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# MEMBERS UPDATE

February, 2017

**How to Survive a  
Nuclear Sneak Attack**

**DIY "Napalm" Fire  
Starters: Step-by-Step**

**Defend Yourself Against  
"The Silent Killer"**

**#1 Concealed Weapon  
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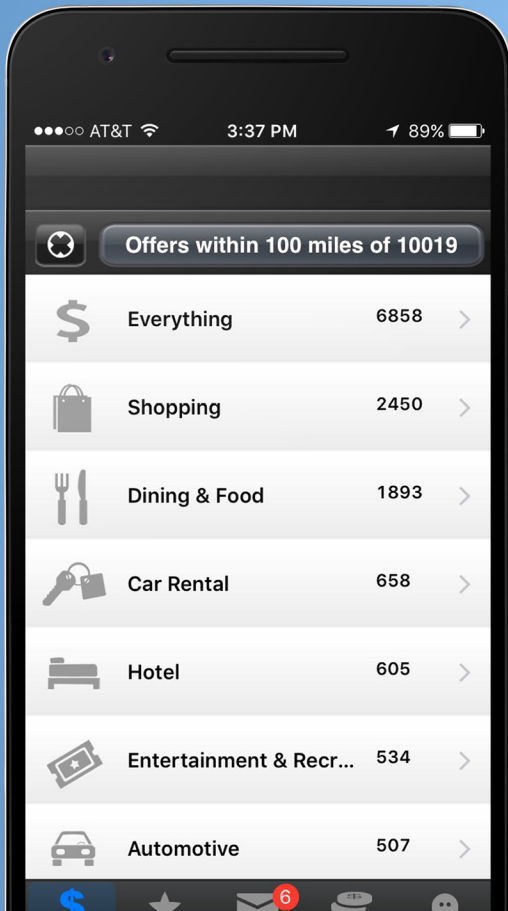




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## SURVIVE A NUCLEAR SNEAK ATTACK

Contrary to popular belief, your chances of surviving a nuclear attack are quite good, provided that you know exactly what to do. We'll give you the straight dope, step-by-step.

It might not seem like the obvious “go to” concealed weapon, but the tactical flashlight is, in fact, the number one weapon that literally everyone should carry everywhere and at all times.

You may smirk a bit as you read this, but if so we intend to change your mind by the end of this article. Many of our subscribers have some level of self-defense training in their background. That’s because NSRA members like you take responsibility for their own life and safety, which demonstrates a high level of intelligence.

With that said, those with formal self-defense training most likely understand why a flashlight is worthy of being an essential everyday carry item for anyone, regardless of size or fighting skill. For anyone else reading along who may think that a gun or knife easily takes priority over a tactical flashlight, this mindset is understandable.

# THE #1 CONCEALED WEAPON EVERYONE SHOULD CARRY

A gun is the ultimate self-defense weapon in every movie that doesn’t feature Bruce Lee. And sure, those weapons can be highly effective in certain scenarios. In others, they are either partially or completely ineffective. We’ll explain why.

The key piece of knowledge that separates those with self-defense training and those without is this: Every possible advantage over an adversary could be the difference between life and death.

Don’t believe for a second that you’ll have that extra second, or that you’ll hear them coming, or that you’ll be better armed. If you have any thoughts about being able to take a punch and respond effectively, it’s high time to stop deluding yourself with that nonsense.

It all boils down to one simple thing: Take nothing for granted when it comes to your safety.

There are numerous reasons why a flashlight is the #1 concealed carry weapon we recommend, but if you’re in a rush right now, here’s what you absolutely need to know: Get yourself a tactical flashlight and then return to this newsletter to learn everything necessary about how to use it for self-defense!

We recommend the TTB 500 for starters, because it has an excellent balance between size, concealability, and power. It’s also very inexpensive, thanks to our partners at MyCrisisGear.

Go to [MyCrisisGear.com/NSRA](https://MyCrisisGear.com/NSRA) to order your flashlight.







## WHAT IS A TACTICAL FLASHLIGHT?

A flashlight designed for tactical use holds many advantages over a typical light source and meets several key criteria that give it the tactical distinction.

These features and characteristics have been developed for use in high stakes, potentially deadly situations where milliseconds count.

They are as follows:

**Ruggedness** - A tactical flashlight and all of its key components must be built to withstand impacts of all types, including dropping the flashlight on hard surfaces, using the flashlight as an emergency glass breaker, and even use as a blunt force weapon in a hand to hand combat scenario.

**Water Resistance** - Tactical use may occur in any variety of weather conditions, thus your equipment must be up to the task. If moisture can seep in and short the light, it is not appropriate for law enforcement or tactical use.

**Intense Brightness** - Since the primary use of any flashlight is to enhance visibility in a low-light situation, brightness is always a key concern, the brighter the better. Tactical flashlights, however, must be bright enough to give the user a decisive tactical advantage by interrupting a potential threat's night vision.

In the past, 50-75 lumens were considered enough to deliver this effect. However, with major advances in LED technology, many of even the smallest tactical lights can deliver over 200 lumens.

**Easily Accessible On/Off/Strobe Functionality** - Because a tactical flashlight must be optimized for use in stressful, rapidly escalating scenarios, the on/off function must be easy to activate.



