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Episode #350 Show Notes
8 Survival Lessons From The
"Soldiers Of The Future"

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Jeff Anderson spent ten years in light infantry in the military and is a combat war veteran. Most of Jeff's military service was spent with the 10th Mountain Division – an elite light infantry force of highly trained warriors specially trained for warfare under all conditions – arctic, jungle, desert, mountains, urban terrain – you name it.

After 10 years of military training in additional elite infantry units around the world, Jeff began working as a security consultant and executive protection specialist for private clients and the entertainment industry, eventually earning his industry recognized Certified Protection Professional (CPP) designation. Later, he went on to instruct hand-to-hand combat and weapons combat and eventually organized a unique combatives association focused on all areas of survival, called The International Society Of Close Quarter Combatants (www.ISCQC.org).

Jeff's work has been published in several magazines and expert blogs and his manuals and survival combat training DVDs have long been best-sellers. As the Editor in Chief of Modern Combat & Survival, a publication of the ISCQC that provided focused training strategies for all areas of survival for men and women of all walks of life, Jeff determined the next step: the lifestyle brand **Warrior Life**. To learn more about *Warrior Life* and the way of life it promotes, [visit us online](#).

8 Survival Lessons From The “Soldiers Of The Future”

with Jeff Anderson from <https://www.WarriorLife.com/>

Military Research & Development

- If survival gear and strategies are good enough for the military, they're good enough for ME. For decades, I've been following the military's 3-phase approach to R&D of the future battlefield soldier, based on lessons learned IN battle.
- Here are 8 quick considerations for how these can be helpful to your OWN survival planning with technology that's available to you RIGHT NOW, based on the ratio of weight/power/support that includes gear, power supply, and the number of personnel needed to carry out a mission.

1. Eliminate Unnecessary Gear

- Most people's BOBs are WAY too heavy and jammed with unnecessary gear.
- [16lb Bugout Bag Video](#)

2. Load Distribution System

- How you carry your gear is critical.
- Your BOB needs a waist belt. Shoot for an ideal distribution ratio of weight between your hips and shoulders and back so they work together. Most BOBs have a horrible belt system (or none at all). Make sure the belt is extra-wide to sit on your hips.

3. Robots To Carry Your Gear

- Consider using a “game cart” to carry your gear. Older people could consider a grocery cart. You CAN'T carry everything yourself!

4. Weapons Will Be HALF The Weight

- For survival, a rifle is great. The average AR-15 with a 16-inch barrel weighs 6.5 pounds.
- The AR-7 survival rifle has a 16-inch barrel but only weighs 2.5 pounds (and it floats). The .22 LR ammo is also lighter for the number of rounds you can carry.

5. Think “Solar Chargers”

- There are no outlets on the battlefield. You need a way to charge your comms equipment, radios, phones, etc. You need at least 1 charger for topping off batteries and another for direct charging of in-use devices.

6. You NEED 2-Way Radios

- Most people don't consider their comms needs in a crisis. You need to stay in touch with your team because you can't count on staying within earshot in the fluid, ever-changing emergency situation.

7. CCTV Cameras

- Outdoor cameras can be used for monitoring around your home. Game cameras work too.

8. Your Own “UAV”

- Drones are VERY useful for surveillance and can be purchased more and more cheaply these days. Consider investing in one.

Prepare. Train. Survive.

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Hey there Warriors, what's up? It is Jeff from warriorlife.com and welcome to podcast episode number 350. So this week, I'm going to step into my tactical time machine and take a trip to the future of military science. And I'm going to come back with eight tips that you can steal for your own survival gear plan. Check these out.

Hey there. Welcome back everybody. This is Jeff Anderson executive director of warrior life.com and you know as you probably know our military is constantly in research and development mode. In fact, I was one of the first soldiers to be assigned to the reactivated 10th Mountain division, rapid deployment unit. And one of our primary missions was to field test new gear for the military as well as like new tactics. They had going on. It was a cohort unit which was a totally different concept that they hadn't been using before.

