingency would be to rely on water coming in from an outside source such as water catchment, government disaster relief, or community members.

In this case you will need a means to move the water, and water is heavy. Moving water requires containers and a vehicle, or many trips on foot. This is a daily chore for most people in the developing world. Again, something obvious to anyone who has traveled. Consider too that your vehicle may not be available to move this water. While your car may be fine, the roadways may not be. A simple wagon may be needed, or a trailer on a bike. The absolute emergency source of water is surface water. I highly suggest going backpacking for a week and see how old sourcing water from a filter gets. Then consider too, how polluted the water source is and how limited the filter will be in meeting your needs.

After bottled water, have one-gallon jugs on hand for auxiliary drinking and hygiene. One-gallon jugs and bottled water can be moved and filled easier than larger 5-gallon jugs and 55-gallon barrels. If you need to leave your shelter, it would be a shame to have to leave the bulk of your water because it is tied up in an immovable container. A few five-gallon jugs are definitely fine to have filled and ready, as they can make transport more efficient. Just be realistic about how much. One gallon of water per person per day is recommended by most professionals. Over the course of a two-week incident, for a family of four that would be 56 gallons. Water is cheap, if you have the room, more is always better. You can always share what you don't need.

* - * - *

1-D-3-d - UTILITIES

Living on the grid in the 21 century comes with the benefit of exceptionally reliable electricity and heat in homes that are well insulated. It is hard to imagine what would keep natural gas from flowing or electricity beyond a week in most parts of the county, while the event of totally systematic loss of heat or electricity is remote, it could happen. If you do not have heat in American it is more likely because you can't afford it. Millions of Americans are forced to make the decision between having heat, food, or medications every day. A plan for the loss of these resources for these reasons is an unfortunate realty in the wealthiest nation on the planet. The primary need for heat can be supplemented with small heaters and living in closer proximity to each other or moving into a basement where the temperature stays more moderate. For people living with propane, having an alternate fuel sources like wood is entirely possible but for the bulk of us living entirely on the grid the option will be to bundle up and deal with less or no heat.

Many people take to snowshoeing and mountain climbing for weeks on end and do simply fine with the proper gear. Extra blankets and layers of clothing need not be expensive if you know what to look for. Sitting around doing nothing can also make you colder. If you have the calories and ability, create heat by being active. Alternative cooking is easily done on a barbecue, camp stove or even backyard fire ring. The loss of gas or electricity for a short period of time is inconvenient, but prolonged can be deadly. A good primary plan for the loss of electricity is having some simple flashlights, lanterns, and the means to charge devices like a phone will be handy. Contingency plan would be to run a generator, harvest and burn wood heat, when possible. Your emergency plan would be evacuation, when the absence of heat or electricity threatens your life, your best bet is to simply leave to find more suitable shelter.

* - * - *

1-D-3-e - SIGNALING AND MEDICAL

Communications, providing self-aid, and means of protection are not priorities as such, but considerations which run in parallel with all other priorities. We live in a civilized world connected by means of advanced communications. For most people, the primary means of communication will be through the landline phones, the cellphone and internet. If the phone lines are down or your carrier's cell tower jammed up by too much use, having a prepaid phone as a backup on a different service might be a good idea. A contingency form of communication could be a simply two-way radio in hopes that others in the area have one too. Another contingency would be so taking a bicycle or walk to another household, or to where other people are congregating. The benefits of using a radio is that time and energy it saves on communication when the grid goes down. Many communities have a ham radio club who have a means to broadcast messages out to other clubs or stations in the area and region. It is possible that the radiogram could be sent from your location across the country or anywhere in the world either through direct transmission, or by relaying the message from station to station. If you do not have the means for this capability, someone in your community should, or at the very least you should know who does in your community. Emergency forms of communication when the grid is down may consist of writing a message on a paper and sticking it to your door, mailbox, or window. In areas prone to flooding or surges, a large sheet with the word “HELP” could be handy in the event an airborne rescue is likely. After many events communities have been known to use ribbons or glow sticks as a

system for indicating whether occupants in a house are okay, need assistance or help. Red meaning help, green means were good, keep going, and yellow meaning were okay, but could not use emergency personal/first responder assistance. As a neighborhood or community, you could come up with your own ribbon system.

If you have a core group of people within your area and beyond which you will rely on, simplify your plans by concentrating on how you will communicate with them. Messenger on foot or bike, radio?

Save your hard-earned bucks and resist buying too much in the way of medical supplies, especially if they are supplies you do not know how to operate. In all the areas of emergency preparations, the worst advice is often given around medical assistance. The adage "it is better that have and not need," or the thought that if you do not know how to suture for example, but someone else will therefore you should have the kit sounds reasonable. In realty, it is just a waste of money. Also, do not listen to anyone who advises you on stocking up on medications for aquarium fish. You're better served spending the money on a basic first aid course and/CPR course and buying a simple off the shelf-home first aid kit. If you can afford it, I highly recommend a wilderness first aid or first responder course. Either is worth the money and will teach you how to diagnose, stabilize, and improvise medical attention in the field. If you are carrying a weapon, then it is also highly recommended to take a course in bleeding control and management as well.

* - * - *

1-D-3-f - PROTECTION

Having a weapon such as a firearm can be comforting in many dire situations. In all other times, firearm ownership can be simply inconvenient. Owning multiple guns for example can become a liability, posing even more problems than they are worth, especially if you need to leave your home for whatever reason and your armory was put directly into the hands of the enemy. Military vets will tell you that your rifle is your main weapon, and that is true for the military. But in the civilian context, it is the pistol. The pistol can protect you at close range, be easily transported and secured, hidden, cached or if needed, or [legally] traded in a dire circumstance.

The best pistol caliber for most people is the 9mm as that is the most common, with .22 coming in at a close second. .22 caliber is good, not for its takedown power, but its low price point, its availability, and because it is easier to transport. Anyone can fire a .22, even a child.

Second to the pistol in usefulness for defensive purposes, but also working well for hunting, is a shotgun. While it holds less rounds, the need for precision is not as important. A 12 gauge would be the standard shell, loaded with buckshot. The fantasy of a group of marauders storming your house is ridiculous. Most home invasions consist of a single person, a three-shell shotgun will take care of three people, more than adequate for 99% of the time.

You might have heard the phrase "the best defense is a good offense." While the strategy does not hold up in a court of law, it is exactly what we are seeing play out on American streets. For an effective offensive strategy to defense, there are few better platforms to consider than the AR-15 chambered in .223/5.56. We need not look any further than our local police to see this strategy in play. Over the course of the last 15 years, we have watched police evolve from a purely defensive force, into an offensive force. They have also traded their cruiser's shotgun for the AR-15 on the justification for better defense. All semantic games aside, form fits function, and this weapon was originally designed for an

effective assault. Hence, it is genius as an assault weapon, and the reason why many armed forces around the word use them and their variants. This weapon was designed for the theater of war, to be effective over both distance and in close quarters. The lightness of the weapon and its slight recoil allows it to be formidable in the hands of even the slightest 18-year-old infantry. A thirty round magazine can be removed and replaced quickly, creating an amazingly effective force multiplier. The 5.56 round is a good generalist round, a balance of efficacy, power, and weight and giving the user the ability to carry more rounds on their person with deadly effect.

Selecting which firearm is best for you will be best determined by your threat, location, and your level of desired training. For those who are new to firearms, you will quickly realize how opinionated some people in the gun community can be. They will contest and argue over anything and everything. More times than not, soliciting help in selection or even training takes some time and some shopping around. Do not fall victim to one person's narrow-minded opinion. Just remember that the same narrow minded people who make up the conservative right in this country are mostly the same people who patronage gun stores and troll internet forums. Also, don't get caught up too much in the need for a plate carrier, chest harness and all the other kit of war. Focus first on your fundamentals. Take that money and first buy a good case so that you can transport the weapon to the range and training events. Your next purchase should be a good optic, iron sites are a thing of the past, something to know how to rely on, but it is unlikely you ever will. Lastly, buy more ammo to send down range.

After you have received the aforementioned first aid training, it is highly recommended getting a height quality individual First Aid Kit (IFAK) which is designed for treating gunshot wounds. After you have learned to effectively create holes and plug them up, then consider a carrier which can stop them all together. If you do not want to get a firearm or think about people in your family or groups who would not want a firearm, consider a backpack with an armored plate instead. It is the bare minimum, worn on the front or back, relatively inexpensive, and without a rifle in hand, still offers a level of protection from a shooter hesitant to fire on an unarmed person. When you carry a weapon into any engagement, you need to take responsibility for the fact that you are willing to become a target. There are no do overs, time outs or unfair rules in a fight. Further, if you break the law you are no longer in a defensive position, you have become the enemy.

* - * - *

1-D-3-g - AUXILIARY KITS

Auxiliary kits are kits that you put together with specific threats in mind. For example, if you are concerned about the pandemic of any kit, a kit to take care of sick people, medical waste and setting up a quarantine area would be in order. If you are worried about flooding than having an extra sump pump, extra plumbing supplies and fans would be wise. If you are worried about being stranded in your house by high water a kit kept in the attic with a sheet, some flares and such would be warranted.

1-D-4 - COORDINATION

No one is an island in and of themselves. We require the assistance of all those around us in order to survive. It is how humans have continued to exist for so long. If we want to survive emergencies, we need to learn how to coordinate. We will go over more on this topic in the next section, Section E: Unit Operations. But remember that without community, all this is not worth doing. We want to keep everyone safe, and you need more than just one person to qualify to be called "everyone."

* - * - *

1-D-4-a - SUPPLY CHAINS

One aspect of working within a community or a group which relies on mutual assistance is that everything you put pack for yourself could also be used in a long-term incursion, as likely of a scenario as it could be.

Local situations can come to fruition quickly and having resources on hand to help is an indispensable nature of working within an alliance. One's house or yard could serve as a quarter or camping location for people coming to the area to help, perhaps setting up an informal airBnB. Food is often controlled by governments or militia groups to control the people and keep people from fighting. Guerrilla fighters need food and medical supply is just as much as rifles and bullets. If all of us had some food, ammo, and a supplier to offer, A trailer and local supply chain could be created to store and move goods and services to where they are needed. Helping the community, any community, in the end helps our cause. A comrade's home could be a safe place to put a head down at night free from the paper trail of a hotel. Aside from the treasures of food, fuel and ammo which can be shared, so too can talents. Auto mechanic work, communications, information technology expertise, growing and raising food, and many other skills can be freely shared among comrades. If the means of production is in the arms of the laborer, then it is in the willingness to share one's talents to a wider community. Sometimes, talents and time of others is not enough, and treasure, or funds may be required to see a critical event through. Microfinancing and crowdfunding can serve as a twentieth century financier to circumvent banks. If everyone pitched in five dollars to this event, ten dollars to the next, a formidable, decentralized war chest could be amassed to see that the fascist not raise their heads in our community again.

1-D-5 - CONCLUSION

When planning on amassing emergency supplies and build skills, just keep in mind that the preparedness community (preppers) exploit the extremes of emergency situations to get more viewers or customers. While there is a multitude of great information made available by them, most often the information provided is unrealistic or not helpful in practice. A Google search for bug out bag ideas will bring thousands of hits on how to set one up, but you will never find a genuine after-action report for how they performed in an emergency. Preppers will spend time going into detail as to how to store seeds for a survival garden but have no plan on amending the mostly clay soil in a person's back year. They will go to great lengths on building the "ultimate" as a guzzling bug out vehicle, which will be proved to be worthless after a run-on fuel; not to mention completely worthless on a road not plowed in winter. There will never be an end time for our civilization, these are the fantasies of people who feel a loss of power or control over their lives. Being a prepper means to be an escapist from reality. There will always be bumps in the road, as 2020 seemed to have been apt in showing us. We always have in existence the full weight of a body of science which can be thrown a problem when in need, we have the most advanced medical capabilities, and like it or not a global economy riding on our success. These are dynamics which cannot be ignored. We are not going back to the technology of the 1800's nor should our thought process, or politics or understanding of the world and its rich and diverse people. That all said, the real dangers which loom over us are the inescapable environmental changes due to climate change and the failure of our economy which allows for the stock market to surge while 1 and 4 children go hungry.

SECTION E - UNIT OPERATIONS

Author(s): Chowa
Editor(s): gdogabbott

Subsections

1-E-1 – INTRODUCTION

I know you have heard the old saying that "No man is an island." It is certainly true, for the most part. People can provide supplies and protection for themselves in an environment where the threat is small. But what happens to you if you're alone in a disaster, cut off from the world? What do you do if you are stuck in your city or town, logistics have broken down to bare essentials and there is little natural land left to use? The answer to this question is: don't let it happen. People have an inherent need to stick together and survive turmoil. That's our biological priority number one. We are a social species, that is what our brains want us to do.

You should never find yourself alone when the shit hits the fan. One of the most fundamental laws of survival is simple: stick together. Focus on creating a tight group of friends or loved ones who will be by your side when you all will need one another. Everyone should know what the goal is, where they fit into the team structure, and where they should be going.

1-E-2 – WHAT IS A "UNIT?"

Having people in a gaggle is not enough to have a shot in handling emergencies. In fact, if you gaggle a bunch of untrained and unprepared people in one place, it will be pure chaos. Chaotic groups do not last long in the long run. They have a tendency to splinter apart or fall into divisive power struggles for leadership roles. In a situation where prolonged sustainment in an unsure environment, organization is key. It will keep your team together, keep them focused, and keep them alive.

A simple way to keep your team running like a well-oiled machine is to think of yourselves as a "unit." Or, if you're a sports fan, call yourselves "the team." It cannot, however, be some hierarchical power structure where one is atop a pyramid and the rest at their feet. Everyone has a role and all roles are equal. In the metaphor of sports, your team cannot run passing plays without someone to throw the ball and someone to catch it. Both positions are equally valuable during the pass. Even after the pass is made, then another may need to be made. That is why everyone should be able to both throw the ball and catch it.

Yes, everyone should be able to function on a basic level on your team. But, in basketball, some people are better at shooting from the three-point line than others are. In baseball, teams will have designated hitters because they hit the ball that much harder. Don't worry, the sports metaphors end here. Just remember that in the overarching goal of managing disaster or conflict, there are a few positions in your unit that you should most definitely have people lined up for. Here are the key positions in simplest terms. Keep in mind these are not hard terms; your unit can coin their own names for these positions or not have names for them at all.

Key Unit Positions:

Captain:

- Elected by the unit.
- Handles the reins and give the unit vision & direction.
- Liaisons with local first responders or lateral units.
- Leads by example with a strong moral compass.

Lieutenant:

- Elected by the unit.
- Helps the Captain direct the team.
- Executes plans while the Captain acts as liaison.
- Acts as liaison when the Captain is busy.

Scout:

- Sharpest eye in the unit.
- Keeps an eye on potential threats.
- Moves ahead of the unit to scout for potential problems.
- Keeps the unit alerted for possible changes in weather/climate.
- Keeps an eye on the rear as unit advances.

Medic

- The most medically savvy on the team.
- Have medical training (at least first aid & CPR certification)
- Experienced at least a few medical emergencies and can remain calm.
- Carries not only spare IFAKs, but a medic's bag, as well.

Navigator:

- Knows the locale the best in the unit.
- Has knowledge of less-trafficked areas or hiding places.
- Plots possible paths of egress or advancement.
- Should know shortcuts in a pinch.

Point:

- Most initiative on the team.
- Once an area is scouted, the point's job is to protect the team.
- Should have high physical conditioning and sharp reflexes.
- The will move first as the unit advances.

This does not mean that you can only have six people on your team. These are just critical positions that need filled if you want to move safely and effectively. Your unit may be 35 people, in which case you can assemble sub-units of five, each with its own set of roles. The flexibility of these roles is endless; adapt it to your taste, your unit, your area and, most importantly, your safety. It may not even be safe for you to operate in bigger groups. If so, most of these roles can be utilized remotely.

So you might find yourself thinking, "Where do I fit in with those five jobs?" That's only natural, most people have never experienced traumatic events for themselves. They have no idea how they would react in an actual, bona fide disaster or conflict. One thing to remember when designing your unit, is for your people to be honest with each other. If you cannot be truthful with each other before disaster strikes, then I cannot fathom how poorly you would perform when the stakes are life and death. Sit down together (or meet online if you live separately, COVID-19 is still a thing at the time of writing) and brainstorm together. Call each other out if you don't think that someone is right for the job. Feelings are less important than surviving, so make sure you can handle constructive criticism.

1-E-3 – FINDING YOUR ROLES

I want you to gather your unit and get them thinking about these things. Determine what roles are necessary for your unit and which are not. Add new ones, remove the ones you don't need. You can have a single leader, call them "Big Boss" and have ten lieutenants called "Lil' Bosses" for all that it matter. The aesthetic is not important. What is important is crafting a reliable, form-fitted team that will survive disasters together. Your team should be able to handle disaster so handily that you can branch out and help others handle it, as well. A team of Defenders should be a beacon of hope in any situation where people need help.

That is why you must sincerely think about leadership, and be careful about who you give the reins to. The power-hungry should never have responsibilities. Your Captain should not be someone who craves the desire to lead people. That is a control-freak disaster waiting to happen. Leadership is, in most people, innate. People have a great way to feel out one another over time, and we have gut instincts that tell us who our leaders should be. While this feeling could be manipulated by the devious, I am working under the assumption that your team is tight-knit, knows each other really well and doesn't desire to screw one another over. Here's an exercise:

Think of your friends. Think of your family. Who among those do you perceive to be a leader? You may have some idea, given enough time. Now, take that little exercise and apply it to your unit. Who is your natural leader? Who is the one who doesn't have to beg and plead for leadership? Have everyone ask themselves this question. Elect your Captain this way. Don't just hand it to the person who asks for it. Leaders that are truly meant for it earn it through positive example and decisiveness. It should be a natural fit.

Sit down with everyone and go over every role you all decide to use. Think about the duties and responsibilities that each role will have and weigh them against one another. The team will elect the Captain by whatever voting method you choose (a simple majority or two-thirds majority could work), and the same for the Lieutenant. As for the other roles, people should be able to volunteer for them. If one other person seconds the person as a volunteer, they have the role. The unit should also have a rule that roles can be reassigned if the group votes for it.

1-E-4 - ORGANIZATION

Once that everyone has been placed in their roles, where do you go from there? What is the team to do before a disaster in order to be more effective when one happens? I will be honest here, it is tough to get direction in the beginning. There is still a lot to be done after everyone has been put in their role. What is the first step, how do you proceed?

GET ORGANIZED!

Get your affairs in order, have the supplies on standby, have plans for every situation. Begin to line up everything that your team will need so you don't even have to think about it. Get your team a list of supplies for each role and each person outside a role. Have them garner those supplies on their own and have them handy for when the unit needs to get together. Organization is the key to survival in most of these cases, and the combined shouldering of financial responsibility will enable the team to gather much needed supplies with less impact per person. Organize in this order:

1. Create a general gear list for each role as well as general unit members. The Captains, Lieutenants, Medics, Scouts, Navigators and Points should have individualized gear lists, as their job duties dictate. This is covered in "Chapter a" of this subsection.

2. Create a general action plan for each role and general members. This is the base plan that everyone will fall back to when all specific action plans have failed. This is in "Chapter c."

3. Create specific gear lists for specific emergencies. For example, a flood will have much different necessary supplies than an earthquake or civil unrest will.

4. Create specific action plans for specific emergencies.

* - * - *

1-E-4-a – GEAR LISTS

A gear list is a tedious thing to make. You have to sit down, think about every possible item you might need, write it down, gather the things, and them keep your stock replenished indefinitely. When you say it out loud, it may be slightly reminiscent of the "prepper" culture, where you will gather an amount supplies that will last you until time itself ends. This is most definitely not that. A gear list is a list of absolute essentials that Defenders will have to carry with them while they do good in their neighborhoods. It needs to remain light, tightly packed, and versatile. A good rule of thumb for a gear list is that you should be able to carry everything on it with you and last three days in any given scenario.

Now, keep in mind that this is more along the lines of individual gear lists. General supplies that your entire unit should have on hand are covered in Part 1, Section D, Subsection 3 (pg. #). Each person should be able to fit their entire gear list into or onto a hiking backpack no larger than 65L. Medics are a separate entity in that they should also carry medical supplies on top of their own gear. Here is an example general gear list for each member of a unit.

Gear List:

Documentation

- (1) Driver's License
- (1) ID Card
- (1) Field Notepad
- (1) Field Pen

Communication

- Two-Way Radio
  - (1) Baofeng UV5R
  - (2) Battery
  - (1) Car Charger
  - (1) Standard Charger
  - (1) Radio Headset

Clothing

- (1 pr) Hiking Boots
- (2 pr) Sturdy Pants
- (2) Sturdy Overshirt
- (2) Warming Layers (Thermals)
- (2) Appropriate Headwear
- (1) Rain Jacket
- (1) Rain Pants
- (1 pr) Weather Gloves
- (1 pr) Shooting Gloves
- (4) Underwear
- (4) Undershirt

- (3) Hiking Socks
- (3) Athletic Socks
- (2) Boot Laces

Camp Gear

- (1) One-person Tent
- (1) Sleeping Mat
- (1) Sleeping Bag
- (1) Trench Tool, folding
- (1) Machete
- (1) Lantern, 300 lumen
- (1) Tarp, 6'x8'
- (300yd) 550 Paracord
- (1) Multitool
- (1) Sewing Kit
- (1) Solar Electronics Charger

Hiking Gear

- (1) Hiking Pack, 65L
- (3) Waterproof Bag
- (1) Pack Cover
- (1) Water Source
- (1) Headlamp/Flashlight
- (1) Glow Belt

Hygeine & Health Gear

- (1) Toothbrush & Paste
- (3pk, 75ea) Field Wipes
- (1) Bug Spray
- (1) Sun Block
- (1) Foot Powder/Spray
- (1) Soap
- (1) Chapstick
- (1) Razor & Cream
- (1) Deodorant
- (1) Hand Sanitizer

Medical Gear

- (30 Days) Personal Medication
- Individual First Aid Kit (example is "Sportsman Whitetail Medical Kit" from Adventure Medical Kits)

Wound Care/Sprain/Blister

- (1) Easy Care First Aid Card
- (1) 10cc. Irrigation Syringe with 18 Gauge Tip
- (3) Butterfly Closure Bandage
- (1) Skin Tac Topical Adhesive Wipe
- (6) Antiseptic Wipe
- (3) Triple Antibiotic Ointment
- (1) 3" x 3" Petrolatum Dressing
- (2) 2" x 2" Sterile Gauze Dressing, Pkg./2
- (2) 4" x 4" Sterile Gauze Dressing, Pkg./2
- (2) 3" x 4" Conforming Gauze Bandage
- (1) ½" x 10yds Tape
- (1) 2" Self-Adhering Elastic Bandage
- (1) Triangular Bandage
- (4) Knuckle Fabric Easy Access Bandage
- (6) 1" x 3" fabric Easy Access Bandage
- (1) Pre Cut and Shaped Moleskin (14 pieces)
- (2) Alcohol Swab
- (1) Cotton Tip Applicator, Pkg./2

Stop Bleeding

- (1) Easy Care First Aid Card
- (1) 5" x 9" Trauma Pad
- (1) Pair Nitrile Gloves

Medication/Instrument/Manual

- (1) Wilderness and Travel Medicine: A Comprehensive Guide by Eric A. Weiss, M.D.
- (1) Easy Care First Aid Card
- (3) After Bite Sting and Bite Relief Wipe
- (1) 4" EMT Shears
- (1) Splinter Picker/Tick Remover Forceps
- (2) Aspirin (325 mg), Pkg./2
- (2) Ibuprofen (200 mg), Pkg./2
- (2) Antihistamine (Diphenhydramine 25 mg)
- (2) Acetaminophen (500 mg), Pkg./2
- (1) Patient Assessment Form
- (1) Pencil
- (30) Safety Pin

This is just an example, and just a single general member's list. Medics will have more medical equipment, Captains will carry communications equipment, Navigators will have maps and map pens,

Scouts will have binoculars and lighter packs, etc. Full example gear lists will be found later in the manual.

* - * - *

1-E-4-b – DANGER LEVELS

Action plans are essential if you want to be able to get into gear as smoothly and quickly as possible. In an emergency, there is little to no time to waste. Every second counts, and it can take a long time to spin your wheels in the mud if your unit doesn't have a plan. In the mean time, precious time is wasted and people are put in danger as a result. Long story short, you have two choices: have a plan ready and have a chance of success, or fail. Don't leave room for error, and don't doom your unit to failure. In times of crisis, there are no do-overs. There is no respawn timer. If you slip up, you could get people killed or injured grievously.

Begin crafting a plan now, even if you are totally isolated from danger in the Alaskan wilds. It cannot hurt you to have some idea of what to do if you find yourself or others in danger. It does not have to be a complicated series of branching choice paths or a flow chart that looks like a microscopic circuit diagram. For more info on how to craft a plan, see Part 1, Section D, Subsection 2 (pg. #).

This section will focus mainly on how to create an action plan specific to your unit's operation and needs. This is a process of planning your unit's ability to get ready and act out the preemptive plans we learned in Section D. It is a simple flow chart that tells members how to organize and how to get their unit ready to start. There are multiple layers with simple plans for escalating levels of danger for the unit. Here, we will discuss a simple escalating danger level, with easy to understand specifics.

Danger Levels

- **Level 1 - "Clear"** - No imminent physical danger to unit. Plans can be enacted with no interference. "All clear."
    - Emergency situation has not unfolded yet.
    - This is the ambient level of danger for your environment.

- **Level 2 - "Alert"** - Very slight chance of physical danger to unit, and plans may be impeded. "Remain alert."
    - Emergency situation is on the horizon.
    - People are beginning to get nervous, aggression is possible.
    - Example: a hurricane has formed off the coast and might come your way.

- **Level 3 - "Caution"** - Slight chance of physical danger to unit, and moderate probability that plans will be impeded. "Exercise caution."
    - Emergency situation is close at hand.
    - Panic has settled into the population.
    - Aggressive tendencies are much more likely to manifest here.
    - Example: hurricane has moved toward your city and if it doesn't change direction, it will hit soon.

- **Level 4 - "Danger"** - Moderate chance of physical danger to unit, and high probability that plans will be impeded. "Danger likely."

- Emergency situation has struck.
- People in the area are beginning to flee, hide or bunker down.
- Aggressors will almost certainly begin to look to cause trouble here.
- Example: pre-hurricane rains have begun to fall and wind is picking up. Signs of storm escalating.

- **Level 5 - "Emergency"** - High chance of physical danger to unit, and extreme probability that plans will be impeded. "Calling emergency."
  - Emergency situation has escalated and does not slow down.
  - People cannot move from shelter without danger to themselves.
  - Example: hurricane has escalated -- both high winds and heavy rain begin to batter your city. Signs of floods.

- **Level 6 - "Crisis"** - Physical danger is a guarantee, plans will certainly be impeded. "In crisis."
  - The emergency situation has begun to destroy people's bunkers and hiding places.
  - People, even in shelter, are in extreme danger.
  - Example: flooding from the hurricane is beginning to force people out of their homes and into the devastating storm.

The Captain will have to assess the danger level your area is under. In order to properly assess the danger level, the Captain must confer with the entire unit to gather information from the entire team. This will help the Captain determine if the problem is an isolated incident or if emergency procedures need to be enacted. When it comes time to make the call, the Captain and Lieutenant must agree to enact emergency plans.

* - * - *

1-E-4-c – ACTION PLANS

Once the unit is in agreement on a sufficient danger level, and emergency procedures have been enacted by the Captain and Lieutenant, you have to have an Action Plan to get the unit together to begin your PACE plans. The goal here is to navigate the current danger, gather the unit in a single place before you can even get to your PACE procedures. This is usually a simple plan in design, but rather tumultuous in execution; many variables will present themselves for each step in your plan and could derail it altogether if you don't have sufficient backups. That is why it is imperative that you get on track ASAP. There is no time to waste when the Action Plan gets enacted.

So there are three basic phases where action plans are considered.

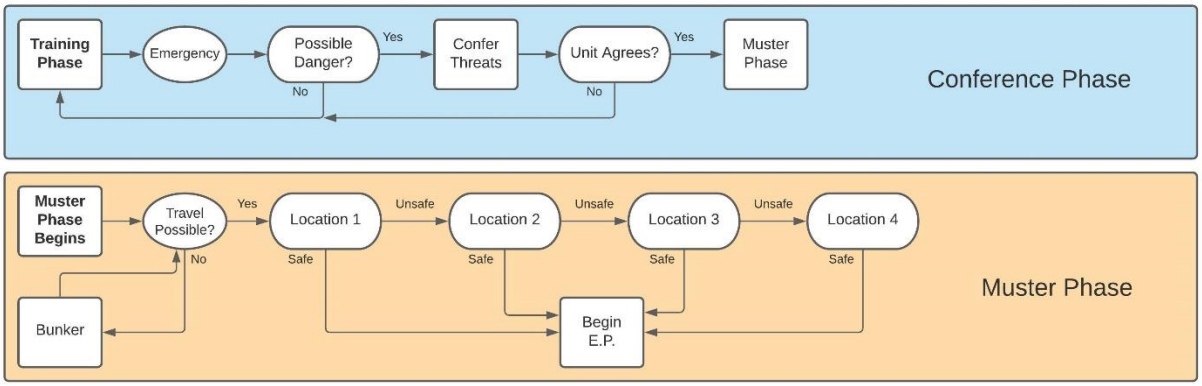
Action Plan Phases

Phase 1: Training Phase - This is the ambient phase, where nothing is going on but regular unit preparations and training.

Phase 2: Conference Phase - On the event of an emergency, the Captain will confer with the Lieutenant. If they think there is a possible danger to the unit, they will confer with the rest of the unit to verify. If the unit is in agreement on the danger being present and pressing, then the Captain will call a move into the next phase.

Phase 3: Muster Phase - This is the dangerous part of the Action Plan. This is moving people from their respective shelters, homes or bunkers, and into a consolidated location to meet up. If the danger is pressing enough, the Captain can determine that it is unsafe to move yet. He will instruct the unit to bunker until further notice. Once the Captain and the Lieutenant confer and agree that travel is safe enough, they will direct the unit to move to the first location the unit has selected for its primary rendezvous point. If it is safe and all members have mustered, then Emergency Procedures can begin.

Members first arriving to the sites will stay in touch with leadership so if it is determined to be unsafe, they can call to move to the next location. If no locations are determined to be safe, then the Captain can call another bunker order until a new, safe location can be selected.



(Appendix E, Figure 1)

As members begin to show up to sites, the Lieutenant will take a roll call. Once the unit is fully mustered, then the Captain and Lieutenant confer with the rest of the unit to discuss how to proceed. Likely the unit will decide to continue on to Emergency Procedures, but it may also be good to muster once to get a head count, check on everyone and distribute supplies to unit members before bunkering down again. It is all up to the unit, and decisions like that should be put up to a vote. The Captain is the last to vote, and breaks any tie.

1-E-5 – ESTABLISHING COMMUNICATIONS

In unit operations, communications is absolutely vital! I cannot iterate clearly enough just how important being able to communicate within the structured unit you are creating is. You will need a direct line of comms to all people in your unit at all times, regardless of the situation or danger present. Being cut off from your unit is deadly if the circumstances are dire enough. If you lose communications, get them back at all costs. If that fails, you need to get back in direct contact with your unit as soon as possible to try to establish new comms.

Now when we say communications, you may imagine an old-school radio backpack on the back of the radio operator of an infantry platoon. You know, with the big antennas and goofy headsets, just an absolute target for enemy snipers. That's not how modern comms is or needs to be. At the moment, we are in contact with the entire globe at once, and can send messages directly to anyone within milliseconds. We have sophisticated cell towers, signal distribution hubs, satellite networks, headend fiber nodes, and a vast infrastructure that allows this. In an emergency, that infrastructure may actually still be functional. Think of it; you could be a network of volunteers in an area rocked by an earthquake communicating over Discord. You could have a Skype session open with live feeds from all your individual unit members at the same time. It is a concept that is possible if you're still able to access cell towers or the Internet.

Now, if you find yourself in a scenario where there is no cell towers viable, or no Internet access, you will need to rely on some more traditional short-range methods of communications. To get ahead of this network-less scenario, go ahead and get some standard comms ready. I'm talking about RF communications. To keep it simple enough for beginners to pick up, let's break this down into a few simple steps to get your unit on radios and yakking at each other.

Step 1: GET A RADIO! - Decide on a radio for the unit to use. In the "Gear List" chapter, we listed the Midway GTX1000VP4 as gear required on the example gear list. It's a good starter radio for one reason; it is *everywhere*. If you really get in a pinch, you can find one of these at basically any department or sporting good store. If you've got more time on your hands, look into the Baofeng UV-5R; it's like $20 and it has nearly twice the broadcast power. Keep in mind, however, most places will take a while to ship one of these to you. You all can pool resources to ensure that each member of the unit is equipped with one of these bad boys.

Step 2: SET YOUR CHANNEL AND PRIVACY CODE! - Once you all have a radio, decide on a channel to use. Have everyone tune to that channel. Some radios allow for specific frequency instead of set channels. Make sure that everyone has their radio set to the same channel. Also utilize the privacy code setting as well. It is not extremely effective encryption, but it is effective for most situations. Works the same way as channels; make sure everyone is set to the same code.

Step 3: DO YOUR RADIO CHECKS! - Once you have a set channel and privacy code, test out the comms for every member. Spread out until you are out of earshot of each other and have each member sound off. If everyone can hear everyone else, then you are all set. Do this every few hours or more frequently if you find it necessary.

Step 4: GET SOME LONGER-RANGED EQUIPMENT! - This will be the job of the Captain, Lieutenant and Navigator. While handheld radios can work in a pinch, if you're in an area of operations larger than a few miles in diameter, you will need some beefier comms equipment. HAM radios are ideal for this, but the setup and execution are extremely unfriendly to beginners. Another cheap Midway radio setup can work for you here. Look for the MXT115VP3 MicroMobile. It comes with a signal boosting antenna as well as a more robust transceiver. This can go in a car, house, or simple battery hookup, with a clip and can increase your comms range by quite a bit. Especially critical if your scouts are more than a few miles away. If your operation area is big enough or if filled with obstruction like a forest or a city downtown area, get a bigger antenna.

Step 5: CHANGE CHANNELS AND CODES FREQUENTLY! - Every day or half-day, randomize your unit's channel and privacy code. DO NOT USE A PATTERN; random numbers only. Get a number randomizer installed on your phone if you have to. Patterns are easy to pick up and your signal will already not be secure for prolonged periods of time.

Step 6: KEEP CHATTER TO A MINIMUM! - In a standard operation or aid effort, radio silence should be observed unless it is critical information being delivered. When rendering medical aid or trying to remain silent, it is absolutely critical that no one clog up the channels.

Step 7: UTILIZE A RADIO FRIENDLY ALPHA-NUMERAL SYSTEM! - Radio speak can be fuzzy, distorted and come in and out. Memorize a phonetic alphabet and numeral system for use when relaying numbers or letters over radio. The NATO phonetic alpha-numeral system works great for this! Make sure you <u>really</u> enunciate these, as even with an easily recognizable system, it can be garbled over radio. Another radio courtesy rule is that you do not read complex numbers or words if the message is vital. Give a half-breath pause between each character. Here is an example: "Fuck 45" would be "Foxtrot.. Uniform.. Charlie.. Kilo.. Foh-wer.. Fife." Or another example: ACAB is "Alpha.. Charlie.. Alpha.. Bravo."

Radio comms can get a lot more complex than those listed above, but don't worry about that at the moment. Get everyone in your unit to understand these basics, get some compatible comm gear and you will be all set.

* - * - *

1-E-5-a – RADIO ETIQUETTE

There are a lot of rules regarding radio comms in most organizations. Each one can have its own alphabet, lexicon and rules. But for a beginner, you don't need to be overwhelmed with a giant list of radio communications etiquette. Again, you don't have to use these, but it can make your transmissions a bit more intelligible to those receiving it. But, if you're going to be talking to people outside your group who may not understand your lingo, you need to understand simple radio etiquette.

Example of a radio check and a simple breakdown:

MESSAGE 1: Captain to Lieutenant
Radio: "Banshee 2, this is Banshee 1. Radio check, over."

English: "Marla, this is Davie. Can you hear my message?"

Structure: (Code name being addressed,) this is (Code name delivering message).(Order to report back on radio signal strength.)(End of message, need response).

MESSAGE 2: Lieutenant to Captain

Radio: "Banshee 1, this is Banshee 2. Read you loud and clear. Over."

English: "Davie, this is Marla. I can hear you clearly and there is no static."

Structure: (Code name being addressed,) this is (Code name delivering message).(Report of radio signal strength.)(End of message, need a response).

MESSAGE 3: Captain to Lieutenant

Radio: "Copy that. Maintain radio silence. How copy? Over."

English: "I heard you. Keep the lines clear. Do you understand?"

Structure: (Confirmation of message delivery).(Message with orders).(Return affirmative).(End of message, need a response).

MESSAGE 4: Lieutenant to Captain

Radio: "Solid copy. Wilco. Out."

English: "I heard you. I understand and I will comply."

Structure: (Confirmation).(Acceptance of orders).(End of message, do not respond).

I tried to break it down as best as I could, but there are some things that will feel unnatural to you as you begin your journey down this path of clear, concise radio transmissions. Once you get used to it, it's not so bad. It will become essentially another language to you and will come naturally.

For your reference, here is a list of simple pro-words for beginners:

Radio Check	Can you hear my message clearly?
Go Ahead	I hear you and I am listening for your message.
Stand By	I hear you but I cannot respond right now.
Roger	I heard you and understand you.
Negative	No.
Affirmative	Yes.
Say Again	I need you to repeat your last message
Over	My message is over, please respond.
Out	My message is over, please do not respond.
Break, Break, Break!	I am having an emergency, halt communications.

Read you loud & clear	If asked for a radio check, this tells the asker that you received their message clearly. Can also say "I read you 5-by-5," where the message is clear and free of static. On the other end, "I read you 1-by-1" means "I can barely hear you and there is a lot of static."
Come in	Do you hear me? Please respond.
Copy	I heard your message and understand.
Wilco	I heard your message, understand it, and I *will comply* with your direction.
Repeat	Say before a phrase or item you repeat. "Sighted on fifth street, repeat fifth street. How copy?"

We will cover more intricate radio communications a little later in this manual. See Appendix E, Section 4 (pg. #) for more useful pro-words.

1-E-6 - CONCLUSION

Overall, the first thing a beginning Defender needs to understand that we are all in this together. Your unit needs to be your family. You need to be surrounded by people that you would be willing to put in charge of your safety and vice versa. Without a solid support structure, a Defender's ability to perform their duties is severely reduced. It doesn't matter what the emergency is, or what the type of danger is; you should be able to depend on one another in any circumstance. People who will need your aid need to be able to depend on you. There is a lot of burden to bear, and it is your unit's job to shoulder it together.

If you remember these simple rules, then you are off to a good start. Just do not forget that while we are all only human, with our combined desire for good-doing and willpower, we can overcome any obstacle. Natural disasters, famine, strife, and conflict; none of these things will be the end of your community if you work together and help one another. With the help and teaching your unit can give others in your community, you can make it through anything. You can teach others to do the same. Don't let your unit lose sight of this spirit, it is what brought you here in the first place.

PART 1 CONCLUSION

Author(s): Chowa
Editor(s): gdogabbott

Now that you've read through the basics of the Defender's toolbox, give yourself some time to absorb it, and take its principles into your mind. Re-read it a few times and let it soak in before beginning Part 2. Topics will get more complex and cumbersome from here. Newbies, please give your brain a rest and check your knowledge of Part 1. We want you to be sure that you will be at full readiness, and it will be hard for you to do that with your brain muddled. There are going to be scores and scores of new information fighting for space in your memory banks already.

If you have given yourself some time and feel like you really know your Part 1 stuff, get ready. Part 2 is going to expand on all of it and more. Part 2 will complete your individual Defender toolbox, and it will be quite heavy by the time we're done.

PART 2 – FRAMEWORK

INTRODUCTION:

After finishing Part 1, I hope you took some time to ruminate and research on the things you learned and put it into practice. The things we're going to be moving on to are going to start getting more and more complicated and have many more moving parts. Be proud of what you've learned so far but remember to stay humble and keep a growth mindset. In Part 2, we're going to be tackling a few new subjects and expand on ones we learned in Part 1. You should have some basic Defender chops at this point, and you should be ready to take on added knowledge!

For those of you that are still green to being out in the field, please understand that knowledge and practice are much different. Learning something in a written format does not always equate to being able to put it into practice in real life. If you haven't gotten to a point where you can put Part 1's teaching into practice, you should come back later, when you've had more time to do so. If you're ready, let's get to it!

PART 2, SECTION A - FRAMEWORK FITNESS

Author(s) - Chowa
Editor(s) -

Subsections

I. Graduating the Adaptive Foundation Program
   - A. Easing into the Mindset
   - B. Intro to Field Fitness
   - C. Intro to Strength Training

II. Fitness in the Field
   - A. Hiking Essentials
   - B. Learning Limits
   - C. Muscle Groups
   - D. Strength Training in the Field

2-A-1 - GRADUATING THE ADAPTIVE FOUNDATION

So if you've been following the foundational teachings of fitness in Part 1, you may remember the concept that I introduced called "Adaptive Foundation Fitness." Get ready to hate your fitness routine even more. You're going to keep your AF program going for fitness maintenance reasons, but we're going change a few things about it, while adding some more intermediate fitness routines. The reason we had an adaptive foundation is because we needed to get everyone who was interested in furthering their fitness abilities to *this point*. The AFF is about getting you here, to the Framework Fitness.

Let's talk about the body with my favorite metaphor, constructing a house. Everyone who builds a house needs to consider what the ground is made of on their build site. If the ground is soft, you need to dig a little deeper and construct a more robust foundation. If the ground is already relatively hard, you don't need to conduct as much prep work to get to a reasonable state to begin building. Every house needs a foundation that can adapt to the terrain. Here's the thing, though; once the foundation is set, it doesn't matter anymore. With a sufficient foundation, we can build whatever we need to.

So, in Part 2 of the Desk to Defender fitness program will tackle two main functional areas that all of us need to be ready to lean on:

Field Fitness - for building relevant muscle groups and cardio by getting your boots wet (literally)

+

Strength Training - working out in the field to build up our baseline strength level to ensure field efficiency

With our primary focus, field fitness is going to put you right in the thick of your local woodlands, national parks and natural environment. You'll be hiking with weights, heavy packs and with heavy boots. This is to get you used to several key factors of being a Defender: immersion in wilderness, field operations, and killer cardio. Hiking and walking with your kit is going to be the most useful fitness training you will get when it comes right down to it. *Especially* if you live in a mountainous area that has lots of rugged terrain.