Flashlights with a twist-to-activate function are too slow and clumsy to operate for this type of use. Additionally, many self-defense encounters will require one-handed operation. Tactical flashlights will often be carried along with a handgun, making one-handed operation all the more mandatory.

In addition, a strobe function is highly preferable when confronting a threat in a low light situation. The pulse of the light can be disorienting, in addition to interrupting night vision. This allows the user to view and assess a threat from a safe distance, while also remaining hidden from view.

## WHY A FLASHLIGHT?

You might be wondering to yourself right now why we'd give a flashlight the prestigious position as the #1 concealed weapon everyone should carry. We know, we know; you like your concealed carry gun, and you've probably got a few knives you're also very pleased with.

Those weapons are great, and of course you **SHOULD** carry them whenever possible. They should also be accompanied by a tactical flashlight.



What happens in low-light situations where you can't see your attacker? Will you shoot randomly at that shadowy figure? This is a classic recipe for one of those home-defense tragedies that you see on the news.

The truth is that having a firearm in your hand when you're not fully able to use it is a huge liability. And if you can't identify your target, you should never pull the trigger. So unless you're willing to shoot first and face the music later, even your trusty Colt 1911 is not going to help you.

Then again, what happens when you're in a situation where you absolutely can't have a gun or a knife by your side? Many states, cities, and institutions both public and private prohibit firearms completely, even knives.

Does this mean you need to meekly stand down in the face of opposition, especially from someone who does have a viable weapon? Of course not!

Instead, you can use your tactical flashlight to minimize the disadvantage of facing an armed assailant. If you learn to use it correctly, you can even temporarily disable someone who would have otherwise been able to cause a lot of serious problems.

How does this work? The most effective technique if you're limited to only a flashlight is dubbed the "flash and smash."





## WHAT IS FLASH AND SMASH?

In a nutshell, this means to flash the light into someone's eyes and then smash them with another item or the flashlight itself. Of course, there's a lot more to it than that if you want to be highly effective, so let's get into this concept in more detail.

1. *Flash* – When someone approaches you aggressively, who clearly intends to mug or hurt you, it's wise to temporarily blind them by shining a flashlight in their eyes. This is why every security professional, from soldiers to rent-a-cops, carry a flashlight. They have the option to take the advantage over a subject in a low-light situation.

With most flashlights, this will buy you a second or two, but tactical flashlights are extremely bright. This brightness will disorient your would-be attacker, giving you time to get the upper hand.

Have you ever wondered what it looks like to be on the receiving end of a tactical flashlight's beam? Take a look:



If you look very carefully, you may notice that there's a person standing behind the light. Now imagine how difficult it would be to see and track them if the light in the image was actually being shined directly in your eyes.

2. *Smash* – Before you smash, you'll want to use the distraction of the flashlight to take one step to the right or left. This will further disorient the attacker and make it harder for them to hurt you even if they do lash out blindly. While you do this, make sure that you keep the flashlight shining directly in their eyes.

Next, you can smash the individual as hard as possible with whatever you have handy. If you happen to have a thick pen as part of your self-defense gear, you can slam it as hard as possible into the side of their neck.

If you don't have any other gear with you, use your own body. A male assailant can be dealt with if you knee or kick them in the groin with the force of all of your might. It's also very disarming to punch someone in the throat.



Alternatively, you could jab the tactical flashlight between their eyes with as much force as you can generate. This will most likely break their nose, which will make it even harder for them to see. If you are unable to hit that exact target for some reason, you can also bash them in the forehead.

We'll get into other methods for using a tactical flashlight for offensive and defensive actions later in this article. But first, we're going to make sure you know how to properly handle this multi-purpose tool.

## PROPER HANDLING OF THE FLASHLIGHT

Now that you have an understanding of how, why and when you can put a tactical flashlight to work as a weapon, it's important to ensure that you know the best way to use it.

1. *Holding the Flashlight* – We are used to holding a flashlight out and away from our body with our hand around the middle section. This works fine if all you're doing is illuminating your way, but it will make your flashlight much less effective during a survival situation.



Instead, you'll want to keep your thumb on the button and raise your arm up so that your thumb could point behind you. Doing this gives you much more control. By putting the flashlight in this position, it can be used to light your way, blind an attacker and jab forward in a quick, hard movement.

If you want to keep your flashlight in your hand while walking to your vehicle at night and feel weird keeping your arm in the ready to shine position, you can put your thumb on the button and keep your arm down at your side. You'll be able to whip your arm up into position while clicking the flashlight on in a smooth motion that takes less than a second.

2. *Keeping the Flashlight Prepared* – Just as you oil your gun regularly, you need to pay attention to the condition of your flashlight. Check the batteries often and keep spares on hand. Keep the flashlight securely attached to your pants or wherever else you prefer to conceal it. Tactical flashlights are extremely durable, but be sure to check all of its functions if it is dropped or immersed in water. Taking these steps can help ensure that the flashlight is in good working order when you need it the most.

Of course, beyond these proper handling tips is the most important thing of all: Familiarize yourself with the flashlight and its features. Know how to click the button in as if it was second nature. Learn the balance and weight, and practice getting the flashlight into the right position as quickly and smoothly as possible. Be sure to also practice jabbing forward with the flashlight, but don't actually hit anything hard with it unless you're in an emergency situation. Again, you want the flashlight to be in perfect working order if someone attacks.



