

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

OVER ONE MILLION LEFT STRANDED DURING THE PANDEMIC

How to Survive While Living in An Off-Grid Motorhome

By Jason Hanson

Former CIA Officer

Six years ago, Julie and Marc B. sold their house and bought a motorhome. They crisscrossed the U.S., working remotely, making their retirement plans and becoming experts in the RV lifestyle.

But, they didn't foresee the challenges of living in a motorhome during a pandemic. And while the pandemic has changed modern life in many ways, it drastically impacted how RVers plan their trips and stays.

This is no small issue. There are an estimated 11 million people who own motorhomes. And about one million of those people live in their



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motorhome full time. So, when stay-at-home orders came down all across the U.S., a huge number of folks who live in their motorhomes were left in limbo. Trouble is, most RVs are meant to be connected to utilities when staying in one spot for an extended period, but with national and state campgrounds closed they didn't have anywhere to go.

For Julie and Marc, the pandemic put their knowledge of RV living,

and all their resources to the test. The couple is used to constantly moving. But they were forced to head into the Arizona desert, where they could be safe, living

off the grid for over a month. But without connections for power, water, or septic tanks, they had to be self-sufficient.

"There are an estimated 11 million people who own motorhomes."

This forced Julie and Marc to consider their options on a whole new level. It has taught them to always have a home base — a bug out

location — off the grid, that they can go to in the event that parks are closed.

Considering this, here are some factors to keep in mind if you are a regular RVer, plan to become one, or ever want to take a trip or bug out in a motorhome.

Electricity: Electrical power is going to be the easiest problem to solve when living off the grid. Solar panels are a great option since they provide unlimited energy from the sun. There are lots of different types of solar panels, but the mounted-roof panels are especially effective because they can be set up to follow the sun. Solar panels can easily provide enough power to keep essentials powered up.

If the solar panel cannot generate enough power for your needs or if a long winter means less sunlight, a generator is a good back up. A lot of generators can be noisy and bulky. Yet, a reputable brand can keep the lights on and necessities running.

Check out brands such as Sportsman, which offer generators that run on propane. You may want to consider diversifying your fuel needs and I would definitely have at least one gas and one propane generator.

Fuel: Propane is essential for motorhomes since it is often used for heaters and refrigeration. At the very least, you should have multiple backup cylinders of propane because during a forced off-grid

situation, such as a pandemic, it might be hard to find open propane distributors. So, just like with electricity, you'll want to ration your propane to ensure it lasts as long as possible while you're off the grid.

Water: By far, the most difficult part of off-grid living in a motorhome is finding water. Your best option is to store as much water as you can in the RV. If you must find another source you should make camp near a lake or stream. Just remember to filter the water with a quality filter that can remove chemicals and bacteria.

Food: It is possible to grow your food when RVing off the grid. The problem is, you will need to stay in the same place for months in order to plant, grow, and harvest your food. A better option is to have plenty of survival food stored in 25-year pouches.

"If you must find another source you should make camp near a lake or stream."

For extreme situations, being able to hunt for small game like squirrel or rabbit can mean the difference between surviving or starving. So, having a firearm is critical when you need to put food on the table. Having a basic fishing kit is also a good idea, and allows you to use lakes and ponds to catch a meal.

The reality is that living off the grid is a lot easier than people think when you're in a motorhome. Just make sure you've prepared and planned ahead so that you can hunker down for weeks and be self-sufficient.

The Fenix E03R Flashlight

Keychain lights are one of the best ways to carry a backup flashlight and improvements in technology make these lights more powerful than ever. A great choice is the Fenix E03R. It's made of a solid, aero-grade aluminum and rated IP66, meaning it's rainproof. The flashlight weighs just 0.78 ounces and is lighter and smaller than many car key fobs.

It has a single operation button on top of the light. This allows you to access four different output levels including a 260-lumen high mode. (I actually just used this light when camping and I can tell you that it's plenty bright.)

This flashlight is powered by a 200mAh Li-polymer battery, and has a USB-C charging port built-in to the side. One neat feature is that if you hold the button it gives you a 4-lumen red reading light. It's good when reading maps, documents or instructions in the dark without ruining your night vision and can last up to 5 hours when fully charged. If you press the button from that mode it switches the flashlight to red flashing mode. This can be useful during emergencies as a beacon or signal light.

For a backup or everyday carry flashlight, the Fenix E03R is a solid option. It sells for about \$27 on Amazon.

