



# MEMBERS UPDATE

September 2019

## HOW TO SURVIVE A KIDNAPPING

- 
- 🔦 **The NSRA's Tactical Jargon Cheat Sheet**
  - 🔦 **SHTF Cookbook Part II**

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## How to Survive a Kidnapping

You may think you're not a "high-value" target, or that you only visit the "safest" resort areas. But when you're traveling abroad, it's important that you're aware of the possibility that you could be held against your will for any number of reasons, but primarily to extort money from you and your family. In this guide, we explain how to avoid an abduction if possible, and get through one safely if you can't.



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## The NSRA's Tactical B.S. Cheat Sheet

Spend some time on a gun or tactical shooting forum and you're likely to stumble upon some of the most jargon-heavy conversations this side of a software coding seminar. That's why we've taken it upon ourselves to build out a glossary of sorts, to demystify the intense lingo surrounding this sport. If you're new to tactical shooting, consider this your "Tactical B.S. Decoder Ring."



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## SHTF Cookbook Part 2

Last month, we took a deep dive into the ins and outs of foraging for protein, a process that had us looking at the squirrels, racoons, and rabbits around the neighborhood in a whole new way. This month, we're delving into the plant-based options you can turn to in the event that you need to fend for yourself in a SHTF scenario (or if you just want to try something new at your next dinner party).



# HOW TO SURVIVE AN ABDUCTION FOR MONEY

Whether you're travelling abroad or in your own country, it's hard to completely avoid that little thing we call "risk." You might believe that no one would want to abduct you, perhaps you don't consider yourself wealthy or your valuables to be all that tempting. But every region is different and, as you pass from one to the next, you may likely encounter people who see you as an opportunity.

As we'll discuss later on, this opportunity could be to simply rob you, or they could decide to go after more money by kidnapping you, or perhaps there's a political/terrorism angle to the encounter that has almost nothing to do with you. The fact is, you can never really anticipate whether you will be seen as an

opportunity by someone who's willing to resort to violence as a means to an end. But what you can do is prepare yourself for what you need to do to survive an abduction, no matter what the reason for it is.

While many will say there's a low-percentage chance of being abducted, it should be noted that it does happen; and it's better to be safe than dead. This doesn't mean you should never leave your house and let fear control your life, quite the opposite.

This survival guide will give you that extra security you're looking for as you venture out and live life to the fullest, kidnapers be damned.

# 1 GET KIDNAPPING INSURANCE



If you travel to certain areas that are known for their ransom business, then you should look into getting covered. Companies like AIG and Chubb offer a variety of insurance plans that cover you in cases of kidnapping, extortion, and ransom, all at different prices depending on how much you want to be covered.

Not only that, some plans out there include access to a response consultancy who will provide your family with advice throughout the ordeal and work with you until there's successful conclusion.

# 2 DERAIL THE ABDUCTION ATTEMPT



You're very best shot of escaping an abduction attempt happens within the first few seconds. If you

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are in a public area, apartment, or hotel when the

abduction occurs, the best thing to do is to create as much havoc as possible.

If you're in a hotel room when it happens, you want to raise as much suspicion as you can and get the attention of neighboring rooms who will hopefully contact emergency services.

If the kidnapers approach you while you're in your car, do not get out. Instead, try to delay them as much as possible and again create a scene to get the attention of passers-by.

When you're face to face with the kidnapers, do everything in your power to fight them off; fight the dirtiest you've ever fought. Hit the groin; poke out eyes; strike the neck; shout as loud as you can; anything to scare off your attacker. You want your response to be unpredictably ruthless to throw them off their plan of abduction.

They may be able to kidnap you anyways but at least at this point you've made a huge commotion that can bring the kidnapping to the attention of the police and later an investigation.



# ATTEMPT FIRST ESCAPE



If you fail to escape the first initial contact, then you need to switch up your game plan. Keep in mind that the first 24 hours of an abduction are the most important

You will be moved the most during this period which will make it harder and harder for others to

locate you. But if you decide to make an escape, the first 24 hours is when you'll want to do it because this is the time where you are at your strongest. You'll be more hydrated and fed within this time frame and at your peak physical shape. This is the time when you're thinking more clearly and therefore will have a better chance of successfully evading your capturers.

After 24 hours, you'll start to deteriorate more quickly, both physically and mentally. But it is still possible to come up with an escape plan; you'll just have to change your game plan again.

## **4 BE COMPLAINT**



Getting out of an abduction is extremely difficult so don't make it harder on yourself by being belligerent and in need of additional restraint, whether that be extra rope or a knock to the head. You've been caught and captured so don't waste your energy trying to get out of whatever confined space they have you in.

But there's still hope if you switch it up and act compliant. If you act submissive, don't argue, listen to everything they say and respond the way they want, they'll start to believe you won't fight back. That mistake will create snags in their overall security later on, which you can take advantage of when the time is right.

The main thing to remember is to remain calm and to try to put your kidnappers at ease.

## **5 GATHER USEFUL INTEL**

**4** As you continue to be complaint, keep your eyes peeled; observe every detail of your surroundings.



Make note of the route you and the kidnappers are taking and street signs you see. If you're blindfolded, keep a count of the right and left turns you make and count the time in between them.

Once you've reached your destination, you need to be on the highest look out. You'll want to know the answers to the following questions:

- How many kidnappers are there?
- What are their daily routines?
- What are they armed with?
- Are they in good physical shape?
- What are their tempers like?
- Where are the potential exits?
- What are the possible obstacles in the way?

The more information you can collect, the better chance of successful escape you'll have.

