

LIVE FREE



# AMERICAN SURVIVOR

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Survival Information for Modern Americans

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*The Official Newsletter of Live Free USA*

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## The Importance of Maintaining Health

Survivalists plan ahead for many different potential issues that may occur during a survival emergency. First aid, medicine, and trauma kits are among the more common stockpile items on our lists and that is an important thing. We need to make sure that in the meantime we are taking care of our health.

I am guilty of planning and not taking care of my health and I am paying the price. Let me start with my diet. I love sweets and carbs to the point of addiction. I quit drinking more than thirty years ago and smoking more than 20 years ago. Neither was easy, but I managed to leave both behind. Let me tell you, sugar and carbs have been much harder.

The result is that I now suffer from Type 2 Diabetes. I am not at the point that I need Insulin, but I have to manage my food intake carefully and monitor my blood glucose levels. This requires a meter, test strips, lancets, and a way to record the data. If cared for, the meter will last quite a while, but test strips come with an expiration date and lancets run out.

I also have to worry about my blood pressure. Without care, my blood pressure tends to spike into the "You could have a stroke" range easily. In 2003 I broke an ankle, and it took over a year and a half to recover. I was working at a job that provided me with exercise, but I lost the habit during recovery. As I was recovering, I started university, and I now work a job that has me at a desk. The weight I have put on in this time and a less than perfect diet has caused me to have Hypertension. I now have to monitor my blood pressure as well.

Now, when I am working on my survival plan, I have these issues to address. I will need all of the equipment and supplies to manage my condition. I have had to change my diet, and I have started to take supplements that help. I feel a mild depression not being able to eat some of my favorite foods and the supplements are rather expensive and will run out. I also have to find the motivation to push past body pain from injuries and the fact that I have let myself go to exercise. All of these are self-inflicted wounds.

The important thing that I am taking measures now to rectify and manage these conditions, but I would be in a much better place if I had managed the causes before they became a problem. I would not need to keep these supplies in my survival plans and worry about what will happen when they run out.

Learn from my mistakes. Take care of your health now, before you are in the position that I am in and have the worries that I do. I wish every reader the best of health.

# The Gray Man

By Ric Hubbard



Among survivalists, the “Gray Man” theory carries a lot of weight. The idea is that one wants to remain unremarkable and draw as little attention

as possible so that trouble can be avoided. It is related to the idea of operational security, keeping your business your business, which is often discussed.

Security is an important consideration in survival planning. In everyday life as well as in a true survival situation, going unnoticed can be a real advantage. How we dress and what we carry can determine how likely we are to attract a dangerous opponent.

In everyday life, it is pretty easy to be gray. You wear the kind of clothing and carry the kind of baggage that

is common in your area. You choose fashions that not only fit your environment but work with your appearance and personality. For instance, I



wear my hair long, so a business suite is generally considered out of character in most situations.

When the situation becomes “tactical,” it gets even more complicated. Making your way around loaded up with load bearing gear will mark you as a target. In this situation one of

two things can happen. One, people will look at you as someone that can “save” them from the threat. Second, it marks you as someone who has what they need and does not have to survive. Either way, it probably won’t work out well for you.

Among the many things I have been considering lately is what is my Gray Man look is, and I think I have it figured out. In a survival situation I have a collection of obviously tactical gear. My bug-out-vest based on a Dutch DPM camo LBE vest, a chest rig for magazines and personal equipment in camp, and a Dutch rucksack, also DPM, are all part of my plan, but I felt the need for something not so obvious for at least the initial bug-out or to have on hand if I am staying in the neighborhood.

Companies like 5.11, Elite Survival Systems, Los Angeles Police Gear, and Maxpedition meet this need and have lines to address it. They have clothing and bags that are tactical while being unassuming and are of more than sufficient quality to stand up to this environment.

Now, the import thing to keep in mind is that you need to choose a look that fits you. Let’s take me for example. I am in my mid-50s, I am a little overweight, and I have not had a real hair cut in more than 30 years. I look a little younger than my actual age, but still middle age, so I have to choose gray gear to fit this. I am aiming for an aging hippie look because I think it will work.

Blue jeans, t-shirts, Aloha shirts and various shirts from companies like Ex-Officio or Columbia all fit the desired appearance. I also need a way to carry a light load-out if needed for potentially violent situations without drawing that attention to me. It has been a bit of a search to find items that fit the aesthetic.