Secondly, we're going to incorporate strength training into it because let's admit it, none of us do it enough. As was stated previously, you do not need to become a behemoth that can't fit through a fricking door. We just need to get strong enough to do the things expected of us. Strength training will help us further you in that regard. Don't worry, the generalized program we're designing here will not be a hyper-focused, protein-chugging, big plate squatting horror fest. We're going to work in shorter, more broad workouts to tackle major muscle groups *inside* your field fitness routine. This will help you create a cycle of training that gives each muscle group room to recover.

Like with the Adaptive Foundation program, this will not be easy. You will probably hate it and want to quit. We all suffer the wrath of growing pains. But you will hate these programs for very different reasons.

2-A-1-a - EASING INTO THE GROWTH MINDSET

So now that you have a basic idea of the scope of this program, you need to consider a few things. Our next level of training is, for lack of better words, hard as shit to get into. Now, if you followed the Adaptive Foundation to a tee, you are no stranger to rough beginnings. But, in the scope of a grander scale of fitness, that was kiddie play. It's one thing to develop basic muscle structure, it's another to 'pump your swell,' so to speak. While we are not going to be beefcakes that can squat a SmartCar, we do need to consider the arduous nature of emergencies. We may need to carry people, their animals, or supplies. We may need to fill and haul sandbags for hours to levy homes against floodwaters. While endurance training is very important, it can only take us so far in this regard. It is only fair to give yourself the ability to do so without breaking yourself.

Getting strong is not about being the next Hulk. It's about teaching your body to overcome complex challenges that it may need to face. We don't want to be runners only, and we don't want to be lifters only. To be an effective community defender, you need to strike a keen balance. You need to be able to carry people or heavy things, but you also need to be able to jog a mile or two to help people in crisis. The balance is hard to find, and can be a bit overwhelming at times when we don't meet our performance goals. Couple that with the generalized disdain for anything physical in American culture, you can find yourself in quite a rut. Let's talk about balance.

For a long time, we have been told that it is okay to let yourself be comfortable in this world and to allow yourself a bit of R&R. Yes, it is okay to enjoy the peace of mind that TV shows, video games and whatnot allow. There is nothing wrong with that. I mean, look at Henry Cavill, the guy who plays Geralt in the Netflix adaptation of The Witcher. He's a huge nerd, adores the Witcher video game series, and is well-versed in D&D and nerd culture. But he's also a beefy boi, with a great fitness routine and respect for strength training. Just look at him… c'mon. He's a perfect example of why you can't use video games as an excuse to get out of being fit. You can't say that fitness is for the birds or that you have no time for it. You can't say that you don't want to give up your lifestyle to squeeze in a fitness routine every day. Also, shut up, let me have my crush, dammit.

You can be whatever you want to be, do whatever you want to do and be fit. Take the word of Socrates, when he responded to one of his disciples saying "But Socrates [I do not need to be fit], I am not an athlete."

He said,

"Just as much as the competitors entered for Olympia. Or do you count the life and death struggle with their enemies, upon which, it may be, the Athenians will enter, but a small thing? Why, many, thanks to their bad condition, lose their life in the perils of war or save it disgracefully: many, just for this same cause, are taken prisoners, and then either pass the rest of their days, perhaps, in slavery of the hardest kind, or, after meeting with cruel sufferings and paying, sometimes, more than they have, live on, destitute and in misery. Many, again, by their bodily weakness earn infamy, being thought cowards. Or do you despise these, the rewards of bad condition, and think that you can easily endure such things? And yet I suppose that what has to be borne by anyone who takes care to keep [their] body in good condition is far lighter and far pleasanter than these things. Or is it that you think bad condition healthier and generally more serviceable than good, or do you despise the effects of good condition? And yet the results of physical fitness are the direct opposite of those that follow from unfitness. ***The fit are healthy and strong; and many, as a consequence, save themselves decorously on the battle-field and escape all the dangers of war; many help friends and do good to their country and for this cause earn gratitude***; get great glory and gain very high honors, and for this cause live henceforth a pleasanter and better life, and leave to their [families] better means of winning a livelihood.

I tell you, because military training is not publicly recognized by the state, you must not make that an excuse for being a whit less careful in attending to it yourself. ***For you may rest assured that there is no kind of struggle, apart from war, and no undertaking in which you will be worse off by keeping your body in better fettle.*** For in everything that [people] do, the body is useful; and in all uses of the body it is of great importance to be in as high a state of physical efficiency as possible. Why, even in the process of thinking, in which the use of the body seems to be reduced to a minimum, it is matter of common knowledge that grave mistakes may often be traced to bad health. And because the body is in a bad condition, loss of memory, depression, discontent, insanity often assail the mind so violently as to drive whatever knowledge it contains clean out of it. But a sound and healthy body is a strong protection to [a person], and at least there is no danger then of such a calamity happening to him through physical weakness: on the contrary, it is likely that his sound condition will serve to produce effects the opposite of those that arise from bad condition. And surely a [person] of sense would submit to anything to obtain the effects that are the opposite of those mentioned in my list.

Besides, it is a disgrace to grow old through sheer carelessness before seeing what manner of [person] you may become by developing your bodily strength and beauty to their highest limit. But you cannot see that, if you are careless; for it will not come of its own accord."

I cannot say it better than he did, millennia ago. I did add emphasis and remove some ancient misogyny, but the sentiment remains. What reason is there to *not* see just how far you can progress? Not even just for the sake of others, but for the satisfaction of doing something so concrete and visceral as increasing your physical capability. Don't take that to mean that you need to look like Henry Cavill or Arnold in his prime, but you do owe it to yourself to see what it's like to tap into your potential, even just a tiny bit. By the way, whatever you envision your potential to be… go ahead double that. You will find yourself much more capable than you thought. You'll grow much faster than you think.

Stick to the programs and revel in the pain of growth. Our bodies will lament all day long as we grow stronger. Cherish that feeling and know that you are moving forward in the right direction. To paraphrase Alexis Carrel:

"To progress again, people must remake themselves. And they cannot remake themselves without suffering. For they are both the marble and the sculptors. In order to uncover their true visages, they must shatter their own substances with heavy blows of their hammers."

2-A-1-b - INTRO TO FIELD FITNESS

There is nothing in this world quite as humbling as hiking a short, seemingly easy trail with your full kit. Sure, we can slap on some shorts, a t-shirt and a light pack and knock the trail out no problem. Putting your full gear list together on your back will make your perception of that trail change quite drastically. Try that same five mile trail with fifty pounds on your back, rugged boots on, a weapon (or heavy stick/pipe if you're in a park) strapped to your pack, vest full of ammo (or a few bricks), a plate carrier with armor inserts, rugged clothes and food/water. You'll get humbled real quick.

That very fact is the reason our intermediate fitness focuses almost entirely on field operations. We need to get you used to moving around with all your gear on, then doing some stuff after you've moved somewhere. It seems like it should be easy to get into the swing of it, but you will be surprised just how difficult it can be. Even adding a simple backpack with a bunch of junk in it for added weight will surprise you. Don't underestimate it, like most people do, or you'll drop out quick. Worse yet, overloading yourself is a surefire recipe to get injuries.

It's *hard* at first. Really, really hard. Your cardio will likely fail you. Your legs will be screaming in agony. You'll be completely winded by the time you get a tenth of the way through the trail. But the trick to this is just like any other of our programs. You need to ease into it. Because, let's be realistic, you *really* don't want to be the person who goes too hard, too fast, or too heavy and gets a calf cramp half-way through your trail. Especially with seventy pounds of kit strapped to you. Be humble, be smart and remember this:

Field fitness is no joke! The wilderness is dangerous! Practicing fitness there will always have risks!

You are going to be dressed up, walking down a trail or dirt road with a shit ton of stuff strapped to you. You could get pulled over by the cops, stalked by wildlife, slip and fall off a trail, get caught in a weather system, all kinds of dangers. That's why it's important that you remember what we say here before you even think about hopping on that trail. The last thing anyone would want is for you to begin your journey down this path of self-betterment and self-actualization and end up breaking your leg on a trail and have no way to contact anyone. While there is always some inherent risk with field training, just remember that there are some simple steps you can take to mitigate that risk.

Rules for Field Fitness

- **ALWAYS TELL SOMEONE WHERE YOU ARE GOING!** ***ALWAYS TELL SOMEONE WHERE YOU ARE GOING!*** Yes, that is repeated on purpose. Many people go missing after getting injured/lost on a trail. They don't always get found, at least not while still breathing. Tell someone where you're going, what trail you'll be on and update them if you make any changes. If you can train on trails with cell reception, that's ideal for solo hiking. However, the best case scenario is to train with friends. Hike with a few buddies if you can, it will break the monotony, motivate you, as well as give you extra hands if anyone needs help.

- **ALWAYS BRING COMMUNICATIONS EQUIPMENT!** It doesn't matter if the trail is short, long, easy or difficult. You need to be able to call for help in a worst case scenario! Bring your cell phone, a handheld radio, signal mirrors, and anything you can use to signal for help in case you practice gymnastics down the side of a mountain. Make sure all batteries are charged and that all equipment is functional before departure. Bear in mind your environment and sculpt your communication plan around it. For instance, don't go spelunking and only bring a signal mirror with you.

- **DRINK WATER! LOTS OF IT! HYDRATE YOURSELF ALL DAY EVERY DAY!** This might seem like a redundant point, but you are susceptible to heat-related injuries. Yes, even you, lurkers of /r/HydroHomies. You may think you have hydrated enough but lemme tell you… drink more. A good general practice to take is to take your body weight in pounds and drink half of that number in ounces per day. So if you weigh 200lbs, you need to drink 100oz of water every day, minimum. If you're hiking or training a lot, that number need to jump up another 20-40oz. During this program, you should generally shoot for a gallon a day.

- **BRING A FIRST AID KIT!** Even if you're not medically trained, you can patch yourself up if you take a spill and get banged up a little bit, or apply a tourniquet. Bandages are always good to have handy so you don't spring a leak all over the trail to freak people out. They usually have aspirin or other NSAID pain relievers also, which is also good to have in case of a sprain. Keep in mind that, unless you have adequate training, if you get seriously injured, do not try to treat yourself beyond stunting the blood flow if you think you might injure yourself further in the process.

I know that the field stuff we talk about always sounds like a lot of doom and gloom. That's because, as was stated before, reality is actually quite morbid and unforgiving. There is always a possibility of you getting hurt or lost in the process of your training. Please, for your own sake, do not take this stuff lightly. Many a frontier is decorated by skeletons of the foolhardy and arrogant.

2-A-1-c - INTRO TO STRENGTH TRAINING

So we're done with our foundation fitness program and we understand the field safety stuff of the new program. So you may ask, "Where do I start with that? What comes next?" Well, in the analogy of fitness as constructing a house, we've got our concrete slab foundation. Now we need to build the frame of the house. We need reliable strength and trustworthy musculature to serve as the joists and beams that will hold up the roof. So, essentially, now that your cardio is in a decent place, we need you to get stronger. It's time to talk about strength training.

We will be discussing a few more intricate concepts in fitness that you may need to remember. This is not going to require a gym, seeing as your strength training will start taking place in the field. You will, however, need to use your environment to begin lifts or exercises. Lifts are a much more rigorous, intensive, dangerous way to work out. The next few months of your training, you will be squatting, curling, pressing and engaging in all sorts of other fun fitness verbs. It will be the *worst* three months of your life (fitness wise, I should say, this isn't Cobra Kai, you're just gonna be really sore). Strength training has an incredible knack for breaking down your muscles unlike endurance training. In both good and bad ways.

Let this be clear! If you do not find yourself wanting in strength training, you do not have to incorporate it into your field fitness routine!

This program is for the Defenders who need it. While we all can use a bit more muscle strength and utility, it is not a critical necessity to be able to dead lift a log. Beefy people use a lot more energy, which can get in the way of extended emergencies. Now, let's set a few things straight before we really get down into the meat and potatoes of this program. This form of exercise will present a lot more risk to you than simple body-weight calisthenics will. So, bearing that in mind, let's establish a few rules for you to abide by.

Rules for Strength Training

- **Safety is paramount!** - Heavy things are heavy. Respect and understand that dropping heavy things on someone else's toes is going to break bones. Do *not* do weights that you know are too heavy for you. Work into things gradually and respect gravity or you will get seriously injured. That's not a scare tactic; many gyms around the world see their fair share of new lifters or members getting injuries from their lack of awareness or training.

- **Form is more important than reps and sets combined.** - Our bodies are far from rigid structures that are designed to hold weight in only one specific way, but there are some vulnerabilities that we have to consider. Certain tissues in our musculoskeletal system are vulnerable to sudden weight, twisting motions or overloading. This is especially true when we consider the joints and the intricate system of ligaments that keep our limbs lined up properly. Accompanying this new program will be diagrams depicting proper form. These forms should be followed as closely as possible. If you cannot do the complete set of reps with proper form, do not continue. You will cause undue stress to your body and damage your joints. You only get one body, don't screw it up by being a baby that can't admit the truth to themselves about their limits. Honesty is a virtue of growth.

- **Observe Gym Etiquette -** This guide doesn't need you to go to the gym but that doesn't mean it isn't an option. Always observe written and unwritten rules of courtesy if you find yourself visiting a gym or fitness center. Expect others to do the same. If you find yourself making fun of people at the gym for form problems or for any other reason, I don't think you should even be reading this manual. You know better. If you find *someone else* making fun of someone, there's a chance to practice your community defense chops. Anyone visiting a gym is there to better themselves and should not be ridiculed by elitists for doing so. If you find yourself in a position where you cannot say something to chuds, report them to the gym management. Any gym worth its membership fee will put a stop to it, and if they don't, they don't deserve your support. That being said, gyms are useful and all, but you don't even need them if you get yourself an impromptu field workout.

If you begin this program and find yourself unable to hang in for a week, drop back and evaluate your routine. If you need to, develop your Adaptive Foundation a bit more. Or if you're just barely under the mark, cut your reps in half and move forward from there. Give yourself room to breathe and grow; it's okay to not be quite ready yet. Don't let shame drive you into permanently damaging your body. If you avoid crippling yourself accidentally, you can always try again later.

2-A-2 - FITNESS IN THE FIELD

The boots are going to meet the trail. They have to; it's why you're reading this in the first place. It's because you want to do something about things in your community. To do that, you're going to have to get used to all kinds of mucky things like getting muddy and doing physically strenuous things in uncomfortable areas. Let's jump into it, shall we?

2-A-2-a - HIKING ESSENTIALS

So, to put it bluntly, hiking (or any field fitness) is about just getting the hell out of the house and doing it. No excuses, no procrastinating. You just get dressed, strap your boots on, put on your pack and go. In your local area, there's a good chance you have a few national parks, wildlife preserves, or groomed stretches of woods to traverse. Take some time to find your most ideal park, as you'll be spending quite some time there. What you want to find is a park with a mix of trails at varying distances and difficulties. Once you've found your ideal park, learn the trails by heart. Check the park's trail-heads (entrances where many trails will begin and end) and read the signs describing the trails they lead to. Read the boards and begin to plan walking the listed trails in ascending order.

TRAIL CHARACTERISTICS

You might ask "But Chowa, how do we sort things by difficulty and elevation? What is ascending order in this case?" Well, there's a few different trail characteristics to think about when you're planning on using them for hiking or backpacking. You need to either get the local opinion on them or form your own by just doing them. Most trails have been used thousands of times and are rated on the internet, which is helpful (The AllTrails app is a good source for these). More importantly, however, many of the parks that you might run across also have a difficulty rating. This will denote the subjective difficulty of the trail in relation to the trails around it. I say "subjective" because you will find that a trail in the Rocky Mountains that's rated as "intermediate" will absolutely devastate someone who's used to "intermediate" trails in the Great Plains. Take care to think about your local environ before you jump right into a "difficult" or "intermediate" trail.

In addition to the difficulty rating, you also have to look at trail distances. Because you might be able to do an 'intermediate' trail that's only 1.5 miles, but not one that's 8 miles. There are also trails that you will hear referred to as "switchbacks" or "loops." A switchback trail is one that goes straight down the trail to a marker, where the hiker is to turn around and go back to the trail-head. Take care should you find a switchback that's mostly down on the way out, because you'll have to turn around to get back to the trail head. A loop trail is one that starts at the trail head and circles the park and comes back to the trail-head, often by using multiple smaller trails to create the path. The problem with loop trails is that you have to carefully read posted trail markers and stay on the right path. Trail markers are usually color coded or numbered, and lots of parks are very clearly marked. Scope out your local loops before actually taking the longest in the park.

Now, when you understand how to prepare yourself for the trails and you're ready to go, let's talk about what to wear.

WORN GEAR

Being someone who's interested in hiking, you may have looked up some gear online and fainted when you saw the price tag on a simple pair of hiking pants. Let me bring you in on a little secret. Come in close, listen carefully… real close now, c'mon… It's all bullshit. You don't need that stuff. The only thing you should really chunk out some money for is footwear. Finding a good set of socks and boots is the most important aspect of this gear selection. Everything else is extraneous at this moment. You don't need the 'flex fit, quick dry, ultra hiker fatigues' right now. You can slap on some well-fitting blue jeans, t-shirt, flannel/light jacket, beanie and your pack. Boom, done. Now, when you're doing things like the Appalachian Trail, you'll want to rethink that. But you're not there yet, so don't sweat the expensive kit.

Boots

Just get some nice boots. Keep your price limit to like $200 and you'll find a shit-ton of amazing boots that you'll likely use for a long, long time. What you want to find is something with ample ankle support, comfortable but not plush padding, and rugged soles. I would not recommend doing this in anything less than a mid-height ankle, because you'll likely roll your ankle as a newbie if you do. Personally, I use the Oboz Sypes Mid, which fit the bill and are around $165 on most online stores. If you can get your hands on some second hand modern military boots, these also work very well. But beware; boots are only half of the equation. You'll also need to think about socks to protect your feet with.

Hiking gear companies have oodles and oodles of sock designs out there that you could benefit greatly from. The best think I can recommend is a merino wool sock. They're thick, soft, and reduce friction on your feet. It might sound silly, but trust me, it's something you'll greatly appreciate once you realize how much abuse your feet take. An additional benefit of wool is it provides warmth to you even when wet, which is great for some wet-weather hikes. I would recommend bringing at least two pairs with you so you can change them out when need be.

Base Layers

Something else to consider are what's known as 'base layers.' This is, in simplest terms, hiking underwear. If it's cold, you'll definitely need them. You can wear wool long johns, joggers, or my personal favorite, compression clothes. These layers provide two main benefits; friction reduction (anti-chafing), and warmth. With a good, heat-trapping base layer, you can hike in the cold easy peasy. Here you will want to consider the "quick dry" material, however, because if you're sweating into them, they will lose a lot of the warmth. It's for that very reason that I prefer compression clothes. They wick dry very quickly, keep all the jiggly bits in place, and keep you warm.

Packs

At first, you don't really need a pack, per se. You could take a water bottle and be fine while you're still learning your limits. But, when you are ready for a pack, you need to consider a few things about them. You don't want to take a simple schoolbag with no padding and no rugged strapping. You'll only risk injury to your back, as well as risk losing the pack when the straps give out. What you want to look for here is sturdy material (most packs are made of polyester and nylon) with strong threading and padding along the back and straps. An additional plus is if it has the mesh cloth padding, which reduces sweat collection, a feature most hiking packs have. To be honest, you don't need to spend a lot of money to find this, either. If you're really hurting for cash but need a pack, you can snag a semi-decent pack at Wally World for less than $50. They won't last forever but they hold up okay and have pockets and such.

SAFETY RULES

Safety is paramount, even above your cool new outdoorsy outfit! I am copy-pasting the rules here so you don't forget and don't have to flip back to read them. Needless to say, you'll want to stick to these pretty strictly.

- **ALWAYS TELL SOMEONE WHERE YOU ARE GOING! ALWAYS TELL SOMEONE WHERE YOU ARE GOING!** Yes, that is repeated on purpose. Many people go missing after getting injured/lost on a trail. They don't always get found. Tell someone where you're going, what trail you'll be on and update them if you make any changes. If you can train on trails with cell reception, that's ideal for solo hiking. However, the best case scenario is to train with friends. Hike with a few buddies if you can, it will break the monotony, motivate you, as well as give you extra hands if anyone needs help.

- **ALWAYS BRING COMMUNICATIONS EQUIPMENT!** It doesn't matter if the trail is short, long, easy or difficult. You need to be able to call for help in a worst case scenario! Bring your cell phone, a handheld radio, signal mirrors, and anything you can use to signal for help in case you practice gymnastics down the side of a mountain. Make sure all batteries are charged and that all equipment is functional before departure. Bear in mind your environment and sculpt your communication plan around it. For instance, don't go spelunking and only bring a signal mirror with you.

- **DRINK WATER! LOTS OF IT! HYDRATE YOURSELF THE DAY PRIOR TO A HIKE!** This might seem like a redundant point, but you are susceptible to heat-related injuries. Yes, even you, lurkers of /r/HydroHomies. You may think you have hydrated enough but lemme tell you… drink more. A good general practice to take is to take your body weight in pounds and drink half of that number in ounces per day. So if you weigh 200lbs, you need to drink 100oz of water every day, minimum. If you're hiking or training a lot, that number need to jump up another 20-40oz. During this program, you should generally shoot for a gallon a day.

- **BRING A FIRST AID KIT!** Even if you're not medically trained, you can patch yourself up if you take a spill and get banged up a little bit, or apply a tourniquet. Bandages are always good to have handy so you don't spring a leak all over the trail to freak people out. They usually have aspirin or other NSAID pain relievers also, which is also good to have in case of a sprain. Keep in mind that, unless you have adequate training, if you get seriously injured, do not try to treat yourself beyond stunting the blood flow if you think you might injure yourself further in the process.

2-A-2-b - LEARNING YOUR LIMITS

Getting into field fitness really *is* as simple as strapping on some shoes, throwing on the old backpack and hitting the heavy trails. Absolutely. However, I can promise you, getting *good at it* is infinitely more complicated. Yes, get your ass out of the house and get on that trail. But be real and look at things from the perspective of "future you," who might be crippled from your foolhardy choices. Simply jumping into the big, bad-ass trails with nothing more than the desire to get in shape is a surefire way to get injured and put your training schedule off by a month or two, if not permanently. Just like a marathoner doesn't sprint from the starting gate, you don't want to do the hiking equivalent, either.

You and your muscles need time to get used to things. The human body is incredibly adaptive but it isn't capable of adjusting over night. Patience is hard when you're staring down the barrel of civil unrest or worse, but waiting a few weeks or months is better than being crippled for life. Take time, as you did in the beginning of the Adaptive Foundation Fitness program, to learn where you stand. Because hitting a 10-mile rugged trail right out the gate might turn you off hiking forever.

There's a *relatively* easy trick to working your way into these things, especially if you're a city slicker who's never even considered hiking before.

THE TWO WEEK RULE

I would like to introduce you to the concept of the **two week rule** (or 4-hike rule) which is how I advise people who are newer to the outdoors to advance their training. The basic structure of this rule is to figure out where you are and where you want to go as far as field fitness goes. The general premise works off the idea that you will be hiking twice per week as an addition to your calisthenics exercises (which you should still be doing; remember fitness is forever!). You can hike more often than that if you want to focus more on that area of fitness, which is why it's also called the 4-hike rule. The two week/4-hike rule has a few basic concepts that I think you would benefit from:

- Find trails at your local parks/etc. Hike the easiest ones at least twice per week.
    - Hike comfortably with no gear and analyze your body afterward. How do you feel? Are you sweaty and sore, but not injured? That's your workout level!
    - In this phase, spacing the workouts to twice a week will allow your body the right amount of time to recover when paired alongside your regular fitness training. If you want to do more than twice per week, you will need to space them out and replace one of your calisthenics days.
    - If you aren't getting a good workout, add gear.
    - If you aren't getting a good workout with gear, go to the next level.
- When you start a new level of difficulty, do not wear heavy gear!
    - This might sound like a simple concept and common sense, but if you're not used to a trail *at all*, you shouldn't be overloading yourself before going on it. Hike your new trails with just water and no gear to see how you feel.
    - You should only gear up for a trail after you get a feel for the elevation, footing, terrain and general difficulty.
- Maintain your level of difficulty for at least **two weeks or four hikes!**
    - If you've determined that you're strong enough for a geared trail, and it is of adequate challenge, stick to it for at least two weeks!
    - If you have the opportunity to hike more than twice a week, you can opt to change up a bit more often, but I wouldn't advise it.
- Focus on form over speed!

- Do not concern yourself with trail completion times. Don't time yourself unless you plan to do the same trail a thousand times.
- Focus on where you're putting your feet, what leg you're placing your weight on, etc. Power walking is not the goal here. Go as fast as you can without sacrificing your safety. Keep firm feet on the ground.

It should go without saying but be honest with yourself! If you're doing trails that are too hard, don't hurt yourself with stubbornness. If you've finished a trail and your feet hurt, bleed or otherwise create serious discomfort, you need to analyze why that's happening! You could be overburdened, you could be walking in inadequate boots or socks, etc. DO NOT FINISH TRAILS THAT ARE UNSAFE! Listen to what your body tells you. Now, that being said, if you're doing trails that are too easy, you should also be honest with yourself. By the trail's end you should be sweaty and a little winded. If you do it right, *YOU WILL BE SORE!* A proper workout is tough and will create some stiffness. Just don't confuse actual pain and simple muscle soreness.

INCREMENTAL WEIGHT INCREASES

The two week rule also applies to our loads carried while hiking! Especially if you're going for a high weight, you don't want to surprise yourself with it unnecessarily. Give yourself a few weeks at your current weight and work your way up in 10 pound increments. Additionally, when you're finding your current level, you can increase every hike, but only in 10 pound increments. This will help you avoid overloading and save some weeks of waiting. If you're looking for a simple way to increase weight without having huge, bulky gear, look into getting a weight vest.

Example of how to find your level:

Getting started over a few weeks...

- Week 1, Hike 1 - Easy trail, 3 miles, 0 pounds. Result - too easy!
- Week 1, Hike 2 - Easy trail, 3 miles, 10 pounds. Result - okay-ish…

- Week 2, Hike 1 - Easy trail, 3 miles, 20 pounds. Result - good workout! (Stay here for two weeks or four hikes)
- Week 2, Hike 2 - Easy trail, 3 miles, 20 pounds. Result - good workout!

- Week 3, Hike 1 - Easy trail, 3 miles, 20 pounds. Result - good workout!
- Week 3, HIke 2 - Easy trail, 3 miles, 20 pounds. Result - good workout!

- Week 4, Hike 1 - Medium trail, 5 miles, 0 pounds. Result - okay-ish… (Starting a new level, no gear!)
- Week 4, Hike 2 - Medium trail, 5 miles, 10 pounds. Result - good workout!

Eventually your weeks might look like this…

- Week 50, Hike 1 - Hard trail, 10 miles, 55 pounds. Result - good workout!
- Week 50, Hike 2 - Medium trail, 10 miles, 70 pounds. Result - good workout!

The priority of things to improve is this:

1. Distance hiked
2. Terrain difficulty
3. Weight carried

When you're planning your hikes, prioritize these things in order! Get good at distance first, then terrain difficulty, then weight! Doing this in that order will allow your muscle groups to get adjusted for the slowly increasing load they're taking on. You can keep going like this for a long time, if you're solely focusing on getting good at hiking with gear. Don't forget, however, that we're incorporating some strength training into our hiking!

2-A-2-c - MUSCLE GROUPS

There are hundreds of muscle groups in your body, strung between your joints and bones, allowing you to pilot your meat mech around. Of course, you already know this. Here's the thing about it; you have to work out *all* of those to be effectively strong. You can't focus on one thing or another too much, or you'll weaken yourself in other areas. For instance, focusing on nothing but upper body will only will make you top heavy, bird-legged and horrible at hiking or squatting. Or, inversely, if you do nothing but leg workouts, you'll get the build of a professional cyclist on the Tour de France, noodle arms flailing behind you in a stiff breeze.

But don't be discouraged! All lifters were once newbies. Even Arnold, believe it or not. At the start point, everyone who's ever lifted knew what it was like to think about these things. We know that thinking of the vast amount of equipment, exercises, muscle groups, protein options, best ways to deal with meatheads hogging your bench, etc, can be a lot to take in at first. That's why, even though you've got some fitness experience under your belt thanks to the Adaptive Foundation program, we're going to have to distill this information into useful bits that you can use to learn more later. Like was stated previously, this manual's goal is to introduce you to the ideas and give you a good run down of how they work, not spell everything out for you top to bottom.

So, anyways— muscle groups! Let's break them down, Barney-style. In the context here, you've got three basic groups that you need to be aware of, and some sub-groups that should also be learned. A lot of experts will PM me and give me no end of grief for saying that, but we're not here for semantics and scientific study. So, just for the sake of simplicity, let's go with just *three* big groups. It's easier to schedule a newbie's lift schedule by focusing on them in that manner. Here they are with some example exercises for each group:

- The Upper Body
    - Delts (deltoid) - muscle of the shoulder, around the joint. Two big muscles on the top and front, lots of smaller stabilizing muscles mixed in.
        - Water jug lateral raises
    - Chest/Back
    - Traps (trapezius dorsi) - Upper back muscle, covers the area between shoulder blades. Visible from the front on either side of the neck, a la "cobra." Used extensively in lifts that move or require the shoulders.
        - Water Jug Shrug
        - Military Press
    - Lats (latissimus dorsi) - middle back muscle, covers the rear of the rib cage below the shoulder blade. Visible from the front under the arms, a la "wings." Used extensively in lifts that involve pulling with the arms.

        - Pull up
    - Upper Pecs (pectoralis major) - just below the collarbone to the rest of the pecs.
        - Incline Press
        - Reverse Grip Bench Press
    - Lower Pecs (pectoral minor) - Biggest, bulkiest part of the chest muscle. Typically what most chest workouts will help improve.
        - Flat Bench Press
        - Flat Bench Fly
    - Lower Back - Bundles of stabilizing muscles just above the hips along the spine. ***<u>BE CAREFUL WITH THESE!!</u>***
        - Deadlifts
        - Hyper Extensions
    - Arms
        - Biceps (biceps brachii) - front of the upper arm
        - Jug Curl
        - Pack Curl
        - Triceps (triceps brachii) - back of the upper arm
        - Pack Tricep Extension
    - Forearms (flexors, extensors, brachioradialis) - don't worry about the multiple names. It's essentially inside, outside, and top, respectively. Do these sparingly, the wrist is sensitive!
        - Wrist Curls
        - Wrist Extensions
- The Core
    - Abs
    - Lower Abs - Just above the groin area
        - Leg Raises
        - Raised Leg Circles
    - Upper Abs - Navel area
        - Crunches
        - Weighted Sit-Ups
    - Obliques - Outside edges of the abs, down the front of the ribs
        - Cross Crunches
        - Russian Twist
- The Lower Body (legs, really) - Also, let's be honest before you go crazy with these, you're going to have sore legs from hiking. Likely, you won't be doing these but it's good to learn.
    - Quads (quadriceps) - Front part of the upper leg. Crazy strong muscle system, and they get *super duper* sore. People may ask you if you ride horses after leg day.
        - Squats
        - Lunges
    - Hamstrings - Back part of upper leg. Also usually inhabited by a demon of scorn and hatred who will cramp them for no reason at any given moment.
        - Deadlift
        - Leg Curls
    - Calves - Back of lower leg.
        - Calf Raises
        - Sneeky Breeki (Tip toes)
    - Glutes - Da butt.
        - Squats
        - Stairs

- Hiking hills

Now, this is by no means a comprehensive, scientifically sound list of muscles or exercises. I am not a doctor and if you want the scientific names for every minor component of your muscular system, this manual would resemble a medical textbook. I am not here to put you to sleep or have you cram for an exam. Just ignore the minor stuff here. Start thinking of your muscles in the terms above, and you'll know what you need to.

As a strength trainer, you are going to want to rotate your workouts so as to give your tired muscle groups time to rest between sessions. If not, you'll end up shredding muscle and overworking yourself or worse. I would say that giving your muscles at least three days to recover is ideal in the beginning; just long enough to recover adequate function, but not enough that you'll lose any progress.

2-A-2-d - STRENGTH TRAINING IN THE FIELD

Yes, you read that correctly. We're going to do strength exercises *in the field*. Why? Because you weren't suffering enough! To alleviate the lack of suffering, we're going to incorporate basic strength training exercises into your hikes. That means a few different things when you're doing it out in the woods rather than the gym, but the core concepts are the same. Since you're going to be working your legs like crazy already and getting some good cardio, you won't be doing a million squats. We'll be focusing on core and upper body weight exercises here. A few methods to this madness:

FIELD STRENGTH EXERCISES

WITH GEAR:
The safest way to do these. If you're a beginner, start here.

ARMS

- Pack curls - Grab your pack's carry handle, palm up. This can be done with one hand or two hand, depending on pack weight. Brace your elbow(s) on your hip(s) and curl your arms up toward your chin.
- Pack tricep extension - Grab your pack's carry handle, palm down. Move the pack until it is behind your back with your palms facing upward behind your head. Extend your arms until they are straight up.
- Water jug curls - If you have a water jug with a vertical handle, grab the handle and curl it. This can either be "hammer" curl style with your hand perpendicular to the ground, or "dumbbell" style, with your palm facing upward.

SHOULDERS

- Pack chin raise - Grab your pack's carry handle, knuckles down. Place the pack directly between your feet. Start by lifting and holding the pack without bending down. Lift the pack straight up toward your chin until it is chest height.
- Gear front raise - Set your pack or jug down directly between your feet. Without bending your elbows, raise the pack up until your arms are parallel to the ground.
- Gear shrugs - Hold your gear in hand and let your arm hang by your side. Without using any other muscles, lift your shoulder up in a shrugging motion.

BACK

- Gear bent-over row - Spread your feet out a little wider than shoulder width, with your gear on the ground in front of you. Bend forward with a straight back, and grab your gear, palms down. Without moving any other muscles, lift the pack upward from the ground with your elbows perpendicular to your rib cage. This motion will resemble rowing a boat.
- Pack pushups - With your pack on, do a set of pushups.
- Pack deadlift - Start in the same position as a bent-over row. Grab your pack handle, knuckles down, and lift it with your lower back. Keep your arms and legs straight and lift until you are fully standing. Then place the pack down the same way.

CHEST

- Pack pushups - With your pack on, do a set of pushups.
- Pack presses - Lying on your back, lay your pack on your chest. Lift it straight up until your elbows are straight.
- Gear incline press - Lying with your body at a 45 degree angle (either on a hill or propped up on your gear), lay your pack on your chest and lift it straight up to the sky.

CORE

- Gear sit ups - Lying flat on your back, legs at a 45 degree angle, have a friend or some gear hold your feet flat down. Hold your pack to your chest and complete a full situp.
- Gear twist situp - Do the same as a gear sit up, but when you get to the top, rotate your chest while holding your pack; 45 degrees left, then to the right, then center, then lie back down.
- Pack plank - While wearing your pack, get into the high pushup position and hold your body there until the timer runs out. Keep your back and elbows straight.

WITH NATURE:

Be incredibly careful with these!

The exercises you see above can be done without gear, as well. Two basic principles of safety:

1. DO NOT use anything that is going to fall apart in your hands— logs, rocks, tree branches, etc. Test the sturdiness of these objects before exercising with them.
2. Always practice workout safety! Don't lift anything that is too bulky or awkward to handle.
3. Never lift anything heavy without someone to spot you! We recommend beginners start with their own gear for a reason!
4. Rocks are a last resort! Try using deadwood first. A heavy rock will mash your head, just saying.

Some general objects and uses:

- Dead log - chest press, incline press, squats, dead lifts
- Tree branch - curls, chin raise, front raise
- Dead stump - bent-over rows, dead lifts
- Big rocks - bent-over rows, dead lifts
- Hand-held rocks - curls, raises, lifts.

THE CIRCUIT COURSE

A circuit course in the field is a little different than one on the pavement or track. Typically, the broad idea is to complete a circuit, usually a jogged lap around a track or city block, then do a full set of exercises. A circuit course in this way is great for keeping your heart rate up and giving your body a good shake-up mixed in with your workout. In the field on a hike, however, you don't have an easy way to track how far you've gone with short, simple laps. We need another way to get our circuit course measurable.

What I normally do is a "timed circuit," and use a time limit trigger rather than a distance trigger. What you want to do in the timed circuit is hike for some amount of time, 30 minutes is a good start if you're on longer trails, then do your exercises there. Just set a timer on your phone or however is convenient for you. Typically this works well if you have a loop trail that's longer than a few miles and you have some gear with you. Here's an example:

- Hike, 30 pound kit - 30 minutes
- Arm strength set
    - Pack curls x25
    - Jug curls x25
    - Pack tricep extensions x25
- Hike, 30 pound kit - 30 minutes
- Arm strength set
- Repeat until done.

THE BIG FINISH - This one is much less complicated. Just do a big workout right at the end. This one is *rough*, I'm telling you, but you'll get a great workout and feel like you got hit by a truck— in a good way. Always add a few core exercises here just for a more well-rounded routine.

- Hike, 30 pound kit - 3-ish hours
- Shoulder Strength Set with Core
    - Pack chin lifts until failure, 3 sets
    - Gear front lift until failure, 3 sets
    - Gear shrug until failure, 3 sets
    - Crunches until failure, 3 sets
    - High Plank until failure, 3 sets

SWITCHBACK SPLIT - For this workout, you would do a moderate workout at the turnaround point of a switchback, then again when you get done.

- Hike, 30 pound kit - 1.5 hours
- Core set
    - Gear situps x 25, 2 sets
    - Gear twist situps x 25, 2 sets
    - Pack plank x 30 seconds, 2 sets
- Hike, 30 pound kit - 1.5 hours
- Core set
- Done

These are some basics for you to use as you begin to hone in your own personalized workout routine. You can always mix and match this sort of thing, or come up with something that works better for you! Honestly, if you can't make it to a trail for whatever reason, you can adapt this to your needs! If you

have to, you can go to the gym and substitute hiking for the elliptical or stair climbing machine, then do your exercises with free weights or machines.

PART 2, SECTION B – INTERMEDIATE FIREARMS USAGE

Author(s) – Socialist Rifle Association
Foreward – Chowa

FOREWARD

Encouraging the spirit of shared information!

When I wrote my passages from Part 1 of this manual, I was still new to the leftist scene (a fun fact that some blips of text will give away). The more theory I read, and the more I interface with the plethora of leftist orgs out in the wild, the more I am just absolutely blown away by the sheer volume of knowledge available to our folks and their allies! So, get this, right? There I was, plugging my life away like a dingus, stoop-necked over my keyboard a la Coraline's dad. I had a big chunk of firearms training sections written out and little tidbits of insight sprinkled with sarcasm. In discourse with my fellow members of the SRA, the idea was suggested to me that I read into the Socialist Rifle Association's Rifleer Program. Needless to say, I'm just frothing at the mouth. All this time, I could have actually skimped out on the work and plugged another lateral group's incredibly well written training material! The outrage…

The world will likely never see it *(unless of course we were to create course material of our own for in-person instruction *hint* *hint*)*. Anyways, they wrote it much more concisely than I ever would have, and I would highly, highly, *highly* encourage anyone reading this manual look into local SRA chapters near you to see if they're hosting any training classes. The quality of the following work should give away the level of care, expertise and depth you can find there. Check them out here (https://socialistra.org/)!

SOCIALIST RIFLE
ASSOCIATION

RIFLEER PROGRAM

Weapons Handling

Safety Rules:

Rule 1 - Treat every weapon as if it were loaded.

When a person takes charge of a rifle in any situation, she must treat the weapon as if it were loaded, determine its condition and continue applying the other safety rules.

Rule 2 - Never point a weapon at anything you do not intend to shoot.

You must maintain muzzle awareness at all times.

Rule 3 - Keep your finger straight and off the trigger until you are ready to fire.

A target must be identified before taking the weapon off safe and moving the finger to the trigger.

Rule 4 - Keep the weapon on safe until you intend to fire.

A target must be identified before taking the weapon off safe. This rule is intended to eliminate the chance of the weapon discharging by accident.

Status Check

A Rifleer must know the condition of her weapon at all times. When a Rifleer takes charge of any weapon in any situation, she must determine its condition.

1. Determine if a magazine is present.
2. Ensure the rifle is on safe.
3. Conduct a chamber check.
4. Grasp the charging handle.
5. Pull the charging handle slightly to the rear and visually and physically inspect the chamber.
6. Insert one finger into the ejection port and feel whether a round is present.

Weapons Commands

Weapons commands dictate the specific steps required to load and unload the rifle. Six commands are used in weapons handling:

Load. This command is used to take the weapon from having no magazine in the rifle to inserting a loaded magazine with the safety on, no round in the chamber. **Make Ready.** This command is used to chamber a round in the rifle

Fire. This command is used to specify when a Rifleer may engage targets.

Cease-Fire. This command is used to specify when a Rifleer must stop target engagement.

Unload. This command is used to take the weapon from any condition to unloaded, empty chamber, magazine removed, and safety on.

Unload and Show Clear. This command is used when an observer must check the weapon to verify that no ammunition is present before the rifle is cleared, empty, and safety on.

Loading the Rifle - Perform the following steps to load the rifle:

1. Ensure the rifle is on safe.
2. Withdraw the magazine from the magazine pouch.
3. Observe the magazine to ensure it is filled.
4. Fully insert the magazine in the magazine well.
5. Without releasing the magazine, tug downward on the magazine to ensure it is seated.
6. Fasten the magazine pouch.

Making the Rifle Ready - Perform the following steps to make the rifle ready for firing:

1. Pull the charging handle to the rear and release.
2. To ensure ammunition has been chambered, conduct a chamber to ensure a round has been chambered.
3. Check the sights (to ensure proper battlesight zero setting, correct rear sight aperture, etc.).

Fire - On the command “Fire”:

1. Aim the rifle
2. Take the rifle off safe
3. Pull the trigger

Cease-Fire - On the command “Cease Fire”:

1. Place your trigger finger straight along the receiver.
2. Place the weapon on safe.

Unloading the Rifle - Perform the following steps to unload the rifle:

1. Ensure the weapon is on safe.
2. Remove the magazine from the rifle and retain it on your person.
3. Pull the charging handle to remove any round from the chamber

Principles of Reloading

The first priority when performing a reload is to get the rifle reloaded and back into action. The second priority when performing a reload is to retain the magazine so when you move, the magazine moves with you. When time permits, retain magazines securely on your person (e.g., in magazine pouch, flak jacket, and cargo pocket).

The combat situation may dictate dropping the magazine to the deck when performing a reload. This is acceptable as long as it is picked up before moving to another location. Take cover before reloading. Always reload before leaving cover to take advantage of the protection provided by cover. When moving, your focus should be on moving, therefore every effort should be made to not reload while on the move.

When reloading, your focus is on the magazine change. When reloading, draw the weapon in close to your body so you can see what you are doing and retain positive control of the magazine. When the new magazine is inserted, tug on it to ensure it is seated.

