

**SURVIVAL REPORT**

**URBAN SURVIVAL**

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## What does urban survival mean?

There are plenty of survival guides out there and most of them about surviving miles away from home. But what about the everyday, the mundane, situations where you constantly find yourself saying:



**if only I had that, if only I knew that?**

Although it's always the same thing, you've never got the right tool or the right information handy. Well, that's what an urban survival guide is good for. Helping you survive right where you are.

Even though, “experts” say: when in danger, you have to leave, we have to admit that packing up and getting out may not be a solution for everyone.

Why?

1. Family members who are unable or unwilling to move due to age, sickness, physical shortcomings, finances, denial, or baseless “Hope”. It could easily be a no-brainer for you to choose the high risk situation of staying with them rather than the fear abandoning them to an unknown fate.

2. You may not be able to find a job that you're trained for in a rural area, or you might just be in a financial pickle where you can't afford to leave.
  
3. If you or a member of your family are undergoing long term medical treatments and need to be close to a particular hospital for insurance purposes.
  
4. You might have a retreat to go to, but miss the window of opportunity to leave town and now the roads are choked with out-of-gas cars.
  
5. One of your immediate family members could be traveling on business.
  
6. You or your spouse might be a public servant (police, fire, EMS, military, or utility) and you agreed to stay and help.
  
7. You don't have anywhere outside of the city to go.
  
8. The "disaster" is a deadly virus (flu) outbreak and you can just ride it out safely at home.

9. You experience a natural disaster like an earthquake, volcano, mudslide, or tsunami.

These are all possible situations that you need to consider and trust me, if you have everything you need, you'll be fine wherever you are.

**But what dangers are we talking here?**

## List of potential threats

### 1. Crimes

First of all, you need to be aware of the criminal rate in your area. Don't be afraid. This is only a precaution measure and something that everyone should do.

You can view all of the crimes that your local law enforcement is reporting by going to one of these two sites:

<http://www.crimereports.com>

If your city does not share data with crimereports.com, try:

<http://www.spotcrime.com>

On crimereports.com, click on the "Crime Types" button and select violent crimes. Then, pick the 30 day option. This will show you all

of the violent crimes committed in your area in the last 30 days, as reported by your local law enforcement.

In the upper right hand corner of the map, it will tell you how many crimes are being shown. Crimereports.com will show a maximum of 500 crimes on a given map, so make sure you zoom in so that this number is under 500.

The addresses that have a teal blue box are addresses where multiple incidents have happened in the last 30 days. If there are areas with multiple teal blue boxes, consider marking them on your map.

## 2. Accidents/Natural Disasters/Terrorist attacks

Take a look at your map or <http://www.nationalatlas.gov/natlas/Natlasstart.asp> if you don't have your map handy and locate the railroad tracks in your area. If you are within a mile of the tracks, you need to have a plan in place for rail accidents.



No need to worry. There are only 5-10 rail crashes a year in the US and the Graniteville crash is the WORST one since 2005! Most deaths in rail accidents happen because of the actual crash and not because of chemicals released into the air.

In addition to accidents, Arabic terrorist websites have been promoting the use of homemade thermite to cut rail lines or weld debris to rail lines in urban areas to derail trains suspected of or known to be carrying hazardous cargo. These sites are also promoting attacks on industrial chemical storage facilities. In particular, they're targeting anhydrous ammonia (fertilizer), hydrogen fluoride (pharmacology, plastics, refineries), methyl isocyanate (pesticides, adhesives, rubbers), and chlorine.

So, if you live/work near a rail line, you should know that a crash/toxic leak is a possibility and decide what your response would be if a large scale chemical release happens. It isn't likely to happen, but if it does, you may be the only person who can act immediately and guide others around you.

Fortunately, your preparations for this scenario will also carry over to the more mundane (and likely) threat of an industrial fire upwind of your location. As an example, if you hear a massive train crash 1/2

mile upwind from you during a “normal” time and immediately see a cloud rising up into the air, you might want to take action by getting out of the area.

There was no explosion and you can figure that if the wind is blowing straight towards you with a light breeze (10 mph), you probably have 3 minutes before any of the smoke/chemicals reach you and the best course of action is to leave in your car and tell your co-workers/neighbors to do the same.

