

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

THE BORDER IS CLOSED, PLANES ARE GROUNDED AND YOU'RE STUCK...

Getting Out of a Foreign Country When Disaster Strikes

By Jason Hanson

Former CIA Officer

Earthquakes, tsunamis, or a pandemic... No matter where you are when disaster strikes, you have to get to safety. But, what if you're in a foreign country when it happens? When the COVID-19 pandemic hit, countries all over the world shut down their borders, stranding countless foreigners.

For example, Annie P. was on a scuba trip to Honduras when the country shut down its borders in response to the pandemic. Annie had purchased an airline ticket, but watched in horror as flight after flight was canceled. She contacted



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the U.S. embassy and reached out to politicians from her home state for help and advice. According to Annie, *"It was an overwhelming sense of confusion, skepticism, misinformation, fear, and frustration."*

While talking with fellow Americans, Annie heard that a private company had arranged a flight out of the country for US citizens. Soon after, a group of former military and intelligence officers gathered at a small airport on a Honduran island. But this wasn't any government operation.

Rather, it was a security firm carrying out a private evacuation. Their job was to get Americans home during a worldwide pandemic.

The security firm works with high-net-worth people who need security and transportation. At the time, the company had evacuated at least 2,000 people out of foreign countries. The company developed a plan and worked with the U.S. and Honduran governments to coordinate a McDonnell-Douglas MD-80 to get the Americans to safety. The

plane carried 144 people off the small island and back to the U.S. Each passenger paid \$1,324 for the flight to the U.S. While this is more expensive than your average flight, with no other options, it was a bargain.

The truth is, if disaster strikes when you are traveling, your preparation can obviously help tremendously. So, here are a few tips that can make getting back home a lot easier.

Health insurance: Before going on your trip, call your health insurance provider. Ask them if your policy applies in foreign countries. Most importantly, ask your insurance provider if they cover medical evacuation expenses. If you are injured you need to make sure you can get home, even if that means on a medical airplane. If your insurance doesn't have coverage in other countries, you should consider getting a supplemental policy before traveling.

Back-up transportation: Even if you are traveling in a country with a U.S. embassy or consulate, the U.S. government is under no obligation to evacuate citizens from a foreign country. According to the State Department, "If the conditions permit, we may help U.S. citizens seeking to depart by working with the host government."

In other words, the U.S. might help, depending on the situation. But never count on it. So, you should have a plan for crises that

doesn't involve relying on the U.S. government for help. You need multiple transportation plans. This could be a bus route, car rental, private chartered boat or plane, etc. If you want to check out the companies that provide overseas evacuation and find out about the plans you can purchase, take a look at Global Rescue, Global Guardian and International SOS.

Find a warden: Wardens are private American citizens that live in a foreign country. These people volunteer to assist U.S. embassies in disaster preparedness. The job of a warden is to assist the U.S. Embassy in communication efforts with other Americans in the event of an emergency. They have close ties to the community and work to spread important safety and security information when normal communication channels fail. This could include information about evacuating a country because of potential riots or civil unrest. If you need to contact a local warden, get in touch with the local U.S. Embassy or consulate to give you their contact information so that you have it handy before you head overseas.

"If you want to check out the companies that provide overseas evacuation and find out about the plans you can purchase, take a look at Global Rescue."

Being stuck in a foreign country can certainly be stressful. You might be cut off from the rest of the world and forced to solve things on your own. These tips can help keep you safe as you navigate your way back home.

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Hornady Lock-N-Load Sonic Cleaner

The Hornady Ultrasonic Gun Cleaner is a multi-purpose cleaner that's good for gun parts, coins, and even jewelry. Its main use is to clean ammo cartridges and gun parts quickly and easily when compared to other methods.

It operates with a combination of different cleaning actions including an 80-watt ceramic heater and transducer. The heat helps loosen up stubborn particles, which makes it ideal for removing carbon residue and dirt from barrels and other gun parts.

The device uses a cleaning solution, such as Hornady's sonic cleaner liquid, which is sold separately. It has a 2-liter capacity stainless steel tank.

It also has a timer which you can use to run the machine for a desired time. The cleaner comes with a digital control pad that allows you to adjust the cleaning settings.

The machine is small enough to fit on a countertop or workbench, but also portable, so you can take it with you if needed.