## PERKS OF CARRYING A TACTICAL FLASHLIGHT

There are numerous benefits to selecting a tactical flashlight as a concealed weapon. First and foremost is the fact that there's almost nowhere that's going to make you leave the flashlight behind. The TTB500 is TSA approved, and you can carry one while walking through any business, office building or store. The only place you may have trouble is a government building, and that's simply because they make everyone go through a metal detector and tend to be very anal-retentive about absolutely ridiculous rules.

Beyond this most basic perk, there are several others, including:

1. *Everyone Can Carry One* – It doesn't matter if someone is young, old, male, female, physically active or a couch potato because a tactical flashlight is small, easy to operate and doesn't require any special skills (aside from some basic training about how to hold the flashlight properly to flash and, if possible, smash). In other words, this is the perfect gift for everyone in your life. Make sure that you take the time to show any recipients how their new tactical flashlight can be used to save their life.

2. *They Serve Multiple Roles* – Yes, your tactical flashlight is on your belt loop because it's an important self-defense tool. But don't forget that it can also be used in other emergency situations. For example, if your vehicle breaks down at night, you can use the flashlight to help you determine what's wrong. One of the best perks of a high intensity tactical flashlight is that they are extremely bright, so they'll also light things up for you during a power outage.

3. *Most People Won't Realize it is a Self-Defense Tool* – Some people get all twitchy when they see someone with a gun holster. If you want to avoid this without leaving yourself undefended, be sure to grab your flashlight. The typical person, including criminals, isn't going to see a small flashlight attached to your belt loop and think to themselves "wow, I bet that could do some serious damage." Nope, that's not going to happen. Instead, they'll blow it off as nothing more than a basic flashlight. This gives you the ability to blend in easily in social situations, and it also helps you maintain the element of surprise.

## GOING ON THE OFFENSIVE WITH YOUR FLASHLIGHT

Everyone knows that sometimes it's more important to go on the offensive than to sit back and do nothing more than be defensive, right? If someone is coming after you and you're able to regain the upper hand, you need to think and act offensively to prevent yourself from needing to become defensive again. This is quite simply the way things work, and you must get used to this idea if you're going to survive a potentially deadly attack.

Blinding someone with a flashlight is still one of your best offensive and defensive moves, but what if this isn't possible? Perhaps the batteries are dead (why didn't you check them?), you can't get the right angle or you're in an altercation with someone who thought ahead by wearing sunglasses.

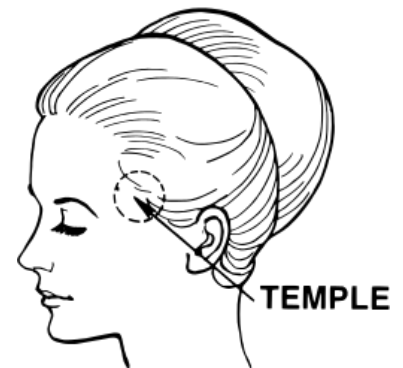


1. *Top Weakest Areas to Attack* – Do you want to cause maximize damage in the quickest amount of time? Of course you do! Anything less puts you in considerable danger. Fortunately, you can use a tactical flashlight to jab someone in the eye, ear, nose or neck. All of these places can cause considerable pain, and that’s the name of the game if you want to survive. Remember: You’re not doing this to kill your attacker, but you are trying to incapacitate them for long enough that you can get away safely.



2. *Go for the Feet* – In some survival scenarios, you’ll find yourself on the ground. You might be in front of someone who knows you’re there or even be attempting to hide from an intruder. Either way, if you get a chance to slam the front end of your flashlight down on their foot, be sure to go for it! Feet are extremely sensitive, after all, so this is a great way to do some damage. Please note: this will work through tennis shoes, but if they’re wearing steel-toed work boots, it may do little more than alert them to your presence.

3. *Strike Their Temple* – The temple area is much more susceptible to damage than many people realize. Use this to your advantage by jabbing the flashlight as hard as you can into their temple. Aim for the area half-way between their hair and eyebrow. This is a soft spot that is very easy to use against an attacker. You do need to be aware that enough force to this area could actually kill someone, so don’t resort to hitting this spot unless your life is in serious danger.



## **BASIC FLASHLIGHT + GUN TECHNIQUES**

While a tactical flashlight is by itself a powerful self-defense weapon, there’s another dimension to the tactical flashlight that is equally critical. That dimension is what many self-defense instructors refer to as a “force multiplier.”

Whatever weapon you are carrying, a flashlight can be used to make that weapon more effective in low-light situations. That’s true whether you’re carrying a knife, baton, or even brass knuckles. However, it’s especially true if you are carrying a handgun.

Have you ever wondered why all law enforcement officers, security professional, and soldiers carry flashlights? The reason is simple: In a dark situation, you are blind without it.

A flashlight is the only way to have a decided advantage over an equivalently armed threat. What’s more, if your adversary has a flashlight and you don’t, you’re immediately outgunned.



With the proper technique, your flashlight can be used to divert attention, hide your location, and of course to acquire your target in the darkest of situations.

Many of the most widely used techniques in police and military trainings we initially developed for much larger, outdated flashlights.