## **6 BUILD A RELATIONSHIP**



Once you've convinced your captives you're not a threat and can be trusted, your next step is to build rapport with your kidnapper(s). Just be empathetic even if you are silently thinking the opposite inside your head. Doing so will get them to open up during which you'll be able to learn their strengths, weaknesses, and habits. The more information you have, the easier it will be to come up with an escape plan if needed.

It might go against your first intuition considering the circumstances, however, there's a reason behind it. Your kidnapper is less likely to hurt you if you make yourself more "human" and create a bond. Take advantage of this bond and ask for little things like food, water, or toilet paper. It could lead you to being able to ask for comfort items or normal things that can potentially help you escape. When they start attending to your needs, make a mental note: you are extremely valuable to them.

Just be cautious of developing "Stockholm Syndrome" while getting close to your captives. You don't want your fake bond to turn into a real alliance with them.

## 7 KEEP YOUR MIND AND BODY SHARP



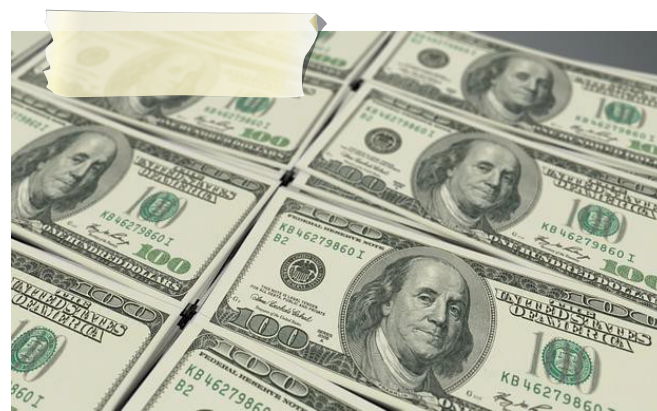
As mentioned before, you will start to deteriorate as time goes on so it is important to stay both physically and mentally active. Stretch your muscles as much as possible and do some push-ups to maintain your strength. Eat whatever is given to you and hydrate whenever possible to keep your mind and body healthy.

5 The mind can be a little trickier at times; especially in this type of stressful situation. To keep your

judgment and reasoning sharp, try to keep a line of communication going with other hostages, find a way to keep track of time, and stimulate the mind with anything available like playing cards or reading material.

Even maintaining your hygiene can help keep your mind a little more sane. If you succeeded in establishing a small bond with one of your capturers, it will be easier to request these items that in the end will give you that extra bit of strength you'll need if or when you decide to escape.

## 8 KIDNAPPING FOR RANSOM



It is critical to find out exactly why you were abducted. The answer will help you decide how much gamble you should take when making an escape.

If you find out it's for ransom, you should only attempt an escape when you are positive the success rate is high. The reason being, you're worth way more alive than dead and history has shown that most people in this situation survive when the money is delivered.

Your kidnappers will try to ask you questions about your finances and see how much they can get out of you so try not to give too much away. If they figure out you're not worth a million dollars, don't worry, they're looking for whatever kind of cash they can get their hands on; whether that be \$5,000 to 300,00.

## 9 MILITARY OR POLITICAL ABDUCTION

On the other hand, if you were kidnapped for political or military reasons, then you need to switch

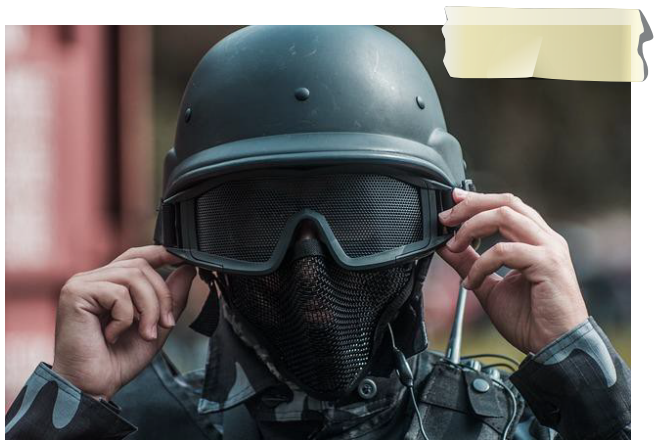


to complete survival mode, especially if you have the feeling you're about to be killed. You can detect if you're going to be killed by keeping an eye on the following things:

- Other detainees being released but not you
- You're inflicted with extreme torture and treatment
- Your kidnappers show you their faces after keeping them concealed for the majority of the ordeal

If you notice any of these things then it is time you risk as much as possible and try to escape.

## **10** SURVIVING THE RESCUE



In some circumstances, there can be a planned rescue mission, but don't feel too relaxed because this will be the most dangerous event you encounter. Keep in mind that the rescue team will most definitely be armed to the teeth and firing at anything they deem a threat. Someone might use you as a human shield so the first thing you need to do is get on the ground and cover your head as much as possible.

Once the live fire has stopped, stay where you are, listen to the rescuers commands and do whatever they instruct. They will not know who the kidnappers or detainees are so get used to the idea of being a little man- handled until they sort through the mess.

## **CONCLUSION**

Going through an abduction, no matter how strong you are, can be extremely traumatic and can negatively impact your life depending on how you react in the situation. Many survivors have acknowledged losing part of their dignity while contained and continuing to feel guilty once returning home for going against their principles.

It's a challenge, but you can hold onto your dignity by using this guide and preparing yourself beforehand for the worse case scenario. By doing so, you'll give yourself time to decide what you're willing and not willing to do in an abduction situation.

Just remember, your dignity and morals is sometimes all you have, so it's important to hold onto it as long as possible and risk what you deem appropriate.





