

# AMERICAN SURVIVOR

**SURVIVAL INFORMATION FOR THE NEW AMERICAN**

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**CAMP INDEPENDENCE IS ON! See Pages 10 and 11**

## Survival Pack Made Simple

By James C. Jones

### Introduction

The general procedure for creating a survival pack, bugout bag, or whatever you like to call it, is to start with a list of items that you need, and then find a bag to put them in. This often resulted in an over-packed and over-weight pack. At some point you usually had to start removing items that were not *essential* to survival. This “stuff first” method is the most common way to put together a survival pack, and there is nothing wrong with doing it that way. I have written and published, and revised dozens of pack lists over the past forty years. These lists can be found in all four of my books and in the Live Free Members Handbook.

### Pack First

The other way to assemble a survival pack is the “pack first” method. As the name implies, you start with a good pack and put as much of the right stuff into it as you can. Of course if you start with a huge pack you will be able to fit everything from most pack lists, but may be unable to carry the pack

very far or very fast. If you are in a true survival situation getting very far away from danger very fast may be as important as having everything you need.

I recently received a medium sized pack as a gift for making a contribution to the NRA Institute for Legislative Action. It turned out to be adequate for use as a survival pack. The pack is 12 inches wide, by 15 inches high, and 4 ½ inches deep with a 9 x 9 inch outer pocket, and a 7 x 9 inch top-flap pocket, and two mesh side pockets. The inside-back is lightly padded as are the shoulder straps. The main compartment has a nylon divider, and the outer pocket has some small pouches for small items. While not as good as some high-end bags that I have, this one would be adequate for most survival situations and cost much less than most “Tactical Bugout Bags” that can cost over one hundred dollars. Since I have at least five of every item that could go into a survival pack, I decided to see what I could do with this pack. Doing a “pack first” assessment with a small pack like this, you have to forget about comfort, and things you would *like* to have. You have to think about just what you absolutely *must* have to stay

alive, even if you are a bit miserable. Shelter, food, water, and warmth must be ninety-percent of the contents. First aid, and hygiene must be included in the remaining ten-percent. We are assuming that (1) the survivor is already appropriately dressed for the season (jacket, parka, etc.), and (2) the survivor will have some essential survival items in pockets or on a belt (knife, multi-tool, firearm, ammunition, etc.)



The empty pack as I received it

### Filling the Pack

The first item that goes in the pack is a full-length, heavy-duty rain poncho. If there is a golden rule of outdoor survival it is “don’t get wet”. Military surplus ponchos come in green or camouflage. Some military surplus ponchos come with grommets for rigging as a shelter. Next to the poncho goes a Space Blanket™ the reflective inside surface along with the moisture and wind protection makes this an essential item. I have survived some chilly nights with just a wind break and a Space-Blanket™. While there is not enough room inside the pack for a true blanket, a wool army blanket can be rolled up and attached to the outside of the pack. I spent one windy subzero night\* with just an army blanket and a Space-Blanket™. I was

far from comfortable, but I did survive. Of course, I kept all of my winter clothing on as well. Remember: this is survival not camping.



Camouflaged poncho, Space Blanket™ and paracord

Additional warmth items include a wool cap, spare wool socks, and a face mask. A significant amount of heat is lost through the head even on fairly mild weather. The socks can replace wet ones as needed or serve as emergency mittens. The face mask helps reduce heat and moisture loss through respiration. This is an often overlooked source of body cooling. An N95 respirator\*\* is best but any kind of face mask will work for this purpose. If you opted for a cap that rolls down to cover the nose and mouth you can skip the face-mask. I included a pair of light leather gloves because cold or injured hands will be a major disadvantage in survival. I also include twenty feet of paracord to help rig up shelters among other uses.

The other half of the packs’ main compartment is devoted to nutrition. It’s all

about calories. A jar of Peanut butter has over 6,400 calories along with some vitamins and minerals. That's at least three days of nutrition. I added a box of granola bars for another 2,400 calories. I also include a package of beef jerky for variety. Depending on your metabolism and rate of exertion you have from four to seven days of food. You do need a good metal spoon for the peanut butter.



