

Podcast #225 Transcription: Even MORE Prepper Defense Gear Items

- Jeff Anderson: In an age of increasingly divisive politics, public outrage over alleged government corruption on both sides of the aisle, and red flag warning signs of a population prone to amassing large numbers of cause-driven, frustrated, and angry citizens, it's no secret that we're living in a powder keg era just waiting for a single spark to blow the whole thing up. Maybe that's why a recent Rasmussen poll discovered that 31% of US citizens, regardless of political identification, say that it's likely that our country will experience a second civil war some time within the next five years.
- Jeff Anderson: I know, that's a scary thought. But it doesn't have to be a full-blown domestic war that spurs you to take action to protect yourself and those you love during times of civil unrest. Whether due to a wide-scale blackout collapse, economic meltdown, or any other very real threat we currently face, when resources run dry and infrastructure crumbles to the ground, it will pit neighbor against neighbor to fight for basic necessities. With this struggle is certain to also come violent protests, riots, and looting. As I always say, it only takes three days to go from calm to chaos following any triggering event.
- Jeff Anderson: That's why last month, to help you better prepare I interviewed a new expert in our network, Chad Cooper about his top five choices for prepper defense gear that you should consider in order to defend yourself and those you love during times of social chaos and martial law. Well, the episode was so powerful that I made Chad promise to come back on and share another top five list for defense items that you could use to be better prepared when the shit hits the fan. Chad's new list to finish out our top 10 is coming right up.
- Jeff Anderson: Hello, everyone. 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 protector and a patriot. Today, once again, we're talking with Chad Cooper, owner of Infidel Body Armor. Chad, welcome back to the program.
- Chad Cooper: Thanks for having me back.
- Jeff Anderson: Man, this is one of my favorite topics. I get giddy like a little schoolgirl when it comes to these types of interviews. I love it. I'm really looking forward to this. For those of you that didn't catch our last interview with Chad, he has been proactively involved in serving and protecting our great nation for 16 years in both the military and law enforcement roles. In addition, his 10 years of formal intelligence experience is bolstered by a master's in strategic intelligence and years of hands-on leadership with signals and geolocation analysis intelligence.
- Jeff Anderson: Chad later went on to form his company, Infidel Body Armor, where he provides more than just body armor as a great resource for all types of tactical clothing,

gear, and defense tools. You can visit Chad online and browse all of his products at www.infidelbodyarmor.com.

Jeff Anderson: All right, Chad. The last time we were talking about this stuff, and we're talking about prepper defense gear, things that somebody like the average civilian can use and get their hands on to be better prepared for the types of things that we see during civil unrest, whether that's protests gone wrong or looting, the types of things that we even see on the news that are part of our reality today when things really go downhill. My challenge to you, again, was to come up with another five, kind of the top five list here which will give us a full top 10 here of different items that civilians can think about when it comes to this type of protection.

Jeff Anderson: Let's go ahead and jump into it. What is prepper defense gear number one that you've got on your list?

Chad Cooper: Okay. Helmet is a really important thing to consider. Couple of reasons why you'd want a helmet. You could get a ballistic helmet, right? Obviously you gotta protect your noggin. But there was a study that was done. I believe it was the Marine Corps that did this. They tried to determine what was the source of the head injuries that happened in Afghanistan. I don't know if you're familiar with this, but-

Jeff Anderson: No.

Chad Cooper: ... they looked at all of the head injury cases and they said, "Well, where are they coming from and what can we do to prevent it?" It turned out that most of the head injuries were from impacts, hitting doorframes, falling and hitting the ground and hitting a rock, falling out of a helicopter, things like that where people were injuring their head. It wasn't actually from getting shot in the head. It sounds maybe contrary to what you might think. That's when they made a big shift, especially in the Special Operations. They went from wearing ballistic helmets. They went to wearing bump helmets.

Chad Cooper: Does that ring a bell? That's why bump helmets are really the rage right now. They're lightweight. You can strap all the same stuff that you'd really want to strap onto it. I've got night vision right here. You'd want to strap up, you could put a PBS14 on the front of it. You could put your flashlights, the cameras, and all that stuff and it weighs a fraction of the amount. But of course they haven't gotten rid of ballistic helmets. That's still the core of all the helmets that you find in the military. When you look at infantry, those are the guys that are still wearing ballistic helmets, because it's dual purpose. Not only does it help prevent noggin hits on car accidents or an IED goes off and your head goes slamming into the roof, it'll also stop the bullets.

