



The Patriot Caller

Brought to You By the National Self Reliance Association

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SPOTTING CONCEALED WEAPONS:

What Security Professionals Look For

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Signs*

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There's an age-old personal security conundrum that goes something like this: Hidden weapons are usually the ones that present the greatest threat to your safety...

Clearly, this is the reason that concealed weapons laws exist in the first place. And for the people who believe that once the politicians declare something illegal, it magically goes away, the problem is solved. Well, those folks can put their head on



See **WEAPONS**, 2

ARE YOU PREPARED TO SURVIVE INTENSE HEAT?

Freak Polar Vortexes aside, most of us are stewing, if not sweltering in the summer heat right about now. When temperatures rise to the triple digits for several days or even weeks in a row, the stretch of excessive temperatures can escalate from inconvenient to downright dangerous.

Heat waves may or may not bring triple digit highs, wildfires, or be accompanied by high humidity. It's true, there's no universal definition of a heat wave, because every region has its own definition of what's extreme.

Texas residents and Maryland residents, for



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their pillow at night without a care in the world.

But you and I know better. With the popularity of concealed carry growing, more Americans are lawfully carrying firearms than ever before, and that's a good thing.

Weapons ownership and lawfully concealed weapons have been shown to reduce and deter crime. It certainly enables you to be more prepared to defend yourself when confronted with dangerous situations.

Still, the vast majority of concealed weapons are not carried by law-abiding citizens. If you doubt that, you're living in fantasyland.

The simple truth is that the vast majority of all burglars, muggers, petty thieves, and drug dealers (even petty drug dealers), know that they're in a dangerous line of work -- one in which a weapon will eventually be required if they would like to live to see another day.

So my question to you is: Wouldn't you carry a weapon if you were one of these folks? Of course you would.

The danger to folks like you and me is obvious. These are exactly the types of people that we don't want to carry weapons in the first place, and especially not concealed weapons. Their chosen profession tells us all we need to know about their level of judgment.

The good news is that just because a weapon is "concealed," doesn't mean it's invisible. With the proper training and a keen eye, becoming alert to a hidden weapon can be as easy as noticing any other kind of threatening behavior.

Human beings have an instinctive ability to read body language. It's a survival instinct. It's not something you need to go to a seminar to develop.

When you notice something strange about a person, or a concerning be-

havior; it's as obvious as the nose on your face. The trick is to train yourself to take notice and rely on these impressions that your eyes naturally pick up on.

As adults living in a peaceful society, we've trained ourselves to dismiss many of the cues that we pick up on every day. It's a matter of mental necessity really. It allows us stay focused on our current tasks and goals so we can be productive in our jobs and lives.

Paying attention to these distractions, however, can warn you to impending dangers and keep you safe. In a more dangerous world, after a SHTF crisis for example, keeping safe will be a very clear and ever present goal.

Two Perspectives

There are two ways to approach this article as a reader. I recommend that you keep both in mind when as you read. First, you will learn the common cues and tells which may tip you off to someone who is hiding something (a gun, knife, etc.).

Second, this article can help you identify some of your own "tells," giving you a chance to correct some bad habits that give your own concealed weapon away. So many of the unconscious behaviors we exhibit in public speak louder and reveal more than any actual words we could string together.

Skills Applied to Instincts

Does training sharpen instincts or vice versa? It's an age-old question. The truth is that anyone can become a better observer with skills training. Knowing exactly what to look for will help you become a better observer, and thus more prepared to deal with any situations that may arise.

I think of skills trainings as a way to exercising those raw natural instincts I've been talking about, pumping them up into defined self-defense muscles. And the foundation of self-defense is awareness.

You already know that new laws will not affect whether or not these criminal elements carry or not. Criminals don't follow law, by virtue of their being criminals...

So the best way to protect yourself is to train yourself to make your own judgments about whether or not a potential adversary is carrying (legally or illegally). You must do this by combining visual cues, mannerisms, movements, and even the tone of a person's voice.

