



Your Geo-Custom Survival Plan

with Russ Adler of www.FASTNation.us

You Need To Customize Your Survival Plan

A one-size-fits-all plan often won't cut it.

- Where do you live and what is your plan?
- Have different bags for different scenarios.
- PACE: You need to have a primary plan, an alternative plan, a contingency plan, and an emergency plan.
- Beans, Bullets, and Band-Aids: You need food and sustainment, a means to protect that food and sustainment, and some way to care for yourself and your health.
- You will die if you just go off into the woods with no training and preparation. You need to prepare to execute your plan(s).

Survival In Rural Areas

Often we don't think of these as dangerous.

- People traveled up to 12 miles on foot from urban centers in World War II.
- Rural areas can turn into urban areas quickly. Just being in the country isn't safe.
- Where will you go to find resources in a rural area? You must prepare for this.
- What will you consume and where will you get it? You need 3 months of supplies.
- Take a layered approach to your plan.
- What environmental dangers are there? What protection do you have?

Survival In Urban Areas

Most of us DON'T live in the wilderness.

- People are threats and are the main difference in urban survival.
- Feral dogs may be a real threat.
- "Dumb" technology like tripwires should be part of your security plan.

- Use firearms LAST to avoid drawing attention. Don't make yourself a target.
- Sewers can contaminate water supplies.
- Epidemics are more likely in urban centers.
- There is strength in numbers. Have another urban location to retreat to in emergencies.
- Be aware of seemingly insignificant "tells" that can draw attention to your resources.

Survival In "Austere" Areas

An "austere" environment is one with no infrastructure. It is one with frequent adverse environmental considerations.

- This could change depending on the phase of the disaster/emergency.
- How many people are you responsible for?
- You must be able to eat, you have to protect what you're going to eat, and you must be able to travel. This includes all dependents, including pets, you're responsible for.
- What considerations relate to travel into and out of the area (including fuel)? Plan ahead.

A Comprehensive Survival Plan

You may have to transition DISCREETLY from area to area, deal with checkpoints and restrictions, etc. There are four pillars:

- Preparedness (mental, physical, emotional wellbeing from establishing a plan and being able to execute it). Don't dress like Rambo.
- Provisions: Beans, bullets, and Band-Aids for at least 3 months.
- Power: Some people can get by without. Most of us need it. Plan for redundancy.
- Protection: You must have a means to protect those items... and TRAIN with it.

Prepare. Train. Survive.