

AMERICAN SURVIVOR

SURVIVAL INFORMATION FOR THE NEW AMERICAN

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IN THIS ISSUE: Survival Vests, Lessons from Blackouts, Coming Soon! Encouraging Words, Jungle King Survival Knife, Live Free Chapter Organization, The Brotherhood of the Survival Pack, Medical Training Class.

SURVIVAL VESTS

By James C. Jones, EMT/CHCM

In the past I have written several articles about what survival related items should be carried in one's pockets and the recent popularity of "cargo pants" has provided additional options for "every day carry" survival gear. Beyond pocket items, we generally consider various types of packs and kits ranging from fanny-packs to full sized backpacks loaded with survival necessities. The usefulness of a well-stocked "survival vest" is often overlooked. Vests can be worn over or under other garments providing easy access to a wide variety of survival-critical equipment. A well-stocked survival vest is lighter, more comfortable and less conspicuous than a pack of any kind. Various kinds of vest can be worn with almost any clothing, providing pockets and compartments beyond what other garments (e.g. shorts, dress-pants, T-shirts, etc.) may provide. Remembering the survival axiom that "it's not what you have, it's what you have with you that counts" any kind of vest allows you to have more with you in an emergency situation.

What you put into the pockets and compartments of your vest or vest's

depends on your environment and anticipated survival needs. The content also depends on what items you generally carry in your pockets and/or on your belt. I always carry a multi-tool on my belt and a fire starter and mini-flashlight on my keychain, but redundancy is always better than oversight in survival gear.

Field Survival Vests

Because this vest will be worn with outdoor clothing for outdoor activities it can be bulkier and less subdued. The needs of shelter, fire, warmth and signaling take priority. Insulated "three-season" vests provide some warmth while lighter vests can be worn over T-shirts in warmer weather, but must still provide emergency shelter from rain, wind and unexpected weather changes. In all cases the ability to signal for help is important so such items as whistles, smoke-bombs, signal-mirrors, flashlights and even flairs must be considered. Any severe injury can be fatal in the outdoors so tourniquet devices and/or pressure-bandages are a must have. A map of the region and a compass will definitely be included in this vest. I recommend waterproof matches, a

magnesium fire stick and some fire starter material such as lint, charcloth, wax impregnated cotton or alcohol based hand-sanitizer to assure ignition under wet and windy conditions. Shelter options range from a small pocket-sized rain poncho to a full-sized Space-Blanket™ depending on the vests capacity. We can assume that you are carrying a knife and a firearm (if needed) in the outdoors, but redundancy is not a bad idea. A fold-flat respirator can aid in heat retention under cold conditions. Water and food may become an issue if an outdoor emergency is extended and you do not have a canteen or pack. A survival straw-type water filter and some energy bars should always be included.

Everyday Survival Vests

This is a vest that you might wear almost anywhere. It's not bulky, nor is it dressy. It may or may not be a concealed-carry vest, but it must provide items to cover a wide variety of survival needs. Such a vest is no substitute for a pack or kit, but is far better than nothing (BTN) and is going to be what you have with you (WYHWY) when it counts. Such a vest may do double-duty as a job-utility vest, fishing vest or shooting vest etc., but must always contain essential survival emergency items including flashlights, respirators, fire starters, first aid supplies and some form of shelter. If it is a concealed carry vest there will be an inner compartment for your firearm and outer compartments for spare magazines. Most vests will have compartments for a cell-phone and glasses. A multi-tool and/or a good quality knife should always be carried even if you carry one or the other in your pants pocket or on you belt. If you have prescription medications then a few days' supply is an essential vest item. If you normally wear

glasses a spare pair in the vest is recommended.

