

## **MCS Podcast #199 Transcription – 10 Covert Military Bug-Out Secrets**

Jeff Anderson: Hey everyone. Welcome, welcome. This is Jeff Anderson, editor for Modern Combat and Survival magazine and Executive Director of the New World Patriot Alliance, with another podcast to help you better prepare for any threat you may face in your role as a protector and a patriot.

Welcome to podcast episode number 199. Yes, we are one away from 200 episodes. This is awesome. It's probably the longest I've ever done anything in my entire life. I usually am kind of a slacker with stuff like this. But we have been going religiously now for every single week for the last 199 weeks, and the next issue that's coming up, or the next broadcast that's coming up, is going to be number 200, and I can't wait. We're going to have something special lined up for you to celebrate.

You can help out by going over to our podcast and giving us a five star review, if you like the podcast. If you don't like the podcast, don't go over and give it any stars. Save all the hating for private if you will. But we are trying to get the word out. We have a lot of great followers out there, a lot of listeners all around the world, actually, a lot of military, a lot of military contractors we get contacted from that really love the broadcast, and we'd love to get your help in getting the word out, so please make sure that you share our podcast, go ahead and give it a five star review, give us a comment over on iTunes, and we'd love to hear from you.

For this episode, we started going over this last ... well, this year's broadcast, and there was one episode that really stuck out as being really popular, and that was the one that we just recently did, or I recently did, on bug out retreats. Basically, where are you gonna go in a disaster or a crisis? What are the best ways to plan a plan B retreat for bugging out if you're forced to evacuate your home and get to another place that's safe?

We got a ton of great feedback, as well as a lot of downloads for that broadcast. And so what I wanted to do was share with you ... expand on that topic a little bit with 10 military ... I call them secrets but they're not so secret to everybody, especially if you've been in the military. But for a lot of people, in the way that you are planning, if you have to evacuate, the way that you are planning might not be doing it the right way. In fact, some of the things, as we've been saying here relatively recently ... well, we've been saying it all the time, but recently we've been doing a lot of these like, the biggest mistakes type broadcasts, and there's a reason for that. It's because mistakes can get you killed in a real crisis, and a lot of

people are following things that they think are the right way to do things when actually could be threatening you even more.

So what I wanna do is expand upon the topic that we were talking about before with bug out retreats and give you some ... basically a top 10 list of things from a military standpoint, from things from my experience in the military, of how you should plan your ... basically, your mid-retreat evacuation, if you will. So if you have to put up somewhere that is not your ultimate destination, if you are going to "camp out" somewhere on your way to safety, then these are some of the things that you definitely want to take into account, in order to stay as under the radar as possible so not everybody else is there to target you.

Now, why is that important? Well, look, we always believe in hoping for the best and planning for the worst. So I know that not everybody that listens to our broadcast is really the true prepper, hardcore prepper type, and you just want to have a survival kit, maybe some candles, a little bit of canned goods at home, maybe not all that into the topic, but if you've been listening to us for any amount of time, you know that my experience, both in real world disasters as well as in looking at and analyzing other disasters that are out there, is to look at the reality of what happens.

Now, the event that most people revert back to as a really good example is during Hurricane Katrina in New Orleans, in the Superdome, where all of the travesty and the horrific events that happened there, when you stick all these people in one location, who have just lost everything, right? We know about murders, rape, things like that, that were happening there. Theft, beatings. It was obviously a really isolated type incident that we're talking about there, but it is a possibility, under those same conditions. It's not like we've really learned our lesson from all of that.

The bottom line is that you could get trapped in an event like that. You don't have to live in New Orleans or in an urban environment, even, to be able to experience the human factor and the human threat that happens in a crisis, even if it's not a nationwide crisis, even if it's something local. You can have that kind of bleed over, that spillover into your area.

But we always wanna hope for the best. We always wanna pull together with our neighbors and get back on our feet and things like that, but you do have to plan for the worst. The best can happen. I've seen it happen. I've seen neighbors pull together. I've seen our entire country pull together.

But I've also seen neighbors turn against one another. I have seen the country divided, and especially these days, I think we're more divided than ever, so you really have to plan for a worst case scenario in that kind of an event.