# TACTICAL JARGON CHEAT SHEET: YOUR TACTICAL BS DECODER RING



Whether you're new to tactical shooting or you've been active in the all-encompassing "tactical lifestyle" (for lack of a better term) for many years, the one thing we can all agree on is that it's packed to the gills with a mind-numbing heap of jargon. In fact, if you sit and listen to the way some tactical snobs talk about their gear, you'd swear you've somehow walked into a tech conference with Elon Musk as the keynote speaker. Nerdy is a term that comes to mind.

Sure, every hobby has its own jargon associated with it, some with a more decipherable vocabulary than others. Tactical jargon, mixing a hodgepodge of military and civilian terminology, plus a boatload of acronyms, almost certainly qualifies as needlessly intimidating to outsiders.

In fact, we suspect that some of the more hardcore tactical gearheads are just fine with this ego-boosting arrangement, since it makes a relatively simple activity like shooting guns sound like rocket science.

Almost without fail, however, as you go through and discover what all the lingo means, it's clear that the terminology does little more than overcomplicate some really dirt simple ideas. In many cases, the lingo doesn't even serve to shorten the number of syllables.



That's why we've taken on this issue. In an area where jargon is running so rampant, we think it's high time somebody built a tactical BS decoder ring of sorts.

This glossary is by no means exhaustive or comprehensive, we realize. There are just so many terms; and at each rung on the ladder of specialization, a deeper and more complex set of terminology. Our goal with this guide isn't to be the end-all be-all tactical encyclopedia, but to create a quick reference guide that will bring you up to speed quickly.

So, without further ado, let's get to the fun stuff: Decoding this tactical jargon.



**AK-47** – Adopted by the Soviet Armed Forces in 1949, this automatic rifle, chambered in 7.62×39 and designed by Mikhail Kalashnikov, is easily one of the most influential designs in the history of firearms.

In Kalashnikov's own words, *"I was in the hospital, and a soldier in the bed beside me asked: 'Why do our soldiers have only one rifle for two or three of our men, when the Germans have automatics?' So I designed one. I was a soldier, and I created a machine gun for a soldier. It was called an Avtomat Kalashnikova, the automatic weapon of Kalashnikov—AK—and it carried the year of its first manufacture, 1947."*

Known for being both cheap to manufacture and extremely reliable in harsh conditions, this rifle was produced in extremely large numbers, with an estimated 75 million in existence today.

Still incredibly popular over 70 years after its design, the AK-47 is still in use across the world in military service, though it's also common amongst, paramilitary organizations, organized crime, and terror cells.

**AR-15** – A military rifle designed by ArmaLite, a defunct small arms company that designed weapon for the defense sector. The AR-15 was the basis for what became the M16 weapons system (See also "MSR").

**BLACK RIFLE** - This is a slang term used by both pro-gun and anti-gun advocates to describe military inspired semi-automatic rifles, especially the AR-15 and its many derivatives. Since these weapons typically sport a black finish, without a wooden stock to break up the monochromatic scheme, the term caught on as a catch-all for tactical/military-inspired weapons.



Over the past several years, as the MSR market has matured, more of these carbines are finished in FDE or OD schemes that consumers can't get enough of. Inadvertently, this may have sidelined the term "black rifle" to some degree.

**CCW** – Though this literally stands for "Concealed Carry Weapon," the W in this case is generally understood to mean gun, in the military sense of the word weapon. As you know, the main difference between a CCW and a sidearm is concealability.

If it's concealed, it's a CCW; if it's visible, it's a sidearm. That being the case, most CCWs consist of a sub-compact semi-auto, usually chambered in 9mm or .380 ACP.



**EDC** – You might be familiar with the phrase, "Spectacles, testicles, wallet and watch," of Austin Powers fame. In his own weird way, he was taking inventory of his EDC items. An acronym for "Every Day Carry," this term refers more to a broader concept, i.e. the preparedness philosophy, rather than a list of specific items.

Your CCW can and should be part of your EDC, provided you're a license holder, but EDC itself refers to, essentially, the important stuff you carry on your person. Typically, this might consist of a wallet, keys, pocket knife, mini-flashlight, and often a concealed carry handgun.

**FDE** - One of our all-time favorite colors here at the NSRA, FDE is an acronym for "flat dark earth," AKA that tan color used by the military, especially in desert camo applications.

There's significant overlap between FDE and "coyote brown," so much so that these two colors are often indistinguishable. Since the exact shade of this color has never formally been defined by the US Armed Forces, there's no "mil-spec" in regard to the FDE and thus it varies quite a bit between manufacturers.

**LOWER** - The "lower" short for lower receiver contains the parts of your AR-15 that are actually considered to be a firearm by the BATF. This is where you find the trigger group, buffer tube, safety, even the butt stock. Given that this part is the actual legal "firearm," it's also where you'll find the serial number.

**MIL-SPEC** – As you may remember from July's article regarding military surplus, the term "military grade" is purely a marketing term that means nothing in specific. The term that actually means something is "MIL-SPEC" or "MIL-STD."

But what exactly do these terms mean? And do these terms mean an item is actually more rugged or better than another one doesn't meet military specifications? The answer is a bit mixed.

All that "mil-spec" actually means is that the Dept of Defense adopted a standardized set of specifications for how something needs to be built. In the same way

every dimension of a Picatinny rail is completely defined (i.e. it's MIL-SPEC), the DoD dictates the exact specifications of many related items so they're completely and easily interchangeable.