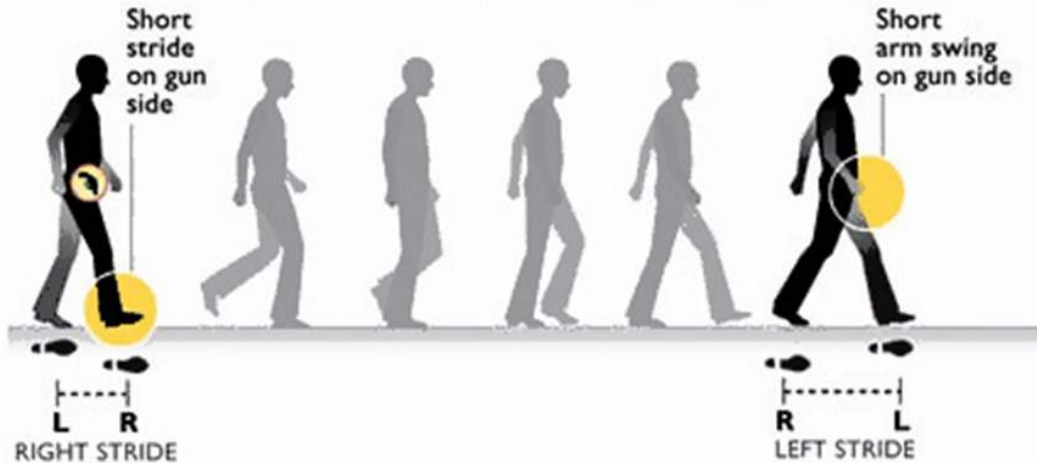
To me, the most important tool is also the hardest to define: Intuition. When you get that distinct feeling that a person may be

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WEAPONS *(continued)*

ASYMMETRICAL GAIT



hiding something, they usually are. You may never prove it or get confirmation, but you must not ignore the feeling that something is off.

Once you've picked up on the red flag that someone is behaving strangely (again, that's hard to define), you look to confirm your suspicions based on visual cues and mannerisms.

Here are a few visual signs the police are trained to look for when scanning for a concealed weapon (legal or illegal):

Avoiding eye contact

"Darting eyes" is a term I often hear when I ask friends in law enforcement what they look for in a suspicious person. When we address a person, especially a stranger, we expect them to look us in the face when they answer.

When they don't maintain some level of eye contact,

their eyes appear to dart around, avoiding ours. In isolation, it's a sign that a person is anxious, or that they lack confidence. But you can use this subconscious cue to build your case that a person may be hiding something. Again, the steps are to observe and confirm.

Irregular, asymmetrical gait

If the suspect is walking with a limp, or has one arm that doesn't swing naturally during the course of walking, it may be a sign they're packing. The arm on the weapon side will typically have an abbreviated swing, as if the person is worried about the weapon falling out, poising to catch it.

The key thing to note here is the difference between those carrying legally and illegally correlates strongly with whether or not they wear a holster. Crim-

inally concealed weapons are usually the easiest to spot based on this asymmetrical gait.

Why? Imagine trying to walk 100 yards with a pistol lodged in your waistband. For starters, it's uncomfortable. Just as nagging, however, would be the feeling that the weapon is going to suddenly fall out and hit the ground, perhaps even misfire and hit you. There's a very practical need to secure the weapon.

Someone with hundreds of hours of experience carry-

ing a weapon will move more naturally than someone who only rarely carries. Additionally, someone that carries for several hours each day will most likely invest in a holster to secure the pistol more comfortably. This reduces the impact on how they move.

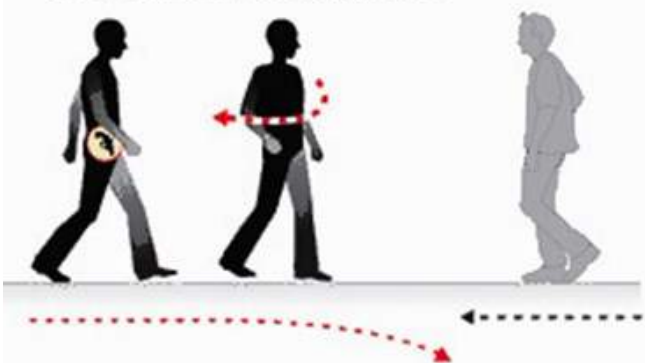
Upper body shift

An armed person instinctively shifts their body when approached, turning their hidden weapon side away from the person they're addressing. They may also hold their arm up awkwardly, keeping their hand near their weapon subconsciously, not necessarily because they plan to use it.

This is a subconscious and fairly instinctive reflex that can be eliminated with careful training. Lucky for us, common criminals and angry madmen are generally not disciplined enough to undergo such in-depth training.