So the plan that I have devised is centered around look like an aging

hippie but having clothing that will fit my expected tactical needs. First, denim jeans. I want to be able to carry a handgun and magazines in an unobvious way. I also want a belt that serves a gun belt while looking like a normal belt. What I landed on was Terrain Flex jeans from LA Police Gear and a Tejas Polymer belt from Magpul. The Terrain Flex jeans are a cotton/Spandex blend that is tough while allowing you to move. It has pockets designed to hold rifle magazines on the hip and watch pockets that will hold two pistol magazines on either side. They are also missing two belt loops at the 5:00 and 7:00 positions to make outside-the-waistband holsters easier to wear.



One of the middle-aged hippie stereotypes that fit me is my affection for Aloha shirts. I also like casual shirts designed for people who spend a lot of time outdoors. I buy all of these long to make concealed carry easier. 5.11 and LAPG both make shirts that fit this description, and I also like those from

Columbia and Ex-Officio as well.

When it comes to carrying gear, things become a little tougher. There was a time that vests modeled after photographers vest were an unobvious choice. I have one of these and I use it on a regular basis, but they are now called “shoot me first” vests for a reason. Most of the people that you see wearing them today are probably carrying concealed or want you to think they are. 5.11, Propper and Rothco all have quality products that will carry both rifle and pistol magazines, but the people that you don’t want to know you are armed will probably

guess.

The need for Narcotic police officers and DEA agents to fit in when working undercover has given rise to a company called Gnarco. They have a line of flannel shirts, Aloha shirts and other items to help fit in with the cultures they work in. The most interesting item that they created is a Jerga hoodie that they call a Tactical Drug Rug.

This is a Jerga hoodie that comes with three extra pockets, one on the upper chest and one on each shoulder, to carry small items that you might need. The most interesting elements are behind the usual hand warmer pockets. It is a pocket sized to fit common Kangaroo pockets that carry magazines in much the same way as a chest rig. There is heavy duty Velcro to put these inserts in the pocket, creating a useful tactical vest. Jerga hoodies were made popular when Hippie and Marijuana culture started wearing them in the '60s.

Depending on where I am, I feel like this appearance will not draw much attention to me in a high threat situation. The so-called drug rug might draw attention on the range, but day to day I just look like an old hippie, and I am fine with that.

Each person looking for a Gray Man appearance needs to evaluate what works for them. Someone who works in a corporate setting might want to look at other options that fit their environment. Scott E Vest has jackets, vests, hoodies and even sport coats that lend themselves to a Gray Man look. The point is, there is a growing number of sources from which to choose. You can find most of what you need to be the Gray Man in your own individual way by doing a little searching on the internet.

Being a gray man may not be a survival necessity, but it can be a real advantage in a survival situation.

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# Rainwater Capture Project for Off-Grid Cabins



By Yana DeMyer

Two years ago, my husband Jim and I started building a 12 X 16 cabin in a remote wooded parcel in Wisconsin. Because it is land-locked, but on a river, we had to float in, every stick of it, in via an older aluminum boat.

Although I was more of a “Prepper” at the start, which was right about that time “Doomsday Preppers” aired on TV, I am happy to report that Jim has steadily bought in over the years, and we now only semi-jokingly refer to it as our “bug-out” location of last resort. We truly enjoy our time there, pre SHTF, its our little getaway and hunting/fishing cabin.

A year later, we added an 8X10 “master bedroom”, which fits 2 twin beds and has a door to a small deck outside. The whole place can now sleep 8 people pretty darn well, as it has two loft areas above.

One thing it still lacked up until recently, was water, for drinking and washing up. So, our next project became a rainwater catchment system. While It's not 100% complete, I hope you will find value in seeing what designed, and essentially installed in just one day.

Now, for sure it took at least 5 trips to the hardware store for everything

which was needed, but at least now I can share with you a list of what we eventually used, which could save you much time and frustration, should you wish to build your own.

But first let's talk about my goals, I wanted a system that would:

1. Catch water, filter out leaves & gunk, keep bugs and pests out
2. Let the water be easily purified using a series of products that would
  - Not clog and therefor require filter replacement
  - Guarantee water safety in a non-chemical-dependent way
  - Require only a bare minimum of power to be operational
  - Cost under \$500

We decided on a rain gutter catchment system. We lined the gutter with a sponge filter to keep out the large bits of leaves and twigs. The downspout water is intercepted by a rainwater colander, which has fairly large holes – so I lined it with a nylon stocking, which catches the smallest bits. The colander comes with a bracket that makes it easy to remove and clean out.

We used a RV drinking-water-safe hose to connect the colander to the barrel. The barrel we chose was a food-safe pickle barrel (17), which I found on Facebook marketplace for \$20. This barrel has the advantage of having a big screw-on top. This allows smaller persons like me to reach in and be able to tighten bulkhead fittings with (relative) ease.