Complete contents of the main compartment. Note the Esbit™ stove and package of fuel tablets inside the steel GI canteen cup

While you are not going to have hot meals, hot drinks can help you stay warm and are a great morale booster. I included a folding Esbit™ stove with plenty of solid fuel heat cubes and a metal canteen cup for heating water. You can include instant coffee, coffee bags or tea bags and sugar as you prefer. Of course you want to have the means to light the stove and start a fire, so I include a box of camp matches, and a magnesium fire starter. May as well add a bottle of alcohol based hand sanitizer for sanitary and fire starting uses.

I put water bottles into both of the web pouches, and placed a Survival Straw filter device and a package of water purification

tablets inside the outer pocket compartment. For first aid I included the Israeli Military Bandage as it can be used as a tourniquet, wound bandage, elastic bandage or to secure a splint. I added an assortment of Band-Aids™, antibiotic ointment, and pain relievers (aspirin, Advil, etc.). For sanitation and personal hedge I included a package of wipes, a package of toilet paper, nail clippers, tooth paste, and a toothbrush. A razor would be optional.



Contents of outer compartment



I was still able to find room for a tactical flashlight, mini-binoculars, and extra ammunition, in the top-flap compartment



The compact sleeping bag or a wool blanket could be tied to the outside of the pack. Firearms, extra ammunition, pocket knives and belt knives are essential, outside the pack gear.

## Conclusion

While this pack is not as complete as many survival/bugout bags it is was fast to put together, contains all the essential needs for five to ten days of survival, and is light enough to carry for almost anyone. I avoided most high-tech, high cost items to show that anyone on any budget should be able to put together an effective pack.

*\* Actually the wind-chill that night was near 40-below! In the morning the alcohol in my stove would not ignite. I had to warm the alcohol under my coat for a while to get it up to ignition temperature.*

*\*\* N95's are true respirators not just masks, this is why they are the standard for first responders and medical personnel as well as those involved with hazardous chemicals.*

## About Peanut Butter

Nuts are a well-established source of nourishment. The shipwrecked (1528) Spanish survivor Cadenza de Vaca encountered a tribe of natives that survived every winter on a diet of only nuts. While munching on raw peanuts might get tiresome, peanut butter is more compact and digestible. Processed peanut butter has a shelf life of over two years and keeps well in heat and cold. There is a good reason why this product is a popular source of energy for children. You will need a sturdy spoon to scoop it out. Sorry, but there is no room for bread or crackers.

## Severe Dehydration

*The following article is from one chapter of The Prepared Citizens Guide to First Aid (working title) coming next year from Skyhorse Publications*

One of the chief causes of death from more serious illnesses is dehydration. Most communicable diseases and radiation sickness cause sweating, vomiting, and diarrhea. In addition many of these conditions also cause internal bleeding and sepsis. At the same time the patient may not be able to intake fluids orally due to nausea or loss of consciousness. Deprived of fluids, the blood pressure drops and the cells and organs begin to die. Critical electrolytes needed by the heart are not available and death is inevitable unless fluids can be restored. This is why IV fluids are almost always provided to ill patients. Unfortunately IV equipment and skills may not be available in the worst case survival situations. In the event of massive epidemics or radiation exposure the survivor may be forced to care for critically ill and

dehydrating patients at home or in the field. While maintaining hydration alone will not guarantee recovery, it certainly improves the patient's chances. When the patient can tolerate oral hydration the following is recommended.

8 tsp. of sugar, 1 tsp. of salt to 1 liter of water. Provide small 4 oz. drinks every hour

*Caution: giving water or other liquids to an unconscious, semi-conscious or seriously injured patient may cause them to vomit and aspirate causing pneumonia.*

### **Causes of Dehydration**

1. Prolonged exposure to a hot dry environment without drinking enough water
2. Prolonged or chronic illness
3. Sustained vomiting, diarrhea
4. Profuse and sustained sweating and fever.
5. Severe and extensive burns
6. Poor hydration habits. Low water intake

### **Affects and Signs of Dehydration**

Chronic dehydration is a common condition affecting a significant portion of the population, and is the cause of several unpleasant health conditions. Thirst is a poor indication of the need for hydration. Some of the affects and symptoms of dehydration are listed below.