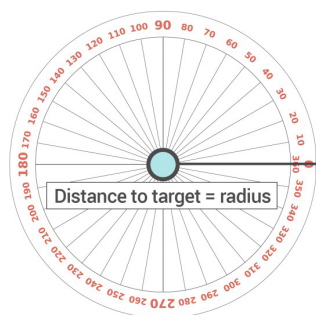
Sometimes we defer to items that are MIL-SPEC because they are more rugged and reliable, but that doesn't mean these items are more user- friendly. When it comes to tactical gear, guns specifically, the advantage of being mil-spec is that this gives you more options when it comes to compatibility. If your MSR is mil-spec, you'll have a much easier time finding parts for it.

**M-LOK** - Yet another accessory mounting system, M-LOK was developed by Magpul Industries to all for better accessory mounting onto the negative space on your AR's handguard. In theory, these handguards allow for better barrel ventilation and a smoother, less-bulky handguard that doesn't have as many squared edges to get hung up on. Usually, the M-LOK system is combined with a Picatinny rail system for maximum compatibility.

**MOA** - "MOA" is a term that gets thrown around a lot when it comes to long range shooting. As you might expect, it's an acronym (M.O.A.) for "minute of angle," which refers to a system of angular measurements that shooters use to determine their accuracy. While it may sound convoluted and boring, here's the key rule of thumb:

*Shooting a 1 MOA group at any range is considered excellent; at 100 yards it's roughly the same as a 1-inch group.*

## MOA explained



1 degree = 60 minutes

360 deg. = 21600 mins

Each sub division of the circle is a "minute of angle" or 1 MOA

The radius is the equivalent of the distance to the target

Truth be told, you could probably go through the rest of your shooting career just knowing that one thing and be happy and successful. But for those who want to understand these concepts, we definitely need to drill a little deeper into this concept, because it is actually helpful.

In geometric terms, a circle can be divided into 360 degrees and each of these degrees is divided into 60 minutes. Now imagine yourself standing at the center of that circle with 360 radiuses extending outward. While this may help you roughly locate a fairly large target, the farther out you extend these lines, the greater the distance between them.

That's where minutes come into the picture. Imagine standing in the center of that same circle again, with 21,600 radiuses extending outward. Now you've got a framework with enough definition to start guiding tiny projectiles into tiny targets.

MOA adjustments, in terms of shooting, assume two such circles, one horizontal and one vertical. Not very many shooters get into the details, but the reason MOA is helpful is that scope adjustments vary at different distances, e.g. 4 inches high at 100 yards requires a much different adjustment than 4 inches high at 300 yards.



**MOLLE** - If you've seen a tactical backpack, you've probably noticed all the web of nylon straps hanging from the front. That's MOLLE, more or less.

MOLLE stands for Modular Lightweight Load-Carrying Equipment.

Specifically, MOLLE is the current generation of load carrying framework for NATO countries, especially the US and British Army. As the non-military use of this system becomes more prevalent, you'll notice a lot more backpacks, vests, and other equipment being advertised as MOLLE-compatible.

For the most part, the most important thing to know is that MOLLE means it has the webbing system, and MOLLE-compatible stuff should hang from it without issue.

**MRE** – Traditionally used by the military as field rations, this acronym literally stands for “Meal, Ready-to-Eat.” These self-contained, 1,200 calorie “meals” are usually packaged in lightweight plastic pouches and are able to be prepared without access to conventional food prep utensils or facilities. In civilian life, these are often distributed for the purpose of disaster prep or disaster recovery.

**MSR** - In a straightforward attempt to clear up several misconceptions all at once, the National Shooting Sports Foundation introduced the term “Modern Sporting Rifle” to describe the ever-popular term “AR.”

As you no doubt are aware, the “AR” in AR-15 is often mistaken to stand for “assault rifle” or even “automatic rifle” by casual observers and political activists alike. In reality, AR stands for ArmaLite Rifle, the company that designed the platform in the 1950s (yes, it's been around that long).



Eventually, ArmaLite sold the rights to both the AR-10 and AR-15 to Colt. Thus, the only company that manufactures a true “AR-15” is Colt. All the rest are essentially clones that are based on the very rugged, modular, and fun-to-shoot design.

While the AR-15 was chambered in .223 Rem, the MSR can be chambered in anything from .22lr to big honkin’ .450 Bushmaster. Calling these weapons ARs is simply inaccurate, unlike the tack-driving rifle the term refers to. Its modular design is modern and this weapon is widely used for sporting. The only term that critics can take any exception to is the “rifle” since many of these MSRs are actually carbines.

**OBJECTIVE LENS** - The objective lens is the “front lens” of a riflescope, i.e. the one oriented toward the object you are viewing. The ocular lens, in turn, is the one closest to the shooter's eye, aka the “eyepiece.”

The diameter of the objective lens is measured in millimeters. For example, on a 3-9x42mm scope, the diameter of the objective lens is 42mm and the magnification ranges from 3X to 9X. One thing to note, regarding objective lenses, is that larger lenses tend to gather light better than smaller ones.

Oversized lenses often require taller scope mounts to accommodate the larger diameter.

**OD** - Another beloved tacticoolor, “OD” stands for olive drab, AKA army green. If you picture an Army Jeep in your mind, OD is almost certainly the color it's painted, a dull green color. This is probably the color most classically associated with the US Military. Funny thing, you may hear people referring to it as “OD green,” that's a bit redundant when you know what the letters stand for.

**OPTIC** – In a tactical shooting context, an optic is virtually interchangeable with “scope.” However, since magnification isn't required for a sight to qualify as an “optic,” 1X magnification red dots are included in this category.

## **PICATINNY VS WEAVER RAILS**

- We'll readily admit that this one is a source of frustration for just about everyone in the tactical shooting community.

