

SHTF GEAR FILE

[version 1.8 for /k/ and /wrol/]

- Notes:**
- ▶ Items marked with an asterisk (*) should be carried in your backpack.
 - ▶ Optional items are marked with a hash symbol (#).
 - ▶ Items marked with a caret (^) may be carried in greater amounts than specified if you want.
 - ▶ Items marked with a cross (+) are critical items. They must be in good condition, properly fitted, and sturdy. Wear these on your body or in your webbing. Failure to possess a critical item may result in harm, illness, injury or death to the individual and endanger the team. A member not possessing a critical item, or who loses it, should be suitably punished by the team.
 - ▶ "Team" in this document means a like-minded post-TEOTWAWKI group of 5+ people.

Please note that the colors **Black** and **Blue** should NOT be considered subdued!

Examples of subdued colors include: **Khaki, Brown, Tan, Green, Gray, Sand**, or variations. Camo patterns are desirable, but not vital. Vivid colors (red, yellow, orange, purple, bright green, etc.) should be avoided when choosing clothing or equipment!

If your knives etc, have brightly-colored handles, dye or paint them a subdued color!

Jeans should only be considered acceptable if your AO is urban! (**A**rea of **O**perations)

WARNING: wearing full camo immediately identifies you as a combatant or threat to any hostiles.

ARMAMENT:

Recommended SHTF firearms in suggested order of purchase:

- > **1** - a .22LR rifle in the action of your choice (**not a single shot**) - scope optional.
(a threaded muzzle to fit a suppressor after SHTF would be a good idea)
- > **2** - a full-size pistol in a common caliber, such as 9mm or .45 (no rare/meme calibers) & holster.
- > **3a** - a sturdy scoped bolt-action rifle in .308 or a similar common full-power caliber.
(something like a .308 Ruger Gunsite Scout stainless would be superb if camo-painted.)

AND / OR

- > **3b** - an AR-15 in 5.56mm or AK in 7.62x39mm (whatever you can get in your area), with lots of spare magazines. (AR's with a .223 Wylde chamber spec are ideal btw.)
- > **4** - a smaller backup pistol, in the same caliber (and if possible, of the same make) as the first.
- > **5** - more of any of the above (especially 3a & 3b) to be used by family members, etc.

NB: your rifles should be camo-painted. They are field tools, not safe queens.

A compact PPC that shares ammo with your pistol, or a fuddish-looking lever action in a reasonably common caliber (such as .30-30) might also be suitable in a pinch, or if you need to keep a lower profile during events. Remember their ammo may be hard to scavenge after SHTF, so these should be in addition to the basics above, not instead of.

Notice there's no shotguns on the list- tyrants will grudgingly tolerate plebs owning things like shotguns because they're useless for overthrowing tyrants. If you decide to get one for fun or pre-SHTF home defense, I suggest a 12-gauge with 3in chamber - this enhances durability and lets you scavenge 3in ammo, **but only stockpile 2.75in ammo**. After SHTF, don't use it for outdoor defense or food (even for birds use slingshots, traps, or the .22).

Having multiple magazines (at least 10) for each weapon is VERY strongly recommended, as is a large stockpile of the ammo types you'll need. Weapon standardization is also very good - better to limit yourself to a few types (eg: two bolt-actions of the same model and six ARs, with everyone using the same pistol) rather than 8 different rifle types each needing unique parts, magazines, and calibers.

Put a light on any firearm you use to defend your home to ensure you know what you're shooting at at 1am.

While operating the following firearms and munitions are suggested for carry:

- Your rifle in a common caliber (such as 5.56x45, 7.62x39 or 7.62x51mm), with sling,
- with a minimum of 4[^] loaded magazines for the rifle in your webbing, plus;
- a minimum 180[^] rds of additional rifle ammo (bagged, boxed or in mags) in pack*
- Optionally, your pistol[#], with two or three mags for the pistol (no more), and;
- ammo in your pack to fully refill the pistol magazines you are carrying once. [^]#*

PERSONAL EQUIPMENT:

- + A sturdy backpack made of synthetic material, 30L to 45L capacity, in dull/subdued colors (or spray-painted), a model with a waist-belt is recommended, able to fit more pouches externally if possible. Where possible, it is better to use a "grey man" approach by using a heavy-duty non-military backpack and throw on a camouflaged water-resistant cover once you hit the woods. (NB: this is your daily-use bag, not your duffel/large pack to arrive at the AO.)

Read section on pack selection below!

- Webbing set (personal preference, but a belt rig is recommended for dismounted use)
- + 2x water-bottles (4 recommended[^]) with pouches to fit on webbing and/or pack.
- Camelback (or equivalent, wide filler cap recommended)
- Fixed blade knife (or knife-bayonet to fit your rifle) - MUST BE SHARPENED.
- + A folding knife or multitool from a reputable brand, with around a 3in blade.
- + Personal first aid kit including *at least*: two wound dressings and bandages
- + Water purifying tablets and/or passive water filter (ideally have both).
- + Sleeping bag* (**NO DOWN-FILLED BAGS**) rated to suit your environment and/or a poncho liner * and/or a wool blanket *
- + Mosquito Net or "bug nest" (for sleeping - to maximise rest and prevent disease) *
- + Triple-redundant fire-starting methods (eg: a lighter, a ferro-cerium rod, and matches)
- Large metal mug to eat from and a metal spoon or utensil set to eat with
- + Eye protection- either ballistic sunglasses or workman's safety glasses (suggest having one set tinted for day use, and another with clear lenses for night use, to avoid eye injuries.)
- Compact, powerful LED flashlight or headlamp (with a red or blue/green filter!!)
- Spare batteries for flashlight (the more the better)
- Personal anti-mosquito head net (depends on your AO, but recommended) #
- *Minimum* of 30yd/m of rope or cordage (e. g. : 550 cord/para-cord)
- + tarp or military poncho* (and 4[^] elasticized bungee straps to make a shelter)
- Bivvy Bag (only in addition to your tarp/poncho, never instead of) #*
- Sleeping Mat (closed cell foam or the self-inflating 'therm-a-rest' style)
- Cleaning kit and lubricants for weapon/s*
- Compact camping stove and fuel canister *# (recommended)
- Basic toiletry set* (including shave kit, toothbrush/paste, travel mirror, floss, nail clippers)
- Folding shovel, entrenching tool, or other portable digging tool *#
- Compact but large towel (full-size microfiber type is recommended)*
- An umbrella that folds down fairly small, spray-painted to match AO. * (yes, really!)
- Basic toiletries, including tooth-brush & -paste, nail trimmer, foot powder, and foot-care items.
- Toilet paper and baby wipes (lots)
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- A large duffel or sustainment pack to carry and cache equipment not used daily.

CLOTHING:

Note: In cold climates stick to wool or synthetics, in hot climates light cotton or linen are better.

- Undershirts, 3^ (sets not being worn in ziploc bags, with excess air squeezed out*)
- + Socks, 8^ (sets not being worn in ziploc bags, with excess air squeezed out*, 1 in webbing)
- Underwear, 4#^ (sets not being worn in ziploc bags, excess air squeezed out*)
- + Shirt & trouser sets, 2^ (subdued colors, sets not being worn in Ziploc bags, with excess air squeezed out*) Note: if a member chooses to wear jeans in the field (*you're a dumbass if you do*), they *must* be dyed or painted to a suitably subdued shade.
- + Boots (durable hiking, military, or work type) (with a set of spare laces in your bag)
- Spare insoles for the boots *# (recommended)
- + Hat ('boonie' hat type recommended, baseball or patrol style is less ideal but ok)
- + Heavy-duty trouser belt ('riggers' type suggested) (no, *NOT* the one from your webbing)
- + Identification documents & cash (e.g.: driver's licence, etc. - may need to be cached)
- + Cold weather jacket (recommend with liner)* and/or: Fleece or wool jumper, to wear under your outerwear when cold (eg: during fall/winter or on desert nights) *#
- + Waterproof wet-weather shell jacket (Gore-Tex/eVent type material) in subdued colors (inside ziploc bag, with excess air squeezed out*) (alternatively; a spare poncho)
- Wet-weather trousers # (Gore-Tex/eVent type material) in subdued colors (in ziploc bag, excess air squeezed out*) and/or gaiters.
- Gloves # (to protect your hands –*strongly* recommended)
- Helmet & body armour # (if available) (with camo cover and elastic foliage strap on helmet)
- 'Thermal' under-pants*#
- Shower flip-flops or (better) Teva-type sandals*# (sandals are also good for stream crossings)
- Scarf or neck gaiter (subdued) #
- Balaclava or beanie (subdued) #
- Ear plugs or other hearing protection #^ (very strongly recommended, especially active noise reduction earmuffs like sordins or peltors).
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CLOTHING NOTES: if you can't get your team to standardize on some sort of actual uniform as such, then I recommend sticking to mostly drab natural tones where possible and using a distinctive patch or armband to identify your group for LOAC purposes if applicable - wearing uniforms will allow you to present as a trained security force, and may enable you to gain official status with post-SHTF authorities. Better to wear a camo top and drab pants than the reverse. Carry a set of civilian clothes, preferably in grey or neutral tones, for operations in urban areas.