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WARREN BUFFETT IS FINALLY BUYING GOLD!

Why Did The "Sage Of Omaha" Just Invest Over Half Of A Billion Dollars Into the Precious Metal?

By Forest Hamilton

Universal Coin & Bullion

One of my favorite perks of being on the front lines of the gold and silver market for the past 26 years is the advice and knowledge I've gleaned from my clients. I have worked with governors, presidential families, CEOs, inventors, billionaires, financial advisors and thousands of others. I have learned from their successes, but more often from their failures. It has been, and continues to be, a true blessing to my personal and investing life.

Over that span of time, I have often asked my most successful clients who their biggest influencers have been in their investing careers. Without question, the number one answer has been Warren Buffett. But, over the years, Buffet hasn't exactly been a huge fan of gold.

At the 2000 Berkshire Hathaway Annual Meeting, Buffet went so far as to say, *"I would rather trust in the intrinsic value of a bunch of really fine businesses run by good managers selling products that people like to buy and have liked to buy for a long time, and then exchanging their future efforts, the money that comes from their wages, for See's Candy or Coca-Cola or whatever, than take some piece of metal that people dig out of the ground in South Africa and then put back in the ground at Fort Knox, you know, after transporting it and insuring it and everything else."*

With Buffet's consistent dislike of gold on display for all to see for many decades, why did he suddenly invest over half a billion dollars into gold stocks last quarter?

I believe that it lies in the fact that



one of the most successful investors of the last 50+ years has always had an eye for value. To make room for his gold purchase, Buffett sold bank stocks including JPMorgan and Wells Fargo and airline stocks including United Airlines and American Airlines. The switch from bank stocks is notable because Buffett once praised bank stocks and panned gold.

For instance, in 2009 on CNBC, Buffett said, *"I have no views as to where [gold] will be, but the one thing I can tell you is it won't do anything between now and then except look at you. Whereas, you know... Wells Fargo (WFC) will be making a lot of money... it's a lot better to have a goose that keeps laying eggs than a goose that just sits there."*

So, what does this mean for everyday Americans? I don't necessarily believe that you should go out and change your entire investment plan just because gold is now one of the top three largest investments of 2020 for Buffett and Berkshire Hathaway.

I do believe however that the man

is brilliant and not too proud to change his strategies to adapt to the new normal. The facts are that Warren Buffett has been a major seller of equities and bank stocks in 2020 and is now a major buyer of gold. That sentence alone is enough to change the way that millions of people think about investing gold.

As a financial influencer, Buffett may have just been the catalyst to turn an entire generation of investors towards gold and I obviously believe now is a great time to get in. If there are any questions that I can answer for you about gold, I am always here to help you. It doesn't matter how much money you want to invest, just give me a call.

[Publisher's Note: For questions about buying gold and silver coins you can contact Forest Hamilton directly at foresthamilton@universalcoin.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.]

THE KEY SUCCESS FACTOR IN MANY LIFE-OR-DEATH SCENARIOS

Lessons For Conquering "Knife Only" Survival

By EJ Snyder

Former Army Ranger & Extreme Survivalist

There are many ways you could be forced to survive using nothing but your knife. In fact, in many cases, simply having a knife was a key factor for a person's survival. Here are a few simple examples of how easily this situation could crop up in real life.

First, imagine you are backpacking and have set up camp. Suddenly, a mama grizzly and her cubs come charging into your camp and you are forced to flee for your life with only what you have on you. Then, when you return to your camp, you find your gear thrashed beyond use and your backpack and food missing.



Or picture this: You're on a canoe trip and find yourself rushing into dangerous rapids that are beyond your skills to navigate. You get dumped. Your canoe smashes on the rocks. And all your gear is swept away downstream. You barely survive drowning and are left with nothing but what you're wearing to survive on.

With a bit of thought, you could probably come up with many more ways you could be stranded and forced to survive with just a knife. The real question is, how to do it?

To start, you should always tell someone where you're going and what your plans are. That way, if you don't check in, hopefully someone comes looking. The good news is, once a search & rescue mission starts, it usually lasts 3 to 5 days, sometimes longer if they find signs of life.

This means your number one priority is to assess the situation. Give yourself a medical assessment. Do a pocket check for what you have on you to survive with. Make a plan. If possible, stay at your last known location. If that won't work, find the highest, most open spot you can and create some form of distress signal in 3's - that's the international sign of distress. (For instance, 3 fires burning, or 3 big X's made out of wood.) Then hunker down and wait for as long as you have supplies and or critical resources to survive on.