Let’s say that you are directly north of the explosion. If possible, you want to put distance between you and the incident while traveling perpendicular to the direction of the wind.

Keep in mind that your response will most likely be different if a large scale chemical release happens during “normal” times than if it happens during a local/regional emergency if normal travel isn’t an option.

If such an event happens during a time of general emergency, or if you aren’t one of the first to evacuate, you may have to **Survive where you are.**

You should also consider developing a similar plan if you live within a mile of a chemical manufacturing company, refinery, fuel storage

facility, or manufacturing facility that has large stockpiles of chemicals.

Start making note of these facilities as you're driving around and don't be afraid to ask firemen if there are any facilities near your house that you should be aware of.

### **3. Crowds**

Avoid large groups of people in case of emergency. In particular:

1. Stadiums
2. Homeless Shelters
3. Schools
4. Auditoriums
5. Any area designated as a Red Cross Shelter
6. Hospitals
7. Churches

Why? Well, it's where panicked people trying to get in will be. It's where people looking for handouts/victims will be hunting for their next mark. It's also where people who got kicked out of the facility for fighting/drugs/etc. will be congregating, and drug dealers will be peddling to refugees from the shelters.

Your area may be different. In many parts of the Midwest & the Rockies, church members wouldn't stand for a situation like this and churches will be a place of refuge during/after an emergency. If an emergency happens in your area and you decide to go to a church, stay alert. If it doesn't feel safe as you're approaching or while you're there, leave immediately.

Mark these facilities on your map, but only the ones in areas near where you are likely to be when a disaster happens.

#### 4. Traffic

You'll know many of these immediately areas from your daily travels. What roads/intersections get backed up during the morning commute? The afternoon commute? On Fridays before a 3 day weekend? What stop lights take 3 lights to get through?



There's another category of choke points that will also be an issue in disaster situations, and those would be bridges and canyons where

an accident shuts down all traffic, places where the number of lanes of traffic goes down, and construction areas.

## Protect against intruders

### House hardening

The truth is you can easily spend hundreds of thousands of dollars hardening your house with upgraded doors, windows, walls, and roofs, but hundred thousand dollar solutions are not going to help most of the people reading this guide. Most people who have that kind of money to throw at urban survival would be better off moving to a rural location full-time.

What we're going to do is focus on affordable strategies and techniques that can help protect your family and your belongings now and inexpensive ways to beef things up quickly if you need to be safe in a survival situation.

It's important to accept the fact that most houses in the US will always be vulnerable if someone is determined to get in or get you out. Many European homes are built of concrete blocks or large stone. It's a rare house in the US that can withstand a direct impact from a pickup. It's also a rare house that can withstand a few

Molotov cocktails or even an ordinary wildfire, as we see almost every summer on the news. This is why it is important to try to bring as little trouble on your house as possible, both now and in a disaster situation.

Let's start by looking at how burglars break into houses right now. Apparently, 32% enter through an unlocked door or window. According to the FBI's 13,360 reporting agencies, this happened well over 600,000 times in the US in 2007! That was in a GOOD economy with low unemployment.

After unlocked doors/windows, 26% of burglaries are forced by impact, 24% by prying or jimmying, and less than 7% us a pass key or lock pick, including the infamous "lock bumping." The "where" is as interesting as the "how." 34% of burglars enter through the front door, 23% through a first-floor window, and 22% through the back door. Only 2% entered on the 2nd floor. And alarms?

Well, 41% of alarmed homes where burglaries were attempted had their systems turned off! (Alarm battery dies quickly when the electricity goes out, so unless you have it hooked up to a car battery that gets recharged regularly, don't depend on it in a blackout situation)

Now, here's what you can do to make exterior doors more resistant to forcible entry:

**Door** – If you are replacing your door, go for a solid wood door, fiberglass, or aluminum door, depending on what is recommended for your locale and the direction the door is facing (in relation to the sun.) Check with contractors to see if there are any businesses in your area that stock used doors. It's possible to get great looking, solid, slow growth wood doors that are 50+ years old for less than a flimsy new door.

**Door Swing** – If you are installing a new door, consider installing it so that it swings outwards. It will negate much of the advantage that an intruder has during a forcible entry attempt. Any attempts to kick, ram, or push the door open will be thwarted by the entire door frame in addition to the hinges and deadbolt.