Retain your empty magazines. When there is a lull in the action, refill those magazines so they will be available for future use. During a lull in the action, replace your magazine when you know you are low on ammunition. This ensures a full magazine of ammunition in the rifle should action resume. Do not wait until the magazine is completely empty to replace it.

Tactical Reload

A Tactical Reload is performed when the weapon is in condition 1 by replacing the magazine before it runs out of ammunition. To perform a Tactical Reload, perform the following steps:

1. Withdraw a filled magazine from the magazine pouch. With the same hand, press the magazine button and remove the partially filled magazine so it can be retained in the remaining fingers.
2. Fully insert the filled magazine into the magazine well and tug downward on the magazine to ensure itis properly seated.
3. Store the partially filled magazine in the magazine pouch with rounds up and projectiles pointing away from the body.
4. Fasten the magazine pouch.

Dry Reload

A dry reload is required when the magazine in the weapon has been emptied and the bolt has locked to the rear. To perform a dry reload:

1. Press the magazine release button.
2. Remove the empty magazine and retain it on your person when time permits.
3. Fully insert a filled magazine into the magazine well and tug downward on the magazine to ensure it is properly seated.
4. Pull the charging handle to chamber a round or depress the bolt catch to allow the bolt carrier to move forward and observe the round being chambered.

Malfunction Clearance

If the rifle fails to fire, a malfunction has likely occurred and needs to be addressed.

Once the rifle ceases firing, the Rifleer must visually or physically observe the ejection port to identify the problem before she can clear it. The steps taken to clear the weapon are based on observation of one of the following three indicators:

Indicator: The bolt is forward or the ejection port cover is closed.
To return the weapon to operation:

- Seek cover if the tactical situation permits.
- Tap - Tap the bottom of the magazine.
- Rack - Pull the charging handle to the rear and release it.
- Bang -Sight in and attempt to fire.

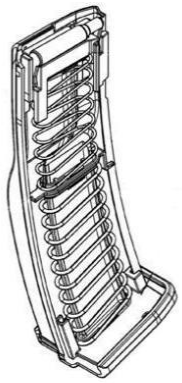
Indicator: Brass is obstructing chamber area(usually indicating a double feed or failure to eject)
To return the weapon to operation:

- Seek cover if the tactical situation permits.
- Attempt to remove the magazine.
- Attempt to lock the bolt to the rear

If the bolt will not lock to the rear, rotate the rifle so the ejection port is facing down; hold the charging handle to the rear as far as it will go and shake the rifle to free the round(s). If the rounds do not shake free, hold the charging handle to the rear and strike the butt of the rifle on the ground or manually clear the round. Conduct a reload. Sight in and attempt to fire.

Indicator: The bolt is locked to the rear.

- Seek cover if the tactical situation permits.
- Conduct a dry reload.
- Sight in and attempt to fire.



Rifle Maintenance

Normal care and cleaning of the rifle will result in proper functioning of its all parts. Improper maintenance can cause stoppages, reducing combat readiness and effectiveness.

Materials

- Cleaner, lubricant, and preservative (CLP).
- Cleaning rod
- Patch holder section, swabs, patches, pipe cleaners, and clean rags.
- Brushes: bore, chamber, and general purpose

Inspection

While cleaning the rifle, and during each succeeding step in the preventive maintenance process, inspect each part for cracks and chips and ensure parts are not bent or badly worn. Inspection is a critical step to ensure the combat readiness of your rifle. It is performed normally during rifle cleaning (prior to lubrication), how-ever, it can be performed throughout the preventive maintenance process.

Cleaning the receiver

- Attach the patch holder onto your cleaning rod.
- Point the muzzle down and insert the non-patch end of the rod into the chamber. Attach the handle to the cleaning rod section and pull a CLP-moistened patch through the bore.
- Attach the bore brush to the. Put a few drops of CLP on the bore brush. Insert the rod into the barrel from the chamber end, attach the handle, and pull the brush through the bore. Repeat 3 times. Remove bore brush and attach the patch holder to the rod with a CLP moistened patch insert the rod into the barrel from the chamber end, attach the handle, and pull the patch through the bore.
- Inspect the bore for cleanliness by holding the muzzle to your eye and looking into the bore.
- Repeat the above steps until the patches come out of the bore clean.
- Attach the chamber brush and one section of the cleaning rod to the handle. Moisten it well with CLP and insert it into the chamber.
- Scrub the chamber and bolt lugs using a combination of a plunging and clockwise rotating action.
- **Note**: Do not reverse direction of the brush while it is in the chamber.
- Clean the interior portion of the receiver with the general-purpose brush and CLP.
- Dry the bore, chamber, and the interior of the receiver with rifle patches, swabs, and clean rags until they come out clean. Then moisten all interior surfaces with CLP.
- Wipe the barrel, gas tube, and handguards clean with a rag.
- Wipe dirt from the firing mechanism using a general-purpose brush, clean patch, pipe cleaners, and swabs.
- Clean the outside of the receiver with the general purpose brush and CLP. Clean the buttplate and rear sling swivel.
- Wipe the inside of the magazine well with a rag.

- Clean the outer and inner surfaces of the bolt carrier with a general-purpose brush.
- Clean the bolt carrier key with a pipe cleaner.
- Clean the locking lugs, gas rings, and exterior of the bolt with the general-purpose brush.
- Insert a swab into the rear of the bolt and swab out the firing pin recess and gas ports.
- Clean the extractor with the general-purpose brush, ensuring all the carbon is removed from underneath the extractor lip.
- Clean extractor pin, firing pin, and firing pin retaining pin using the general-purpose brush and CLP.
- Clean charging handle assembly with the general purpose brush and patches.

Lubrication

Lubrication is performed as part of the detailed procedure for preventive maintenance. Lubrication procedures are also performed in preparation for firing.

In all but the coldest arctic conditions, CLP is the lubricant for the rifle. Remember to remove excess CLP from the bore and chamber before firing.

- After cleaning the rifle, lube the inside of the upper receiver, bore, chamber, outer surfaces of the barrel, and surfaces under the handguard.
- Generously lube the moving parts inside the lower receiver and their pins.
- Lightly lube the charging handle and the inner and outer surfaces of the bolt carrier.

Field Maintenance

Preventive maintenance in the field is performed when detailed disassembly and cleaning is not practical due to operational tempo or the level of threat. To perform limited field preventive maintenance:

- Field strip the weapon system
- Remove the bolt carrier group.
- Do not disassemble the bolt carrier group further.
- Clean the bolt carrier group.
- Clean the receiver without further disassembly
- Clean the bore and chamber.
- Lubricate the rifle.
- Reassemble the rifle and perform a user serviceability inspection.

Fundamentals: Marksmanship, natural point of aim, firing positions, trajectory, & zeroing

The fundamentals of marksmanship are aiming, breathing, and trigger control. These techniques provide the foundation for all marksmanship principles and skills. At longer ranges, the target appears to be smaller and a more precise shot is required to accurately engage the target. The fundamentals are more critical to accurate engagement as the range to the target increases. To be accurate at longer ranges, the Rifleer must take the time to slow down and accurately apply the fundamentals. At shorter ranges, the enemy must be engaged quickly before he engages. As the size of the target increases, and the distance to the target decreases, the fundamentals, while still necessary, become less critical to accuracy.

Sight Alignment

Sight alignment is the relationship between the front sight post and rear sight aperture and the aiming eye. This relationship is the most critical to aiming and must remain consistent from shot to shot. To achieve correct sight alignment:

- Center the tip of the front sight post vertically and horizontally in the rear sight aperture.
- Imagine a horizontal line drawn through the center of the rear sight aperture. The top of the front sight post will appear to touch this line.
- Imagine a vertical line drawn through the center of the rear sight aperture. The line will appear to bisect the front sight post.

Sight Picture

Sight picture is the placement of the tip of the front sight post in relation to the target while maintaining sight alignment. Correct sight alignment but improper sight placement on the target will cause the bullet to impact the target incorrectly on the spot where the sights were aimed when the bullet exited the muzzle. To achieve correct sight picture, place the tip of the front sight post at the center of the target while maintaining sight alignment. Center mass is the correct aiming point so that point of aim/point of impact is achieved.

Acquiring and Maintaining Sight Alignment and Sight Picture

The human eye can focus clearly on only one object at a time. For accurate shooting, it is important to focus on the tip of the front sight post. When the shot is fired, focus must be on the tip of the front sight post; peripheral vision will include the rear sight and the target. The rear sight and the target will appear blurry.

Proper cheek weld and placement of the rifle butt in the shoulder aid in establishing sight alignment quickly. The rifle butt's placement in the shoulder serves as the pivot point for presenting the rifle up to a fixed point on the cheek (stock weld).

Breathing

It is critical to interrupt your breathing at a point of natural respiratory pause before firing a long-range shot or a precision shot from any distance. A respiratory cycle lasts 4 to 5 seconds. Inhaling and exhaling each require about 2 seconds. A natural pause of 2 to 3 seconds occurs between each respiratory cycle. The pause can be extended up to 10 seconds. During the pause, breathing muscles are relaxed and the sights settle at their natural point of aim. To minimize movement, it is best to fire the shot during the natural respiratory pause. The basic technique is as follows:

- Breathe naturally until the sight picture begins to settle.
- Take a slightly deeper breath.
- Exhale and stop at the natural respiratory pause.
- Fire the shot during the natural respiratory pause.

This may not be possible in a combat environment. It may be necessary to take several deep breaths before holding the breath. You should not make an exaggerated effort to perform breath control. A natural respiratory pause will help stabilize the shooter's sight picture. The basic technique is as follows:

- Take a deep breath filling the lungs with oxygen.
- Hold the breath and apply pressure to the trigger.
- Fire the shots.

Trigger Control

Trigger control is the skillful manipulation of the trigger that causes the rifle to fire without disturbing sight alignment or sight picture. Controlling the trigger is a mental process, while pulling the trigger is a physical process.

- After obtaining sight picture, apply smooth continuous pressure rearward on the trigger until the shot is fired.
- During recovery, release the pressure on the trigger slightly to reset the trigger after the first shot is delivered (indicated by an audible click). Do not remove the finger from the trigger. This places the trigger in position to fire the next shot without having to reestablish trigger finger placement.

Follow-Through

Follow-through is the continued application of the fundamentals until the round has exited the barrel. In combat, follow-through is important to avoid altering the impact of the round by keeping the rifle as still as possible until the round exits the barrel.

Recovery

It is important to get the rifle sights back on the target for another shot. This is known as recovery. Shot recovery starts immediately after the round leaves the barrel. To recover quickly, you must physically bring the sights back on target as quickly as possible.

Shooting Position

There are three elements of a good shooting position bone support, muscular relaxation, and natural point of aim.

Bone Support

The body's skeletal structure provides a stable foundation to support the rifle's weight. A weak shooting position will not withstand a rifle's repeated recoil when firing at the sustained rate or buffeting from wind. To attain a correct shooting position, the body's bones must support as much of the rifle's weight as possible. Proper use of the sling provides additional support. The weight of the weapon should be supported by bone rather than muscle because muscles fatigue whereas bones do not. By establishing a strong foundation for the rifle utilizing bone support, the Rifleer can relax as much as possible while minimizing weapon movement due to muscle tension.

Muscular Relaxation

Once bone support is achieved, muscles are relaxed. Muscular relaxation helps to hold the rifle steady and increase the accuracy of the aim. Muscular relaxation also permits the use of maximum bone support to create a minimum arc of movement and consistency in resistance to recoil. Muscular relaxation cannot be achieved without bone support. During the shooting process, the muscles of the body must be relaxed as much as possible. Muscles that are tense will cause excessive movement of the rifle, disturbing the aim. When proper bone support and muscular relaxation are achieved, the rifle will settle onto the aiming point, making it possible to apply trigger control and deliver a well-aimed shot.

Natural Point of Aim

The point at which the rifle sights settle when in a firing position is called the natural point of aim. Since the rifle becomes an extension of the body, it may be necessary to adjust the position of the body until the rifle sights settle naturally on the desired aiming point on the target. When in a shooting position with proper sight alignment, the position of the tip of the front sight post will indicate the natural point of aim. When completely relaxed, the tip of the front sight post should rest on the desired aiming point. One method of checking for natural point of aim is to aim in on the target, close the eyes, take a couple of breaths, and relax as much as possible. When the eyes are opened, the tip of the front sight post should be positioned on the desired aiming point while maintaining sight alignment.

For each shooting position, specific adjustments will cause the rifle sights to settle center mass, achieving a natural point of aim. In all positions, the natural point of aim can be adjusted by

- Varying the placement of the left hand in relation to the handguards.
- Moving the left hand forward on the handguards to lower the muzzle of the weapon, causing the sights to settle lower on the target.
- Moving the left hand back on the handguards to raise the muzzle of the weapon, causing the sights to settle higher on the target.
- Varying the placement of the stock in the shoulder.
- Moving the stock higher in the shoulder to lower the muzzle of the weapon, causing the sights to settle lower on the target.
- Moving the stock lower in the shoulder to raise the muzzle of the weapon, causing the sights to settle higher on the target.
- Natural point of aim can be adjusted right or left by adjusting body alignment in relation to the target.

Prone Position

The prone position provides a very steady foundation for shooting and presents a low profile for maximum concealment. However, the prone position is the least mobile of the shooting positions and may restrict a one's field of view for observation. In this position, the Rifleer's weight is evenly distributed on the elbows, providing maximum support and good stability for the rifle.

Once on the ground, stretch your legs out behind you. Spread your feet a comfortable distance apart with the toes pointing outboard and the inner portion of the feet in contact with the ground.

- As much of the body mass should be aligned directly behind the rifle as possible.
- If body alignment is correct, weapon recoil is absorbed by the whole body and not just the shoulder.
- Grasp the pistol grip with the right hand and place the rifle butt in the right shoulder pocket.
- Lower the head and place the cheek firmly against the stock to allow the aiming eye to look through the rear sight aperture.
- Rotate the left hand up, pinching the handguard between the thumb and forefinger.
- Slide both elbows outboard on the ground so there is outboard tension against the sling (moving the elbows out tightens the sling) and both shoulders are level. The elbows should provide a tripod of support with the body.
- Adjust the position of the left hand on the hand guard to allow the sling to support the weapon and the front sight to be centered in the rear sight aperture.

(Prone)

Sitting Position

There are three variations of the sitting position: crossed ankle, crossed leg, and open leg. Experiment with all the variations and select the position that provides the most stability for firing. Although the sitting position provides an extremely stable base, it limits lateral movement and maneuverability. It has several variations that can be adapted to the individual. The sitting position provides greater elevation than the prone position while still having a fairly low profile.

(Sitting)

The Kneeling Position

The kneeling position is quick to assume and easy to maneuver from. It is usually assumed after initial engagement has been made from a standing position. It can easily be adapted to available cover. A tripod is formed by the left foot, right foot, and right knee when the Rifleer assumes the position, providing a stable foundation for shooting. The kneeling position also presents a higher profile to facilitate a better field of view as compared to the prone and sitting positions.

The kneeling position can be assumed by either moving forward or dropping back into position, depending on the combat situation. For example, it may be necessary to drop back into position to avoid crowding cover, or to avoid covering uncleared terrain.

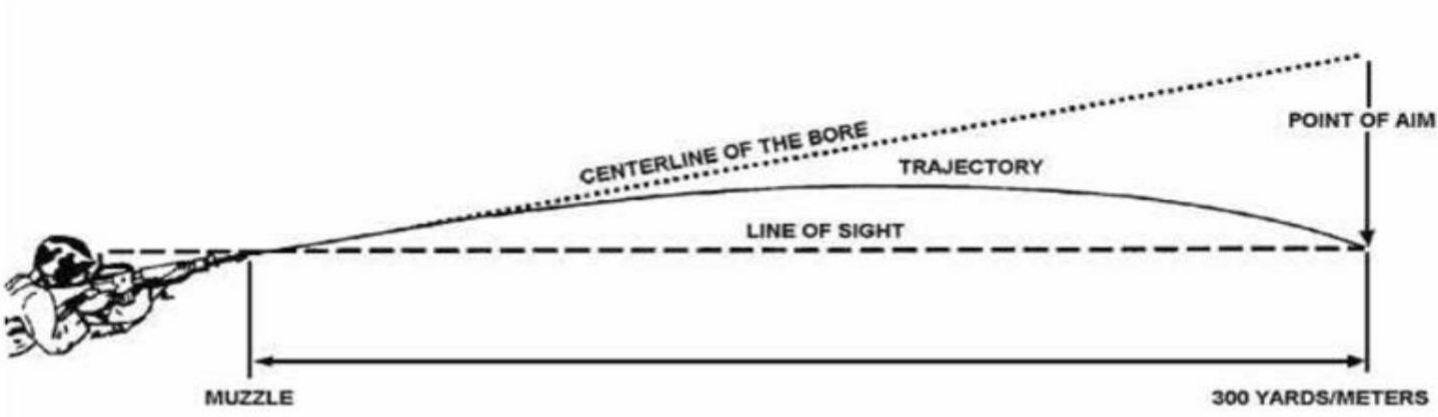
(Kneeling)

Standing Position

The standing position is the quickest position to assume and the easiest to maneuver from. It allows greater mobility than other positions. The standing position is often used for immediate combat engagement. The standing position is supported by the shooter's legs and feet and provides a small area of contact with the ground. In addition, the body's center of gravity is high above the ground. Therefore, maintaining balance is critical in this position.

(Standing)

Trajectory: In flight, a bullet does not follow a straight line but travels in a curve or arc, called trajectory. Trajectory is the path a bullet travels to the target. As the bullet exits the muzzle, it travels on an upward path, intersecting the line of sight (because the sights are above the muzzle). As the bullet travels farther, it begins to drop and intersects the line of sight again.



Zeroing: Zeroing is adjusting the sights on the weapon to cause the shots to impact where the individual aims. This can apply to iron sights or optics such as red dots and scopes. To be combat effective, it is necessary to zero your rifle to distances appropriate for battle. A correct Battlesight Zero will allow you to easily engage human sized targets anywhere from 0-300 meters and beyond (depending on the mechanical accuracy of your weapon).

Because not everyone has access to a 300 meter shooting range, we will be using a 25 meter target to create a field expedient Battlesight Zero. The target in **Appendix A** is intended to be printed on standard 8.5”x11” printer paper.

Zeroing involves adjusting the rear sight and the front sight so that your point of aim matches the impact of the bullet on target.

(Point of Aim)

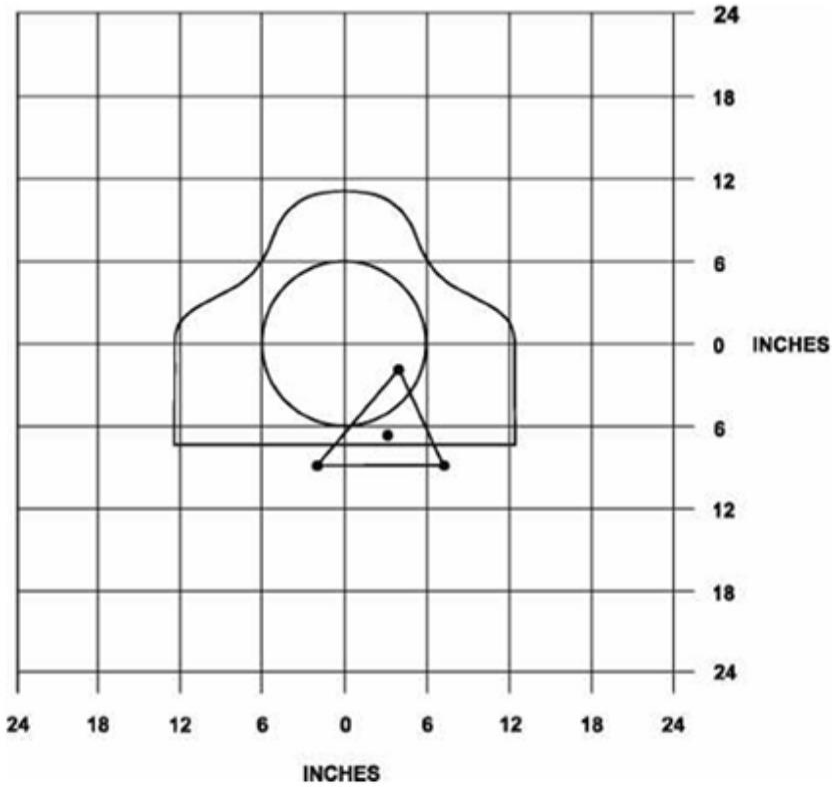
Elevation: Elevation is the vertical axis. Adjusting the elevation means to move the point of impact up or down on the target.

Windage: Windage is the horizontal axis. Adjusting the windage means to move the point of impact left or right on the target.

Perform the following steps to zero the rifle:

- Fire a 3-shot group at one of the boxes on the 25m Zeroing Target
- Triangulate the shot group to find the center.
- Determine the vertical distance in inches from the center of the shot group to the center of the target.
- Make elevation adjustments on the front sight post to move the center of the shot group to the center of the target.
- Determine the horizontal distance from the center of the shot group to the center of the target.
- Make lateral adjustments to the windage to move the center of the shot group to the center of the target.

- Repeat preceding steps until shot group is centered.



Cover is anything that protects an individual from enemy fire. Cover may be an existing hole, a hastily dug shelter, or a well-prepared fighting position with overhead protection.

Concealment is anything that hides an individual from enemy view, but it may not afford protection. Concealment can be obtained from buildings, trees, crops, and skillful use of ground contours. An individual can use any object or terrain feature that protects him from enemy fire, hides him from enemy view, allows him to observe the enemy, and provides support for a firing position.

Supported Firing Positions: Supports are foundations for positions; positions are foundations for the rifle. To maximize the support the position provides, the firing position should be adjusted to fit or conform to the shape of the cover. Elements of a sound firing position, such as balance and stability, must be incorporated and adjusted to fit the situation and type of cover. A supported firing position should minimize exposure to the enemy, maximize the stability of the rifle, and provide protection from enemy observation and fires. A Rifleer can use any available support (e.g., logs, rocks, sandbags or walls) to stabilize his firing position. The surrounding combat environment dictates the type of support and position used.

Target Engagement:

Immediate threat target engagement is characterized by short-range engagement (i.e., less than 50 meters) with little or no warning that requires an immediate response to engage an enemy. This type of engagement is likely in close terrain (e.g., urban, jungle). If this type of engagement is likely, the large rear sight aperture (0-2) could be placed up to provide a wider field of view and detection of targets. Marksmanship skills include quick presentation and compression of the fundamentals (i.e., quick acquisition of sight picture, uninterrupted trigger control). At close ranges, perfect sight alignment is not as critical to accuracy on target. However, the front sight post must be in the rear sight aperture; proper sight alignment is always the goal.

Multiple Target Engagements: When engaging multiple targets, a shooter must prioritize each target and carefully plan his shots to ensure successful target engagement. Mental preparedness and the ability to make split-second decisions are the key to successful engagement of multiple targets. The proper mindset allows a Rifleer to react instinctively and to control the pace of the battle rather than just reacting to the threat.

After the first target is engaged, a Rifleer must immediately engage the next target and continue to engage targets until they are eliminated. While engaging multiple targets, a Rifleer must be aware of his surroundings and not fixate on just one target. He must rapidly prioritize the targets, establish an engagement sequence, and engage the targets. A Rifleer also must maintain constant awareness and continuously search the terrain for additional targets.

To engage multiple targets, the Rifleer performs the following steps:

- The first target with two rounds.
- The recoil of the rifle can be used to direct the recovery of the weapon on to the next target. As the weapon is coming down in its recovery, the shooter physically brings the sights onto the desired target. Pressure is maintained on the trigger throughout recovery and trigger control is applied at a rate consistent with the shooter's ability to establish sight picture on the desired target.
- When possible, such as when all targets are of equal threat, the shooter should engage targets in a direction that maximizes his ability to support and control the weapon.
- The preceding steps are repeated until all targets have been engaged.

RQT – Rifleer Qualification Test

The RQT in Appendix B is a target designed to be used at 25 meters. The RQT target is intended to be printed on 11”x17” paper.

A score of 210 or above in combination with a demonstrable understanding of the general principles in this document qualifies the candidate for a Rifleer Patch.

The target is designed in such a way that it simulates various distances. Stage 1 simulates a man sized target at 100 yards, for example. Stage 2 simulates a man sized target at 200 yards. Stage 3, 300 yards, and Stage 4 is 400 yards. The purpose of this drill is to establish basic marksmanship skills by applying the fundamental techniques discussed in this manual.

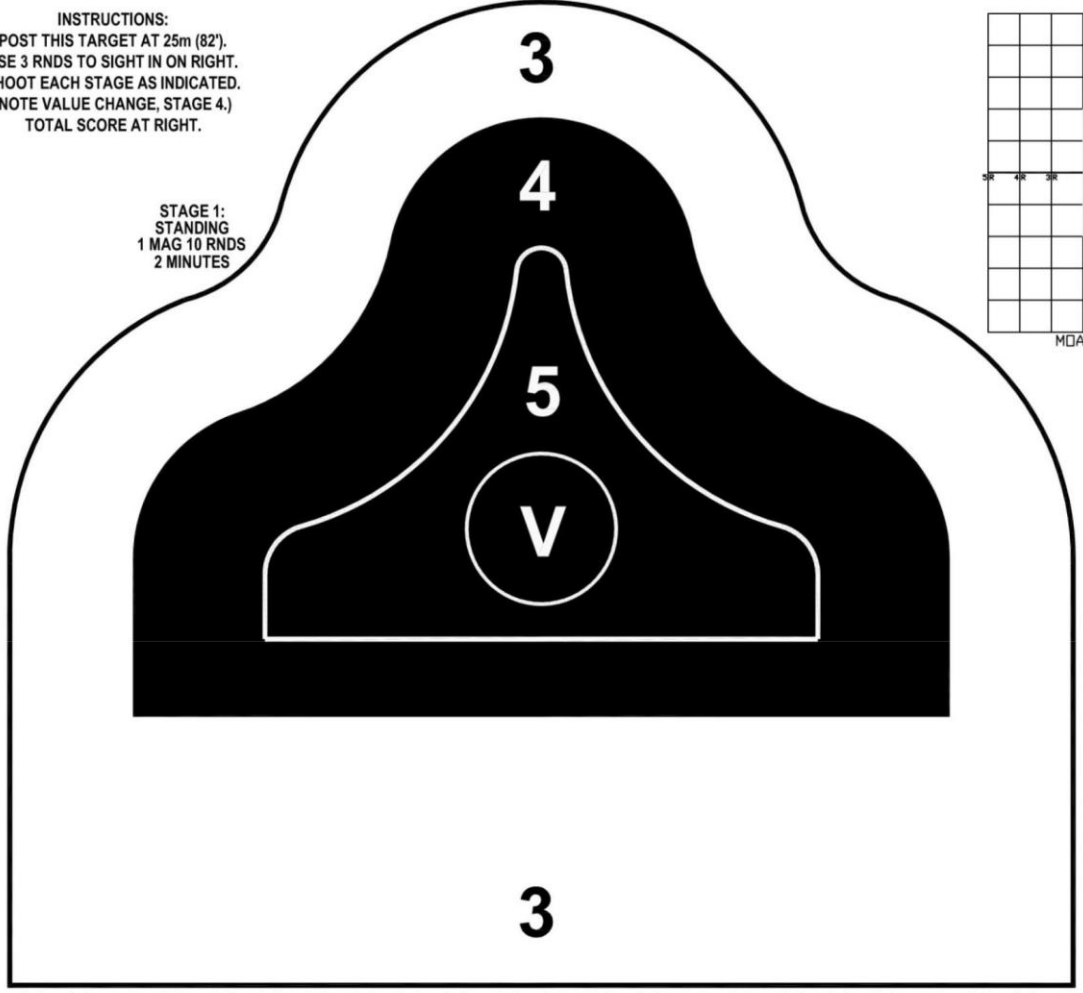
25m target

4MOA

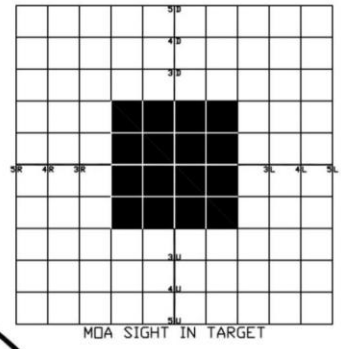
Grid=1MOA

https://www.socialistra.org/

INSTRUCTIONS:
POST THIS TARGET AT 25m (82').
USE 3 RNDS TO SIGHT IN ON RIGHT.
SHOOT EACH STAGE AS INDICATED.
(NOTE VALUE CHANGE, STAGE 4.)
TOTAL SCORE AT RIGHT.



STAGE 1:
STANDING
1 MAG 10 RNDS
2 MINUTES

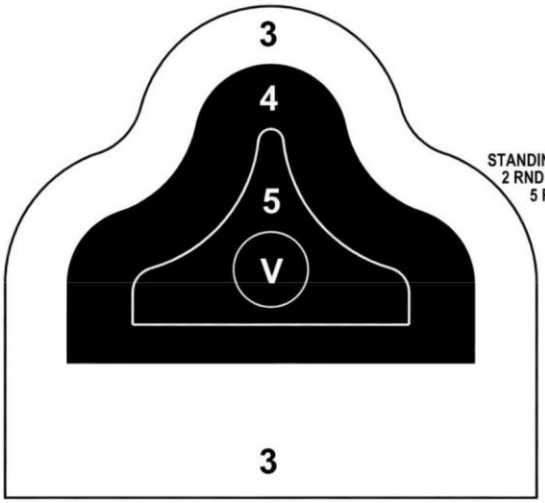

MOA SIGHT IN TARGET

SCORING:

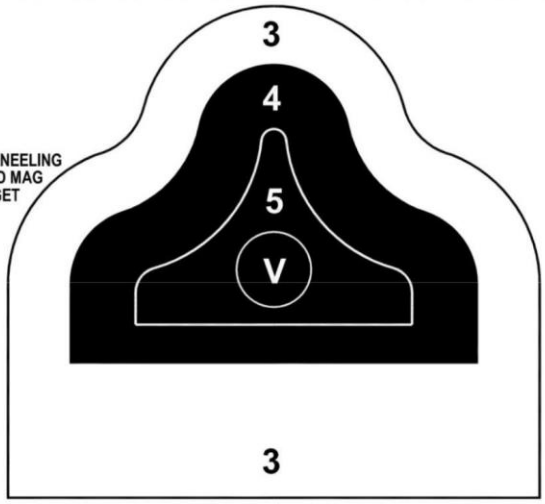
STAGE 1:_____ (/ 50)
STAGE 2:_____ (/ 50)
STAGE 3:_____ (/ 50)
STAGE 4:_____ (/ 100)
TOTAL:_____ (/ 250)

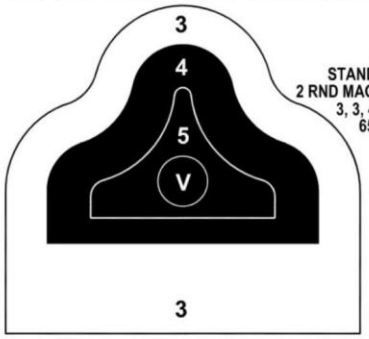
QUALIFICATION:
210 AND ABOVE = RIFLEMAN
170-209 = SHARPSHOOTER
125-169 = MARKSMAN
UNDER 125 = UNQUALIFIED

socialistra.org

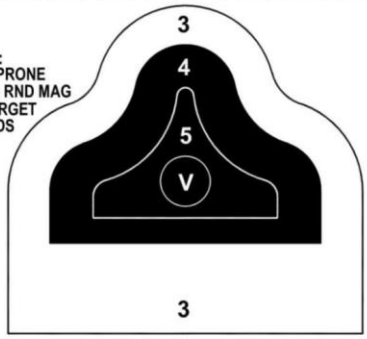


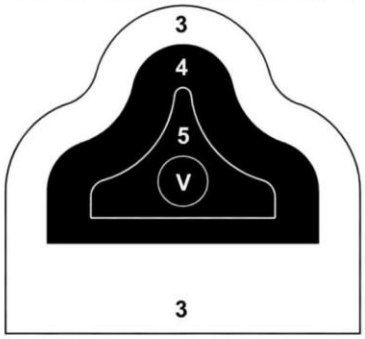
STAGE 2:
STANDING TO SITTING / KNEELING
2 RND MAG, THEN 8 RND MAG
5 RNDS EACH TARGET
55 SECONDS

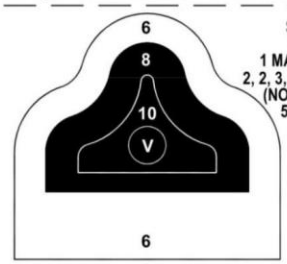




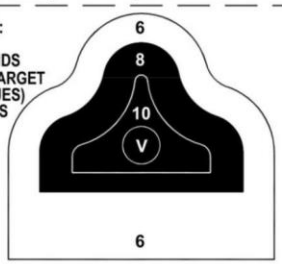
STAGE 3:
STANDING TO PRONE
2 RND MAG, THEN 8 RND MAG
3, 3, 4 PER TARGET
65 SECONDS

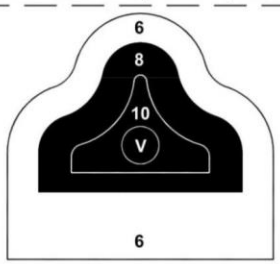


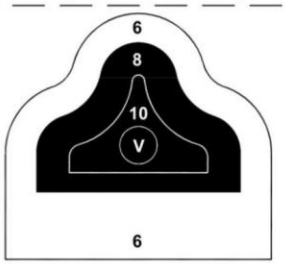




STAGE 4:
PRONE
1 MAG 10 RNDS
2, 2, 3, 3 PER TARGET
(NOTE VALUES)
5 MINUTES







PART 2, SECTION C - TRANSITORY SURVIVAL

Author(s) - Chowa, Black Swan Outdoors
Editor(s) - gdogabbott

Subsections

Introduction

1. Why We Train
    a. When It Hits the Fan
2. General Practices
    a. Situational Awareness
    b. Fortitude
    c. Frugality
3. So You Wanna Bug Out?
    a. When to Bug Out
    b. How to Bug Out
    c. Where to Bug Out
    d. Holding Out
        i. Beans
        ii. Bandages
        iii. Bullets

Conclusion

INTRODUCTION

On the topic of emergency preparedness, there exists a sliding scale with two extremes. On the left side is your standard citizen, oblivious and naive in the morbid reality that exists outside the filters of their perceptions. On the right side is the 'prepper', using an effective combo of stock investment dividends, rampant paranoia, and violent tendencies to construct armored vehicles and purchase functional M1A1 Abrams tanks. Everyone stands on this scale somewhere, but if I had to guess, I would say that the left end of the scale is where 90% of the population resides. In the past decade or so, perhaps it has pushed a bit more to the right of the scale, but the majority of the populace tends to indulge their chosen stimuli and ignore all else. Take a breath and think. Where are you on this scale?

Think about yourself and the skills you have acquired in the course of your learnings. You must have read "Intro to Emergencies" and "Unit Operations," from Part 1 and had your interest piqued. Maybe that interest encouraged you to read some online articles, watch some related YouTube content, etc. Sure, you've learned some great things from some great teachers (cough cough... Patreon is linked on the site... cough), but you're not quite sure where you stand yet. First and foremost, let me extend some congratulations to you! By learning the absolute basics, you've likely reached the 50th percentile already. Great work you've done, absolutely! Don't get a big head, though. You've learned some super rudimentary stuff. Unless you actually get elbows deep in the muck that is disaster, you won't know exactly where you stand.

Now, to complete our lecture sandwich (a stern warning squeezed between two hopeful guiding messages), I want you to consider the positions you will find yourself in as the shit begins to hit the fan. Between now (the present day) and then (when the shit hits the fan) exists a series of points along the time-line. These points are what we refer to as 'transitory events', aka the events that will transpire in chronological sequence, leading you to further points of disaster. One leads into the other in a progressive fashion. That is why this section is called "Transitory Survival." To you, this is the introduction into surviving the events preceding a catastrophic meltdown of society. We don't really indulge in the 'worst case scenario' philosophy, because it's important to retain hope and positivity, even if you're training for disaster.

What you need to pull from this section is to: add a few new tools to your survival tool box, see the disaster progression happening, know where to turn to begin preparations, and have adequate plans in place for all potentialities. Now, let's move on. Let's discuss some fundamental philosophy on why this is important to do.

2-C, SUBSECTION 1 - WHY WE TRAIN

Hopeless pessimists will tell you that the end of the world is nigh. Naive optimists will tell you that the end of the world has been greatly exaggerated. The truth of the matter lies somewhere in between these extremes. We exist in a culture that appears to be a bird cage constantly balanced on a razor's edge, battered by crosswinds of equal power and opposing directions. We're locked in this cage's tumultuous, hellish ride and we don't know how long it will remain intact. We don't know when one force will overpower the other and send us spinning into the depths of the void. In the perspective of the millennial, they will likely remain trapped in this shitty ride for the rest of their lives. Perhaps their children will even be dealing with the fallout of the coming decades. We don't know for certain how long it will be, but we know that it's going to suck. For all of us.

What is certain, however, is the absolute necessity of the perpetual betterment of ourselves, our neighbors, and our successors. We don't know how long things will continue to spiral downward, but we do know that to ignore the possibilities is naive at best, selfish and foolhardy at worst. These possibilities present great risk not just to ourselves and our neighbors in the present, but a thousandfold for our successors in the coming generations. It is for this reason that we must continue to endeavor to become the absolute best people that we can be. Like the edge our society is perched upon, we ourselves must become razor sharp. Not only so that we can become better as people and tools for the betterment of the community, but so we can stick around to pass along the valuable skills we have collected to the next generation. We must endeavor to not only survive all the turmoils and catastrophes, but also to use them as springboards that will propel us into higher echelons of ability.

You must survive to keep learning. You must survive to pass along the skills you will gain in your efforts. For the good of all people, you must survive. Like a blade against the grindstone, you must allow the friction in your life to sharpen you, not dull you. Turn to face the disasters as they come, keep your back straight and steady, your hands calm and smooth. Guide the blade that is your courage, compassion and perseverance in such a way so as to give yourself a keen edge. This is the only way to ensure that we can not only survive, but become the razor sharp steel that can serve to sharpen others.

That is why we train. We train so that others may live a life as free, safe and happy as possible. We train to survive and create as much good in the world as possible. That is why this section is so direly important for your learning journey. You must strive to train in all possibilities, so you can survive and lead others to do the same. Without those with the will to make positive change, there is no future for the endangered. If we all slink into apathy, the malicious have no opponents. The ones who so direly need the skills you could teach them would go without, more or less abandoned by the world. Don't let them go it alone. Train, become steel, and sharpen the ones who need it.

2-C-1-a - WHEN IT HITS THE FAN

Surely you have thought about the fact that someday, at some point in time, things are bound to go south in your neck of the woods. This could mean all sorts of things in grand scale, and I'm sure you've turned over many of the worst case scenarios in your head. Let's think about this for a second, not as reactionaries and doomers, but as logical beings with the ability to see the course of time over the possibilities. Universal unrest wouldn't just unfold overnight; more than likely there will never be a time that you wake up to the zombie apocalypse. That's not to say that you won't ever be in danger when you least expect it, however. There always exists a threat, even if it remains unseen or yet to be fulfilled.

In this specific section, we are going to discuss the things that few people think about; the points that lead up to it being dangerous to stay in your neighborhoods. Now, this condition could be explained by any number of possible disasters, but we'll continue to whittle this down. This section discusses what I perceive to be the three likeliest scenarios that could lead to you needing to evacuate yourself and your communities from their neighborhood or neighborhoods. Let's give a little sneak peek here on what these are, in order of likelihood:

- Natural disaster - Homes rendered unsafe by nature's karmic retribution.
    - Most likely to happen, as we see natural disaster growing both more lethal and frequent each and every year.
    - As the global climate worsens, it will grow exponentially more possible that your home will be struck by disaster.
    - Shifting vortexes will drift across the continents, making all weather events happen with higher frequency and potency.
- Persecution - People in your neighborhood are so maddened and driven by hate that they'll mob and lynch people in the streets without repercussion, for simply existing in a manner that they find displeasing. Not likely, but possible.
    - While this is less likely, the forge fires of political strife in this country are being blown by the bellows of media-induced fear. If the proverbial iron gets hot enough, they may strike it. It won't be pretty.
    - Couple this with the emboldened state of white nationalists, far-right militias, and the Trumpist cult, and you've got good reason to remain wary.
    - Give the loonies a reason to, and they just might go off.
- Armed conflict - Big heavyweights are fighting in your neck of the woods. Artillery, aircraft. Only under the slim chance of invasion, civil war, etc.
    - The political strife that we feel here is not just contained here. It exists <u>everywhere</u> on this earth with variances of the same problems.
    - As the capitalist system begins to feel another thrash from the working class as it attempts to wreck the machines, it is possible that there could be an escalation, whether by local or international militant forces.
    - This is the least likely to happen, but if it does, it will escalate to levels of horror that you could not possibly imagine (see Crimea conflict of 2015, Syrian Civil War, etc).

The rich will feel their power slipping from their claws and do whatever bloody, horrific work required to keep it. More than likely, they will pit us against each other using #2 or #3, but it's expensive to fund enough war machinery to gun down opposition. It's far easier to maintain an online Psy-Ops presence that uses minuscule versions of all three opportunities to fan the flames, brainwash the fearful and misdirect the wayward. That means you should not ignore any of them. They will take advantage of #1's fallouts, #2's simplicity, and #3's power. Don't be fooled by the riptide-like nature of these things, either. It may not be obvious at first. It will likely be glossed in a candy coating, dressed up all pretty with shallow platitudes or hollow imagery (think of Citizens United, the PATRIOT Act, etc.)

When a natural disaster hits, they'll likely use the distraction to sneak 'emergency' legislation in that will screw the working class over (it happens almost every time we get a large-scale disaster; just look at all the sneaky shit they pulled after 9/11 and the entire year COVID-19 hit). They will use corporate media and their online presence to maximize the effectiveness of #2 (after all, propaganda advertising, social boosting bots and paid trolls are obscenely common and easy to do), and justify #3 by any means necessary so they can continue to distract the populace with nationalism and consumerism with one swift stroke. They will be crafty about it, carving and form-fitting each region, so you can bet that you'll see a special blend of these three things wherever you are. For example, in many rural areas, you'll find all hard-right GQP cultists. Also, not coincidentally, you'll find that an overwhelming majority of local news and radio stations are controlled by right wing conglomerates that have become essentially "Fox News Lite" stations with hosts that the locals are familiar and trusting with. In more populated, left-leaning areas, violence and police persecution is more likely, especially if the local population begins to stand up for itself. Think about your area and how the right wing would have to batter your locality to control it. It's likely already happened or currently happening.