Now that most tactical flashlights are much more compact and significantly brighter, the optimal tactics are a bit different.

The technique most applicable to the modern LED flashlight is the FBI technique, in which the flashlight is held in one hand away from the body, while the gun is held in the shooter's dominant shooting hand.

This allows the shooter to operate the handgun and flashlight independently, but it also prevents the shooter from making a common mistake: Unintentionally illuminating their gun.

Another key issue the FBI Technique addresses is keeping your position hidden. Many of the flashlight and gun together grip techniques, while good for shooting stability, place the light source at your center mass.

As you can imagine, a shooter is likely to fire at the lens of the flashlight, assuming that they would hit the person holding it. In the event that the flashlight illuminates the gun itself, an enemy could see exactly which direction the gun is pointed, also a negative. Lastly, a gun they can see is a gun they may try to grab.

### **ADD A TACTICAL FLASHLIGHT TO YOUR GEAR ASAP**

As you can see, tactical flashlights offer many benefits and truly do deserve a spot in your self-defense gear. Make sure everyone in your family has one and knows how to use it during an emergency. This is even something you can convince an anti-gun person to start carrying. We know that it would be best for them to learn how to shoot, but if you can't get them to defend themselves with a gun, at least they'll have a fighting chance with a tactical flashlight. And you will too if you find yourself in a bad situation when you're without your favorite gun or knife.

You'll also have the perfect combo if you're able to use your flashlight with your gun or knife. This would make it very difficult for an attacker to regain the upper hand, and you should be able to diffuse the situation either through peaceful or forceful means. As always, don't shoot someone unless you have to, but be prepared to do so in order to save your life or the life of someone you love.





# HYPOTHERMIA

## *The Silence*



Lots of folks we run into like to talk about the survival pyramid and the survivalist “Rule of 3s,” yet somehow they miss out on the key information this memory device is supposed to help them remember.

One of the best examples just so happens to be painfully obvious to many of us right now. In a winter survival situation, there’s something that’s vastly more important than food or water: Shelter.

It may not be comfortable, but you can go weeks without food, and even days without water. When hypothermia sets in, you’ve got hours, maybe minutes.

It’s why the “Rule of 3s” says you can last only 3 hours without shelter in extreme weather situations. And while a nice warming hut is a great goal in a cold weather emergency, your body temperature is the key element.

In fact, it’s high time we drilled into the concept of shelter a bit. A common mistake among survivalists is putting the cart before the horse, so to speak.

The concept of shelter seems so obvious; most people’s minds go straight to tarps, snow caves, foraging for ridgepoles, etc. Few stop and think about what that shelter is actually supposed to accomplish, protecting you from the elements, i.e. hypothermia.

In fact, as we began researching this topic, we were struck by all of the stories in which lives were lost due to the insidious consequences of hypothermia. Equally shocking is the speed at which hypothermia can become deadly as well as the relatively moderate temperatures at which it can strike.

### *Hypothermia 101*

In the past, the condition we now know as hypothermia was usually referred to by the generic term “exposure.” When your core temperature drops below normal, a chain reaction starts happening and you enter the early stages of hypothermia.



# HYPOTHERMIA

## Silent Killer

The Mayo Clinic has a more instructive definition: “*Hypothermia is a medical emergency that occurs when your body loses heat faster than it can produce heat, causing a dangerously low body temperature.*”

There are several sneaky aspects of this disease that make it more dangerous for those who don't have a full understanding. First and foremost, hypothermia is a slippery slope, as it causes a variety of things in your body to stop working properly. Also, folks suffering from hypothermia tend to get confused, losing their perspective and problem solving abilities.

Advanced hypothermia sufferers often stop shivering, though they're certainly no warmer. Lastly, those suffering from severe hypothermia are often mistaken for being dead. Thus, sometimes their rescuers may stop treating them too early.

Here's the breakdown on which symptoms appear at each temperature range:

**98.6-95°F** - Intense shivering, ability to perform complex tasks is impaired, fatigue, poor coordination, immobile and fumbling hands.

**95-91.4°F** - Violent shivering, difficulty speaking, sluggish in thinking, amnesia starts to appear, victim starts to lose contact with environment, stumbling gait, feeling of deep cold and numbness.

**91.4-87.8°F** - Shivering decreases, in its place is muscle rigidity, erratic movement, thinking is not clear, victim can't stand, hallucinations, loses contact with the surroundings.

**87.8-85.2°F** - Rigid muscles, no shivering, very irrational, starts into a stupor, pulse and respiration slow, pupils start to dilate, skin is turning bluish, drowsiness.

**85.2-78.8°F** - Does not respond to words that are spoken, pulse is very erratic, reflexes do not function, victim will be only semi-conscious, heart starts atrial fib.

**BELOW 78.8°F** - Heart and respiratory failure begins, ventricular fib, probable brain and lung hemorrhage, apparent death.

Again, it's important to note that these are body temperatures, not outdoor weather conditions. Though, as you'll soon see, outdoor temperatures don't have to be exceptional to produce hypothermia.