These different types of rails, both designed to mount optics and accessories onto firearms, are frustratingly similar... yet are not the same.



The Picatinny Rail (“Pic rail” for short) is a rail system designed to standardize mounting dimensions for manufacturers for compatibility’s sake. Basically, the Pic rail formally adopted the MIL STD 1913 dimensions and tolerances set forth by the US Military and named the system after the Picatinny Arsenal located in New Jersey.

The Picatinny rail has a standard width, height, and spacing for its recoil grooves. If a rail doesn’t meet all of these specific measurements, well... it ain’t a Picatinny rail.

Instead, it may be a Weaver Rail. The Weaver rail, invented by William Weaver in 1930, was designed to move the firearms industry toward interchangeability when it comes to scope mounting.

Weaver’s company, W.R. Weaver Co., manufactured rifle scopes and thus it behooved him to get gun manufacturers and the optics industry on the same page.

Lo and behold, it worked out. Weaver’s system did standardize several key dimensions when it comes to rail width and height, making interchangeable hardware the rule, rather than the exception.

Now, that was back in 1930, mind you. Things have changed a bit when it comes to firearms tech and consumer demand. Initially, Weaver mounts came in two pieces, one on either side of the rifle’s receiver, making it easy to load cartridges, etc. Later, Weaver

moved to one-piece rails with recoil grooves of a standard width, but not a standard spacing.

That’s really the major difference in these two camps, and why the Picatinny rail was adopted in 1995 to clear up this compatibility mess. The US Military needed a single, modular mounting system for it’s M4 “Modular Weapons System” and the Pic rail was it.

To boil it all down for you, the key information to remember is that while a Weaver compatible accessory is compatible with a Picatinny rail, an optic designed for a Pic rail often won’t work with a Weaver rail. The reason is that, because the Weaver rail’s recoil grooves are not the same, there’s no guarantee that Weaver rail with have slots that match with your Picatinny accessory.

**RED DOT** – The term “red dot” generally refers to a larger family of optics, not all of them red, not all of them simply with a dot configuration. These optics use either reflex or holographic technology to super impose a fixed glowing “dot” on the lens of a tactical optic.

The US Armed Forces adopted this style of optic for some of its weapons systems in 2001, after determining that it gave troops an advantage in terms of target acquisition speed and better visibility in low light conditions.

**RETICLE** – The reticle on a shooting optic is what most people would refer to as the “crosshairs.” The term refers to basically any kind of reference markings overlaid on an optical device, which includes red dot sights and other projected aiming patterns. Thus, a reticle does not have to be the familiar crosshair configuration.

**TRIGGER JOB** - Trigger jobs aren’t specific to tactical shooting, but since trigger control and timing are so important to tactical shooting, lots of folks will dabble with aftermarket triggers and or modifications.

Getting a trigger job generally involves dropping off your trigger assembly with a gunsmith, who may square off or polish some of the components in order to get to your designer trigger pull weight (usually 4-6 pounds).

Given that this is precision work that requires specialized equipment and has a major impact on the safety of your firearm, it's wise to leave this to professionals.



**UPPER** - In “tactical terms,” an upper isn’t a chemical that elevates your heartrate, it’s a piece of hardware that consists of your AR’s barrel, receiver, bolt carrier, handguard, and gas system. And if you’re a gun nut, it probably does elevate your heartrate significantly.

Visually, at least, the “upper” is a whole lot of what you might consider the “gun” itself, including the bolt-carrier group that includes your firing pin.

Interestingly enough, however, the law doesn’t see it that way. All of the parts that make up the “upper” are considered components, thus they’re not as heavily regulated as an MSR’s lower receiver.

**WROL** – An acronym for “Without Rule of Law.” Usually, this term has a post-apocalyptic connotation, indication that the rule of law has given way to an every-man-for-himself type of existence or perhaps mob rule. It can, however, included a failed state scenario in which the legal system has been overwhelmed to the point of total disfunction and civil war.

The key aspect of a WROL scenario, in a tactical sense, is simply that you should anticipate hostilities and will have to face them without the aid of the police, sheriff, or national guard.

## CONCLUSION

As you without a doubt know by now, the jargon used in the world of tactical shooting sports is way more style than substance, more about posturing than actual science. As is usually the case, the terminology is more about identifying who’s a member of the “in” group, and who isn’t up to speed. On the bright side, learning to speak the language can instantly put you on the same level with all the other folks pretending to know what they’re talking about.



# FOODS YOU CAN EAT DURING A SHTF SITUATION PART 2: VEGETARIAN EDITION



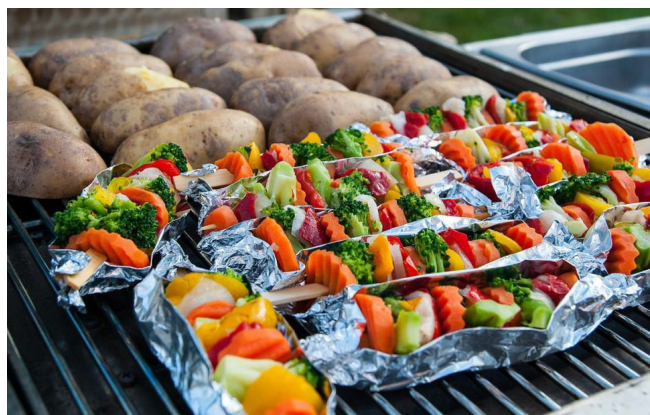
Previously, we brought you the article titled: *Foods You can Eat During a SHTF Situation Without Resorting to Roadkill*. In it, we described how a little bit of preparation can make the difference between enjoying a sumptuous dinner or having to resort to eating carrion that's been baking on the side of the road.