1. Chronic Fatigue Syndrome (CFS) is caused by the thickening of the blood as a result of dehydration.
2. Chronic dry eyes can be a sign of inadequate hydration.
3. Constipation is often caused by inadequate fluid in the digestive tract.
4. Brain fog and the inability to concentrate can often be traced to dehydration.
5. Sleeplessness can be caused by dehydration
6. Abnormal irritability can be caused by dehydration

7. Headaches are often caused by dehydration. The brain is actually drying up and separating from the inside of the skull. The classic "hangover" headache is the result of alcohol caused dehydration. The water in the coffee, or taken with the aspirin is usually more curative than the caffeine or pills.
8. Muscle cramps may be caused by inadequate fluids and electrolytes.
9. Cracked lips, and dry cracked skin on the hands is an indication of dehydration.
10. Progressive dehydration will be indicated by a dry mouth, sunken eyes and extreme thirst.
11. Yellow or even orange urine is a sure sign of dehydration
12. Slow recovery of pinched tissue. Pinch the skin on the back of the patients hand. It should rebound promptly. If it remains tented and slowly flatten back, it is a reliable sign of poor hydration
13. Thirst alone is not a reliable indicator of the need for hydration. The author experienced severe dehydration in the desert without being thirsty. IV fluids were required to reverse the effects.

Maintain adequate hydration is essential to maintaining general health, and provides you and your patients an advantage when injury or illness occurs. Hypovolemia, and shock will set in faster if the patient is already dehydrated, prior to the injury. The most common recommendation is for an adult to drink eight, eight once glasses of water per day. If you drink a lot of coffee, or salty foods you may need to drink more water to replace losses from urination. The potential for dehydration is particularly high for the following groups.

1. Infants and young children, as they cannot verbalize their thirst, and are more prone to diarrhea, vomiting and fevers.

2. Elderly adults who may not realize that they are thirsty, and may have medical conditions that produce dehydration.
3. Individuals who are ill and may not want to drink or eat.
4. Diabetics may lose more water through frequent urination.
5. Those who are active outside in a hot environment and lose water through profuse sweating.
6. Those who are active for extended time in cold dry environment. Dry air (hot or cold) will suck moisture from the skin and respiration, this can result in the unexpected onset of the effects of dehydration.

The bottom line is that it is easier to maintain hydration while the patient is healthy, than it is to restore hydration to a sick and possibly nauseated patient who is losing fluids through sweating, urination, diarrhea, and vomiting. Once the patient has lost full consciousness oral fluids cannot be given, and the patient's condition will continue to decline unless intravenous fluids can be provided.

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## Survival for the Elderly

By James C. Jones, EMT/CHCM

The definition of "elderly" is difficult to find and highly subjective. Eligibility for the title seems to start at any point after sixty years of age. It is hard to deny being elderly past the age of seventy-five. The term is subject to multiple, legal, cultural, mental, social and functional standards. One definition is "when active contribution to the society is no longer possible". By that definition becoming elderly can happen as early as fifty and as late as ninety. For the purposes of this article, we will consider elderly as a process involving the decline in certain physical and mental capabilities that impact

one's ability to survive high-stress situations. Poor health, disabilities, and inherited disorders may dramatically hasten the effects of aging.

Regrettably, most survival fiction and non-fiction literature is based on the would-be survivor being, young and in perfect health. They seldom address the issue of the survivor being less than in prime condition, or the possibility that members of a family or group may include individuals with age related limitations. The following issues are more common as we age, but are not necessarily limited to the elderly.

**Muscle tone and strength:** Muscle mass loss starts at age forty. By age sixty-five loss may range from eight to twenty-seven percent. General health maintenance and regular exercise can greatly reduce loss, but you are just not going to be as strong at sixty or seventy as you were at twenty or thirty. You need to reconsider how much you can carry in an evacuation pack. If you had a pack that weighed 30 or 40 pounds when you were between twenty and fifty years old you probably should whittle that down to about twenty-pounds or less after you are sixty-five. That may take some serious reevaluation of contents. You may also need to review your weapons choices. Recoil, trigger pull and weight of ammunition need to be adjusted downward.



The large pack on the left may be ideal for experienced backpackers and younger evacuees, but those over fifty or sixty need to consider a lighter load like the pack on the right that weighs about sixteen pounds.