But, if resources are severely limited, after a day or so, you may need to self-rescue. In this case, determine your direction of travel and use your knife to cut down some straight branches to make an arrow

pointing in the direction you're traveling, so someone can follow your path.

"Suddenly, a mama grizzly and her cubs come charging into your camp..."

As you move, every so often, use your knife to hack three marks into a tree at eye level. Trackers will see these and know they're on

your trail. Always keep an eye out for helpful resources as you go.

Things like dry grasses for future fire tinder, identifiable wild edibles, water, or useful trash.

When you decide to set up camp, look for natural shelters like rock overhangs or caves that don't take energy to make. If you have to build, use hasty shelters, like a fallen tree lean-to or a debris hut. Use your knife to gather fresh green branches for the roof and bedding.

If you have primitive fire skills, your knife will come in handy to make a bow drill kit. You can also hack an old log into a rain catch trough to secure drinking water if it rains. And, if you have the time, a knife and three sticks are all it takes for an effective figure-4 deadfall trap.

As you can see, a "knife only" survival situation is not some far-fetched scenario. If you find yourself in this situation, you will have appreciated keeping your skills — and your survival knife — sharp. In fact, I recently tested myself in a 3 day long "knife only" survival challenge. It reinforced my rule to never go anywhere without my knife. I never want to be caught short, should this situation happen to me in real life. So, remember to always keep your survival knife close at hand!

THIS IS WHAT REAL-LIFE INSURANCE LOOKS LIKE

The First Rule of Every Gunfight: Don't Get Shot

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

I was on the range qualifying with several team members. We were re-certifying on full-auto AK-47's, Uzis, H&K MP5's, M-4's, shotguns, and a smattering of other combat firearms we could expect to encounter on overseas ops. I never took an M-4, M-9, or any other US (military or civilian) firearm with me overseas as a foreign intelligence operative.

Firearms are readily available all over the world. And, as you can imagine, countries with laws forbidding firearms still have plenty available on the black market.

That day on the range we had just finished the Practical Pistol drill. We never train standing in a Weav-



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

This month, you can get a free DVD from one of the best survival experts on the planet. Former Army Ranger EJ Snyder has created a training DVD called, *With Nothing But A Knife: Extreme Survival Secrets Of An Army Ranger*. This DVD shows you how to create multiple styles of shelters... hunt game... gather and purify water... build fires for cooking and signaling... and much more, all with only a knife. Grab your free DVD at www.ArmyRangerSecrets.com.

er, Isosceles, or Modified Isosceles stance. We never train to stand up and standstill while being shot at. That is, except for the marksman-ship segment of the M4/M9/shot-gun qualifications for the US Armed Forces weapons certifications requirements segment.

You see, spies get issued "Weapons Cards" enabling them to draw weapons from an Embassy or Consulate armory. The weapons card lists which weapons you can draw based on your weapons qualifications.

**"Countries with laws
forbidding firearms still
have plenty available on
the black market."**

It was during this certification training that I was standing next to Pat. We were both re-certifying on the M-4. I had a little more experience and so I was a little farther along on the individual certification shoot. So, I was standing for the 300-yard free-hand cert while Pat was prone. He was lying about two or three feet to my right and two feet to my rear.

There was a lot of movement, gunfire and activity on the range. This is a special ops range, not a family or regular military firing range. It's more like an outdoor hot-house or live-fire urban assault training ground than your average range.

All of the sudden, Pat screams, jumps up and yells "*I've been shot!*" And everyone around yells, "*cease fire, cease fire, cease fire.*" I was the first one to get to Pat since we were so close. He said, "*You just shot me!*"

Well, it turns out that a blazing-hot ejected casing from my M-4 had managed to strike him on the exposed flesh of the left side of his neck. While it burned him, it was definitely not a bullet wound.

When we do this kind of training, we all wear low-profile (now known as concealable) body armor. Kevlar panels known as SAPI (Small Arms



Protective Inserts) plates. In combat, these “soft panels” can be added to body armor plates to protect areas in addition to the heart and lungs from penetration of handgun rounds. They stop all handgun rounds, including .44 Magnum and even 12 GA shotgun, from penetrating the material and entering the operator.

