

# SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

## TRAVELING WITH MINIMAL GEAR

### How Much Can You Carry During a Crisis?

By Jason Hanson

*Former CIA Officer*

It's not just CIA Operatives who should learn how to travel with minimalist gear. Everyone should figure out how to do more with less. For instance, Clint B. is a fellow who loves the outdoors. He's hiked the lengths of the Appalachian, Pacific Crest, and Continental Divide trails by foot, three times each. He's traversed over 30,000 miles during his hiking career.

When Clint first started hiking, his packing list looked pretty standard, including items such as leather boots, plenty of extra clothes, a tent, a sleeping bag and a huge bag to stow it all away. The problem was, as Clint stated, *"As I trudged with that heavy burden, all I could think about was how painful it was to hike like this and what I could do*



*to lighten my load.*" In other words, Clint quickly realized that his hiking career wouldn't be successful unless he lightened his load and carried only a single backpack full of gear.

The next thing Clint did was go through his backpack and remove anything that wasn't essential. One of the first things he got rid of was the extra pairs of clothing in his bag. In addition, he swapped out his big hiking boots for trail-running sneakers. As Clint removed more and more unnecessary gear, he whittled his backpack down from roughly 30lbs of gear to only 8lbs.

**"He's traversed over 30,000 miles during his hiking career."**

Even if you aren't planning a long hiking trip anytime soon, you should still prepare to travel with only a backpack that contains a gear load that won't break your back. Just like Clint, you don't want to be tired and sore on your first day hiking, especially if you are getting out of dodge during a dangerous situation. There is no question we can move faster and safer if we have less burden to carry on our shoulders.

First, when it comes to traveling with just one backpack, you need to decide the maximum amount of weight you want to carry. This is

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obviously going to be different for everyone since we are all in different physical conditions. As a general rule of thumb, if you sit in an office most of the day and don't get much exercise, then you probably don't want to carry more than 15-20lbs on your back. On the other hand, if you exercise daily and are in pretty good physical shape, you can probably bump that up to 25-30lbs.

When it comes to packing your backpack, here are three rules to remember:

**Pack the must-haves, not the nice-to-haves.** Lay out all your gear and then think about every item, eliminating anything you don't absolutely need. If it's your first trip, you might end up packing more things just because you don't know exactly what you will need the first go around. Most first-time travelers wish they'd packed much less once they get going on their trip.

**Don't over pack when it comes to clothing.** It's easier to do laundry or simply wear a T-shirt with a little stain, compared to packing lots of extra clothes. If fashion matters,

pick clothes that blend in and have a simple color pattern so that you can easily mix-and-match every clothing item you take.

**Bring versatile items.** Focus on items that will have multiple uses and reconsider anything you'll use only once or twice. Don't forget, you can buy or trade gear if you are in a bind or find a temporary fix, instead of carrying tons of extra items.

Also, don't forget about the crucial survival things you must have. You need food, water, shelter and a weapon. For food, have some survival food pouches. For water, have a quality water filter. For shelter, have a tube tent or a poncho. (Frogg Toggs are good ponchos). For a weapon, have a good fixed-blade knife. Once those categories are covered, everything else is a luxury.

Remember, this doesn't just apply if you're hiking or camping on the weekends. Take a look at your bug out bag too and honestly ask yourself if you could hike for miles with it on your back in a crisis situation. If the answer is no, start pulling items out.

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## Tactacam 5.0

When you are shooting a rifle at long range, it's obviously hard to see where your shots hit unless you have a spotter scope. That's why the Tactacam 5.0 might be a good addition to your shooting gear.

The Tactacam 5.0 is a camera with an optic housing that attaches to your rifle and allows you to take pictures and video while shooting.

The camera can be mounted in a few different ways — a Picatinny rail mount, an under-scope mount, and a barrel mount. The Tactacam 5.0 uses 4k resolution and has an image stabilization feature. This is designed to take the shock out of the video when you fire the weapon. It is tested to work with up to a .50 caliber, which is nice.