A crisis might not be a short term crisis. It could be a longer crisis. So something that is going to last longer, people tend to get more depressed and scared and afraid and desperate a lot earlier, especially if they're not given the resources that they need to be able to sustain their families. If the government can't come in there and take care of everybody, which is what most people are counting on, then as time goes on, people are going to become more and more of a threat.

You could also get trapped along your way to evacuation. So you might have a plan B retreat set up. You could have it ready to go to, you could be on your way there, but you could get trapped along the way. Maybe it's because the highways are completely jammed up, you can't get past it. There are ways around that. We talk about that in our webinar and in our book, The Survival Kit, Bug Out Bag Book, all of those things we talk about having alternative options there. But it might just be a matter of you should be taking multiple vehicles on your path anyway, so it's not like you can just trade off with another driver. If you can, that's great, and just work your way to your retreat. But you might just wanna put up for the night somewhere and be, again, away from people so that you're not in the line of fire, if you will, of other people that are desperate and looking for your stuff.

And that is what happens. When people are in desperation and they're spending their ... what happens is they end up spending their time thinking about their situation. They get really down, especially if they have a spouse or a family that are hungry, that are nagging at them to do something, if they start witnessing other events happening like people getting robbed, people being ignored that are desperate and other people don't ... they turn a shoulder to them because everybody is taking care of themselves. If you start to see those things happening, people get down even more and they start to become more desperate for somebody to give them a solution, somebody to come in, swoop in and rescue them, take care of them. And if they don't get that, what they end up starting to do is to look outside of themselves. They're looking for anything that they can hold onto. Kind of like you're drowning out there in the water, you would hold onto a stick that you found in the water, if you thought that it was somehow gonna keep your head above water, right? The same thing happens in an environment where it's a collapsed environment, it's a natural disaster, it's gonna go on for an extended

period of time, resources are bare. People start looking for any little thing that they can grab onto. You don't want that thing they grab onto to be you, your family, your supplies.

So it's really necessary that you go as far under the radar as possible when on your way to safety. So what we're gonna be talking about is kind of like where you're going to put up either for the night ... this would also apply to your ultimate destination as well, because of the same types of things. Even if you get to your safety retreat, again you wanna be under the radar there, you don't want people to know that you're there, you don't want people to know that you have resources there.

Now, I actually could have a much longer list than what I'm gonna give you, but I am gonna give you the top 10 things that first came to mind, based upon my military experience, to be able to give you some insights in how to lay low and how to go covert in your bug out site.

But before we get started, I wanna make sure that you remember that we do all the heavy lifting for you, so don't worry about taking notes. We have show notes already set up for you right now that include the audio transcription and our handy dandy one page little cheat sheet that you can use for reference later on. All you have to do is go on over to [www.mcsmagazine.com/199](http://www.mcsmagazine.com/199) and download it all for free right now.

Okay. All right. So for this list, what we're gonna do is we're gonna talk about four different areas. We're gonna talk about movement, we're gonna talk about equipment, site selection, and living considerations as well.

The first thing we're gonna talk about is going to be movement. Tip number one is to know your destination. Now, this matters even if you aren't at your final destination or even if you don't know where you're going to go. Let's say that you get trapped somewhere. Let's say that you hit that parking lot on the highway and you are able to at least maybe backtrack or something like that.

The key here is going to be to have a topographical map and be able to read it. I've talked about this before and how this is an important military skill, if you will, that people have gotten away from, even people in the military, actually, because now, with the use of GPS, a lot of times people will use the GPS and they won't back it up with some sort of a topographical map. This is important, because I can tell you that when we were looking around for our objective, or if we had a site designated in the military that we were going to, putting in for the night, then

oftentimes if we couldn't find it ... especially if we were traveling at night, which is gonna be one of the things we're gonna be talking about here ... but what ends up happening is that people get really frustrated. They start swearing, you start going through the bushes and you're making a lot of noise, you get lost, you get frustrated.

You don't want that to happen. So having a topographical map on you and knowing where you are at all times is gonna be really helpful with that, because if you can read the map then you can look for areas, site selection, which we are gonna be talking about, that will benefit you in staying out of people's view, out of their ... basically, off of their radar. But you wanna know where your destination is.