One downside to the cleaner is that it may take a few cycles to completely clean really dirty parts. But this is a minor issue that you might run into with any gun cleaner. So, if you own a lot of guns and want to make sure they're cleaned incredibly well, you might want to check this out.

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SOARING INFLATION

What the Falling Dollar Means for You and Your Money

By Forest Hamilton
Universal Coin & Bullion

Lately, customers are (not surprisingly) asking me about the rising inflation and a falling dollar and what they should do. The Department of Labor reported that the Consumer Price Index (CPI) has risen by 0.8% (nearly a 10% annual rate). This is the largest monthly increase in 13 years and four times higher than economists' expectation of a 0.2% rise.

Even if we exclude food and energy, the "core" CPI rose 0.9%. In the past 12 months, gasoline prices have risen 49.6% and used car and truck prices have risen 21%.

The Producer Price Index (PPI) rose 0.6% in April alone — double economists' expectation of a 0.3% increase. The core PPI, excluding food, energy and trade services, rose by 0.7%. In the past 12 months, the PPI has risen 6.2% (the largest increase in over a decade).

So, what was the Fed's response to these record setting inflationary numbers? Chairman Jerome Powell was eerily silent, but Fed Vice Chairman Richard Clarida said he was "surprised" at the CPI number and stated, "this number was well above what I and outside forecasters expected."

The U.S. Dollar Index (DXY) is down 3% since March 31, 2021, and down 10% since May 10, 2020. In layman's terms, that means that the dollar has lost 10% of its value in the last year. The tremendous expansion of the U.S. money supply has resulted in the devaluation of the dollar and a rise in gold prices.

Since January of 2020, the U.S. monetary base (the currency avail-

able to spend) has skyrocketed up 70%, rising from \$3.44 trillion to \$5.83 trillion — a rise unprecedented in American history.

Before the 2008 financial crisis, the monetary base was less than \$1 trillion (\$840 billion), so it is up seven-fold in 13 years after rising very slowly for several decades. The Treasury and the Federal Reserve seem to have lost all restraint when it comes to printing money, dooming the dollar to inflation and depreciating value.

Unbelievably, the Federal Reserve is still trying to push inflation higher using the Personal Consumption Expenditure (PCE) price component from the GDP, which still says inflation is under 2%. This is confusing to many Americans since most products they buy and commodities that make up those products have risen by double-digits in the last year, and especially in the first few months of this year.

Lumber prices have tripled in the past year. Gas prices are skyrocketing and many food prices are now 50% above their normal price. This is the time for spending restraint, not more reckless deficit spending.

But after passing the \$2 trillion "COVID relief" bill (with very little COVID relief in it), the Biden team is now working to pass a \$2+ trillion "infrastructure bill" (with very little infrastructure spending in it). With more \$2 trillion spending plans to come, the monetary base could hit \$10 trillion.

With deficits this high, new taxes can't begin to cover the shortfall, so the Fed and the U.S. Treasury will need to print massive amounts

of new dollars to "monetize" the debt. This will continue to devalue the dollar, leading to higher inflation and higher gold prices over the next few years. Even if the Biden administration suddenly comes to its senses and stops over-spending, too much damage has already been done.

"That means that the dollar has lost 10% of its value in the last year."

The first four months of the Biden Administration feel eerily similar to the first four years of the Carter presidency as foreign powers sense the new weakness in Washington. So, they are flexing their muscles overseas, while the spend-thrift Congress is creating record deficits and high inflation at home. This is bad for America, but it is good for gold and investment grade gold coins.

It's reminiscent of the Jimmy Carter era (1976-80) when gold enjoyed its fastest and greatest bull market rise, from just over \$100 per ounce in September 1976 to \$850 in January 1980 as a prominent rare coin index rose a record 1,195%. It was a time of "stagflation" (high unemployment plus inflation). So, while you can't control government spending or rising inflation, you can help to protect yourself and the value of your dollars by acquiring physical gold and silver.

[Publisher's Note: For questions about buying gold and silver coins you can contact Forest Hamilton directly at foresthamilton@universalcoint.com or call 800-822-4653. 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.]

