



X-treme Evac: Alone & Disabled

with Jeff Anderson from www.ModernCombatAndSurvival.com

You Can Survive... Even In Extreme Situations

Having limited mobility, caring for dependents... all these situations present extreme challenges for bugging out, which is difficult even for able-bodied men and women who have no dependents. Understand that you CAN survive. Whether you have your own challenges or have no limitations at all, here are three quick tips that you can adapt to your own situation when it comes to bugging out.

Tip #1: Your Number One Piece Of Survival Gear Is... Your Brain!

If you're using your brain, you're already far ahead of most people when it comes to prepping for a crisis.

- 98% of most able-bodied people aren't doing any kind of planning for a disaster. They will be victims when a crisis occurs.
- People with challenges or other limitations feel like they have no options. Yet they're facing their challenges head-on and doing something about them.

Tip #2: Start With Where You're At

A lot of people feel unprepared because they don't have a year's supply of survival food, a Mad Max truck, and a gun safe stuffed with firearms. All that stuff is cool, but dreaming about the ultimate survival retreat won't do you any good if the power grid fails and stays down.

- As long as you start setting aside some food and water, putting together a bugout bag, and otherwise preparing for a crisis, you are better off than if you don't.

- Make a list of what you need and what you would prefer to have, then start checking off what you have.
- Assess your current assets and THINK about them differently. What can be used as a potential substitute RIGHT NOW until you can get what you really want and need?

Tip #3: Don't Become A Lone Wolf

Don't head out onto the road with just one vehicle unless that's all you have.

- In a best-case scenario, you want a mutual aid group or survival group to back you up. You should already have a plan for meeting up with that group and leaving in convoy to support one another.
- Even if it's just you and your family, if one car breaks down, having a second one lets you keep going. It's better than trying to bike out, or throwing on your bugout bag and walking to your destination.
- Having backup also gives you the means for a surprise counterattack if one vehicle is the focus of negative attention.
- It pays to have a good relationship with your neighbors. They don't even have to be "preppers" as long as they're willing to help you. Talk to these folks head of time and build your "survival network" — a support network of people who can help in an emergency.

Never Say Die!

Preparing for a crisis means never giving up. No matter how desperate you get, remember Clint Eastwood in Heartbreak Ridge: "Improvise, Adapt, and Overcome."

In other words... *Prepare. Train. Survive.*