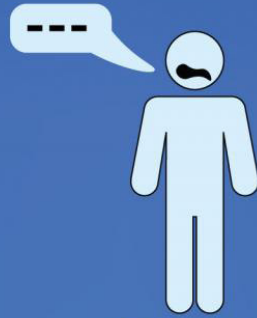
# Warning Signs of Hypothermia



Confusion



Shivering



Difficulty Speaking



Sleepiness



Stiff Muscles

[weather.gov/cold](http://weather.gov/cold)



**NOTE:** Even severe hypothermia victims with core temps as low as 75°F have been saved. Their best chance of survival comes from early diagnosis and tenacious treatment.

Even when there is no observable pulse or breathing present in the victim, don't assume there is no hope. The human nervous system is a very powerful thing and has safeguards built in that we struggle to understand.

This is why it's so important to remember the medical adage: "You're not dead until you're warm and dead."

This bit of dark humor has been passed down through generations of trained medical professionals, but its meaning is no joke. It's a reminder that people with a very low body temperature are often mistaken for dead, only to awaken later (at funerals, autopsies, etc.) when their core temperature returns to normal.

## *Risk Accelerators*

While most folks assume that air temperatures must be frigid in order for hypothermia to be a serious threat. The fact is that overexposure can occur in temperatures as warm as the mid 60s, given the right conditions.

Windy conditions, in particular, result in heat loss due to convection, something you might have experienced if you've ever been hiking in the mountains when a fast moving front blows in.

At the base area, you might have only needed short sleeves, but then a front comes in and mixed with the

higher altitudes and exertion (often plenty of sweat), you begin to shiver uncontrollably. It may not stop until the car ride home.

Here's a strange fact; hikers are more likely to die from hypothermia during spring, fall and even summer, than in winter. The reason: the chance they're caught unprepared and unequipped for cool weather increases dramatically.

High altitudes can be a risk factor all by themselves, given the extra stress it places on an unacclimated person's respiratory system. Combine that with persistent winds and erratic weather conditions and it's easy to see how the risk factors begin to stack up.

There are plenty of internal risk factors too. If your body is fighting some type of illness, even a common cold, your risk of suffering hypothermia goes up. Despite the common notion of drinking schnapps to "warm up," drinking alcohol dramatically interferes with your body's heat transfer capabilities.

If you are elderly, you're at a greater risk of suffering hypothermia. If you are exhausted (highly likely in a wilderness survival situation), you are at a higher risk.

Then of course, one of the greatest X factors of all is moisture. If your clothes get wet, even from sweating, your body has a lot more work to do in order to regulate your core temperature. This puts an exceptional strain on your body's heat regulating mechanisms.



If your clothes get wet while you're out in the extreme cold, don't procrastinate. Getting into dry clothes may seem like a comfort issue, but the truth is that as you begin sliding into hypothermia your judgment decreases with your body temperature.

Last but not least, direct immersion in cold to even moderately cold water is surprisingly deadly. Water temperatures below 60°F are common in many parts of the country, but don't underestimate them. Immersion in 50°F water can lead to death in 1 hour. Water temperatures near freezing can kill in as few as 15 minutes.

### *Treating Moderate Hypothermia*

For a victim in the moderate stages of hypothermia, the first step is to get them as sheltered as possible. This could be inside a tent, cave, or improvised shelter. Next remove all wet clothing and replace it with dry clothing. Protect any exposed areas such their ears, nose, face, from the elements.

If possible, place the patient in a sleeping bag with another person of normal body temperature. Direct skin-to-skin contact is preferable to help return the patient's temperature to normal.

If this option isn't available, warm (not hot) stones and/or warm water bottles can be placed in the patient's bedding or sleeping bag. Be careful not to burn the patient, as they may be numb. If the patient can swallow, give them warm sugary fluids.

Anyone suffering from moderate hypothermia should be evacuated to a proper medical facility if possible. Even after they seem to have rebounded, they are still at risk.

### *Treating Severe Hypothermia*

Again, patients suffering from severe hypothermia are often thought to be dead. Their breathing can be incred-



ibly slow and their pulse too weak to detect without the proper instruments.

Thus, whether they are conscious or not, it's critical that you handle them very gently, making sure to maintain an open airway at all times. Get them to shelter as quickly as possible. Carefully cut away wet clothing and replace it with dry clothing.

Keep the patient lying on his back, face up, with a 10-degree head down tilt if possible. Administer CPR if you are trained and don't give up until help arrives or the victim can be evacuated.

According to the CDC, there are over 1,500 deaths caused by hypothermia each year. The number has actually been trending upward in the past few years.

There are a multitude of reasons for this that can't be attributed to the so-called "downfall of common sense," but there are significant signs that precautions aren't being taken as seriously as in previous decades.

### *Preventing Hypothermia*

First things first, prevention is the ideal treatment for hypothermia. Recognizing the seriousness of this insidious condition is step 1. If nothing else, we hope the facts we've covered thus far have you taking notice, enough to at least keep a heavy winter coat in your car throughout the colder months.

Still, taking this threat seriously requires good decision making all around. Here are a few rules of thumb when it comes to preventing hypothermia:

First, sit out bad weather. Even though many times our first instinct is to press on and stay on schedule, it's better to wait it out than to get caught up in a blizzard or thunderstorm. On the topic of pressing on through the night or pushing through bad weather, remember that exhaustion and lack of sleep both hurt your body's ability to regulate heat.



Next, let's talk insulation, i.e. clothing. There's an old saying that the cotton industry doesn't want you to remember. It states, "Cotton kills." Because cotton is very breathable, it's great in warm weather, but highly ineffective in the cold.