The hardest part of the whole exercise is figuring out what fittings you need, to connect what to what. If you find a hardware store employee who knows the plumbing parts aisle well, collar that person and use the detailed list provided here to get what you need.

The next hardest part is determining the order to do things in. We had to rebuild the tank stand 3 times (and it still needs a final adjustment) to adjust for the height issues, so avoid that frustration and consider doing things in this order:

Start with drilling a 1½” hole for the inlet bulkhead fitting on the top of your barrel. Install the bulkhead fitting. (11) Next, install the brass fitting (12) that will adapt to your drinking water hose.

You can figure out where to place the outlets later on, once you have your barrel in place.

Next, place your endcap (5) on the high end of the gutter, using metal screws. You can then hang the high end of the gutters (1) on your house with spike ferrules or the gutter straps (3) we used. A ¼” drop per foot is the angle you need, and using a string tied to a screw on one and stretched to the other will help you keep things aligned.

Work your way down, hanging your gutter sections to where you want the downspout. Place the end of the gutter where you want the downspout to be and insert your “drop with outlet” (4). This will determine

how high you can go with your barrel, we wanted ours to be as high as possible because we wanted to use gravity rather than pumps to get water to our outlets. It is possible to use barrels lying on their side to gain greater height, but since ours had a screw top which we didn't really trust to be leak-free, we decided to use it standing upright.

Once you know how high you barrel will be, build your base for the barrel with 2X4s and wood screws. It's a lot of weight at 8.33 lbs a gallon, our pickle barrel is 65 pounds which equals about 541 pounds, so make sure you build it nice and sturdy. Here is a great step-by-step method I found online.

Place the barrel on the stand in its permanent place. We only had about 4 inches to spare so that became the length of the downspout (6) that leads to the colander. Cut the downspout to length here is a another nice how-to, and attach the downspout to the outlet with metal screws. We then attached the colander bracket and colander (7). The center of the colander connects to a standard downspout and goes down to the ground. We stuck a 2nd barrel under it to catch water for washing stuff outside. I'll devise a simple window screen for over that later on to keep leaves and mosquitoes out.

The rain water collector of the colander shunts the water to a male garden hose pipe thread, to which you will then attach the 1st part of your RV drinking water hose (10). Measure how much hose you need and cut it. Place the swivel barb fitting (8) in the cut end of the hose and secure it with a hose clamp (9). You can then screw it into the top of the barrel. Once everything is in place, place your sponge gutter filters in place. The rest is pretty self-explanatory. You will continue to locate and drill holes where you want your outlets.

In our case we wanted one for inside the cabin, one for outside the cabin, and one for an overflow hose near the very top. The parts we specify all connect to garden-hose style fittings. The outlets all have shut-offs so we can work on adding in sink fittings, etc. without having to fight the water that is happily collecting as I finish this article

You are on your own for how to attach the garden hose to whatever fixture you have in your cabin; there are just too many ways to do it.

As far as making sure the water is safe to drink, we chose a unique new technology that you may not have heard yet. I am for sure a biased

about this, and in all fairness, I should disclose that that I work for this company, but I used an electrolytic ozone generator. It is manufactured by my Wisconsin based company, Roving Blue. It is a small device, called the Ozo-pod 10, which infuses the water with ozone. Not many people know this, but ozone, when dissolved into water, is actually far stronger than chlorine. So, in minutes, a drinking water dispenser such as the one we chose, will be zapped with ozone strong enough to kill any microbes that might make you sick. The neat thing about ozone, is that it quickly reverts to ordinary oxygen. So, this is a clean, green, and very long-lasting