Urban Dress Survival Vests

This vest has fewer pockets and must be less conspicuous than other types. As the term urban implies, this will usually be a concealed-carry vest enhanced with other survival items. Concealed-carry vests usually have large, inner compartments on either side for a handgun and a few outer pockets. The compartment on the opposite side from the hand-gun can contain a spare magazine, a tourniquet and maybe a small flashlight for balance to the vest. A small fold-flat respirator and a whistle can go into the outer pockets. If you don't carry a pocketknife or multi-tool in your pants or on your belt, then one must be in the vest. This should provide critical needs for most urban emergencies

Survival Vest Contents. In General

- **Light:** Flashlights are especially important in urban survival emergencies where power outages, fires, or building collapses may be encountered. They are essential in any outdoor urban or field situation after dark.
- **Knives and Multi-Tools:** A high quality folding knife with at least a three-inch blade and a full-sized multi-tool device should be carried at all times in the vest and/or on the belt. A Swiss Army knife may be substituted where space is limited, such as with the urban or dress up vests.
- **Shelter:** Obviously full sized tents, blankets and sleeping bags are not practical for vest pockets, but there are a variety of pocket-sized plastic rain-ponchos, Mylar emergency sleeping bags and even a Mylar tent that can fit into vest compartments.

- **Respirators:** In many situations clean air may be your first priority. Dust and soot from burning of collapsed buildings, biological hazards, extremely cold air and choking smoke can be blocked with a simple fold-flat N95 dust and mist respirator. Some charcoal impregnated models even provide limited protection from chemical agents. One should always be aware that such respirators are for temporary escape use only and offer no protection against carbon monoxide in a fire.
- **First Aid and Medicine:** First aid supplies can range from some bandages and pain-pills to a small first aid kit. The inclusion of a tourniquet device or wound-compress is highly recommended. Pain relievers, antibiotic ointments, Band-Aids and hemostatic gauze pads are always handy. A few pair of latex or vinyl gloves should be included in any and all survival vests. Hand sanitizer has a number of applications as well.
- **Fire and Fire Starter:** While the need to starting a fire is usually limited to outdoor survival situation, some form of ignition device should be included (just in case) in every vest. Weatherproof matches or a butane lighter are the first choice as a flame is always better than a spark, but a magnesium/metal match is a good backup.
- **Self-Protection:** Whenever possible a handgun should be the primary self-defense tool in the vest. The size of the weapon depends on concealability and comfort. A reliable automatic in 9-millimeter or larger caliber is recommended. Concealable handguns usually have from six to twelve rounds, but carrying a spare magazine may be desirable for urban or escape situations. If a firearm is not an option or an alternative to deadly force is desirable, there is a wide range of Tasers and Pepper Spray devices that fit into vest pockets.
- **Food and Energy:** You usually don't need food in the first 24-48 hours of an emergency, but any source of nourishment can be a great aid to health and morale. Options range from a few pieces of candy to several energy-bars. Staying alert is important, so high caffeine energy strips as coffee substitutes should be included.
- **Communications and signaling:** Most people carry a cellphone and a vest provides the perfect place for one. Be aware that even a charged "not-in service" cellphone will call 911. There are many situations where cellphones may be confiscated or stolen, but having a cheap backup phone (even an "out of service" one) could be your "ace in the hole". You cannot just depend on your phone and 911 for survival, so other signal and communication devices are essential. These include: a pen and paper to leave notes or communicate silently, a whistle to attract attention, a flashlight to blink SOS (three blinks, three dashes and three blinks) for help. Smoke, flairs and signal mirrors can be used in outdoor situations.
- **Water:** Most immediate survival situations do not require water and water is usually available in urban survival situation,, but a Life-Straw™ or other water filtration device should be part of any field or everyday vest. Another option is having a few sealed, water purification tablets in one of the pockets
- **Map and Compass:** If you're truly going into the woods, you should have a good map of the area and a good

compass, assuming you know how to use them. If you depend solely on GPS then you are missing the point here. A compass can be helpful, even in non-wilderness situations just to avoid wrong turns and going in circles.

- **Miscellaneous Stuff:** Beyond the essentials, you can put all sorts of stuff in those pockets depending on your anticipated needs. A monocular, fishing kit, sewing kit, survival cards, wire-saw, insect repellent, a magnifying glass, and any neat survival gadgets you want to add.



