

## Podcast #200 Transcription – Overcoming Extreme Bugout Challenges

Jeff Anderson: Hello everyone, this is Jeff Anderson editor from Modern Combat and Survival Magazine and executive direct 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 200, woo-hoo, yes, I can't believe we made 200 episodes, it's almost 4 years if my math is correct. I'm pretty sure it's correct this time, but listen, I really appreciate everybody's support over these last 200 episodes, I can't believe we made it this far. I wanted to do a special something this week in celebration of our 200th episode.

I thought the best way to really kick things off for our 200th episode is to let you be a fly on the wall with a call that I recently got from one of our New World Patriot Alliance members, Cathy, and that's not her real name, but Cathy had real great question. Now if you're not a New World Patriot Alliance member, one of the things besides our exclusive workshops that we have in there, which are a really deep dive workshops on very specific topics with our experts. In addition to that the elite members also get ... I open up my office phone line once a week to talk one on one with members about their personal needs related to self protection and preparedness and Cathy recently called me up and she had a challenge that was really really interesting and it's really ... I mean it's extreme but it's not far off from what a lot of our members and a lot of our listeners I know out there are dealing with as well, alright.

It has to do with preparing for a disaster under extreme circumstances, so here's Cathy now with a challenge that she's facing with being more prepared.

Cathy: ***“My secondary form of transportation is a wheel chair with a service dog that pulls it and I have a three year old grandson, who would love to have your [inaudible 00:06:16] but all I have right now is a backpack. If I had to leave my car for some reason, okay, if I had ... like you showed bicycles, you know, that's out of my ... I have a wheelchair.***

***Can you give me anything that would help me make sure that I could get that baby to safety?”***

Jeff Anderson: Okay we're back and I think ... I mean hopefully you could hear the angst in Cathy's voice, I can tell you from having a conversation with her that she's been thinking about this for a long time and obviously a lot of people out there see that there are threats but maybe feel more challenged in being able to address those threats or prepare for those types of threats. Cathy's situation is really extreme and it's a tough one, right, so I think you can hear the angst in her voice for the obstacle that she has in her way. I mean if she ever had to ... by the way, just to give you a little bit more background to this, if she ever had to evacuate from her home during a crisis, she's alone, she's physically challenged, she has a young child with her, she has a dog with her, she's trying to take care of

everybody and herself but what if she were to break down. She's aware from our training, because Cathy has gone through some of our training, she's aware that you can get out there on the road and be ... try to get to safety and all of a sudden you hit that parking lot, right.

You hit that virtual parking lot on the highways maybe that stops you, maybe your vehicle breaks down, those types of things right. So it's obvious that she has a real problem here, no whether you have your own challenges or you have no limitations what so ever on your preparedness options, let me give you three quick tips from my conversation with Cathy so that you can use whatever tactics will fit your own situation, alright. So tip number one is really about your number one piece of survival gear, which is your brain. Now Cathy was shocked when I told her that despite her challenges, she was already way ahead of most people when it comes to prepping for a crisis. Now you and I both know that 98 percent of everyone out there, whether they're able body or not, really aren't doing any kind of planning for a disaster.

These are the victims that we see on the news during a crisis, they're the people that fight, flight, or freeze, they just lock up, they don't know what to do and they end up becoming that news story either about a death or stranded or stuck in a FEMA camp somewhere. Katrina is like a really good example of that right, I mean that's the one we always go to, but people with challenges, okay, whether you are older, physical limitations you might have from mobility, financial circumstances, things like that. I can tell you that talking with people that consider themselves challenged, they typically just feel like they don't have any options, right. That ends up stopping them right then and there and Cathy is facing her challenges head on and she's deciding to do something about it but most people just have excuses, it's a reason to procrastinate, so look.

It doesn't matter what your situation is, Cathy is a real great inspiration for you because she realizes that she has to put a plan in place, she has somebody that she is responsible for, she has a three year old grandson that she has to take care of and just rolling over and saying there's nothing I can do isn't going to cut it. She is going ahead and she is making a plan, she became a member of the New World Patriot Alliance, she called me up on the phone and I can tell you that she was calling through several times, I could see when I was talking to somebody else that she kept calling and calling and calling and trying to get through and she finally got through and I'm really glad that she did. It's a great lesson for you that your number one piece of survival gear is your brain and the action that you put behind your plans, okay, alright. So talking about those plans, tip number two, something I shared with Cathy, was to start with where you're at.