The 5.0 has a zoom mode feature allowing you to zoom in 8x for a closer view of the target. It also has slow-motion recording, a waterproof microphone, a 2.5-hour battery runtime, and can be easily connected to a TV to view the footage.

The system works with an app so you can use your phone to control many features of the camera and to see the view from the camera in real-time. You will need to purchase an SD card to use with the system. Pricing on the Tactacam 5.0 varies depending on the accessories you choose to add. But again, if you shoot long range, this might be a good piece of gear to have.

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# IS A HISTORIC PRECIOUS METAL BUMP COMING IN 2024?

## Why A Trump Presidency Will Be Great For Gold (Again)

By Forest Hamilton

*Universal Coin & Bullion*

With Trump the clear front-runner in the Republican primary, let's consider what a Trump victory could mean for the price of gold. The last time Trump was president (2016-2020), the price of gold went up 53.7%, increasing from \$1210/ounce to \$1860/ounce — one of the largest 4 year increases in the history of presidential terms.

So why does gold do so well when Donald is calling the shots? Trump is aggressive. An aggressive fiscal policy scares a large portion of the investing public. Scared investors tend to turn to safe haven investments such as gold and silver, lowering the supply and raising the price.

Trump's continued aggressive domestic and international policies would likely cause significant uncertainty, prompting investors worldwide to buy gold for the safety and historical performance it has consistently shown. Once that momentum begins, both in hedge fund and physical buying, it would be difficult to stop the gold wave.

Trump isn't afraid of starting a trade war. If the protectionist policies Trump is touting (like tariffs on China) triggered a trade war, U.S. exports would suffer, and an economic slowdown would likely lift gold prices to levels never seen.

Due to global supply chain issues, trade relationships are truly multi-lateral and overly complicated. So, if the United States and China (the world's two biggest economies) engaged in a trade war, it would massively affect Asia, Europe, and the entire southern hemisphere.

It's obvious Trump loves gold. One of the first things he did was change the drapes in the Oval Office to the color of gold. Trump has a branded Vodka with a 24-karat Gold T, a custom Gold American Chopper motorcycle with 24-karat gold detailing, a \$7 million dollar Sikorsky S-76 helicopter with gold seatbelt buckles, handles, and family crests. Also, Trump Tower Penthouse in Manhattan has 24-karat platters, lamps, vases and crown moldings. Plus, he has a \$100 million Boeing 757 Jet with 24-karat gold faucets, table legs, seatbelt buckles, and insignias.

In an interview by Jim Zarroli, Trump said he wanted to see the United States tie the value of the dollar to the price of gold. "Bringing back the gold standard would be very hard to do, but, boy, would it be wonderful! We'd have a standard on which to base our money."

Upon publicly accepting gold instead of dollars for a lease deposit from a new tenant in one of his most valuable properties, 40 Wall Street in New York, Trump said, "It's a sad day when a large property owner starts accepting gold instead of the dollar."

After the Government legalized private ownership of gold on Jan. 1, 1975, Trump jumped in and bought heavily. An ounce was selling for \$185. "We sold in the range of \$780, \$790. We did very well. It's easier than the construction business," he said.

Additionally, there's the "election year bull market phenomenon." Mike

Fuljenz, the President of Universal Coin and Bullion, has written many articles about the historic effect a newly elected president has on the economy, the psyche of the American people, and how well gold has fared during those times.

Both gold and certified gold coins have seen some of their largest historical increases in the year leading up to the election and the year following the new president entering office.

In short, the bullish view on gold under Trump rests on the expectation that his aggressive policies will keep the world on edge, that his fiscal spending plans will make many investors nervous, that his lack of fear in a trade war could cause an economic slowdown, and that his

**"Plus, he has a \$100 million Boeing 757 Jet with 24-karat gold faucets..."**

passionate love of gold will be powerful enough to continue the tradition of the election year bull market phenomenon.

Trump and his policies are clearly far more mysterious than any other president in recent history, making his second presidential adventure potentially worth its weight in gold.