Clothing can also be part of your sleep/shelter system- by wearing some of your clothing at night, you can use a lighter sleeping bag, and don't have to change into cold clothes in the morning. If you can't avoid your day clothes getting soaked, carry a dry set of "sleep" clothes. Wet fleece retains warmth much better than quilted synthetic insulation, and drains faster than wool. Wet down is totally useless. Use waterproofing spray on your outer shell clothing items, and the outside of things like your bivvy. Bring spare socks and change socks at least daily - if your feet are miserable, you'll be miserable.

CONSUMABLES TO BRING ON INITIAL ARRIVAL AT YOUR AO:

- + 48hrs[^] of pure drinking water (90oz/3L is the absolute minimum recommended)
- 48hrs[^] of food (suggest canned foods, a bread loaf and a *small* quantity of snack or Clif bars) (For use until resupplied) alternatively, dried peas, beans and/or rice in sealed containers.
- Spare fuel for camping stove (if used)*#
- Heavyweight large bin bags for waterproofing your bag contents (alternatively, dry-bags)

TEAM EQUIPMENT (split this stuff between team members, and cache if needed):

- + Group First Aid Kit *
- + At least two folding shovel/entrenching tool per team* (with sharpened edges)
- + At least two graduated compasses (preferably in mils *and* degrees, Silva-style suggested)
- + Maps of your AO and of the surrounding areas, laminated and carried in waterproof cases.
- A compact GPS device as a backup system # (keep switched **OFF** when not checking grid.)
- A spotting scope or good binoculars, and a camera # (for reconnaissance)
- additional water purification filters and tablets, as well as insect repellent and bug spray
- A frying-pan (good) or a wok (better) *
- Cooking pot for group meals (excellent for turning wildlife into hot tasty stew) *
- Folding bow saw and/or smaller folding saw(s) *
- At least one large chopping knife (8in+) or machete to cut down saplings for camp tasks and wood collection (a larger ax is safer to handle than a hatchet, FYI) *
- A jar of mixed spices, Tabasco sauce or similar, and plenty of salt (important!)*
- Scourers and detergent in a sealed screw-top bottle, and all-purpose laundry soap (in holder)*
- some kind of way to recharge batteries, such as a portable solar panel
- Notebooks and pens
- Sewing/repair kit including a 'speedy stitcher' sewing awl (if available) and "shoe goo".
- Whistles and portable radios for communications.
- wire cutter tool, small pry bar, and lockpicks
- knife sharpening device(s)
- Heavy-gauge metal wire, spare paracord or similar, large zip-ties, and duct tape.
- Nails and screws and the tools to use them.
- heavy-duty "contractor" rubbish bags
- camouflage net or hunting blind fabric (check for camouflage effect in IR spectrum)
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One additional (preferably waterproofed) bag or container is suggested to be brought by each person during deployment to your AO, to be cached in a hidden and secure location until needed. This is to store gear which is not needed during the deployment season, but which will be needed should the situation continue longer than expected (eg: you headed innawoods in summer because SHTF happened, but you find yourself still there when winter arrives).

Pack selection for TEOTWAWKI:

Whether you call it a bag, pack, or ruck, it does not carry your gear- it only **holds** your things- **you** carry them. This part is not for the ruck full of supplies and backup equipment that you will leave at your base camp, bunker, or home, but for your everyday Assault/24hr/72hr pack you will carry basically every single day, post-SHTF. The two are not and will not be the same thing.

Technically, a person in reasonable physical condition (whatever *that* means) can carry up to ~30% of their body weight, in theory. However, the only way to get in condition to carry such loads over long distances is. . . to carry heavy loads over long distances regularly (duhh).

Yes, yes, you're not geriatric (*yet*) but be honest with yourself- you're not some hyper-fit 19-year-old green beret halfway up an Afghan mountainside with a fuckton of heavy fire support on call either. You need to keep it light so you can run like hell in case you bump into the guys who *do* have heavy fire support on call. Carrying 30% of your bodyweight will end up with you in agony or worse, breaking your neck, shoulders and spine, with feet covered in blisters, and your mind so fogged up you'd stroll right into the most obvious trap or ambush. So how to avoid that?

The solution is twofold: **1)** training, and **2)** travel light.

Training - Start with a light pack of small capacity, (around 30 liters/1800 cubic in. is good), and load it with no more than 10 lbs/5 kg of kit. Unless you have super-ultralight gear, you'll find that a water bottle, a packed lunch, a sweater and rain jacket/poncho, phone, a set of spare socks and underpants, and your usual EDC shit will quickly add up. Go /out/ or even just around your town and cover some ground. Walk. Even if you're a runner, don't run yet. The time will come, later. Vary your route, up and down hills, on trails and sidewalks. Walk. Increase the weight little by little. Walk. Do some of this at least two-three times a week. Remember to always keep your head up and looking around, to maintain your situational awareness.

Don't push hard too early or you will injure yourself and set your training back by weeks. After a couple of weeks, pick up the pace, but still pay attention to your body- if you're already a runner, you'll find that with extra conditioning, you can also run with a properly-fitted pack. Slowly start increasing the weight, distance, and speed - but only one at a time!

When you can still remain alert while you carry ~20 lbs (10kg) and proceed at 5 mph (8 km/h) for a couple of hours on reasonably level ground, you're better conditioned than 95% of civilians. Do the same with 30 pounds over broken ground, and you're in the top 1% of civilians and at least as fit and conditioned as an average grunt. Always listen to your body- if you start to get sore, ease back on the weight, distance, and/or speed for a few weeks.

Even if carrying a "bug-out bag" on foot to a secure location, or escaping a disaster on foot, is unlikely to ever happen to you - **train** - after a while you'll know exactly how much weight and how large a pack you can carry while still being able to move well and stay alert, and will be able to equip yourself accordingly. Your fitness will also improve and that too, will help you survive.

Travel Light - Even if you *are* a well-conditioned endurance athlete or sneeki-breeki SF operator, (or if you actually do the suggested training) it is best to carry the most compact and lightest load possible that includes your critical gear. The specific pack capacity you choose will depend on your environment, your physical size and condition, and your projected mission.

You will have no trouble finding a decent pack that's comfortable to carry if you're an average-sized person and don't overload it with shit. If you are larger than average (yes, that includes the

fatties as well as the ~~faggots~~ *ahem..* bodybuilders) it may be more difficult to find a comfortable pack. Comfort does matter: walking 10 miles with a loaded pack that doesn't fit will provide a life lesson you will never forget. When buying one, ask if there are weights to simulate a load, and to test it load it up and then run on the spot, jump and move your body as if climbing or negotiating a steep hill. Top-loading packs are usually lighter, simpler and more reliable, and be aware that the so-called "water-resistant" zippers are especially prone to breakage, so avoid them.

In 99% of environments, the lightest possible 30 to 50 liter (1800-3200 cu. in.) pack that you can afford to buy will hold enough gear to allow for extended survival in comfort when using lightweight modern equipment, even when you're away from your base-camp. Your empty pack will be one of the heaviest items of your gear as percentage of weight. It's easier to cut weight from heavy items than it is from small items. Going lighter also means going faster and further.

A nondescript 30ish-liter pack is about the size of a schoolbag or computer backpack and thus provides a low-profile gray man appearance, enabling you to insert by simply walking through city streets or using public transportation while wearing civilian clothes. It will also enable you to move about in public and manoeuvre through crowds without bumping into people and drawing unwanted attention that way. If you can't sit your pack on your lap or between your legs on a bus or train - it's too big.

Smaller bags aren't just lighter and easier to carry, they're also easier to move with through close or difficult terrain and allow for better balance and situational awareness while you do so. Unlike people in the military, you are allowed to think for yourself, and are unlikely to be carrying a 50-lb four-foot long missile tube, or thousands of rounds of HMG ammo. Be sensible, and leave the backbreaking loads either in a vehicle or cached.

Arctic areas or high mountains where bulky clothing and shelter gear is needed may be exceptions but otherwise for combat, personal survival and travel, even for very long periods, **you simply don't need a 90-liter pack stuffed with 80+lbs. (40+kg) of crap**. Other exceptions might be if you're setting up your initial base-camp deep inside some wilderness where there are no trails, or if you're carrying gear for others. In either instance, you'll need to be in top physical condition, or just use a light vehicle, handcart or travois to take the gear to your chosen location for drop-off.

Brightly-colored packs will draw some attention, but this is one instance where a black or blue color is acceptable, even a dull red if it blends in with whatever the hippies and college kids are carrying around your area, but remember to bring a camouflage cover for use in the boonies. It's easy to improvise one, otherwise buy a cheap one online. They're never waterproof.

Remember to check the quality of material and stitching, and that it's a good thing if it doesn't look too military - you *want* to be inconspicuous while training and while getting out of dodge.

You **don't** want to overload yourself like the poor fucker in the image here. Unlike him, you don't have a dumbass LT ordering you to permanently bust your knees carrying 90lbs of dumb shit.

So only take what you actually need.



Example of what your thought process should be when selecting gear:

► Strelch: 08/09/18 (Thu) 00:59:53 ID: 1f7111 No.600149 >>600295
File name: 9db9f57108de9e3...gif (1.57 MB, 288x288, 1:1, 3mm vs. ballistic gel) (0) (0)



9mm vs ballistic gel

>>600083 (You)
>>What kind of LBE do you recommend? Chest rigs? Plate carriers? Old school style vests? Something else?

What are you doing?

If you're operating mounted in a vehicle and/or frequently getting in/out of one, go chest rig.