Shelter options: Compact, temporary shelters can fit into the larger pockets of most vests. Options range from the rain poncho (lower left) to the survival tent (bottom center) and a variety of emergency blankets and emergency sleeping bags shown above.



Respirators, fire starters, flashlights and whistles: Fold-flat respirators (top left) are essential in many situations. A variety of small magnesium fire starting devices (upper right) and/or weatherproof matches are part of every survival vest, keychain or pack. The alcohol based hand cleaner doubles as a sanitation aid, and fire starter. Flashlights (lower left) come in a wide variety of sizes, so there is no reason not to have one in the vest. Loud signal whistles (lower right) can fit into any compartment or pocket.



Lifesaving items: In addition to Band-Aids and pain medications every vest should include a method for stopping severe bleeding. Shown above, top row, left to right: a strap tourniquet, an Israeli combat bandage/tourniquet, an elastic SWAT-T tourniquet, and a CAT™ tourniquet, Lower row left to right: Tactical tourniquet band, QuikClot™ blood stopping pad. The vinyl gloves are always a good idea to have as is the bandana. Two bandanas can be used for bandaging, holding splints in place or improvising a tourniquet if necessary.



Blade and tool options: A variety of pocket knives and multi-tool devices. One of each is preferable. If you have one on you belt the other can be in the vest. The stainless steel, Survival Card (lower right) has a cutting blade and many other functions and can fit into your wallet or and small compartment, but must be in a safe holder.



Everyday survival vests: : The vest on the left from Cabela's has fourteen different sized pockets and is light and well ventilated to be worn over T-shirts, but is not well suited to the weight and bulk of even a small firearm. The vest on the right from the NRA Store is made of stiffer material and can easily accommodate a handgun, although the external two magazine pouches tend to advertise the concealed carry function.



Odds and ends: spare glasses, EliteOps™ caffeine/energy tabs, non-perishable candy, Harvest™ energy bar, monocular (center) pepper spray, cellphone or spare cellphone, signal mirror, survival information cards, water purification straw, and two kinds of water purification tablets.



Urban, concealed carry vests. The one on the left is less conspicuous, but has fewer pockets for other survival items. The one on the right has room to conceal a handgun and a full selection of other emergency items. Both can conceal full-sized and compact handguns and extra magazines. . Both of these are available from the NRA Store.



Field survival vests: I often wear the vest on the left when I am conducting classes indoors or outdoors, it's definitely not low-profile, but I still keep the basic survival items in it. It has a handy hood zipped into the collar and a huge back compartment big enough for a full-sized Space Blanket™. The vest on the right is insulated and has plenty of pockets, perfect for cooler weather worn with a flannel shirt. While neither is designed for concealed carry, they can easily accommodate a sub-compact handgun.

Conclusion

While survival vests are not a substitute for more complete survival packs, they are lighter and more practical to wear in many situations. Survival vests offer a practical alternative when larger and more bulky carriers are too conspicuous and impractical. When supplemented by normal pocket and belt survival items, a well-stocked survival vest can provide sufficient equipment to cope with most short-term survival emergencies.

COMING SOON!

In the coming months Live Free USA will be moving forward with several projects and improvements. The challenges and hazards of the coming years demands that we strengthen our base and expand our

membership. With a larger and more active board of directors we are now able to pursue multiple objectives.

Website Improvement

We are working to create a more attractive and interactive website with more functions for online members. We also hope to have more activity in the survival medicine, chapter activities, and other specialized pages. **We are also exploring ways to offer discounts to members who purchase survival gear through the site.**

Chapter and Affiliated Organization Support

One of our directors will function as the Chapter, Affiliate Coordinator who will regularly communicate with each chapter and providing support and involvement. **A Chapter Leaders handbook will be available by early 2020** and maybe a regular Chapter Leaders online newsletter to follow.