Really ponder and think on your local demographic and its leanings, the intricacies, the battling political groups, all that. Think about the weather as well as the global conflicts bubbling over. There's always a chance that <u>something</u> will happen. At least once a year somewhere in this country, something happens. In this section, we will discuss the fundamental avenues of escape and survival in each specific case. Now, keep in mind that this is a starting point. Just because we're in Part 2 of this manual does not mean you are ready to dive headfirst into these kinds of things. Part 1 was a primer. Part 2 is the intro. Don't get a big head because you know a few things. Be smart, and use this as a guide to further your knowledge by learning where the starting line is.

2-C-2 - GENERAL SURVIVAL PRACTICES

Think of your skills and abilities as tools in your handy little preparedness toolbox. There are some tools (skills) that will benefit you no matter what job you use them for. These will function for you wherever you are, no matter how heavily populated your neighborhood is, or what your opposition's strength looks like. General skills are the ones that anyone could and should use. They're simple to pick up and usually not too hard to master. Think of the skills in this subsection as your pliers, screwdrivers and drills. Stuff that you can use in pretty much every job in any given scenario. We taught you a few in Part 1, now we're going to do expand a bit on the theories and introduce some new stuff. Let's not dilly-dally here! Let's jump into fundamental survival practices!

2-C-2-a - SITUATIONAL AWARENESS

I frickin' know you've heard the trite phrase: "Keep your head on a swivel!" -- an overused saying if ever there was one. We've all heard it before; in cheesy 80s action movies or wherever else there needs to be some pseudo-military jargon to throw around. The thing about it is that it's not actually a bad analogy**.** Being aware of your surroundings and being alert are never bad things to do when you are in danger. Sure, there's less cheesy ways of saying it, but that doesn't detract from the value of the statement. Swivels can be useful for both your keyring and your senses in a disastrous situation. But even still, your head being on a swivel is only half of the equation here. Sight and hearing comprise only two of our senses, we gotta go deeper.

In that context, what's deeper than twisting your head in creepy, snow owl fashion? Actually being immersed in your environment. It's more important to feel where you are in your environment, to know the intricacies in and out, to know what is normal and what is not. We all get those gut instincts when our brains pick up on irregularities in our surroundings, but that's not enough. You need to be able to pinpoint the ins and outs of your area. You need to know not only when something feels off, but why something feels off. When a new, unplated car with blacked out windows shows up and creeps around your neighborhood, you need to be able to see it and know what's coming next. You need to know what an increase in police presence indicates, and what their goal is based on their behavior. More speed traps than normal? Why is that? What is the ethnicity of the victims of these "speed traps?" Has there been an implication in local speculation about a criminal suspect of a specific race? Or was there an assault on a police officer recently that they might be looking to avenge? These are crucial bits of data for your safety.

Like I said, there's more to your situational awareness than just your senses. Look for specific tidbits of observational data and the correlating possibilities those indicate. It is likely that data that would otherwise go unnoticed is in all actuality an indicator of danger. A good practice for someone looking to stand in defense of their neighborhoods is to take a similar approach as the concept of "defensive driving." The reason I think this is a good analogy for comparison is that we are all immersed in our respective roadways on a subconscious level. We

instinctively know when someone is from out of town based on how they drive, even if we don't see their out of state plates. We feel the traffic and can tell from our extensive experience how things will turn out to be. We can feel that someone may cut into our lane, or pull out in front of our car at an intersection. These premonitions are based on things that can amount to something like a 'car language' much in the same way that we can read someone's 'body language.'

Here's a good exercise in training your brain's ability for premonitions into use on foot and in danger. Take a few hours and stroll around your neighborhood. Really soak up the stimuli that it offers. Smell all the smells, even down to the lingering scent of your alley's dumpster. See all that there is to see; people and their body language, drivers and their car language, the comings and goings. Hear the noises, however small they may be. Watch the wind blow the trees or traffic lights around. Feel the wind that carries in the scent of food nearby. Listen to the voices of the people who chat indistinctly. You may think your neighborhood is boring, droll and devoid of value. I can promise you that it is not. Taking stock of the simplest things in life can serve you in two critical ways:

In the first way, the indulgence of your senses in the mundane can tie you on a psychological level to your environment, and ground you in the moments that you spend there. It's always a good thing to be able to connect with yourself in your current moment, and feel yourself existing inside this world. Listening to your senses is a great way to stay mindful of yourself and your surroundings. This is not only good for your mental health in these trying times, but they can allow you to pick out things that differ from the norm much more intuitively.

That leads me to the second, and more pressing, way that the mundane stimuli of your neighborhood can inform you. The mundane things are the first to change when threats present themselves. Birds stop singing in the presence of predators. Winds are eerily still before a tornado forms. People who are in tune with their neighborhoods will clear out when something is off. A normally bustling market that is suddenly dead quiet in any locale is never a good sign. If you begin to allow yourself to take stock of the mundane things in your life, you can begin to pick these sorts of changes up and ascribe them to whatever premonitions that you've had in the past. You'll start to see the correlations between your 'gut' and the information that it gleans its instincts from.

Do this practice as often as you can. Every time you go out to contribute to a food drive or some other form of mutual aid, let your senses really tap into the area you're in. Absorb the conversations you partake of, feel the ease or anxiety of the neighborhood. The more you in tune you become, the more you can become a conduit of good in your neighborhood. Over time you should continue to do this, and as it becomes a habit for you, you'll naturally develop a keener eye and sharper sense. This will bleed over into all things, but especially in an emergency, when most people's senses are piqued by adrenaline, anyways.

Either take down some notes or think about these things--

THE FIVE SENSES OF MY NEIGHBORHOOD:

20. Sights - What are you used to seeing? How do the people behave? How often do people move through here? What kind of vehicles are here? What sort of bumper stickers or other kinds of flair accessories do people show?

21. Sounds - What is the noise floor of this place (as in, what is the general noise level here)? How loud are the people? The cars? Nearby highways or other roadways? What sort of wildlife noises are there?

22. Smells - What does this place smell like? Does it smell like nearby restaurants? Does it smell like wood stoves? Are there any scents unique to your neighborhood? Are there any particular sections of town that smell different than others? Why?

23. Tactile - What can you feel about this place? What quality is the sidewalk and pavement? What is the general feeling of the air? How hot is it normally? How do people react to heat? To the cold?

24. Tastes - Might sound odd, but -- how good is the food here? How does the food here compare to other places; better, worse? What kind of foods do you normally see people eating here? Does the air have a taste to it?

2-C-2-b - MENTAL FORTITUDE, OR LEFTIST STOICISM

We all know that 'shit happens.' We've been there, done that. Been around the block a time or two. Aren't green behind the gills. Weren't born yesterday. (Help! I'm in a loop of shitty overused American colloquialisms!) Anyways, we're not dumb. There's an inherent risk that comes with the dangers that we immerse ourselves in. That's an unspoken, accepted truth when you take on the mantle of Defender. People on the left side of the political spectrum have never been friends with Uncle Sam or the mindless droves that blindly guzzle their nationalist-flavored hate Koolaid. We've been ridiculed, ostracized, and targeted before; this is nothing new. But you should be aware that there is a second level to this danger.

When you accept the dangers and knowingly take up your hammer to stand up to the powers that be, you become a problem. You become a 'violent radical' for refusing to lie down and die without fuss. You move from being a cultural obstacle -- one they can simply pay internet trolls or social media structures to squash -- to a physical obstacle. They were not expecting to meet resistance. When you become this resistance, you will take on additional flak, increased harassment, physical and lethal dangers in addition to the ones you already

faced. You become the kind of people that right-wing mass shooters look for first. You become the local 'troublemaker' whose cries for emergency services will be met with an EMS chief saying, 'local units got lost en route, there was nothing we could do.' You might become the next in the line of activists killed in 'mysterious circumstances,' such as those in Louisville, Kentucky or Ferguson, Missouri. (Look up Kris Smith of Louisville and Danye Jones of Ferguson, for example).

On some level, you already know this. People who are willing to stand as wave-breakers on the levy are always exposed to the waves. In some places, you might be the only thing resisting the hatred of the right-wing masses. The dying throes of the horrific, white-nationalist, xenophobic beast will most assuredly hurt people as we strangle it to death. It will especially hurt those who dare to organize and offer real resistance. The hateful know that the threat of death or dismemberment is a strong one. Funerary debt and medical bills suck. Why do you think there is always a score of organizers killed and hundreds of participants injured in any big protest or movement? Those that dare to lead are met with lynchings in the night, beatings given by masked men with too many connections, and """""gang violence""""" killings conducted in military-efficient fashion by highly trained shooters in white vans. The longer a shadow you cast, the more likely it is that you are one of those who will meet this fate.

But you know this already. We all do. What's worse is that they know that we know this. They count on it! They bank on our fear or hesitation and happily pit us against one another in our fits of paranoia. Now, what I'm about to tell you will sound too good to be true. The way to counteract this? It's simple; do not react to the verbal hatred or manipulation. As Epictetus said, "Stand by a rock and insult it, and what have you accomplished? If someone responds to insult like a rock, what has the abuser gained with his invective?" The key to success here is really that simple. Do not shrink at them flexing their muscles at you. Do not shrink when they take swings at you. Ones who protect against the tide of anger, violence and hate have to stand fast in the face of storms. It is only natural to feel fear, but do not let it cower you into the fetal position. I think this is best summarized by the immortal words of a fictional man, Ned Stark:

Ned's son, Bran: "Can a man still be brave if he's afraid?"

Ned, in typical stoic delivery: "That is the only time a man can be brave."

To give in to fear is foolish, but to not feel fear at all is insanity. We all feel fear when presented with danger, unless we are foolhardy or ignorant. That is a natural reaction to the things that happen in our lives that can hurt us or worse-- hurt others. But in taking up the mantle of Defender, you owe it to the ones you care about to keep steady hands, a rational mind, and a rigid backbone. You should expect yourself to look danger in the face and not shrink and shrivel into a sniveling ball of tears. You may feel as though this is impossible, given how dangerous things can be, but it is not. I promise you that. You can train yourself through mental framing when facing turmoil. To do this, we are going to harness the power of philosophy! More specifically, we will be using a mixture of simplified and modified teachings of both 'optimistic nihilism' and 'stoicism.'

Basically, optimistic nihilism means making meaning of the insignificant beings that we are. Think about how the universe is titanic beyond comprehension, unforgiving, and we are

each no more than a molecule of salt in its endless ocean. Each one of us is about as significant to the universe as the last single molecule of oxygen you breathed was to you. Hell, even our entire planet -- which is but a tiny blip of a rock in the Milky Way's eyes -- would carry on and forget the whole of humanity quickly if we killed ourselves off. To us, the most important struggle in the universe is our own mortal coil, but our efforts mean nothing to the universe.

Sounds pretty bleak, yeah? Here's the thing, though. That means that humanity is all we've got. We're the only ones within reach in this world. Each one of us has to exist inside Earth's bubble of isolation, forever outside the notice of intergalactic beings. You don't have power to make changes alone. It's a harsh truth that you must accept. Thing is, you do have the power to create or partake in collections of people that can make changes. The shape of the society we have at our fingertips is at the behest of our willpower in unison. There is nothing in this life set in stone, and our insignificance on the galactic scale can create a better sense of community if you keep your eyes on the big picture. Knowing how small you are is a great way to inspire yourself to lean on your communities.

If you take this (admittedly over-simplified) view of optimistic nihilism, and couple it with a modified take on the classical Stoic stance on dealing with the troubles of life, you may find your mental resilience greatly increasing. Let me explain a bit and move on, as I'm not a philosophy professor and will likely make myself look like a fool, anyways. When the chips are down and you're desperate, what do you do? In the words of Epictetus (with my flavoring),

"[So you're cornered...] What, then, is to be done? To make the best of what is in our power, and take the rest as it naturally happens."

Think about the worst things that have happened in your life. Think about the times when your mind was rattling with feverish panic and you found yourself out of options. What is there to do then, but fret fruitlessly? If you've done all there is to be done within your limited power as a human being (a grain of sand on a planet-sized beach), what else is there? Do you nervously fidget all day long, languishing like a wilting flower in a dry planter? No! You must learn to grapple your fears, your turmoils, your troubles, and give them every ounce of effort you can muster. Give until you collapse, and if you fail for lack of experience or by methods outside your control, just accept it! Fear is the great mind-killer, after all.

Fear is much in the same as physical struggle but takes places entirely inside your skull. It's one of life's most common catch-22s. The bigger you perceive your problems to be, the more you concentrate on them. The problems falsely seem to grow and soon they occupy your entire field of view. Follow this path and you end up squirming under the pressure and rendering yourself useless. Failure, pain, suffering; these are all natural and unavoidable courses of life. These things will happen to every single person on this planet, without mercy or remorse. No person is spared or perfectly sheltered from pain or struggle, no matter the effort they put into it. The sooner you can accept this and teach yourself to remain calm in the face of it, the sooner you will develop the fortitude necessary to survive.

That is the layman's core of Stoicism, if you remove all the theological themes and metaphysics. That's what's important for your consideration.

Now, for the elephant in the room: Someone right now is looking at this section and thinking, "Why the fuck is this dingus talking about Stoicism? Doesn't that ghoul Jordan Peterson talk about Stoicism? I thought this was a book for leftists! I've been bamboozled!"

This is a point of great agitation for me. When Jordan Peterson rants on and on about how weak the newest generation is and that his brand of right-wing philosophy will cure that, I want to remain calm and intellectually defend my ideas. In reality, I inevitably imagine myself bashing my skull against a brick wall, frothing at the mouth, screaming "Fucking pseudo-intellectual right-wingers think they own everything!" as I concuss myself to sleep. They really do think they own everything, though! This includes schools of thought that they twist into perverted ghosts of the original ideas (see the Reddit page /r/Stoicism for proof or super sick JP quotes). Anyone who uses stoicism to propagandize their hatred, bigotry or nationalism is either incredibly misinformed or acting of pure malice. Right wingers have no right to pervert the ideas of ancient collectivist philosophers. Yes, I will die on this hill, don't ask.

Anyways, don't worry, I understand and appreciate your skepticism. Any leftist practitioner of stoicism will echo the sentiment that the right wing libertarians have co-opted the philosophy and falsely tied it to the idea of 'rugged individualism.' Much like all the things they co-opt, they use it to preach their isolationism, toxic masculinity and bigotry. To them, it encourages the suppression of emotion and indulgence in apathy. This could not be further from the true nature of the philosophy. Stoicism is a practice in acting with kindness, patience, tolerance and control when dealing with overwhelming emotions. It is not an excuse to do nothing about or ignore your feelings. It is not about building up a phallic alter of manliness upon your gigantic pecs and rippling six pack abs. It is not about being an "undefeatable alpha male" or "unbreakable lion" or some other such nonsense. It is about building your mental resilience and understanding the 'self' in order to deal with emotions that would otherwise drown you. The elementary notions that they falsely ascribe to Stoic teachings is laughable at best and incredibly damaging to philosophy as a whole at worst.

Another thing; Stoicism doesn't teach us that we should remain inactive in our world (apathy), or that we should maintain an appropriate distance from troubles in order to curb emotions resulting from them (isolationism). The ancient stoics believed that we are all citizens of this world primarily and that nationalism is a childish notion. Their lessons teach us to be strong at heart and be good examples for others who may lean toward reactionary tendencies. It can teach you about how to handle stress and control your body's reaction to the things that cause it. To the right-wingers who have dominated the philosophy with toxic masculinity and bigotry, this philosophy represents the opposite of what it truly means to be Stoic.

Socialism and stoicism go hand in hand. Stoics believe in the power of humanity as a whole, the value of both learning and teaching, the resilience of the common person, and the ability for any and all people to live virtuous lives.

In the eyes of a Defender, this blend of optimistic nihilism and stoicism means diving headfirst into danger to protect the community. It means never wavering even in great turmoil, all the while thinking, "This too shall pass." In our minds, we are all united in our individual

insignificance in this world. We use this knowledge to build community and unity, as well as suppress our reactionary tendencies. Our untamed emotions can make small external problems into significant internal ones, and make our friends into foes. We must not succumb to fear, knee-jerk reactions, hatred or nationalism. We must serve as reliable pillars that, during times of great stress, our community can lean on, learn from, and use to create new communities that will lift us all higher.

END NOTE:

Again, I am not a professor of philosophy. For those interested in my personal blend of these two philosophies, I am coining my new philosophical theory as "Optinihilistoicism." Kidding. It's actually called "the oxymoron's philosophy" because it's a blend of a bastardized version of nihilism and a bastardized version of stoicism, two long-time nemeses. Still kidding. It is possible to glean important philosophical teachings from multiple schools and create your own interpretation based on the better points of the respective sources (shocking, I know!). Honestly, though, if you find these concepts interesting and feel as though you may benefit from them, I have some easy homework for you. Dip your toes into these super simple basics on the topics covered above:

24. Watch these videos:
    - Kurzgezagt's "Optimistic Nihilism" - [https://www.youtube.com/watch?v=MBRqu0YOH14]
    - Elias Skjoldborg's "Optimistic Nihilism" - [https://www.youtube.com/watch?v=hmRBzc0o71A]
    - Ryan Holiday's "How Marcus Aurelius Conquered Stress (and the Rest of Us Can Too)" - [https://www.youtube.com/watch?v=d9j4t5JLRPI]
    - Pursuit of Wonder's "Stoicism & The Art of Not Caring" - [https://www.youtube.com/watch?v=uLOB6hj3M_Q]
25. Read these pieces:
    - How To Be A Stoic's "Stoicism and Politics" - [https://howtobeastoic.wordpress.com/2017/08/07/stoicism-and-politics-between-the-scylla-of-the-new-left-and-the-charybdis-of-the-alt-right/comment-page-1/]
    - Steven Gambardella's "Towards Stoicism 3.0" - [https://medium.com/the-sophist/toward-stoicism-3-0-694f2fbf6e41]

Remember to keep your thinking caps on. Glean what you can use, dispute that which presents problems with your own personal philosophy. This is not a world of black and white. Do not let yourself be fooled by smooth-talking GQP shills that will try and discourage, dissuade or depress your emotions. Your mind is a palace, built of experience and information. Pick the right bricks and mortar to build it with. Keep learning, always think first, and stay tough.

2-C-2-c - MAINTAINING FRUGALITY

When you sit down and begin to plan out the supplies that you will need to survive for any extended period of time, you'll likely be surprised at just how much it takes to live without modern infrastructure. You must consider the size of your group, their hygiene needs, their carrying capacity, the space they will require to sleep, how much food and water they will need, their skills and what they could do around camp, etc. There's a myriad of complex topics that you will need to tackle in order to enable your group's extended survival. So, that being said, a great general practice to take part in any situation, is frugality.

When you hear the term 'frugal,' you might imagine modern day weirdos, collecting rain water from their balconies, eating four grains of rice a day and living in an empty studio apartment like a weird, miser gremlin. That's not what I'm talking about. The kind of frugality you will need to employ is much simpler and sensible, given that it will be necessary for you to continue to live. Let's consider a few of the basic tenets of survivalist frugality:

3. Time is your most important resource! Every second that ticks by without a goal or a plan (even if that plan involves saving your energy and relaxing all day), is a second wasted! Keep yourself and your crews gainfully occupied; running a camp is hard.
4. The constant hunger will subside eventually. As you progress from the modern society to living in a survival camp, you will be hungry... ALL. THE. TIME. Seriously, you will feel like you're starving to death all the time. Here are a few things to counteract this feeling and give you motivation to continue.
    - Research your Basal Metabolic Rate. We have talked about it in the fitness sections, but essentially this is the amount of calories your body requires to continue operating normally. If you eat less calories than this, you will lose weight, both in muscle and fat. Your ability to function will be impaired if you don't meet it for a while. It's okay to stay below for a short period of time, maybe a few days, but try to avoid it if you can.
    - Have your whole team memorize their BMR and keep food journals with calories and macronutrients listed. If possible, you can keep track of vitamins and minerals as well with this, but the "Big 3" (protein, carbohydrates, and fat) are the most important. Prioritize them first.
    - Get a weekly average of your group's TOTAL caloric requirements by adding all their BMRs together. For instance, if you have ten people with an average BMR of 1500 calories, you would need to supply them with at least 15,000 calories of food every day. That's 105,000 calories per week! Now, as people lose weight their BMR will drop, but you have to keep in mind that the more you exercise (ie do things to survive or help others), the more calories you will need.
    - If every person in that group drinks roughly one gallon of water per day (as they should), they would drink 10 gallons per day, 70 gallons per week! Keep that in mind, as well.
    - Use this knowledge of BMR and water requirements to motivate yourself to ignore the hunger for the sake of your friends and family in camp. If you stuff yourself

full every meal, you will die hungry after rations are gone and you have no energy to get more.

5. Apocalyptic depictions of money being "useless" is likely not going to be 100% true. Once you exist outside the national infrastructure's capabilities (if it still functions at all, it will be greatly scaled back), money will more than likely still be tradable for some time. Especially with stubborn merchants, hoarders, nationalist remnants, etc. And the infrastructure won't be down forever. People know that when 'the grid' comes back up, there's a good chance that their money will be useful again. Use this to your advantage.
    - Do not burn your money for firestarters, dummy. Trade it for food, water, ammunition, etc. Keep some on hand in case somebody is willing to trade you for it.
    - Bartering is your best option, but always be willing to trade your own supplies for money, as long as it won't hurt your group.
    - In my opinion, the biggest things that will become tradable are vegetable/fruit seeds, produce, livestock, and ammunition. Try to keep as much of this as you can, for trading, sharing with other groups, and keeping it from those who would hoard it to rot in a garage.
6. Learn to relax between tasks. The more you exercise, the more food and water you need. Take a chill pill once your critical tasks are done, for the good of the group.
7. Become innovative with resource gathering. Collect rainwater, create fresh water filters, learn about edible plants and roots, and all that. There are many, many untapped potential resources at every campsite, and many ways to make things work for you.
    - Research 'passive water collection' devices that might work in your locale. For instance, if you live in the Mojave, waiting for rainfall to collect water isn't going to work in the short term.
        - For starters, I would recommend leaving the desert.
        - Or look into 'fog catching' if you want to continue to live in the desert like a deranged weirdo.
8. Do not use anything unless it is <u>necessary</u>. Pinch every proverbial penny you can. Don't waste food, ammunition, water, or anything else of value. Every single molecule that is wasted could have been used to help others.
9. Start thinking of things in your surroundings in terms of their components available and their potential use, not just their total assembly and intended use. Simple garage supplies can become many things for you -- acetone fumes are a capable firestarter, drills or power tools can power simple machinery, etc. You'll have to gather some tech-saavy and tinkering types for your team, if you can. Mechanics and hands-on workers can get incredibly innovative with their jury-rigging of tools. You know, 'redneck ingenuity' and all that.

Now, as for everything else not covered in this piece, just remember that these are general practices and this guide is meant to steer you into further research. I would highly recommend gathering a good set of intelligence on your local area and your team's household supplies. Hit up Craigslist or other freebie posts on online marketplaces or local classifieds.

Begin researching ways to use the things you gather in a creative, cheap fashion. And no, NOT 5-MINUTE CRAFTS OR INSTAGRAM "DIY" PROJECTS! That's dumb.

2-C-3 - SO YOU WANNA BUG OUT?

It may be true that at some point, shit will hit the fan; stormy weather, fires, crazy bandits. When it happens, there's a good chance that you will encounter damage, danger or death in your own house. Tornadoes and bullets fired don't give a shit about your walls or anyone inside them. Once the danger becomes so severe that it becomes unviable to remain in your home any longer, you will have to consider roughing it. That is-- you will have to consider living away from you places of comfort and in a place that will make you uncomfortable. You will have to consider relieving yourself into a dirt hole instead of a bathroom, or scrounging for berries in a bush instead of a supermarket. It is not pleasant to think about if you're not already an outdoors-y or survivalist type, I'm sure. But it is something you should be prepared to do, and plan for. At some point, a musty old warehouse or a clearing in the woods might be what keeps your loved ones alive. Never rule it out.

2-C-3-a - WHEN TO 'BUG OUT'

You would be surprised to see just what people can endure just to remain in their homes. I want you to think of locals in London in World War II during German bombing runs, the citizens of Crimea under missile assault by pro-Russia forces, and the Syrians under siege by ISIS. Think about all the victims of horrible wars that remain in their homes despite shelling, shooting and death. Think of little old ladies sweeping up concrete debris from their antique rugs in living rooms half caved in. What would drive someone to stay in place during such times? Is it stupidity, desperation, or stubbornness? It's none of those things (or a mix of all of them). What truly drives us to stay in these places is love.

We love our homes and the memories we've made in them. Each good memory is like a mental tie to a place we spend time in. The longer you stay, the more memories anchor you to someplace. Families can spend decades or generations inside the same home, creating tens of thousands of irreplaceable memories and love. To leave such a place is like losing a dear member of your family. The loss of tangible, visible reminders of those memories is like a knife to the heart. It's almost like losing the memories themselves. Every notch carved in a door frame to measure a child's height, scratch on the floor from furniture, or other mundane things

like that are incredibly valuable sentimentally. Some people would rather die than leave those things behind, which is understandable if a place has been part of their family for many years.

Many of us in the modern era, however, don't live in homes as long as our ancestors lived in theirs. We flit from place to place for many reasons: rent hikes, crappy lease contracts, stingy landlords, horrible neighbors or neighborhoods, etc. For those of us among this number, we probably wouldn't feel the sting as bad as a little granny who's lived in her farm house for seventy-five years, where she raised eight kids and two dozen grandkids and recently lost her husband. Now, that's not to say that we (at least not all of us) are eager to jump out the window and start sawing logs for firewood, but it would be a bit easier. Just keep in mind that not everyone will be able or willing to 'bug out' with you when the time comes. Some people are far more sentimental than others, and create many mental ties to all sorts of things.

Why do I bring all this up? Because you need to weigh this for yourself when considering when to bug out. How much do you love your home and how much do you love the things that are inside of it? Are you willing and able to make more memories in a new place, or are you willing to die to preserve what you have already? Personally, I will leave my current residence in a heartbeat to keep my family safe and out of death's grip. I would listen to thousands of groaning complaints about it being too hot, or too cold, or too boring, in order to ensure our safety. After all, we can make more memories if we survive and things calm down. We can't make more memories if we're dead. That's just me, though. Many people are willing to fight and die for their homes rather than succumb to nomadic tactics.

You also must consider if it's safe to bug out. There might be more safety in not being seen at all, or trying to 'blend in' if you're in certain scenarios. If you can't bug out for safety reasons, you must considering holing up until it is safe to do so. That being said, however, there is no such thing as a guarantee of safety in these situations, only probabilities. Each decision is about weighing probabilities and trying to create the most positive outcome from the set of variables. If it is more probable for your group to remain safe by staying in place, then do so. If it is safer to dip out and hide in the woods, then do so. When considering when to bug out, think about the following things:

13. Your emotional ties to your home - How many do you have and how strong are they? Are you willing to die to preserve your home?
    - Remember, there is a good chance that you may be able to return when things calm down.
    - Consider those who might come to your home in the aftermath. Will they think the worst if they see you are gone?
14. How much danger is presented by staying home?
    - What sort of threats are presented if you don't leave?
    - Would it be safer to appear as if nothing was wrong?
15. How much danger is presented by leaving home?
    - How dangerous is your evacuation route?
    - Do you need to wait for the dust to settle and your route to clear?
16. How much supply do you have?
    - Can you afford to hole up?
    - Will it be easier to gather supplies from home or from your rally points?

17. How dangerous is every form of transportation?
    Are cars safe to use?
    Do you have access to horses or other transportation animals?
    Are trains or other forms of public transport still functional?
    What is the likelihood that you will be targeted for your mode of transportation?
18. What forms of communication are currently possible?
    Are radios safe to use?
    Is the cell network functional and safe to use?
    Is the internet still active?
19. Are any of your rally points still safe enough to meet at? If not, how will you decide new rally points?

Write all these things down in a physical notebook in case you lose power or batteries. Give them as much thought as is possible. Weigh every single possibility for each of these questions. Hash it out with your group and brainstorm as much as possible. Don't weigh opinions when you plan, only argue facts and probabilities. Be realistic and honest with each other. Only once this has been hashed out and fully thought through should you consider bugging out.

2-C-3-b - HOW TO 'BUG OUT'

Things have gone down. You've gotten together with your band of newly titled Nomads. What's your next step, then? Friend, let us harken back to the olden times, to the tales of ancient advice from ye olde scholars -- by that I mean, reference "1-E-4-c: Action Plans." This is the context and clues by which we will conduct our "bug out." Now, for clarity, that is not to say that it is required for you to have a group. You don't need a battalion of people to put this into play. The thing about using this action plan is that you can do it solo, if you have to. So, here's a good checklist of checklists to check while you bug out. You check?

- Observe an emergency situation that may threaten the safety of your home and neighborhood.
  - Quickly gather as much intelligence as you can, as long as it is safe to do so.
  - Immediately determine, if possible, the scale of the danger and a proper plan of immediate response.
- Get yourself and all others out of immediate danger as soon as possible.
- Gather your 'bug out' gear. If you followed the teaching of Part 1, you should be able to maintain a gear list for your "72-hour" kit, as described in "1-D-1-b: 'Your First 72 Hours.'" For a good reference gear list that may work as a template, check "1-E-4-a: Gear Lists."

- Contact your team with whatever means of communications are still available. Attempt communications in this order, as your safety plans dictate:
    - Internet (Skype, Messenger, Discord, etc.) if you do not fear tracking and the networks are still up.
    - Cellular network (preferably something like Signal, Keybase, Wickr or Wire when possible) if you do not fear tracking and cable/fiber internet is down.
    - Land lines if the cellular network is down. Use payphones if possible and available.
    - HAM Radio if you have a network established and have an appropriate long-distance communications plan available to all members of the team.
    - Short-distance radio if members have radio and are within handheld radio distance from you and they have your communications plan available to them.
    - Mirror signals or flashlights with morse code if possible when members are within line of sight and unable to communicate with radio.
- When communications are established, confer with all members of unit to determine if a full team muster is appropriate. When agreed upon, begin your "Muster Phase."
- Follow your unit's muster phase flow chart to meet at an appropriate muster location.

Now, for movement. Here is my advice on this; do not draw eyes in your movements. While in transit to any other location, do not garner any sort of attention for yourself. Your primary objective here is to complete the muster plan and get all your people to safety. If you're working as part of a leftist mutual aid, emergency response or community defense group, this is a situation that calls for a "gray" uniform-- AKA wearing whatever the locals usually wear. Personally from the sticks of the Midwest, my perfect social camouflage is a pair of greasy jeans, a Mossy Oak shirt, a ratty old baseball cap with a fish hook on it and some work boots. Think about your most likely persona to slip into should you need people to give you no more than a passing glance. Adopt that and use it. Try not to play it up, cause you don't want people to look at you for very long. Many people of our groups won't pass in that disguise for very long; tattoos, hair dyes, piercings or the like. The idea is that you should be able to sit in a car or at a distance and have people register you as background noise. Only your most passable folks should be interacting with any locals that might draw suspicion or attention.

Move swiftly, gather as little attention as possible while doing so. Get to your group's designated muster point and begin the process of taking stock of your head count and supplies. Once you get your bearings, it's time to consider where to resettle.

2-C-3-c - WHERE TO 'BUG OUT' TO

When most people think of 'bugging out', they will likely think of living in the hollow of a tree, eating moss scrapings and roots to survive. That's not necessarily true. I mean, if you really want to go all Grizzly Adams, then sure, go for it. But that is far from necessary. In this situation, you should consider any safe space for your group to resettle, not immediately tromp to the woods and go off grid. You could be depriving a lot of vulnerable people the opportunity to find respite in any bastion you might be able to provide. So, that being said, consider just moving away from the hot zone to a neighboring county or town. Your bug out might just mean gathering your friends in immediate danger and moving to another group member's couch for a few days.

The kind of place you're looking for is what I refer to as a "Contingency Point", a point at which your group's emergency plans coalesce into a single point of concentration. This could be a mutual warehouse, a member's 5-acre farm, a clearing in a patch of woods near someone's neighborhood, anything. This is the next logical step after a "Muster Point". There's a lot to consider for the best contingency point for the emergency that your group is facing.

So how do you decide what to do? Well, it's simple really. Part of the reason why we covered "General Practices" first was because anything in the next few sections will rely on those things. Maintain your situational awareness, your fortitude and your frugality-- that is the key to figuring these puzzles out. Let's look at this question through the lens of those tenets of survivalism.

Situational Awareness: Always consider the 5 W's!

- Who is affected? What is the danger? When will the danger end? Where is the danger? Why is the danger happening? First thing you need to do when you get your group all mustered up and ready to move forward, bring these questions to mind and share them with the group.
- Get a feel on everyone's input to see what the likely situation is.
- In your new position, how easy would it be to spot you? What is the danger of you being spotted? Is it better to hide in plain sight?
- Only move after these questions have been answered.

Fortitude: Never dismiss an option because it is uncomfortable!

- Danger and discomfort are not the same thing. If your safest and surest option is to build a campsite in the woods a few hours away from town, then don't shy away from that because the weather or temperature.
- If it is literally impossible to safely live inside city limits without endangering your group, then don't do it because the alternative is uncomfortable!
- It is far better to be alive and miserable versus smashed by debris while inside your warm home.

Frugality: Consider the possibility of gathering supplies at any final destination!

- Can anyone in your group hunt? Does anyone know about edible plants or roots?
- Do you have enough rations to share with everyone without those abilities?
- What are you means of alternative procurement?
- Are there more members that are a bit further away coming with additional supplies?
- This is absolutely critical! Always have a plan for group sustainment after arriving at your contingency point!

If you can't reasonably answer this question through these lenses, you need to brainstorm answers now, **before something happens!** Groups are hard to manage and they require a lot of planning from all members of the group. Sit down every few weeks and talk about this contingency plan, hone it and shape it based on the most likely scenarios. Have at least a handful of possible contingency points in addition to your numerous muster points.

2-C-3-d - HOLDING OUT AFTER 72

Don't misunderstand the title; this isn't an advertisement for geriatric skin cream. We need to talk about how to make it after the 72 hours is up and you can't see any feasible path to go back to where you were yet. In some situations, it could be months before you go back to where you were. Actually, there's a chance you may never go back. What do you do when you have to actually survive in your new position? How do you sustain yourself and your teams? There's a lot of things to consider, but in typical D2D fashion, we'll try and boil things down to the essentials.

Let's talk about the biggest three points you need to consider when planning for your long term sustainment:

THE THREE B's

- Beans - Soup for your families.

  Getting food to your people is tough if you don't know how to do it. If you don't prepare properly, have the adequate resources available beforehand or know how to get supply lines set up, you're pretty much boned. If you're in a situation that keeps you rooted in place, you need to understand how to keep people fed and watered.

- Bandages - Proper medical care for your people.

  Well fed people can still bleed out or get a staph infection that takes out multiple people. You can go a little time without medical support (if you're extremely

lucky) but you won't be able to hold out for any amount of time without some skilled medics and medicine.

- Bullets - Security for your people.

  This is a loose term that I've pulled from old-school military logistics lingo. It doesn't have to mean literal bullets. This is just a variable for your consideration; keep your people safe and keep hostilities manageable or nonexistent. Which, coincidentally, may mean to keep them stocked with actual bullets.

Now, we've dipped our toes. Let's sink in a bit more, shall we?

2-C-3-d-1 - BEANS

Yes, you read that right; there is a chapter title of the From Desk to Defender manual called "Beans." Not really relevant but you're welcome. Anyways... No one can harden their communities if they're feeble from malnutrition. Likewise, you can't give haven to the vulnerable if you can't feed them. Part of your key duties in this mission is to provide a framework that people can lean on. A safety net, if you will, for the endangered. That includes a hot meal, a cot, medical attention and security. If you can't provide a measure of all of these things, your number one priority is to get the matter of food settled first.

SUPPLY LINES

Imagine this scenario for me. The Oregon Defense Brigade has fielded a series of Emergency Operations Centers along an area of operations that is thirty miles wide. They are fielding forty of their own members, as well as hosting almost double that number of disaster victims. While they do have a means to collect and prepare enough water to field all these people, they are having trouble gathering the amount of food needed for over a hundred people. The command chain sends this information up to the commander, who puts out a call for help to local Mutual Aid organizations, especially ones that specialize in food. The ORDB has a box truck and ten logistics specialists that can dispatch out and collect donations, then disperse them to each EOC. These local organizations link up successfully and the supply runs are conducted perfectly. Food is delivered to the EOCs and dispersed to the vulnerable people taking haven there.

This is what you want to see. Groups that can organize caravans of supply runs and get them to the proper places are the ones that will endure the hardships of disaster. You never want to be out in the field without a solid set of transport, networks and allies that you can call on when the need arises. While defense organizations should provide security, shelter and

food, they might not be able to handle it on their own. In that case, you will need to link up with local aid efforts to ensure your supplies continue to make it to the right places.

FOOD BANKS

Organizations like Food Not Bombs and the like know how to collect food and store it for the long term. They know how to feed a movement, so it's safe to bet that if you have a local chapter of any allied meal collective or food drive near you, always hit them up. Their specialists can get food and water and get it to you. That is, of course, your best case scenario. You might struggle if such organizations are not near you and you don't have your own sources. Your next best bet is local food banks usually hosted by churches or the like. Appeal to the local folks who can get access to them; tell them your mission and what you need. They will likely have a logistics network in place to transport food. If not, have your team pitch in with them. They are unlikely to turn away the needy, unless they have straight up assholes running their shows.

UNIT STORES

Now, the most obvious choice; unit-centric storage of non-perishable food! Always stockpile as much as you can! You can take these things from your personal homes, buy them at the store, or collect them in unit food drives:

- Peanut butter
- Canned soup
- Canned fruit
- Canned vegetables
- Canned stew
- Canned fish
- Canned beans
- Pasta (most prefer whole grain)
- Rice (most prefer brown rice)

These non-perishable foods are what you would call "shelf stable," meaning they can be stored for quite some time before their expiration. This is the kind of food you want to keep on hand at all times if your unit should elect to hold a food storage location. Make sure to keep it in a place that is dry, temperate and pest-free. I would highly recommend that your unit keep a unit-funded food store at all times. That way, when you roll out, you're ready to go straight away. It is up to you how regionally you want to store these supplies, but always, always, <u>always</u> keep a store of foods.

2-C-3-d-2 - BANDAGES

Medicine is something never to be undervalued. Sure, you might not ever need field medics sewing you back together on the mission. You might never need trauma medical supplies of any kind. But why gamble; why even try to get by without them? Knowing my luck, I'd skip the medical stockpiling and end up breaking my arm or something on day one in the field. It's best to have it and not need it. Don't put yourself in the reverse situation.

THE IFAK

Having individual first aid kits (IFAKs) is the number one essential thing you need to keep in mind. Even with no dedicated medics to tend you, each member NEEDS to learn how to tend themselves and keep a small med-kit. Keep in mind that these should be TRAUMA kits. No bandaids or little bits like that. Keep those with general medical supplies. The IFAK is for saving lives. It doesn't have to be fancy, but it should address these issues:

- Tourniquets
- Wound Packing
- Hemostatic Gauze
- Airways / Respiration
- Circulation
- Hypothermia Prevention

The idea here is that not everyone is a qualified medic, but a qualified medic would have proper medical gear on their patient without even opening their own bag. All members pack the same IFAK (if it helps, you can build them yourselves as an org and pass them out). Here's a decent list of gear (found at [https://www.crisis-medicine.com/planning-your-ifak/]) to pack in your IFAK:

- Tourniquet, TCCC Recommended x 2
- Kerlix gauze, Z-folded x 2
- Hemostatic gauze x 2
- Cravat x 2
- 4x7" individual first aid dressing x 1
- 4" emergency trauma dressing x 1
- Preplanned Windlass x 1
- Nasal pharyngeal airway x 1
- Military safety pins from cravats x 2
- Small roll of 100 MPH tape x 1
- Shears x 1 pair
- Gloves x 1 pair
- Space blanket/blizzard bag (based on climate) x 1

MEDICAL STAFF

If you haven't already, GET YOUR PEOPLE CERTIFIED! You cannot be worse off by having medically qualified members to staunch the bleeding and keep people alive long enough to get them to a proper hospital. Every single team should have at least one person who is qualified in emergency medicine; no ifs, ands, or buts. It is absolutely imperative, at any cost, any means necessary. Many local medical organizations offer classes and courses, some of them free of charge. Look into this as soon as you can.

You need medics that are fully stocked with complicated life-saving equipment. There's no way around it. You need to either pay as a unit to get them certified and stocked or you need to figure out a way to recruit an entire surgical ward or something. Actually, yeah, do that last bit. But seriously, I cannot overstate how critical this is. Get some medics trained. Get them some heavy duty medical kit bags. Don't procrastinate.

MEDICAL SUPPORT

It is impractical to suggest that all units should have full on field surgery wards to conduct operations. No, that's asinine. I mean, sure, if you have some surgeons and adequate equipment and sanitary facilities in your unit, go for it. But that's not a thing to expect from everyone all the time. On this point, I encourage you to lean back on your supply line capabilities. You will be much more effective if you can collect casualties or injured persons at a collection site or field infirmary and liaison with local medical professionals.

Build your own medivac vehicles staffed by your medics and keep your serious injuries moving to proper medical facilities. Hell, if you can manage it, try and liaison with local dispatch to coordinate the evacuation of injured using local emergency fleet vehicles. If that's not possible, devise a way to transport injured folks in a safe, sanitary way. Put down some plastic in the back of an SUV, strap a stretcher to the cargo lashings. Do whatever it takes to get seriously injured people to safety.

We don't have helicopters but if your local medical facilities are still running and are aren't complete asshats, don't discard their beaucoup resources without at least trying to utilize them. Alternatively, you can reach out to local leftist medical orgs to see if they can send some people to help out. Many protest medics would likely be a great fit for this role. If you know any of them, or any local groups of the, don't hesitate to hit them up and network.

2-C-3-d-3 - BULLETS

Again, the bullets is just so I can alliterate here. It's not literal unless necessary. There's a chance that wherever there is disaster and vulnerable people, there will be opportunists who will attempt to hurt them. This could be political adversaries, "bandit" types, or something along those lines. You always have to consider the danger presented to people by disasters and the energy around them. There's a lot of adrenaline going around and sometimes nefarious people are just waiting for a chance to beat up that queer neighbor of theirs without repercussion. Don't let them.

It's a lot to ask of a single organization, right? Feed the people, patch them up, and keep them safe. It's a tough gig, but you didn't come here and learn the topics in this manual because you were timid and unwilling to struggle for the sake of others. So hosting a guard force should be the least confusing thing in the world for you. You're going to be a Defender, after all, right?