If you're required to wear body armour, wear a PC.

If you're doing both of the above, but fighting as a dismount (eg: mech inf or scout) combine the above two like here:
<https://downrangegear.wordpress.com/2011/09/05/2833/>
By mounting one to the other with fastex clips.

If you're fighting fully dismounted, use an old-school belt rig. It simply works, even if it isn't "tacticalool".

It even works with body armour if you use thin shoulder straps such as the ones BFG makes:
<https://www.houstonorgear.com/spc-c-low-profile-suspenders.html>

The two major aussie kit manufacturers make similar items. I'd go SORD if you can't get BFG.

If there is no need for you to wear armour or follow unit SOPs, then maybe try a vest if you can get a cheap one. They can carry a lot of shit, but they can get pretty damn hot in Aus.

Whatever you use, fill it full of all your shit and then go for at least a 1km run, then low crawl for 50-100m. If anything snags or comes loose, move it to where it won't.

>>Is it a good idea to have a water bladder on your LBE in a pouch on the back?

Yes.

>>Does this cause problems when using a rucksack?

Yes it can. Platatac sells a bladder that fits under the plate in your PC (if relevant) otherwise use one you can stuff into your pack.

>>What manufacturers would you recommend? And who should I avoid buying from?

You're an Aussie, so I'd recommend SORD first, Platatac if they make something SORD doesn't.

You can import kit from the US or elsewhere if you don't mind paying an arm and a leg, or you can dig through surplus stores for old stuff that may be in decent condition.

Not 100% sure about all US manufacturers, but I know London Bridge Trading Co. is the absolute best (and most expensive). Crye Precision, First Spear, TYR Tactical, Blue Force Gear, Eagle Marine and Tactical Tailor are companies I've heard good things about.

Blackhawk and Condor should only be bought if you're going to sell them on to a foreign soldier for more than you paid. 5.11 has great clothes, shit tactical gear.

Why the question? Joining up? If so, don't buy anything yet, you probably won't be allowed to use any gucci gear. Wait till you complete training and get to your operational unit. They **may** allow you to use own gear, I'd recommend the BFG suspenders first, then other stuff as needed.

In the meantime, buy some army green bamboo hiking socks, at least 6 pairs, and a decent and non-flashy watch. You'll use them more than anything else.

More gear selection thoughts, borrowed from a comment on another site:

The gear setup used is ultimately determined by the operational environment and Mission. Max has really clarified for me the differences in loadout between mounted and dismounted operations for SUT. What I think is also in need of greater exploration is the differences between mounted and dismounted in an environment more advantageous to concealment, like during a bugout or prior to full scale social chaos. Max has touched on this issue in "Contact", "Patriot Dawn" and even this article.

Personally I've put together two separate kits for pre and post collapse situations. After testing I found I was unable to flex my military gear setup into a concealed role, especially when dismounted. If for instance I had to go on foot during a bugout, prior to full on chaos, the use of plate armor and a battle rifle would make me stick out like a sore thumb and draw unwanted attention in a non-rural environment. Ideally one would try to bugout mounted and with all of their gear. But shit happens and the foot-mobile may be what's available, like following an EMP. In such a situation I'm certain that weight of equipment and concealment would be a top priority, being the grey man while moving through a declining world as efficiently as possible. The ramifications upon my kit for such a situation besides wearing civy's are:

- Non-Military looking backpack of a small to moderate size,(1800 cubic inches)
- Small plain shoulder bag that carries sustainment items,(Basic survival gear, rations, water and Ammo)
- Folding 9mm carbine that shares mags and ammo with pistol
- A careful choosing of all other items to reduce weight and bulk
- Soft body armor

With such modifications I can look like just some guy fleeing the area. The most notable loss however is the reductions in armor and battle rifle fire power. But in the operational environment that this kit addresses the most common threats will still be low velocity rounds. Anyone carrying a rifle will likely be government forces and those who aren't will be drawing the attention of government forces. This gives one an increased chance for avoidance. While a 9mm carbine is by no means equivalent to a battle rifle, when loaded with +P, the increased barrel length does give 357 mag type velocities. Regardless, such a weapon grants credible accuracy up to 100yds to facilitate a break in contact, a far cry better than just a pistol. This kit is not ideal by any means but it prevents glaring holes in equipment, is low profile, and provides an OK platform to improve one's situation. Besides can re-equip in the future at one of those many caches we should be making right?

Choosing your LBE and why body armor isn't that great:

When choosing LBE, first consider what you are going to be doing. If you are going to be operating vehicle-mounted or going to frequently get in and out of one, use a chest rig. Depending on threat level, you may need body armor, and armor can be combined with a chest rig by adding some fastex clips to the armor, and putting the shoulder straps of the chest rig elsewhere (eg. in your pack). Vests may also be an option, but some models may cause issues with heat retention, so be aware of that. However if you're operating dismounted, an old-school belt rig is the best and most time-tested method "It just works" A belt rig can also be used with body armor if you select thin shoulder straps similar to Blue Force Gear's low-profile suspenders. It is a good idea to use a water bladder on a pouch in the back of your LBE - you can tuck it under the top flap of your pack when carrying a pack if it gets in the way of the pack.

Any major manufacturer is likely to provide decent equipment, however avoid Blackhawk and Condor as their gear is at best suitable for airsoft. 5.11 may make great clothing, but their gear is not. London Bridge, Crye Precision, First Spear, TYR Tactical, Blue Force Gear, Eagle Marine, SORD, and Tactical Tailor are all good companies to buy gear from, even though it can be expensive. If you don't care about color matching your gear, look for Black Friday specials or Clearance items, perhaps around tax time.

To test whatever you end up using, fill it full of your equipment and go for a 1km run, then low-crawl for 50-100m, then move anything that got in the way or snagged to where it won't. As long as your gear is made of modern materials, its camouflage can be improved with a little spraypaint to match your local area's colors, and if needed some tufts of suitably colored cloth or netting can be used to further break up your outline around your shoulders.

You will have noticed a certain ~~hostility~~ dislike for body armor in this document. This due mostly to the weight of armor, which (apart from destroying your joints and spine) removes your ability to move tactically for any length of time as it causes fatigue, no matter how fit you are.

What's that you say? "*Do more PT?*"- ok, sure, but the lightest plates still add 20lbs, and what if your knees are already fucked from the military? How is Afghanistan going btw, last I heard the USA is pulling out and the Taliban are still there? Remember that back in 1776, lightly-equipped, fast-moving colonials used the asymmetric guerrilla warfare tactics they'd learned fighting the native tribes to defeat the heavily-equipped British regular infantry, who were further slowed by their heavy supply wagon trains.

Armor weight also means you're more likely to be hit, there are studies that show that armor weight over a certain percentage of body mass all but guarantees you will end up shot in combat! On the other hand, good use of cover and concealment negates the effectiveness even of accurate fire when dug-in, something not much practiced now.

Once you've worn plates for a living, it's not something you look forward to doing. In other words, if you can fulfil your mission without them, do it. You won't be wearing plates while farming or day-to-day after SHTF, but you can farm with a rifle slung on your back or within arm's reach, and you can always throw armor on if you raid a warehouse for canned goods or when a horde of zombies is approaching your village.

Look at how SF do things - they only go full kit when they kick in doors. Out and about they keep it simple and low profile. I know of Tier 1 operators who went on raids without wearing body armor, because it was not needed for their specific task on that mission. This was thanks to not having overbearing risk-averse leaders as found in regular units. Before you ask, no, I was never SF/SOF myself though I met plenty of them, and that's all you need to know.

Your M.O. should basically be something like- set up a home base at the start of the SHTF scenario, whether you're bugging in or bugging out doesn't matter. In this home base is where you will drop off the main part of your kit, especially the various heavy items not in constant use, such as cast-iron cookware and your long-term shelter setup. From there, infiltrate to where you're planning to scavenge, raid or ambush, carrying only your loadout and daypacks. On reaching the area, set up your covert patrol base/cache site where you drop off any sustainment gear. Perform your mission. Return to the patrol base, collect the gear you cached and head home.

Plates don't magically prevent you from getting shot or dying, proper cover and maneuver do, not a relatively small piece of ceramic/steel. Save the armor for urban or vehicle ops, not innawoods. If you run low on ammo, break contact and come back with explosives, or think asymmetrically and avoid getting into a direct fight in the first place.

Gearfag Equipment Selection 101

This infographic addresses the two most common questions in every gearfag thread: "What do I need," and, "Should I get a plate carrier or rig and if so what brand?"

There are always variables but regardless of mission, enemy, terrain, and budget your gear should have:

- Water
- Basic Medical Supplies
- Spare Ammunition

Everything else is optional and should be treated as a luxury and always remember that even if you have the greatest equipment on the market that it is nothing without the skills to back it up as well as the willpower to gain and maintain those skills.



Water

As someone who lives near a popular mountain and extensive hiking trail I can attest that dehydration is both relatively easy to avoid and fall victim to. You spend all the money in the world on the best hiking shoes, the best backpack, the best fleece from the right brand, and you set out on the trail and make it a mile before you collapse in delirium in the middle of the summer because you didn't pack any water. Even worse are the cases where the hiker packed a 500ml bottle; just enough to get them deep into the boonies before they realized how fucked they are.