If you don't know how to read a topographical map, then just go ahead and I'm sure you can find things online, there's things on YouTube, there are programs that are out there on reading a map. So there are places that you can [inaudible 00:11:15]. But what you're looking for ... you're looking for roads. You might even be able to find trails around the thing that stopped you in the first place. So if you reach that parking lot on the highway, you might be able to find either back roads, power lines, railroad lines, trails, things like that, that other people might not think of because they're not thinking outside the box, but you might be able to find those and be able to stay on your way, but you'll also be able to look at that map to be able to find a location that you can put down in. Even if you don't hit that obstacle that stops you in your tracks, if you're gonna put in for the night, you definitely wanna take a look at where you are and what topography is around you that's going to either benefit you or something you wanna stay away from. Maybe it's an urban area, maybe it is houses that you can find on the map, or things like that. You wanna make sure that you know what they are. So that is tip number one, is know your destination and the topography.

Tip number two is to take advantage of the dark by moving at dusk. Now, dusk is the best time to move because that is the time where everything is fuzziest out there. You don't need light yet because it's getting dark, but it's not daylight anymore, so you still have light to be able to work with. The times that we would normally attack an objective was either gonna be at dusk or at dawn. It wasn't oftentimes in the middle of the night, although that's changed a lot with technology these days. However, we would always hit either at dusk or at dawn, and the reason for that is because it is harder to be seen during those times, even more so than at night, oftentimes. So moving at dusk is gonna help to conceal your movement.

If you do have a vehicle, you don't wanna have lights on upon final entry to your location. So headlights are gonna really give away your location, obviously, especially in a time where if it's a crisis where gas pumps are down, people don't have fuel, seeing a vehicle's headlights moving across the horizon is going to be a dead giveaway that, "Here's somebody who obviously has resources that we don't have. Let's go follow the headlights." So you definitely wanna make sure that you are not using your lights if you are using your vehicle, at least upon final entry to your location. So if you know where you're gonna go and you can drive in at least close to where you are going to put up for the evening, then you wanna make sure that you turn off your vehicle lights.

Now, this is where night vision goggles really come in handy, so that you can turn off your lights and you can use your night vision goggles. Now, one of the problems with that, though, is that with night vision goggles you don't have depth perception, because your eyes are kind of perceiving depth but you're not getting actual depth from the night vision goggles. So you have to be kind of careful about that.

One of the things that can help you out with getting more of a view out there when you are using night vision goggles is to have an infrared flashlight that's pointed out in front of you, that can even be pointed outside the window, if you will. You can pick these up for as little as \$10 on Amazon for an infrared flashlight. Just put it out there and wearing night vision goggles, it'll look like daylight, almost. There's a big difference and you'll be able to see with just the night vision goggles. You put an IR light out there and it allows you to travel faster because you're gonna have more visibility in front of you. But taking advantage of the dark is gonna help to mask your movement, especially if you're going into your location that you're gonna be in for the night.

All right. Now let's talk about equipment. When it comes to equipment, I'm sure you've heard me say this before, but you wanna be tactical but not look tactical. So in the military, that means we wear camouflage, right? We avoid things like bright orange, bright red, things like that. But when you look at survival gear that's out there, what do you see? You see a lot of things that are either bright orange, because it's rescue type survival gear. I mean, most of the time when people are thinking survival gear, you wanna be rescued, right? If you're lost in the wilderness, you wanna be rescued. Orange has become the symbolic color of survival and rescue and emergency preparedness and wilderness survival and things like that. But in the military we don't use bright orange, because it obviously attracts attention, right? We use camouflage. But when it comes to a crisis, you don't want to use camouflage. You don't want to

look like some military tacticoool prepper out there, because that signals to everybody else around you that might see you that you are somebody who's prepared and you might have resources that they want. And what happens? They end up asking, asking turns to begging, begging turns to demanding, demanding turns to taking, potentially by force.