THE VANGUARD

You will need a team of people to go and scout ahead of your group to look for danger. They'll be out in front, exposed to danger and the ones to declare if an EOC site that was picked out will be safe or not. This will be considered the "Vanguard," and should be comprised of your most skilled, gung-ho members. This is the first step, and is likely to be one of the most important. You need to have eyes forward on your AO before you can move into it. That's pretty much Operations 101, baby. The vanguard fills that role.

A GUARD FORCE

Once you've settled and created your EOC, you will need to ensure that security forces are put in place. People that will stand along the perimeter or in observation posts to keep an eye out for trouble. A Brandon Sanderson fan might refer to these as "Watchers at the Rim." These people need to have sharp eyes, radios, and some basic armaments to defend people with. Those folks of the guard who are armed don't need to be publicly observable if it might make your guests uncomfortable. If it will provide people with some respite to see some geared up Defenders keeping an eye out, don't be afraid to flex a little bit for them. Some people will find it comforting.

Always have a rotating guard force twenty-four hours a day. There needs to be Defender eyes in 360 degrees around your EOC at all times. It doesn't necessarily need to be a series of fighting holes, gun nests or watch towers, but you need to keep your perimeter secured. Depending on your staffing, you can rotate people as often as you like. If you have lots and lots of people in your guard force, you can do four hour guard posts. But some folks might need to pull a twelve hour watch if you don't have the bodies necessary to do any less.

Now, having gun nests isn't always necessary, but don't completely discard the idea. Having some people holed up and hard to see with guns is a great safety net. Chuds won't even

think about running at you if you throw a few warning shots at them from unknown positions. This, obviously, is a last resort. Only do this if there is active armed conflict and you fear you might come under attack. Having these folks nearby might make you feel safe, but you'll spook the locals more than anything else.

MOMENT'S NOTICE

It should go without saying that your guard force is going to serve in multiple capacities around the EOC. First and foremost, they will host a defensive perimeter around the EOC and the posts supporting it. Secondly, they will field a quick reaction force (QRF) that will respond to emergencies at a moment's notice. There is always a chance for violence, however slim, and you don't want to be caught unaware. In addition to the 'watchers at the rim', there will always be some folks in the command tent in full gear, ready to throw down if they need to. It's the only way to be sure that you can jump to action the moment you are needed.

CONCLUSION

By no means is this a comprehensive guide to the art of the bug-out. We are not doomsday preppers here and we look at things in a very realistic way. Doomsday prepping is a bit too much. But bugging out of a danger zone is always something that must be considered. If you are interested in learning more about this, there are a huge host of great prepping resources aimed toward leftists (good time to shout out /r/RedPreppers!)

If there was anything to take away from this section, it is that this generalized list of theories and concepts will help you understand just how difficult it is to survive in a worst case scenario. There are a ton of things to think about, a myriad of variables to juggle, and a significant chance that all your prep will still end up with you pushing up daisies. Don't forget that the danger is real, and use this section as a checklist of things to research further and advance you knowledge. Above all:

KEEP VIGIL, STAY STOIC, BE HUMBLE.

PART 2, SECTION D - INTERMEDIATE UNIT OPERATIONS

Author(s) - Chowa, Black Swan Outdoors
Editor(s) - gdogabbott

Subsections

4. After Mustering
    a. The Emergency Operations Center
    b. Expanding Your Framework
5. Operational Considerations
    a. Know Your Disaster
    b. Delivering Orderly Aid
6. Working as a Team
    a. The Elected Command Structure
    b. Work Dispersal & Work Ethics
7. Utilizing Radios in the Field
    a. Playing by the Rules
    b. Code Speak

2-D-1 - AFTER MUSTERING

Here's a scenario for you: your unit has called for a muster in preparation for a humanitarian crisis in your region. A blizzard is about to sweep through your area and, as a unit, you have decided to lend your aid to your community. The action plan has been enacted and your unit is at a designated mustering site. Roll call has been made and gear lists have been fulfilled. Supplies for your immediate use has been collected and you are ready to throw in your lot to help the endangered neighborhood. Now that you're here, what do you do? Where do you go? How do you know what the right path forward is? Well, it's complicated. There are many paths: some good, some bad, but no best path.

As a Community Defense Organization, one of your primary concerns is with deflecting, preventing or absorbing possible danger to your neighbors. If you are in the midst of actual, tangible danger, you need to prevent innocent people from being afflicted by it. If you find yourself mustering in this scenario, you have waited too long and it will much more difficult for you. The ideal place to be is fully mustered, in a preparatory stage in prologue to the danger. This gives your unit time to begin setting roots and laying out a framework for people to fall under for their own safety. There are a lot of moving parts in this sort of scenario, and the earlier you move, the better.

That is why it is crucial that your elected Captains and Lieutenants will be decisive people that can analyze the right time to move. Keep this in mind as you evaluate your leadership's performance in preamble to the action. Practice emergency scenarios to see how long it would take to muster and establish a game plan. You can never be too prepared for these sorts of things. Training in this is important. Complacency comes with a high cost. When the price to pay is human life, you cannot afford to placate those of your team who will freeze when they are needed most.

That being said, let's talk about action. In the next few parts, we are working under the assumption that your elected leaders have the decisiveness and intuition necessary and have made a successful mustering phase. In the next part we talk about setting your roots and getting your team to work.

2-D-1-a - THE EMERGENCY OPERATIONS CENTER

Upon a successful muster, the first thing to do is establish a forward area directly in the affected zones that your teams can operate out of. First and foremost, you need a centralized place for communications, planning, logistics and shelter. This is what we call the **Emergency Operations Center (EOC)**. This is a place where your teams will regroup, supplies will be kept, and afflicted members of your neighborhood will be given safe haven. The EOC will be a place where people can get a breather, get some food, and be safe from danger. It is the single most important piece to this puzzle. Setting your roots down requires a lot of moving parts, and requires a great deal of effort.

The effort required for the EOC to be established is why you need to make sure your team can develop a successful muster phase. In a successful muster, your key roles will have brought all required gear with them to operate. Your team should be hyper-focused on getting together properly, so in the event of a disaster, all you need to do is pick a good spot for the EOC. Realistically, muster points you assigned in your Action Plans should also be candidates for the EOC, but sometimes it may be safer to muster away from the chaos to regroup before moving to establish one.

So to begin, let's start for the moment your team has successfully mustered will all necessary gear and supplies. Let's say that you have gathered everything needed and are fully ready to set down roots. Here's the game plan for Captains and Lieutenants, really any member of your team, to consider:

- **LINK UP WITH ANY LOCAL DISASTER RELIEF EFFORTS FIRST** - There is a fundamental desire in a social species for altruism. That's why I can guarantee that your team will not be the only ones moving to help in a disaster. This is not a opinionated guess; in every single natural disaster in modern history, there have been many documented locals banding together to help their neighborhoods. There are also federal, state and local groups such as Red Cross, FEMA, National Guard, Forest Service Search & Rescue, Sheriff's Departments, etc. If it is safe to do so, link up with them and see if they already have an EOC established. If so, and they seem to be on the level, offer to throw in with them and fall into their infrastructure. Many of these institutions are time-tested and great at what they do. If they are screwing the pooch, however, let them know you're there to help and make your own EOC. "Some of those that work forces..."

- **LAY DOWN YOUR ROOTS** - Find a safe, sturdy, spacious location that can shelter people from storms (either metaphorical or literal). Keep your supplies, your team members and your equipment there. Ensure that the location is safe by scouting ahead and utilizing your radios. Have your scouts move solo while the rest of the team stays in place, waiting for the clear signal. Then, once you can set your supplies up, get your key roles to collaborate and work on how to get the EOC up and running. You will need an area for each of the following: communications, planning, storage, sleeping, hygiene, and infirmary.

    Communications - Where your HAM radio should go, along with all the charging stations for handheld radios. Someone should be manning the radio at all times. This will work as your functional Command Center for your Captains and Lieutenants for all lateral units.
    Planning - A round-robin style area where the whole team(s) can gather up to be briefed about where they are going and what they are doing.
    Storage - A dry, secure spot for all your supplies (the list from Part 1, Section D). Make sure to task someone with keeping inventory so you do not run out of anything.
    Sleeping - Dry, elevated place for tents, sleeping bags, cots, and the like. Preferably dark, with very little traffic and light.
    Hygiene - Place outside sleeping areas for latrines, field showers, and all bathroom needs. Take all necessary efforts to ensure comfort for all members. If your EOC is outdoors, this should be at least 100 yards away from your sleeping quarters.
    Infirmary - Care for the injured. Medics, doctors, and the like should be the ones laying out a good location as well as interior setup. Should be near the sleeping area, ideally.

- **STAGE FOR ACTION** - Once your EOC is established, it is time for your unit to begin planning to help. This is the general procedure:

    Scouts and Navigators begin by surveying the area for those afflicted. Once afflicted neighbors have been sighted, they will relay the info to the Captains and Lieutenants, who plan the next move.
    Once the Captains and Lieutenants have planned an adequate route, it is time for the unit to gear up and make all preparations to move.
    Form two crews of people: the Field Team, and the HQ Team. These stations must switch as morale and fatigue dictate.
    Keep a crew ready in the EOC at all times to man the following stations: communications, infirmary and storage. The rest that don't hold an HQ position should be ready to move.

Now, keep in mind that you should never rush to get your EOC is established. While it is imperative to begin aid as soon as possible, your team will spin their wheels in mud if you don't get an adequate framework laid down first.

2-D-1-b - EXPANDING YOUR FRAMEWORK

In the event that you are either: a. the most efficient EOC, b. the first EOC, or c. the closest EOC, you will likely find yourself both overworked and undermanned. This is a tough spot to be in. If you get yourself in that sort of tangle, just know that you're doing something right. You're doing your duty of helping people and doing it damn well. It will be tough for your single team to handle that kind of responsibility. A lot of people will be looking to you for aid and respite. The bigger aid you deliver, the higher the returned expectation will grow. Essentially, your level of difficulty will be directly proportional to the amount of efficiency you bring.

The one positive to this is that, if your team casts the biggest shadow in the affected area, more than likely the locals will come to you first to pitch in. They will see your team filling sandbags, pulling people from flooded houses, escorting those in danger to safety, or the like. Those with the same mindset as your team will likely offer to throw their hat in the ring, so to speak. You should be ready for this to happen, if you find yourself lucky enough to run into it. How do you do that, you might ask? This is where we run into the intersection of Unit Operations and the Part 2 concept of Framework.

As far as Unit Ops go, here are the fundamental rules to follow in preparation for this eventuality:

25. **Build a team structure that is flexible.** - Divide your team into smaller teams, called sub-teams, and assign capable leaders to those. As new people come in, you should be able to slot them into one of these modular sub-teams with relative ease. Their duties would fall directly under whatever team they were assigned to. Small teams are the key to success in these sorts of hectic environments.

26. **Create lists of duties and responsibilities.** - Do this for a wide range of people, and dole out work evenly across your teams and sub-teams. Break down big goals into smaller and smaller steps, each leading toward the same end. Break those steps up into your teams and they will likely flourish under the responsibility.

27. **Keep everyone in the loop.** - Newcomers looking to help will be given the same briefing that full-fledged members will. Keep everyone informed and keep everyone sharp. No one person on your team should be confused about what the goal is or what the plan is.

28. **Never let ambition take the wheel.** - Even with newcomers and a higher sense of ability, never stretch your team too thin and put them at risk. Employ your teams with responsibilities that they can handle.

There is a lot more nuance to emergency leadership than these simple tenets, but diving fully into that sort of information would be an overload. Even here in Part 2, we cannot strap you with too much at once. We will cover Leadership Fundamentals in a later part.

2-D-2 - OPERATIONAL CONSIDERATIONS

So after you have your EOC established, your framework laid down, what do you do now? Well, you do your duty. Your goal is to help people who are in danger. That's what you should be doing. Yes, that means actually stepping into a hazardous situation despite all risks to yourself. It will be a risk no matter how hard you prepare for it. The key to success here is in the strategic route you take to ensure the completion of your duty. You can't do everything, and you can't be everywhere. Use your time and your skills efficiently and intelligently. Let's break down how to do just that in a generalized format that you can blanket over your plans.

There are a few things you need to understand about just what an operation has to take into consideration before you even put your feet on the ground. So we will keep it simple, and keep the more complex scenario information for later parts.

2-D-2-a - KNOW YOUR DISASTER

Getting your feet wet in disaster preparedness and response means you need to understand some core concepts about the types of dangers you may be facing. There is an endless list of possibilities when it comes to disasters, but let's get you spun up on the core concepts.

26. Know the nature of your disaster:

Natural Disaster - all the horrific events from an angry Mother Nature releasing her wrath.
- Tornado
- Blizzard
- Hurricane
- Earthquake

Man-made Disaster - disasters created from failing infrastructure or inept civil engineering
- Broken dam
- Failed levy
- Fallen buildings
- Collapsed bridges

Armed Conflict - active armed fighting in area, conducting of military operations
- Armed political rivalry
- Active invasion
- Armed insurrection

27. Know the immediacy of your disaster:

Flash-Point Disaster - unexpected and intense, a lot of people were completely blindsided.
- Natural ex: earthquake strikes at night
- Man-made ex: bridge collapses in downtown
- Armed ex: car bomb goes off before an ambush

Short Fuse Disaster - a short period of preparation is available, which give a tiny bit of leeway before it strikes.
- Natural ex: tornado is turning toward your town
- Man-made ex: damaged levy close to breaking point
- Armed ex: armed group shows up, spoiling for a fight

Long Fuse Disaster - a more moderate amount of preparation can be made here, which will give you more generous time to prepare. Generally local administration will call for evacuation at this stage.
- Natural ex: tropical storm off the coast has escalated to Category 3 Hurricane
- Man-made ex: fractures on a dam are widening, evacuation orders have been made
- Armed ex: armed factions are calling for action

Slow Burn Disaster - you can see this one coming from a mile away. Lots of time to prepare and gather supplies.
- Natural ex: weak snowfall season signs potential summer drought
- Man-made ex: shoddy construction crews cutting corners on infrastructure
- Armed ex: armed factions begin recruiting in your area

Give your team some ideas as to what sort of disaster you are in and what sort of time frame you have to work with. Discuss it frequently, openly and never keep the team in the dark about planning. We teach an open, collaborative team style that requires honest communication. So, leadership, get together with your team when you feel it necessary to begin planning. Once you have determined what sort of disaster it is, you can more effectively sculpt your operations into what you need them to be.

2-D-2-b - BRINGING ORDERLY AID

So you have your EOC in place, have built some durable infrastructure, established some framework, and determined both the nature and immediacy of the disaster you are responding to. It's time to get your boots to the ground and actually deliver some needed aid and do it in an organized manner. You need solid, concrete methods to ensure an expedient operation. The longer it takes you to do your job, the longer people will endure undue suffering. Let's discuss a plan to get you in as safely as possible, get the people the aid they need, and return them/yourself to safety.

10. Step 1 - **ASSESS THE AREA** to see what regions are most endangered. Figure out whether or not people are there, or if they have evacuated.
    11. If you mustered in a preamble phase, make sure people in this area are tended to first. For example, focus on moving people away from the path of a tornado if that's what you're reacting to.
    12. If you are reacting to a flash-point disaster, **MAKE SURE THE AREA IS SAFE BEFORE BEGINNING ANY OPERATIONS!** Getting yourself or your team injured by jumping the gun is not going to help anyone.

13. Step 2 - **MOVE YOUR SCOUTS** to fan out in the area, starting at the most heavily populated area and working outward from there.
    - For instance, if you find that the disaster has struck a city center, start in the immediate downtown area. From there, you would fan out towards the suburbs looking for those who need help.
    - Scouts need to relay to Navigators where the afflicted are, who will then chart a path for the team to take.

14. Step 3 - **MAKE A BEELINE** directly to those who need immediate aid as soon as it is safe to do so.
    - Move forward into the area with your Point at the front to assess security risks to the rest of the team.
    - Do not dilly-dally in this step. You're in active danger and need to get the situation resolved ASAP.
    - If you're reacting to a less immediate threat, such as the aftermath of an earthquake, this step is not as concrete.

15. Step 4 - **COME RIGHT BACK** the same path you took in, unless it has been rendered unsafe by circumstantial events.
    - Get the people the help they need (escort to safety, delivery of food/water/supplies, etc.) and come back to the EOC as fast as you can.
    - The longer your team is subjected to danger, the higher the likelihood that you will incur injury or harm.
    - **Keep field teams out as long as you can, but don't subject them to danger if the situation calls for expedience.**
        - The longer your team is out and helping, the more exponential your good-doing becomes. But your team cannot help anyone if they get injured or worse.

16. Step 5 - **REST AND REGROUP**, then repeat from Step 1.
    - Get your team where they need to go (infirmary, mess hall, sleeping quarters) and let them rest up.
    - Replenish your field supplies and gear up to go again.
    - Rinse and repeat as many times as necessary.

This process is not solid, is not concrete, and should be able to flex at a moment's notice. If you begin to move and things begin to escalate unexpectedly, you should be able to position your team to regroup and reorganize. Plans need to be able to flex or you will find out the hard way that they will break in the field. The field is dangerous and your team is at risk even <u>being there</u>. Keep that in mind as you begin your planning. Teams keep each other safe, but there is always a risk. That's why plans need to be modular. The more flex you can maintain inside your team structure, the better you will handle emergencies.

Just remember that the safety of your community is your **<u>number one priority.</u>** When it comes down to choosing between keeping yourself out of harm's reach or saving endangered people, you need to choose to help people without hesitation. That is the nature of the job.

2-D-3 - WORKING AS A TEAM

So the rubber has met the road, your plans are intact and your team is out in the field doing its thing. Now you need to ensure that your team remains tight-knit and in close contact to ensure that you don't splinter or spread too thin. When in the thick of it, many things will pull you in a multitude of directions. Your teams will count on you to be the glue that keeps everything together and running.

2-D-3-a - THE ELECTED COMMAND STRUCTURE

The word "hierarchy" can conjure up some controversy in leftist circles, especially more anarchistic ones. A hierarchy denotes an inherent superiority inside a team, classifying one person as more worthwhile than their teammates. Well, that's bullshit. Inside a structure like the ones we are establishing in this section, there is no rigid, ambiguous "hierarchy" where one person balances atop a pyramid made of their teammates. We believe in what is known as an elected command structure, which in and of itself is fundamentally different. Our command structure is comprised of people that the group itself has given authority in matters of operational considerations. Power is given and revoked by the collective.

That is why there is a "captain", "lieutenants" and the like in our structures. There is no overt superiority asserted here; these are elected or volunteer positions that must remain in the good graces of the group. People must be elected based on ability and the group must be razor sharp in matters of oversight. The instillation of authority should not denote a mark of superiority, but a mark of responsibility and communal servitude. Someone in a command position must be decisive, effective and selfless, and their people should expect them to be such. Team members must be able to have faith that their leaders will act in the best interest of the group, and that they will be the best person to make hard decisions. That is what will create lasting, effortless command structures.

In a crisis, leadership needs to make fast, hard decisions that could affect peoples' lives. That is why team members make a trade when it comes to electing their leadership. By electing a captain, they are saying, "I will allow you to issue commands to me and I will obey them. In trade, I expect you to perform your duties to the utmost of your ability. If I find that you are lacking, I will keep you in check." By making this trade of promises, members are expected to obey the commands of their officers at all times, and officers are expected to adhere to the rules and perform at peak aptitude at all times. These mutual, honorable promises made are what allows our command structure to remain free of "superiority" tones and operate at peak levels.

Ancient command structures fail in that they install leaders into positions of implied elevation, which creates a gap, a perceived place of absence that the power-hungry can vie for. It creates endless cycles of hierarchical power vacuums. When one leader is ousted, another carbon copy is sure to fill their space. The problem is that once people feel that leadership is an elevation, that perception must be removed if you want to stop the cycle. The best way to stop this cycle is to prevent it from ever happening in your group. Create an endless series of checks and balances to keep your command in check. Make sure that power vacuums do not exist.

Leadership is meant to be a service, an opportunity to put your experience and skill up for higher sacrifice. If you proceed in this fashion, with this philosophy guiding you, your groups will avoid many divisive problems in the future. To sum it up, let us remember this:

FOUNDING A GROUP DOES NOT MAKE YOU THE DE FACTO LEADER. AMBITION AND LEADERSHIP DO NOT MIX. LEADERS EXIST TO SACRIFICE. A LEADER MUST PUT THEIR GROUP'S NEEDS ABOVE THEIR OWN AMBITION. LEADERS THAT ARE FOUND WANTING WILL BE REMOVED FROM OFFICE.

Now, that being said, once a fair and balanced leadership is established, it is up to your group to keep the checks in place. Stick to these general principles and you will do just fine:

The Command Trade - Or, How to Keep Your Leaders in Check

20. **The leader's trade is the sacrifice of all ambition, self-service and individualism.**
    A leader must act only with the counsel of their subordinates.
    A leader must keep all members informed at all times.
    A leader must include all members in all operations and training.
    A leader must put their own well-being last.
    A leader must understand their limits.
    A leader must continuously improve themselves.

21. **The member's trade is the obedience to sensible commands, and the unwavering support of worthy leaders.**
    A member must keep leadership informed at all times.
    A member must report any wrong-doing from their leader to all members.
    A member must be willing to confront leadership with any issues or complaints.
    A member must be unbiased in their dealings with leadership.
    A member must avoid conflicts of interest with other organizations, members or leaders.
    A member must contribute their best efforts for the group.

22. Leaders who do not meet the demands of the group are subject to removal by a No Confidence Vote of at least 66%.
    In the event of a passing No Confidence Vote, an emergency election must be held immediately.
    Nominees and volunteers approved by a majority of 66% or higher do not need ratification.
        Ratification in this context is the approval of at least 50% of subordinate members.
    Nominees and volunteers elected by a majority of 65% or lower need ratification of at least 50%.
        At least half of all members directly subordinate to the leader must approve.
    In the event of a failed ratification, tie, or any other means of inconclusive results, a secondary emergency election must be held one week later.
        If the secondary emergency election fails, the No Confidence Vote is overturned.
    A failed No Confidence Votes prevents another vote from being forwarded for two months. The leader has two months (60 days) to prove beyond a doubt that they are the person for the job. If they are still wanting, another vote can be forwarded.

As in all things, your own balance must be found. Small things about your group may vary and you may need to add additional restraints on leadership or members. But, at their core, the above principles should never be altered. Add to them, change your election percentages if you must, but the base rules should remain. No leader that stands to harm the group should ever remain in their office and a means of removal have to be in place to oust them.

2-D-3-b - WORK ETHIC & WORK DISPERSAL

In an emergency, no one is immune to getting their hands dirty. That's what you're *there* to do in the first place! Your group is supposed to be a team of sand-baggin', puppy-rescuin', food disributin', rootin' tootin' cow pokes this side of the Mississip! That means *everyone* on your team. Leaders will be breaking their backs just like any other member of the group. Sure, they might be coordinating local groups to combine efforts, or they might be directing paramedics to the appropriate areas or whatever. But, when it comes right down it, they need to also do the same work as everyone else. They're not special, they're not supposed to be lazy. Leaders are in their offices because they are supposed to do that much more than the average member.

When houses need levied against floodwaters, *everyone* will be filling sandbags. When people are being rescued from the rubble after an earthquake, *everyone* needs to be elbows deep pulling them free. It's not a matter of personal preference, it's a matter of life and death. To have leaders that think themselves above the toil of their fellows is unacceptable. That will create gaps between the people and those that lead them. In this journey to becoming a true Defender, you need to cast those dispersions aside and come to grasp with true leadership. We lead from the front and by example, not from a desk and through intimidation.

That's why when it comes to work dispersal, the entire group needs to convene to discuss the possibilities. In the off-chance that your group is so big that the full meet-up is unfeasible, then do it by radio. The fact remains that everyone's labor is valuable and worth cherishing. Every second, minute or hour spent laboring can never be returned. The sweat, blood or tears that fall cannot be replaced. That is why everyone must be included and consulted on just how that all those things should be spent. That is why it is even more important that members in positions of leadership should make double the efforts to toil alongside their subordinates.

In order to create a fair system to divide the hard labor, follow these general steps:

- Create small teams of 6 or fewer members. This will allow you to utilize each team to its maximum efficiency. Groups that are too big can be unwieldy to shift around when it comes time to rotate the labor forces. Groups that are too small, however, often won't have the hands required to get jobs done.

- Get a list of tasks that need to be done, and the steps that are required to complete them. For instance, look at my favorite example, levying a house against floods. There are many things that need to be done. Here's your simplified task breakdown:

    Mission - Create a sandbag levy around an endangered home

        Step 1 - Map out the levy's perimeter

            Consider possible irrigation routes

            Plot your perimeter in a time-effective manner w/ flags

        Step 2 - Fill sandbags

Team of 6 divided into 2 teams of 3
Person 1 - Shovel dirt
Person 2 - Hold bag
Person 3 - Tie bag and load
Step 3 - Haul sandbags
Team of 6 divided into 2 teams of 3
Persons 1 + 2 - Loading & unloaded
Person 3 - Steer wheelbarrow, load & unload
Step 4 - Stack sandbags
Team of 6 divided into 3 teams of 2
Persons 1 + 2 - Ensure orderly stacking & hauling
Step 5 - Repeat steps 2-4 until home is safe.

- Group leadership should maintain contact with at least one small-unit leader from each team. Do this through radio to maintain efficiency, but in the event that's not possible or necessary, do so face-to-face. This will allow your group to maintain tabs on progress and shift workers as necessary.

2-D-4 - UTILIZING RADIOS IN THE FIELD

In Part 1, Section E, we had a basic crash course with radios and communications. That's enough to get you introduced, but not enough to make you effective in the field. There are many other considerations to take in hand when it comes to actually operating radios inside your group. Like, for instance, the Federal Communications Commission (FCC.) They're in charge of regulating the airwaves, so to speak. When you use a radio, you are emitting a radio frequency through the air that can carry voice and data in it. Those emissions are regulated by the FCC, who can fine you or confiscate your equipment if you don't comply.

More importantly, however, *anyone* can pick up your signals. Any chud with a cheap police scanner, two-way radio or HAM set can scan the frequencies and pick up what you're putting out there. Even if it's encrypted (scrambled to those without your decryption key), it can still be picked up. Civilian communications are not robust in security or privacy, at least not in a cost-efficient way. So, when it comes time for your unit to actually step out into the field, bear in mind that Big Brother and Uncle Cletus are listening in. Those that disagree with your politics may not care if they interrupt critical services if they think they can hurt you. You'd be surprised how many HAM radio nerds will scan frequencies to pick up allegedly "illegal broadcasts" and report them to the FCC.

So, in this section, we're going to teach you how to operate radios above-the-board and give no person any reason or ability to deter your efforts. That means a few things: firstly, how to get licensed, and secondly, how to use radio speak that is form-fitted for your group that no one else can understand.

2-D-4-a - PLAYING BY THE RULES

The FCC can get pretty convoluted when it comes to allowing citizens to use publicly available equipment to broadcast simple communications. There's several types of licenses, a metric shit ton of different bands and types of equipment. You need licenses to operate pretty much anything legally. However, some things are easier than others, and not everything is relevant to us here. That being said, licensing a bunch of people in your group can get pretty pricey. So, let's go over the license types so you can get a general understanding of how to proceed.

Multi-Use Radio Service (MURS) - This is for little personal radios primarily. It is for radios under 2 watts and without the use of station equipment. Antennas cannot be larger than 60 feet. There is no license required, as long as you use the radios in accordance with the rules. Uses the five MURS channels, which is pretty narrow. The Wikipedia entry for this is pretty adequate for understanding [https://en.wikipedia.org/wiki/Multi-Use_Radio_Service].

Family Radio Service (FRS) - Designed for family use of small walkie-talkies primarily. Similar to MURS in wattage restrictions but uses similar radio frequencies as GMRS. FRS frequencies = 22 channels between 462.5625MHz and 462.7250MHz. [https://en.wikipedia.org/wiki/Family_Radio_Service]

General Mobile Radio Service (GMRS) - This is primarily used for any sort of mobile radios you will typically find with outdoorsy folks; camping, hiking, etc. Because of their mid-range broadcast power, they work great over several miles in the wilds. While holding this license, you will also be allowed to use repeaters and mobile stations that your teams can link up to. There is no required training, but it is a $70 fee as of 2021. It can be a very versatile license and allow your group access to the radios you will need in an emergency. However, it only allows you to operate between channels 462.5500 and 467.7250. Keep that in mind because that is not a lot of leeway with prying ears.

GMRS is perfect for small groups that need to remain mobile and need to talk at distances further than those capable by simple hand-held radios. They have a decent wattage that allows for longer range and your communications people can maintain the licenses to save the group money. Having your teams led by small unit leaders with two-way radios that communicate through repeater stations operated by your licensed communications experts is the way to go. That's because the license only covers the licensee and their immediate family. For more information on how to obtain this license and the rules associated with it, check out this site: [https://midlandusa.com/why-do-i-need-a-gmrs-license-how-do-i-get-it/]

Having access to repeaters on GMRS systems can easily get you over 20 miles coverage with adequate antennas. Couple that capability with the easily-attained license, and your group can get heavy, reliable communications established under current FCC rules with absolutely zero outside dependence. This video [https://www.youtube.com/watch?v=9M4GJbOgXXk] gives a good rundown of what a repeater is and what they do. As far as setting one up, we'll cover that later. This section is about understanding a little bit of the licensing requirements for radios.

Now, if you're looking at something bigger, consider this:

Amateur radio (HAM radio) - HAM is your civilian short-wave communications that can enable you to transmit over vast distances. It grants someone legal access to the radio frequencies they call the 'amateur radio bands' and parts of the High-Frequency band. There's three kinds of licenses here, escalating by difficulty and privileges:

- Technician - Intro license that newbies get. Lets you use all amateur bands above 30MHz, some HF bands, and up to 1500 watts of power.
  [http://www.arrl.org/getting-your-technician-license]

- General - Standard license. Gives you access to all 29 amateur radio frequency bands and HF bands. Harder to get, but more privileges and capabilities.
  [http://www.arrl.org/upgrading-to-a-general-license]

- Extra - Gives access to an extra band, because the HF bands can get pretty crowded during certain times of year.
  [http://www.arrl.org/upgrading-to-an-extra-license]

Now, let us state simply that this manual cannot be your guide to getting your licenses. We don't have the bandwidth available, considering just how much we're teaching here. If you're interested in HAM, check out the resources available from the American Radio Relay League (ARRL) [http://www.arrl.org/home]. They have some great study guides, free educational courses, test coordinators and licensing help.

Now, that's the basics for licensing and radio systems you can use. Study up on your licensing rules for whatever system you decide to use. It could prevent you from being shut down, fined or robbed of your equipment.

2-D-4-b - CODE SPEAK

People can listen to your broadcasts, plain and simple. People who dislike you, your politics or your group in general can use them to identify your radio, its power, and a whole lot more about your team than you realize. There is a reason the military uses a plethora of code words, code speak and shorthand when transmitting data. They even do that with encrypted messages because there is always a chance that your signal can be picked up and deciphered. So that is why you and your team must exercise even more caution when it comes to your unencrypted, public frequency communications.

There's a lot of ways to do this, and all of them are relatively simple to accomplish. We will show you how to use a few different things to do so:

- **Brevity Codes** - words and phrases designed to shorten a message, not expressly to hide its contents.

  As explained above, brevity codes are simply used to shorten phrases or messages into easily understood codes that your group can use to communicate with. For instance, many air-traffic control systems use a memorized series of questions and answers that aircraft and the tower use to speak to each other efficiently. Many military services use their own set of codes, words and phrases to identify questions and answers. So what your group can do is do the same thing.

  Example of personalized brevity codes:
  "Cardinal, Peregrine. Rain dance, over." = A brevity code that says "Hey you, this is me. There is danger, we should leave."
  "All engines, conductor. Big brake, over." = "Hey everyone, this is the captain. Hold in place."

  They don't have to be special. They just need to make a longer message shorter and shouldn't be easily understood by those who are outside your group. Before every operation, create a set of brevity codes or a brevity theme to follow. You can pick birds, models of cars or any other thing you want to. Just create the list and ensure all your radio operators get the list memorized or written down somewhere.

- **Pro-Words** - code speak that in literal English means nothing, but infers meaning through your own group's designated meaning.

  Pro-words are similar to brevity codes in that they don't really mean anything to literal translation, but can stand for something in terms of syntax, radio grammar or whatnot. A good example of pro-word usage is ending every message with "over." It just represents an idea that the listener can pick up. I mean, if a lot of villagers in Animal Crossing can do it, you can too, right?

  Example of personalized pro words:
  Replace "Over" with another word, "Dot" = "Cardinal, Peregrine. Rain dance, dot."

"Radio check" can instead be "drum roll" (like ear-drums, get it?) = "Main engine, conductor. Drum roll, dot." answered with "Conductor, main engine. Snappy, dot."
Or "vibe check," cause we're totally hip, right? = "Broski, Dude. Vibe check, man." answered with "Dude, Broski. Feelin' rad, man."

It can be gibberish. It can be stupid as fuck and ironic. But it can also be disguised to be completely mundane. It's up to you to decide what route to take.

- **Frequency Hopping** - moving of radio channels in a manner that will lessen eavesdropping.

  We talked a bit about this before, but only in that we said to hop channels every few hours. That's all well and good when you know you won't be listened to. But when you know that you're going to be facing a few opposing ears attached to some big, dumb heads, you have to approach it differently. A few good rules to abide by are to switch to specific channels at specific times in a pre-designated pattern that you establish before you begin operations. Operators should keep a small notebook with them with the channel plans. For instance:

  <u>If your comms people are paranoid math nerds:</u>
  Every 31 minutes, rotate between the eleven channels on this wheel in order of prime numbers. (Ch 1 = 462.5500, Ch 2 = 462.5750, ..., Ch 11 = 465.6500)

  <u>A simpler freq-hopping plan:</u>
  Every hour, rotate to new channels in this specific order: (Ch 1 = 462.5500, Ch 2 = 462.5750, Ch 3 = 462.6000)

  Something to keep in mind when you do this is that you can only occupy so many frequencies legally. Don't map anything outside whatever bands your group is allowed to legally use. If you're using MURS, keep it in the MURS channels, etc. Assuming the FCC is still around if the weirdo right-wingers can have their way and make Mad Max a reality.

- **Shorthand** - changing places, phrases and people's names into small bites that only your group will understand.

  In addition to or alternatively to the pro words or brevity codes, you can establish shorthand for everything. You can boil down your messages to simple letters, numbers or characters. This is especially good for lightning-fast messages that channel scanners might miss as they jump between channels in three-second bursts.

  Example:
  - Reduce names and titles to single letters acronyms. Captain Kirk becomes "CK," Jean-Luc Picard becomes "JP," etc.
  - Reduce place names to vague abbreviations. Los Angeles becomes "LoAn," Portland becomes "PoLa" etc.
  - Reduce pro words to single letters, short abbreviations or acronyms. "Bishop 1, this is Bishop Actual, radio check, over." > "1, A. RC, O."

To add an additional layer of confusion, do these with your own personalized brevity codes. "Broski, Dude. Vibe check, man." > "B, D. VC, M."

By no means is this list conclusive, but it will give you a general idea of where to move. As with many things in this manual, it is only a suggestion and you can increase the complexity as much as you wish.

PART 2, SECTION E – FIELD MEDIC FUNDAMENTALS

Author(s): u/Based_Lawnmower
Editor(s): u/chowa4

Subsections:

10. Protest-Related Injuries
    a. Teargas and Pepper Spray Exposure
    b. Wasp Spray Exposure
    c. Defending Against Teargas
11. Shock
12. Burns
    a. Burn Stages and Treatment
        1. Superficial (First Degree)
        2. Partial Thickness (Second Degree)
        3. Full Thickness (Third Degree)
13. Seizures
    a. Treating Seizures
    b. Recovery Position
    c. Postictal Period
    d. Status Epilepticus
14. Soft Tissue Injuries
    a. Lacerations
        1. When to Use Stitches
    b. Blisters
    c. Stabbings / Punctures / Impalement
    d. Avulsions
    e. Abrasions
15. Stings, Bites, Rashes
    a. Spider Bites
    b. Tick Bites
    c. Bee, Wasp, Hornet, Fire Ant Stings
    d. Snake Bites
    e. Mammal Bites
    f. Poisonous Plant Rashes
16. Specific Emergencies
    a. Diabetic Crisis
    b. Asthma Attacks
    c. Anaphylaxis
    d. Choking
    e. Heart Attacks & Cardiac Arrest
17. Cardiopulmonary Resuscitation (CPR)
    a. CPR Basics
    b. CPR with Friends!
    c. CPR Resources
18. Miscellaneous
    a. How to Construct a Stretcher
        1. Using a Tarp
        2. Using Jackets
    b. How to Bandage Wounds

2-E-1 – FIELD MEDIC FUNDAMENTALS

2-E-1-a - Introduction and Disclaimer

First aid is the initial medical care administered to ill/injured persons, and proficiency in its art is vital to the preservation of life and limb. Assembled within this section are instructions for the treatment of numerous injuries and illnesses one may encounter, it is not all inclusive. The following sections are meant merely to be referenced to and are in no way a substitution for medical advice or formal medical training. You are both legally and morally obligated to practice first aid only to the level at which you are qualified; failure to adhere to medical standards and qualifications may cause harm to yourself and others. To reiterate **THIS IS NOT A MEDICAL TEXTBOOK, NOR IS THIS A SUBSTITUTION FOR ANY FORMAL TRAINING.** Now that we've gotten that out of the way, the sources below offer formal academic training in the art and science of first aid. Time, money, and resources permitted, it is strongly advised that you receive some form of certification and training. Being knowledgeable in on the ground medical skills is a highly sought-after resource.

2-E-1-b - Good Samaritan Laws

Good Samaritan laws are laws designed to protect rescuers from legal ramifications if they make a mistake in a good faith attempt to render aid to someone in need. These laws do not protect individuals from any and all mistakes however, as they only offer protection from liability for reasonable mistakes. What's reasonable? A reasonable mistake is usually defined as a mistake made that any individual of sound mind and equal training/education would do in your situation. For example, if you are treating a patient and accidentally injure them when bandaging them, then you would likely be protected from legal implications. Now, if you whip out a set of scalpels, perform a hemispherectomy (removal of half the brain), well… I hope orange makes your eyes pop. For this reason, we heavily emphasize the importance of practicing within the scope you are trained. As previously stated, the information contained within this section is not in any way an appropriate way to learn and practice first aid. Neither is this section on Good Samaritan Laws to be interpreted as legal advice, nor should it in anyway guide how you practice first aid.

Formal Courses and Certifications

- Red Cross First Aid Training:
  - https://www.redcross.org/take-a-class/first-aid/first-aid training
- American Heart Association CPR Course:
  - https://cpr.heart.org/en/course-catalog-search
- Stop the Bleed Training:
  - https://www.stopthebleed.org/training

2-E-1-c - Awaiting Care

As a first aid provider, your job is to help a patient until someone of a higher medical certification can take over. When providing for an injured person, it should be your top priority to ensure that that

someone is already en route. If you are unable to call 911 yourself, see to it that someone with you calls 911 or goes for help. If you initiate help, you must stay with your patient until relieved by a higher level of care, to do otherwise is patient abandonment. Remember that you are not a medical professional, stay humble, and stay within your skillset. If you do not know what to do, don't do anything or else you could harm the patient more.

2-E-2 - STAYING SAFE

It is vital that you do what you can to keep yourself safe. If someone else has already been injured, there is a chance that the mechanism of injury is still around and capable of causing harm to you first. Before approaching an injured person, take a few seconds to ensure your own safety by doing a quick scan for hazards and bodily substances. You may be hurried by stress, anxiety, and a whole slew of emotions in the event of an injured comrade, so much so that you fail to notice the electrical wires ready to hurt you next! Until all hazards are clear from the scene, do not approach the patient (a hurt medic does nobody any good). Don't be a hero, be a professional.

Another hazard that threatens the safety of a first aid provider is bodily fluids. Bloodborne diseases such as HIV/AIDS, hepatitis, and other pathogens are spread via contact with an infected patient's blood with one's mucous membranes (eyes, mouth, nose, genitalia) or open wounds. Save yourself first and don the appropriate personal protective equipment (PPE) to prevent yourself from contracting these diseases. Whenever interacting with someone who is injured, one should always wear non-latex gloves and eye protection to prevent contact with bodily substances. A lesser-known bodily substance hazard is that blood is slippery, so watch where you step!

2-E-3 - ASSESSMENT

2-E-3-a - The Primary Survey

The first step of first aid is to figure out what is going on with your patient. We do this through the primary assessment, which is a rapid assessment performed to determine any immediate threats to life. We suggest using the U.S. Army Tactical Combat Casualty Care (TCCC) acronym **MARCH** to perform a rapid primary assessment.

Massive Hemorrhage

- The number one preventable cause of death in traumatic situations is severe blood loss.
- The immediate application of tourniquets during the primary survey combined with the application of hemostatic dressings (gauze or other absorbent medical material to stop the bleeding) is the best method through which massive hemorrhage can be stopped.

Airway

- The second step in the primary assessment is to ensure that one's airway is not obstructed by the presence of blood, teeth, dirt, or any other substance.
- **Obstruction:** Check for obstruction by using the "look, listen, feel" technique by looking for the rise and fall of the chest with each breath, listen to and feel the patient's air flow through their mouth and nose to ensure air is passing through their lungs. Do not attempt to remove obstructions if you are not equipped or qualified to do so. *(Wildcare, 2014, pp.25-28)*

- **Opening the Airway:** There are two main ways in which one can open a patient's airway, however this should only be performed if you have received first aid training! The first is the head tilt chin lift method, in which the head is tilted back, and the chin is elevated to open the airway **(DO NOT ATTEMPT IN SUSPECTED NECK/SPINAL INJURIES).** If you suspect an injured spinal/neck injury, perform the jaw thrust method demonstrated below. Place your ear over their mouth and direct your gaze across their chest. Listen for breathing and watch for chest rise.

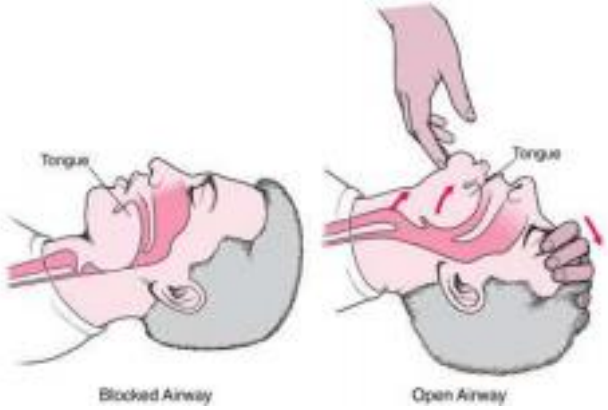


Figure 2.1: Head Tilt Chin Lift (Oto, 2012)

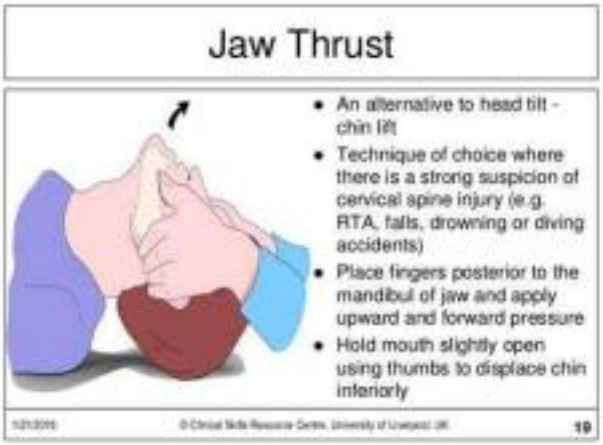


Figure 1.2: Jaw Thrust (University of Liverpool, 2016)

Respirations

- Are they breathing?
- Is their breathing fast, slow, or noisy?
- Is their breathing rhythmic or abnormal?