Permanent Survival Training Facility

A land-site in northern Indiana is being developed as a site to conduct advanced survival and self-reliance training operations. This site should be available in early 2020. The site will include campsites, sanitary facilities, a training building, and a rifle and pistol range. **We are seeking donations and pledges to help us make improvements and maintain the facility.**

Added Value to Membership

A members Handbook will be available by the end of 2019. The book will include information about Live Free organization and philosophy, but will also contain valuable survival information. It will be available online free and a printed version will be available at nominal cost. We may increase membership fees slightly and

include the handbook with all new memberships. Other ideas are being considered to add value to membership.

Expanded Survival Instructors and Programs

Camp Independence will continue at Tippecanoe River State Park in Indiana, but may be franchised to other locations throughout the USA. We also plan to revive our Certified Survival Instructors program to develop new instructors and support current instructors.

Opportunities to Get Involved

We currently have two opening for Directors to the Board of Directors. These postes can be filled by designation by the board until the next election. Filling these posts will definetly help us reach the above goals. **Additionally the board is authorized to designate Deputy Directors and establish teams to work on projects.** We would welcome hearing from members new and old who want to get involved and active. Since we now use the internet and online meetings it is not neccisary for officers to reside in any nearby location.

LIVE FREE USA GUN RAFFLE

We are raffling a Thompson Center T/CR22 carbine with a tactical case, extra 10 round magazine, Cleaning solvent and bore snake, and a brick of 22 LR ammunition to get you started. The Thompson is a well thought out upscale Ruger 1022 with Magpul stock, built in scope rail, peep/fire sights, extended bolt handle, threaded barrel, and when using the stock magazines it hold open on the last round fired. Did I mention that you can use any Ruger style 1022 magazine in the rifle if you don't want the last round hold open option to work.. This stock level

Thompson rendition of the Ruger 1022 is what Ruger should be aspiring to produce... Get your raffle tickets now and take a chance on taking this little gem home today...



Tickets are \$5.00 each or five tickets for \$20.00. They can be purchased at our tables at gun shows and by mail at Live Free Tickets, P.O. Box 3295, Munster, IN 46321.

The Brotherhood of The Survival Pack

By James C. Jones

My next books, titles Survival Stuff is a detailed examination of survival related gear and supplies, culminating in a chapter on "survival pack". I decided to add this article to the book and reprint it for our subscribers this month. The book will be published in early 2020.

I have had some sort of "survival pack" since my early teens. It started with a simple Boy Scout backpack stuffed with various items that I thought I might need. Back in the nineteen-fifties there was a lot of World War Two surplus stuff and I was able to put a good pack together on my paper-route money. I still have the army blanket and scout knife from that pack. Later evolutions were a larger World War Two-era bag, an aluminum frame pack, and the ubiquitous ALICE Pack from the Viet Nam-era. I still have the ALICE Pack for demonstrations, but my current "Survival Pack" or "Grab and Go Pack" is a

lighter and well-padded commercial pack designed for hiking and hunting. My attachment to the ready to go “survival pack” predates my involvement in the “survival movement” or any organized programs. I am sure that it evolved from an impoverished and insecure childhood, where I was on my own most of the time. As a child, just having some survival stuff in a pack was a source of comfort. As I moved forward to build a relatively secure personal life, I retained the “always ready” philosophy because (1) I was well aware of the very insecure world we live in and (2) I knew that events over which I have no control could put me into a survival situation. Along with the pack goes the fact that I have never been unemployed, never owed more than my liquid assets could pay for and have backup plans for just about everything. I have never had to use my “survival pack” except for demonstrations and training operations, but knowing it was and is there is a great comfort and source of assurance. “Hey, if everything goes to hell, I’ve always got my pack”.