Now I can tell you that there's so many people I talk to that feel unprepared because ... not only because they might have physical limitations or because they are older but because they don't have a years worth of survival food stocked up, they don't have that 4x4 Mad Max vehicle to bug out with, they don't have a .50 caliber Gatling gun staged at their second floor bedroom

window. There are a lot of things out there to prepare for, right, it can be overwhelming and it can be overwhelming to think about all the things that you have to get together to be prepared for those threats. Now all those things are cool, it'd be great to have a Mad Max mobile and a .50 caliber Gatling gun but that pipe dream isn't going to do you any bit of good if our electrical grid goes down tomorrow and stays down, right.

Well Cathy didn't have a bunch of supplies, what she did have was some food and water set aside along with a backpack that she knows she can grab at a moments notice, and not only that but she followed the advice from one of our other programs that she took and she got her dog his own backpack so that he can carry food, water, and pull her wheelchair if needed. Now what I'll often do with our NWAP members during our one on one calls is have them really start with the right list of supplies that they'll need, and I really mean like putting it down on paper. Now some of our programs have checklists that are built into them, to be able to give you like here's your cheat sheet, here's what you can actually put together and just use as a checklist, right. So that's really helpful and I tell people to go ahead and make a list of the supplies that you're going to need and then start checking off what you already have.

Now you can do this out there too, so just get out a pad and paper or get a checklist, if you have one of our programs that has a checklist, go ahead and print it out, but go ahead and do that and then on one side go ahead and just start checking off what you already have. The next thing I tell people to do is assess your current assets and think about them differently, alright, so what can be used as a potential substitute right now, today, until you can get to the equipment that you already have. Cathy was a really good example, she would love to have one of our X-Bob bug out bags, but she couldn't do it right now she's on a low ... fixed income and she couldn't pull it off right now, but she does have a backpack, she doesn't have a years worth of survival food set aside or even maybe ... like one of our ... with our X-Bobs we always include 72 hours of survival food in it.

Well she doesn't have a survival food pack or anything like that, but she does have some food that she can put inside of there to have things ready to go today, just in case something were to happen tomorrow. Again, I can't tell you how many people just put off doing any sort of prepping because they think that they need to do it all the right way and do it all at once, not true folks, not true. So after you figure out what your current assets are and you start putting them in as substitutes, then what you start doing is you start prioritizing your next purchases so that you have a plan of action to reach that level that you want. Then you could put that into a budget so that you can slowly eek away at it little by little to make sure that you're more and more prepared each and every week or paycheck or month. Whatever you can personally do, okay.

Alright, and the third tip that I gave to Cathy really addresses her problem, so let me give you some tips, if this sounded familiar like hey I've got a similar problem, it's really a challenge, I'm alone, I'm a single parent, I am older, I don't

have mobility, what happens if I'm evacuating to safety my vehicle breaks down, what am I going to do because I'm not this 30 year old stud out there that can just slap a backpack on or I can't even use a bicycle to be able to get to safety, what do I do. Well my tip to her was to not think of it as a lone wolf bug out strategy, now I realize that it could just be her, her dog, and three year old grandchild right, but in a bug out evacuation scenario is that you not head out onto the road with just one vehicle unless that's all you have, obviously. Best case scenario you are part of a mutual aid group or as we often call it a survival group, right, and if you are or if you are coordinating with other people than you should already have a plan for meeting up and leaving in a convoy so that you can support one another in getting to your mutual destination.