Circulation

- Assess for pulse by using your forefinger and index finger and placing it on the patient's neck and/or wrist (see image below).
- Is their heart rate slow, fast, abnormal, or absent altogether?
- Are they bleeding?

Head Injury / Hypothermia

- Does the patient have any head trauma that requires intervention?
- Is the patient conscious?
- Does the patient have an altered level of consciousness?
    - Assess using the **AVPU Scale**
        - **A**wake - Patient is awake and responsive
        - **V**erbal - Patient is responsive to verbal cues
        - **P**ain - Patient responds to painful stimuli (press on the thumbnail using a pen, do not press overly hard. Try it on yourself.)
        - **U**nresponsive- Patient does not respond to painful or verbal cues.
- Is the patient's body temperature under 95 degrees Fahrenheit (35 degrees Celsius)?
- Are they shivering?
- Keep the patient warm using blankets, jackets, or anything else you can do.

(United States Army Center for Lessons Learned, 2017)

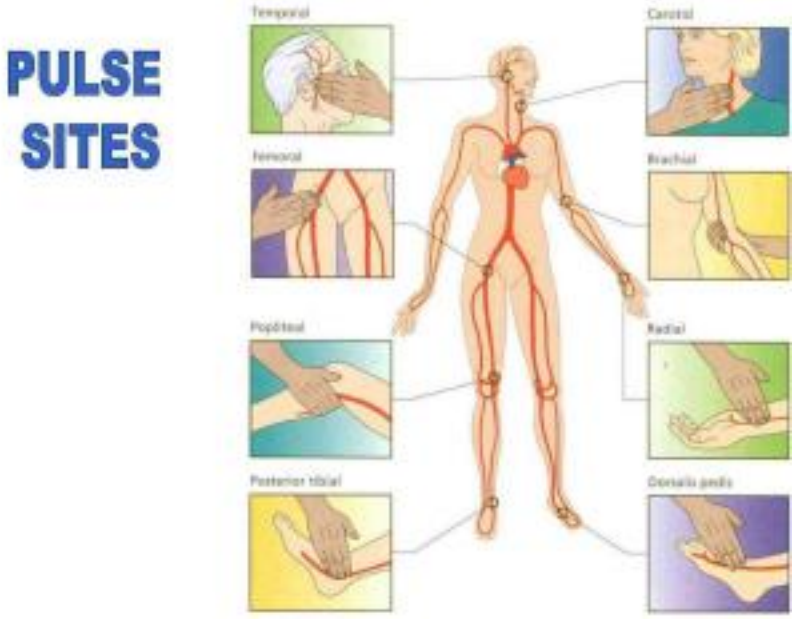


Figure 1.3: Pulse Palpation Zones (Hardy, 2015)

2-E-3-b - The Secondary Survey

The secondary survey is the assessment completed after it is found there are either no issues found in the primary or all issues were already addressed. If an issue is found in the primary survey, address the issue first before moving on to the next step!

- Identify the patient's chief complaint. What's going on? Why do they need help?
- Assess relevant medical history:
    - Signs & Symptoms: what do they feel (symptoms) and what can you observe (signs)?
    - Allergies: Do they have any? Are those allergies involved with the current emergency?
    - Medications: Do they take any medications?
    - Past medical history: Do they have any medical conditions?
    - Last oral intake: What did they last have to eat/drink?
    - Event history: What occurred leading up to the incident?
- Perform a head-to-toe assessment to search for injuries.

2-E-4 - SUSPECTED SPINAL CORD INJURIES

2-E-4-a - Suspecting a Spinal Cord Injury (SCI)

Unless you're superman, chances are you won't have readily available access to the use of X-ray vision, meaning that you're unqualified to diagnose a spinal cord injury. You can however take the necessary precautions in the event that someone may have a spinal cord injury (SCI). Spinal cord injuries occur from what is called a "positive MOI" (mechanism of injury), which can be the result of any of the following incidents:

- High Speed motor vehicle collisions
- Falls Greater than 3x patient height
- Axial Loading
- Violent situations near the spine
- Sports injuries

(New York State Department of Health Bureau of Emergency Medical Services, n.d.)

If your patient meets any of the above criteria, you should suspect a spinal cord injury whether or not they display the symptoms of an SCI.

Signs and Symptoms:

- Pain
- Tenderness
- Painful Movement
- Deformity
- Soft Tissue Injury in area of spine (Bruise, Laceration, etc.)

(New York State Department of Health Bureau of Emergency Medical Services, n.d.)

Figure 1.4: Immobilizing the Cervical Spine (Toronto First Aid, n.d.)

Treating an SCI

Unless you are an EMT or higher in the medical field, you are probably not qualified to address this injury. Your priority should be to call 911, and to immobilize the patient by keeping them still and their spine in a neutral position.

2-E-5 - Weather Related Injuries

2-E-5-a - Dehydration / Heat Cramps

Heat cramps and dehydration are heat related injuries caused by a decrease in bodily fluid and electrolyte concentration. The signs/symptoms (s/s) are as follows:

Dehydration s/s:

- Headache
- Mild nausea
- Dark urine
- Thirst

Heat Cramps s/s:

- Muscle pain and cramping in the legs, usually occurring after harsh exertion

Treatment:

1. Remove patient from the elements; bring them indoors or into shade.
2. Rehydrate the patient with water and a drink containing electrolytes.
    a. A quick rehydration drink can be made by combining 1L water with 1 tsp. salt and 8 tsp. sugar.

(Wildcare, 2014, p.228)

2-E-5-b - Heat Exhaustion

Heat exhaustion is a heat related illness brought on by excessive exposure to hot environments combined with physical exertion. During this condition, excessive water and electrolytes are lost leading to symptoms of exhaustion. While heat exhaustion is not a life-threatening emergency, it can easily develop into heat stroke if untreated.

S/S:

- Fatigue
- Thirst
- Dizziness
- Increased heart rate
- Increased respiratory rates
- Pale, clammy skin
- Muscle cramps

- Nausea
- Minor variations in consciousness

Treatment:

1. Remove the patient from the heat, take them indoors or into the shade
2. Remove any excess clothing (mind a patient's privacy)
3. Apply cool, damp cloths to the body
    a. Apply to the forehead and armpits especially, as the blood vessels are near to the skin in these areas
4. Rehydrate the patient (see *Dehydration / Heatcramps* for rehydration steps)

(Wildcare, 2014, p. 229)

2-E-5-c - Heat Stroke

Heat stroke is a heat related injury in which the body's electrolytes and fluids are so depleted that it is no longer able to compensate to heat. In this medical emergency the body's core temperature is elevated potentially leading to death or serious injury if left untreated.

S/S:

- The skin is warm and red
- The patient has ceased to sweat, as they no longer are able to compensate
- Confusion, disorientation, aggression, and potentially even hallucination
- Seizures are possible at this stage in heat exposure
- Patient is no longer urinating
- Increased heart rate
- Increased respiratory rate

Treatment

1. Immediately call 911 and remove the patient from the heat
2. Remove any excess clothing (mind a patient's privacy)
3. Apply cool, damp cloths to the body
4. Apply to the forehead and armpits especially, as the blood vessels are near to the skin in these areas
5. Rehydrate the patient (see *Dehydration / Heat Cramps* for rehydration steps)

(Curtis, 2005, p. 347)

2-E-5-d – Hypothermia

Hypothermia is a decrease in the core body temperature which leads to impairment. Below are the stages of hypothermia:

TABLE 1. Stages of Hypothermia*

Core Temperature °C (°F)	Stage	Possible Signs
32–35 (90–95)	Mild	Shivering, pallor, acrocyanosis
		Increasing clumsiness, slurred speech
28–32 (82–90)	Moderate	Compensatory signs disappear
		Confusion
25–28 (77–82)	Severe	Flushing, muscle rigidity, edema
		Stupor
<25 (<77)	Profound	Clinical appearance of death
		Coma

*Signs may vary in onset; temperature thresholds are arbitrary.

Figure 1.5: The Stages of Hypothermia

Treatment of Mild to Moderate:

1. Remove patient from the cold
2. Remove any wet articles of clothing and replace them with warm clothes
3. Wrap the patient up in warm blankets
4. If the patient can swallow, offer them warm, sugary liquids such as heated Gatorade, hot chocolate, or Jell-O in warm water

Treatment of Severe Hypothermia:

1. Call 911!
2. Follow the above steps.

(Wildcare, 2014, p. 239)

2-E-5-e – Sunburn

Sunburn is damage caused by overexposure to the UV light from any source, usually the sun.

S/S:

- Skin is reddened and hot to the touch
- Swelling
- Blisters
- Headache
- Nausea
- Fatigue

Treatment:

1. Prevent sunburn by covering the skin. You can cover the skin with cloth or with UPF lotion or spray.
2. Treat mild sunburn with regular lotion, an aloe vera topical and cool compresses. Keep patient in the shade as much as possible until it lessens.
3. Treat moderate sunburn with aloe vera lotion, pain-relief cream or sunburn gel. Do not pop any blisters. Blisters are one of the body's bandages and contain damaged tissue within a restorative fluid that speeds the process of healing. They also prevent infection.
4. Apply antibacterial burn cream as the skin begins to peel to ensure the raw skin does not get infected.

(Mayo Clinic, Website, 2020)

2-E-6 – Trauma

2-E-6-a – Gunshots

There is little doubt that you do not need to be reminded the severity of a gunshot wound (GSW), so we'll not belabor you. The summary is that they are very, very not good and require a skilled practitioner for the best possible outcome. It's important to know that you are not that practitioner, you are simply doing everything you're qualified to do to prevent further harm.

1. First and foremost, ensure that the scene is safe. This is incredibly important! You are not John Wick and cannot dodge bullets. A brash attempt to run into a spray of bullets will only make things worse. Be sure that the firing has ceased, and the threat has cleared before you attempt to get involved.
2. Call 911. Do it.
3. Stop the bleed!
    a. If the wound is in an extremity, place a tourniquet (see the graphic)
    b. Use gauze, towels, clothing, etc. and place direct pressure over the wound to slow and/or stop the bleeding *(Brouhard, 2019)*
        i. Remember: When packing a wound, sterile gauze should go INSIDE the wound. It will do no good outside of it! *(United States Army Center For Lessons Learned, 2017, pp. 7-8)*
        ii. Myth busting: You've probably heard that tampons are useful for GSWs. This is a myth, as they are not nearly enough to stop bleeding. Use gauze instead *(Fisher, 2020).*
    c. Apply a chest seal over sucking chest wounds to prevent lung collapse. A sucking chest wound is caused by a penetrating injury to the chest wall; these injuries can be identified by the sound of air rushing through the wound. These wounds must be immediately treated! If you do not have a chest seal on hand, you can easily create one with three pieces of tape and a non-permeable membrane (plastic wrap, aluminum foil, a tarp, etc.). Place the membrane over the wound and tape three sides of it to the

patient's chest, making sure to leave one side of the membrane open. Doing this allows air to escape the chest cavity while preventing it from entering again *(Curtis, 2005, p. 313).*

i. Sucking chest wounds are injuries to the chest that penetrate through lung tissue, causing air to enter the sacs surrounding the lung. They can be identified by foaming, bloody wounds, which may or may not elicit a hissing sound.

4. Treat the patient for shock by keeping them warm. If the wound is located below the waist, you may consider elevating their legs to enhance blood flow back to the heart (if the wound is above the waist, do not do this).
5. What about the bullet? Unless you've been to medical school, you should LEAVE IT!

(Brouhard, 2019)

2-E-6-b – Abdominal Trauma

1. Call 911
2. Locate the injury, and treat the most severe one first if there are multiple
3. Position the patient on their back, and raise their knees
4. Treat for shock
5. Expose the injury
    a. If clothing or other material is stuck in the wound, cut around it. Do not remove it.
    b. Do not remove any impaled objects
6. If organs are eviscerated, do not touch them without gloves. Wrap them in moist gauze, and do not push them back in.
7. Apply dressings to the wound to stop the bleeding, secure it using roller gauze and bandages.
    a. Do not wrap over the protruding objects, support them with bulkier gauze.

(U.S. ARMY MEDICAL DEPARTMENT CENTER AND SCHOOL, n.d.-a)

2-E-6-c – Tourniquet Application

Step 1.	Remove the clothing so that the tourniquet will be directly on the skin.
Step 2.	Place the tourniquet on the skin, 2 in. (5 cm.) above the wound. Do not place on a joint!
Step 4.	Slide over the limb 
Step 5.	Pull the tail tightly 
Step 6.	Twist the windlass until the blood stops flowing. 
Step 7.	Lock the windlass into the holder. 
Step 8.	Write the time of placement. 

Fig. 1.6: Proper Tourniquet Application (The American Red Cross, 2019).

2-E-7 – MUSCULOSKELETAL INJURIES

2-E-7-a – Musculoskeletal Injuries Table

	STRAINS	SPRAINS	FRACTURES	DISLOCATIONS
Mechanism of Injury	Over time or sudden, due to improper technique	Sudden, jarring, twisting	Sudden, associated with impact or force	Sudden, indirect or direct force or impact on a joint
Patient History	Often has history	May have history	Probably no history	Often has history
Signs & Symptoms	Swelling, redness, noises and pain associated with activity that caused strain	Swelling, pain, bruising discoloration, decreased/inability to bear weight, "popping sound"	Swelling, pain, bruising, point tenderness, crepitus, angulation, deformity, inability to bear weight, may be open	Deformity at joint, loss of symmetry, abnormal shape, lack of obvious angulation, loss of joint function
Treatment	HIRICES	HIRICES	HIRICES Consider reduction if severely angulated or CMS is compromised	Splint or reduce depending upon distal CSM, location, assessment skills
Prevention	Warm-up Hydrate Proper conditioning/ training	Warm-up Good boots Be smart Proper conditioning/ training	Remain within skill level	Proper conditioning and training

Fig. 1.7: MOI, History, Treatment, and Prevention of Musculoskeletal Injuries (McEvoy, Moore, & Bleicher, 2012, p. 53)

2-E-7-b – General Musculoskeletal Injury Treatment

Treatment:

1. Hydration
2. Ibuprofen or another non-steroidal anti-inflammatory (NSAID) medication
3. Rest the extremity until pain and swelling has decreased
4. Ice the extremity for 20-30 minutes every 2 hours
5. Compress the extremity with a snugly wrapped compression bandage
6. Elevate the limb over the heart to decrease swelling
7. Stabilize the injury in a splint (see below) *(McEvoy, Moore, & Bleicher, 2012, p. 53)*
8. If you are isolated from definitive care, fashion a crutch or other weight bearing device and take it slowly when evacuating.
9. Compound (Open) Fractures):
    a. If a fracture is COMPOUND (meaning the bone penetrates through the skin), **DO NOT** push it back in.
    b. Control bleeding by applying direct pressure to the wound.
    c. Assess the patient's lower extremity pulses to assess for circulatory compromise. An absent or diminished pulse may suggest that the blood flow has been cut off.

d. *Remote Care Only:* Clean the wound by rinsing it with diluted Betadine solution (3-4 oz. of 10% Betadine solution in 1L of water). These wounds are at a high risk for infection.
e. Protect the bone from damage and drying by covering it with sterile dressings moistened with saline or a Betadine solution.
f. Splint the limb and bandage the wound.
g. Evacuate as soon as possible.

(Wildcare, 2014, p. 118-127)

2-E-7-c – Splinting Fractured Limbs

2-E-7-c-1 – Improvised Femur Splint

1. Obtain two rigid objects (ski poles, sticks, boards, etc.), some padding (jackets, pillows, etc.), and securing straps (belts, ropes, ties, etc.)
2. Place the securing straps under the ankles, knees, and back
    a. Place at least 2 straps above and below the injury
    b. Do not place directly under the wound
3. Place the longer rigid object on the outside of the leg and the shorter one inside (between the legs)
4. Place padding between the rigid objects, making sure to pay focus to the knee, ankle, and groin.
5. Use the ties to secure the rigid objects together. The ties should be snug, but shouldn't cut off the circulation (check the dorsal pulse)

(U.S. ARMY MEDICAL DEPARTMENT CENTER AND SCHOOL, n.d.-b)

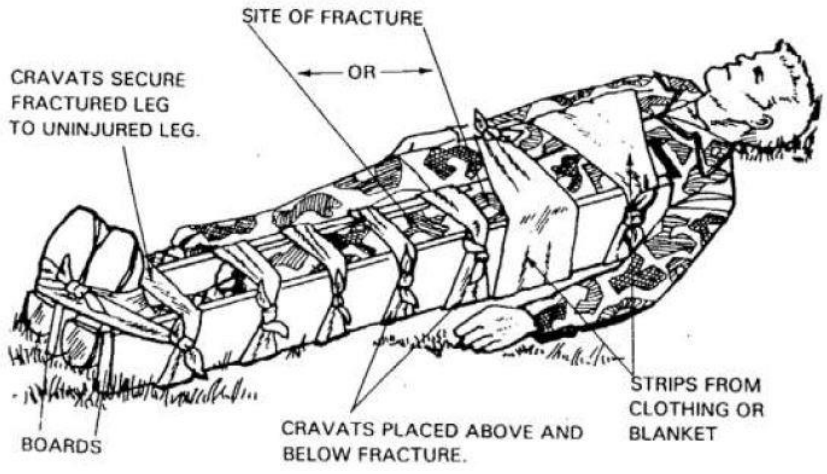


Figure 4-4. Improvised splint applied to a fractured femur.

Fig. 1.8: Improvised femur splint (U.S. ARMY MEDICAL DEPARTMENT CENTER AND SCHOOL, n.d.-b)

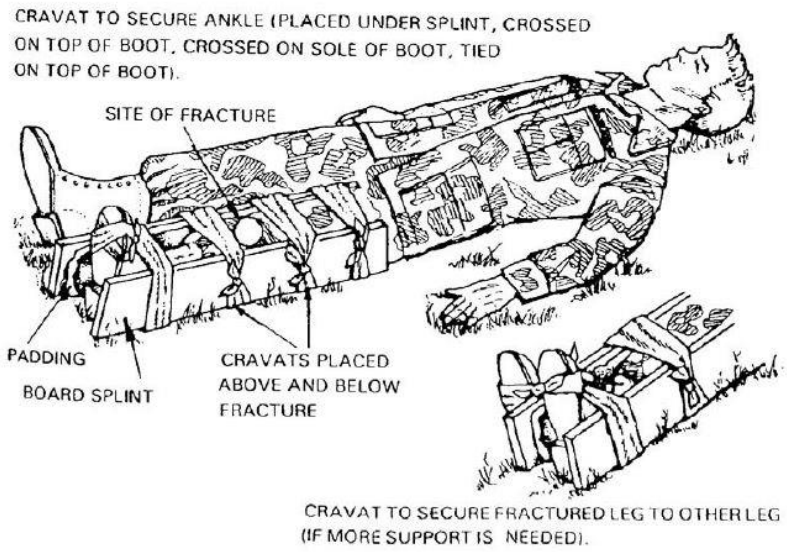


Fig. 1.9: Improvised Femur Splint (U.S. ARMY MEDICAL DEPARTMENT CENTER AND SCHOOL, n.d.-b)

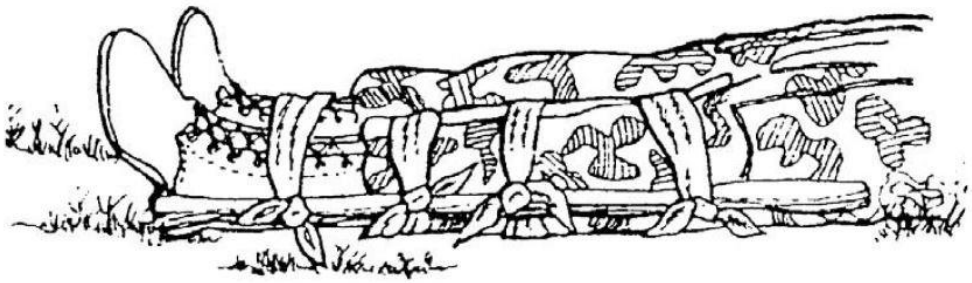


Fig. 1.10: Femur Splint using two sticks (U.S. ARMY MEDICAL DEPARTMENT CENTER AND SCHOOL, n.d.-b)

2

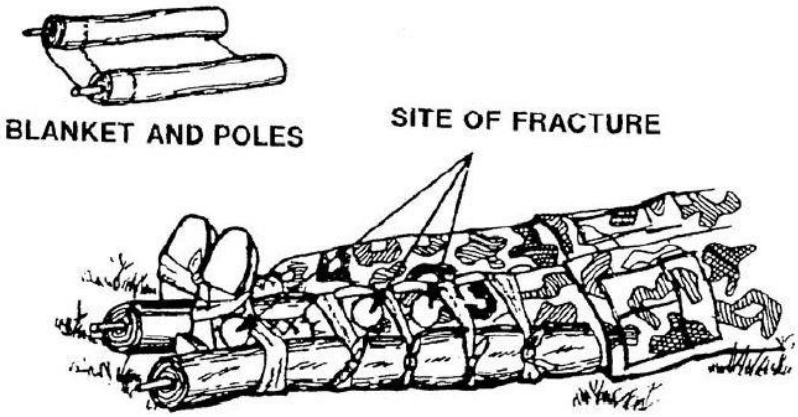


Fig. 1.11: Femur Splint using two blankets wrapped around sticks (U.S. ARMY MEDICAL DEPARTMENT CENTER AND SCHOOL, n.d.-b)

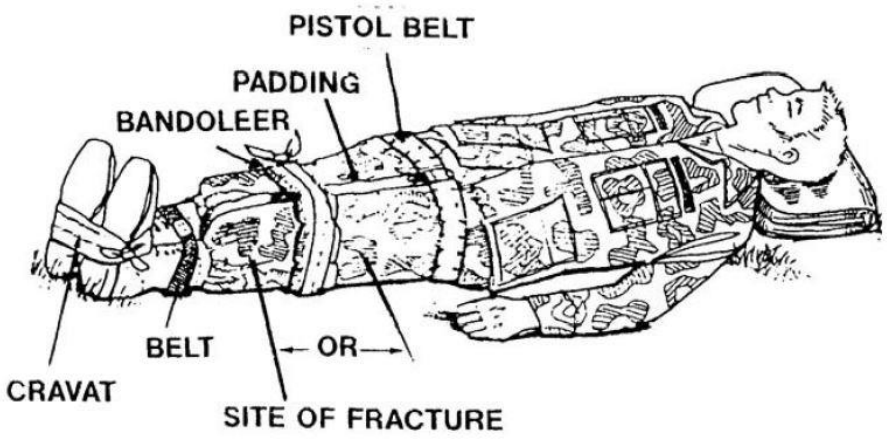


Fig. 1.12: In a pinch, an unbroken leg can splint a broken one! (U.S. ARMY MEDICAL DEPARTMENT CENTER AND SCHOOL, n.d.-b)

2-E-7-c-2 – Ankle Splint

1. Unroll a SAM splint, flatten it, and then fold it into a V shape. Then bend its edges in to make a U shape.
2. Take the SAM splint's base to the heel of the injured foot, bringing the sides of the splint up the sides of the leg.
3. Secure the splint with three ties
4. Check the circulation

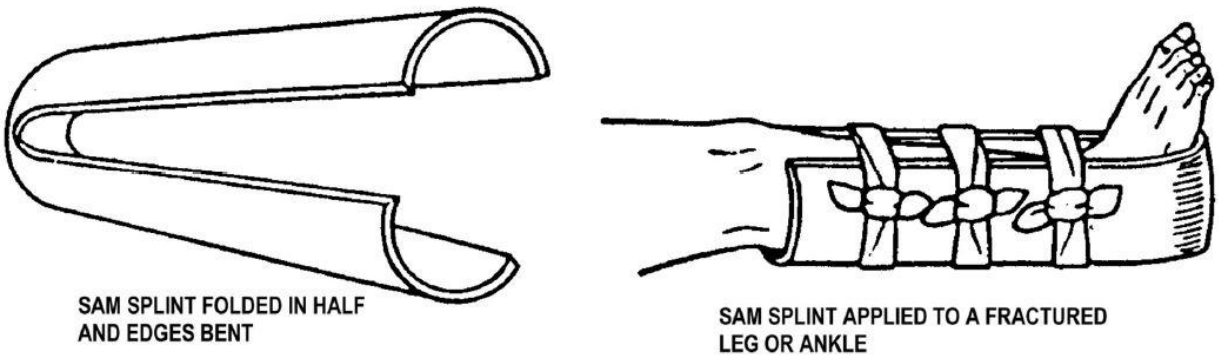


Fig. 1.13: A splint fashioned from a SAM splint (U.S. ARMY MEDICAL DEPARTMENT CENTER AND SCHOOL, n.d.-b).

2-E-7-c-2-a – How to Wrap an Ankle

1. Place the end of a bandage on the top of the foot and overlap it
2. Make 2-4 figure eight turns around the foot and ankle
3. Use the remaining length of the bandage to circle the calf

(Blaus, 2017)

2-E-7-c-3 – Forearm Splint

1. Fold the SAM splint over the forearm
2. Bend the loose ends back on top of the splint
3. Wrap an elastic bandage over the splint
4. Place the arm in a triangular bandage, and tie it around the neck

(Hubbell, 2014, 43)

2-E-7-d – Amputations

Your mom may have told you this one before, but just in case: losing a body part isn't good. She was onto something wasn't she? But just in case you or someone else failed to adhere to this sage advice, we're here to cover you. Due to the wonders of modern medicine, severed body parts can survive up to 6 hours and still be attached! Remember this, because time is vital during this time.

Treatment:

1. Call 911!
1. Recall that there are 2 wounds you're treating here, both the detached part and the rest of the patient.
    a. Control the bleeding at the base with direct pressure or a pressure bandage
    b. Remote Care Only: Clean the wound thoroughly
    c. Bandage the wound
2. Wrap the amputated body in a moist, sterile dressing and seal it in two layers of
3. plastic bags (your average Ziploc will work just fine here). Place the package in an ice water slew, and transport it with the patient.

(Wildcare, 2014, p. 71)

2-E-8 – Eye Injuries

2-E-8-a – Foreign Bodies Lodged in the Eye

1. If the object does not naturally come out, try to flush it out with sterile saline (saline is similar in content to tears).
2. If flushing the object does not work, it is advised to see a more advanced provider.

2-E-8-b – Blunt Trauma to the Eye

Trauma sustained to the eye due to direct impact from anything ranging from rubber bullets, rocks, or other objects that do not belong in one's eye.

1. Call 911, the eyes are sensitive, and all damage should be seen by a high-level provider
2. Assess the patient for further damage to the face
3. Apply gentle pressure (not on the eye) to stop bleeding
4. Apply a cold compress to the eye
5. Evacuate ASAP

2-E-8-c – Lacerated Eyelids

1. Call 911
2. Place a sterile dressing over the eyelid (do not apply pressure directly to the eye)
3. Cover both eyes (both eyes' movement is coordinated, cover both eyes to prevent the good eye's movement from aggravating the injured eye)

2-E-8-d – Impaled Objects in the Eye

1. Call 911
2. Unless qualified, do not remove the object from the eye.
3. If the object falls out or is removed, apply direct pressure to the wound (but not too much or you may force the contents of the eye to evacuate)
4. Protect and bandage the eye by placing a cloth "donut" around the eye, and gauze over the uninjured eye.
    a. Place a cup over the injured eye
    b. Tie the cup around the head
    c. Cover the uninjured eye too

2-E-8-e – Blowout Fracture

A blowout fracture occurs when the bones containing the eye are fractured, allowing the eye to sink into the skull.

1. Call 911
2. Cover both eyes!

(Wildcare, 2014, pp.101-103)

2-E-9 – Head Injuries

2-E-9-a – Concussions

A concussion is a mild bruise to the brain caused by a blunt force impact to the skull. Suspected concussions are to be treated as emergencies, as one cannot determine the extent of the underlying damage (increased pressure, brain bleeding, and other damage can occur from concussive force).

(Curtis, 2005, p. 347)

S/S:

- Loss of consciousness
- Amnesia (loss of memory of events before the incident or after)
- Altered mental status
- Confusion

- Nausea/vomiting
- Persistent headache
- Fainting/dizziness
- Blurred vision
- Slurred speech

Treatment:

1. Call 911
2. If the patient is conscious with no suspected spinal injury, lay the patient down with their head and shoulders slightly elevated
3. If the patient is unconscious and a spinal or neck injury is suspected, do not move them and hold them in the C-spine position.
    a. Ensure their airway is open

(Saint John Ambulance Australia, 2020)

2-E-9-b – Skull Fracture

S/S:

- Depression of the skull
- Visible fracture under a laceration
- Clear, sticky fluid leaking from the nose, ears, or eyes (potentially cerebrospinal fluid aka CSF)
- Battle's Sign (bruising behind the ears)
- Raccoon Eyes (bruising around the eyes)

Treatment:

1. Call 911, this is an emergency
2. Assume a spinal injury! If you must transport the patient, do so that they are immobilized. Do not transport if you are not qualified.

2-E-9-c – Nosebleeds

The nose is full of capillaries rich with blood, and bleeds heavily when subject to trauma, temperature change, or other disruptions to normal function.

Treatment:

1. Have the patient sit up and lean forward
    a. Despite common believe, leaning back only shifts blood flow towards the stomach. Excessive blood ingestion may cause vomiting.
2. Have them pinch their nose shut for 10-15 minutes. If bleeding continues, repeat this step again.
3. Seek further care if a patient is on drug thinners, the bleed is related to trauma, the patient begins feeling lightheaded, or if it lasts longer than 30 minutes

(Mayo Clinic Staff, 2017b)

2-E-10 – Protest-Related Injuries

2-E-10-a – Teargas and Pepper Spray Exposure

We assume that you're no stranger to chemical irritants, a substance oft used against protestors to disperse crowds. As we saw during the summer of 2020, there is little hesitation to be had in using chemical irritants against crowds of leftist protestors. Individuals with a history of asthma, respiratory diseases, pregnant people, people with contact lenses (chemicals get trapped under them), nursing mothers, and other conditions are at a higher risk for complications related to teargas and pepper spray exposure.

Treatment:

1. Stay calm, panic will worsen the irritation. Close your eyes and hold your breath, leave the area, and enter a space with fresh air and free of crowds.
2. Blow your nose, rinse your mouth, cough, and spit to rid your sensitive areas of the substance. Try not to swallow!
3. If appropriate, remove contact lenses with clean, uncontaminated gloves or fingers.
4. Eye Exposure:
    a. Do not rub the eyes!
    b. Wash out with large amounts of water.
5. Nose Exposure:
    a. Breathe normally and blow the nose to remove excessive mucus
6. Skin Exposure:
    a. Do not apply creams, salves, oils, or lotions
    b. Expose the area to air
    c. Flush with fresh water for at least 10 minutes
7. Call 911 and seek help if the patient appears to be in respiratory distress. *(Defense Technology, n.d.)*
8. Remove contaminated equipment & clothing, shower in the coldest water you can tolerate
    a. Wash your clothing with strong detergents, and avoid touching your eyes, face, other people, furniture, and carpets

(Black Cross Health Collective, n.d.)

2-E-10-b – Wasp Spray Exposure

We are beginning to see reports of far-right groups employing wasp killer in lieu of bare mace against leftist protestors. To be clear, this is a very poor choice on their part as it is not only a federal crime to use wasp spray "in a manner inconsistent with its labeling," but it is not particularly toxic against humans which are, to be clear, not wasps. Nonetheless, real harm can occur from the use of these agents *(Preparedness Advice, 2020)*. Wasp spray's active ingredient is typically pyrethrin, a natural chemical derived from dried chrysanthemum flowers.

S/S:

- Tingling and numbness at site of contact
- Irritation, tearing, burning, and scratches of the eyes
- Blurred vision

- Irritated respiratory passages
- Runny nose
- Coughing
- Difficulty breathing
- Vomiting and diarrhea
- Coughing, wheezing

(National Pesticide Information Center, 2014)

Treatment:

1. Leave the scene immediately
2. Call poison control (1-800-222-1222) and follow their directions
    a. You can also text POISON to 484848
3. Flush the water with copious amounts of normal saline or water. Severe visual impairment should be seen by a physician
4. Severe asthmatic reactions may occur, if so call 911 and see the Asthma section for more information.
5. Severe reactions such as difficulty breathing, significant visual impairment, or chemical burns around the eyes, mouth, or throat should always be seen by a medical professional.

(U.S. Environmental Protection Agency, 2015, pp. 38–39)

2-E-10-c – Defending Against Teargas

DEFENDING AGAINST TEAR GAS

THE FOLLOWING TIPS ARE TO BE EXERCISED ONLY FOR DEFENSE PURPOSES AND IN THE EVENT OF POLICE/GOVERNMENT OFFICIALS USING TEAR GAS IN PEACEFUL PROTESTS. NEVER INCITE VIOLENCE.

ITEMS YOU WILL NEED

PAINTERS/DUST MASK
FOUND IN HARDWARE STORES

EYE PROTECTION
FOUND IN HARDWARE STORES

WATER SPRAY BOTTLE
MAKE SURE WASHED OF ANY CLEANING SOLUTION

LIQUID ANTACID
ANY IN LIQUID FORM SUCH AS MAALOX OR MYLANTA

HELPING YOURSELF AND OTHERS

- AFTER USING THE LIQUID ANTACID AND WATER METHOD ON YOURSELF, HOLD UP YOUR SPRAY BOTTLE AND START SHOUTING FOR PEOPLE TO COME TOWARDS YOUR VOICE FOR HELP. SPRAY THEIR FACE AND MOUTH.
- IF YOU ARE WEARING EYE PROTECTION OR A MASK, BE PROACTIVE AND KICK THE CANISTER AWAY FROM THE CROWD. IF YOU CAN KICK IT DOWN A GUTTER, OR DOUSE IT WITH WATER, YOU CAN MINIMIZE ITS IMPACT.
- STAY PEACEFUL. PEACEFUL PROTEST IS THE ONLY WAY TO BE TAKEN SERIOUSLY AND TO BE TRULY HEARD.

KNOW YOUR ENEMY

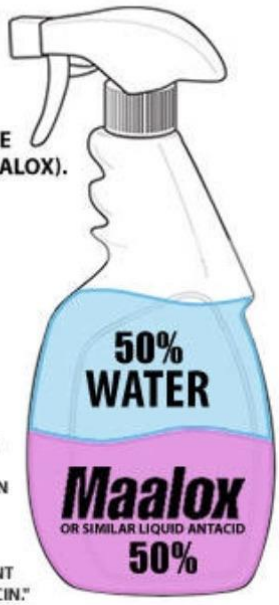
TEAR GAS IS A NON-LETHAL CHEMICAL WEAPON THAT STIMULATES THE CORNEAL NERVES IN THE EYES TO CAUSE TEARING, PAIN, AND EVEN BLINDNESS. TEAR GAS WORKS BY IRRITATING MUCOUS MEMBRANES IN THE EYES, NOSE, MOUTH AND LUNGS, AND CAUSES CRYING, SNEEZING, COUGHING, DIFFICULTY BREATHING, PAIN IN THE EYES, TEMPORARY BLINDNESS, ETC.

TEAR GAS RELIEF — Liquid Antacid and Water (LAW)

BE PREPARED FOR EXPOSURE. TEAR GAS IS A PARTICULATE, NOT REAL GAS, SO PAINTERS/DUST MASKS HELP.

"GREEKS HAVE BECOME SKILLED AT CHOOSING THE RIGHT PROTECTIVE GEAR. MAALOX IS A MUST."
ARIS MESSINIS/AFP

1) FIND A GOOD SIZE SPRAY BOTTLE AND WASH WELL.
2) FILL HALF OF SPRAY BOTTLE WITH LIQUID ANTACID (MAALOX).
3) FILL THE REMAINING HALF OF BOTTLE WITH WATER.
4) WHEN EXPOSED SPRAY YOUR EYES AND MOUTH, THEN SWALLOW.



ALSO EFFECTIVE AS PEPPER SPRAY REMEDY
A UNIVERSITY OF CALIFORNIA SAN FRANCISCO-BASED STUDY HAS FOUND THAT TOPICAL APPLICATION OF ANTACIDS " FOR CAPSAICIN-INDUCED PAIN IS EFFECTIVE, PARTICULARLY IN EARLY TREATMENT OF EXPOSURE TO REFINED CAPSAICIN."

Figure 1.16 Defending Against Tear Gas

2-E-11 – Shock

Shock is not a chief complaint; it is the result of numerous factors related to a patient's injury and condition. Shock is a condition defined by cardiovascular compromise in which the patient is no longer pumping blood adequately. Shock can be deadly and must be treated quickly.

S/S:

- May be awake, but disoriented
- Unconsciousness is possible
- Confusion
- Lack of awareness
- Sense of impending doom
- Restlessness, anxious
- Rapid, shallow breathing
- Rapid, weak pulse
- Pale, cool, and clammy skin
- Low blood pressure
- Nauseousness

Treatment:

1. Call 911
2. Check the ABCs
3. Control the patient's bleeding
4. Treat the underlying condition affecting the patient
5. Keep the patient warm and protect them from their environment

(Wildcare, 2014, p. 55)

2-E-12 – Burns

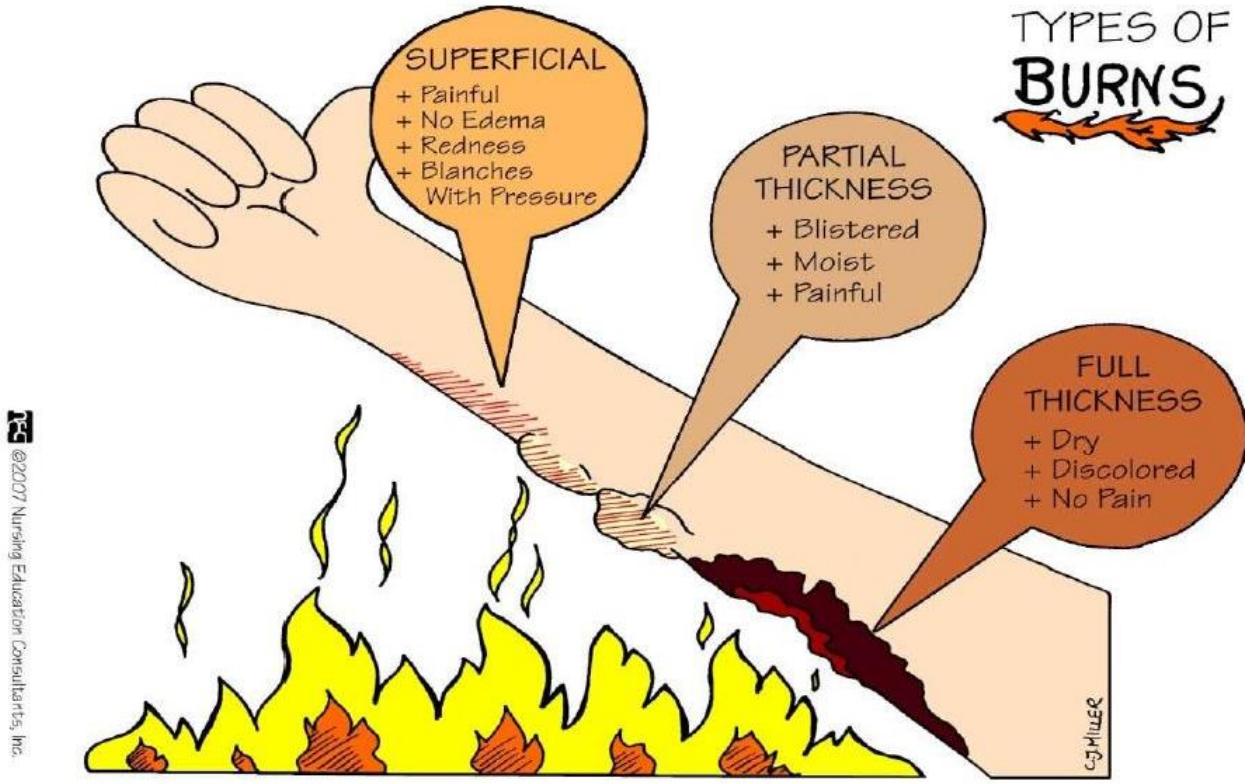


Fig. 1.17: Burn Staging (Source in Image)

Burns may occur from electricity, radiation, thermal (fire, hot things, etc.), and chemical substances. Treatment of burns is dependent on stage and type.

2-E-12-a – Burn Stages and Treatment

2-E-12-a-1 – Superficial (First Degree)

S/S:

- Damage only to the skin's top layer
- Redness
- Mild pain
- Tender and warm to the touch
- Some itchiness

Treatment:

1. Ensure scene safety.
2. Rinse the burn in cool, running water for at least 5 minutes.
3. Do not apply lotions or ointments, as these trap the heat.

4. It's unlikely that the patient will need further medical treatment, however this is ultimately up to the patient.

(Curtis, 2005, p. 315)

2-E-12-a-2 – Partial Thickness (Second Degree)

S/S:

- Damage is through the top layer of the skin into the upper layers of the middle skin layer (dermis)
- Redness
- Increased tenderness
- Blistering
- Extremely painful

Treatment:

1. Ensure scene safety, call 911
2. Assess ABCs and level of consciousness.
    a. Thermal burns (especially people caught in fires) can char the respiratory system with superheated gases. Ensure adequate airway and breathing
    b. Electric burns may affect breathing
    c. Chemical burns may blister and damage the lungs and respiratory track
3. Remove or cut away clothing from the burn
    a. Remove jewelry, watches, footwear, and other obstructive clothing
4. Leave the blisters intact
5. Rinse the burn in cold water, do not apply ice
6. Dress the burn loosely with moist, sterile dressings
7. Keep the patient hydrated
8. Keep the patient warm (this may seem paradoxical; however, the patient is likely to go into shock after severe burns)
9. Remote Care Only: Check for infection, which is likely during the long-term treatment of burns in remote areas

2-E-12-a-3 – Full Thickness (Third Degree)

S/S:

- Burn extends through all skin layers
- Area may be charred and black
- There is little to no pain due to nerve destruction
- Little to no bleeding
- Surrounded by additional partial thickness burns

(Wildcare, 2014, p. 81)

Treatment:

1. Same as Second Degree Burns

2-E-13 – Seizures

2-E-13-a – Treating Seizures

A seizure is an over excitation of nerve cells in response to an electrochemical disruption in brain activity. There are numerous causes of seizures, which can be remembered by the acronym STOPE-EAT, which stands for Sugar, Temperature, Oxygen, Pressure, Electricity, Epilepsy, Altitude, and Toxins *(Curtis, 2005, p. 310).* There are numerous kinds of seizures, most familiar being grand mal in which there is uncoordinated muscle contraction and relaxation. There are other forms of seizures with varying signs and symptoms, however treatment falls along the same lines.