So you want to make sure that you are tactical but that you don't look tactical. Now, that's why we always say that blue is best, because especially during the evening time ... well, during the daylight, blue is a recreational color so it doesn't activate somebody's ... their radar. You could call it the reticular activation system, which is basically your brain's way of instantly finding things that don't look right. A camouflage backpack, while it's camo, would actually activate somebody's reticular activation system in their brain and say, "Hey, something's not right. That person looks different. Oh, that's a prepepr. Let me go find out if they have resources."

You don't want to look tactical. That's why our XBOB Bugout bags are blue, because they're a recreational color, but blue is also an invisible color at night. With the light spectrum, the eye does not pick up the color blue very well, so it's actually almost invisible during evening hours. Okay, so that's one thing is you wanna avoid those bright colors and you wanna avoid camouflage.

The other thing ... and this is all coming from military experience here ... but camouflage net. One of the things that I have on top of my vehicle that I can quickly just pull into a location that I wanna be off the beaten path here is I have a camo net, the kind that is typically used in the military to go over top of vehicles or tents and things like that. It's a camouflage net. I literally got this thing for \$10 at a garage sale. Now, I've seen them at flea markets and things like that for \$25, \$50. I've grabbed a couple myself. And I got one for \$10 that was brand spanking new. And all I basically do is put this on the luggage carrier on top of my vehicle, along with my other gear that is inside of a zip up luggage carrier pack, if you will, so that nobody can see what's inside of there.

But all I need to do is just unzip it, take the net out. It rolls over top of my vehicle. It can be stuck up there with either camo net poles or you could even just use sticks and things like that if you want to. But it's an easy way to camouflage your vehicle so that people can't see your location, whether it's from the air or the side or anything. It's a great way to instantly camouflage your vehicle very quickly. It rolls out, it rolls right back up. You just roll it up, just roll it like a towel, and just zip it all back

up on top of the vehicle. It takes literally just a couple minutes and you're good to go there. So that's one thing that I also recommend.

When it comes to where you're going to sleep, yes, you can sleep inside of your vehicle, but one of the things I recommend is that you might possibly look at just being away from your vehicle. That way if your vehicle is found, you are not inside of it at that time. It's entirely up to you. I've recommended both. I really don't have a preference on way or the other, but depending upon the circumstances, you might not actually wanna be inside of your vehicle. You wanna be away, so that if somebody starts messing around with your vehicle, you can still hear them, you can take appropriate action, but you didn't get surprised when you were sleeping inside of the driver's seat. Again, it's really dependent upon the situation that you're in right there.

But if you're not gonna be in your vehicle, you wanna make sure that ... I don't recommend having any sort of a tent. I recommend that you use something like a poncho, and so I have a military poncho. I also have a black version of the military poncho as well. They're just really good quality. You've heard me talk about this before, that I'm not a big fan of tents. They just take too long to go up and go down.

Now, the other side of that is, I don't have one of these. I was looking to get one. But there are tents that literally are already together and you basically just ... they just pop up, kind of like a popup book, right? Like when you were a kid. But these things literally just kind of pop right up. And I like these things. I mean, I think they're kind of cool. I don't have one, but if anybody has one out there, I'd love to hear from you and go ahead and let me know about it, okay? But having a poncho makes a really good backup there for a tent.

I also recommend people have a mosquito net. There are a lot of reasons why I recommend people have a mosquito net. One, to keep the mosquitoes away, right? If you're gonna be outside at ... trust me, you need your sleep as much as possible. If you have insects buzzing around you it is really hard to get to sleep. I've spent many a restless night out in the field just swatting mosquitoes all night and not getting any sleep. But the other thing is that the mosquito net, especially ... I like the one from the military that we have. It's a really good quality one. It's a large one, actually, so you can use it in a lot of different ways, but it actually makes for good camouflage covering. For the military one, you can see through it, obviously, but it's also green, so it helps you to blend in. It works really, really well, and so there's a lot of different uses for it. You can even use it for trapping fish and things like that.