**[Publisher's Note:** For questions about buying gold and silver coins you can contact Forest Hamilton directly at [foresthamilton@universalcoint.com](mailto:foresthamilton@universalcoint.com) or call 409-926-7001. Please know, if you purchase any coins from Forest, we don't receive any compensation from him. We simply know he's one of the good guys in the business that can be trusted.]

# COLD WEATHER SURVIVAL GEAR LIST

## Understanding The Unique Challenges Of Winter Conditions

By EJ Snyder

*Former Army Ranger and Extreme Survivalist*

It's still very cold in most parts of the country and last month, we had freezing temperatures in more places than usual. This is why a winter survival kit is an essential resource for anyone venturing into cold, winter conditions, whether for outdoor activities or in case of emergencies.

It's important to plan and prepare ahead of time when assembling your winter survival kit. This involves researching environmental and weather conditions you may encounter and understanding the unique risks and challenges associated with winter survival. For instance, consider the terrain, elevation, and potential hazards when selecting gear and supplies for the kit.

Staying informed about weather forecasts, avalanche conditions (in mountainous regions), and potential natural hazards in the intended area of travel is crucial for deciding on the contents of your winter survival kit.

To help you build your own kit, here are some items you should consider. First, ice axes are essential tools for climbing and self-arrest and also help in creating emergency shelters in winter survival situations. For instance, an ice axe can be used to dig a snow cave or construct a snow shelter, providing protection against the elements and essential insulation from the cold.

By mastering the techniques for self-arrest with ice axes, you can mitigate the risk of falls and injuries in icy or snowy terrain, enhancing your safety and confidence in challenging winter environments. Similarly, ice axes can help you establish safe and stable points for rope work and securing your gear.

Next, a portable stove provides a means for cooking, melting snow



for water, purifying suspect water, and providing warmth. It also offers psychological comfort and a sense of normalcy in emergency situations.

Being able to prepare a hot meal or warm beverage can boost morale during a challenging winter survival scenario. Using appropriate fuels and managing the stove's heat output can maximize the duration of your fuel supply, ensuring warmth and meal preparation over an extended period.

A simple thermal blanket provides insulation, helps retain body heat, and is a versatile piece of gear. For example, in an unexpected overnight stay, a thermal blanket can serve as a ground cover, providing a barrier between the body and the potentially freezing surface.

In addition to non-perishable food and collapsible water bottles, prioritizing high-calorie foods with a balance of carbohydrates, fats, and proteins can provide sustained energy and your body's internal heat production in cold environments.

Similarly, including electrolyte-replenishing beverages or hydration mixes can help maintain optimal hydration levels and support physiological functions in the cold, mitigating the risk of dehydration and its associated complications.

Reliable water purification methods will help you effectively obtain and

utilize water from natural sources and reduce reliance on limited water reserves.

In addition to the standard first aid supplies, it's important to be able to recognize the signs and symptoms of conditions such as frostbite and hypothermia, so you can promptly administer appropriate first aid measures, rewarming techniques, and protective wound care.

Multifunctional lighting tools such as headlamps with red light modes can enhance visibility and preserve night vision in winter survival scenarios facilitating safe and effective navigation and activities in low-light conditions. You should also have a well-made survival knife, multi-tool, and a firearm if possible (survival rifle or pistol – or both).

In addition, understanding the principles of winter navigation and route planning is crucial for safe and effective travel in snowy or mountainous environments. By employing strategies for map reading, terrain assessment, and hazard identification, you can confidently plan and execute travel routes, ensuring optimal safety and efficiency in demanding conditions.

Additionally, the availability of pre-assembled survival kits provides a convenient and expertly curated option for acquiring essential gear and enhancing preparedness for winter survival.

# THE TWO MOST IMPORTANT QUESTIONS TO ASK YOURSELF TODAY

## Using Operational Strategies To Survive What's Coming To The U.S.

By Michael D.