Treatment:

1. Protect the patient from harm. Clear the area to ensure it is free of any obstacles the patient could hit. Do not restrain them. Do not place any objects in the patient's mouth.
2. Place the patient in the recovery position (see below) after the seizure has concluded. Ensure their airway is open.
3. Assess for any injuries that occurred during the seizure
4. Explain to the patient what happened, and help to reorient them to time, person, place, and situation.
5. Determine if this is the patient's first seizure, if it is or you do not know, call 911. If the patient has a history of seizure activity, you should make a judgement call on whether or not to call 911 depending on post-ictal status, injuries obtained, and patient's desire to receive further help.

(Wildcare, 2014, p. 198)

2-E-13-b – Recovery Position

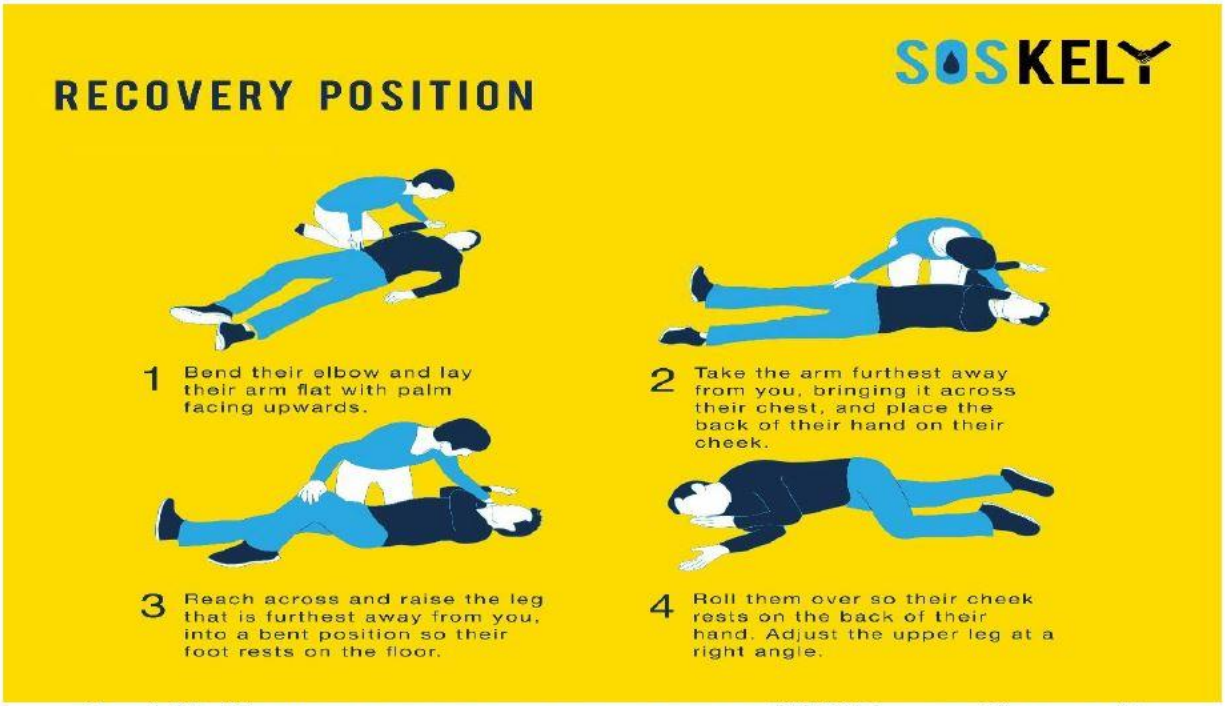


Fig. 1.18: Placing a patient into recovery position (KELY Support Group, n.d.)

2-E-13-c – Postictal Period

The postictal period is the stage immediately following a patient's seizure lasting between 5 -30 minutes (this may be longer in more severe instances). This period is characterized by exhaustion, confusion, amnesia, decreased verbal skills, and other cognitive alterations.

(Wildcare, 2014, p. 198)

2-E-13-d – Status Epilepticus

STATUS EPILEPTICUS is a state of continuous seizing lasting for an extended period of time.
It is always an emergency, as it is often accompanied with brain damage and respiratory distress.
Transport to the hospital ASAP *(Rebar et al., 2019)*.

2-E-14 – Soft Tissue Injuries

2-E-14-a – Lacerations

Lacerations are long, deep cuts caused by sharp objects. These wounds are often accompanied by bleeding that ranges from a mere trickle to gushing depending on the structures which are damaged.

Treatment:

1. Apply gloves.
2. Stop the bleed!
    a. Apply direct pressure to the wound with sterile gauze (preferred), towels, clothing, or anything else
        i. If the blood soaks through the bandages do not remove them (this removes any clots that have started to form), simply add more
    b. If direct pressure does not work, elevate the limb above the heart. Continue to hold pressure on the wound.
    c. If steps A & B do not work, apply additional pressure to the body's pressure points (see figure 1.3). Pressure, or pulse, points are areas in which an artery runs closer to the skin, applying pressure to these points cuts blood flow to the limb.
        i. At this point, you should have called 911 or assigned someone to do so.
    d. If none of the above steps work, apply a tourniquet (see figure 1.6)
3. Remote Care Only: Once bleeding has been controlled, remove the original dressing and thoroughly irrigate the wound with sterile solution. *Do not perform without qualification.*
4. Examine the site for adequate sensation and motion

2-E-14-a-1 – When to Use Stitches

- When underlying fat and muscle layers are exposed
- Gaping wounds greater than 1 in. (2.54 cm) long
- When surgical repair of ligaments, tendons, blood vessels, or faces (or other cosmetic areas) is needed

(Wildcare, 2014, p. 70)

2-E-14-b – Blisters

Blisters are friction burn injuries occurring on areas of the body incurring high pressure. The key in treating blisters is preventing them!

Prevention:

- Combine socks! Thin, synthetic socks close to the skin with thicker boot socks layered on top of them is preferred
- Wear proper fitting shoes!
- Wear gloves when carrying heavy loads or using tools
- Keep your feet dry using foot powder, and changing socks regularly

Treatment:

1. Treat hot spots (baby blisters) by placing a "doughnut" of moleskin around the area. This elevates the area, taking pressure off it.
2. Unless the blister is larger than a quarter, there is no need to pop the blister.
3. If the blister is popped, clean it thoroughly and do not remove the skin layer
4. Popping the Blister:
    a. If you've made the decision to pop your blister, wash your hands and don gloves
    b. Gently clean the blister and surrounding areas with soap and water or swab it with betadine or alcohol
    c. Sterilize a needle using a flame
    d. Lance the blister at its base in several places
    e. Use a gloved finger to gently empty the blister of its fluid
    f. Leave the skin on!
    g. Place a moleskin doughnut around the blister
    h. Apply antibiotic ointment to the blister
    i. Cover the area with gauze

(Wildcare, 2014, pp. 88-89)

2-E-14-c – Stabbings/Punctures/Impalement

There is again no need to inform you that a stabbing is very much not helpful for our continual pursuit in not dying. In general, if an object is impaled then it should not be removed. The removal of an impaled object may cause the patient to bleed more.

1. Again, make sure the scene is clear. There is no reason for you to become a kebab.
2. Call 911! You're out of your depth here (get it??)
3. Do not remove the knife or object if it is still in the body.
4. Apply the principles of hemorrhage control outlined above in the GSW section
    a. Place pressure on the wound, if this fails then consider a tourniquet if the wound is on an extremity.
5. Treat the patient for shock by keeping them warm. If the wound is located below the waist, you may consider elevating their legs to enhance blood flow back to the heart (if the wound is above the waist, do not do this).

2-E-14-d – Avulsions

An avulsion is an injury in which a skin flap is left attached to the skin. Usually these injuries are superficial and do not involve underlying structures.

Treatment:

1. Control the bleeding
2. After the bleeding is controlled for 30 minutes, remove the bandages and irrigate the wound with sterile water
3. Place the flap back into position and bandage the wound
4. Larger avulsions may require stitches!

(Wildcare, 2014, p. 70)

2-E-14-e – Abrasions

Abrasions are your run of the mill scrapes, but they still deserve proper care.

Treatment:

1. Wash the wound with soap and water, and dry it off
2. Apply antibiotic ointment to reduce infection (Note: Some ointments contain a compound called "sulfa" which some patients may be allergic to. Make sure that your patient isn't allergic, or that your product does not contain it).
3. Place an appropriately sized band-aid over the injury

(Wildcare, 2014, p. 69)

2-E-15 – Stings, Bites and Rashes

2-E-15-a – Spider Bites

Treatment:

1. Clean the wound thoroughly with soap and water
2. Apply ice
3. Monitor the patient for anaphylaxis
4. Call 911 or evacuate

Fig. 1.20: Black Widow spider (Buzz Kill Pest Control, n.d.)

Fig. 1.21: Brown Recluse Spider (Vetter, n.d.)

2-E-15-b – Tick Bites

Treatment:

1. Remove the tick using its tweezers, pulling it off from the mouth. Do not twist or jerk the tick. Pull straight from the body. Failing to follow these steps may cause the mouth to get stuck in the patient. If this occurs, use the tweezers to remove the mouth as well.
2. Clean the wound thoroughly and apply triple-antibiotic ointment.
3. ***On Lyme Disease:*** Some species of ticks contain a specific strain of bacteria which can lead to the development of Lyme disease. This disease may lay dormant for months at a time before manifesting in the form of fever, headache, depression, and the characteristic red-bull's eye mark around the bite area.

(Wildcare, 2014, p. 286)

Fig. 1.22: Lyme Disease Bull's Eye (CDC, 2019)

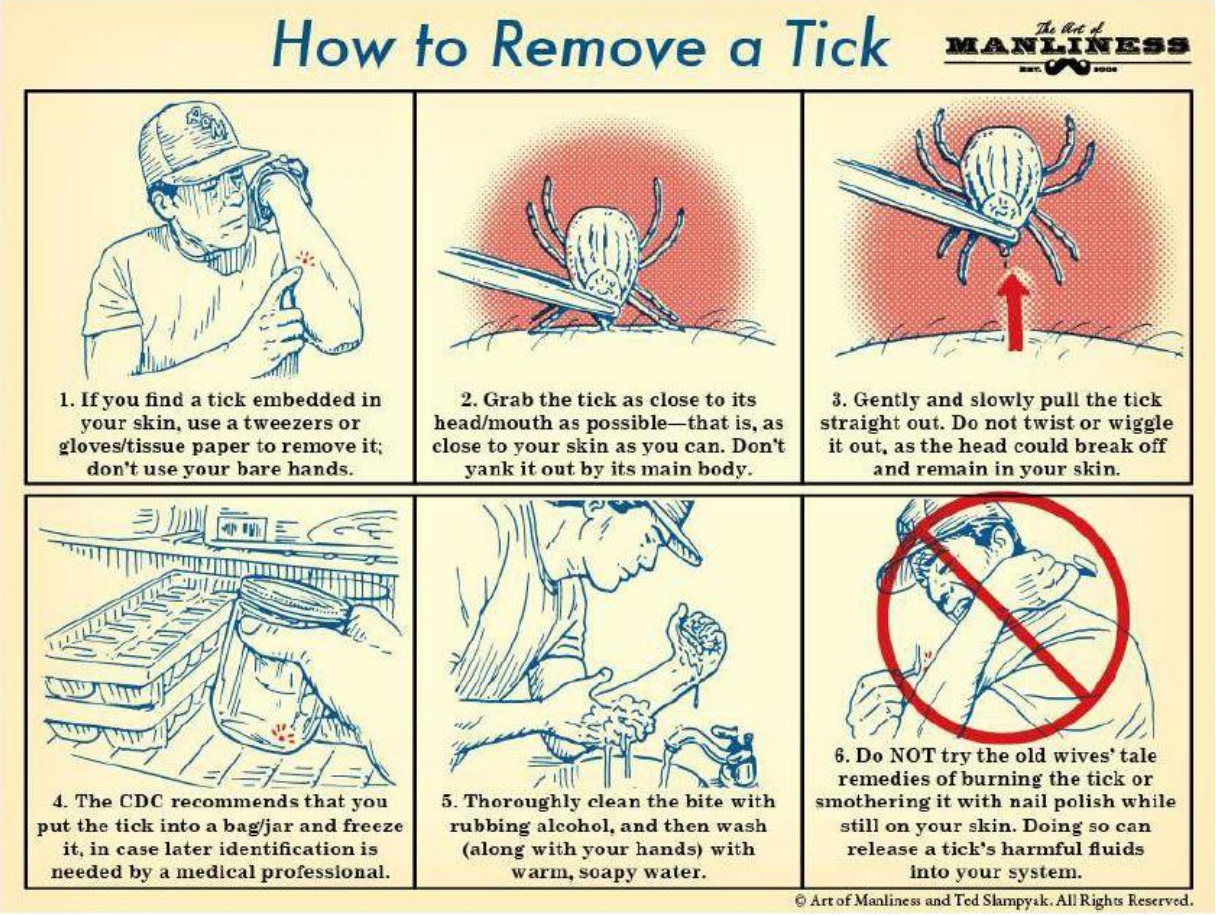


Fig. 1.23: How to remove a tick (Slampyak & Art of Manliness,, 2019).

2-E-15-c – Bee, Wasp, Hornet and Fire Ant Stings

Treatment:

1. Remove the stinger (if applicable) by using a flat edge and scaping. Use a credit card, not tweezers (doing so may push residual toxins into your body).
2. Monitor the patient for anaphylaxis, assess for a history of sting allergies.
3. Clean the area thoroughly
4. Apply ice or other topical relief medication.

(Wildcare, 2014, p. 284)

2-E-15-d – Snake Bites

Treatment:

1. Call 911 if possible. Ensure the scene is safe, don't be snake bait!

   a. Take note, or even a picture of the snake's general description but do not capture it. This will help doctors to identify the type of snake and the appropriate antivenom to prescribe.
2. Help keep the patient calm, the faster the heart the faster the toxins will be pumped through the body
3. Remove any constrictive articles of clothing, as the limb will soon swell
4. Clean the wound thoroughly
5. Follow the three "Rs"
   a. Rest: splint the extremity, and prevent the patient from excessive movement
   b. Reassure: Calm the patient
   c. Rapid evacuation
6. Consider wrapping an elastic bandage down the extremity and back up, being sure not to cut off circulation.
7. DO NOT: Charm the snake, chase/capture the snake, "cut and suck" the wound, apply a tourniquet, give aspirin, no alcohol, and no ice!

(McEvoy, Moore, & Bleicher, 2012, p. 96)

Fig. 1.24 Bee Sting Removal (Anderson, 2012).

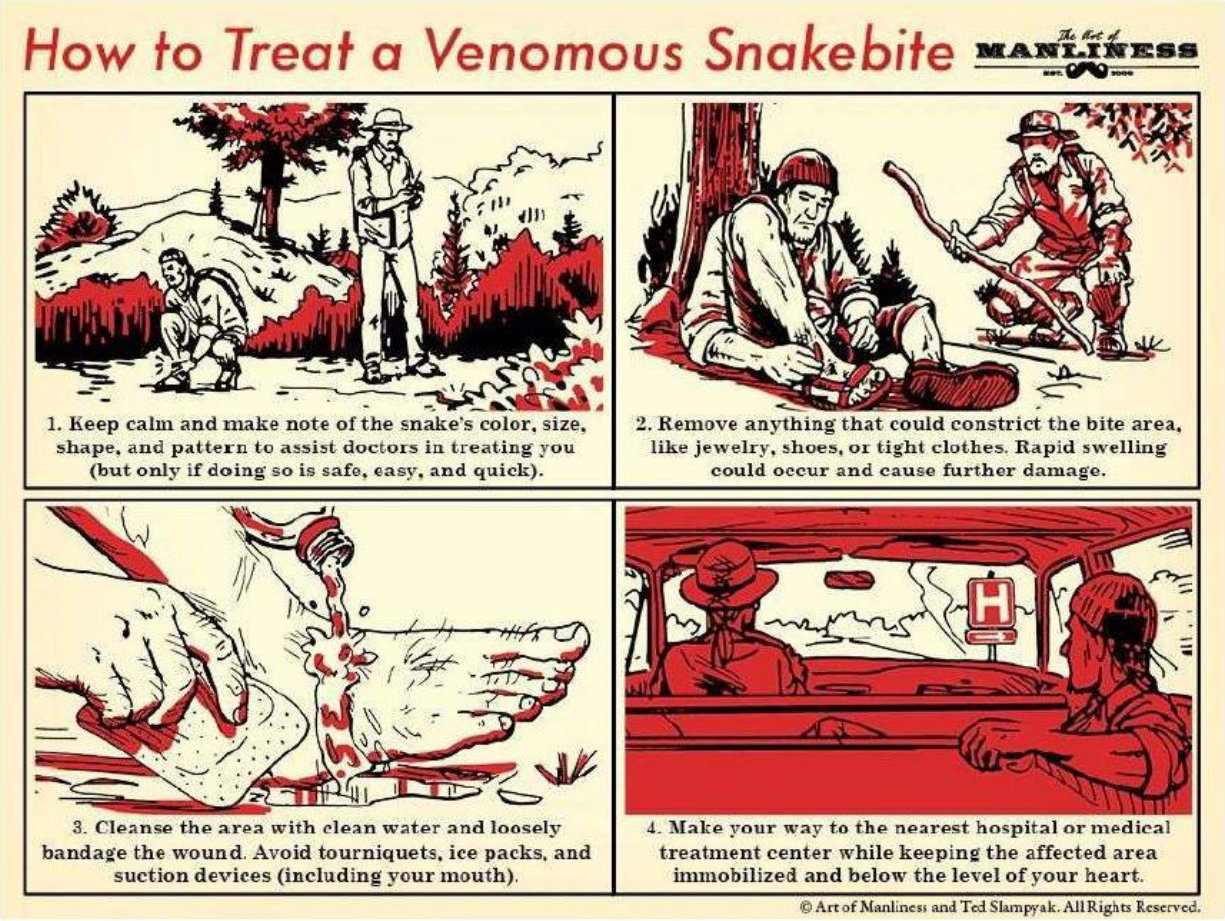


Fig. 1.25: Snakebite treatment (Slampyak & Art of Manliness, 2017).

2-E-15-e – Mammal Bites

While stray dogs and cats, skunks, and your average trash pandas are absolutely adorable, frothing from the mouth and seizing out until you die is well, not cute. Mammals carry the unique threat of a viral illness known as rabies, and thus it is crucial that victims of these animals receive rapid medical attention to prevent the disease's onset. To be clear, this disease is not the inevitable result of giving a raccoon too much of a friendly greeting, however it is a risk that should be taken seriously.

Treatment:

1. Call 911 if this is an option
2. Stop the bleeding and address any soft tissue injuries
3. Vigorously scrub the wound with soap and water
4. ***Remote care only:*** Irrigate the wound with 1% iodine solution
5. Evacuate to the hospital, the patient will require a rabies vaccination
6. Report the incident to local authorities

(Wildcare, 2014, pp. 281-282)

2-E-15-f – Poisonous Plant Rashes

Despite the moniker, poisonous plants aren't actually "poisonous," rather their leaves are coated in an organic oil called urushiol which is an irritant that elicits an immune response.

S/S:

- Red, flat, itchy rash presenting in the pattern in which the plant was contacted
- Small blisters may form

Treatment:

1. Wash the area thoroughly with soap and water to remove the oils from the skin. Wash the clothes by themselves and with a special detergent.
2. Apply topical anti-itch cream 3x a day
3. If appropriate: treat for allergic reactions.

(Wildcare, 2014, p. 290)

2-E-16 – Specific Emergencies

2-E-16-a – Diabetic Crisis

Diabetes is a disease in which the body's ability to produce or insulin (a hormone that transports glucose into cells) is altered. Patients with diabetes have to closely monitor their nutritional intake and blood-glucose levels to remain healthy. If a patient's blood sugar is too low, a condition called ***hypoglycemia*** will occur. Hypoglycemia can quickly become an emergency if it is not quickly addressed.

S/S:

- The patient may likely not have eaten in a long time
- Headache
- Altered level of consciousness
- Dizziness
- Hunger pains
- Pale, cool skin
- Their glucometer (blood-glucose monitor) will read under 60mg/dl

Treatment:

1. If the patient is awake and able to swallow, offer them a sweet liquid such as orange juice with several teaspoons of sugar dissolved in it.
    a. Any form of glucose can be used, but liquids are preferred because they are absorbed faster. "Sugar free" substances and sugar substitutes will not help.
2. If the patient is unconscious call 911, do not give them anything orally as they will choke. Gently rub a sugary past on the patient's gums.
3. Do not give patients insulin if you are not qualified to do so!

(Wildcare, 2014, pp. 196-197)

2-E-16-b – Asthma Attacks

Asthma is a disease of the airways in which exposure to an allergen or irritant can trigger an inflammatory response which constricts the patient's airways. Asthma attacks involve severe constriction of the airways and increased mucous production.

S/S:

- Shortness of breath
- Difficulty speaking
- Wheezing on exhalation
- Blue or dusky facial appearance
- Shock
- Coughing

Stages of Asthma Severity:

- Stage 1: Minor
  - Feeling of shortness of breath
  - No wheezing or very little
- Stage 2: Moderate
  - Wheezing on expiration
  - Shortness of breath
  - Increased difficulty speaking
- Stage 3: Severe
  - Rapid and shallow breathing
  - Anxiety
  - Blue, dusky facial appearance
  - Diminished wheezing, as air is no longer getting past the obstructed airways
  - Shock

Treatment:

1. Call 911
2. Calm the patient
3. Sit the patient straight up or in a semi-sitting position
4. Encourage the patient to use pursed-lip breathing
5. Have the patient use their metered-dose inhaler if they have it

(Wildcare, 2014, p.208)

Fig. 1.26: Pursed Lip Breathing (SIMED Health, n.d.)

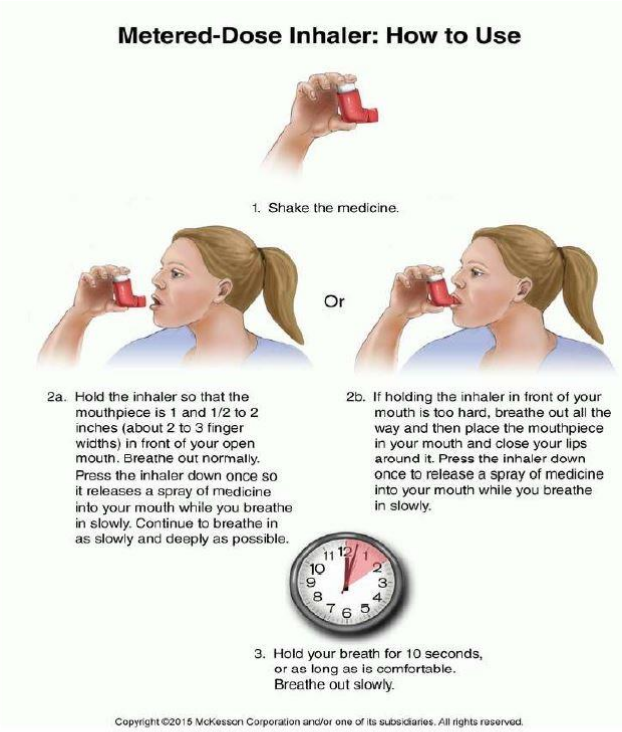


Fig. 1.27: How to use an Inhaler (McKesson Corportation, n.d.)

2-E-16-c – Anaphylaxis

Anaphylaxis is an extreme, systemic response to exposure to an allergen. This condition leads to the obstruction of airways and the widening of blood vessels (leading to shock).

S/S:

- Itching of the eyes and face, quickly spreading to the whole body
- Facial, tongue, lip, and throat swelling
- Difficulty or inability to swallow
- Anxiety
- Wheezing
- Widespread rash, redness, and hives
- Shock
- Rapid heart rate and breathing
- Potential unconsciousness
- Flushed skin
- Sweating heavily

Treatment:

1. Call 911!
2. Allow the patient to use their epinephrine autoinjector
    a. You are prohibited by law from doing this for the patient

3. Remote Care Only: If the patient is far from definitive care, they will quickly need to be evacuated. If you are qualified to offer medications, offer 25-50mg of diphenhydramine (Benadryl) every 4 hours for 24 hours. Monitor vital signs during this time.

(Wildcare, 2014, p. 54)

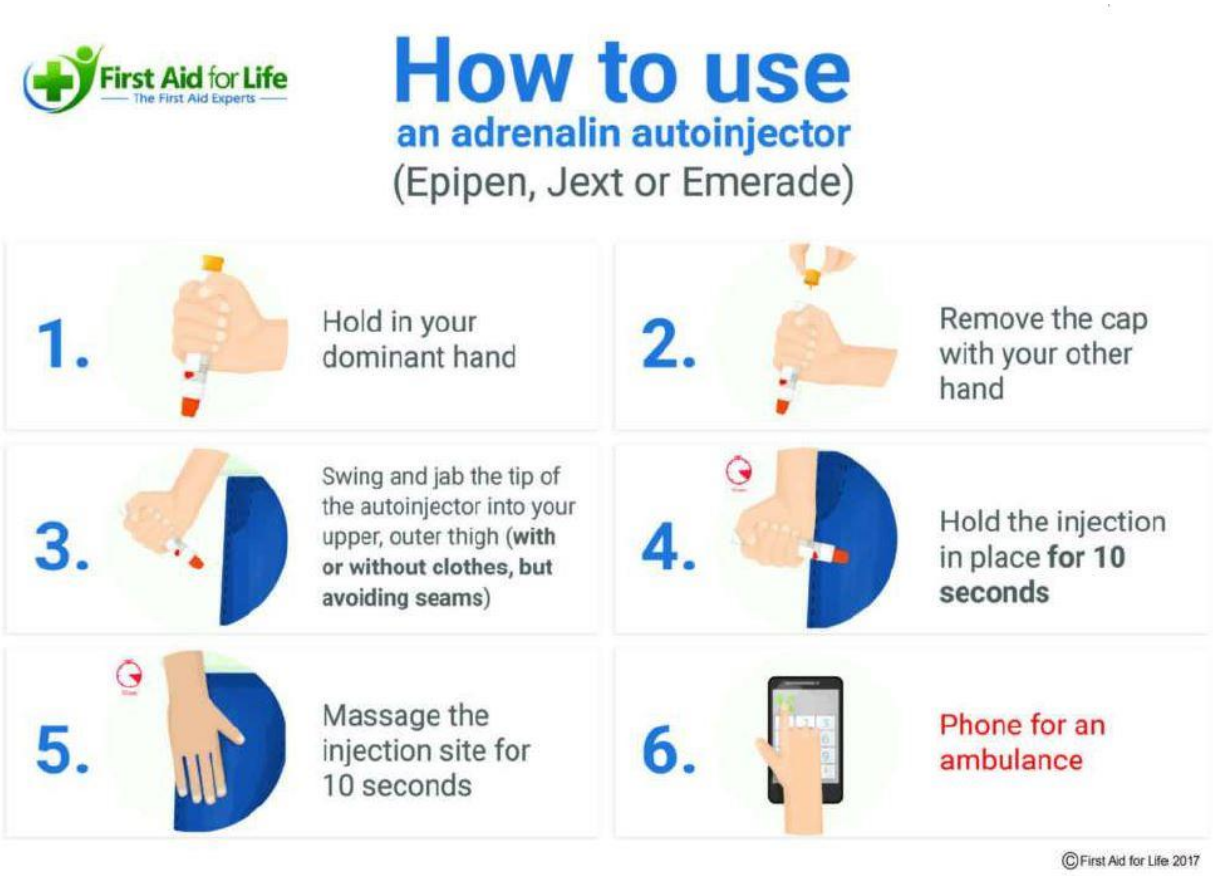


Fig. 1.28: How to use an autoinjector (First Aid for Life, 2017).

2-E-16-d – Choking

S/S:

- Inability to talk
- Hands clutched around the throat (the universal sign for choking)
- Coughing
- Face, mouth, and nails turn dusky or blue
- Flushed skin turning into blue shades
- Loss of consciousness

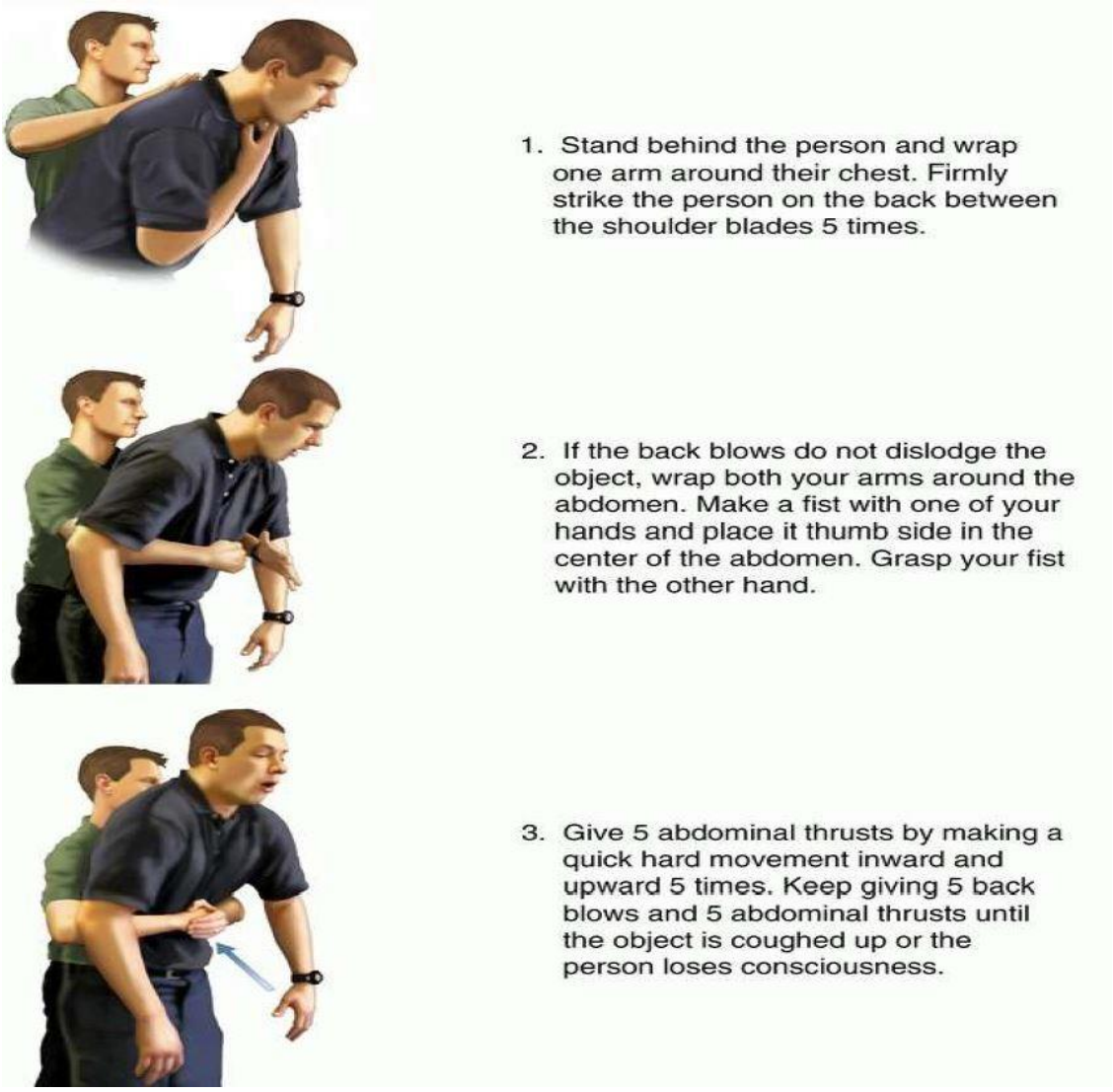
Treatment:

1. If you are not alone, have someone else call 911. If you're alone, carry on to step 2.

2. Give 5 sharp blows to the area between the patient's shoulder blades using the heel of your hand
3. Give 5 abdominal thrusts (Heimlich maneuver)
4. Alternate using 5 blows and 5 thrusts until the blockage is dislodged or the patient goes unconscious
    a. If the patient goes unconscious, begin the sequences of CPR (see below)

What to do When You're Alone and Choking:

1. Place a fist above your belly button, and grasp it with the other hand
2. Bend over a hard surface
3. Force your fist into your abdomen and up



(Mayo Clinic Staff, 2017a)

2-E-16-e – Heart Attacks & Cardiac Arrest

An acute myocardial infarction, also known as a heart attack, is a partial or complete blockage of blood flow to the heart. This can result in death or serious injury if not treated rapidly.

S/S:

- Left-sided chest pain and pressure which radiates to the jaw, arms, and back
- Shortness of breath at rest
- Cool, pale skin
- Heavy sweating
- The feeling of "impending doom"
- Low blood pressure
- Nausea
- GI upset
- Heartburn

(Wildcare, 2014, p. 215)

Notes on assigned female individuals: We often associate heart attacks with the dramatic, chest clutching, screaming "AGHHHHHH!" we see so often in TV and movies. This is a misconception, as biologically female individuals are more likely to present with more subtle signs and symptoms such as nausea/vomiting, jaw or back pain, and shortness of breath. Pay attention to these signs and symptoms, as they have been traditionally overlooked in healthcare, leading to needless deaths (American Heart Association, 2015).

Treatment:

1. Call 911
2. Minimize patient exertion, help them stay calm
3. Give the patient low-dose aspirin, and have them chew it
4. Await the arrival of 911, or evacuate immediately. Monitor vital signs
5. If the patient falls unconscious, check their pulse and breathing, if not begin the CPR process

(Wildcare, 2014, 216)

2-E-17 – Cardiopulmonary Resuscitation (CPR)

2-E-17-a – CPR Basics

Below is a crash on CPR, which is a lifesaving procedure which you can perform to resuscitate an individual whose heart has stopped beating. We advise you to not stop your training here, as it is important that you be competent and qualified to perform CPR. Even if you are not certified in CPR, you may perform this procedure as you are covered under good Samaritan laws.

Prior to Beginning:

1. Check the scene for safety.
2. Tap the person on the shoulder asking "are you okay?" to check for consciousness
3. Call 911.
    a. If you are not alone, point to a specific person and direct them to call 911
    b. Instruct another individual to retrieve an automatic external defibrillator (AED)
4. Open the airway using the head-tilt-chin lift, check for breathing listening no more than 10 seconds. If there is no breathing, begin CPR

CPR:

1. Place your hands one on top of the other with the heel of the hand placed square in the center of the chest. Your hands should be between their nipples. Straighten your arms and push into their chest at least 2 in. (5cm) at a rate of at least 100 per minute.
    a. If your patient has larger breasts that may get in the way of hand placement, you may need to remove their bra. In the event of this, attempt to preserve the patient's dignity without of course compromising your efforts to save their life.

Figure 1.30: CPR Hand Placement

2. After 30 compressions, deliver 2 rescue breaths using the head-tilt-chin lift method. Pinch their nose, and place your mouth over theirs giving two full breaths
    a. You should be able to visualize chest rise during this, if this doesn't occur re-tilt the head and give the second. If the second fails, the patient may be choking. Resume compressions, after each set check for obstructions and attempt to remove it if you can.
    b. Of course, you don't need to be making out with random strangers you find unconscious. If you are able to, obtain a mask or other medical barrier. Your patient may throw up during this process, and vomit isn't a particularly

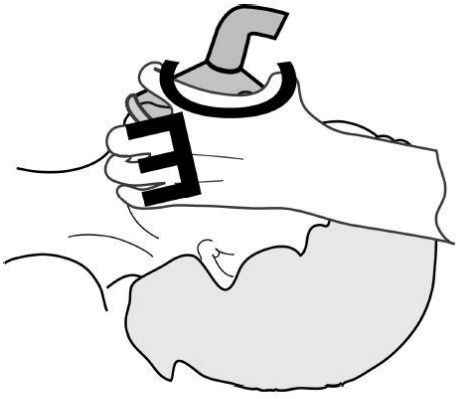


Fig. 1.31: Get the best seal by using the C E clamp on a CPR mask (Whitten, 2012).

welcoming flavor.

c. CPR can be performed with compressions only, and if you are unable or unwilling to perform breaths you may just do compressions.
    i. If a patient does throw up and remains unconscious, place them in the recovery position so that they do not choke on the vomit. Allow the vomit to empty and resume CPR.

3. Continue CPR until the patient begins to show signs of life or until you are relieved by a higher level of care (American Red Cross, 2019).

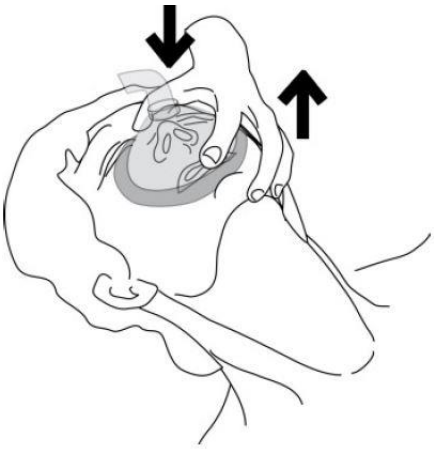


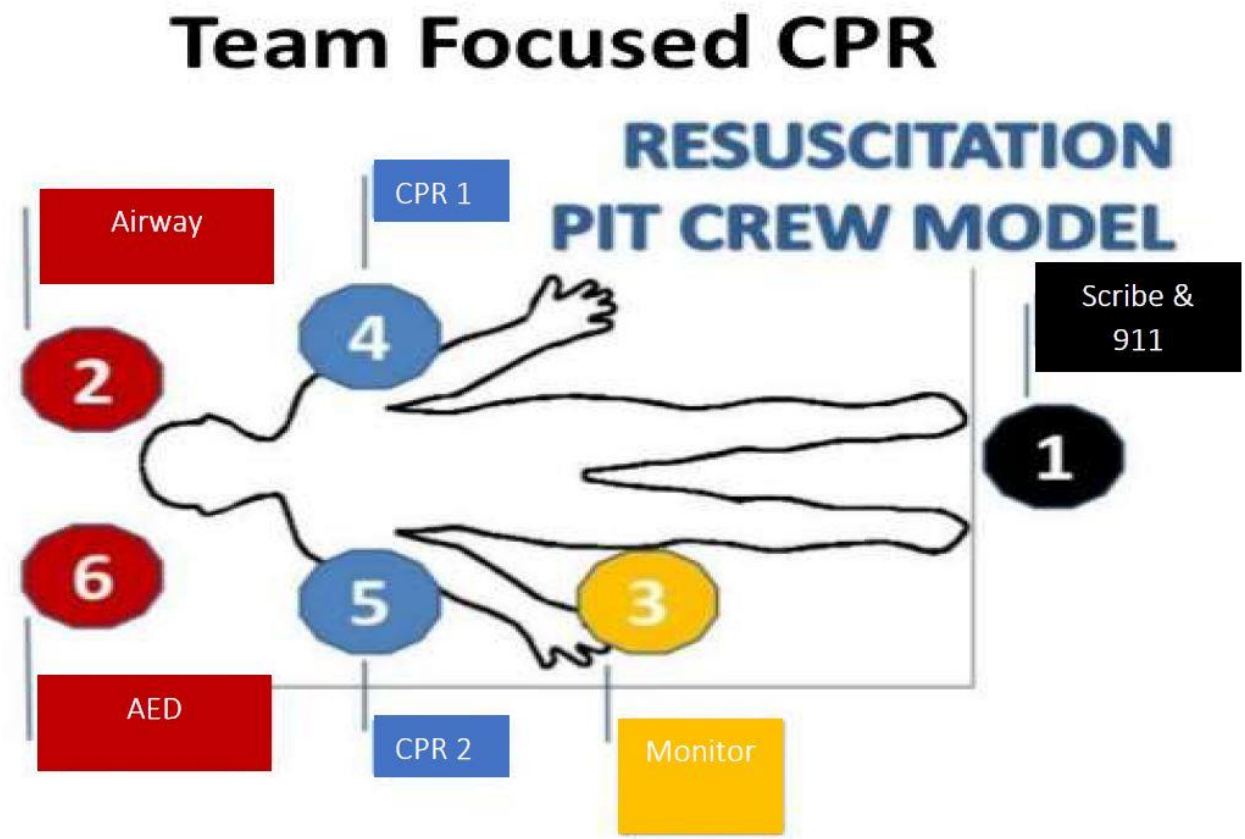
Figure 1.32: CPR Mask C E Clamp

4. If an AED arrives, have the retriever or yourself follow the steps below:
    a. Turn on the AED and follow its directions
    b. Open the patient's shirt and ensure their chest is dry
        i. Remove any medication patches if present. Do so with a gloved hand so as to not absorb the drug
    c. Attach the AED pads, one to the right chest above the nipple and one to the left chest under the nipple. See figure 1.34
    d. Make sure you and no one else it touching the patient, press "analyze."
        i. Your own electricity may interfere with the AED's analysis of the patient's heart
    e. If no shock is advised, resume CPR
    f. If the AED decides that a shock is appropriate, make sure no one is touching the patient and press the "shock" button.
    g. Begin CPR after delivering a shock if there are no signs of life. If there are signs of life, discontinue CPR.
    h. ***Note on AEDs:*** These things are made to be idiot proof. These devices rarely have more than 3 buttons and speak to you. Just follow the prompts and you'll be A-okay.

Fig. 1.33: Proper Arm Form in CPR (Bhatti, 2019).

Placement (Furst, 2018).

2-E-17-b – CPR With Friends!