There is a risk in doing this. If you are in blizzard country and get deep snow against your door, you won't be able to open it to dig out. If you are in flood country and water rises quickly, you may not be able to open the door until the water level is the same inside and out. And, if you ever need help from the fire department or EMS and

can't unlock the door, they will have to do quite a bit of damage to get in...but since you're trying to make your house difficult for determined people to break into, that's a trade-off you may be willing to live with.

### **Solution**

Remove a strike plate screw and a hinge screw from each door in your house. If they aren't 3" long, then replace them with 3" screws.

**Windows** are the next vulnerability that we're going to cover. Again, we're looking for solutions that don't make your house stand out, will increase your security now, and increase your security in the event of a disaster. Plywood is a great field expedient option for protecting your windows in a hurricane, but is obviously a poor choice during normal times.

If you use plywood during a disaster situation, it will protect your windows, but it will do so at the cost of reduced visibility. Anyway, having a few extra panels on hand would be very useful. Why? Because every other option takes time to research, decide on and install. Every other option takes significantly more money than plywood as well.

## Self defence

Knowing how to fight off assailants is a mandatory urban survival skill. If possible, take basic self-defense or martial arts instruction.

Some common items that are useful as self-defense urban survival gear include:

**Broomstick**

**Glass bottle**

**Walking cane**

**Stun gun**

**Pepper spray**

A flashlight, radio, and spare batteries also help identify possible safety hazards and potential assailants in unfamiliar urban terrain.

## Always better to prepare and prevent

If you didn't learn this lesson yet, it's time for you to start preparing for a potential threat. And first thing to be pointed out is **organize**.

If you don't have a list of survival items that you need/want, you're going to end up with a mish-mash of survival supplies with some elementary gaps.

You need a list based on categories and it should look like this:

- 1. Shelter (tarp/foil blanket/tent/sleeping bag/etc.)**
- 2. Water (boxed/bottled water/iodine tablets/Chlorine/boiling/filter/purifier)**
- 3. Fire (matches/lighters/lenses/flint-mag/"high-speed" tools/skills to make fire)**
- 4. Food (cupboards/stored food/self-reliant sources)**
- 5. Medical (Including prescriptions necessary for survival)**

After these big items are taken care of, THEN take care of the following:

- **Security (dogs/weapons/skills/training/alarms)**
- **Comms (wireless/wired/local/extended range)**
- **Extra clothing**
- **Comfort**
- **Barter(cash/gold/silver/.22/cigarettes/liquor/Immodium/iodine tabs)**

What I encourage you to do is to create a list of all of the "stuff" that you want to buy. Next, go through it and designate whether or not it

is something that you absolutely need or something that you just want.

Next, you will insert the time component and the list should look like this:

**Survival food for 72 hours**

**Survival food for 6 months**

**6 month supply of food we currently eat**

## **Basic Supplies Inventory**

This is an initial inventory of basic items that you should have for Urban Survival in your house.

- ✓ Fire
- ✓ Food
- ✓ Water (and low sugar, no caffeine drinks)
- ✓ Fuel
- ✓ Batteries
- ✓ Trauma Supplies
- ✓ Medicines (expiration dates)
- ✓ Vitamins

## ✓ Prescriptions

This inventory does not have to be exact, and can look something like this:

**Fire:**

Fireplace & 1/2 cord of wood

Camp stove

Propane grill

Propane single burner

12+ boxes of matches

12+ lighters

Flint/magnesium fire starter

20+ candles

**Food:** (non-perishable food that you won't be eating in the next 7 days)

40 cans of soup/vegetables

5 pounds of potato flakes

275 serving Costco meal bucket

2 3600 calorie bars

60 cliff bars

**Water:**

60 gallon water heater

5 x 32 oz Gatorade

24 x 1 liter bottles of water

**Fuel:**

3 x 5 gallon Unleaded (Dated)

2 x 20 lb propane

1 gal white gas (camp fuel)

400g isobutane (camp stove)

**Batteries:**

20 AA

10 AAA

2 9V

0 C

0 D

3 Lithium flashlight batteries

1 extra watch battery

**Trauma:**

Band aids from mid 1990s

Costco first aid kit

Medications:

Advil: 300+

Tylenol: 225

Aloe: 16 oz

Imodium: 16 oz

**Vitamins:**

60 days

**Prescriptions:**

36 contacts & 1 pr glasses

You can also include ammo and other survival supplies that you have on hand.