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UPPER BODY SHIFT



WEAPONS *(continued)*

Thus, they won't be able to avoid this common tell.

Keep in mind that this shift isn't necessarily an act of aggression, and you won't likely perceive it as one. On the contrary, it's a bit of a subconscious defense mechanism on the part of the armed person, keeping distance between you and his weapon.

With that said, this behavior is unlikely to throw any obvious self-defense red flags. The shift doesn't typically appear aggressive, just perhaps a little nervous. You'll need to be very perceptive to notice it. If you're already suspicious that the person is carrying, then this can help you build your case.

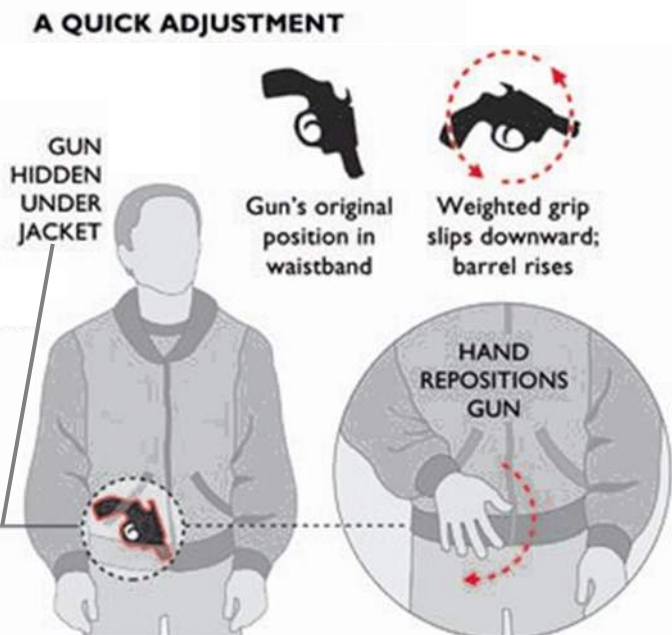
Frequent adjustment of clothing

Security professionals often call this a "security check." Those carrying

hidden weapons will typically feel the need to touch the weapon they're carrying through their clothing, just to check up on it.

This is a common tell, born out of the psychological need for constant reassurance. Most common criminals and untrained civilians will make this mistake constantly as they make sure their weapon is still securely in place. This behavior is most easily spotted when a person is getting out of a chair or car, or when they're walking up a flight of stairs.

If they're carrying without a holster, they may have to reposition the heavy object inside their clothing every once in a while, in order to remain comfortable. However, even those armed with a proper holster will check on their weapon compulsively, unless they've been trained not to do so.



Unseasonal clothing

Clearly, bulky insulated jackets in July should raise an eyebrow. If you see clothing that instinctively raises your suspicions, look for these other tells in order to confirm your suspicions.

One common indicator to keep a lookout for is what's known as "jacket sag." Just as it sounds, this term refers to the way a jacket will sag to one side with the weight of the gun. The extra weight in the jacket pocket will also cause the gun to swing back and forth as the person walks.

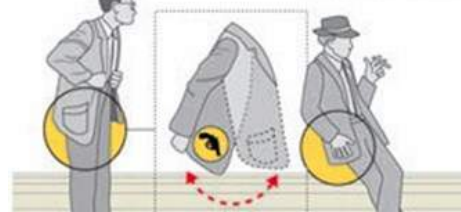
Another key to look out for is what's sometime referred to as "hunchback stride." When a person tries to conceal a shotgun or rifle under an overcoat, the butt will usually cause a weird bulge behind the armpit (where the carrier can't see it).

Whether the clothing is seasonally appropriate or not, concealed carriers have a tendency to grip their weapon through their clothing to keep it from swinging, secure it, etc. When you see a suspi-

CONSPICUOUS CLOTHING

JACKET FITS UNEVENLY
One side hangs lower than the other, and swings like a pendulum with each step

HAND RESTS ON GUN
Hand constantly feels for gun through clothing



HOLSTER BULGES
A holstered gun appears as a lump when arms are extended or when the body bends at the waist

STYLES DON'T MATCH
Oversized or mismatched coat seems incompatible with other clothing



CLOTHES DON'T SUIT WEATHER
A coat is open in cold weather, for quick access to a gun ... or closed in hot weather, to conceal one



cious person gripping something underneath their jacket, it's a red flag, especially if something about the clothing just somehow looks off.