Chad Cooper: Price difference, yes, it's significant price difference but helmet's something to consider. If you think you're going to be in a combat area and you've got a

helmet, of course, let's put it on, even if it's a bicycle helmet. Might be worth it. If you're going to hit a bump or jump a curb, that could protect your head. You gotta keep your senses. The last scrambling we get in our brain, the better.

Jeff Anderson: That's what I like to think. But yeah. Just for people to be able to know the difference. People are used to seeing those soldier helmets and the full Kevlar gear and everything. The helmets that you're talking about are like a scaled-down version of that, right? They're cut a lot ... There's a lot less material to it. The sides are much more open. But people that look at them will see that there's lots of options on there to attach gear to. Like you said, night vision or whatever somebody might be able to attach to it. Again, if we're talking about civilians and hopefully you're not just defending lone wolf. It's you and your bump helmet and an AR-15 at your home, but neighborhood defense or things like that.

Jeff Anderson: Communication equipment, we walked about communication before. All of those different things that especially if you're in some sort of a fire fight or defensive situation, you want to have all of your stuff well-organized. These helmets, like you said, I mean you can't do it with a bicycle helmet as well obviously, but the types of helmets like you're talking about do give you those options if you are that well-prepared.

Chad Cooper: Right. You mentioned the helmets are cut differently. The current helmet that the military's using, it's called a MICH, a Modular Integrated Communications Helmet. If you look at Spec Op-type soldiers, and this is the type that we sell on our website. They're actually cut so they go above your ear. It serves two purposes. One, so you can actually put over-the-ear earmuffs over your ears which help, one, protect your ear, and two, allow for communication, so you can communicate, shooting tight and talk while everything's happening.

Chad Cooper: But if you don't even have the communications equipment, you're not talking with somebody else, having it cut over your ear, especially as in a small group makes a big difference because you are the sensor. You have to rely not only on your vision, you have to rely on your hearing. If you've got a helmet that's covering your ears, it's hard to tell where stuff is coming from because once the sound goes inside, it bounces all around. You don't know where that bang, was it a shot from over here? Was it a shot over here? That's why they're doing the cutouts over the ears now, so you have ... And I recommend this for civilian-type people.

Chad Cooper: Get those helmets, if you're going to buy a helmet, buy one that goes over the ears because you want to maximize your sensory, so you can figure out ... You agree with that?

Jeff Anderson: Yeah, absolutely. Definitely. I think, in fact, I've always found my hearing has always been the sense that I've counted on even more than vision. I mean obviously vision, you have to be able to see what you're shooting at and stuff like that, but it's amazing, especially at nighttime, especially if you're on patrol,

especially if you're on a lookout post somewhere. I mean if it's dark out, you're not going to be able to see. Now we talked about night vision before as well. But I've always found hearing to be just an undervalued sense that most people don't think about when it comes to defensive scenarios. So yeah, I definitely agree with you.

Jeff Anderson: Okay, let's go on to item number two on the prepper defense gear list here. What do we got lined up?

Chad Cooper: One of the easiest things to bring with you, takes up just a small amount of space is a smoke grenade. A smoke grenade, I don't know what comes to mind for people when they hear a smoke grenade. I should have had one beforehand. They're about the size of a Coke can. The ones that we sell, they're pull tabs. So there's a ring with a wire on it. You pull it, and it's self-igniting.

Chad Cooper: What are you going to use a smoke grenade for? Well, there's tons of reasons why you might want to use it. You can use it to obscure your movement. So let's say you're under fire. There's no cover for you to be able to move too safely. You pop the smoke. It hides you, and so allows you to get to a safer place. You can throw it and obscure the vision of the person that's shooting at you. You can't shoot what you can't see. You can also use it for communication. Maybe your neighbors don't have night vision or they don't have a radio or something like that. You can quietly pop smoke and there's different colors.

Chad Cooper: That's one of the questions people always ask me, "Well, what's the red smoke mean? What's the purple smoke mean?" Well, it means whatever you want it to mean. You have your predefined colors for the day or for the week or whatever you decide. This color means this. This color means this. But in general, smoke is very, very useful. Only takes about the size of a Coke can. Fairly lightweight, a quarter-pound each. Man, just the benefits of having that with you, I think, outweigh the negative of the space that it takes up. So that's something that's in my kit is smoke grenades.

Jeff Anderson: Yeah, I purchased ... Most people are probably wondering, "Where the hell am I going to get smoke grenades from? Isn't that just a military item?" It's not. I have actually purchased the ones that you have on your site before because my son and I use them when we go paintballing. We use them to try and not get shot by paintballs. But the other thing it can be used for also that I've looked at them for is perimeter control for just detection of somebody coming into your perimeter. Tying any sort of a trip wire using 550 cord strand or something like that, that you can attach to it.