Cotton can also absorb up to 27 times its weight in water. This means that it not only takes forever to dry out, but that it traps moisture against your skin, actively cooling you down.

When it comes to natural fibers, wool is the best choice for cold weather, particularly for inner layers. Silk and polypropylene are also great heat trapping choices.

### *Dress for the Unexpected*

As you've no doubt realized by now, being adequately prepared for cold weather is infinitely better than dealing with any degree of hypothermia. Choosing the right clothing and layering combination can greatly reduce your risks from the get go.

Any part of your body that's exposed or under insulated will lose heat. It's not just your head, but neck, legs, hands, etc. Many people feel cold in their hands first. Yes, it could be because you're not wearing gloves, but this is mainly because your body is prioritizing its heat, sending it to your torso and vital organs.

We constantly see hunters with two pairs of wool socks, insulated boots, a down jacket and a wool cap... but only a pair of camo pants on their legs.

The key, of course, is to layer up. Each layer of clothing traps a bit more heat, working as a system with the layers on either side. Yes, it seems cheesy to refer to layering your clothing as a "system," until you've truly been cold.

Then, suddenly, you understand why some people become obsessive with their cold weather gear.

### *The Ideal Cold Weather "System"*

**Base Layers** - The ideal base layer can be adjusted seasonally, even for summer (base layers can actually help you cool down, FYI). In cool situations, it's important to choose a base layer that keeps you dry, wicking moisture away from your skin.

Strenuous activity can make you sweat profusely even in a Siberian winter, particularly when you're wearing multiple layers. Synthetic fibers work great at trapping warmth. Merino wool base layers are great for accommodating warm afternoons and cold nights.

**Mid Layer** - This is where the bulky sweaters and down jackets come into play. Ideally, you'll want something that's easy to shed if you start to get too warm. Most people consider these items to be "outwear," which is fine as long as you're not going to be exposed to the elements for hours and hours.

**Shell Layer** - If you're really going to be braving the cold for a long stretch, you need a thin shell layer to protect your mid-layers from the wind and rain. Windproof is good, but waterproof is pretty essential.

As we've stressed already, a short burst of rain that soaks your mid-layer can really put you in a bad spot. This is why the shell is so crucial.

If temperatures warm up throughout the day, you'll probably shed the bulky mid-layer and put your shell back on. It's nice if this layer is thin and breathable, but if you expect any extreme cold, better go for a "hard" shell option.

There you go. Be cold no longer. Take the time to assemble a cold weather system and thank yourself later.







# How to Make Your Own “Napalm” Fire Starters

Getting cold is serious business; it’s not just an issue of comfort. Without a heat source, the equation is pretty stark. You’re left with only the heat your body can produce and the efficiency with which your clothing can prevent it from escaping.

This is exactly why, whether you’re building an improvised shelter, or even taking refuge in a natural one such as a rock formation, you’re going to need fire and need it quickly.

It doesn’t take a big nasty polar vortex to put you in serious danger either. A little cold wind and rain can put you in a life or death situation when you’re far from home base.

Your emergency fire is how you will warm your weary bones before, during and after any emergency shelter is completed. And truth be told, you don’t want to be fumbling when seconds count. That’s why we recommend that you keep a few of these “napalm” fire starters in your pack.

These balls of fire putty ignite instantly and burn for well over 4-5 minutes each. That should give you the time you need to get even the most stubborn of kindling to catch.

Napalm fire starters could definitely save your life in a pinch. Plus, who doesn’t like an easy project, one that involves pyromania, on a lazy weekend?



## Materials:

- Styrofoam  
(cups, plates, and egg cartons work great)
- Gasoline  
(or acetone nail polish remover)
- Matches
- 1 Metal bowl
- Screwdriver
- Rubber gloves

### Step 1: Prepare Your Base

If you have an old metal bowl hanging around that you don't mind pouring gasoline into, this is the perfect time to put it to use. Make sure the inside of the bowl is clean to aid the bonding process.

Keep in mind that this is not a good long-term storage option for this hazardous material. You'll be able to store the napalm putty in zip-lock bags after completion.



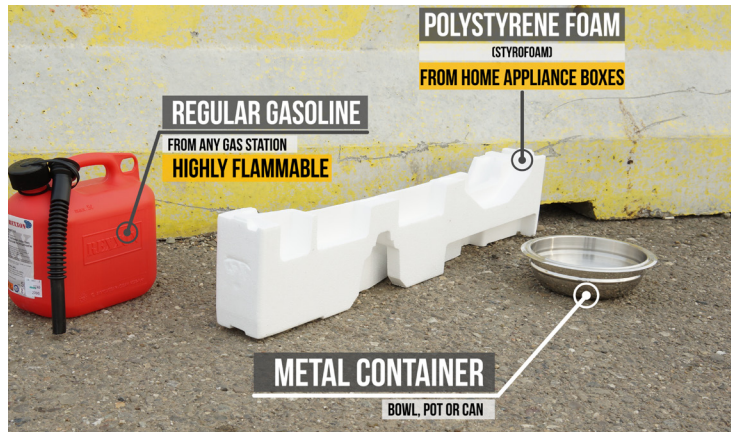
### Step 2: Fill 'Er Up

Pour your gasoline or acetone into your bowl, filling it about 1/4 full. A little goes a long way here, so leave room to work with later. You can always pour more gas in there later if need be. It's more likely that you'll have too much.