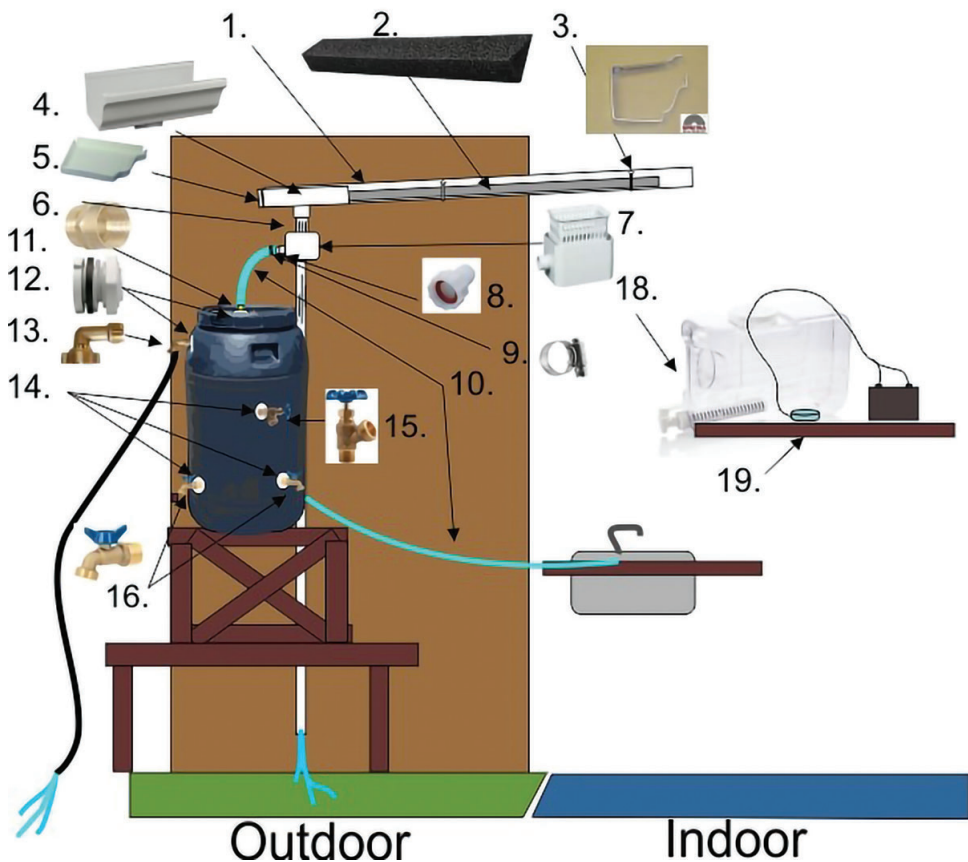
technology that uses no chemicals, and leaves no chemical residue behind. Most all bottled water companies use ozone in their process, the company that makes these devices, Roving Blue just found a way to miniaturize this process for the individual home owner.

The Ozo-Pod technology does use electricity, but they are all 12V in nature, so you can plug them in if you do have power, or you can run them

off a battery. We chose a deep cycle battery for our place which we keep charged up with a small solar panel.

I hope you have enjoyed my description of our project. I would welcome any questions about what we did, or about the technology – feel free to email me at yana@rovingblue.com.

Happy Hydration!



#	Item	Qty	Price	Total	Comments
1	10' section of rain gutter	2	\$ 9.59	\$ 19.18	
2	4" sponge gutter filters	5	\$ 5.88	\$ 29.40	1st defense against gunk
3	5" Snaplock Bracket PN 1584056	2	\$ 14.98	\$ 29.96	Spreda niceest one we found
4	2x3 drop w/outlet	1	\$ 8.98	\$ 8.98	
5	5" gutter endcaps, left & right	2	\$ 1.98	\$ 3.96	
6	5" section of downspout leading to rainwater colander	2	\$ 5.68	\$ 11.36	We cut this from a 15" section - use aircraft tin snip tool for best results
7	Rainwater colander kit	1	\$ 9.99	\$ 9.99	
8	3/4" FGH x 5/8 nylon swivel barb	1	\$ 3.49	\$ 3.49	FGH means female garden hose
9	7/16 - 1" hose clamp	1	\$ 0.84	\$ 0.84	
10	RV safe drinking water safe hose to barrel	1	\$ 24.99	\$ 24.99	We cut the hose in 2 pieces, added the fittings to the cut ends
11	3/4" FGH x 3/4" MIP brass fitting	2	\$ 4.09	\$ 8.18	MIP or Male Iron pipe is same as NPT
12	3/4" MIP Nylon bulkhead union fitting	1	\$ 5.33	\$ 5.33	
13	Sioux Chief® 3/4" MGHT x FGHT Brass Elbow	1	\$ 7.09	\$ 7.09	For overflow hose
14	3/4" bulkhead union fitting	3	\$ 5.99	\$ 17.97	one for overflow, spigot to house, spigot for ext washdown faucet
15	Watts® 1/2" MIP x 3/4" GHT Boiler Drain	1	\$ 6.19	\$ 6.19	had a nicer hand valve for the planned outdoor shower
16	Homewerks 3/4" GHT x 3/4" MIP or 1/2" FIP Lead-Free Brass Hose Bibb	2	\$ 10.34	\$ 20.68	
17	Food-safe rain barrel	1	\$ 20.00	\$ 20.00	Pickel barrels have screw off lids that allow small persons to get in there to attach bulkhead fittings
18	2.5 gallon drinking water dispenser	1	\$ 12.99	\$ 12.99	Arrow Brand - I like how crystal clear it is
19	Ozo-pod 10 AC/DC	1	\$189.00	\$ 189.00	Roving Blue Brand ozone generator
	<b>Misc supplies</b>		\$ -	\$ -	
	12V power source	1	\$ -	\$ -	
	2nd hand sink and faucet	1	\$ 20.00	\$ 20.00	
	2x4x8 lumber, 4x4s	7	\$ 4.64	\$ 32.48	For construction of base, you may use more or less given your barrel height
	Old garden hose		\$ -	\$ -	We saved money by recycling an old hose
	Sheet metal screws, wood screws		\$ -	\$ -	
	Hose filter washer 3 pack	1	\$ 2.19	\$ 2.19	Not shown on diagram but placed on outlet of overflow hose to prevent creatures entering from the outlet
	"teflon" tape		\$ -	\$ -	
	thin string for aligning gutter				
	Great Stuff			\$ -	Expanding foam sealant to seal around holes cut for the hose to enter the cabin
	<b>Total</b>			<b>\$ 484.25</b>	