However, there are several clothing lines designed to look "normal" and be compatible with concealed carriers. More on those in the next section.

Continued next page

WEAPONS *(continued)*

Tactical clothing



These new lines of shirts, pants, and pullovers are designed with extra pockets and secret compartments that accommodate legally (or illegally) concealed handguns. For instance, a shirt will accommodate and conceal a certain type of holster.

It's not a whole lot different from clothing that's designed to hide someone's beer gut. But instead of cloaking a person's figure, this clothing is designed to keep firearms discreet.

Some people may not like that I'm talking about this, but believe me, my subscribers, are exactly the type of people who understand the proper level of discretion.

Regardless, it's not exactly the world's best-kept secret that "tactical" clothing is a fast-growing segment at your local outdoor supply megastores. In case you haven't seen or heard anything about it (most people haven't), this clothing looks completely

normal, almost.



The common thread between many of these styles, as you'll notice when you look at enough of them, is the presence of unconventional pockets and zipper pouches. As you might expect, tactical clothing is generally designed to fit a little looser and the shirrtails are often a bit longer than the current style. Still, there's nothing particularly overt to give these tactical garments away.

Brand names are one of the few markings you could look for to distinguish that someone is wearing "tactical" clothing. The largest tactical clothing brands are 5.11 Tactical, Cabelas, Condor, Rothco, and Blackhawk. Aside from the Cabela's versions, don't expect to see these designer names visibly displayed on this clothing. Obviously, that would defeat the purpose.



Unconventional Carry Methods

Last but not least, there are some very deceptive ways to carry a weapon undetected through a public place. We've all seen spy movies where a gun is built into a suitcase or some other common object we see everyday.

While I'm not saying that you're going to see a gun disguised as a cell phone any time soon, it's no secret that criminals (the smarter ones) can be ingeniously deceptive.

Take the above photo of the man carrying a revolver in a plastic shopping bag, for instance. Not one person in 10,000 would suspect the he's carrying a firearm unless they'd already seen this picture.

This man could just as easily be carrying a knife or a tactical baton. And it doesn't have to be a plastic bag; it could also be a newspaper.

The point is that deception works. It works exceptionally well. That's why it's so important to trust your gut and allow your instincts to alert you that something suspicious is going on.

You're not likely to notice the weapon that's being concealed in the shopping bag, but you may notice the suspicious body language of the person carrying it.

Once again, not everyone who conceals a weapon is a "bad guy." If you were walking through a dangerous area, or through a riot, wouldn't you feel safer with a weapon in your hand?

It is to your advantage, however, to know about all the weapons present in a room... or to know how to conceal your own weapon effectively.

from **HEAT** page 1

example, have vastly different ideas regarding what qualifies as a “heat wave.” Those accustomed to living in mild climates often find heat waves to be more dangerous and disruptive, simply because they’re less prepared to deal with sustained highs in the 100s.

In the US, we have two kinds of intense heat. One kind is the infamous “dry heat” of the deserts, where temperatures frequently top 110F. This type of extreme heat surprises few, in Arizona.

Typically, it’s the second type of heat that causes problems. Public health concerns skyrocket when extreme heat combines with high humidity, especially in urban areas unaccustomed to highs above 90 degrees.

Even under normal conditions, heat waves can cause widespread power outages, heat-related illnesses, and even deaths. We deal with them every

year, and yet most Americans are unprepared to deal with the heat under the best of circumstances.

Our ability to regulate high temperatures is influenced by health, age, and the quality of our shelter. My goal for this article is to equip you to cope with conditions when extreme heat coincides with parallel crises like power outages, water shortages, or civil unrest.

The Difficulties Inherent In Heat Waves

If you're fit, healthy, and have access to air-conditioning, you'll get through most typical heat waves fairly uneventfully, until your electric bill arrives anyway. But what happens when the power grid becomes overloaded, or you're stranded on the side of the road?

Nearly everyone in America is highly susceptible to heat related illnesses, simply because we live air

-conditioned lives. Even if you live in the desert, chances are that you're not truly acclimated to the intense heat.

Heat pushes the human body to its limits, and sometimes beyond. When extreme heat and high humidity combine, the evaporation on your skin slows down and your body must work extra hard to maintain its normal temperature. Problems occur when a person is overexposed to heat, or overexerts himself. The elderly, young children, the sick, and those who are not fit and overweight are most at risk.