Tip number four is fast up, fast down. In the military we never knew ... one, we wanted to maximize our sleep as much as possible. We never knew when we were gonna be in the location we were bedding down for for any period of time, so you wanted to make sure you got it up very, very quickly. So this is kind of going back to when we're talking about using a poncho instead of a tent. Well, you want things to be able to go up really quickly, because you wanna be able to bed down, you don't wanna waste a lot of time, you don't wanna waste a lot of energy either, right? You wanna conserve calories as much as possible when you're evacuating. So just having it as easy as possible, having a poncho, just a couple of bungee cords to make a quick lean to is all we ever did. It's all you ever need to do.

The other thing is that if you do need to high tail it out of the area and get out of Dodge that you don't want something that you have to take all the tent poles out and things like that either, right? So that way, if all you have is a couple of bungee cords and you grab the poncho, stick it in the back of your vehicle or in your backpack, it's just really fast up, really fast down. You need to be able to ingress and egress as quickly as possible. That's tip number four.

Tip number five is ... we're gonna go into site selection now. So tip number five is you don't wanna be near resources that will draw other people. In the military, that meant not being near where the enemy could be or where the enemy could find us. So you need to look at an evacuation scenario as other people being the enemy.

So you don't wanna go to places where other people are gonna be drawn to or where they could find you. So you don't wanna be near resupply points, for example. A lot of people, you'll end up seeing refugee points, if you will. They could be actual FEMA camps. They could be Red Cross centers. Places that are set up specifically for relief for the mass population. The Superdome during Hurricane Katrina in New Orleans is an example of one of those, right? Well, you don't wanna be even near those kinds of locations. You wanna be close enough where you can get resupply if you need to, but you wanna be far enough away from other things that people would be drawn to, whether those are grocery stores if it's an urban area, or even water sources, well known water sources that people might be going to. You might find out in the area that there is a water source. Maybe it's a park, maybe it's a campground. Who knows what it is, but you might find out that you're gonna hear word where people are going for resources. You don't wanna go to those locations. You wanna note where they are and stay away from there. So you wanna

make sure that you are not choosing a site where there are gonna be other people around you.

Seems kind of obvious, but trust me, people end up doing it, especially since people that are unprepared tend to want to flock with other people, because there's a perception that there's gonna be other resources there, there's a perception that where people are the government is gonna come in and take care of those people, so you wanna stay near them. But also, people don't like to be alone in these type of scenarios. They wanna be with other people and they congregate with them. They end up even starting tribes, if you will. It's a very tribal nature, for us to wanna be part of a tribe, and so people tend to wanna gravitate toward there. You wanna do the opposite.

Okay, that was tip number five. Tip number six is to use natural terrain to your advantage when you're choosing your site. So you don't wanna silhouette yourself, so you don't wanna have something that's on a skyline on top of a hill somewhere. You don't want anything where you're gonna silhouette yourself against the sky or other well lit up areas. You wanna be away from well lit up areas, if there's parking lots or urban areas, things like that. You don't wanna be near those, where even if you could be silhouetted, because people are drawn to light, but also, you don't wanna silhouette yourself against that light, even if it's just moonlight or just the skyline. Even at night, you can still silhouette yourself. So you wanna make sure that you are not silhouetting yourself and you're using terrain to your advantage. Again, you wanna have a fast exit route planned. So you wanna know the terrain around where you're at, so that you have a couple of egress options there if you do need to get out, either because of the disaster itself or because other people are coming up your way. You need to be able to egress out of the area very, very quickly and know how you're gonna do it.

You wanna use the terrain to mask your movement in, if you can, so if you can use hills to your advantage by going in gullies or [inaudible 00:25:58], if you live in a desert type area. You wanna use the terrain to your advantage. You just wanna be very careful, also, because the reason why there are draws on hilltops and where those ravines are is because water typically goes through there. So you wanna be very careful, especially if it's a disaster that's a hurricane, flash flooding. Those types of events or those types of disasters, water, especially where I live, in Texas, flash floods happen very, very quickly, so you wanna be very careful about where you're actually putting yourself up.

I can tell you that I was stupid enough in the military one time to ... I put my hooch in a nice little dug out area that I thought was really nice and comfy cozy, and it turned out it rained that night and basically I put my hooch up inside of what ended up being nature's bathtub. I literally woke up in about three to four inches of water, just completely soaked. So you wanna be very careful. Think about worst case scenario, what's gonna happen, and where you're putting that up.