Or there's a lot of stuff really builds kind of into the whole 10th Mountain reactivation and I really learned a lot from the field test that we did the different tactics that we use especially as I went into other units after 10th mountain and got to see how the rest of the army played in the sandbox here. But I've always kept an eye out for future technology because as I often say my workshops, I look a survival like a battlefield Mission because during times of limited resources, it's people that can sometimes be

Your biggest threat, if it's a wide-scale crisis, unprepared, refugees rioters looters. They're all an issue when it comes to True survival, even the average city Folk that you have out there. Your neighbors can transform into virtual animals, who are going to do, whatever it takes to keep themselves and their families going along. I mean, that's what you would do to. So when it comes to survival gear and strategies, if it's good enough for the military, it's good enough for me and at least to give it

Good look and see what's applicable. So the past few decades have been following the military's three, phase approach to research and development of the future. Battlefield Soldier based upon Lessons Learned in actual battle. So this week, I thought it'd be helpful and kind of fun to show you. A few of the developments from the current Future. Warrior phase with this is the, we're going into the third phase here of the research and development program and go off of some of their directives and give you a quick considerations for how

These can be helpful for your own Survival planning with technology. That's available to you right now. Now these are based on the prime directives of this portion of their of

their research and development under the ratio of weight power, and support considerations, including gear that soldiers are going to have power supply and the number of personnel needed to carry out a specific mission in the support they have there.

So just like any human based system that's out there. The more one person can do through either Tech or systems the more efficient and effective that system is going to be. So for example, let's just go ahead and get started here for weight. Military, realizes that a heavy Soldier is a Dead Soldier and current soldiers. Have to carry me all kinds of gear. Especially once again on the battlefield and you're carrying body armor with you now and you've got your

And you have all these different things. The current Soldier has about 85 Plus items that they carry on them, and it's about a hundred and twenty two pounds of gear. So the goal of the Future warrior program is to reduce that weight by half. So tip number one, here that I have for you, that you can take out of this is number one to eliminate unnecessary gear. So this is part of the whole military program as course is to look for how can we make things lighter? How can we like take stuff off of them?

If they're not using and I can tell you that, we carried a lot of stuff out into the field and on missions that we really didn't have to have, but they were required based upon sometimes based upon the mission. And sometimes just it was just too much stuff. It was just unnecessary. So the tip that you can take from this is to eliminate unnecessary gear. Most people's bug-out bags are way too heavy and that's because they're jammed with a lot of stupid gear.

And people find this out the hard way because most people put their bug out bag together. They love the bigger. It is. The better is it is concept and they've never had to actually carry their bug out bag anywhere from, you know from their living room to the closet to stick it in there. I promise you that if you've got too much unnecessary gear in there especially if you're out of shape, then you're going to, you're going to quickly find out that a lot of that stuff's just going to get tossed along the road. You're going to really realize what's what's

And what's not. So I recommend that you really look at evaluating what's really essential and then also based upon your kind of your capabilities, like, look in the military, like we carried a lot of weight especially in 10th Mountain. We carried a lot of weight with us, but we were pretty freaking hardcore to, like, we worked out a lot. We rode marched every single week, like we were designed to go into combat by our feet, carrying everything that we needed in my position. I was a forward Observer with

the Infantry and long really long range, reconnaissance patrols. And so we had we sometimes had to March a long way and then once a year, we would do a Hundred Mile Road March. So we were in great condition for this if unless you're used to walking a lot or can carrying a lot of stuff with you, trust me, you're going to have to really nail things down there when it comes to what's necessary and what's not necessary. I have a video that we released on YouTube and it's been getting a lot of spending, a lot of great comments, but it's really been building up the number of views. Also, if you

Check that out. It's long. It's almost 45 minutes long, but if you want to know what the essentials are, I've got a 16 pound bug out bag, the basics of it and I show exactly what's inside of there, so you can check that out. I'll put that down in the show notes as well. Alright, but tip number one here, is to eliminate the unnecessary gear. That's something the military is constantly. Kind of going through a tip. Number two, based upon this is their load distribution system. So this is a kind of a

A gear specific thing that they've started doing.

Where they're Distributing the load onto. It's kind of like a battle belt in a way, but it's part of a whole integrated system. If the military is moving toward with carrying that Gear with them, to make it easier. So for you, how you carry your gear is critical. So, first for your bug out bag itself, one of the most important features is the waist belt, you want an ideal weight, distribution ratio of weight between your hips, and your shoulders, and your back. So they're all working together.