However, we understand that vegans and vegetarian preppers aren't preparing for disaster by learning how to hunt game, fish, or by stocking up on dried milk and meats, beef jerky, and powdered egg products. In times of plenty, going meatless can present some unique challenges, and when the SHTF it will be even more so. The situation would be challenging, but not impossible, with a little bit of preparation and a determined mindset.

**14** And, like we did in part 1, we are going to divide this article into two sections. The first section describes

how to live meatless if you have shelter. The next section describes how to live without meat if you have to rough it and forage in the wild. So, join us and read on to learn more about prepping in order to meet your post-disaster nutritional needs..

## POST-APOCALYPSE STRATEGIES FOR VEGANS AND VEGETARIANS





Surviving in a post-apocalyptic world may be especially difficult for vegetarians and vegans. That's because the things that make a plant-based diet so attractive in the modern world could become real challenges when civilized society has collapsed. Food that is high in nutrients but low in calories are wonderful for people trying to lose weight and improve their health, but they become less attractive when supermarket shelves are bare and survivors need an extra thousand or two calories each day just to stay alive.

The challenge, then, is not finding nutritious plant-based foods, but finding enough of them to satisfy your daily energy requirements. The good news is that this can easily be done with a little planning, even in parts of the country where the winters are long and the local flora is somewhat lacking in diversity.

## DEMYSTIFYING DIFFERENT LEVELS OF VEGAN AND VEGETARIAN DIETS



Part of preparing for living off the grid if you are a vegan or vegetarian will mean understanding exactly what this entails. Vegans are defined differently than vegetarians, and vegetarianism falls under six different categories, depending on what type of foods they choose not to eat.

Here's a list to demystify vegan and vegetarian diets, starting at number one for the most restrictive to the least.

### VEGAN

Vegans avoid eating all animal products and by-products. In other words, they won't consume any type of meat, including fowl and fish.

Additionally, they steer clear of all dairy and egg products.

Gelatin, beeswax, honey, and all other animal by-products are also off their list. Many vegans even go so far as to avoid other usages for animal products, including leather, silk, and wool.



### LACTO VEGETARIAN

Lacto-vegetarians won't eat white or red meat, nor will they consume fowl or fish.

Although they do eat dairy products such as milk, cheese, and yogurt, they won't eat eggs.



### OVO VEGETARIAN

Ovo-are only one step away from veganism. They don't eat dairy products, fowl, fish, or red/white meat. Their diet does contain egg products, though.



### LACTO-OVO VEGETARIAN

Lacto-ovo vegetarianism is the most common type of vegetarian diet. These individuals exclude all fish, fowl, and meat from their food sources. But they do eat egg and dairy products.



### FLEXITARIAN

Many flexitarians get their start with Meatless Mondays. Eventually, plant-based foods become the majority of their diet. However, they will still eat meat, fish, fowl, eggs, and dairy products on a limited basis.



## PESCATARIAN (PESCETARIAN)

Some people consider pescatarians to be “semi-vegetarians.” This is due to their willingness to eat seafood and fish, but not any type of meat or fowl. Pescatarians provide a prime example of a flexitarian diet.



## POLLOTARIAN

Pollotarians take a different “semi-vegetarian” path. All red meat, seafood, and fish are off their menu, but they will eat fowl and poultry.



## THOUGHTS ON ENTOTARIAN LIVING



Entotarians should be mentioned here, and they are defined as people that don't consume traditional animal products. Instead, they derive their protein from edible insects.

According to Chirps Chips, a North Carolina-based company that manufactures cricket-infused nachos and other edible bug products, caterpillar tastes like lobster and crickets are similar to shrimp. On the other hand, ant eggs are described as having a rich, buttery taste, and freshly roasted termites from sub-Saharan Africa bring bacon to mind.

Those facts might appeal to some, with the exception of the strict vegetarians and vegans who detest the taste of meat. If the thought of eating bugs makes you squeamish, the stats on why eating them is a good thing doesn't lie. There are 2,000 edible bugs

in our ecosystem, and they are protein-dense and contain vitamins and essential amino acids.

Also, crickets are 12 times more efficient than cows in terms of converting to edible food. That's a handy fact to know, especially if you are pressed for space and can't maintain livestock. Bugs are also more health-friendly and don't tend to have issues with e. Coli and listeria. Combining these facts with the severe hunger that can occur when you have to spend energy foraging for food may make an insect eater out of you before you know it.

Important Note: People with a shellfish allergy may not be able to eat bugs.

## BUGS THAT CAN HELP YOU SURVIVE



There's a long list of bugs that are edible. Many of them might not seem palatable at first, but try to keep an open mind. Besides, if you're faced with the choice between eating maggots and dying, it makes sense to dine on some maggots.

Here's a partial list of edible bugs. We'll discuss more about living as an entotarian later in this article.

- Ants
- Earthworms
- Dragonflies
- Crickets
- Cicadas
- Grasshoppers
- Tarantulas
- Wood lice
- Grubs
- Termites
- Maggots
- Scorpions
- Stinkbugs
- Aphids
- Earwigs
- Giant Waterbugs

## IF YOU HAVE A SHELTER



Maintaining a vegetarian or vegan diet in a post-apocalyptic world will be much easier if you have a basement, bunker, or shelter to hole up in and store food. A plant-based diet may be preferable in this situation as beans, grains, nuts, and many other nutritious vegan foods can last for months or even years without refrigeration. These foods are also packed with calories.

A small adjacent patch of fertile ground can be used to grow a variety of nutritious vegetables. Plus, rudimentary cooking facilities will be sufficient to prepare vitamin and mineral-packed vegetarian or vegan meals.