Jeff Anderson: I mean night vision definitely helps at night, but we used to have things in the military that it would pop a ChemLight or an IR ChemLight or even pop a flare that would go up. Those are hard things to come by for people too. Having something that will put a cloud of smoke will tell you not only that somebody's in the perimeter, but also show you where they're at too.

Chad Cooper: That's a good point. There's lots of early warning detection things, but I hadn't thought about that one. That'd be so easy just to duct tape one or tie one to a tree and then run a trip line that somebody could go over.

Chad Cooper: Yeah, they're not too expensive. It is government-controlled up to a certain amount of explosive that's in it, so we fall under that threshold. We actually provide a link so you can download the ATF exemption paperwork. They're legal in all 50 states. It's one of those few freedoms that we still have that the ATF hasn't really clamped down on. But smoke grenades, they burn for about 45 seconds. That's a lot of smoke. I did a side by side comparison for the military M-18, which is the marker grenade. This side by side produced just as much smoke, but there was a huge difference, pro, for the ones that we sell.

Chad Cooper: The ones we sell are cold-burning. You can hold it in your hand the entire time and it won't burn you. You can reposition it. You ever try that with an M-18, you'll get third-degree burns on your hands, trying to reach up and do that. Even in Arizona, I talked to the National Guard. They have prohibited using smoke grenades on their facility because they started a forest fire a couple years ago. They're so hot. I showed them the cold-burning ones and they're like, "Well, we would allow this." We actually used them on Arizona National Guard training range now. They're cold-burning, so they allow it.

Jeff Anderson: It's awesome. I can personally attest to these. I've used these before. I've definitely got them on standby for myself. So that's awesome.

Jeff Anderson: All right, Chad. What is item number three on the prepper defense gear list?

Chad Cooper: Okay, this is going to be something that you probably haven't thought of, but it's a camo net. Camo net, what comes to mind is this gigantic thing that covers a tank or something out in the desert and that's exactly what it is, except we need to cut it down and make it usable for civilians. On our website, we sell two different versions of camo netting. One is for woodland and one is for desert. What I found is that desert seems to work in just about every environment because even if you live in the woods ... Let's say you live on the East Coast. What color are the trees where humans are? They're not green. The green's way up high. Brown is what the color of the tree trunks are. That's the color that you should be looking for.

Chad Cooper: Most of the time there's dry grass somewhere, so that's that dead straw color. I think desert is an important color to use for this. But we do sell the woodland if you feel like you need woodland. But what we sell and what we use is this gigantic net, and we cut it down to the shapes that we need. What I found is that this net is big enough for about three vehicles, plus enough to cut out a smaller section where you can use to make a hide. We actually did this activity the other day, made a little video about how to do it. My friend, Scott Wheeling and I, we went out and unrolled a net. We got it all on video, so you can see how big it is. We made a hide site and made a net covering for that as well.

Chad Cooper: The idea is that if you're overnighing and you're traveling, you need to make yourself as safe as possible. You would pull off on a spur somewhere away from the main travel, hopefully you're already off, but this is going to be even a less-traveled road. You're going to try to hide your vehicle so that people driving by don't see you, so they don't try to investigate. So the locals maybe don't try to find you and steal your stuff or even just confrontation. You just want to avoid people as much as possible.

Chad Cooper: Second consideration is if you're not in a big group of people where you can provide a lot of security, you want to relocate away from your vehicle. Maybe you park your vehicle and you hide your vehicle, and then you camp 100 yards away, possibly an overlook position so that you can see if anyone's approaching, so you can deal with that threat before they get to you. But a vehicle, even if it's masked and covered with a net, it's a big object. It's easy to see from a distance, whereas a smaller group of people 100 yards away is going to have a much smaller signature. That's what we use the net for as well, kind of like a hunting borderline to set that netting up to mask the actual campsite.

Jeff Anderson: Yeah, that's a great point. It even can be cut down from there. If somebody has to go from a vehicle and switch to another mode of transportation like a bicycle or something, same concept. Hiding your stuff or being able to put that over your bike, whatever it is. I mean it's just good to be able to blend in at a moment's notice rather than fumbling around the woods pulling off branches and trying to make some kind of ... your own burlap ghillie suit, right? Cool.