Through the years I have been fortunate enough to meet many men and women who also have become attached to the idea of always having a “survival pack” at hand. These are folks who never assume that “the system” will take care of their needs. These are folks who know anything can and *will* happen. These are folks who are unwilling to put their ultimate survival in the hands of others. These are folks who

do not believe in luck. And these are folks who would not submit to being victimized and oppressed by anyone. I like to think of these folks as “The Brotherhood of the Survival Pack”. While I have met hundreds of these folks, I seriously believe there are thousands and maybe hundreds of thousands of citizens who keep some kind of “survival pack” in the closet or under the bed.

There are many, many published lists of what one might put into a “survival” pack and I will not do that here. I will list the abilities that the possession of this pack bestows on its owner. It is these *potential* abilities that put him/her above the unprepared and creates a practical spirit of freedom. These are listed below in order of priority: In all cases I have two or three backup methods available for each need.

1. The ability and means to filter contaminated air to breath safely.
2. The ability and means to obtain and if necessary purify drinking water.
3. The ability and means to create shelter from sun, wind, rain, cold, and airborne poisons.
4. The ability and means to create a fire under all conditions.
5. The ability and means to stay warm in cold weather.
6. The ability and means to have and obtain adequate food.
7. The ability and means to defend life and liberty against assault.
8. The ability and means to provide basic first aid and medical care.
9. The ability and means to maintain ones equipment and clothing.
10. The ability and means to travel and navigate safely through urban and wilderness environments.
11. The ability and means to escape, evade or combat criminals and mobs if necessary.
12. The ability and means to help others.

In short, the “survival pack” provides the ability and means to live and operate independently of the social, economic system for extended periods of time. While this may never be necessary, the very existence of this pack confers a state of independence and liberation upon its owner. Typically, “survival pack” owners are the most law-abiding, hard-working and responsible members of the community. They do so by choice because they could never be coerced or intimidated. They are better able to withstand natural and man-made disasters and still reach out to help their neighbors. They would never need to panic or loot when times are tough.

I still have my “survival pack” and constantly update it. I may never use it. I hope I never need to use it. I know some will need their packs at some time and I know many others will regret that they do not have one. In world of danger and uncertainty I am proud to be a member of The Brotherhood of The Survival Pack.

Live Free, USA Chapter Organization

Live Free USA is the nation’s oldest established survival, preparedness organization. While we have had chapters throughout the USA for many decades, recent natural disasters, and increasing threats to life and freedom have made it imperative that like-minded individuals and organizations become more united and cooperative. Together each accomplishes more. Chapters or affiliates are not expected to conform to ridged organizational formats or programs, but must be dedicated to the general missions established by Live Free USA and conduct all activities in a responsible and legal manner. Chapters may be existing

organizations, subgroups within existing organizations or organized from scratch. Live Free is committed to focusing on chapter development and support and will be designating a Chapter Coordinator and publishing a Chapter Leader Handbook in early 2020.

Each chapter is required to:

1. Have at least 3 paid LF members
2. Have a designated Chapter leader and Deputy Chapter leader (LF Members) with contact information provided to Live Free USA.
3. Conduct or participate in at least one public education program in their region each year.
4. Conduct or participate in at least one open meeting (LF members and guests) each year
5. Conduct all activities legally, responsibly and in accordance with the Live Free, USA mission statement.

Live Free USA would support the chapters by:

1. Refer new members
2. Conduct periodic combined events
3. Provide publicity and website contacts
4. Publicizing activities in the newsletters, website and flyers when requested.
5. Provide literature instructors and speakers.
6. Coordinating combined programs that benefit all members and chapters
7. Establishing discount programs and multi-chapter purchases when possible.

Jungle King II Survival Knife

While researching my upcoming book, I had to consider various survival knife options. Although the best all-around survival knives are ones with a tang that extends the full length into the handle for maximum strength, I had to include those

that have a hollow handle for containing survival items as well. Hollow handled survival knives, have the blade attached by a steel pin at the hilt and therefore are weaker. I would not recommend a hollow handled knife as a primary knife for the survival pack, but tests indicate that pinned blades are strong enough for all but the most extreme abuse and this one has a reinforcing flange in the hilt that strengthens the blade attachment.