The same hold true even if it's just you and your family, so I can tell you that for me and my family, my wife is going to take her vehicle and I'm going to take my vehicle, we both have supplies in them, we are both going to go out together when we evacuate. It's not going to be everybody piles into the car all in one vehicle and we take off, now there's reasons for that. One, if one car breaks down you have a second there to keep going rather than just getting on a bike or throwing your bug out bag on your back and trying to get to your destination that way. It's good to have a second vehicle there just in case, alright, and also just another reason, if one vehicle does get stopped by other people, which can happen, right, so if you think about that jammed parking lot of a highway, well people get desperate. They get frustrated, they get angry, they get really upset and if you're doing some of the things that we talk about in our evacuation programs, our bug out programs, then you're going to be able to bypass them.

Well people don't like that. Have you ever been in a traffic jam before ... I'm sure ... I've been in this scenario several times so I think a lot of you can probably identify with what I'm going to say, but you might be in like a bumper to bumper, stop and go traffic, or ... I can't tell you how many times I've been on the highway and it literally is just stopped, probably because of an accident or something like that, right. Then all of a sudden you look in your review mirror or your side mirror and you see this vehicle coming up the median, like they're not in the actual lanes where everybody is supposed to if they were following the rules, they're going up along the shoulder of the road and they are bypassing everybody. Now you've been sitting in this line for the last 37 minutes and here comes this person and who the hell do they think they are.

It's obviously not a first responder going to the accident, it is somebody who just does not want to play by the rules, doesn't want to wait with the rest of us, and they're going to go up and bypass us. Same thing happens during rush hour where there's that one lane that's getting off the exit and it's a mile long and people come up, maybe even you, and you try and squeeze in like you bypass that big old line and you try and squeeze in there at the last minute and you just piss everybody else off behind you that's been sitting there following by the rules, right. Well imagine doing that during a scenario where everybody is jammed, there's a crisis happening, everyone's desperate, everyone's panicked, everyone's angry and here you come up bypassing everybody because you were

prepared or you knew how to get passed all of them. Well it's not unlikely that somebody could stop you and there becomes this whole monkey mind sort of thing where everybody just kind of comes around you, surrounds you, stops you, hey that's not fair, you get back in here with everybody else.

Or somebody ... people want you to give up some of your supplies, there are any number of scenarios that can play out there but you've got to be prepared for the possibility that other people caught in this same crisis could become the threat very quickly. When that happens and if your vehicle gets surrounded or you're looking at that type of scenario, you have another vehicle there for emergency backup, especially if you're separating yourselves a little bit in the evacuation, one vehicle gets stopped, that becomes the primary focus, the second vehicle can become the backup for somebody while everybody's attention isn't on them, so they can come in either with weapons if they need to, less than lethal weapons I'm assuming, that's a whole other topic that we'll get into one day, but none the less it's good to have backup if you actually need it in the crisis, okay, for a counter attack or to be able to get to safety.

Now for Cathy, fortunately she has neighbors that she has a very good relationship with and ironically they lived through Hurricane Katrina and even if they're not preppers, they already understand that bad things happen to good people and that taking quick, decisive action to get to safety is a critical need at that time in a crisis or else you end up in the Super Dome with all the other victims of Hurricane Katrina, so she's really fortunate. When I asked her if you know of anybody, who would you reach out to if it is just you, like who do you have for support and she brought up her neighbors and this is an asset she hadn't really thought of before. Now she plans on talking with them to get some sort of agreement ahead of time that they'll have a destination and they can both lead together in separate vehicles and that she will have her own supplies that they don't need to provide for her.

So for you, you can look at the same type of scenario, even if it is just you and your family, then think about how you can take multiple vehicles to be able to get to your destination. If you have the ability or if you haven't started, I highly recommend you start seeking out people that are like minded that you can meet up with, that you can leave in convoy because there is strength in numbers, okay. So I highly recommend that you start to put together your own plans when it comes to working with other people to be able to survive a crisis, okay, so those are just a few of the things that I've talked about with Cathy, but the whole foundation for preparing for a crisis is to never say die, right. Never say die, no matter how desperate things may seem.

I always like to remember the famous words of Gunny Highway, aka Clint Eastwood in Heartbreak Ridge, which is you improvise, adapt, and overcome, and Cathy is the epitome of this quote and her experience and her plans should serve as an inspiration to us all that there are no excuses for not being prepared. So, thank you Cathy for sharing your personnel question and letting others learn from your journey as well. Now again, if you have any question that

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