A REMARKABLY EASY WAY TO GO DEEP OFF-GRID

Consider Adding a Survival Trailer to Your Prep

By EJ Snyder

Former Army Ranger and Extreme Survivalist

If you choose to go off-grid in a survival situation or even boondock or overland in remote camping areas, keep in mind that just any old RV won't work and instead you may need to opt for a more rugged option that can take you to the best spots.

For my survival plan, I spent two years researching RVs and vans. I even bought a 28-foot RV travel trailer, which I loved, but found it very rough and limited for getting to the places I like to go — places where only birds can be heard and an occasional howl of a coyote.

So instead, I shifted my focus to off-road camping trailers. Camping trailers and off-road travel trailers are usually made with durable materials, raised suspensions and beefy off-road tires. These trailers are great options whether you're crafting your survival or bug out plan or you just want to unplug from the grind for an extended time.

The off-road upgrades make it easier for adventurous campers to take their rig to remote locations — places that might require rock crawling, water fording or mudding to cross over the rugged terrain.

Overlanding or camping off-the-grid might sound like surviving with little more than a single-burner propane stove and a sleeping bag, but overlanding in an off-road camping trailer is anything but primitive.

The modern, off-road-enabled campers might lack the luxurious wood floors and full-sized bathrooms that come inside most motorhomes, but that doesn't mean these robust camper-trailers lack amenities. In fact, many of these off-road campers come with



top-of-the-line lithium-ion batteries, hard-sided and solar-enabled coolers, and solar charging stations, making it not only easy, but also comfortable to boondock for days on end.

So, here is my list of four of the top off-roading camping trailers. Once you read more about these off-road-enabled trailers, you'll see why boondocking and overlanding is a great option for your survival or bug out plans or even for just a quick getaway.

No Boundaries Travel Trailers, better known as "NoBo" is a personal favorite of mine. It's my "go-to" travel trailer. These towable trailers are light-weight, rugged and can be pulled by both 4-cylinder and 6-cylinder tow vehicles. They're a great option for any outdoor lover because the storage can be adapted for kayaks, bikes, skis, and fishing equipment, while still maintaining a dry weight acceptable for a wide range of smaller tow vehicles.

The No Boundaries trailers also come with industry leading ground-clearance, larger diameter tires, and a nimble suspension system that will allow you to explore otherwise inaccessible places. Trailer lengths range from 12 feet up to 25 feet - perfect for your next adventure.

Next is the Airstream Basecamp X. This is the Basecamp's beefy big sister. The Basecamp X has a lifted suspension, larger off-road tires, rock guards and roof-top solar

panels, making this little luxury Airstream the perfect off-road camper to rough-it in the wilderness without really roughing it at all.

The rear hatch and the convertible bed help outdoor lovers tote mountain bikes, kayaks, and other outdoor gear to the most secluded recreation areas. The best part? Even the softest of campers won't complain about roughing it with amenities like a wet-bath, propane heater and heated tanks for your winter-time boondocking adventures.

Third is the Taxa Outdoors Cricket Overland. The Cricket Overland is made for traversing dirt roads and rocky waypoints. The reinforced frame, raised ground clearance, and axle-less suspension adds to this already lightweight and durable trailer. Plus, it comes with many comforts that campers want like a tent-side roof and a hanging kid's berth.

Finally, is the Opus Camper OP-4. The OP-4 is an off-road tent trailer created with tough luxury in mind. Amenities such as a 40-gallon on-board water tank and air-inflated 8-foot ceilings with skylights, add to the quick deployment. The raised suspension and off-road tires make it easy to sleep under the stars almost anywhere.

So, if you haven't included options to go deeper off-road in your survival or bug out plans or if you're just itching for an adventure well off the beaten path, consider these off-road trailers as an option. Stay safe.

COPY AND USE GEAR MADE BY THE REAL-LIFE "Q"

How To Assemble a "Dress for Distress" Kit

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

I loved our "Gear Shop." Those guys and gals produced the most incredible items. For each mission they would craft me several special purpose items and I was always excited to see what they had cooked up for me. Think of the Shop as a real world "Q" gadget department in Bond novels and books, but with two caveats.

First, the Shop did not perform research and development, instead they assembled, constructed, and invented special items such as concealment devices, clothing, bags, tools, electronics cases, furniture, appliances, decorations, utensils, fabrics, disguised components, etc. for unique purposes and applications.