## **Psychology aspects**

If you thought that having all the food, water, guns and skills to overcome a potential threat is enough, you couldn't be more wrong.



**The mind is truly the cornerstone of survival**

The first thing you need to do is accept the fact that **fear is OK**. Only delusional people will operate without fear in a survival situation. It's much more healthy to identify fear, accept it, and use it as a high-performance fuel. The more you can learn to identify and love the feel of fear-induced adrenaline coursing through your veins and use it to improve your performance, the more you will become the master of it.

The best way to do this is to put yourself in controlled situations where you get adrenaline rushes. Well, that's right. Not everyone can stack up and raid a house, serve high-risk warrants, or set up and execute an ambush, but there are other activities that you can do to help you get used to adrenaline. Sparring, shooting competitions, rock climbing, rappelling, high-consequence negotiating, and public speaking are just a few.

The next thing you need to keep in mind is that in a survival situation, you will lose things. It could be your comfortable life, possessions, friends, or a family member. You don't want to make your life about focusing on what you lost, but your mind will need to work through various emotions as you are moving forward with your life. Move forward and don't dwell on the past.

Set goals. It could be as simple as making sure everyone gets 7 hours of sleep and that you talk with 3 of your neighbors every day for the next week. In a survival situation, you might have a map of the area and set a goal to explore 10 new blocks every day until you have covered every street within a mile of your house.

If you have 100 gallons of water, 5 people and 2 dogs and you're figuring 2 gallons per person per day and  $\frac{1}{2}$  gallon per dog, you will want to have a goal to secure additional water for your group within a week if you don't have a way to recycle it. These goals will give your mind something to focus on. Your mind will focus on something. And it better be productive. Being selfish is not an option.

Allow yourself to only think about things that you have control over. Worrying about what the weather is going to do will not help you. Creating a hasty plan for what you will do if various weather events happen will help you. Worrying about which of your rights the government might eviscerate next will not help you. Getting active politically by volunteering, helping a candidate or elected official with research or by donating can help. As worries or concerns enter your mind, evaluate whether or not you can do anything about them. If not, think about something else. If it is something that you can do

something about, come up with a hasty plan, write it down if necessary, and expand on it later if it makes sense to do so.

And remember: **Have something bigger than yourself to live for.**

It's the will to survive that might save you.

Joke, smile, laugh and play games when possible. It will refreshes your soul and in a survival situation, you're likely to need lots of refreshing. Besides light hearted laughter, know that you'll probably find yourself laughing at inappropriate things. Medical professionals, firemen, and soldiers often laugh at disgusting, sad, and gut wrenching situations.

There are many stressful situations where the line between crying and laughing is blurred. Someone watching from the outside might think that you are being irreverent, but in reality it is a simple coping mechanism that our brain uses to give us an emotional outlet. Just accept it, go with it, and know that most people will not understand the humor, but hopefully the people that you're with will.

People under stress have a potential to panic if they are not well-trained and not prepared psychologically to face whatever the circumstances may be. While we often cannot control the survival circumstances in which we find ourselves, it is within our ability to

control our response to those circumstances. Learning stress management techniques can enhance significantly your capability to remain calm and focused as you work to keep yourself and others alive. A few good techniques to develop include relaxation skills, time management skills, assertiveness skills, and cognitive restructuring skills (the ability to control how you view a situation).

Remember, "the will to survive" can also be considered to be "the refusal to give up."

Never waste time focusing on problems when you can use that time to come up with solutions. It is subtle, but the difference in results is dramatic. Focusing on problems is degenerative in nature. It eats away at your mind, your sleep, and your relationships. When you identify a problem, immediately focusing on solutions trains your mind to look forward, to anticipate a better future, and to spend time on thoughts that can actually help you.

I can't stress enough on how important psychology is to survival and how vital your ability to positively influence yourself and those around you will be. In a survival situation, you may need firearms skills, martial arts skills or negotiating skills, but you will most certainly need the ability to calm your mind and calm the minds of those around you.