I came across the Jungle King Two at a gun show. There are many versions of the hollow handled survival knife on the market, but this one seems to be the most complete and versatile. The solid six-inch, stainless steel blade is hardened to Rockwell c 55/58 to take and hold sharpness and has a sawblade back. The solid, carbon-fiber sheath is wrapped in a significant amount of cordage and has a fold-out slingshot. The inner compartment of the sheath contains the slingshot bands, a small signal mirror and a nice little skinning knife. Unscrewing the end of the sheath provides access to a compass and a cup that holds matches, slingshot ammunition, Band-Aids, a scalpel blade, tweezers a sewing/suture kit, and a fishing kit. Although I have not seen this knife in stores. I did find it on the internet from several sources for less than thirty-dollars. If all you have is your knife in a serious survival situation, then this is the one to have.



Certainly the most versatile, and well thought-out survival knife I have found to-date.

Ten Lessons Learned from Multiple Blackouts,

By Rudi

1. Have high-quality automatic power-off lights. I just bought some from Amazon that have LED bulbs and two options: 3 bulb flashlight, or 3 bulb area light. Fully-charged, they will stay on for 12 hours.
2. Have all of your supplies in one closet.
3. Have solar-powered spotlights to light the exterior of your home. These are inexpensive and Amazon carries a good selection. I prefer the type that has a long cord between the solar panel and light; thus, allowing you to shift the panel (approximately 4x4") as the seasons change.
4. Have solar-powered motion-detecting lights mounted high upon the sides of your home.
5. Protect your "noggin" (head): get a cheap helmet from Lowe's. You may be out cutting down tree branches after the storm is over, and you don't want to get "beaned" as recently happened to me.
6. Candles-in-a-can (or jar) may last a long time, but their lumen output is minimal; okay for sitting around talking, but not much else, plus there is always the danger of fire.
7. Have a small air-conditioner to keep at least one bedroom comfortable in the summer (this assumes that you have a generator). Lowe's sells a small A/C unit for \$129.
8. Consider living in the basement during the blackout: safer during storms,

warmer in the winter, cooler in the summer. If you don't want to buy beds or don't have couches there, Army/camping cots will be sufficient for sleeping, or use blow-up air mattresses.

9. Have plenty of fresh, rechargeable batteries on hand plus a solar battery charger for the following: AM/FM radio, NOAA weather/hazard radio with S.A.M.E. technology, portable ham receiver, and GMRS unit if you are keeping in touch with others.

Kerosene and/or propane heaters will keep you warm in the winter, but always have a CO detector in the same room. You may also want to crack.

Encouraging Words

As the editor of this publication for many decades, I often receive notes and letters from readers. I take hand-written notes to be more meaningful than, email. Keep in mind that at least thirty-percent of our members do not provide and may not have an email address. Yes, I do get discouraged some-times and wonder if anyone cares about what we do, so notes like the one below, that came with a \$50.00 three-year membership and a \$50.00 donation, help recharge my dedication.

May 10, 19
Enclosed is a check for \$100.00. \$50.00 is for renewal and \$50.00 is for a donation to your program. I think you and your organization realize how important it is becoming on a daily basis. Termite and decay in Washington only contributes to the growing weakness as a whole nation. In a few words I think our country is in a big mess. Good Luck.



EIGHT LIFESAVING MEDICAL SKILLS

Sunday December 8th, 1:00 PM till 3:00 PM, CABELA'S Sporting Goods Store, Second Floor Conference Center, 7700 Cabela Drive, Hammond IN, Just South of I-80 at the Indianapolis Blvd. Exit

The program focuses on recognition and response to eight medical emergencies that can result in death if not treated immediately. Lecture and hands-on practice will be combined to teach basic, immediate and effective care, including CPR, AED, tourniquet application, severe bleeding, hypothermia, hyperthermia and treatment for shock

The class is offered free of charge, but donations are requested to support further emergency preparedness programs.

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