# 5 Useful YouTube Channels

By Ric Hubbard



## Kent Survival

@KentSurvival · 794K subscribers · 441 videos

A channel of many video types mainly centered around the outdoors, uploads every Wed...more

[instagram.com/kentsurvival](https://www.instagram.com/kentsurvival) and 1 more link

Subscribed

Information is a vital part of survival. That simple thesis opens up a Pandora's Box of channels when we are in search of information, but how does one weed out the grain from the chaff. Well, let me try to help out a little. These are 5 YouTube channels that I find useful.

## David Canterbury & Self-Reliance Outfitters



Dave Canterbury is a name I am sure everyone has heard. He had a TV show with Cody Lundin for a few years, after which he opened Self-Reliance Outfitters and started the Pathfinder

School. These businesses sell survival items and teach many survival skills.

Mr. Canterbury uses his channel to share bushcraft and survival skills with his viewers, many of the same skills that he and his instructors teach in his school and promote survival equipment that is sold through Self-Reliance Outfitters. After more than 10 years on YouTube, his channels are a rich source of skills and information.

<https://www.youtube.com/@David-Canterbury>

<https://www.youtube.com/@SelfRelianceOutfit>

## Ham Radio Crash Course



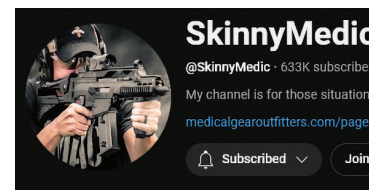
Need to up your communications game? Want to use ham radio to do it? Ham Radio Crash Course is the YouTube channel for you. It is a channel that provides an ongoing education in all things Ham Radio. The information on this channel will help you understand radio, which will propel you toward your ham license.

<https://www.youtube.com/@HamRadioCrashCourse/featured>

## Skinny Medic

Medical information and skills are important to the prepared. Skinny Medic is a paramedic that runs a channel of the same name and an emergency

medical supply company. He is also a military veteran and a prepper, so you will find a variety of topics covered. The main thrust of the channel is medical skills and reviews of medical equipment that will benefit viewers. Consider this a primer because first aid and emergency trauma require hands-on training to truly master.



## Skinny Medic

@SkinnyMedic · 633K subscribers

My channel is for those situations

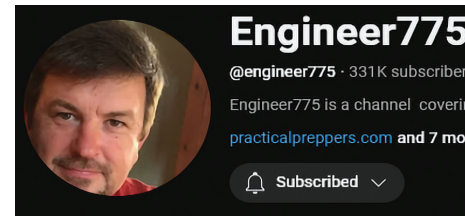
[medicalgearoutfitters.com/pages/](https://www.instagram.com/medicalgearoutfitters)

Subscribed

Join

<https://www.youtube.com/@Skinny-Medic/>

## Engineer775



## Engineer775

@engineer775 · 331K subscribers

Engineer775 is a channel covering

[practicalpreppers.com](https://www.instagram.com/practicalpreppers) and 7 more

Subscribed

This channel covers preparedness and homesteading with a focus on solar and alternative energy sources for preppers. We are not talking about small systems for camping here, we are talking about running your home off-grid and having the power you need.

<https://www.youtube.com/@engineer775>

## Kent Survival & Simon, A Bloke in the Woods



Solo Snow camp in a 9 Man Hot Tent

This last pair of channels is a bit of an outlier in the group. They are both English and have channels devoted to their camping and bushcraft adventures through out their home country and the occasional trips to other countries in Europe. For me, these two channels are as much about enjoying the videos as they are informative, but they are worth the watch.



A Canoe Trip on the Norfolk Broads - Part 1. Canoe Camping, Tarp and Bivvi. Cedar Strip Canoe.