An additional important factor to remember is that the only water you are guaranteed is the water that is on your person right now. Never presume you will have access to the liters upon liters of water in your vehicle, home, OP, FOB, etc as it is very easy to find yourself in a situation where you are cut off from these extensive supplies long enough that without a good water carrier your condition will begin to rapidly deteriorate.

Camelbak is far and away the most popular hydration system on the market. There are other options such as Platatac, old fashioned canteens, or just dropping as many water bottles in your pack as you can.



Basic Medical Supplies

A basic Individual First Aid Kit (IFAK) consists of a tourniquet (such as a SOF-T), pressure bandage (such as an Israeli bandage, you good goy), gauze, medical gloves, and having attended a formal course instructing you in their use (not just youtube videos).

As you become more and more skilled in first aid and life saving skills you may find yourself falling in on medical shears, IV starter kits, dedicated needles for tension pneumothorax, etc. Simply remember one thing:

**!MORE IMPORTANT THAN HAVING THESE THINGS
IS BEING TRAINED IN THEIR USE!**

Controversies: No doubt there are people butthurt upon reading that I even suggest tourniquets or confused that I am not recommending their favorite hemostatic gauze for babby's first IFAK. It is your individual responsibility to stay up to date on combat casualty care. This is not an infographic to dispell tourniquet myths perpetuated by morons nor explain the productive and contrary effects of Quikclot. If you are serious about this shit you will research these things extensively on your own and attend formal medical training.



Spare Ammunition

There is no hard and fast rule on how much ammunition you need aside from ensuring that you do not run out of it. My only recommendation is that you start low and then build up. Mil fags like to stick with 6+1 primary mags as this is considered a basic combat load. You might even find yourself agreeing that 6+1 is exactly what you want as well; however, all I ask is that you start low (2+1 or 3+1) so that you don't waste money on pouches you realize you don't want and so you can adjust to the weight.

Secondary mags need far less attention than your primary. 1+1 or 2+1; that's it. If you think you need more secondary mags than that just shut the fuck up, throw two of them away, and put on another primary mag or two because that primary is likely to do all of your people or paper killing. This doesn't mean you should never practice transition drills or that your pistol you've invested so much of your ego in is useless because I said your secondary is less important than your primary. It just means you need to give your primary the attention it deserves, which is significant.

Rig or Plate Carrier?

Do you want or need body armor? Can you handle the extra weight of body armor? If yes to both consider a plate carrier. If not don't burden yourself with the extra price and weight. If you're looking to buy this stuff because it's cool to you and you never intend to use it aside from attempting to impress people on the internet that's fine but note that this information is specifically targeted towards people interested in using their gear and training with their gear to maintain a high level of competency.

Brands

SKD-TAC, Platatac, LBT (lurk for 50% off sales on US holidays and particularly Cyber Monday), Beez, Banshee, Mayflower, and ITS Tactical stand out in terms of rigs, plate carriers, and pouches.

Gear is a buy-once-cry-once situation, do not try to go cheap on a product you should fully intend to use as hard as you possibly fucking can and entrust your life with.

Gearfag Training 102

This infographic will address placement of gear and training with your plate carrier or rig. This is a very large topic with a significant amount of variations but I will do my best to address as many as I can.

Placement

Ammunition and medical supplies take preference in terms of placement, followed by hydration, followed by everything else.

Front - Common items affixed to the front of a kit include spare ammunition, secondary weapons, admin pouches, grenades, and communications. Ensure that you can still achieve a good supportive prone position and that you can low crawl at least 100 meters without losing or rendering inoperable any equipment. Don't be that fucking asshole who hot mikes every single time he drops into the prone on his operator as fuck push-to-talk.

Support Side - Common items affixed to the support side of a kit include many items previously mentioned as well as hydration in the form of water bottles or canteens. It is also one of the most if not *the* most common location to place medical supplies in the form of an IFAK. I personally like to have my IFAK bumped as far forward on my support side so that I can also access it with both hands if necessary.

Dominant Side - Common items affixed to the dominant side of a kit include many items previously mentioned; however, if a secondary weapon such as a pistol is worn it is advisable for the wearer to ensure they can easily and quickly access this weapon as well as reholster it without serious interference from additional pouches. This may mean moving or removing excess items or lowering the secondary weapon with either a drop-down/duty holster or a drop leg holster. If choosing or forced to wear a drop leg please consult Rob Pincus' "Proper Adjustment of Drop Leg Holster" and Panteao Productions "Travis Haley Pro-Tip: Drop Rig Holsters" on youtube. As a measurement of time I would say it should take no more than 2 seconds to draw and discharge your secondary weapon. If you can't achieve this you need to practice with your draw more or to move any interference out of the way.



Drop-Down/Duty Holster



Drop Leg Holster with bad adjustment

Rear - If mounted in a vehicle it is advised to keep the rear of your kit clear of any attachments or attach only thin ones such as a hydration bladder. Ensure that the drinking tube of your hydration bladder will not be rendered inoperable by low crawling. Unless your radio is huge I would highly suggest not mounting it on the rear of your rig where you cannot easily adjust it.

If dismounted and carrying a pack/ruck it is in your best interest to train while wearing it so you can practice moving to cover/engaging with it on you. It makes no sense to train with nothing on your back when in actuality you fully intend to wear a pack/ruck into the field.

Movement and Accessibility Drills

Now that you've got everything placed it's time to give it a basic test. Begin by putting all your gear on.

In the standing position practice getting a quick and consistent sight picture, reloading your primary within 5 seconds, transitioning to your secondary within 2 seconds, all of the above while moving forwards, backwards, left, right, and diagonally. Practice leaning out from behind cover (unpracticed individuals often lose balance when leaning), moving around the confines of a home, sprinting short distances (if you have anything that's very loose you'll notice it here and should do your best to tighten it down), and entering and exiting vehicles.

Before conducting drills in the kneeling position practice dropping down to a knee repeatedly until this is a smooth process. Don't let the excess weight drive you down so fast you go and bust your kneecap. Alternate which knee you drop down to as terrain may force you to take your non-preferred knee. Practice reloading your primary within 5 seconds, transitioning to your secondary within 2 seconds, accessing your IFAK, leaning side-to-side and above cover, dropping into a prone position, and returning to a standing position in order to sprint a short distance.

Before conducting drills in the prone position practice dropping down until this is a smooth process. Don't let the excess weight cause you to knock the wind out of yourself or slow your ability to engage. For anyone wearing headgear such as a helmet if you have not properly set this up your sight picture may be interfered with in the prone. Practice reloading your primary within 5 seconds and transitioning to your secondary within 2 seconds; this may seem difficult if you must roll over on your side to gain access which is exactly why you need to put in the practice. Practice accessing your IFAK and snapping up to a standing position in order to sprint a short distance. Go and low crawl at least 100 meters, if anything falls off your kit or breaks you need to rearrange your equipment.



Finally, you should at least familiarize yourself with doing the above actions with your primary weapon shouldered on your support side. If you must peek around a corner on your support side or your dominant hand is injured the experience of using your other limb for any of these tasks should not be alien to you.

You do not need to be a true ambidextrous shooter; however, the first time you try drawing your secondary weapon with your support hand should not be when you are gravely injured and an enemy is rapidly advancing upon you.

Live Fire

When you're sure that simple movement drills won't undo you or your kit it's time for you to hit the range. Practice some of the above listed basic skills while effectively engaging targets. Buy a shot timer so that you can see how fast you are performing. Practice these skills in conjunction with other gearfags and see who can get the best time as well as the most accurate hits; being fast isn't all there is to shooting.

Tips & Tricks (in no particular order):

1. Ensure things like food and medicine are broken down and divided amongst the team, so that if one bag is lost, it doesn't turn a problem into a catastrophe.

2. Scrutinize each and every single item you pack and pick the lightest available gear that still fits your intended use to minimize total weight. For this reason, avoid carrying a tent unless you are in the arctic or high mountains, and use a tarp or poncho instead. This also provides you with better situational awareness of your surroundings. If bugs are an issue use a mosquito net and in the jungle, use a lightweight hammock. I recommend watching this short video by a former Green Beret who lays out his items for an "*ultralight bug-out bag*" which weighs a mere 18lbs. (~8kg):

<https://www.invidio.us/watch?v=5EJQQPKHtJw>

I also recommend watching this rather long 45min video for more info on equipment ideas:

<https://www.invidio.us/watch?v=x7nq7UqsJv4>

3. Your sleeping bag should ALWAYS be synthetic-filled. DO NOT USE GOOSE DOWN SLEEPING BAGS. If (when) it gets wet, you will freeze. You freeze, you die. Your loss.

4. Test gear by camping and travelling with it, and try to keep load-out weight down as much as possible (20% body weight at most). Weight saps speed, and the slower you are, the more likely you are to be caught/killed or worse! This is one reason I suggest people use body armor only in urban or vehicle-mounted situations- an E-tool weighs less and protects you more. Think about it.

5. Backpackers, especially ultralight backpackers, have a lot of useful tips on reducing the weight of equipment. Lighter stuff means you can use more of your weight budget for ammo, water, etc. While not everything they do will apply to your situation, do some research, copy whatever is relevant to your needs, and your knees and feet will thank you.