### Step 3: Add the Styrofoam

First things first, you want to make sure you're using actual pure Styrofoam for this napalm concoction. That's why we recommend egg crates or Styrofoam cups.

Much of the "foam" used in pack-



ing and shipping these days is made from alternative materials like cellulose. Typically, these are seen as "eco-friendly" and biodegradable, the latter being a problem.

For the purpose of this experiment, you need the nasty old petrochemical form of Styrofoam. Once you're confident that you have real Styrofoam, tear it into small pieces and begin adding them into the gasoline.

You'll notice immediately that the gas begins to eat away at the Styrofoam, bubbling as the air escapes. Since Styrofoam is 98% air, it shrinks quite a bit. Keep adding it until you're out of Styrofoam.

### Step 4: Form the Styrofoam

Push all of the Styrofoam pieces down into the gasoline and stir them a bit to help them bond together. You may want to add more Styrofoam than you initially planned on.

Monitor the soaking. Using a screwdriver, pencil or twig, mash the Styrofoam pieces down firmly into the base, making a sort of flammable pancake.

Leave the mixture sitting for 15 to 20 minutes.



### Step 5: Pull the Putty

Now it's time to get those gloves on, if you haven't already. This step requires that you actually pull apart the "putty" as if it were taffy or play dough.

Pull off segments and roll those into balls. We recommend that you aim for roughly the size of a marble or cotton ball.

### Step 6: Light it Up!

Your napalm fire starters are ready to use immediately. If you are storing them for later use, make sure to use an air-tight container or a zip-lock style baggie. Even after they've dried out, your napalm will still be effective, yet not as easy to ignite.

Enjoy! Your handy pocket sized "napalm" balls of fire will burn for roughly 5 minutes, yet they're still small enough to carry without getting in your way.







# How to Survive a Nuclear Attack

With a new Commander in Chief taking office and tensions flaring with a familiar nuclear superpower, it's understandable if you feel like we're headed into a new cold war. Let's hope it blows over quickly. Here are a few facts that may surprise you.

Believe it or not, anyone who is more than a few miles outside of the ground zero blast zone can actually survive a nuclear attack. Even better, they won't necessarily develop serious issues due to radiation poisoning. But in order to be a successful survivor, you must remember a few important tips.

**1. If You See the Blast, RUN!** – The light from a nuclear explosion is seen in outlying areas approximately 10 to 15 seconds before the impact of the blast arrives. If you're outdoors and no shelter is available, run and dive as quickly as possible into the best form of shelter in your immediate area. Please note that windows are likely to implode, so stay away from them. A basement is best if you can get to one.

**2. Remove any Flammable Materials** – While you're seeking shelter, you also need to ditch any flammable materials that you're wearing or carrying. Believe it or not, many common fabrics will quickly go up in flames, including cotton, silk and linen. Material with a loose weave is also more flammable. It's important to note that synthetic materials are fire-resistant, but when they are blended with natural fibers, they are more likely to melt and cause serious burns.

**3. Open Your Mouth** – It might seem odd, but leaving your mouth open will help prevent your eardrums from bursting.

**4. Duck and Cover** – Most people make fun of the duck and cover recommendations of the past, but guess what? If you're outside of the immediate blast zone, you absolutely should duck and cover to avoid injuries from falling debris.

## PHOTO:

*Above:*

*Photo by Joel Throckmorton*

**5. Get Away** – Are you close to the blast zone? If you don't have a nearby shelter to ride out the aftermath in, you must use the 10 to 15 minutes after the blast moves through your area to get as far away as possible. Every mile you put between yourself and the blast will reduce your risk of radiation poisoning. Fortunately, it takes about 15 to 20 minutes for radiation to begin infiltrating an area. Feel for the wind before you choose a direction. Then, instead of heading down or upwind, run or drive at a 90-degree angle from the wind and the blast.

If you choose to shelter in place, you must wait no less than nine days before resurfacing. Of course, if you have a basement shelter in place, you probably have it fortified with enough supplies to last a minimum of two weeks.

### *Cities That Need to Be on High Alert*

**1. New York City** – Unfortunately, New York City could see another major attack on its soil. There are many reasons that this city in particular could be targeted, ranging from ease of access and large population all the way to it being where President Trump has his private residence.

It's also important to note that there are several nuclear power plants in that portion of the country. Sadly, this means that millions of people could be killed immediately. Those in the greater NYC area should be able to utilize our previously listed survival tips to make it through the disaster, though.

**2. Los Angeles** – This is another prime spot for terrorists and hostile nations to target because, again, it's easier to access. The greater Los Angeles area is also home to the second largest population in the country. A nuclear power plant is situated approximately halfway between Los Angeles and San Diego, and this could be another target for a smaller operation. Aside from these practical reasons, our new president is a celebrity who has been on reality TV. Attacking Hollywood may be a way to send a message.

**3. Chicago** – If the goal is to spread mass panic while taking out one of the largest population centers in the U.S., it would make sense to target Chicago. After all, there's a psychological aspect to these attacks, and sticking solely to one of the coasts will make those in the middle portion of the country feel safer. With this in mind, everyone in a major Midwestern area should take the same precautions as those in major coastal cities.