And second, I did serve for a very real, very discreet special operational intelligence program named



"Q" Group. But it had absolutely no connection to the fictional James Bond stories. Instead, that organization ran distinct clandestine operations hidden behind a publicly visible and openly accessible front.

One of the items the Shop produced for me quickly became one of my favorites the first time I saw and used it. It was a simple duffle-style gym bag. It was made to save me and expedite my missions. I wish that I could share with you its exact repertoire of clandestine special functions, capabilities, and utilitarian applications, but let's just say that if Swiss Army knives made bags, this one would out-do their premium bag by a mile.

Imagine an expressly designed and crafted bag where everything - the materials, straps, framing, and every other aspect — was itself full of gear, even before you put anything in it. It's too bad the government holds the patents on all of the special aspects of that bag, because it would forever change the way

people prepare their personal "emergency use" bags.

The Shop designed and constructed that bag for a mission that required me to be fully prepared to bolt at any hour of any day without hesitation or delay. After they gave me a two-hour tour of the bag and all the possible ways it was designed to be of exotic service, they demonstrated its use and purpose for me.

They had used the skeletal prototype for the initial demonstration and while I loved its functionality, I thought that I would be conspicuous and feel very foolish carrying that ugly thing in public. Then they emerged with the true field version. It was fashionable, attractive, and something that I was proud to tote, my personal ops bag disguised as a gym duffle. And, I was excited to see what they had loaded into it.

They opened the bag and placed the contents on the demonstration table. Let's just say, as an example, it went something like this...



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- Quick-don (slip-on, zip-up) ankle-high hiking boots (with some special modifications including items sewn-into the foam comfort band around the top, detachable heel, removable inner sole liner, etc.)
- Spare laces (that had other applications)
- Two pairs of Merino wool hiking socks with reinforced heels and toes and two pairs of nylon stocking socks as sock liners already integrated into the wool socks.
- Briefs with items sewn into the elastic waist band and thermal deflection.
- Under shirt with thermal deflection and concealed writing with vital information for escape.
- A pair of durable cargo pants with sewn-in knee pads, reinforced knee and butt panels, and a plethora of serviceable micro-items, tools, and devices incorporated into the seams,

waistband, and other places. The pants were pre-loaded with normal everyday carry items - a folding pocket knife and a wad of cash in the right front pocket, small flashlight in the left front pocket, a concealed trauma kit in the left front cargo pocket behind a waterproof map of the area I was headed to, a food packet, a small collapsible water bladder and small water filter in my right front cargo pocket, etc.

- A spy belt (with hidden compartment for lock pick, currency and other items) already threaded through the pants belt loops.
- A durable shirt with similar imperceptible features and utilities and with the top pockets loaded with things like sunglasses, bandana, pen and water-proof note pad, hat, gloves, handkerchief, and a few other traditional dress items.

The purpose of the bag, and the enhanced and pre-loaded clothing were to serve as an instant escape and evade wardrobe that would be phenomenally utilitarian, inconspicuous, and most importantly, all pre-assembled and organized in an extreme service bag.

The bag easily opened and laid out flat in two seconds and the clothes were organized so that each article of quick-don clothing I

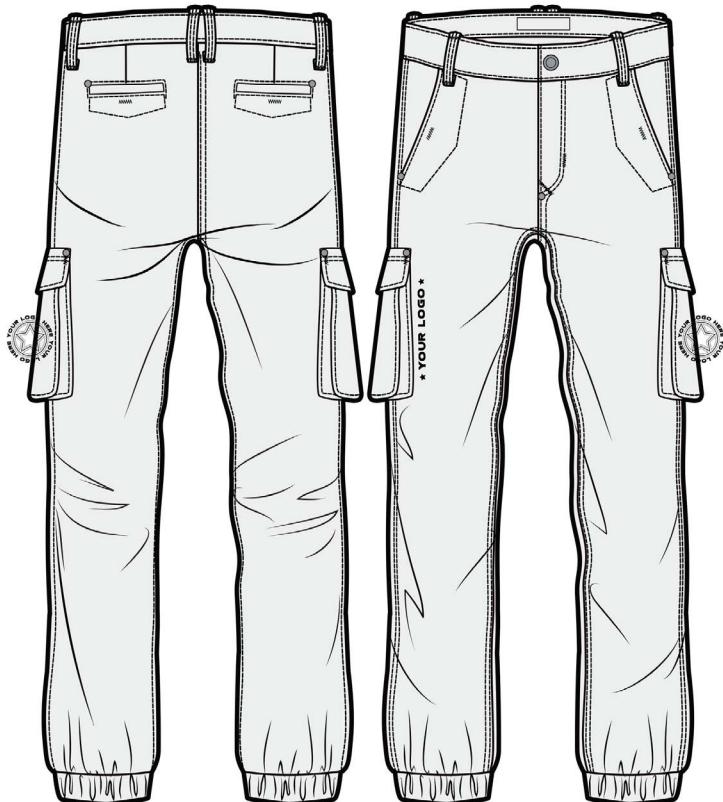
extracted from the bag exposed the next item of clothing in a "getting-dressed" routine. Everything had been bundled in linear, sequential format, right down to the boots — that were ready to slip on and zip up.