6. Take your mosquito net and loosely put it inside the largest plastic trash bag you can find, then spray a whole can of permethrin or any long-lasting surface spray insecticide into the bag. Close and tie off the opening, shake the whole thing around for ~10 min, and leave in there to dry for a week+. After that, keep your net inside a plastic bag to avoid losing the insecticide coating during storage. When the mosquito net gets used, you'll be amazed at how many dead mosquitoes and other nasties you'll find dead on the ground around it in the morning. The coating will last for many months of use if you keep it reasonably dry - just don't lick the net!

7. Ammunition suggestions are MINIMUMS. If defending yourself against a larger or more skilled group, your team could use over 1000 rounds in as little as 5 or 10 minutes! Stock up now, as well as basic spare parts and a few spare mags, and cache it in safe locations in your expected AO. **Don't** expect to transport ammo & supplies with anything more than raw manpower in a severe (grid-down) scenario. OTOH, no need to constantly carry 1000 rounds on you - cache it!

8. Ensure any milsurp you buy is new or in excellent condition, otherwise stick to top-end civilian outdoor products. Footwear is one item where pinching pennies can literally **kill** you when SHTF and civilian hiking boots are almost always far superior to military boots, that's why SF guys wear them. Note that lightweight boots make it easier and less tiring to walk in them all day long (if you don't believe me, see "*Energy Cost of Backpacking in Heavy Boots*" by S. J. Legg and A. Mahanty, published in *Ergonomics*, Vol. 29, Issue 3, 1986, pages 433-438).

9. "Waterproof" footwear will eventually fail, since water can enter through the top whether it splashes in when you step through puddles, or by running down your legs in the rain, therefore ensure that the boots you choose are quick-drying once they do get wet. As a rule of thumb, your shoes should ideally last ~500 miles of hard walking. To extend their life, fortify their most common blowout points before use with shoe glue (not superglue!) or additional stitching, based on past shoes' wear-&-tear. If the boots aren't comfy out of the box, or weigh over 4lb, try again.

10. Water purification tablets come in two versions: chlorine and iodine. Iodine takes about 45min, tastes strange, and isn't effective against Cryptosporidium. Chlorine dioxide is, but is slower taking up to 4 hours. Stock up and cache them, and also any filters your other systems use.

11. Bring (and use) an unscented soap like ivory. It's cheap, keeps forever and can be used as catfish bait for fishing. Remember scents can be detected by animals (both 2- & 4-footed).

12. Take advantage of modern fabrics and materials like Gore-Tex to make life easier. Additionally, using silicone waterproofing spray on outer clothes, boots, packs and sleeping bags is strongly recommended.

13. When packing kit always distribute the weight evenly. Remember someone besides an adult male (eg: your wife or kids) may be forced to start travelling without you. This includes cross-loading equipment and supplies within your team. Don't overload one guy because "he can take it" - eg; if you're lucky enough to salvage an M240, then EVERY team member should carry at least a 100-200 round belt for it during operations, in addition to the 600(+) the gunner carries.

14. Regarding your "Bug Out Bag"; it should be a personal project reflecting your personal needs. Good equipment at good prices can be had at camping stores, surplus stores, gun shows and even better deals can be had by mail order or online on places such as amazon, ebay or the actual product manufacturers, if you inform yourself first. It is a terrible idea to buy some cutesy pre-packaged "survival kit/bag" dump it in a closet and forget it until "the big day" comes - it will be full of mostly junk, and most of what you paid for it was mark-up. Instead, assemble your own based on needs and skills, test it out by camping and hiking and then adjust the contents accordingly- more important than having something, is knowing what to do with it.

15. Your rifle, boots, and webbing should ALWAYS be within your arm's reach (or at least that of one of your buddies such as when you search a captive).

16. Look after your feet. Learn to recognize the warning signs of blisters, and pre-empt them. Keep your toenails short and rounded, and keep your feet clean, warm, and dry. Wash your socks daily (you don't even need to use soap if you're on the move) and rotate between them at least once a day, leaving the previous set to hang and dry on the outside of your pack. When you stop for meals, take your socks and boots off, turn the socks inside out, and let them dry for a couple of minutes. Use foot powder or talcum powder to keep them dry. At night, put on a separate set of clean, dry, sleep socks. When your feet get wet, such as by crossing a stream, stop and dry them ASAP- your mission (and survival) will fail if you end up a casualty from infection.

17. If sleep mats are too expensive where you live, look for cheap yoga mats made of closed cell foam - these can often be dyed or painted a subdued color and used the same way. Or ask at any supermarket for a couple of large cardboard boxes such as the ones nappies come in. You can tell them you're using them to move house - they're almost always happy to get rid of them for free.

18. Groundsheets, if used at your long-term base, are best made of a material like heavy shade mesh so any water that lands on it will go straight through, rather than nylon fabric which will let water pool and flow into your shelter.

19. For your purposes as a semi-militia-like group, trekking poles will be essentially useless, since it removes the ability to hold your weapon. The need for them will be reduced by packing light and travelling at a slower speed where necessary. If crossing streams they might come in useful, but are easily improvised by cutting some stout, straight branches.

20. Fat is absorbed more slowly by the body than sugar. This means you feel fuller for longer, and the energy it provides also lasts longer. Fatty food is also more dense than sweet food, meaning it takes up less space and weight in your pack for the same caloric value.

21. Your urine is the best indicator of how dehydrated you are, and your thirst the best indicator of your need to drink (when it's warm, at least). Water in your camelback or bottle isn't doing you any good if you're dehydrated, so drink it! You should be passing clear urine twice daily, it should not be yellow. Drink more water and when you stop, eat foods with some salt so you actually feel the thirst and don't become hyponatremic. Even when water is abundant, always carry at least 2L (64oz) in two or more bottles because it gives you more options. Drink one liter with dinner, and the other during the morning to hydrate, in addition to any you drink during the day when thirsty.

22. Boiling water is one of the few ways to kill cryptosporidium (the other is chlorine dioxide such as in Aquamira, which takes 4 hours to kill it) but this leaves the water tasting flat and stale. To fix this, after boiling, half-fill a bottle with the boiled water and shake the crap out of it. You can also improve the flavour by leaving a fruity herbal teabag in the cold water for a short while so it gains a very weak taste. You can even reuse the teabag several times.

23. The old adage goes, the more you know, the less you take. With first aid, the opposite is true- you can take more if you know how to use it. Only take things that you have been professionally trained to use, so get out there and take a first aid course or two - youtube videos are not training!

24. Consider bringing bear spray if you're in the USA or Canada. This is of course useful against bears and saves ammunition, but can also be used to prevent urban youth enrichment in a genuine SHTF emergency.

25. At least once a week, wash your clothing with minimal soap and plenty of water. Even if no soap is available, washing removes the sweat, dirt, and gritty particles that degrade the material's performance and damage the fibers.

26. Your pack should sit on top of the "shelf" formed by the rear pouches of your belt webbing, and while it sits there, the top should not sit significantly higher than the bottom of your neck. This will transfer the weight from shoulders to hips, and removes the need for a big waist belt on the pack, which you will need with other types of rigs. If wearing body armor (why?) you shouldn't need to carry a pack. Just because the military does it doesn't mean it's smart, or that you should do it too. Cache packs when you're moving fairly short distances and can return.

27. Save ammo by using snares or a slingshot to kill game for protein wherever possible.

28. While you may be planning to bug-out to the wilderness, you will likely have to start from an urban location, cross through an urban location at some point during your escape, or you may even have to re-enter an urban location for example to forage for supplies. Therefore it is important that your dress and equipment can be tailored with the situation to make you appear to be just another civilian nobody trying to get by.

29. Don't buy gear to post pics of it on instagram, buy it to use it. You need to put it through its paces. The absolute worst time to be doing a gear shakeout and figuring out what works and what doesn't is when your life is depending on it. Go to the range and shoot in the prone with it. Put it on and get some miles of running and hiking done while wearing it. Put a pack on over it. Get in a vehicle wearing it. Run an obstacle course. There's a lot of things that look cool but are functionally terrible and the only way you'll know is by doing it. It will do you no good if the first time you put it on is when SHTF, and you tear a muscle because the load sits unevenly, or your lower back goes out because you weren't used to the weight. How awesome will it be to find out you can't holster your pistol on your belt with your vest set up the way it is, or your rifle catches on a pouch every time you move, or if every time you bend over you lose half your shit? Testing your gear in training is a MUST.

30. Cold War or WW2 training videos like some of the old US or UK ones that you can find on youtube are a good place to start for the hands-on how-to of tactics, since military manuals rarely show you how to actually patrol and behave in the field. Gather your team, watch and discuss what you saw, then practice it together with rifles (with the bolts removed!) or even simple planks to use as "guns". Have one or two guys play OPFOR, and use a "if I can hold aim for three seconds, bang-bang you're dead" method. This lets you flexibly try what actually works for you rather than be limited to military doctrine written for armies with tons of artillery and air support.

31. Motor vehicles are excellent for long-distance overt movement, but depending on the AO, consider the use of pack animals (horses, mules, etc.) for short-distance covert movement of supplies. Animals, like humans, don't make much noise, and in a rural environment will blend right in. To this day there are armies whose mountain units use pack mules, not to mention that the Green Berets used them during Operation Anaconda.

32. Your choice of radio should be made on the basis of battery use/life and availability, not radio weight. Modern radios are already very light. Look into AM Citizens Band as it's almost unused these days, as well as Single Sideband (SSB) transceivers, for post-SHTF information gathering and transmission. Follow the strelo/k/ guide to radios for more detailed info.