**Stamina:** Our cardio vascular condition declines with age, but can be greatly improved with regular exercise, reasonable attention to diet and avoidance of smoking. In fact, stamina is the most controllable effect of aging. While genetic variations affects weight and the onset of various heart and lung defects may exist, anyone can improve their survival chances with good health habits. Evacuation plans must be adjusted or even abandon based on realistic evaluation of one's physical limitations. Planning to march twenty miles with a thirty-pound pack is totally unrealistic for an out-of-shape, seventy-year old with a heart or respiratory condition. More attention must be given to sheltering in place or short runs too pre-established nearby shelter-points with minimal gear.

**Hearing:** Hearing declines with age over thirty and noticeable hearing loss usually occurs with everyone over fifty. Life style and occupation dramatically affects the progression of hearing loss. Continuous exposure to loud music, occupational noise, shooting or other noise, even with hearing protection can accelerate hearing loss. Usually loss is more noticeable in the high-frequency ranges first where speech may be harder to understand. Hearing can be important to survival in some situations. Hearing aids should be used if necessary. The use of alarm devices to assure that you do hear intruders becomes more important.

**Eye sight:** A variety of eye sight deficiencies develop with aging. Far-sightedness where reading glasses are required is the earliest and most common problem. Cataract, a

slowly developing clouding of the eye lens can and should be corrected by a simple and painless surgery. Other eye diseases such as glaucoma, and age related macular degeneration are incurable, but treatable if detected early. Regular eye examinations and following recommended treatment is critically important. Wearing sunglasses to protect eyesight is always a good idea. Be sure to have spare prescription glasses in all survival packs. Magnifying glasses and binoculars are recommended to enhance and extend normal sight. Enhanced gun sights are particularly valuable for the elderly shooter.



While the large twenty-round 9 millimeter automatic, upper left may be heavy it features a adjustable grip, vented barrel and combat sight optics,

The 40 caliber automatic, lower left may need to be replaced with smaller 9 millimeter, upper right or even the small 380 automatic for the older shooter.

**Arthritis:** Is a deterioration of the cartilage in the joints resulting in inflammation and pain. Osteoarthritis, the most common form usually develops after age sixty and can range from painful to debilitating. Arthritis effects can be exacerbated by past or recent injuries to the joints. Tools, bottle caps, buckles and triggers may be harder to use

with stiff painful fingers. You may need to adjust the trigger pull on your weapons, and use larger rubberized grips. You will also want to have plenty of arthritis pain medications and lotions in your gear.



While the small 38 caliber revolver below may be lighter, it may be harder to hold and aim due to its small grip and sights. The rather heavy, eight round revolver at the top has a contoured rubber grip, large sight, and a vented barrel to reduce recoil and climb. While designed to fire 357 magnum ammunition, using the small 38 caliber rounds could make this a more accurate and controllable weapon.

**Dental issues:** Dental health is an often overlooked survival priority. Poor teeth can invite a variety of other health issues. Ineffective chewing affects the digestion of food. A dental infection when no dentist is available can be debilitating and even fatal. Good dental hygiene, regular checkups and necessary procedures are essential at any age. Take good care of your teeth in advance and include toothache kits or denture repair kits in your packs.

**Mental acuity:** Loss of mental acuity varies greatly depending on the individual's genetics and mental activity. Maintaining involvement, constant improvement and

learning can compensate for and limit loss of mental acuity, but one must be alert for their affects and make allowances and compensations. Regardless of how sharp you *think* you are, you should be constantly reading about and practicing survival skills. Add notes, skill cards and handbooks to you gear. Stay organized.

**Depression:** The onset of age related health issues often results in depression. Focusing on the negative is never a good survival practice. If you have reached the age of seventy or eighty you have already *survived*. If you have done good things, learned skills, met good people, made good friends, you can be proud of your age. "Hey, I went to a lot of trouble to get this old, so what have you done"? Something to love, something to do, something to look forward to are the keys to satisfaction at any age. We always live every day as if it's our last, but surviving and helping others to survive and stay free is still the mission.