However, you should prepare and stock your shelter carefully.

### TOPSOIL

The plants you grow will only be as good as the soil you grow them in, so a visit to your local garden center could be a wise prepping step to take. Look for soil that is rich in organic matter and has been screened to remove stones and roots.



### VITAMIN B12

A vegan diet is rich in vitamins, minerals, and phytonutrients, but it does not provide everything your body needs. Most vegetarians and vegans take a vitamin B12 supplement, and stocking up on this vital nutrient is a good idea if things look like they may be taking a turn for the worse in the near future.

**17** A single high-potency vitamin B12 pill should keep

you going for at least a week, and your liver will stockpile unused B12 for later use.

### OMEGA-3

Another supplement that many vegetarians and vegans take is Omega-3. Your first thought is probably about fish oil, but there's a vegan-friendly version of this supplement that's made from algae and comes in capsule form. Be sure to stock up on these pills in case the SHTF.

### MICROALGAE CHLORELLA

This alternative to vegan Omega-3 pills is packed with nutrients that vegans and vegetarians need. Microalgae chlorella isn't an animal, plant, or fungi, so vegetarians and vegans alike can stock up on it without feeling any guilt.



Chlorella is considered a complete protein source. In other words, it contains all nine essential amino acids. It also yields a wide range of antioxidants, iron, and vitamin C, which helps you absorb iron. Chlorella contains other assorted vitamins and minerals, and 3 grams of this nutrient-dense algae provides 100 mg of omega-3s.

The tiny green cells are also getting a lot of buzz for the assorted health benefits they provide. One study proved they bind to heavy metals and help your body detox. Per multiple other studies, having a healthy immune system will always serve you well. Microalgae chlorella has also been cited as a digestion aid and a way to keep blood pressure in check.

Note: Chlorella in its natural form can't be digested by humans. Fortunately, you can avoid this issue by taking microalgae chlorella supplements.

### SEEDS

Choose your seeds carefully, and only select plants that will grow in your local area. After all, mangoes and pineapples may be delicious, but good luck growing them in Minnesota. An apple tree may be a good substitute as it will start bearing fruit after only two or three years and needs only eight hours of

sunlight during the growing season. Enjoying a post-apocalypse fruit cup is one of the delicious benefits of planning ahead.

## KALE

If there is one thing vegans and vegetarians know, it's that leafy green vegetables are just about the most nutritious food around. Preppers should plant kale wherever they can because it grows like a weed and is an abundant source of vitamins A, B6, C, and K. It is also rich in potassium.



and has more calcium than cow's milk. Another benefit of Kale is that it is low maintenance and will replenish itself after you harvest its leaves.

## BEANS

Beans will be your bread in a world without electricity. Grab as many sacks of them as you can, even if it means doing without some of the foods that you would prefer to eat. In addition to providing you with life-sustaining calories, beans will give your body the fiber it needs to maintain digestive health.



## CANNING SUPPLIES



Being able to store the food you grow for future consumption is crucial if you hope to endure the winter months when the days are short and temperatures plummet. Make sure that you have a pressure canner for vegetables low in acid like tomatoes, corn, and green beans to avoid botulism.

If you notice any bubbles or foam on your canned foods, you should throw them out. These are indications that a seal has failed and bacteria has found a way in..

## POWDERED MILK AND EGGS

As we mentioned before, Lacto-ovo vegetarians do not consume fish, fowl, or any type of meat. However, they do eat egg and dairy products. Ovo-vegetarians won't drink cow's milk, but they will eat eggs. And, of course, all of the flexitarian diets allow the consumption of milk and eggs. With these things in mind, a lot of vegetarians should stock up on powdered milk and eggs. Sure, they might not be as tasty as their fresh counterparts, but they can be stored for an extended period of time..

## CRICKET FLOUR

Are you up for entotarian living? Cricket flour is packed with protein and will help you expand your flour stores. Remember, most entotarians have a plant-based diet that's been expanded to include edible bugs as their primary protein source.



## IF YOU HAVE TO FORAGE



If the apocalypse catches you by surprise and you don't have a shelter stocked with nutritious food, you can still maintain a healthy vegetarian or vegan diet with what mother nature provides. The trick is knowing which wild plants you can eat and which should be avoided. Once again, a little research and planning can go a long way. On the bright side, plants that grow naturally in the wild usually offer much more in the way of nutrition than the mass-produced crops most of us eat.

## ACORNS

The mighty oak is America's most widespread hardwood tree. A mature oak tree can drop as many as 10,000 acorns each year, and they are all packed with protein and healthy fat. Acorns must be leached before humans can eat them, but this can easily be done with either hot or cold water. One simple way to leech acorns with cold water is to place them in a weighted canvas bag and just leave them in a stream or brook.



## FRUIT

The number one rule of foraging for fruit is "when in doubt, don't eat it." If you happen to be in a wooded area with bears, you can forage like them by looking for the fruit and nuts they like. Whether you spot them foraging or see their scat, you should be able to get a good idea about which fruits are edible.



Don't forget that some forests have trees that produce apples, pears, and much more. In fact, the eastern portion of North America is filled with wild apple trees. Disburse the seeds as desired to help bring new apple trees to life.

Remember that each season has its own specific edible fruits, vegetables, etc. For example, if you're in the Eastern US, look for persimmon from late fall through January. This fruit tastes best when it looks like a wrinkled mess.

## BERRIES

While berries are not as abundant as acorns, they are even more nutritious and can be eaten right after picking. They are rich in antioxidants and phytonutrients, and they are easy to spot. However, they are only found in the wild in the late summer, so you should gather as many as you can as soon as



you see them appear. Be sure to keep an eye out for tasty blueberries, mulberries, and blackberries.