**4. Washington, DC** – This area doesn't have the population mass of dozens of other cities, but it's highly symbolic. Even if the president is known not to be in town before the attack is launched, it would still be damaging to his psyche and that of the entire country to destroy the national capital.

**5. Every Other Major Population Center** – There are a total of nine cities with more than a million residents, along with more than 30 metropolitan areas where 2 million or more people reside. If you're in one of these spots, you need to begin taking precautions for a wide variety of potential attacks, including a nuclear bomb.

### *High Target Spots*

Major cities and metropolitan areas are a natural target, but they're not the only areas that terrorists and hostile nations may choose to go after. In fact, a target may be chosen based more on what it offers to the nation than on how many people are there. In the past, this could have meant that Detroit would be at a huge risk due to the automotive industry. Now that cars are manufactured throughout the nation, though, Metro Detroit probably has less to fear than several other spots. To help you know if you're in a bad area, let's look at some of the types of targets that have a large potential to be attacked.

**1. Military Bases** – Unfortunately, if you live near a military base, it may be time to consider either moving or seriously beefing up your SHTF supplies. These bases are more likely to be targeted by a hostile nation, and a nuclear weapon, EMP or ground assault could be launched on any of them.

**2. Power Grid Substations** – If a terrorist group or other country wants to immobilize the U.S. without resorting to nukes, all they have to do is target power grid substations. There are more than 55,000 of these substations helping to keep our three main power grid centers up and running. Shockingly, experts have stated that if you take nine of these substations out, you will knock out power to the entire U.S. for at least a month. Take a moment to let that sink in, and then decide if you truly have enough non-perishable supplies on hand to survive.



**3. Nuclear Power Plants** – You probably noticed that we mentioned nuclear power plants a few times with the cities that are likely to be targeted. This is because taking out a nuclear power plant can cause massive issues. Not only will the power supply fail but the radiation poisoning that is released by a nuclear power plant meltdown will create a devastating ripple effect.

**4. Water Purification Plants** – We all need food and water to survive, so removing our access to clean water is about as insidious as it gets. Tragically,

### **PHOTO:**

*Above Power Grid:*

*Photo by Idaho National Laboratory*

this is exactly what makes water purification plants such a notable target. For example, if a group wanted to hurt people in a large area without using nuclear weapons or soldiers, they could simply contaminate or destroy the applicable water purification plants.

As we've seen in areas such as Flint, Michigan, any change to the water supply can have deadly and long-lasting consequences. This is yet another reason to stock up on bottled water.

**5. Schools** – As sick and truly disturbing as this is, it's well known that terrorist groups often train to attack schools. This is something that is done to mentally tear down adults, and it can also be viewed as a twisted form of revenge against people who terrorists somehow believe have wronged them.

Unfortunately, we can't prevent our kids from going to school unless we're going to homeschool them all the way through their college years. But what we can do is talk to them about what to do if anyone shows up at their school with a weapon. Common sense measures may help your child stay safe. Also, make sure you keep your school's phone number in your smartphone, along with keeping government alerts enabled. This should help you find out what's happening sooner than later.

### *How to Get Ready*

We've written extensively about how to prepare for when the SHTF, and this is exactly what you need to do. Whether we're hit with a massive natural disaster or there's a nuclear explosion a couple of miles away, you can survive if you prepare for it. Therefore, instead of going into the supplies you need, let's look at the mentality you must adopt in order to deal with any issues super quickly.

**1. Pay Attention** - The first and most critical thing is to start paying close attention to national and world news. You may also want to consider signing up for Twitter because President Trump is likely to tweet about it before or shortly after initiating any major actions that could lead to some form of retaliation.

**2. Utilize Social Media** – Speaking of Twitter, social media is a great resource for staying on top of the general temperament and current events of any specific area. You do have to take everything with a grain of salt, though, so be sure to look for live videos and a pattern such as a trending hash tag.

**3. Use Diverse News Sources** – It doesn't matter if you believe in CNN, Fox News, MSNBC, NPR or only like non-mainstream sources. If you truly want to know what's happening in the world, you need to pay attention to a diverse list of news sources. This will give you a more well rounded view of everything, and it will also make you more likely to predict when a major issue could be headed our way.

You may not be able to change where you live due to financial factors, but you can change how you live. Now that you know which areas are most at risk and what to watch out for, you can begin putting together a safe place for you and your family to ride out the aftermath of a nuclear or other type of attack. If world relations seem especially tense at a specific point in time, you may also want to consider skipping vacations near the most likely targets or taking a vacation away from one of them.

We can't possibly know for sure when a disaster will strike, but we have known since 2001 that it's not impossible for a terrorist group to have enough hubris to launch a major attack on U.S. soil. As hard as it is to imagine, nuclear weapons also make it very easy for an enemy nation to strike without needing to put troops on the ground. Now more than ever, it's necessary to remember this and plan accordingly.

Also, if all of the recent civil wars around the world have taught us anything, it's that we need to not only be prepared to shelter in place but to also get out of dodge as quickly as possible. Having passports and cash prepared may help you get out before the borders close if something does happen.



**PHOTO:**

*Above:*

*Photo by Gail*



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