Chad Cooper: Right. You can use it for a ghillie suit too. You could make it human-sized. But what we found is it doesn't take long to cut it down. But doing it beforehand, cutting it to the right size beforehand, they fit perfectly in a stuff sack, so you can label that stuff sack, truck. Label this one whatever you want. It weighs nothing. When it gets down to it, it's maybe a pound. It's really worth having. It doesn't take up a whole lot of space. It doesn't weigh a whole lot. The benefits that it gives you are just huge, especially for people who are bugging out and traveling.

Jeff Anderson: Yeah, yeah. Great tip, great tip. Okay. All right. What's item number four, prepper defense gear?

Chad Cooper: Okay. If you're going to have a rifle, you're going to have a gun, chances are you have it because you think you're going to be in a fire fight, at least at some point. Preppers, people who are living in the shit hit the fan type situation, we have to be self-sufficient. So if you receive trauma, you are shot, you have to be able to treat yourself. You have to be able to treat your family. Not only do you have to have a well-stocked first aid kit, but you need to have a trauma kit because we're not talking about just cuts and bruises any more. We're talking about you have to be able to handle anything from a scrape all the way up to a gunshot wound.

Chad Cooper: You're going to want to invest in a first aid trauma kit. Sometimes we refer to it as a blowout kit. They're usually scaled down. They don't have aspirin and things like that in it typically. Main things you want to look for is that it's going to have a tourniquet, a good-quality tourniquet. That'll stop the bleeding. You might look at some sort of quick clot, anti-coagulant or actually a coagulant. You want to stop that bleeding. You might look at some Israeli battle dressing, things like that so that you can handle and stabilize the wound until you can deal with the cause of that problem, and then treat it from there.

Chad Cooper: But I think having a trauma first aid kit, a blowout kit is really key. If you're going to carry a rifle, you better be prepared to deal with the damage that that rifle inflicts or that is inflicted on you.

Jeff Anderson: Yeah, I always see that as a big oversight. I mean even with people that we talk with for concealed carry. Everybody just always assumes because hey, at the live fire range, I never get shot and the bad guy always has tons of holes in him. Nobody ever really thinks about that possibility and how horrible would that be like, great, you defended yourself, but then you look over and you see that your daughter's bleeding to death in front of you there. Especially when we're talking about these types of scenarios, First Responders aren't going to be ready to just go charging and dodging bullets to be able to go and help you out. So you've got to really be able to take care of that.

Jeff Anderson: I'm glad you brought that up. All the things that you talked about, these Israeli dressing and the tourniquet and all that stuff, those things nowadays come with instructions, that are just picture instructions. There's no need to be a paramedic to be able to use these things, or a doctor. They're so easy to use nowadays. What you're talking about are just simple, basic things that can really save your life in a moment's notice.

Chad Cooper: Yeah. Not to discount training, but training on all of these things is key. If this is the first time you're pulling out compression bandage, maybe with all the stress you don't know how to do it, so I would encourage people. Get the training. There's other things that you could include in your kit, like a nasopharyngeal airway, NPAs, where it goes up your nose if you've got an obstructed airway. That can get down your throat if you have a collapsed trachea. Things like that can really help, but they definitely do require additional training. Just reading the label, reading the instructions on the label probably won't cut it for that.

Chad Cooper: But man, we are the First Responder. We have to be prepared to save our lives and our families' lives. It's definitely, for me, it's a serious consideration.

Jeff Anderson: Yeah. That's a great point. Don't look at the picture instructions when you're bleeding. Look at them well ahead of time. Make sure that you know how to do them. Awesome.

Jeff Anderson: Okay. What is the last item on our list for prepper defense gear, Chad?

Chad Cooper: Okay. Let's paint a scenario here. You hear a bump in the night, something down in your kitchen maybe. You grab your rifle and you flip on the light. There's a teenager in your kitchen going through your cabinets. If you've got one tool in your hands and it's that firearm, do you shoot this kid? You may have the legal right to shoot him. He's in your house. He's breaking and entered. He's in your castle. Your life may be threatened. You may feel threatened. You're going to have to live with that at the end of the day. That's okay. Maybe you can kill that person and sleep perfectly well at night. Maybe you can't.

Chad Cooper: You need to look at what are all your options. This is where we talk about some less lethal force. We say pepper spray and a lot of people may chuckle and be like, "Someone breaks into my house, I'm going to kill them." They talk a big game. But when it actually comes down to it, killing somebody is definitely not as sexy as it sounds and looks like on TV. It's a serious thing. You're never getting that bullet back. With that in mind, there's something called rail mounted pepper spray. What it is it's a saber defense. It mounts onto a rifle rail. With a flick of a button, you could pepper spray this guy. If he stops, great. He's stopped. He's complied. He's done everything and you solved the problem using less than lethal force.