Still going to give you maximum ability but it's also going to help distribute that load so that there's less fatigue. Now you want most of that weight on your hips because that's going to Center the weight around the center of gravity that you've got there and it's also easier to carry that kind of using your legs and your hips. Like that. That's a more solid platform than your shoulders and your back even though you have a lot of muscles in your back it can it's going to really wrench on your shoulders. Now the all of them work together but this is why

I tell people, like one of the things about RX Bob is that I built in an extra wide bug out, like a belt to go around there, and it's not super padded because I want this to be able to really sit on your waist and be able to conform to it. It's also got a 54 inch belt around it because I know a lot of people aren't in the greatest shape. So we've got a large belt around it but it's that extra wide waist belt that really helps to carry the load. So you want to make sure that your bug out bag.



As an extra wide waist belt. Unfortunately, most of the bug out bags that are out there that like the new ones that are putting out, they have horrible belt systems. Horrible belt systems, they look tactical. But you're going to, if you try putting this thing on, and carrying it is, you're going to find out the hard way is just going to suck. So you want to make sure that you've got an extra wide waist belt to put that position that weight on your hips. All right? Tip number three is the military is actually creating robots to help carry gear.

Along with soldiers like your own little kind of personal mule if you will. And so how can you apply this to your situation? And if you could take one of those Roomba vacuum cleaner things, I just kind of got that would be kind of cool. Like just that would be kind of cool but let's not. Wait for that kind of Technology out there. What you can do is a few different things here that I think are important takeaways for you. So one, if you do have problems carrying things around is look for some kind of a

You're that you can use. For example, there are carriers that you can use for their actually mobile like they'll fold up but you can use them for game. So, if you're a hunter instead of carrying all that meat out of the woods with you, they have carriers with wheels that you can use that. Now, for people who are older, for example, I tell them you can actually use a carrier like a, like, a shopping bag carrier that can be used for something. So that is one way that you can help distribute that weight and have something that you don't have to put it on your back.

But the other thing here that I think is really important is that a lot of people who are into prepping are just prepping for themselves. They're not really prepping for their whole family. So if you're a prepper, you think you've got everything covered for your family. Might have that at home, right? Like you might have enough food stored away and things like that, but if you have to evacuate everybody needs to have their own bug out bag in your family, one because it's not like you're going to. If you got a family of four, you're not going to carry the food forever.

Anybody out there, at least it's going to be heavy on you. If it is. So everybody should have their own bug out bag. Even the kiddos can use something like a sling pack. You know, we have a everyday carry sling pack, our scram bag that works really well for kids and so at least they can carry something with them, maybe it's just some food with them, survival food, doesn't weigh that much so you can carry some extra food with them. They can have a water bladder inside of it. So there's things that you can have in there. That'll be really good for for anybody to be able to carry their also the other

Factor is what if you and your spouse and your kids are all in different locations. But going back to the house isn't really an option. It's going to really hold you back. So

everybody should have their bug out bags, like, in your vehicle. So if everybody has their own, if you have a Rally Point set up, if you can't make it back home because it's going to slow you down too much. You do want to go back there and get all your gear if you have to evacuate and every you know time is of the essence. So this way everybody has their bag, it's all in their vehicle or wherever you have it and you're good to go. All right.

Tip number four here, is that the Future warrior of the military, they're trying to get the weapons to be half the weight. So for survival purposes, you know, concealment is key here. So I always tell people like, I like 22 caliber revolvers, because they're easy to conceal. The ammo doesn't really weigh anything. It's still very effective. For personal defense in a survival scenario, is it the greatest note? Like, of course, I would want a rifle and of course, an AR-15

It is awesome to have but you're not going to be walking down Main Street with it. So you're going to have to carry that thing too. So for survival, rifle is great. Now the average AR-15 with a 16-inch Barrel is about six and a half pounds. So this is why another option for you. I love is the AR7 rifle. It's much more concealable. If you don't know about this used to be the, like, the Air Force Survival Rifle, the it's made out of plastic. So, it floats, I've done some videos on this. I've done some dinner, recent

Podcast episode on these. I love the AR7 rifle.

And with a 16-inch Barrel it's only two and a half pounds that's even less than half of what the AR-15 would be, but it does give you better range than like the revolver pistol does. And again the ammo is super lightweight so you can carry more of it. It's less expensive, actually, AR7 rifle. It's more expensive than it used to be the first one I ever. Got was a hundred and fifty dollars. I just saw one at a gun show a couple weekends ago. That was \$350 I should have bought the damn thing because it's mine.