*Former Clandestine Officer, CIA,  
DIA, NSA*

We were at a meeting where all of the stakeholders (analysts, engineers, targeters, linguists, culturalists, and senior officials) were gathered to provide us with a briefing on the scope of the mission and bring operators up to speed on the history, significance, urgency, and risks of an operation.

They do not understand how we do things, so they always cover any and every detail they think might help. They have no idea that we often don't know exactly what we are going to do or how we are going to do it until we are in the act. There are just too many variables, external influences, and unpredictable surprises.

For instance, the planners like to decide exactly which outlet we should use to tap for power. They do this based on reports from assets who

visually inspected the area. They also use power plans for the building, photographs, and calculations based on their analysis.

Then, we get there, and someone has put some electrical device, or furniture, or added too much of a load on the outlet, and we have to improvise.

After enough times of that, we plan on improvising and just hope to use their plans as the first option. For this mission, the operations planner told us we would only have a short period of time to get into the room, get into the wall through the outlet cover, make the connection, set everything up, test it, and get out.

That's when Max smiled his famous smile and asked, as we always do, "How long do we have?" The answer is always, "That depends." Our only option is to calculate based

on the worst-case scenario (shortest amount of time), then deduct about 10% for life's little hiccups.

**"The electronics required several components and connections and we knew things go wrong..."**

In this case, they gave us an educated guess of the worst case which was about 30 minutes. Meaning, we had to develop an operational plan that would get us in and out in 27 minutes.

We had to conduct our operations in silence, with low light, working in an area for which we only had drawings for rehearsals. This included installing, connecting, testing and evaluating the device as well as concealing all traces we were in the room then getting out without being observed.

The job included gaining access into the secure room, getting to the area on the wall nearest to the desk (which included shifting a large book/display case containing unique, high-value breakables), removing the cover plate, installing a special device, connecting it to the power source, testing it, and putting everything back perfectly.

The electronics required several components and connections and we knew things go wrong when working rapidly in confined spaces, in the dark, under the pressure of life-threatening time restrictions.

So, we apply the adage "slow is smooth, and smooth is fast." However, we need our "slow" to be high speed, so we rehearse intensely for each op. When they briefed us on the equipment and tools required, one of the planners said, "You will need to have plenty of X."



Again, Max smiled and asked, "Okay, how much do we need?" The answer was, "We're not sure, but we think at least Y amount." Now, when someone not experienced in clandestine operations considers special materials for espionage missions, they generally do not realize you have to conceal all of these items on your body or in your personal belongings. And you have to be able to 'dump' or dispose of the incriminating materials before, during, or after the operation (even leftover or unused items) in the event you get apprehended.

It's one thing to be accused of something, but your cover instantly collapses if they find components of the tampering on your person. While rehearsing for this particular op, we had nightmares about moving the display case and breaking one of the rare items. We discussed taking each item out first, but the dust patterns would be impossible to recreate with such little time.

And there was still a risk of damage from moving them back and forth. Additionally, we didn't know if anything was secured in place or if there were items inside not visible to the asset who looked into the office. And, of course, moving everything would use up precious time.

Thankfully, the operation went smoothly (in a rushed fashion). We tested the device, put everything back together, and got out safely. By the time we got back to the states for the mission debrief, the analysts were giddy about what they had already collected from the devices. We finally had real-time collection at the highest levels and could corroborate or refute intelligence we got from other sources.

**"We tested the device, put everything back together, and got out safely."**

In today's information age, this is vital for every American to do with their news/intelligence sources. You must know the validity of your information and cross-confirm the information with another reliable, proven source. Avoid bias if possible, and only use tainted sources for background information.

Think of it like a weather report. If one station says it's going to rain and the other says it's going to be cloudy, then all you really know is that there will be some kind of weather tomorrow. Perhaps the most uttered query in time-sensitive special operations is, "How long do we have?" The second is, "How much do we need?"

I find it interesting that those are the same two questions I get asked most frequently when I do presentations or training. You see, Americans (and really every human being on the planet right now) are asking themselves, their friends, their financial advisors, their religious leaders, and their politicians, "How long do we have?" And then, "What and how much do I need to have on hand?"