Everything is more fun with friends! Well, maybe this isn't super fun, but CPR sure as hell is a little easier when its not just you. You, someone astutely well read on your "medic theory" will be able to delegate tasks to help save the patient. Team CPR is referred to as "pit crew CPR," is a much more effective way in which you and a team can perform CPR. This is largely more geared towards individuals with a higher level of expertise, as there should hopefully not be enough time between the 911 call and the arrival of EMS to have to start a massive team effort. However, that is the ideal world and there are scenarios in which you may find yourself further from care than you'd wish. Below is a diagram of pit crew CPR:

Positions:

1. Scribe & 911: Tasked with calling 911 and writing down the events that occur during the procedure. Events logged such as: time CPR started, AED started, 911 called, patient awakens, etc.
2. Airway: In charge of maintaining an open airway and giving rescue breaths
3. Monitor: Tasked with assessing femoral pulse and monitoring the patient for signs of life. The monitor should also remind CPR 1 & 2 to keep pace and push deeper if needed.
4. CPR 1: Performs CPR compressions, alternating with CPR 2 every 2 minutes
5. CPR 2: Performs CPR compressions, alternating with CPR 1 every 2 minutes
6. AED: Follows the instructions of the AED

2-E-17-c – CPR Resources

Youtube Videos:
How to Perform CPR: https://www.youtube.com/watch?v=cosVBV96E2g
Ken Jeong Explains CPR: https://www.youtube.com/watch?v=KKZtH3jlhU&ab_channel=SureFireCPR

Keeping Pace:
New York Presbyterian Hospital has developed a spotify playlist of songs with a tempo of 100 beats per minute:
https://open.spotify.com/playlist/7oJx24EcRU7fIVoTdqKscK?si=amvKEraR6Gld_aInMksSQ

Full Code Pro is an app developed by the AHA designed for CPR. The app has a tempo that helps you to keep pace, keeps time with events, and keeps documentation. The app is free for iPhone users: https://apps.apple.com/us/app/full-code-pro/id589451064

2-E-18 – Miscellaneous

2-E-18-a – How to Construct a Stretcher

2-E-18-a-1 – Using a Tarp

1. Spread out a tarp and place a pole 2/3 the way through the length of the tarp
2. Fold the shorter side over the pole, then lay down the other pole on top of this side
3. Fold the other end of the tarp over the second pole

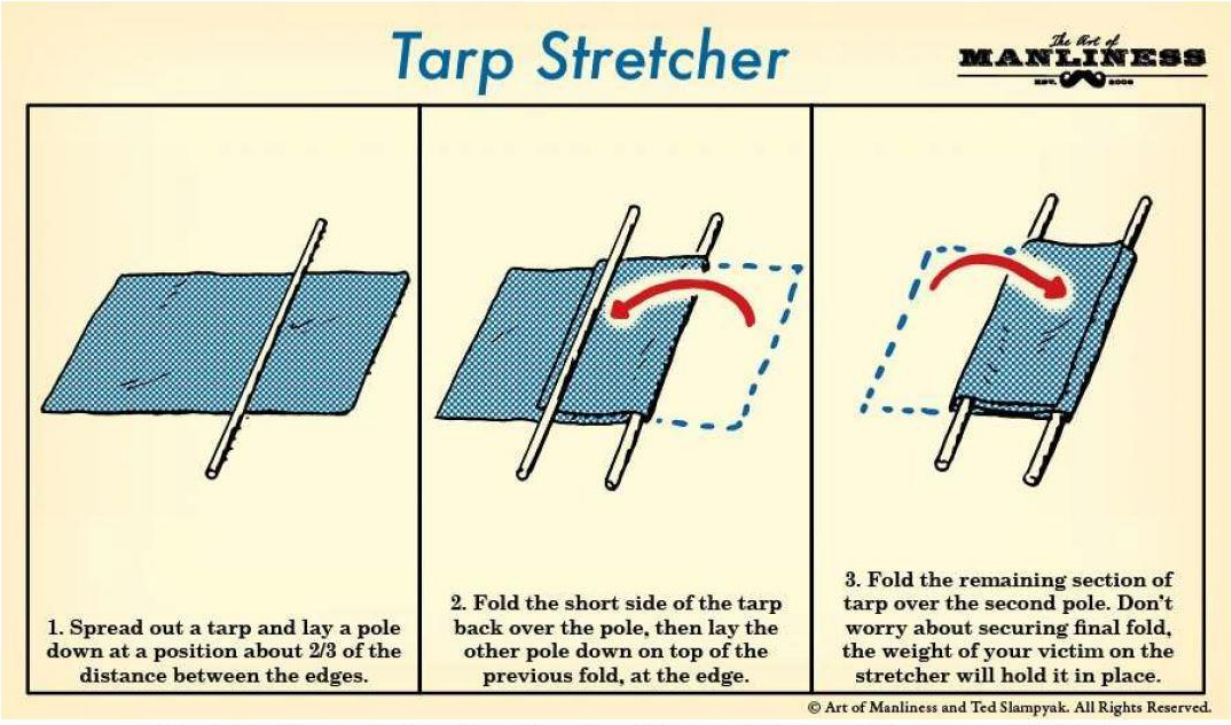


Fig. 1.35: How to Build a Tarp Stretcher (Slampyak & Art of Manliness, 2016b)

2-E-18-a-2 – Using Jackets

1. Fold the sleeves of 2-3 jackets into themselves
2. Thread the poles through the sleeves of the jackets
3. Lash rods perpendicular to the main poles to both ends

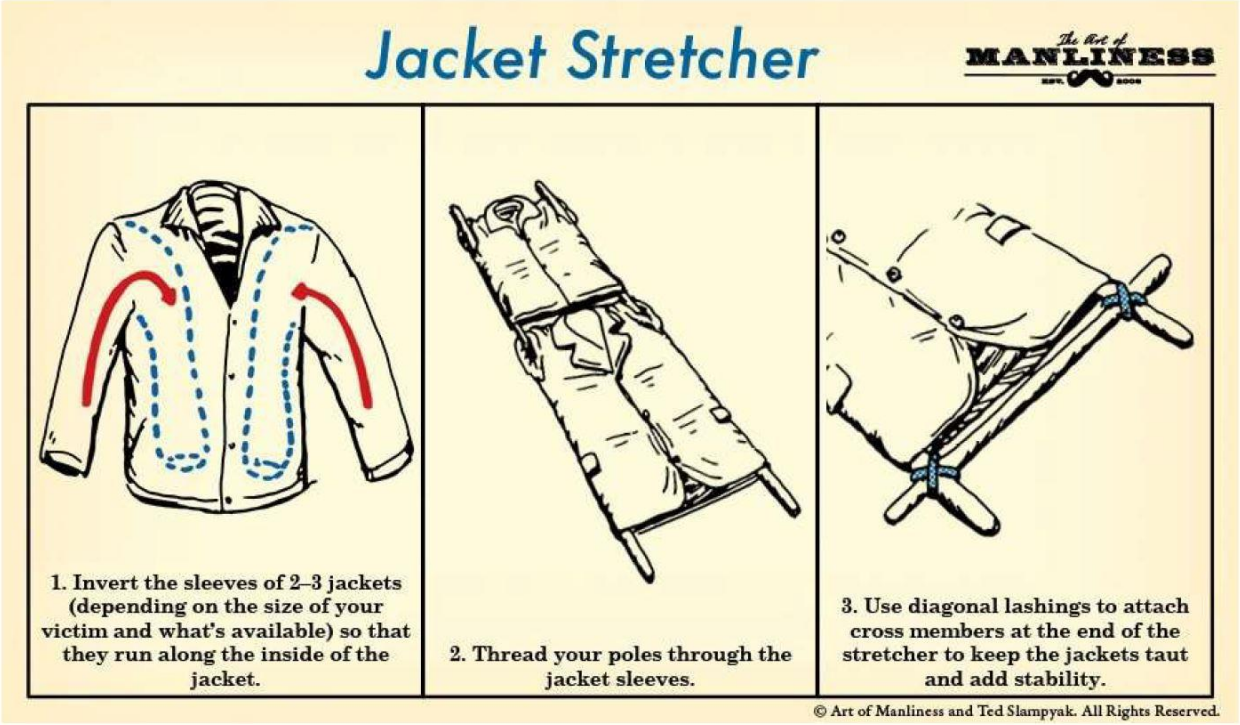


Fig. 1.36: How to Build a Jacket Stretcher (Slampyak & Art of Manliness, 2016a)

2-E-18-b – How to Bandage Wounds

2-E-18-b-1 – Cravat Bandage

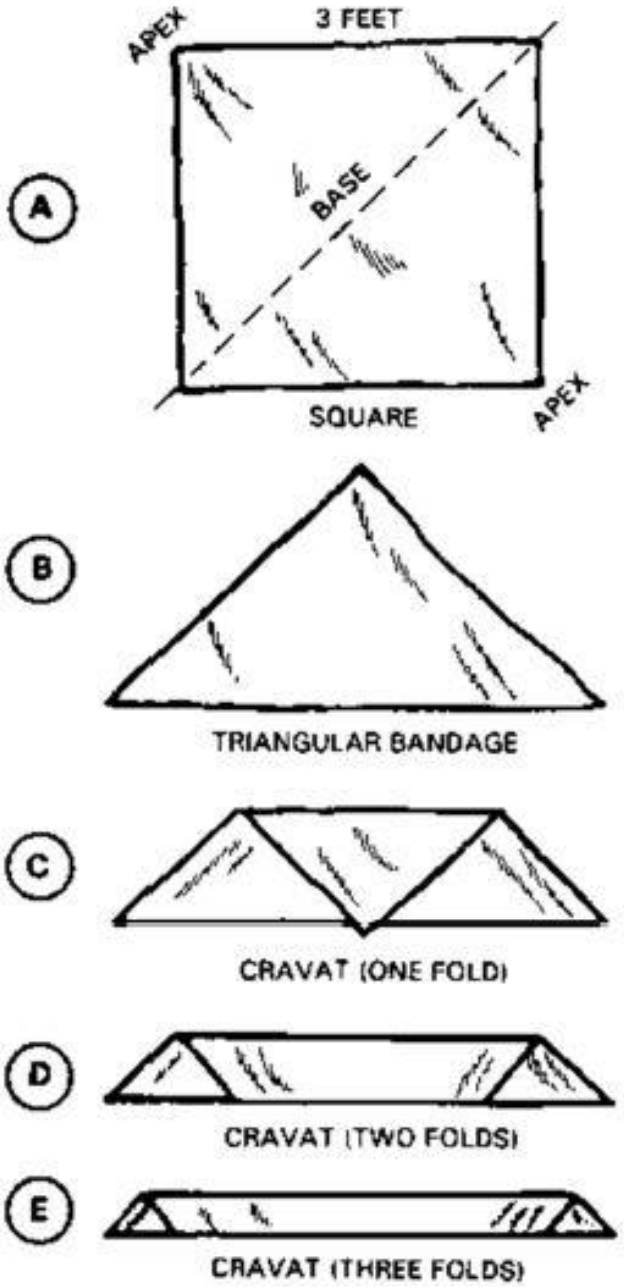


Figure A-2. Triangular and cravat bandages (Illustrated A thru E).

Fig. 1.37: How to Fashion a Cravat Using a Triangular Bandage (U.S. ARMY MEDICAL DEPARTMENT CENTER AND SCHOOL, n.d.-a)

2-E-18-b-2 – Spiral Bandage

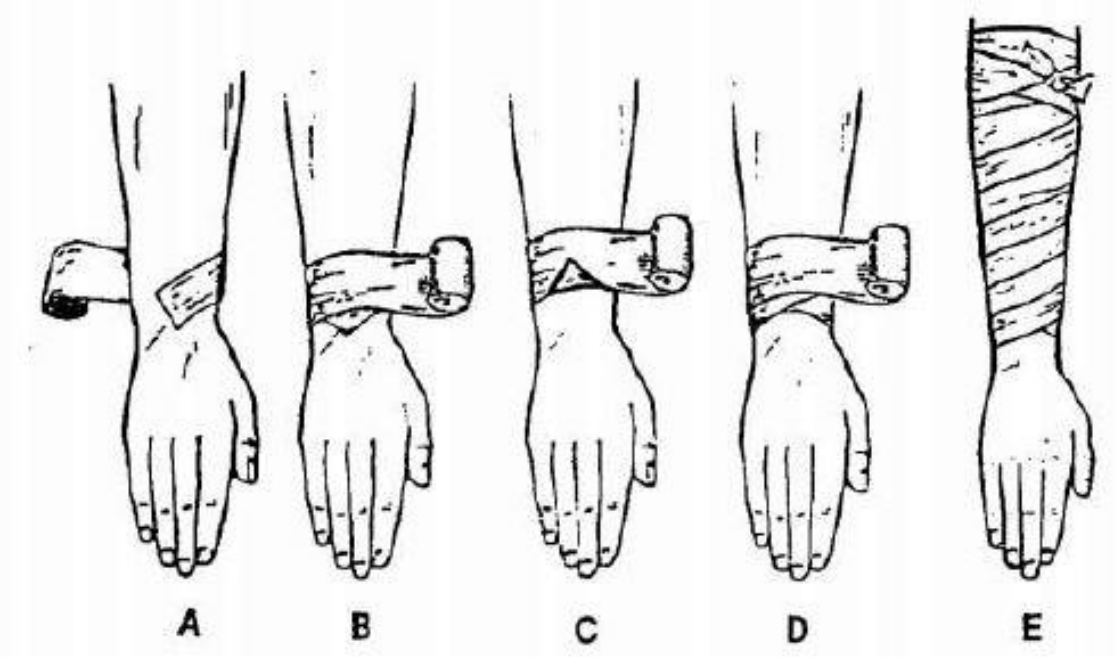


Figure 2-26. Applying a spiral bandage to a forearm.

Fig. 1.38: How to Bandage a Forearm (U.S. ARMY MEDICAL DEPARTMENT CENTER AND SCHOOL, n.d.-a)

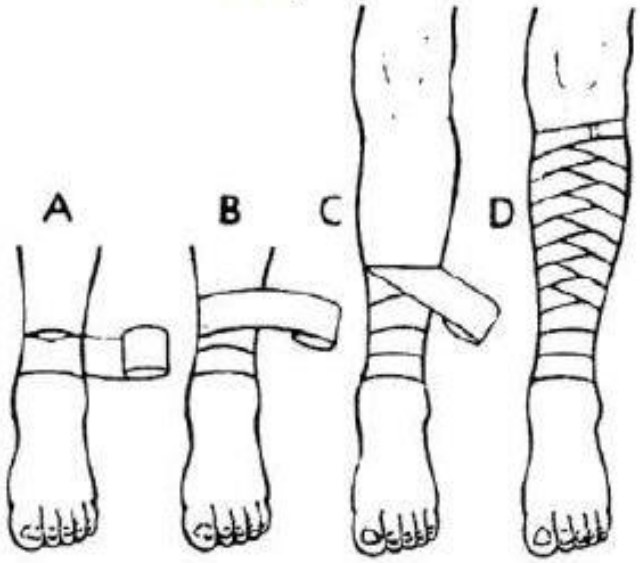


Figure 2-27. Applying a reverse spiral bandage to a lower leg.

Fig. 1.39: How to Bandage a Leg (U.S. ARMY MEDICAL DEPARTMENT CENTER AND SCHOOL, n.d.-a)

2-E-18-b-3 – Chest Bandage

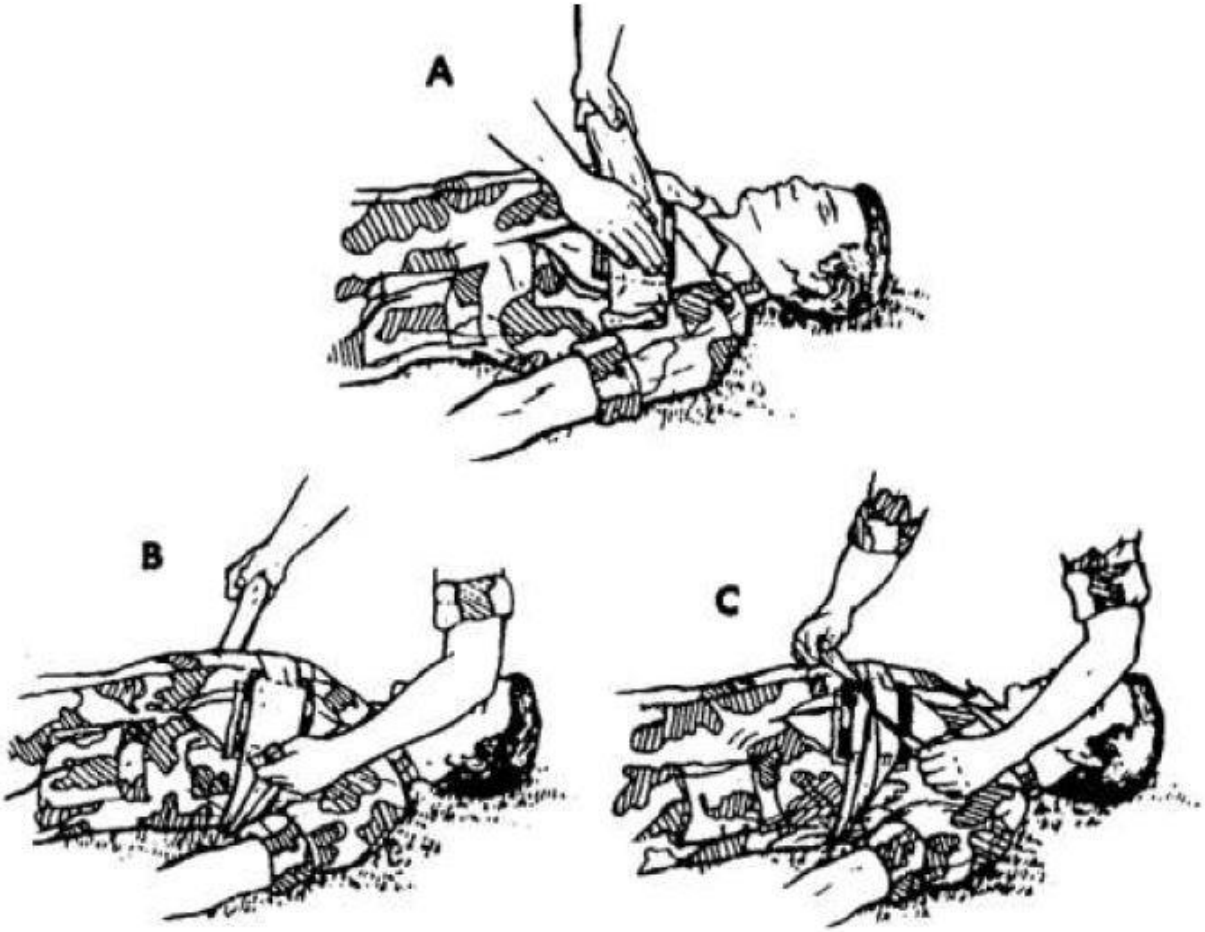


Figure 3-5. Applying a field dressing to an open chest wound.

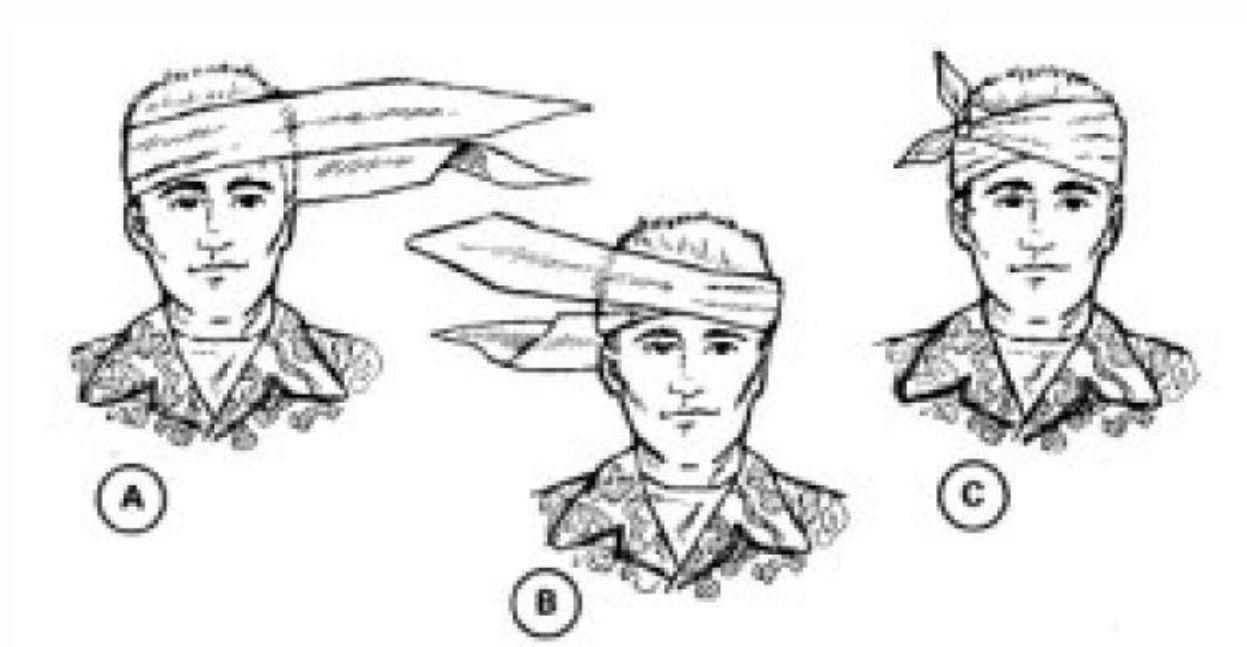


Figure 3-11. Cravat bandage applied to head (Illustrated A thru C).

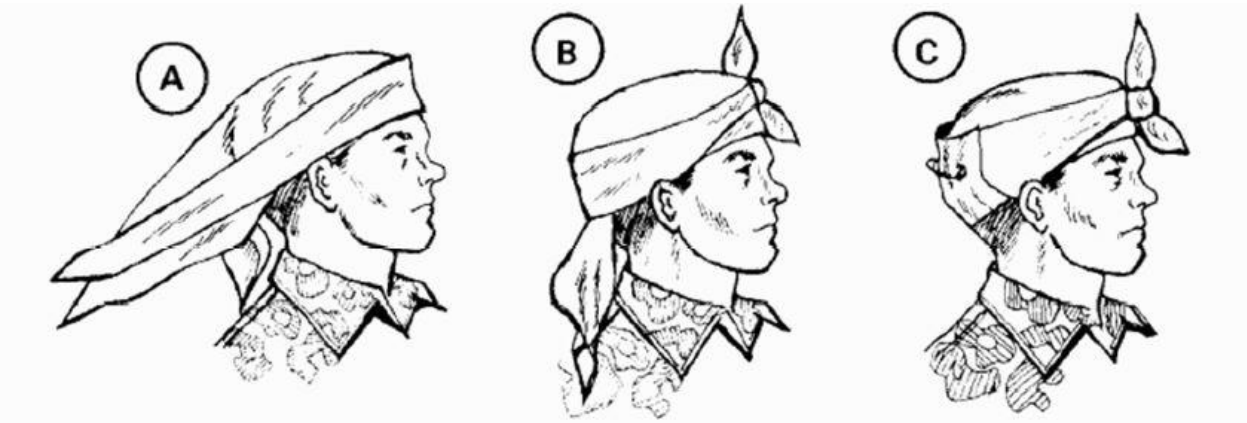


Figure 3-10. Triangular bandage applied to head (Illustrated A thru C).

Fig. 1.42: How to Bandage a Head Wound (Scout Handbook, n.d.)

2-E-18-b-4 – Head Bandage

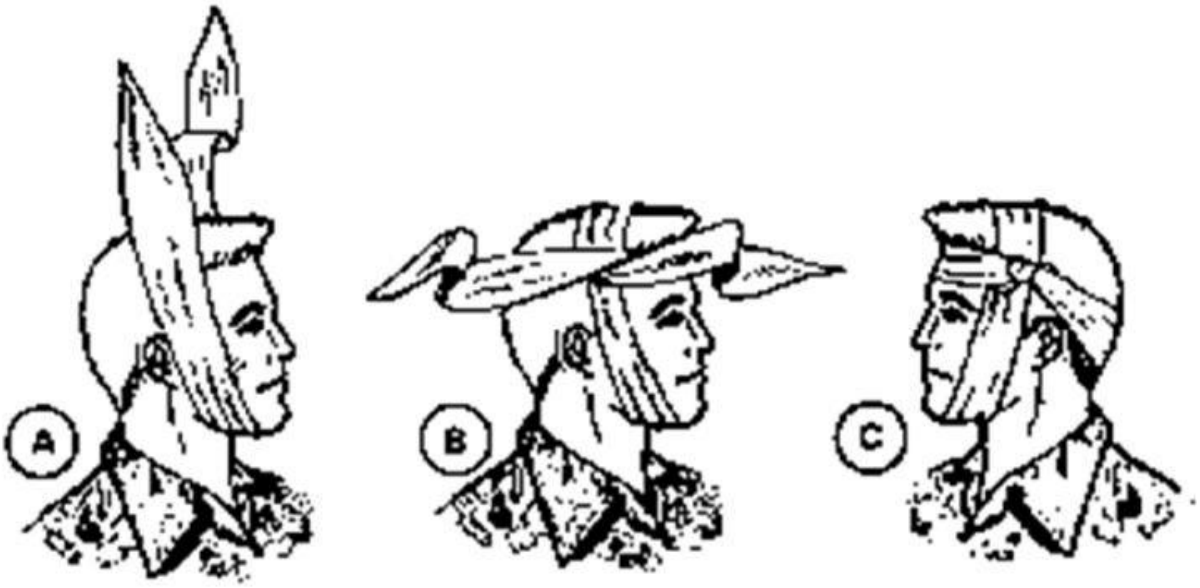
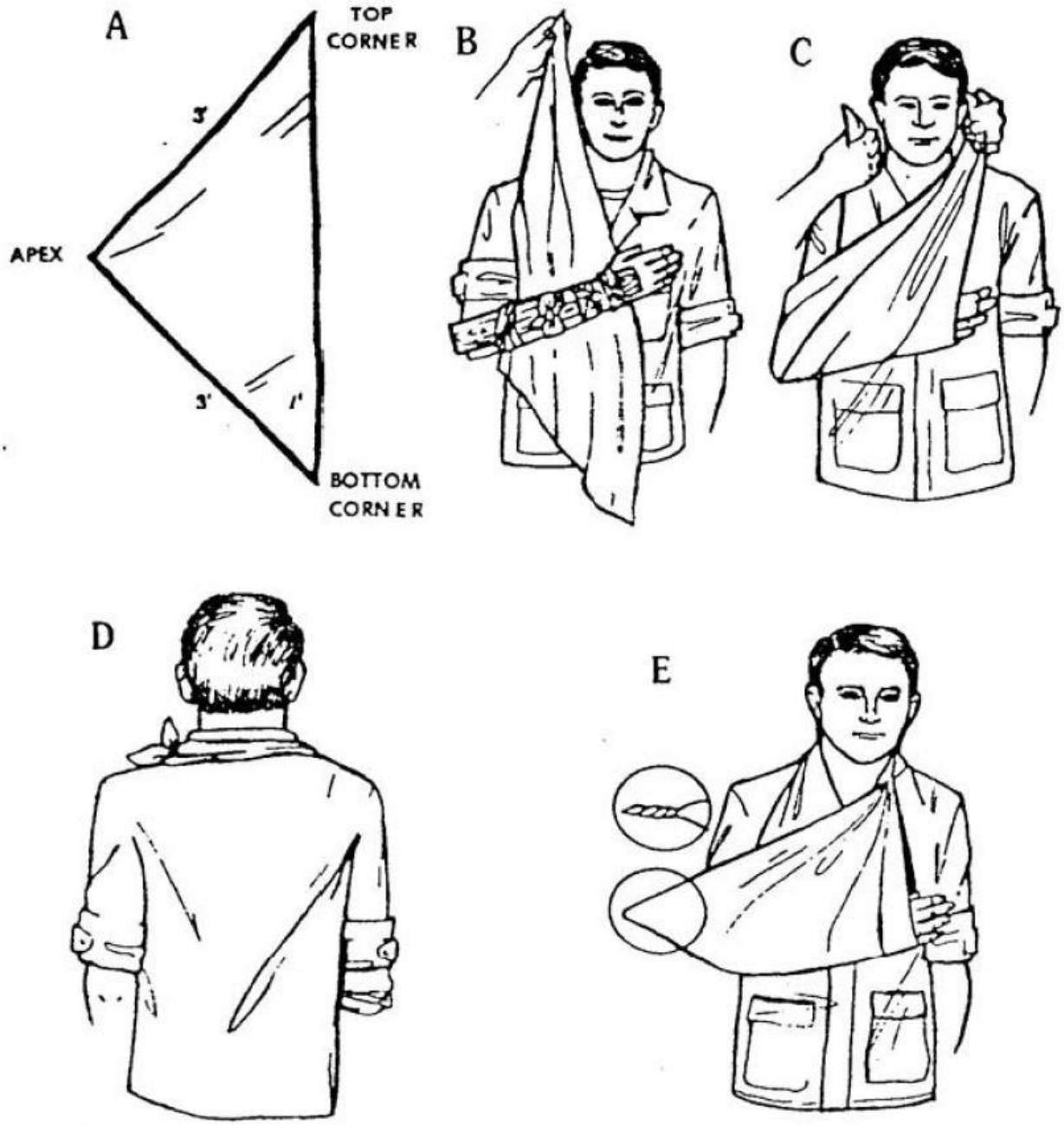


Figure 8-20. Applying cravat bandage to jaw (Illustrated A thru C).

Fig. 1.43: How to Immobilize a Jaw (Survive Outdoors, n.d.)

2-E-18-c – How to Make an Arm Sling



2-E-18-d – How to Properly Pack a Wound

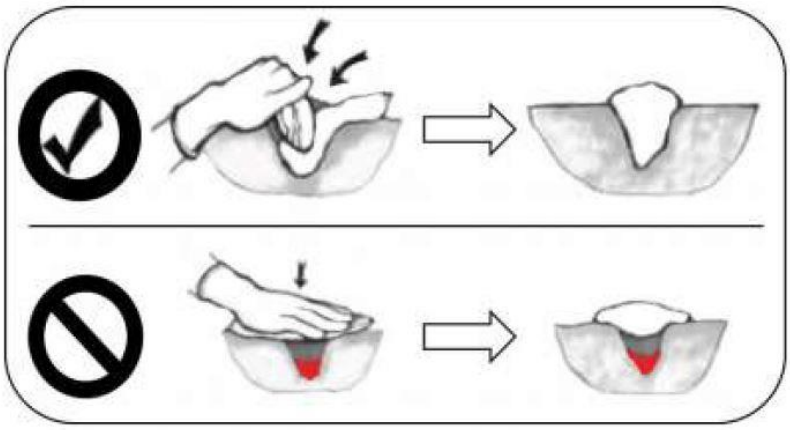


Fig. 1.45: How to Properly Pack a Wound for Trauma (United States Army Center For Lessons Learned, 2017).

2-E-19 – Continued Learning

We can't teach it all, so check out these online PDFs and courses, also be sure to sift through this section's bibliography. There is no harm in cross referencing your sources.

American Safety & Health Institute Wilderness First Aid:
https://goto.hsi.com/hubfs/117004_ASHI_G2015_BWFA18N_Wilderness_SB_040218_Preview.pdf?p=hubfs/117004_ASHI_G2015_BWFA18N_Wilderness_SB_040218_Preview.pdf

American Red Cross First Aid/CPR/AED Student Study Guide:
https://enjoycpr.com/facpr.pdf

American Red Cross Wilderness and Remote First Aid:
https://www.redcross.org/content/dam/redcross/training-services/no-index/wildernessremote-first-aid-erg.pdf

An Activist's Guide to Basic First Aid by Black Cross Health Collective:
http://teargas.info/first-aid.pdf

Boy Scouts of America Wilderness First Aid:
https://www.scouting.org/health-and-safety/training/wilderness-fa/

First Aid & CPR Manual by Infolific.com:
https://infolific.com/downloads/first-aid-andcpr-manual.pdf

First Aid for Free!:
https://www.firstaidforfree.com/

Mental Health First Aid:
http://www.wellness.uci.edu/programs/eapmaterials/MentalHealthFirstAid.PDF
OSHA Fundamentals of Workplace First-Aid:
https://www.osha.gov/Publications/OSHA3317first-aid.pdf

Street Medic Handbook:
https://paperrevolution.org/wp-content/uploads/2018/03/Street-Medic-Handbook-Occupy-Chicago-2012.pdf

The Essential Guide to First Aid:
https://www.firstaid.org.uk/wpcontent/uploads/2017/05/Daily-Record-St-Andrews-First-Aid-First-Aid-Guide.compressed.pdf

U.S. Army First Aid:
https://armypubs.army.mil/epubs/DR_pubs/DR_a/pdf/web/ARN14135_TC%204-02x1%20C2%20INCL%20FINAL%20WEB.pdf

U.S. Army Treating Fractures in the Field:
http://nursing411.org/Army/MD0533.pdf

U.S. Army Tactical Combat Casualty Care Handbook:
https://usacac.army.mil/sites/default/files/publications/17493.pdf

U.S. Army Tactical Combat Casualty Care and Wound Treatment Manual:
http://www.operationalmedicine.org/Army/MD0554_200.pdf

Wikibooks First Aid Textbook by Mike.lifeguard et. al.:
https://upload.wikimedia.org/wikipedia/commons/9/98/First_Aid.pdf

---

2-E-20 – Bibliography

American Heart Association. (2015). Heart Attack Symptoms in Women. Www.heart.org. https://www.heart.org/en/health-topics/heart-attack/warning-signs-of-a-heart-attack/heart-attacksymptoms-in-women

American Red Cross. (2019). Red Cross Training & Certification, and Store. Red Cross. https://www.redcross.org/take-a-class/cpr/performing-cpr/cpr-steps

Anderson, N. (2012, November 1). Honeybee Infestation - What Can Bee Done? (Includes Infographic). The Bug Squad. https://www.thebugsquad.com/experts/honeybee-infestation/

Bhatti, D. (2019). MD Podcast: Patient Stories -CPR Instructor -value of observation in medicine. In Danish Bhatti. https://danishbhatti.com/wp-content/uploads/2019/08/how-to-do-CPR-3-1024x699.jpg

Black Cross Health Collective. (n.d.). An Activist's Guide to Basic First Aid. Black Cross Health Collective. Retrieved from: http://teargas.info/first-aid.pdf

Blaus, B. (2017, April 12). English: An illustration depicting how to wrap an ankle. Wikimedia Commons. https://commons.wikimedia.org/wiki/File:Foot_Care_Ankle_Wrap.png

Brouhard, R. (2019, November 22). Learn Important Steps to Properly Treat a Gunshot Wound Victim. Retrieved from: https://www.verywellhealth.com/how-to-treat-a-gunshot-wound-1298915

Brouhard, R. (2020, September 17). Do All States Have "Good Samaritan" Laws? Verywell Health. https://www.verywellhealth.com/do-all-states-have-good-samaritan-laws-1298836

Buzz Kill Pest Control. (n.d.). Black Widow Spider. In Buzz Kill. https://buzzkillpestcontrol.com/pestmonth-spiders/

CDC. (2019, April 18). Lyme Disease. Centers for Disease Control and Prevention. https://www.cdc.gov/dotw/lyme-disease/index.html

Curtis, R. (2005). The backpackers field manual: A comprehensive guide to mastering backcountry skills. New York, NY: Three Rivers Press.

Defense Technology. (n.d.). Spede-HeatTM Continuous Discharge Chemical Grenade, CS. Defense Technology.

https://www.defense-technology.com/product/spede-heat-continuous-dischargechemical-grenade-cs/

DeMuro, J. (2020, December 21). How to Attend to a Stab Wound. WikiHow. https://www.wikihow.com/Attend-to-a-Stab-Wound

Fisher, A. (2020, February 22). Your "Tactical Tampon" is Useless for Life-Threatening Hemorrhage. The Havok Journal. https://havokjournal.com/fitness/medical/your-tactical-tampon-is-useless-forlife-threatening-hemorrhage/

First Aid for Life. (2017). How to Use an adrenalin autoinjector. In Online First Aid. https://onlinefirstaid.com/food-allergies-and-anaphylaxis/

Furst, J. (2018). Correct AED Pad Placement. In First Aid for Free. https://www.firstaidforfree.com/correct-aed-pad-placement/

Preparedness Advice. (2020, July 19). Why You don't Want to Use Wasp Spray for Self-Defense. PREPAREDNESS ADVICE. https://preparednessadvice.com/why-you-dont-want-to-use-waspspray-for-self-defense/

Hardy, J. (2015). Pulse and Blood Pressure. Slideplayer.com. https://slideplayer.com/slide/4878538/

Hubbell, F. (2014). SOLO's Field Guide to Wilderness First Aid (3rd ed.). TMC Books/Stonehearth Open Learning Opportunities.

Hubbell, F. (2014). Wildcare: Working in less than desirable conditions and remote environments. Conway, NH: TMC Books/Stonehearth Open Learning Opportunities.

Hutchison, P. (2016, November 11). How to Make an Improvised Stretcher. The Art of Manliness. https://www.artofmanliness.com/articles/make-improvised-stretcher/

KELY Support Group. (n.d.). Recovery Position Poster. Kely.org; Kely Support Group. Retrieved from https://kely.org/assets/images/Resources/Resources-produced-by-Young-People/recoveryposition-poster.png

Mayo Clinic Staff. (2017a). Choking: First aid. Mayo Clinic; https://www.mayoclinic.org/first-aid/firstaid-choking/basics/art-20056637

Mayo Clinic Staff. (2017b). Nosebleeds: First aid. Mayo Clinic; https://www.mayoclinic.org/firstaid/first-aid-nosebleeds/basics/art-20056683

McEvoy, D., Moore, G., & Bleicher, J. (2012). Wilderness Medicine (V. Moody, J. Blattner, D. Chenoweth, & R. Birkby, Eds.; 12th ed.). Aerie Backcountry Medicine.

McKesson Corporation. (n.d.). Metered-Dose Inhaler: How to Use. In Tufts Medical Center. https://hhma.org/wp-content/uploads/2017/02/mdinhale.jpg

McKesson Corporation. (2015). Back Blows and Abdominal Thrusts for Choking. In Tufts Medical Center. https://hhma.org/healthadvisor/aha-heim-art/

National Pesticide Information Center. (2014, November). Pyrethrins General Fact Sheet. National Pesticide Information Center. http://www.npic.orst.edu/factsheets/pyrethrins.pdf

New York State Department of Health Bureau of Emergency Medical Services. (n.d.). Suspected Spinal Injury. Retrieved from https://www.health.ny.gov/professionals/ems/

Nursing 411. (n.d.). 5-8. APPLY A SLING TO AN ARM. Nursing411.org. http://nursing411.org/Courses/MD0533_Treat_Fract_Field/5-08_Treat_Fract_Field.html

Oto, B. (2012, July 2). Mastering BLS Ventilation: Introduction. EMS Basics. https://emsbasics.com/2012/07/01/mastering-bls-ventilation-introduction/

Saint John Ambulance Australia. (2020). First aid fact sheet. https://stjohn.org.au/assets/uploads/fact%20sheets/english/Fact%20sheets_concussion.pdf

Scout Handbook. (n.d.). Scout Handbook. Scouthandbook.info. http://scouthandbook.info/

SIMED Health. (n.d.). The Pursed Lip Breathing Technique. In SIMED Health. https://simedhealth.com/article/breathing-exercises-easy

Slampyak, T., & Art of Manliness (2017). How To Treat a Venomous Snakebite. In Art of Manliness. https://www.artofmanliness.com/articles/treat-venomous-snakebite/

Slampyak, T., & Art of Manliness (2019). How to Remove a Tick. In Art of Manliness. https://www.artofmanliness.com/articles/how-to-remove-a-tick/

Slampyak, T., & Art of Manliness. (2016a). Jacket Stretcher. In Art of Manliness. https://www.artofmanliness.com/articles/make-improvised-stretcher/

Slampyak, T., & Art of Manliness. (2016b). Tarp Stretcher. In Art of Manliness. https://www.artofmanliness.com/articles/make-improvised-stretcher/

Survival Kit. (2012). Chest Compressions. In Survival Kit.

https://www.survivalkit.com/blog/cpr/

Rebar, C. R., Heimgartner, N. M., & Gersch, C. J. (2019). Pathophysiology Made Incredibly Easy! (6th ed.). Wolters Kluwer.

Rushton, R. (2020, June 6). DIY Donut Pads for Blisters Under Your Feet. Blister Prevention. https://blisterprevention.com.au/donut-pads-for-blisters

Survive Outdoors. (n.d.). First Aid for Face and Neck Injuries. Surviveoutdoors.com. http://www.surviveoutdoors.com/special-wounds/79/

The American Red Cross. (2019, July 09). Every Second Counts. Retrieved from https://redcross.softourniquet.com/

Toronto First Aid. (n.d.). Standard First Aid. Toronto First Aid. Retrieved from https://torontofirstaidcpr.ca/first-aid-courses/standard-first-aid/

U.S. ARMY MEDICAL DEPARTMENT CENTER AND SCHOOL. (n.d.-a). TACTICAL COMBAT CASUALTY CARE AND WOUND TREATMENT (200th ed.). U.S. Army Medical Department. http://www.operationalmedicine.org/Army/MD0554_200.pdf

U.S. ARMY MEDICAL DEPARTMENT CENTER AND SCHOOL. (n.d.-b). TREATING FRACTURES IN THE FIELD (200th ed.). United States Army. http://nursing411.org/Army/MD0533.pdf

U.S. Environmental Protection Agency. (2015). Recognition And Management Of Pesticide Poisonings (6th ed., pp. 38–39). Createspace Independent Publishing Platform. https://www.epa.gov/sites/production/files/documents/rmpp_6thed_ch4_pyrethrinspyrethroids.pdf

United States Army Center For Lessons Learned. (2017). Tactical combat casualty care handbook. (5th ed.). Us Army Center For Lessons Learned. https://usacac.army.mil/sites/default/files/publications/17493.pdf

University of Liverpool. (2016). Jaw Thrust. In Practice Paramedicine. https://practiceparamedicine.wordpress.com/2018/07/05/basic-airway/

Vetter, R. (n.d.). Brown Recluse. In Wired. https://www.wired.com/2013/11/poor-misunderstood-brownrecluse/

Whitten, C. (2012). Getting A Good Mask Seal When Ventilating a Patient. In The Airway Jedi. https://airwayjedi.com/2012/12/31/getting-a-good-mask-seal-when-ventilating-a-patient/

PART 2 – FRAMEWORK

CONCLUSION

So there you have it! Part 2 of the Desk to Defender Manual! I hope you learn as much from it as you can during these trying times. The wind blows in a hundred directions, so there is no telling which way we're going to go. This conclusion is being written in the wake of a pretty bombastic legal case and its verdict, which is stirring the pot quite explosively. I hope you can remember to keep your heads out there long enough to learn something!

Take care of yourselves and watch out for your folks! Times are looking rough. The storm that was once on the horizon looms ever nearer with each passing day. It is time to find your spines, comrades. We have a duty to do as Defenders. Soak up the lessons we have given you here and carry them with you. Spread your knowledge and remain hungry for more! Your comrades will need you very soon.