Over-exposure to heat can be fatal. Possible health problems include:

Heat cramps - These muscular pains or spasms result from heavy exertion. In a crisis situation, it's likely you will be exerting yourself more than you normally do. Heat cramps are the least severe of heat illnesses, but

they're a warning that your body is not coping with the heat.

Heat exhaustion - This condition occurs when you overexert yourself in a hot, humid place where bodily fluids are lost through heavy sweating. Blood flow to the skin increases, which diminishes blood flow to your vital organs resulting in a mild form of shock. Left untreated, the victim's condition will worsen because body temperature continues rising. This leads to heat stroke.

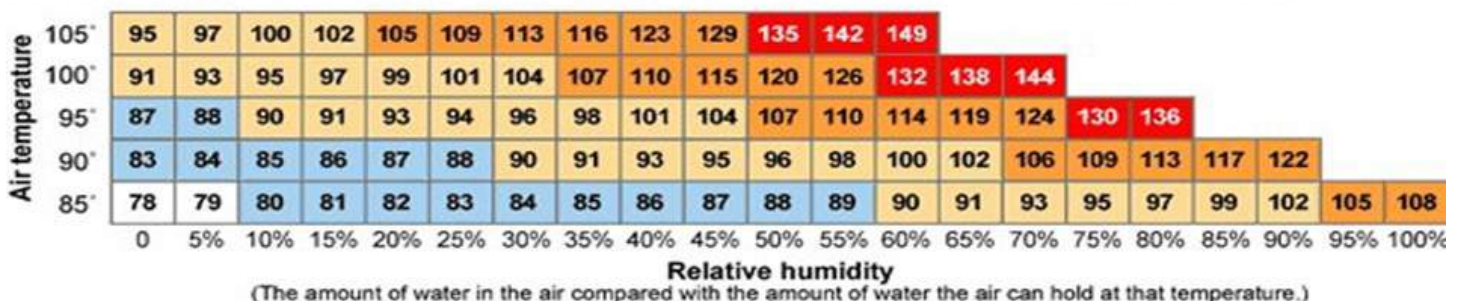
Heatstroke - This occurs when the victim's temperature control system, which produces sweat to cool the body, simply stops working. The body temperature can rise high enough to cause brain damage and death. A victim in this situation needs to be cooled quickly. The term “sun stroke” is often used interchangeably for heat stroke.

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Heat and humidity add up to danger

High temperatures combined with humidity provide uncomfortable conditions and can be deadly. Humidity reduces the amount of evaporation of sweat, which makes it difficult for the body to cool. To figure out the “apparent temperature,” find the air temperature on the left and match it with the humidity level.

- **Extreme danger**
 130° and above
 Heatstroke imminent
- **Danger**
 105°-129°
 Heat exhaustion likely
- **Extreme caution**
 90°-104°
 Heat cramps, exhaustion possible
- **Caution**
 80°-89°
 Exercise more fatiguing than usual



HEAT *(continued)*

Recipe for a Dangerous Heat Wave

Certain environmental conditions compound the dangers of a heat wave. If you are aware of what makes a heat wave deadly, you can take precautions to limit your exposure. Things to pay particular attention to include:

- ☑ Stagnant atmospheric conditions and poor air quality (smog, pollution).
- ☑ Urban dwellings are usually asphalt and concrete environments, which store heat longer.

- ☑ Excessive heat accompanied by excessive humidity.
- ☑ High Heat Index readings. This scale tells you how hot it feels when relative humidity is added to the air temperature. FYI, full sunshine can increase the heat index by 15 degrees.

Surviving A Heat Wave

According to NOAA, heat is the number one weather-related killer in the US, causing 162 deaths annually. Consider this: After just sitting in the shade on a 90°F day for 24

hours, you would lose a minimum of six quarts of water through perspiration, urination, and respiration.

So what happens to those that exert themselves more during the heat wave? Depending on fitness and conditioning, the average person sweats 27.4 to 47.3 ounces per hour while exercising.

For a 155-pound hiker, that's 2% of your body water. Lose that, and you'll also sacrifice 11% of your body's ability to take in and use oxygen. This significantly reduces your cognition and reaction

time, two things you'll need during a crisis.

Be prepared. One reason people get into trouble is they don't realize how temperature and humidity combine to make conditions more severe than the thermometer suggests. Use the heat index to get a real picture of what you're up against.