100K views · 4 months ago

They test gear and foods, demonstrate cooking various dishes in camp, and share their experiences with the gear they buy or are sent for testing. You will enjoy the content and learn a bit at the same time.

<https://www.youtube.com/@KentSurvival/>

<https://www.youtube.com/@simonablokeinthewoods>

YouTube can be an incredible resource for preppers. These are just a handful of examples of why I use the service so much. Are there problems with it, yes, especially if your channel has gun related content. In the end, though, the value outweighs these issues.

There are other services that are worth exploring as well, such as Rumble (<https://rumble.com/>) and Odysee (<https://odysee.com/>) that are less restrictive that are worth a look, but YouTube is the biggest in this space and will probably remain so for awhile.

# Tool Kit: Real Avid AR-15 Tool

By Ric Hubbard



Sometimes, the tool is the tool and sometimes, the tool keeps the tool working. That is the case here. In our equation the tool is the AR-15, the most popular rifle in the United States. As with many vital tools, any rifle is a collection of parts working together and an MSR is no exception.

Aside from proper training and practice, the AR-15 needs regular cleaning and maintenance. Readers will have the cleaning tools in their home or shop to keep their guns clean and will most likely have the tools needed to make repairs, but what happens if the gun goes down in the field? Real Avid has a solution that will make cleaning, maintenance, and basic repairs more manageable at the range and in the field.

Real Avid is a tool company that specializes in firearms. Their cleaning gear is the best I have used, and their tools range from simple repair to complicated gunsmithing tasks. My bench cleaning and maintenance is handled by the Universal Master Cleaning kit, and I have two of their multi-tools, the AR-15 version of the Gun Core Tool and our subject here, the AR-15 Tool multi-tool.

Unlike your average Letherman or

Gerber multi-tool are meant to be useful for many tasks. Maybe not the best tool for a task, but good at many tasks and easily available. In this case we have a tool dedicated to one task, keeping your AR-15 in good order. There is another version of this tool for shotgunners and other rifle shooters that provides tools specific to them, but this one is for AR owners.

It has a selection of 37 tools to cover cleaning and maintenance tasks that are faced in the field. You will also be able to make basic repairs such as stripping, fixing, replacing parts, and reassembling the parts that are field serviceable, such as the bolt carrier group.

The multi-tool comes with a coyote tan sheath to hold the tool, a set of extra bits, and a sight tool for four and five tine AR front sights. It can be attached to your gear with the MOLLE strap.

Check out the photos included with this article for a complete look at the tools included. I am impressed with the quality of the AR-15 tool; it makes an excellent addition to a prepper's tool kit. A tool like this can make life easier when you need it most.



Carbon Scraper for various parts of the bolt and carrier.



Tool sheath



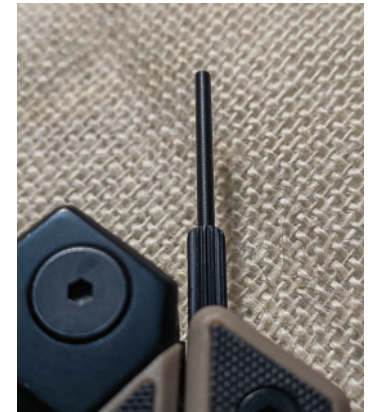
Driver bits



Magnetic bit driver with 12 tips in total



Pic for cleaning hard to reach crevices.



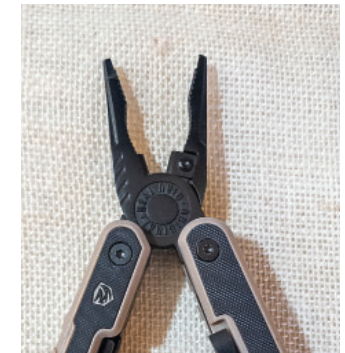
Pin driver for rifle disassembly.



Bolt override tool.



File/carbon scraper



Needle nose pliers & Carbide cutter.



# Gray Man Gear: Gnarco Tactical Drug Rug

By Ric Hubbard

To be a Gray Man is to blend into your surroundings and to not draw attention. Being one can be an important survival skill that should be considered. Not standing out will be an advantage if the world is going crazy around you.

In the feature article in this issue I discuss my ideas on being gray and one of the items I have is the Gnarco USA Tactical Drug Rug. Let's start with a definition of a "Drug Rug." A Drug Rug is a Mexican hoodie made with a course wool fabric called



Jerga. They are a pullover hoodie that has a large hand warmer pocket on the front and a spacious hood. It is often decorated with a colorful striped pattern.

The slang name "Drug Rug" was coined in the '70s and '80s when

these hoodies became popular with the Southern California Marijuana and stoner culture. Over the years they have become much more common with a fairly diverse groups, but they are still viewed as being a stoner or hippie item. This is what makes the Gnarco product so useful as a Gray Man garment.