We all mocked Pat and laughed at him mercilessly for the bullet casing that missed his armor and landed on him. Teammates were bringing him Combat Gauze, Israeli Bandages, asking him for the keys to his truck before he died, that kind of stuff. Several were running around in a frenzy yelling, “Help Me Momma, I’ve Been Shot!”

Now, I have done a great deal of firearms training even after leaving the government. I can testify that body armor is the real life insurance, which is why (depending on the job I’m doing) I always wear at least soft body armor and carry a GSW (gunshot wound) trauma kit.

And these days, I routinely get requests to train people on use of body armor. You can no longer expect to protect yourself or your family with only hand-to-hand combat. You are likely to be shot without provocation or warning before you get a chance to draw your gun. It’s not farfetched to have your vehicle shot at for merely driving near a “peaceful protest.”

Your concealed carry and all the precision marksmanship training in the world won’t help if you’re dead before you can use it.

Full body armor and plate carriers are overkill for most people going to or from work each day, even when they work in the city. But, you could wear soft body armor under your work attire if you wished. Or concealable body armor can be slipped over your work clothes for the commute and

slipped off and left in your vehicle when you get to work or home.

I have quick-don, over the clothes, soft body armor in all of our vehicles. If either my wife or I (or both of us) are driving along and we see something that sets our spider sense tingling, we can reach behind the passenger/driver seat and slip the lightweight soft armor over our heads and over our clothes. We store our slip-on vests in a diaper bag for the value of low-profile concealability from Car-Peeping-Toms.

I recommend that if you have any reason to be leaving your home and traveling into or through densely populated parts of urban cities, (especially if the mayor is a Democrat), you consider providing yourself the life insurance of affordable, easy to wear, soft body armor.

Like every other product out there, there are hundreds of variations, types, levels of protection, styles, cuts, materials, and price points, and you need to see what makes sense for you and your budget.

However, many states are moving to outlaw body armor. So, I would recommend you get to know about body armor options for yourself and family while you can still buy it legally.

Police departments around the country are being de-funded, re-organized, instructed to stand-down, and in every other way the officers in the field are required to abandon their instincts and abdicate their sworn duties to preserve and protect. So, get some basic body armor training or lessons and get your body armor as soon as you can — especially before November.

"We all mocked Pat and laughed at him mercilessly for the bullet casing that missed his armor and landed on him."

A KNIFE TO ADD TO YOUR EDC GEAR

The Self-Defense Karambit

By Matt Numrich

Head Instructor Of Spy Black Belt

A Karambit knife is a medium-sized knife that is highly effective for self-defense and deadly in the hands of someone who knows how to use it.

The curved blade design — it resembles a tiger's claw — originated in Indonesia and was widely used for farming and as a utility blade. It became popular the world over as a great new invention, and then later as a lethal self-defense weapon.

The knife comes in both fixed and folding styles and features a pommel ring at the bottom of the handle. The ring fits over one of your fingers. It keeps the knife from slipping out of your hand during a violent encounter or when your hands are wet or bloody. This style knife is usually small enough to carry in your pocket, so you can quickly deploy it in a deadly situation.

With its curved blade, a Karambit knife is designed to be used differently than a regular knife. It's not made for stabbing. Instead, it is devastatingly effective at tearing, scraping or slashing your target. You can also hook into the "muscle meat" of an enemy and rip, causing catastrophic damage. A person that is good with a Karambit can overcome an attacker quickly and easily and when using a Karambit blade, offense is key.

Your attack should come straight up the middle with an aggressive slashing motion. Slashing strikes to the face, eyes, throat, collarbone area or ribs can quickly stop the threat. You can easily blind an assailant, slash their windpipe, sever their jugular or even disembowel them with a well-placed strike.



(Obviously, you would only do this in a life or death situation.)

Bottom line, this knife is a great tool to have in your arsenal. As with any tool, train with it to gain the skill and confidence to use it in a dangerous and deadly situation. Also, if you don't own a Karambit already, here are four to consider adding to your everyday carry gear.

The Steel Tiger by Cold Steel.

This is a fixed blade style Karambit knife. It has an overall length of 8.75 inches with a 4.75 inch blade made of high-quality, AUS-8 stainless steel. It has a hidden tang with a rubber handle and a large pommel ring. It comes with a hard, molded, nylon belt sheath. You can pick up the Steel Tiger on Amazon for under \$40.

The Magnum Spike by Boker.

This is a slightly smaller fixed-blade Karambit style knife. Its overall length is 8.3 inches with a 4 inch blade made from 440A stainless steel. It has a full tang, with a G10 handle and a large pommel ring. A hard, molded, nylon belt sheath is included. You can get

The Magnum Spike on Amazon for around \$85.