**Medication needs.** A sizable part of the elderly population are dependent of some level of medication. The effect of not having these medications can range from pain or disability to death. A diminished immune system makes the elderly more susceptible to communicable diseases and infections in the absence of antibiotics. Try to build up a stock of your prescription medications, by advancing prescription refill dates if you can. Stock up on appropriate over the counter medications based on your needs. If there are alternative or herbal medications for any of your conditions study up on these and stock-pile as needed. Farm supply stores and survival suppliers sell a variety of antibiotics including Doxycycline, Amoxicillin, Cephalexin, and Penicillin at prices well below pharmacies. These are exactly the same quality as for humans but

no prescription is required, you may want to consider stocking these at home.

## Conclusion

Aging is inevitable, but the effects can be reduced significantly by exercise and good habits that should start well before sixty-five. Denial and pride cannot overcome the effects of aging, but realistic adaptation and compensation can greatly reduce the challenges of coping with high stress, high hazards survival situations for the elderly. Having the skills, and experiences of a life-time and the wisdom that comes with age can make the elderly as capable of surviving emergencies as younger individuals. These acquired skills and understandings also makes them a valuable part of any family or community survival group.

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## I Was Censored by Facebook

By Rudi

In late February I decided to post the following on Facebook: **"If you tell a lie big enough and keep repeating it, people will eventually come to believe it."** - Joseph Goebbels. As many of you know, Goebbels was a German Nazi politician and Reich Minister of Propaganda of Nazi Germany from 1933 to 1945 (Wikipedia.org). Immediately the following notice appeared: **"Your post goes against our Community Standards on dangerous individuals and organizations (my emphasis)."** My post was deleted. I appealed to no avail.

Next, I sent out an email to friends, family, and colleagues giving great detail how I had been censored. A family member reposted Goebbels **entire quote**: *"If you tell a lie big enough and keep repeating it, people will eventually come to believe it. The lie can be maintained only for such time as the State can shield the people from the political, economic and/or military consequences of the lie. It thus becomes vitally important for the State to use all of its powers to repress dissent, for the truth is the mortal enemy of the lie, and thus by extension, the truth is the greatest enemy of the State."* **But they did not include Goebbels name**; thus, Facebook did not censor this post.

One of my all-time favorite quotes is by philosopher George Santayana:

*"Those who cannot remember the past are condemned to repeat it."* In today's 'cancel culture', history is being erased! It appears that Facebook and most other mainstream media are only targeting the 'right', i.e., if I had quoted from Chairman Mao, Che Guevara, or any other living or dead leftist, the post would have been allowed to stay. Truth comes from many places. Goebbels was part of a horrific regime, but we cannot ignore his writings.

CHECKOUT LIVE FREE'S NEW WEBSITE AT [WWW.AMERICANSURVIVOR.ORG](http://WWW.AMERICANSURVIVOR.ORG)

Our new website is totally new with lots of new content and animation. If you have not visited the site in a while check it out. We now have a world-class site, and we will be adding more text, and video content in the next few months. Get the word out via FaceBook and other platforms.



# ***CAMP INDEPENDENCE***

**Americas Original Survival and Preparedness Education Event**



**Saturday May 22nd 2021, 9:00 AM till 6:00 PM (EST)**

**At Tepicon Hall, at Tippecanoe River State Park,  
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**\$20.00 per person, \$30.00 per family**

## **Classes and Programs Include**

**Home Emergency Preparedness, Personal Security, Survival Thinking, Outdoor Survival, Survival Packs and Gear, Edible and Medicinal Plants, Field Movement Safety, and more. All classes taught by experiences, and certified instructors.**



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## **Lodging and Camp Sites**

**We recommend participants arrive Friday evening and/or depart Sunday morning to maximize learning and networking time.**

**There is a limited number of cabins near the hall available through the Indiana Department of Natural Resources Website. Camp and RV sites in the park can also be reserved through the website or at the park**

## SURVIVAL STUFF RAFFLE

A raffle of survival equipment and home preparedness supplies will be held at the end of this event. Tickets will be available throughout the day. You must be present to win. There will be many high quality prizes. Don't miss this chance to support Americas best survival education organization and score some great gear.

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Network with other survival and self-reliance practitioners and join one of Live Free's chapters to further your survival knowledge and strengthen your survival options. Representatives of many chapters will be on hand.

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Individual Registration \$20.00 [  ]

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