Okay, tip number seven is to consider going high with a canopy hammock. This is something you can consider for a few different reasons. Canopy camping has become a popular ... it's kind of becoming a popular trend, and essentially what we're talking about is putting a hammock up inside of the trees and camping up in the trees like you're some kind of ape.

Well, there are some reasons for this. My friend, Kevin Reeve, who has [onpointtactical.com](http://onpointtactical.com) and runs several survival camps, most notably the Urban Escape and Evasion course that I've taken ... I highly recommend going and checking out Kevin's course over at [onpointtactical.com](http://onpointtactical.com), and one of the things that he let us know about was that when people were trying to stay covert, even in urban areas, what they would end up doing is going up into the trees, and nobody could find them. What we found is that people tend not to look up when they are searching an area.

I learned this the hard way in a military exercise. Some of you may have heard me say this before but it was an urban setting. It was a training event. It was an urban warfare setting, and I fought my way all the way up ... we were on the offense. I fought my way all the way through this building. We got all the way up to the top of the roof. I opened up the door that leads out onto the roof and was surprised to find like, six people "dead". They were training dead but they were right there at my feet when I opened up the door and I thought, "Hmm, somebody must be behind that barrier over there on the other side of the roof."

So I started to inch my way out, and all of the sudden, I heard, "Bang!" And then my laser gear went off. I was dead. And what it was, was there was just one person on top of the roof of the little ... the door top roof that goes out onto the roof there, just waiting for people to come up, because everybody would creep outside of that door and nobody would look up and think that anybody was on top of where over where the door was, and there was just somebody sitting on top of there, just waiting for the next person to come out. Boom, that next person was me. I laid down in the massive pile of dead bodies there. Other people came out of the door eventually. They got hit, too.

So I can tell you that most people do not look up when they're searching an area, so canopy camping is something that you might wanna consider as an alternative, putting a hammock up inside of the trees and camping out there instead of on the ground.

Now, the other reason that I suggest you might wanna do this is because this is how we slept when I was in Panama. Okay, so I was down there for [inaudible 00:29:51] I was actually down there for a year and I spent a lot of time in the jungle. And trust me, even when I was in the States and I was out there on missions, even with my military hooch, I can tell you there were so many times that I had critters right on top of my sleeping bag ... I would have raccoons that would come into my hooch. Literally, we had raccoons sit on my legs one time. Freaked me out, man, but so there was that stuff, snakes in Panama, we had spiders. I mean, there's all kinds of things on the ground there, right? So we had to be in a hammock, in order just to keep the critters off of us. So that's one other thing that you might wanna think about, is it's really great to keep the critters off as well. So consider that as well.

That was tip number seven. Now let's go into the last three, which are gonna go into living considerations. This really comes down to are you in your space there in a covert way? And what I mean by that is tip number eight, is are you taking into consideration smells?

Especially in the evening time when you don't have vision, your other senses are heightened, but your other senses are much more acute than you even think about. In fact, smell is the number one sense that people have. It's the most sensitive sense that people have, even triggering memory. So smells, if you've ever smelled something that reminded you of grandma's cooking or something, right? I'm sure you've had that experience there. Well, our bodies are very susceptible to smell. We just don't think about it, because we don't think of it as a primary sense that we have. But smells really travel very far. Cigarettes. If you are a smoker, the smell of cigarettes can travel literally miles. You can smell those cigarettes, depending upon the weather function, things like that, it can actually travel for quite a ways. So cigarettes are gonna trigger other people to know that there's somebody in the area.

Same thing goes with a fire. So the smell of a fire, we all know what that's like. Fires will draw people out, so I recommend that you not have fire. Look, in the military, we didn't have fires. We didn't build fires. Why? Because the enemy can see fires. They can smell fires. There were no fires.

Cooking is another thing, so cooking smells can draw other people, especially if food is scarce, right? So you wanna make sure that you are not cooking something that has a lot of smell to it. Try not to cook if you don't need to. You can use solid fuel tabs if you need to heat something up. But you definitely wanna make sure that you are not using anything or doing anything that's gonna create smells that might draw other people.