Understanding that Henry Arms that makes the R7 is no longer making them anymore. I find that really hard to believe but that's what somebody told me. So I went ahead and bought some extra magazines for it so I could have those. But man, I should have bought that damn thing. I see them going for like five or six hundred dollars now on ammo broker but you know try and find if you can find an AR 7, rifle out there. If you already have one, go ahead and grab it. If you can. I think that's a great way to follow the military's lead.

The on cutting the size of your the weight of your weapons in half there. Okay alright. So now power is another one of the Future warrior programs concerns because on the battlefield there are many plugs or even be able to plug things in and really charge



them out there. You can really count on it right there in the middle of the desert or something like that or the jungle. I can tell you that batteries are very heavy. So radios in the military have come a long way, then the prick 77 that we had to use. When I first went in and

It was like World War. I was like that was like vietnam-era type stuff but batteries are heavy and you have to carry extra ones and then they run out of power and then they're just a big block of nothing and the future Warriors are going to be very Tech dependent. They have HUD systems where these drop down like visual consoles that you can like, look at all different systems monitoring and all kinds of stuff and that was that's going to require power. So power is a huge issue for military going forward.

So they're trying to get more power output in a much smaller package that soldiers don't have they can they keep everything powered up but it's also not going to be very heavy. Now for you, a power grid failure. Will mean that there's nothing there to charge up your phone, your combo equipment or radios or any other electronics. So tip number 5 here is the think solar chargers one.

Can you can use solar charges for batteries? Have a goal. Zero one, that is set up. It'll charge up batteries, I can I can charge up double a batteries, I can charge up AAA batteries and those are really best I find for come communication equipment, like two radios, some handheld radios, that you might have like an AM radio to stay up on the news and see if you can catch what's going on out there. Also there are solar chargers that directly charged things like iPhones have a USB out output on them.

So you can you can, you know, some some phones are going to be able to be charged this way radios that you might have things like that. So to a couple different types of solar chargers there. Actually I find that the one that I have I just recommend that you have the more solar panels as possible like The Goal Zero one that I have survival frog has one that has four panels on. I don't write always really recommend the ones we'd like to single panel wonder about the size of an iPhone. It's just not enough solar cells for

To really kind of get maximum power out of it. So I recommend like the quad charger from from survival frog or I do like the goal 0 1, also mines, kind of old. I'm not sure what they have are out there right now, but it's still working, but I think they're probably much more efficient now. But, anyway, you do need to think in terms of solar because you can't count on having plugs or electricity in a situation like that. Alright, alright. So a finally here for Mission support functions in the Future warrior program. This can take into account and integrated Communications.

Item that they've got going on. Even the number of personnel that are needed to carry out the mission. So all future soldiers are going to have integrated hookups with a main monitoring system back at headquarters where each Soldier, well, and even with the soldiers themselves. So Mission Control knows where every Soldier is they monitor like their bio. You know, their heart rate, they'll be able to monitor all the basically the biology of somebody to know what their health concerns might be or if they're hurt if they're injured. It's kind of like a video game. I mean we're really

Going into video game territory with a lot of this stuff, like to Batman technology to sort of stuff. And even the, the soldiers themselves are having these different systems set up that were, they can help monitor each other. And in some cases soldiers, are being eliminated altogether to keep them out of dangers. Way, where there's, you know, where physical person isn't really needed anymore. So first, let's tackle tackle communication because soldiers understand the importance of staying in contact with one another.

Other both for like resupply, Medical Response if you're injured and and also knowing where everyone else is so that you can coordinate movement better together as a unit, you can call for backup. You can avoid friendly kills. In fact, the very first step that we are that we this is programmed in us that whenever you take up a new position, your very first thing is to establish communication, very first thing because you might need backup, you might need medical a Medevac, something like that. So establishing common

Is really really critical. Now the Future warrior program will be simplified with integrated microphones into the helmet system so that soldiers don't have to use a microphone or hit press to talk on something. So this keeps the hands-free but still allows everyone to stay in full contact and talk to one another and most people don't understand your communication needs when it comes to a crisis. So tip number 6 here is that you need to have some form of two-way radio communication.