The Extreme Ops by S&W. This is a folding style Karambit. It has a closed length of 5.38 inches with a 3 inch blade made of 7Cr17 stainless steel. It features a G10 handle with a large pommel ring and a steel pocket clip. The Extreme Ops also has a thumb stud manual opening mechanism and uses a liner-lock blade locking mechanism. The Extreme Ops is available on Amazon for under \$20.

The Model 479 by Fox Knives.

This is another folding style Karambit. Its closed length is 5.25 inches with a 3.2 inch blade made of N690 stainless steel. The handle is made of G10, a large pommel ring and a steel pocket clip. It has both a flipper and a thumb hole manual opening mechanism, and uses a liner-lock blade locking mechanism. You can buy a Model 479 from Amazon for around \$130.

Since you can never have enough knives and since not a lot of people own a Karambit, definitely put this on your early Christmas list.

HOW TO STOP A LIFE-THREATENING HEMORRHAGE

The Pros and Cons of Popular Blood Clotting Products

By Dr. Omar Hamada
Special Operations Physician

One of the leading causes of trauma-related death is hemorrhage. Hemorrhage is defined as the rapid loss of a large volume of blood and it can occur any time the circulatory system is injured with penetrating or lacerating trauma.

There are many causes of trauma: Blunt trauma, such as that from high velocity injuries like car accidents or falls. Penetrating injuries like stab wounds, gunshot wounds, and impalement, as well as lacerating injuries.

Trauma deaths occur in a trimodal distribution. Immediate deaths occur within the first hour. They account for approximately 50% of fatalities. Early deaths survive the initial injury, but die within 24 hours after the event. These account for approximately 30% of the fatalities. The remaining 20% of fatalities are known as late deaths and occur days to weeks after the injury. So, if we can rapidly manage hemorrhage early on, we can significantly reduce mortality (death) and morbidity (disability).

We've previously discussed effectively controlling hemorrhage due to injury of extremities using tourniquets — but are there other ways to stop bleeding? For the past 20 years we have used hemostatic agents in controlled situations when a tourniquet wasn't available or advisable. Hemostatic agents stop bleeding by either using a chemical reaction to cause clotting or by providing a matrix on which the clotting can occur.

There are many hemostatic products on the market today, but the best known is QuikClot. QuikClot is made of granular zeolite that is

composed of silicon, sodium, aluminum, magnesium, and small amounts of quartz. This product rapidly absorbs the water in blood, generates heat and promotes rapid clotting that stops bleeding.

Another popular hemostatic product is HemCon. It's made from a chitosan derivative that actually binds tissue and red blood cells to block further bleeding and promote clotting. Chitosan is made from shrimp shells treated with peroxides and is effective at controlling hemorrhages. You just need to be careful about using chitosan containing products on those people who have severe shell fish allergies.

Though these hemostatic products are very effective at creating hemostasis — or stopping bleeding — they are also fraught with complications. For example, because these products cause exothermic or heat producing reactions that reach temperatures as high as 170 degrees Fahrenheit when exposed to water, they can cause quite severe thermal injuries or burns in superficial and deep tissue.

In addition, they can create a tough non-biodegradable mass of product and blood that is very difficult to remove and often needs surgical intervention to cut out while repairing the damaged structures. There have also been instances where these granular products have entered the circulation and occluded the arteries they were being used to control causing significant problems.

The chitosan containing products do not have near the same amount



of complications and do not so fiercely bind to the tissues, but they are also not as effective at stopping bleeding as the zeolite products.

Though these products are not perfect, they are quite good in a life or death situation. The hope is that as technology and knowledge improve, we will have better and more useful products without as many complications.

Regardless, if you or a colleague is bleeding out, the primary consideration is to immediately stop the bleeding by any means necessary. A tourniquet is ideal, but if a tourniquet is not available or if pressure is not controlling the bleeding sufficiently, do not hesitate to use one of the hemostatic products discussed above. Save a life — then let the surgeons decide what to do with any residual problems caused by the hemostatic dressings or powders.

I carry several QuikClot dressings in my bugout bag and wouldn't hesitate to use it if needed to stop a hemorrhage. Just be aware that, as with anything else, there may be a complication you will need to deal with later, after the patient has been stabilized, but at least they'll get to walk out of the hospital and see another day.