Gnarco designs their garments for the Gray Man. Whether a person is an under-cover cop or someone just wanting to blend in while staying tactical, Gnarco has you covered. I recently

purchased one of their Tactical Drug Rugs in an effort to blend in. There are a number of good reasons to choose it for this purpose.

It is first a warm, well-constructed Baja style hoodie that will only look out of place in formal settings. The



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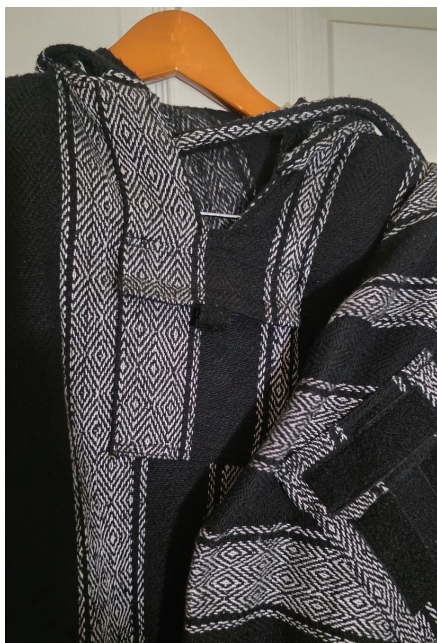
**"ASK ABOUT OUR BULLET PROOF VERSION"**

fabric is 50% Acrylic, 40% Polyester, and 10% Cotton. The inside has a

soft fleece finish that makes it comfortable to wear. Mine has a nice black and white striped design that looks attractive. Most of the patterns are colors that would blend in most environments, but there are a couple of brighter patterns as well.

The hoodie is called a Tactical drug rug because it is designed for those people whose job has them going into harms way. The usual Baja Hoodie only has a hand warmer pocket in the usual place for a hoodie, but Gnarco adds some nice additions to this. The pocket that will grab the most attention is right behind the hand warmer.

Some modern tactical gear uses an interchangeable system known as Kangaroo pouches. It allows the user to switch up magazine carriers depending on the weapon system in use. This hoodie has a Kangaroo pouch with two fields of Velcro to hold one of the selection



of Kangaroo pouches firmly in place. I purchased a magazine pouch to hold 3 AR-15 magazines made by Condor gear to use with the hoodie when I need them.

Putting the pouch in place can be a bit of a chore. This is because Gnarco uses a very high quality Velcro, and despite their reputation, so does Condor. Once in place, it stays in place. The magazines sit about an inch higher than the pocket, making for ease of drawing when you need them. I use black Magpul and Hexmag magazines, so they tend to blend with the black and white of the hoodie, so they are not obvious unless the viewer is close.

In addition to the Kangaroo pocket there is an admin pocket on the chest and a small utility pocket on each shoulder. They are good for small items that you might need at a moments notice. The shoulder pockets have Velcro strips so that patches can be added

as needed or wanted. The shoulder pockets are designed similar to the

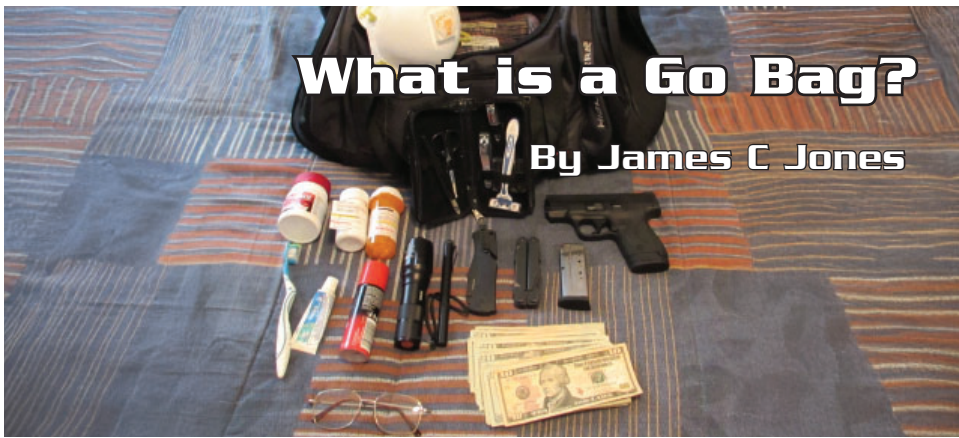


shoulder pockets on modern military field uniforms so that they are easy to use.

They also have a system inside of the hoodie that allows cummerbund systems to be installed and used to attach gear. They are also cut a little large so that they will fit over soft body armor.