## NETTLES

Nettles are for more than making tea. While some nettles have stingers and should be picked with care, they are all rich in nutrients and taste like spinach after a few minutes in boiling water.

You will know when your nettles are done when they turn dark green. Make sure that there is a clean water source nearby when you eat nettles as they are a mild diuretic.

Harvest them by the bagful as they reduce when they are cooked.



## DANDELION

Every part of the dandelion plant is edible, and cooking is not required. Even the roots can be eaten, and you could also dry them out and grind them up to make a serviceable coffee substitute if you miss your daily trip to Starbucks.



## WILD ASPARAGUS

Wild asparagus can be found in many places, especially the Midwest. But unlike many other items on this list, it doesn't tend to hang out in the woods. You're more likely to find it on the edge of a farm field or in a ditch. This is a spring/summer vegetable. Keep an eye on the area lilacs. When their buds begin opening, wild asparagus should be ready to pick.



## WILD ONIONS

Wild onions are easy to miss as they look just like thick grass, but they provide a delicious source of energy and nutrition for the eagle-



eyed. You'll notice their grassy foliage smells just like the real thing when you cut the green stalks. Getting wild onions out of the ground may require a little digging, but this effort is repaid with a tasty bulb that can be eaten raw. The stems are also nutritious and taste like chives. In many areas, you can find wild onions during the winter months.

## WILD MUSHROOMS

Wild mushrooms are a fantastic natural food source, but those who make poor choices can pay a heavy price. If you do not have experience in this area or a reliable reference source, you may want to give wild mushrooms a miss as several species are poisonous. Oyster, Sulphur shell, and hen-of-the-woods mushrooms can be cooked and eaten, but the death cap, false morel, and autumn skullcap varieties can pose a serious health risk and even kill if consumed in large quantities.



## NUTS

While acorns may be the nut foragers encounter most often, black walnuts, hickory nuts, and pine nuts can also be found in many parts of the country. Chinese chestnut trees are popular garden plants because they are so beautiful to look at, which means that they can be a valuable source of food for foragers who stray into urban areas. Black walnuts are even more difficult to crack open than the English variety, but a hefty rock can make the chore far easier.



Pecans are another staple nut that can be found on wild trees throughout the Midwest, the South-Central states, and the Southeast. They're packed with essential nutrients including vitamin E, protein, vitamin B1, minerals, and healthy monounsaturated fats.

## MILK AND EGGS

It may seem odd to include milk and eggs in the foraging section, but you should always keep your eyes open for chickens and cows that have escaped

captivity. After all, once the SHTF, some people will bug out without taking all of their livestock and chickens with them. Sadly, some other farmers will perish, leaving their food sources prime for the picking.

## BUGS

As previously mentioned, an entotarian lifestyle includes bug protein but no meat, fish, or fowl. Foraging for these creepy crawlies may not seem enticing, but it's a good way to stay alive.

Crickets and grasshoppers are among the easiest bugs to catch. Simply listen for their tell-tale sounds (crickets at night, grasshoppers during the day) and pounce. Before eating them, remove their heads, antenna, and legs. The head will twist off. To get rid of their legs and antenna, roast them over a fire, then put them all into a bag. As you shake the bag, their antenna and legs will fall right off.

Earthworms are also easy to find. Simply flip over rocks or wait for them to surface during a rainy day. Caution: don't eat these bugs raw. Instead, boil them a few times. Next, either leave them out to dry or roast them. The advantage of dried earthworms is that you can grind them into a powder to sprinkle on your food. This gives you their nutrients without the gross-out factor of eating worms.

## SHOULD I STAY OR SHOULD I GO?

The big choice facing the vegan or vegetarian prepper is deciding whether to build and stock a shelter or take to the road. A bunker, basement, or structure stocked with food and close to an arable patch of land certainly has its advantages, but it also makes for a tempting target. Your survival is not guaranteed if you decide to take your chances in the wilderness. But you can always move to parts of the country where food is more abundant and the weather is less severe.

The best advice may be to hope for the best and expect the worst. Prepare a shelter and gather the supplies that you will need, but be prepared to leave at a moment's notice and survive in the wild should danger come knocking.

When this single most vulnerable resource you use every single day is taken out,  
**Life for everyone will fall apart and chaos will reign.**



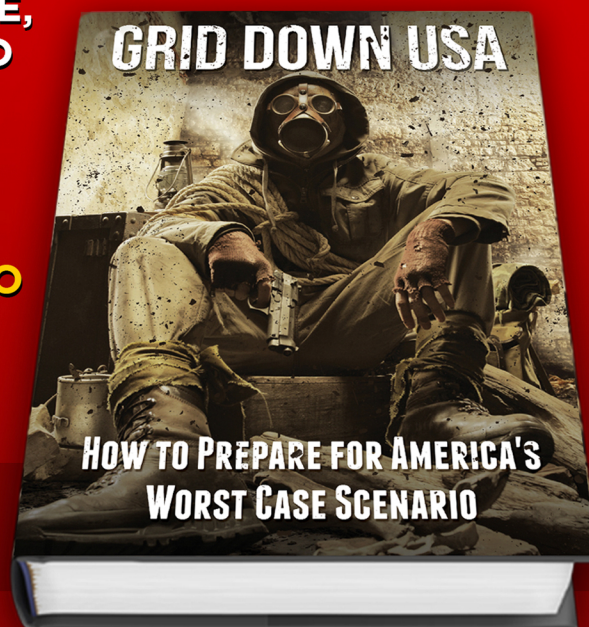
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