33. Study Soviet and German street-fighting tactics during WW2, as well as the British Home Guard manuals. Do the same with H. John Poole's books if you can find them, and the *Verfügungstruppe* ideas of retired Bundeswehr general, Franz Uhle-Wettler. Then use that material to practice possible scenarios with your team and then perform AARs to improve.

34. Team leaders and scouts should carry a magazine or two loaded only with tracer to designate targets with if possible. Get your team to practice Rhodesian ("Drake") shooting - ricochets can kill, but overs are just wasted.

35. Divide your group into permanent teams of three to five men, preferably by getting them to group themselves once the members know each other. Don't be afraid to give the teams specific and clearly-laid out tasks, whether it's a recon/observation mission or an infiltration/ambush.

36. Learn the technical solutions were that the US military applied to its conflict in Iraq and Afghanistan, and think of low-tech ways to counter them. You are unlikely to be fighting the US government post-SHTF (if ever), but regional post-collapse actors will likely use similar methods.

37. You will not gain fire superiority by yourself with any sort of rifle unless you're a character in a Hollywood movie, ever. Aside from barrel heat and speed, you will lose any "superiority" gained every time you reload and if you're up against multiple threats you'd be exposing yourself to anyone you aren't currently suppressing. Superiority is gained with automatic weapons, preferably belt fed, supplemented by accurate rifle fire to take advantage of that suppression. Semiautomatic fire alone is best suited for well-aimed shots and you should plan for that by making yourself lighter, faster and more maneuverable. A lot of people, military and otherwise, start out with a dozen magazines, etc. but as we actually use gear in the field, we all come to the same conclusion- less on you is better. If you are ever in a prolonged firefight and need all that ammo, you'll find you will have time to pull mags from your pack. Mags on your vest and belt are usually for running and gunning and the thing about that is that you need to be able to actually run and move **fast**. No one successfully wobbles and guns. Speed and accuracy are key and you'll find you lose both as you increase your load out. Stick to no more than around 8 magazines in your webbing, and if you're not expecting immediate combat, as few as 3 is fine.

38. Remember that in an SHTF situation (or as Europe and many other places today call it: Tuesday) the police **won't** be there to protect you **from** anything, but by golly, they'll be there to arrest you when you defend yourself or try to do anything actually sensible for yourself. Consider imitating the Amish, and form a community with a team or group that shares your moral code somewhere, alternatively, look up the concept of Intentional Neighbors. If you grew up in a small town and moved away, perhaps consider moving back to the area, or at least keep a holiday/bugout home there and visit regularly to maintain bonds with the locals, including your relatives. There is no way in hell that you will survive for long as a lone wolf.

39. The great depression and people who are currently homeless hold a treasure trove of information on post-shtf survival. SHTF is not just a solar coronal mass ejection or a breakdown in government or whatever, it's also things like another depression/recession that wipes out your job and savings, or a massive storm that wipes out the electrical supply and blocks roads in mid-winter, it could even be something like China's accidental 2019 bioweapon release (the coronavirus outbreak) turning from an epidemic to a full-blown pandemic. Remember- if you can survive the first 72h of an immediate crisis, your chances of making it alive increase dramatically.

40. Set yourself two dates each year (eg. in fall and spring) to go over the contents of your kit and make sure that everything is still good to go. Things do go wrong and batteries leak, seals fail, etc. During these two dates, verify all expiration dates to ensure everything has at least some time left before going bad- eg. medicines often last up to 20 years past the expiry date, however some medicines become toxic after the date marked. Learn which does which, and store appropriately.

41. The biggest advantage humans have is the use of tools. Inevitably, someone will ask if they can borrow your knife. When asked why they don't carry their **own** knife, they inevitably answer something like *"I don't need one."* Your response should be: *"Then you don't need to borrow mine, either!"*

42. A useful way to stop the noise of a large knife rattling inside its sheath is to cut up a plastic juice or milk bottle forming a strip of it into a liner that can be inserted into the sheath. The liner serves to take up space and hold the blade securely- with a little test and fit, you will be able to determine the correct size, and a few drops of suitable glue on the outer surface of the liner will hold it in place inside the loose sheath. Just don't glue your knife to the sheath- give the knife a coating of vaseline if it must stay in the sheath to hold the liner in place as the glue bonds.

43. You should definitely buy at least one portable radio that can access shortwave frequencies. The biggest lesson to be learned today is how quickly and easily news media can be silenced whenever government sees fit. The great thing about foreign broadcasts, particularly from those in countries not on friendly terms with the USA for example Cuba's Radio Havana, is that their news about what happens in the US and other countries have a different slant than -and sometimes entirely contradict- news broadcasts by US networks. Unfortunately the foreign broadcasts are often correct, because no one would listen to a news station that constantly lies (unless they're a fan of CNN, heh). Foreign broadcasters may delight in revealing details the US.gov would rather keep quiet - details that may be critical to your own well-being and survival. In the event of a major catastrophe, who thinks the official line will be anything other than: "*Stay calm plebs, we have everything under control*"? A metal garbage or paint can with sides and bottom lined with cardboard will protect electronics like your shortwave radio from events like an EMP or CME.

44. You can make a sort of "synthetic fatwood" by melting paraffin wax or Vaseline and soaking strips of dry balsa wood or dry compressed cardboard in it for awhile while the liquid is hot.

45. Fire superiority isn't determined by how many rifles/guns you have. It is determined by sending accurate rounds downrange, at every threat, nonstop, while accurately eliminating the suppressed threats that are firing back at you. You will not do that alone, with one rifle, regardless of how many magazines you have or how good a shot you are. You should definitely train and train under stress to take shots between 50 and 200 yards (timed obstacle course shoots if you can set up such a training range, perhaps take part in 3-gun matches or even pay for proper tactical training). Do it in full kit and you'll see the wisdom in cutting back on gear and weight.

46. Whether you are a raiding tribal warrior, a guerrilla fighter, a militiaman, or a post SHTF survivalist, you have only two basic combat actions: the **raid** and the **ambush**. Practice them until they flow naturally, and your defenses against them, and you will survive when others won't.

47. Using (dry) clothes as a part of your sleep system allows you to carry a lighter sleeping bag or blanket, saving a lot of weight and space in gear that you generally only use at night anyway.

48. Remember to bring spare eyeglasses in your current prescription if you need them - the semi-blind are at a huge disadvantage in SHTF. Use a hard case to prevent them being damaged. If you're broke AF, you can still replace your old glasses with new ones every three to five years on most insurance plans, and the old ones should go into your BOB/SHTF kit as backups.

49. Terrain, in the context of a post-TEOTWAWKI or WROL context, is not just some piece of dirt, though it may be tactically important due to for example your crops growing on it. Your terrain will be human terrain - your tribe, basically - the people who however much they may personally dislike you, will have your back when shit goes bad and the bullets fly.

50. Deceit is the best path to security. Learn the Russian concept of "*masirovska*" and apply it. Likewise; a secret is not secret if someone else knows about it.

51. Forming your bases or overnight hides in a Y or X shape (rather than a circle, triangle or square) forces enemy infiltrators to walk into an L- or V- shaped ambush, regardless of approach.

52. Always, *always*, **ALWAYS** carry a bottle of Loperamide aka Imodium to field with you. The biggest historical killer of soldiers before WW2 was not being shot/stabbed, it was disease, usually dysentery, cholera, typhoid, etc. all of which cause diarrhea. Diarrhea takes just three days to kill you by dehydration. Having said that, the best medicine is prevention - wash your hands, be disciplined when making cat holes, and prepare food & water properly. Just because your last 10 canteens from the river were fine don't mean the next one will be too. Just because you wipe your ass and don't wash your hands at home doesn't mean you can do that innawoods. Same goes for anything your buddy touches with *his* hands. **Wash your hands - don't shit yourself to death.**

53. Room clearing is a law enforcement tactic, not a military one - it relies on having **both** the element of surprise **and** severely outnumbering and outgunning whoever's inside. These assumptions don't hold in military action- you rarely, if ever, are going to have the element of surprise to the degree swat teams do when they're raiding a house in the middle of the night on people that don't have the slightest clue anybody is coming for them. It simply DOES NOT WORK in other contexts- you CANNOT get inside an opponent's OODA loop, and using dynamic room entry **DOUBLES** the time-to-fire for the person(s) entering the room:

<https://www.invidio.us/watch?v=GgcfApgk0ps>

Learn how to use limited entry CQB tactics instead, they're something that can be used even by a person working alone, as demonstrated here by Former Green Beret Mike Glover:

https://www.invidio.us/watch?v=BIz_DhJH7eg

No seriously, people pay hundreds to learn what he covers in this video in just 30min.

54. You're not going to be eating MREs for months on end post-SHTF, unless of course you really hate your colon and like to shit out rocks. Save MREs for infiltration ops and emergencies, and use rice, dried beans, canned goods, hunted meat, etc. as your usual daily foodstuffs.

55. If you own a smock or parka, consider getting a cloth sleeve sewn into the back to hold a hydration bladder. Consider getting armpit zips sewn in as well.

56. On youtube look up ex-military guys like Brent0331 - he's an ex-crayon eater who actually goes into some tactical stuff that might be useful to you, such as setting and reacting to an ambush. Channel is here: <https://www.youtube.com/channel/UCl1a1FOUwxh5pOsGOZw37Cg>

57. If you have kids, get them a BB gun and teach them to use and respect it as if it were a full-size arm - not only will it teach them responsible behaviour around firearms, but after SHTF the kids can help with food gathering by hunting small game with it.