I practiced — right there in front of them, full-monty and all — dozens of times to refine the fitting, sequence, folding, rolling, flattening storage of each article, and any other possible improvement.

I quickly discovered that I needed to give more attention to the process I was using to get dressed. There were so many ways to improve and accelerate. By the end of the afternoon, I could rip off every article of clothing I was wearing and dress in every piece of clothing they had assembled for me in that bag in less than 1.5 minutes.

And today, I have a bag just like that, loaded with the same types of clothing and pre-loaded with gear, sitting next to my bed. Given all of the 'un-rest' (read: raging civil war, denial of personal liberties, impending searches, seizures and confiscations, etc.), you should also consider assembling a primo "Dress for Distress" bag for each of your family members.

Instead of watching another YouTube video about rampant shortages or listening to Janet Yellen lie to you that there is no inflation and never will be or paying attention to the prattling pronouncements of a political puppet, spend an evening or two crafting your own "Dress for Distress" wardrobe and safely store it in your own gear bag. If nothing else, at least you will have a MacGyver costume ready for next Halloween.



A SHOCKING 1 IN 10 ER VISITS STEM FROM THIS CONDITION

Why You're Dizzy and What It Means For Your Health

By Dr. Omar Hamada
Special Operations Physician

Working in the Emergency Department, I see a wide variety of complaints come in every day. But one of the most common and most frustrating for us as physicians (as well as for our patients) is the complaint of dizziness.

I'd estimate that a full 10% of emergency room patients come in complaining of dizziness. It can be frustrating, debilitating, confusing, and it can be one of the most problematic diagnoses we encounter unless we understand what dizziness really is, what the different forms of dizziness are, and what the best treatments are for it.

The type of dizziness determines the treatment and the treatments are very different, so we start with a very simple question: "What do you mean by dizzy"? Then we wait for the patient to tell us. There are four primary forms of dizziness: The first is a vertiginous dizziness. It is a dizziness that leaves one swimmy-headed, nauseous and makes them feel that regardless of position, the room is spinning and they can't get off the carousel. This type of dizziness is most often caused by an inner ear problem.

The ear has three primary parts — the outer ear, the middle ear and the inner ear. The outer ear is the one we see and examine. It consists of the ear lobe (pinna), the ear canal and the eardrum (tympanic membrane). Sometimes issues with the eardrum can refer to the inner ear through the bones of the middle ear and cause dizziness.

The middle ear is made up of three small bones that articulate with one another and connect the eardrum to the "windows" on the inner ear (cochlea). As the eardrum moves the bones, they move the "windows" of the inner ear that in turn vibrate the fluid inside it. The waves in the fluid bend little hairs in the inner ear that then stimulate nerves that transmit messages to an area of the brain that interprets the signals into meaningful messages.

Remarkably, this same system is responsible for our sense of balance and acceleration (linear and angular). Changes in velocity (acceleration) cause the fluid in the inner ear to shift and stimulate the hair cells as well.

Our brain is smart enough to know the difference between sound waves and gravitational waves stimulating these hairs so that it routes the stimuli to different areas of the brain for instantaneous interpretation and reaction.

When something is wrong with this process, we get vertiginous dizziness and sometimes ringing in the ears (tinnitus). This is almost always reversible, but sometimes not.

The second type of dizziness is lightheadedness. When someone stands up and they feel like they are going to pass out, they may say that they feel dizzy. So, this isn't actually dizziness (vertigo), but is lightheadedness. The room doesn't spin, etc., but there is simply not enough blood or oxygen getting to the brain.