Also, keep in mind that water alone isn't the answer during prolonged exposure. You need to replace electrolytes or you risk life-threatening hyponatremia. Drink least two

Continued next page

SURVIVAL FOOD KITS

EMERGENCY FOOD AT ROCK BOTTOM PRICES

The advertisement features a central image of a man in a light blue shirt and khaki pants standing next to several large white food kits. To the right of the man are three smaller images of food: a bowl of pasta salad, a stack of pancakes, and a bowl of macaroni and cheese. Below these images is a list of features: - 25 Year Shelf Life, - Low Fat, - Low Sodium, and - GMO-Free. To the right of the list are several circular and rectangular seals: a '25 Year Shelf Life' seal, a 'GMO FREE' seal with a 'NEW' banner, a 'LOW PRICE GUARANTEE' seal, a 'BEST TASTING!' seal, a 'GLUTEN FREE MEAL OPTIONS' seal, a '100% Quality' seal, and a 'Nitrogen Flushed & Oxygen Absorbed' seal with a red and white logo.

TOLL FREE: 1 800 535-6519

www.patriotcaller.com/Food

HEAT (continued)

16-ounce bottles of water laced with a drink mix with 150-200mg sodium and at least 50mg potassium each hour.

Heat Wave Checklists

It is important to also keep an eye on family members as well as members of your community where possible.

There are some easy but key things you can do ahead of time to make your home a safer place to be during a heat wave:

- ☑ Check that your window air conditioners are snugly installed; if not, insulate around them. Check that the air conditioning vents are also properly insulated.
- ☑ Weather-strip doors and sills to keep cool air in.
- ☑ Even better, wean your family away from running the air 24/7, unless you have family members in high-risk groups.
- ☑ Install temporary window reflectors between drapes or blinds and windows. Aluminum foil-covered cardboard will reflect heat back outside.
- ☑ Cover windows that receive morning and afternoon sun. Use drapes, shades, awnings, or louvers. Outdoor awnings and louvers can reduce the heat that enters a home up to 8%.
- ☑ Keep storm windows up.

Dress appropriately when indoors. It is important to remove any heavy clothing and to wear as little as modesty permits. Break out the bathing suits.

Other suitable clothing:

- ☑ Loose-fitting, light-weight, light-colored clothing.
- ☑ Natural fabrics like linen and hemp. Cotton is not ideal, because it absorbs sweat and decreases evaporation.
- ☑ Avoid polyester and flannel, which will hold sweat close to your skin. You don't want to stew in the humid air.

When outdoors, dress appropriately. It is important to cover up. Stick with loose-fitting, light-weight and natural clothing suggestions above. Cover up as much skin as possible to avoid sunburn.

- ☑ Consider wearing clothing made of synthetic sports fabrics that are designed to wick away perspiration.
- ☑ Avoid dark colors as these absorb the heat; light colors reflect it.
- ☑ Protect your face and neck by wearing a wide-brimmed hat.



lic buildings such as libraries, schools, movie theaters, and shopping malls generally keep the A/C cranked very low. Some public buildings may even have backup generators.

If you live in a multi-story building, stay on the lowest floor if possible in a power outage. This will keep you out of the sun and inside the coolest pocket of air.

Get a Fan

Circulating air can cool the body by increasing the evaporation rate of your perspiration. A fan can help move the air around your house and may be useful for pulling in relatively cool air at night.

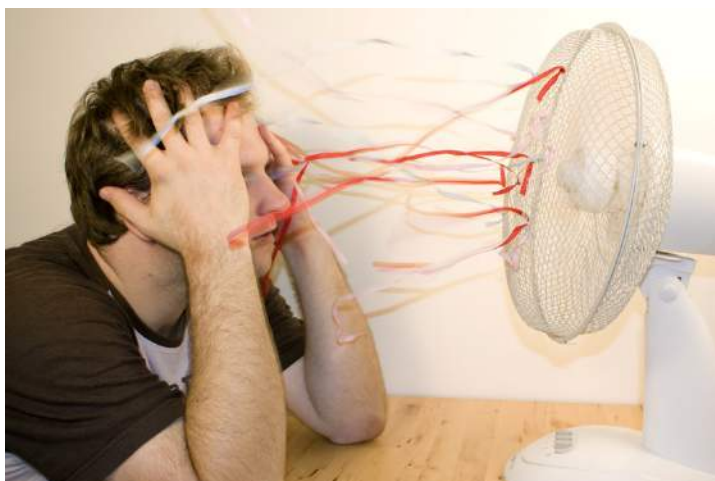
Fans alone will not prevent heat-related illnesses when the temperatures are over 98.6°F (37°C). A cool shower is a much more effective way to cool off.