Tip number nine is using light discipline. So we already said that you don't wanna have a fire. Well, that's absolutely true. That is obviously going to send a light out there in the evening time. But you also don't wanna use a flashlight if you don't have to. You can use night vision goggles, like we talked about already. Nowadays, night vision goggles are really inexpensive. You can get them pretty cheaply. So you can use that. I can tell you that I never brought a flashlight out to the field, because we did not use flashlights out in the field very often. At least when I was in the 10th Mountain Division, we were really hardcore with that. No flashlights. If we did, we had a red lens, so any other place that I was that, we either used a red lens or a green lens, because red and green, the light does not go as far as white light that can be seen relatively far.

So you definitely wanna use a filter if you are gonna use a red or a green light. You can even muffle it. You can muffle the light by putting your hand around the lens and only letting a little bit out. You can use a chem light, like a yellow chem light or something like that, that will give you some light but also keep the light down. But you definitely wanna make sure that you're not spreading a lot of light out there that, again, is gonna draw a lot of people.

And finally, tip number 10 is noise discipline. I can tell you that this is the number one thing that I've found to be the biggest giveaway of other people, especially if it is in the evening time. If we were in an ambush position, you could hear people coming along the road, you can hear cars, you can hear people walking, especially in the super early morning hours, where things are really still, sound travels much farther. So you definitely wanna make sure that noise [inaudible 00:34:30].

That includes things that you might not normally think about, like weapon sounds. So look, an AR-15, bringing the bolt back and letting the bolt go forward makes a very distinct sound. The racking of a shotgun makes a very distinct sound. The racking of a slide on a handgun makes a very distinct sound. If anybody hears that, if anybody's within earshot of that, that is going to activate their brain's radar, because that is a sound that the brain will pick up on. They don't even have to consciously think

about it. That sound will automatically ring into the brain. It will enter the brain and that will trigger somebody to know that hey, there's a weapon nearby. So if you're cleaning a weapon, you don't wanna be making a lot of weapon like sounds out there.

That goes especially for shooting. So if you're out there trying to hunt on your way there, well, it's best not to try and go hunting along the way. So if you do have to, that's why we recommend a .22, especially if you have any sort of a silencer or using subsonic ammunition, then that's gonna help you as well. But you definitely ... a .22 is not gonna make as much noise as something like a 9 mm, a .308, a .223, anything like that. You definitely wanna not use a firearm if you don't have to.

Pots and pans are a huge thing, people hitting pots and pans. Anybody that's ever been camping with the Boy Scouts, you know when the next campsite or even the campsite a few campsites down, they got done with dinner, because you can hear the clanging of pots and pans being cleaned. So you wanna be very careful about that kind of stuff as well.

If you are walking, backpack frames ... this is why I don't recommend external frames, even the old military packs that we had, that had external frames. They squeak a lot. They can have other things that are banging against them. I don't recommend especially metal frames, but I don't recommend exterior frames, anything.

Car doors are another thing. You wanna make sure that you muffle car doors being closed, for obvious reasons.

Here's something. If you have a dog, especially one that likes to bark, you need to be very careful about that. Most people are not going to leave their pets behind, but if you do have a dog with you, you wanna make sure that if it is a barker, that you are not letting it bark where other people can hear. So you might wanna keep it in the vehicle during that time. I would definitely invest in a muzzle for your dog, just for the purposes of if you are in a bug out scenario and you don't want people to know where you are and you have to keep your dog's mouth shut. The way to do that is with a muzzle. So that's one thing you might wanna think about as well.

So those are 10 military secrets for covert bug out site camping, if you will. Again, you can pick up all of the notes for this, including the cheat sheet, by going over to [www.mcsmagazine.com/199](http://www.mcsmagazine.com/199), and please go ahead and give us a shout out on the blog in the comments, by giving us some of your other tips, but also in iTunes as well. Give us that five star

rating. Let us know that you're loving the broadcast, okay? And until the next Modern Combat and Survival broadcast, which is gonna be episode number 200 ... yay ... this is Jeff Anderson, saying prepare, train, and survive.