We can all feel what is coming and we all want to know how long we have before it's on our doorstep. When people ask me these delicate questions, they are hoping that because of my experience and connections to the intelligence community and special operations I can provide them with some kind of definitive timeline or share the unmistakable mileposts that will accurately foretell coming events.

Thankfully, I can offer some sage advice: You will never have enough time or materials, but if you are willing to accept something less than optimum, you will succeed with whatever time and materials you do

have. The other small reassurance I can offer is that you have exactly as much time to get ready as everyone else does.

Time is a great equalizer. Used wisely and effectively, it's more powerful and more productive than money. Your savings account may not be as healthy as you might like, but that will probably be less important than the time you spend building and planting a garden that can provide perpetual food.

"How long you have" has more to do with how much you have already accomplished and how much time you're willing to invest. So, if someone asks you, "How long do you think we have?" you can, with good conscience, tell them, "Not as long as we might like, but enough to be ready for what is coming." Then use your time, today, to prepare.



## **SAVINT** **YOUR MONTHLY** **SAVINGS INTELLIGENCE**

Don't forget to grab more Flashbang Flashlights that we recently released to the public. The Flashbang is very versatile and was built for self-defense. The 230-lumens of light can easily blind someone and the 16-inch length is perfect for stopping an attacker. To see pictures and the video of me running over the flashlight in my military Humvee, visit [www.FlashbangLight.com](http://www.FlashbangLight.com).

# REVERSING A HORRIFYING TREND IN AMERICAN LIFESPANS

## How To Live Healthier For Longer

By Dr. Omar Hamada

*Special Operations Physician*

After decades of it increasing, the lifespan of Americans continues to fall. The gender gap seems to be widening as well. The average American woman now lives until approximately 79 years of age while the average American man lives until around 73.

Going back to the late 1800s and early 1900s when lifespan was around 50 age for millennia, we see that the relatively recent improvements in lifespan over the past century is due to improvements in treatment and prevention of infectious diseases.

The discovery of antibiotics and the implementation of immunizations are the most important causes of such rapid improvement. However, over the past few years, there has been a consistent decrease in lifespan. The primary reasons for this are issues of lifestyle choices and environmental factors.

Let's quickly differentiate between a longer lifespan and a longer healthspan. Lifespan is how long we live. Healthspan is how long we live healthy. So, though we are living longer than we did a hundred years ago, for most Americans, those added years aren't necessarily quality years. Many live with chronic pain, chronic disease, dementia, or chronic depression.

What gives us an increased lifespan now besides the infectious disease revolution we referred to above, is the management of chronic conditions through pharmaceutical science. But is that really healthy? Is the dependency on so many medications to keep us alive really worth it? Most

would say yes, but there is a better answer.

Two-thirds of Americans are on daily medications to manage their chronic "health" conditions. Over 70% of Americans are either overweight or obese. Larger percentages of Americans are now dealing with high blood pressure, heart disease, strokes, cancer, and diabetes.

It doesn't seem that we are making much progress at reversing these diseases, though we are making great strides in their chronic management. Our foods are filled with chemical, hormonal, and pharmaceutical additives and have less nutritive value than they did during our parent's generation.

Lobbyists and governmental regulations assure the production of large amounts of genetically altered foods, which continues to increase our size, worsen our health, and make us more dependent on medications.

Is it any wonder we have more chronic inflammation, worsening oxidative stress at the mitochondrial level, and worsening immune system function? We now know that the USDA food pyramid is upside down. Instead of high amounts of carbohydrates as the government recommends, we should be eating more fat and protein, minimizing processed and simple carbohydrates which lead to high insulin states resulting in obesity, dementia, depression, and cancers.

So, what's the answer to optimizing our physical health, reversing

our chronic disease, decreasing our chronic pain, and improving our healthspan? It's actually simpler than you might think, though it will take discipline.