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Stay Indoors Whenever Possible

Staying out of the sun is the best way to reduce your exposure to the heat, plain and simple. Keep your heart rate low during the heat of the day and stay indoors. Save your strenuous chores for the early morning hours, no P90X after lunchtime.

If your home doesn't have an air-cooling system, consider cooling down on someone else's dime. Pub-



HEAT (continued)

- ☑ Stay hydrated. Be sure to drink lots of liquids, especially water.
- ☑ Avoid or minimize alcoholic, carbonated, and caffeinated beverages as these can dehydrate you.
- ☑ Drink more than you think you need. You need to replenish the liquid removed by sweating and sweating is a key part of keeping you cool.
- ☑ If you're sweating a lot, be quick to replace lost salts and minerals as well as water. Fruit juice or sports drinks with electrolytes are good choices, but do not take salt tablets unless directed to by your doctor. Taking calcium supplements, however, is a good idea.
- ☑ Drink cool (but not icy cold) liquids to help lower your body temperature. Try to keep water refrigerated prior to drinking, if possible.

Eat lightly. Hot foods and high-calorie or high-protein meals raise your body's metabolism and its temperature. This is the opposite of what you need to stay healthy during a heat wave. Think fresh fruits and vegetables, cold salads, etc. and be sure to eat light, well-balanced and regular meals.

Practice Appropriate Heat Wave Behaviors

Keep these things in mind:

- ☑ Pace yourself - this is not the time to take up running. In fact, it's a good idea to moderate your outdoor activity, taking advantage of the cooler morning temps. Start slowly and pick up the pace gradually. Pay close attention to how you feel. If your heart is pounding, and you're short of breath, stop immediately, go into a cool environment to rest and drink plenty of fluids.
- ☑ Avoid strenuous work during the warmest part of the day. There is a reason many cultures close up shop and take a siesta during the summer. Use a buddy system when working in extreme heat and take frequent breaks.
- ☑ Don't be a mouth breather. Breathe through your nose to avoid water escaping through the mouth. This keeps your body hydrated longer.

Looking After Others

Look out for signs of heat stress and exhaustion in all members of your family and others close to you. Be vigilant and explain to them the importance of taking steps to minimize the effects of heat during a heat wave.

Vehicle Temperature

Outside	Inside	Time to Reach
75	100	10 minutes
75	120	30 minutes
85	90	5 minutes
85	100	7-10 minutes
85	120	30 minutes
100	140	15 minutes

Contrary to popular belief, parked cars can be very deadly. In the summertime, the temperature inside the vehicle can rise to 120°F or more within minutes. Don't leave any children or animals in a parked car during a heat wave.

The ice-to-wrist cooling method.

So what can you do when you or someone you know is showing obvious signs of heat exhaustion? This method is proven to promote rapid cooling.

You'll need 2 ice cubes and 3 paper towels.

Layer paper towels on top of one another. Set both ice cubes on the paper towels about 3-5 inches away from each other.

With your arms straight

in front of you, place each wrist on one ice cube. Keep there for 1 minute or until you are cold. Remove wrists for a few minutes. Repeat a few more times.

Use your common sense here, if the ice cube begins to hurt, stop! Believe it or not, if you keep your wrists on the cube for over a minute, you are at risk of frostbite.

This covers the double whammy of humidity and heat present in a "heat wave," but what about surviving in desert conditions?



DESERT SURVIVAL



Close to a third of the world's surface is classified as desert. Most people think of the vast sand dunes in movies. But a desert is simply defined as any arid land that receives less than 10 inches of rainfall per year.

While much of the survival mindset is the same no matter where you find yourself, survival in the desert is a delicate balance between staying hydrated and limiting your exposure to the harsh elements.

Here are some simple and easy to remember tips for surviving in the desert:

Cover Your Head

The biggest dangers in desert survival are exposure (to the sun during the day, and to the cold

during the night) and dehydration. One of the best defenses against the sun is a hat. If the top of your head is exposed to the sun, even indirect sunlight, for long periods, your body will have to work harder to maintain a safe core temperature.

The first rule in desert travel is covering up. If you're caught without a hat, use another article of clothing or a bandana to wrap your head in.