There are many receptors in the brain and in blood vessels (like in the carotid arteries) that let us know this. This feeling of lightheadedness is usually due to a blood pressure (brain perfusion) issue because of medications, illness, or dehydration. This is almost always reversible.

"The room doesn't spin, etc., but there is simply not enough blood or oxygen getting to the brain."

The third type of dizziness is one we see in an aging patient and is a balance issue due to deep brain problems like Parkinson's or other similar diseases. The patient has difficulty walking and feels like they are going to fall over if they don't get assistance or have something to hold on to. They are off balance and the feeling isn't going away. It's not "swimmy-headedness" but a core balance issue. It could be a spinal cord problem, but is usually a basal ganglia problem (deep brain). This tends to be chronic and irreversible, but most often manageable.

The fourth type of dizziness is probably the most challenging for everyone involved and is most often an emotional or psychiatric disturbance. When we ask, "what do you mean by dizzy?", the patient gets angry and hostile. "You're the doctor, you should know!" Medications that treat anxiety usually help with this temporarily, but further therapy is often beneficial.

Dizziness can be complex, but it is also simple when you break it down. The first step is figuring out what kind of "dizzy" it is. Stay healthy and take care of yourself!

IS IT ACTUALLY USABLE "IN THE STREET?"

A Simple Test For Any Self-Defense Tactics

By Matt Numrich

Head Instructor Of Spy Black Belt

Whether I have students walk into my martial arts school or an agency interviewing me on how to teach their officers new tactics, everyone wants me to answer the same question: How long will it take to gain this new skill?

So, here's a quick look into what makes a self-defense program fast and easy to learn. Armed with this info, you can judge any potential training or techniques you may want to add to your skill set.

It's overwhelming to think of all the different possible scenarios you could ever be in if attacked. And that's the problem with many "self-defense" programs. They contain a huge amount of information, which is useless to the average person. What ends up happening is you get overwhelmed by too much information.

Not only that, but the information is often impractical for two main reasons. First, the majority of tactics are not effective against people of various sizes, skill levels, pain tolerances and in different environments. For example, a tactic needs to work outside on wet pavement the same way it would in a small dark room with a lot of debris, as well as in ideal conditions.

Second, the majority of tactics are not simple enough. They are not easy to learn, train or maintain proficiency in. Many of these techniques rely too heavily on fine motor movements, which are massively eroded under the stress of a real-life violent altercation.

When I discussed the needs of a federal law enforcement agency with its agents, their actual "in the field" needs were incongruent with what most programs contain and



how they're taught. Thus, these programs failed to deliver any meaningful benefits to the agents.

And there is another not-so-obvious reason that it's so important to focus on effective and simple moves. Your learning, training and review time is greatly cut down because you've decreased the amount of information needed. So, being "overwhelmed" is unlikely because the amount of information is minimal.

This all means that your chances of successfully learning, training and reviewing the new skills goes way up, leading to a boost of success. More success boosts your confidence and keeps you engaged longer, regardless of your current skill level — which means you're actually prepared if you're ever attacked on the street.

You can boil all this down to a "test" of sorts, which should allow you to examine and judge any self-defense program. The test is this: Limit the time to train the average person in the core system. By limiting the time someone has to learn the system, one must automatically have an effective and simple program. If you limit the time to learn something, only the most essential

information can be taught and only the best training methods can be used to create successful students.

In order to deal with the variety of threats, situations and scenarios, it is imperative to minimize the amount of techniques taught. Less techniques, less drills, less scenarios. Your goals are not to focus on a multitude of techniques, but literally one or two to accomplish a single objective.

Minimizing the amount of information focuses the energy of the participants on only the most effective principles, techniques, and drills to learn, train and maintain. This keeps everything in a practical form, while also addressing the limited time most people have to learn the information.

If you can't learn the core of a system in a short amount of time, it's likely useless in the street. A good example of a system that is simple and is used by the Navy SEALs is Rapid Assault Tactics developed by Paul Vunak.

So, keep these goals and objectives in mind, for any kind of training, be it self-defense or some other kind of skill. It will lead to faster learning and better levels of training and retention, which could save your life if you ever have to use it.