58.

Further Considerations for Long-Term Post-Collapse Survival:

In theory, surviving our civilization's inevitable collapse is simple- get yourself away from other people and be self-sufficient. It's fairly clear that deprived of their industrial backbone, most of our cities and suburbs wouldn't support a fraction of their current population densities - and would become horrid death traps. Living off-grid should shield you from all but the very worst apocalyptic events. After all even if all-out nuclear war came, it is not the end of the world, but merely the end of our present civilization.

In the future we will see **more** non-state actors making war on behalf of racial/ethnic/tribal, religious or cultural causes, rather than traditional country X vs. country Y conflicts. People from places where disorders based on those causes exist leave their shit-holes, but not their grievances and attitudes- they move to orderly "advanced" nations bringing their causes with them, finding enemies in their new environment, and turning them into the same shit-holes they hated enough to leave in the first place. This also happens with disaffected people from failing areas - just look at the actions of UK and California expats in the areas they move to. When the USA (or insert any western nation) inevitably breaks up along social/ethnic lines later this century, imagine Yugoslavia or Lebanon all over again, only much fatter and bloodier. One of the keys to survival will be to have a strong enough in-group identity to withstand the group identity of these non-state actors; either you build a tribe/community that holds together, or you will go under.

Failing to plan, is planning to fail. Reconnoitre your area now and prepare rough plans for the defense of your neighborhood or town against marauders. Reconnoitre and jot down which parks and yards could be ploughed up and used for food production. The same again for warehouses that might hold food and for buildings that could house friends and family fleeing the disaster. In the same vein, get on good terms NOW with the movers and shakers of your community. Attend council meetings, chat up the local sheriff, volunteer for the local civic clubs etc. Avoid talking politics, especially avoid being partisan (regardless of the political party involved) or sounding like a conspiracy theorist - best to dismiss the whole thing with something like "*both sides are useless, we should just do things for ourselves and our community*".

Look at antifa - they aren't that actually that well-armed, but they are radical and they are organised, the right is only armed thanks to the neoliberal establishment crushing organisation via propaganda and state violence. In a post-SHTF situation, antifa types will rock up to any town hall meetings set up to decide what to do, and they will simply out-shout you and push everyone else sensible aside, thanks to their stepping into the political vacuum through being organised and politically active. Meanwhile, if you're just sitting there polishing your AR, you're gonna be fucked, and any resistance when they come to take your guns will only justify their actions as they will turn it into propaganda, eg: -

"Comrades, watch as we punish this eeeevil fasheest terrorist who dared resist the will of the community by refusing to hand in his babykilling guns for the greater good! Why, he hurt one of our gentle and loving antifa volunteers when we politely asked him to turn it in by kicking his door down at 3am. He even had food that he had kept hidden during this crisis, clearly he is an enemy of the People! Anyone who disagrees clearly sides with the fasheests!"

The antifa and radical communist types will be the ones with the personal & political connections to provide the local community with a stable form of government that can provide supplies and food while protecting from outside forces, meaning that people who dont give a shit about their

ideology will join them simply because it means their kids get fed. They have people embedded in government **right now**, you probably don't. So make those connections, and make them now.

You don't need hundreds of people who are politically on-side, a literal handful of right-minded folks with good connections built-up over time may well be enough to prod your town to good choices when disaster strikes and it becomes obvious help will never come. If you are there at the center of things during minor local crises giving out level-headed advice, you will be looked to for advice and guidance when bigger disasters happen. Presence is key - you must show sensible leadership and enough compassion to be accepted *now*, in order to make hard decisions later.

Read the book "MAGS: the People part of Prepping" by C. Hogwood for some more ideas.

+ + +

Under no circumstances whatsoever let yourself become a refugee under government control in some camp. People herded like this have statistically shown the lowest survival rates in every conflict, disaster, or crisis since the dawn of time.

+ + +

When it comes to emergency preparedness, it is important to prepare for the less severe yet more realistic situations that are likely to strike you and your location at any time - it's certainly more entertaining to speculate about a Chinese invasion or insurgency against a government suddenly turning totalitarian, it's far more realistic to seriously evaluate the consequences of sudden loss of employment, natural disaster such as flooding or landslides, the spread of a new pandemic, or even just the gradual and increasing disruption of access to water, food, energy, transportation and public safety due to the gradual societal collapse most of us can see creeping up all around. It is also important that a single localised event cannot take from you all that you have prepared.

Imagine having your SHTF supplies securely stored in your house, but you're forced to bail out in a hurry with your family when the house catches fire in the middle of the night. Suddenly, all your supplies have gone up in smoke! Instead of having multiple, redundant caches in various locations (oh, you didn't have a cache of supplies in a cheap storage unit on the edge of town, or laid up with friends or family at their farm, anon? Oops, too bad.) which may enable your family to go on living sort-of normally until the insurance pays out so you can rebuild, you are suddenly bereft not only of your home, but all your moveable property and your emergency stockpile as well.

What if a major chemical plant on the edge of your city exploded, and citizens were told to evacuate because it was now leaking toxic chemicals all over? Sure, you could take your bug-out bags, and drive off to your Aunt Sally's just outside the danger area, but now you've left some of your best supplies at home where they could be looted while you're away, or perhaps they're unreachable at your bug-out cabin a hundred miles away (why don't you live there?).

Consider that there is strength in numbers- better to have a dozen or so families bugging out (or in) together and working together to provide food and security post-SHTF than one family or worse, an individual, trying to stay alive with no help at all. Perhaps the team could rendezvous at the home of one of the members, which could then be used as a base of operations.

Dispersion of your supplies and equipment is extremely important- learn to cache. A sealed plastic 44-gal drum, carefully packed with sealed, airtight bags of dried rice and beans (and a few waterproofed bags of ammo, etc.) and buried in a known but secret location (or rather, several such barrels in multiple locations) enables retrieval even if marauding bandits force a family or team member to reveal the location of one such cache under duress.

Spare weapons also should be cached, preferably a primary cache of rifles sealed in a bag filled with oil or grease, with a single full load-out of ammunition in a cheap set of webbing (a great use for ALICE gear or those cheap Chinese chest rigs, actually) the whole lot vacuum-sealed into an airtight bag placed into a box or other waterproof container and buried. The same but using cosmoline (or at least, heavy marine grease) for secondary caches. If you manage to get out of Dodge with all your equipment during SHTF and don't need these weapons for yourself, they can be handed out to new members of your group as it grows in size. The reason I don't recommend using cosmoline for your primary weapon cache is because you might need the cached weapon(s) operational immediately after retrieval.

A crucial planning aspect for guys like you is to select gather-up locations (in military parlance, a form-up point or FUP) with team members and your families once SHTF or disaster hits. Sounds easy enough, but the process and procedures need to be finalized, shared, learned, and, yes, **practiced** by all parties concerned. Communication is critical when preparing to survive any type of disaster event.

Within the elements of consideration for gather up waypoints is to understand there are or can be several different locations of gathering spots basically involving ranges of distances from your primary residence. However, other contingencies may also be faced with adults at different work sites during the day, children at one or more schools, and even kids away from home at college or their own work locations.

You have to factor in all these alternatives so that everyone concerned can rally at the same places when it becomes necessary. Plans also have to be made for who and how communications are sent out to notify others when the plan is being activated. As with most disaster reactions, nothing is easy, and many glitches can pop up in the process.

First out of the box is to identify a gathering point that is relatively close to home. Evacuations can be initiated by a number of events, but the level of SHTF seriousness may dictate how far the group should travel to meet up. If family or a prep team cannot meet at a designated primary residence to bug in or lock down temporarily, then the first waypoint location needs to be relatively close to home. This could be the corner grocery store, gas station, or convenience store. The plan must detail how everyone gets to this spot and the roles of every person.

Next is a location to gather that is further from home, such as in town or city. Think of viable travel routes trying to avoid heavy traffic or other congestions. Sites like shopping malls, a business park, area police station, or another well-known location should be considered.

Finally, map out a distant gathering point in a circumference of up to 100 miles or more from your residence. This would be for highly severe incidents like a hurricane with time to evacuate to a safe zone.

Again, think this through. Pick safe spots. Know what to take with you. Work out how to communicate the plan. Provide maps, addresses, contact numbers, text numbers, and supply lists. At some point practice a gather up scenario to see what works or fails.

Remember that every urban dweller will attempt to exit the cities once the situation deteriorates sufficiently, and that as the saying goes "civilization is three missed meals from anarchy at all times" - you must expect the idiot masses to exfil through major travel arteries, and for the smaller "feeder" cities to be swamped by desperate, violent and helpless (and basically useless) refugees- the sort you couldn't even offer to pay in food for digging some crops into the ground, because they'd stab you first.

Should your team have selected to "bug-in" before SHTF in an urban location, your team must be big enough to maintain a 24/7 watch over your perimeter, meaning it should number at least 10 adults, and this also assumes you have access to say, solar-powered CCTV cameras with video feed to a central location, and you've prepared your base to minimize access points.