Chad Cooper: The entire time though, you've had your AR-15 right on that guy and all you had to do is if he didn't comply, if that pepper spray didn't phase him because there's a certain percentage of the population where pepper spray just won't affect them. Maybe he's hyped up on meth and he starts aggressively coming towards you or maybe he raises a knife. Maybe he's reaching for his gun after he saw you. You can put to the center mass without having to put down the pepper spray and pick up your gun. They're both on the same platform. Something to consider. It's not for everybody.

Chad Cooper: I think you mentioned beforehand that your wife doesn't like firearms, but she would have no problem pepper spraying somebody. If you've never been pepper sprayed, it's not like going through the CS chamber at boot camp. It's not like that at all. Pepper spray is bad. It is the most painful thing that I've ever felt in my life. I'll tell a quick story, if it's all right. When I was going through the police academy, we had a speaker come in and talk to us. This guy was a former cop. He had been shot 11 times, I believe, and he survived. Shot 11 times on duty. He actually died. His heart stopped and they resuscitated him and brought him back to life.

Chad Cooper: But he said as he was laying on the asphalt, bleeding out, psychologically he said, "It's okay. I can handle this. I felt worse pain than this before. This is nothing." You know what that worse pain was? Pepper spray. Pepper spray's very, very painful and it works. It stops you from breathing. It stops you from seeing. It makes it feel like your face is melting with acid. It's just a terrible feeling, and it makes it very, very hard to operate if you haven't gone through it before and you're trained to operate in that type of pain and that type of situation. But it's an effective tool.

Chad Cooper: Pepper spray, and this is a gel pepper spray rather, the one that we sell, so that it's more localized. When you spray it on the person's face, it stays there. If it was a regular spray, it would get everywhere in the room and it would affect you as well. This gel, it gets onto the person and it sticks and stays there. It's easy to direct it. Where your normal spray can bounce back and affect the person that is actually doing the spraying. But that's the number five item. Something to consider. It's a tool in a toolbox.

Jeff Anderson: Yeah. There's a few things I like about that. First of all, I mean my audience knows that my primary weapon for home defense that I tell people this is my go-to thing, is an AR-15. And there's lots of reasons for that. There's a lot of myths out there about over-penetration, things like that about the rifle. It's actually in my assessment anyway, it is the best weapon for home defense. It's another tool to put on there, like you said, for home defense. But then also when we're talking about things like prepper defense, it might be multiple people that you are having to fight against.

Jeff Anderson: You could even be essentially, you'd have to do a magazine change, but there's people around or you're still in the fight. Maybe if you've got people within blast range, it might be better to throw out a spray, get a swath out there, to be able to buy you even just those extra seconds that you might need to be able to quickly get to another magazine or to get to another position or something like that. I mean there's lots of reasons for this. I had never seen this until I went to your website and noticed it there. I'm intrigued by it. It's definitely something I'm looking for adding in because I think it is best to have those less than lethal options for when you do need them, as well as a way that you can get to those less than lethal options without having to have that rifle on your sling, put it down, go and reach for another weapon.

Jeff Anderson: Then you gotta transition back. I mean the less moving around, the less fumbling you've gotta do, the better. Yeah, I'm really intrigued by this item.

Chad Cooper: Another scenario where you might use it is let's say you're doing your bio ops scenario and maybe there's some unarmed people that are blocking your driveway or the road. "Hey, give us a ride. Take us. Give us your food. We see you've got a whole truckload of food. Give us some." You're not going to shoot these people. At least a sane person really would have a hard time just shooting unarmed people that are asking for a handout or asking for a ride. On the other hand, it wouldn't be too hard to pepper spray just to give yourself some distance so that you and your family can keep going.

Chad Cooper: Maybe the time does come, maybe they're grabbing your vehicle, rocking it, and it is time to shoot. But up until that point, less than lethal. I think it's a good option.

Jeff Anderson: Yeah. Yeah. Good points. Chad, this has been an awesome list, man. This is my passion project. I love this stuff. I really appreciate it.

Jeff Anderson: Again, listen everybody. Go check out Chad's website. He's got some really cool stuff over there. I mean I think it's like his own personal toy box. I think that was the true formation of the company was really just what toys can I play with.

Chad Cooper: That's how it started.

Jeff Anderson: Absolutely, yeah.

Chad Cooper: Exactly. That's how it started.

Jeff Anderson: Definitely go check it out. Great information. It's over at www.infidelfbodyarmor.com. Until our next Modern Combat and Survival broadcast, this is Jeff Anderson saying prepare, train, and survive.