Take Cover

This is the logical extension of the "cover your head" rule, only applied the rest of your body. Finding shade or constructing a shelter is one of the highest priorities in the desert. By staying out of the sun, you can conserve water. If need be, create a temporary shade until the sun sets, then work on a more permanent setup.

For temporary relief, seek out shrubs and small trees. A ravine or on the north side of a rock outcropping will also provide temporary shade. Remember that snakes and other animals may have the same idea. The general idea is to stay out of the dehydrating rays of the sun during the day, and to travel or forage during the

cooler hours of the morning or evening.

Ration Your Water

Do drink water, but remember to think long term. Don't guzzle it all at the first sign of thirst. Ration it by taking small sips throughout the day.

The color of your urine is an indicator of your hydration level. Clear or light colored = hydrated. Yellow or dark = dehydrated.

If you do locate a water source in the desert, filter and boil it before drinking. Tainted water can cause vomiting and diarrhea, which can cause even more dangerous dehydration.

Stay Hungry

Eating promotes thirst. If you have food, nibble just enough to keep the hunger pains away and your energy level up. If you don't have water, avoid eating as long as possible. Remember: your body can survive much longer without food than it can without water.

Keep A Cool Head

Panic is a killer in any survival situation. Before you rush away from your vehicle, consider your options carefully and create a plan. Wandering blindly through the desert is not a preferable alternative to staying put. Remember: It can always get worse...

Continued next page

DESERT SURVIVAL *(continued)*

Mark Your Trail

If you decide to try to navigate through the desert, think Hansel and Gretel. Use rocks cairns, sticks, and write in the dirt in order to mark your trail and communicate (see last month's "SHTF Communication"). Before moving, take a sighting on a distant object in the direction you're traveling, and use that landmark to keep you on track.

Hunker Down

Sunset comes as a huge relief after the daytime heat in the desert, but it's often followed by panic, as the daytime heating dissipates rapidly, giving way to near freezing temperatures.

In the Sonora Desert near Tucson, the temperature once plummeted from 120° F during the day to 34° F at night. Clearly, the lesson here is not to underestimate your need for a

well-insulated shelter, just because its hot during the day.

Caves and other natural shelters make excellent, ready-made campsites. In a pinch, dig a body-sized sleeping hole in the dirt and cover it with an emergency blanket or tarp, held in place by heavy rocks. If you have extra clothing, use it to line the bottom of your pit.



Shelter and warmth will go a long way toward keeping your energy and spirits up for the following day. And of course, restful sleep is essential in a survival situation.

Continued next page

How to Build Your own

ENDLESS FOOD SOURCE



Man Discovers Amazingly Simple System to Grow Unlimited Supply of Organic, GMO-Free Food

YOU NEED TO WATCH THIS:

WWW.PATRIOTCALLER.COM/AQUAPONICS

DESERT SURVIVAL *(continued)*



Water is Life: What To Do When Water Runs Out

If water is scarce, stay out of the sun from 10 a.m. to 5 p.m., and hike only during the cooler hours of the evening or morning. Lost hikers have lasted up to two days without water in the triple-digit heat of the Grand Canyon and Death Valley, while others, trying to find water in the middle of the day, have perished within just three hours. Hole up in the shade like a coyote, conserve your precious sweat, and await rescue.

Where can you look for water? Don't assume that the creek, spring, or waterhole marked on the map is going to exist this year. Instead, look for water-loving trees that stand out in the desert.

Willows, cottonwoods, and sycamores, with their bright green leaves, can be seen from miles away and are often signs that water is close to the surface. Don't be discouraged if there's no water visible, you may have to dig down a few feet at the tree's base. Use a bandana to absorb puddles.

Another tactic is to search for a "tinaja." Tinajas are depressions in large



sheets of rock in which water pools up during a rainstorm. From a high place, look for shiny spots on the horizon (binoculars are optimal), especially those near low-lying rock formations.

Cacti: Eat Me, Drink Me?

Think slicing open a juicy barrel cactus (above) will yield a quenching cup of water? Nope. There's no water inside, and due to the alkaloids most people

will experience cramping and vomiting, which aggravates dehydration.

Prickly pear cactus fruits (below) won't replace the water your body needs, but they'll help quench your thirst.

They're sweet but heavy with seeds and can be collected in late summer. Remove the stickers and peel the skin or char it in fire coals.