You've heard it said, "Everything is hard; choose your hard." That's certainly true here. I'm part of a group called Argent Alpha. Our moniker is "Making men over 50 harder to kill." And there are primarily five parts to this approach - hydrate, sleep, eat, exercise, and mindset.

We should ideally drink 1 ounce of water for every kilogram of body weight (or essentially  $\frac{1}{2}$  your body weight in pounds). We should lock our sleep down and make sure our body and mind recover in optimal fashion. We should move our bodies daily and exercise every day. We should maintain an abundance and positive mindset.

We should eat healthy whole foods and focus on our macros, eating 1 gram of protein for each pound of body weight while limiting carbs to below 75 grams a day (50 grams if you want to get aggressive).

The goal isn't weight reduction alone, it is body composition. If you get to 15% body fat as a male or 18-20% as a female, your risk of chronic disease and cancer plummet, and you can actually reverse your diabetes, high blood pressure, and other metabolic problems.

If you've had enough of being sick and tired, start today, not tomorrow. Make small changes and lock in a new healthy you!

**"Is the dependency on so many medications to keep us alive really worth it?"**

# WHAT IS AN EXPLOIT KIT?

## Protect Yourself from Cyber Threats

By Mr. X

*Former Intelligence Operative*

Chances are, you probably haven't sat around your kitchen table with your family discussing exploit kits and whether or not you need one. Unless, of course, you are a criminal mastermind planning cyber-attacks. You see, exploit kits are essentially a toolkit that cyber criminals use to expose vulnerabilities in systems so they can spread malware or carry out other malicious activities.

One of the most concerning cases of an exploit kit being used occurred when hackers targeted Microsoft's Internet Explorer. The thing is, if the hackers had successfully launched their exploit kit, they would have gained access to execute code with the same rights as the current user and be able to change memory and hijack execution of programs. In other words, they would have achieved access to many components of the computer operating system. Luckily, Microsoft quickly released a security patch to fix the initial vulnerability so users couldn't be attacked.

A typical exploit kit usually has different steps along the way targeting multiple vulnerabilities in security. The initial step of an exploit kit is when the hackers make contact with their victim, usually by sending them spam e-mail with an infected link or by placing a malicious advertisement on a legitimate website. Once the victim has clicked on the link or malicious content, the hackers will filter out who they want to target. What I mean is, a hacker could target people from a certain country or geographical location by filtering IP addresses. Next, the victims are directed to the exploit's landing page. As soon as the victim is at this page, the hackers determine which vulnerabilities can be exploited and used in the next phase of the attack.



After determining which vulnerability they can use, the hackers will download and execute malware onto the victim's computer. Essentially, this last step gives the hackers access to the operating system and now they can do a lot of harm to the victim.

Although this may sound confusing, it's simple for criminals to do. This is why you must remember to do the following:

**Update everything.** Most folks know how critical it is to always run updates on their computers. Obviously, this is how companies such as Microsoft and Apple will block many cyber-attacks. However, some people may not realize that you also need to update your web browser and any programs you use. Just because you update the operating system on your computer it doesn't mean the browser was updated. So, whether you use Internet Explorer, Firefox, or Chrome make sure you always check for the latest browser updates. Also, don't forget to update your phone.

**Use Antivirus that scans websites.** It's crucial to use antivirus software

with the many different attacks occurring these days. However, you should make sure the antivirus software you use also scans websites you visit. For example, if you visited a website with a malicious advertisement, your antivirus software would scan the website and alert you to the risk before you click on it. Popular antivirus software includes McAfee, Norton, and Bitdefender.

**Block JavaScript.** JavaScript is used in web browsers to deliver interactive content, however, it's also commonly used by hackers to infect computers with malicious content. For this reason, I recommend using a web browser add-on that can block the use of JavaScript unless you give it permission. For Firefox users, there is an add-on called NoScript and for Chrome users you could use ScriptSafe.

Over the next few years, cyber-attacks will only get worse and you will be targeted if you haven't already been. So, make sure you protect yourself from exploit kits because they can easily infect your computer and you won't know until it's too late.