For other for communicating, with others, around you, now, in a survival scenario, the Dynamics can change suddenly right. And you can't count on being within earshot of somebody that you're with like a family member or having your smartphone available because Towers may be down, there might not be a signal out there. So at home, you can stay in contact locally and even all around your home with a good two-way radio system, just a simple walkie-talkie system. If you're bugging out, you should look at a multi-vehicle approach if possible. So,

That way, if you have a multi vehicle approached you and your in one vehicle, your spouse is another vehicle. If one breaks down, you can move everything into another

vehicle. So you're not just dependent upon one vehicle, so it's back up Transportation. You can carry more supplies with you that way. So if you both make it to your destination, you have more supplies that are with. You can carry more there. And in this case, having independent communication is critical so that you can stay in touch with one another so that, you know, I mean, you might not have those phones, right? So a simple two-way radio system can be super helpful.

Oh, and I'm not talking about like one of those like \$3. Like SpongeBob walkie-talkies that your kids have or anything. So you want to get a good quality to a radio system. Also some come with a really good microphone systems that allow you to put it around your ear so that you don't have to hold a microphone in your hand, a lot of some of them now are voice activated so you don't have to press the talk. They just use start talking and they just start picking it up. So those are kind of the things that the military's is doing already and a lot of

Cases. And so you don't have to you're going to, you're going to be able to have that same kind of Technology. Also, some of them have like an alarm signal allows for like quick call for backup or other prearranged signal that you might have. You can go super Nerdy with these things. Also, you can get like if you're in a ham radios or baofeng radios, you can really you can get nerdy with these things. So, also for the Future Soldier, systems will also integrate video screens with multiple sources for a better picture of where the enemy is,

Is and the safest mess safest methods of response. So for you, how you how you can use? This one is to have CCTV cameras, closed-circuit, television, cameras installed around your home. Now, nowadays, you don't need a wire anything, they're Wireless. Now, this allows you to really kind of monitor around your home and even have signals setup. I have mine so that it's, it'll go right to my my watch actually. But you can if you do have a signal where you

And have this integrated with Wi-Fi. This is going to help you to go ahead and monitor areas around your home. Even if you're alone you can look at, you can basically cover a three-set, learn 60 degree view around your home with this, we talked about this during the the mob defense Fast Glass. Also think about outdoor cameras, super easy to do a friend of mine was kind of living a little bit off the grid right now has cameras throughout his property and had some Knuckleheads on their the right. That kind of walked onto his property, they were poaching.

Watching poaching game on there. And he had a, he has a lot of these systems. Now have speakers in them and he just, he just called out to them scared. The hell out of my probably thought it was like God coming down from above and just calling out to

them. But he told them like, I've got my crosshairs on you, I can't see God. Having this Crosshair? Yeah, who knows, right? But got my crosshairs on you guys better like hightail it out of here. And sure enough they got off property but even outdoor cameras are going to give you a really good chance.

So, and finally tip number 8 is your own UAV. So the military

It has a heavy heavy future Reliance on unarmed. Aerial vehicles or uavs out there. So, looking at your home security plan for survival purposes, we talked about a phased approach that can go even beyond your property line. So if you have like a survival team scenario, or a neighborhood defense plan that you can put into place, this is going to push your ability to detect threats much further out than even your own property line and

So I with these unarmed aerial Vehicles, essentially we're talking about like drones and all types of drones are being developed now, for observation until collection and attacks and things like that. So for you a drone is not a bad thing to have for like a neighborhood defense plan or even for your own individual survive in place defense plan because you can just put this thing up vertically, you can take a look around using the camera, there it all integrates with, you can have a receptive reception camera or phone or something like

Like that. And it'll, it'll transmit back to you and it'll allow you to really look around. So you can see things pretty far out there and really see what's going on. If you hear commotion happening, rather than you going and figuring out what it is, you can put a drone out there and go check it out. And of course you want to look at what your own limitations are, and your area for these types of things. But if it's a no rule of law type scenario or things have gotten really kind of out of hand and it's better to ask for forgiveness, sometimes right. So rather than

Permission. That's why I look at it anyway. So anyway, those are those are 8 things you can take from the Future warrior program that I think are very helpful for your own Survival planning as well. So I'd like to hear from you what are some other military style tactics, maybe even past present future that you think are very helpful for us throughout plans. You go ahead and leave a comment on our blog whether you see this podcast episode here. And hey, if you're enjoying the podcast head on over to wherever you're checking them out.

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are, love to get your comments. Love to hear what you like about the show. So go ahead and leave us a comment there, okay? Alright. That wraps things up for this week. Stay tuned for next week and until then, this is Jeff Anderson saying, prepare train and survive.