In any case, every mature person (note: not "adult"- better a sensible teenager than a childish 40yo.) should go armed at all times to respond at a moment's notice if someone attempts to infiltrate your retreat, which needs to be as low-profile as possible. Infiltration in all cases should be met with overwhelming lethal force if the rule of law has broken down, so that surviving attackers cannot return with more people whom they've enticed to help attack you with tales of your vast food supplies, etc.

If you're not willing to fight for your rights, then you don't deserve to have them.

It's ok to be afraid. It's not ok to give up. The way to be less afraid is to prepare. Get off your computer and go outside. Teach yourself to dig a concealed firing position in the woods where a SWAT team and vehicles are worth fuck-all. Plan your responses to various scenarios, and practice them. Find the nastiest, most inaccessible place within 5 miles of your house and learn the fastest way to get there. Learn to live there for a whole weekend with only what you can bring in a backpack in the worst weather possible; the fucking BOY SCOUTS had a merit badge for knowing every inch of land in a 5 mile radius from your house, and fat fucks today can't even do half of what children were once capable of. If you live in the city, learn to disappear. Establish nearby points that you can escape to that are out of sight and from which you can plan your next move. The police aren't planning anything past your house. If you can even be arsed to stop masturbating to your own despair long enough to think of a quiet, out-of-the-way alley that you think you'd be able to get to before they get to your apartment, you're already a step ahead of them.

Above all, connect with other like-minded individuals and prepare yourselves.

Here's the above advice in a fictional generalised scenario;

You previously made plans to head for your bug-out location at your buddy Frank's farm due to increasing rioting and violence in your city, but the day before departure, police go door-to-door "temporarily" confiscating firearms from citizens in the name of "public safety" after the start of the Event (whatever might be the cause).

You're not going to have a shoot-out with the police with your wife and kids there (are you?), because even though the police's circle of control keeps shrinking, you're still inside it and know they have a habit of shooting at the least sign of resistance, and then shooting some more, so you hand over the shotgun and pistol you have in your home quietly and without causing a fuss or drawing attention, even asking for a receipt and advice on when you might be able to collect them again.

Afterwards, you quickly ring your work to let them know you're not coming in next week because you "caught the flu", then you turn off your cellphone, wrap it in two layers of foil and drop it in a drawer to maintain OPSEC before loading up your car with everyone's bug-out bags and extra spare food.

On your drive to Frank, you stop by a nondescript patch of woodland, go for a walk with a shovel, and return with a three-foot long piece of 8in PVC pipe sealed at both ends. Inside are two ARs, two cheap sets of webbing, two pistols, and enough magazines and rounds to hopefully arrive safely at your destination. You also replace the number plates on your car with some you got from an old wrecker's yard, so that the CCTV camera's that seem to be popping up on roads all over these days can't confirm that it's really you travelling.

As you pass the last gas station on the edge of town, you stop briefly and use a virgin burner cellphone to send coded warnings to the rest of the team about the confiscations and violence, urging them to get to the primary bug-out location at Frank's farm (e.g.- "Just checking to see if we're still on for Grandma's birthday party next week?" = get out of town right now, meet up at Frank's.). You also have a spare cellphone or two that have no chip in and have never used full of apps and reference ebooks that may come in handy.

When you get there a couple of hours later, you see you're not the first to arrive- three other team members and their families arrived earlier, with similar stories to yours.

Together, you prepare the barn so that it can be used to live in, and bury additional caches of spare supplies, weapons and ammunition in the woods a few miles from Frank's farm. . . .

Now, most of that scenario could have been used in exactly the same way if you had to leave your house because of flooding, fire, etc.

A thought on post-collapse political organisation and law:

Even in groups as small as 4, there is always one "lone wolf" willing to sacrifice the community's good for their own benefit, especially if the decision is implemented via a secret vote (((hey, does that sound familiar?))) - this is why a shared, explicit value system is so important: consider very carefully who you let into your community as a member.

This next part will probably earn me some flak, but hear me out. Since representative democracy doesn't exactly have a history of working out well for the represented in the long term, I suggest imitating a modified version of the Pashtun concept of a *jirga*, or council, as the most direct form of functional democracy possible. A description of how one works follows, then I include an explanation of how to apply it to your group:

"the jirga ... takes its roots from Athenian democracy, although some scholars argue that it predates it. The participants arrange themselves in a circle, and everyone has the right to speak. There is no one presiding, in accordance with the principle that no one is superior [to any other] in the eyes of Pashtunwali [the Pashtun code of conduct]. The decision is based on a majority consensus. Those who defy the decision of the jirga open themselves up to officially sanctioned arson and murder. It is significant that the jirga does not allow representation: it is a direct rather than a representative democracy. It is also crucial that the jirga reserves the right to abnegate any agreement previously entered into, making treaty-based state-legal relations with the Pashtuns impossible. Lastly, only those who follow Pashtunwali can participate in a jirga; all outsiders are automatically excluded. This should give you some idea of why Pashtunwali presents an intractable problem for any empire that wants to dominate the Pashtuns."

- from Dmitry Orlov's excellent book *The Five Stages of Collapse* (emphasis added)

Note the three most critical points for our purposes:

1 - the jirga does not allow representation: it is a direct ... democracy.

You cannot elect someone to speak for you or use a secret vote - you can only speak for yourself, while present at the time. Thus you don't end up with a congress that is supposed to work for you, but actually only works for itself.

2 - the jirga reserves the right to abnegate any agreement previously entered into

Previous decisions can be erased by the group by forming a new consensus decision - you cannot be bound by old decisions, treaties, etc. once they become harmful to your group.

3 - only those who follow Pashtunwali can participate ... outsiders are automatically excluded.

You cannot end up with a situation where individuals who do not follow your moral and ethical code make the decisions for those who do. The usual things /pol/ whines about are impossible, because no matter how talented "da j00z" may be, they cannot take over control of institutions they are automatically excluded from. Think of it as conditional citizenship- fail to constantly *act* as a good citizen, and you stop being one.

Now let's talk about how such a thing could be incorporated into your team.

1 - This one is pretty simple, and you should see why: similarly to Pashtunwali, decisions that affect the group should be made by all group members, equally sitting together in council. If it affects you, you should be allowed to speak up and must then accept the decision. It is best if there is no official leader to bully others into compliance- you don't need a president, you don't need representatives, you don't need a Congress or taxes- you only need yourself. The importance is to

reach a compromise tolerated by the whole group, not simply to vote on which idiot leads- it is completely ok to disagree, but the group must reach a decision that is accepted by all members, and it is ok if the decision is only a temporary one. The other option is to opt for representation, and inevitably end up with the abortion of justice that the US government displays today - a million rules and laws that get breached every day by every citizen, and where you are told "you can't say that" by the loud-mouths. Instead, under this system, if you disagree with the decision, fine go your own way- but you are no longer included and are outlawed (in the ancient Anglo-Saxon sense) from the council, and anyone can harm you with impunity, so good luck out there.

2 - *"the right to abnegate any agreement previously entered into"*- so, let's say that last year, your team/tribe/council agreed the river X would form the boundary between your group and the town of Bumfuck, and that you agreed you would do all your trading in Bumfuck as long as you paid no taxes. However, Bumfuck has allied with Shitsville and is now demanding you pay taxes to trade there. You hold a council, and hey presto, screw that agreement, all your trading will now happen in Dicksburg instead, Bumfuck's rival. Or let's say that post SHTF, the fragments of three states join together and declare themselves the New United States of America (NUSA) - since it was a good deal at the time, your group agrees to become citizens as the NUSA declared there would never, ever, ever be an income tax. Only they decide to implement one later anyway because their Senate and House voted on it with a 51% majority, LOL. Oops, your council holds a meeting and decides to go Ghengis Khan on NUSA's lying ass.

3 - This one should also be pretty simple, but here's an example anyhow: let's say you have a member, let's call him Joe, who for whatever reason breaches your moral/ethical code by, let's say, cheating other members out of money in a way that would be prohibitively expensive to sue over even pre-SHTF. You assemble the council, have the victims and Joe speak, and determine that Joe breached your agreed-on moral code, and hey presto, he's now no longer allowed to take part in any decision- including the one that decides his fate.

See how this system reinforces in-group bonds and loyalty? See how the Pashtuns have resisted all invaders for the last two millennia? The optional goat sex requires your group also choosing the "islam" package (not recommended, btw - it only has 1 star reviews). Remember what I said above: **"fail to constantly act as a good citizen, and you stop being one"** - imagine how this simplifies crime and punishment;

Today in the USA, Tyrone goes out to rob a store and in doing so kills the clerk. Here, if Tyrone gets identified as the perpetrator, and *if* the police decide that catching him justifies the expense, and **if** he is caught, and **if** the DA decides to prosecute, and **IF** there is no plea bargain, and finally, **IF** he is found guilty after an expensive trial at taxpayer expense, then maybe justice is done, at least until Tyrone gets released for good behavior and does it all over again

Under conditional citizenship, the process is much simpler - citizens from the town or neighborhood where the crime happened hold a council and let Tyrone speak, as well as any witnesses and families involved. Decide if Tyrone is guilty and assign punishment - perhaps he must pay a blood-fee to the clerk's family, perhaps he must pay by indentured servitude for a fixed period, perhaps he is declared to be outside the law's protection and given an hour to run for his life - whatever the council decides for a given situation is final, with no further appeals, and the decision is not bound by precedent, though it may use precedent as a guideline if desired.

Could this suit your law & order needs? That is for you to decide- I suggest you discuss it.