All these assets create a garment that is warm and useful everyday and can go tactical quickly when the need arises. The hoodie may be a little pricy at \$104.99 plus tax and shipping, but it is worth the cost when you need to blend in when things get hot. Gnarco USA can be found on the web at <https://gnarcousa.com/>. You will find a full line of clothing that also fits the Gray Man theory if you are looking for a certain style that promise to be just as well constructed.





# What is a Go Bag?

By James C Jones

There are many situations where a full Evacuation Pack, or Bugout Bag is not needed. So-called “Go Bags” are far more practical in many situations.

Survival Packs or Bugout Packs are intended for catastrophic disasters where the user must flee through a hostile environment (war, weather, civil disorder, epidemic, etc..) totally independent of any support, rescue, or aid. All comfort items and aesthetics are abandoned in favor of sheer staying alive necessities. Shelter, warmth, food, water purification, first aid, and a significant amount of food are given high priority. You will not be comfortable, but you will survive.

Go Bags are intended for those situations where it is necessary to abandon your home quickly to relocate to a safer location such as a hotel, or shelter. Examples of this would be an impending hurricane, approaching wildfire, or perhaps some other personal threat that makes staying in your residents unsafe but does not justify going off the grid and into the woods. In these cases, civilization and safety are accessible. Shelter, food, and other prime necessities are readily available and do not need to be included in a Go Bag. You can just buy what you need as you go. Clothing, personal hygiene items, and

basic safety and health items are the priority. The initial cause of evacuation may be passing and temporarily there is always the chance that one will encounter additional hazards, so a few survival items are included in this version of the Go Bag. While the scenarios for use of a Go Bag are less than catastrophic the situation could escalate or multiply to the point that a full survival pack is needed so in some cases both a Go Bag and a Bugout Pack may be needed. The point is that a Survival Pack is a poor and impractical Go Bag, and a Go Bag will be a poor choice for a serious large-scale (read Armageddon) disaster.

Typical Go Bag. Basically, the size and content of a “carry on” bag for a short trip but with some added “just in case” and safety items. The first aid kit and document package are not shown.

**Clothing:** A significant part of the Go Bag is devoted to clothing. Clothing should be comfortable, durable, and appropriate for the climate. This list assumes that you will be wearing appropriate clothing for the existing conditions. You may want to adjust the contents to match the season.

- At least 3 pairs of socks.
- At least three changes of underwear

- Two shirts
- One spare pair of pants, jeans, or cargo pants.
- A light jacket (optional)
- Cap or stocking cap.

**Personal Care:** Please adjust for gender and age.

- Your prescription medications
- Spare glasses
- A selection of over-the-counter medications for pain, digestive issues, etc.
- Shaving kit (razor, shave cream, etc.)
- Nail clippers
- Small scissors for trimming
- Toothpaste, toothbrush, and floss
- Hair comb
- Soap and shampoo
- A small first aid kit with Band-Aids, antibiotic ointment, tape, gauze pads, etc.

**Safety Items:** These items are not usually included in Go Bag lists but any situation that requires quickly leaving home can escalate into grid failure, crime civil disorder or health risks.

- tactical flashlight
- tactical knife and/or a multi-tool device
- two N-95 respirators
- If you are not going anywhere where it would be prohibited, include a small handgun with a few extra magazines of ammunition.
- Water purification straw, Ozone pen or purification tablets
- While most people will have a cellphone it may be advisable to have a so-called “burner phone” for some scenarios.

**Documentation and Funding:** Go Bag

situations assume that the economy will be functioning but may be interrupted. Credit cards, and ATM's may be useless, but cash will be accepted. The internet may be down so you may need to document your identity. In the worst case you may be injured, or your home may be looted or destroyed so you need your health records, insurance, and ownership documents.

- Titles and contracts related to home and property ownership.
- Vehicle registrations and titles
- Home, vehicle, and property insurance
- Health and life insurance
- Checking and bank account numbers and identification
- Critical medical records and prescriptions including doctors contact information, blood type and any serious medical conditions.

**Cash:** Cash may work when all other forms of financing are unavailable. Unlike credit cards, cash transactions are not traceable and may be the only currency accepted under extreme conditions. Having at least five hundred dollars in small bills is recommended. Once you hit the road this cash should be distributed to various pockets and bags to avoid robbery or loss of the whole amount.

## Conclusion

There are many scenarios in which carrying a full tactical survival pack and gear is not necessary or desirable, but a quick exit from the home is necessary. This Go Bag must be prepacked and ready to provide comfort and necessities for several days to a week. Having a Go Bag fills the gap between temporary and limited hazards and large-scale, extended-time disasters.

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