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# MEMBERS UPDATE

January 2023



## PREPARING FOR A WINTER STORM

**Self-Defense 101: How To Win ANY Conflict**

**Abundant Clean Water When It Matters Most**

**Getting "Gun'd Up" For Beginners, A Beginners  
Guide to Building A Diverse Arsenal**

**NEXT ISSUE: Prepping For Pets**



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

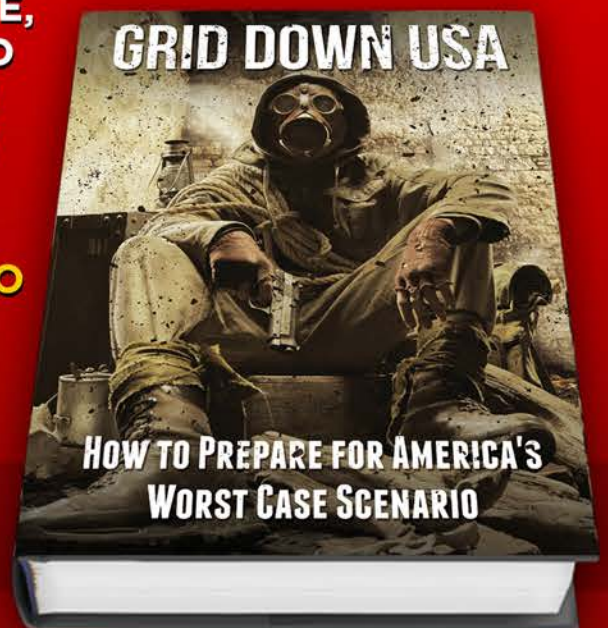
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Several areas in the United States no longer have reliable, clean water. They've either been hit with lead poisoning like Flint, MI, or they're dealing with an extensive drought. Either way, it's becoming more and more likely that you may have to learn to clean your water yourself.

**Next Issue:** Prepping For Pets



## Self-Defense 101: How To Win ANY Conflict



You've found yourself in a situation that gives you no other choice: you must use self-defense techniques or lose. And badly too. The question is, which moves should you employ? And what do you do if your opponent is much bigger than you?

The good news is that self-defense doesn't care about how big or small you are. Instead, it concerns itself with how well you can move your body. Even a petite woman can defeat a big, burly man using the following tricks and tips.

## Ways To Incapacitate Your Opponent, And Even Possibly Kill Them

There are nine specific moves you can bust out when getting away is a matter of life or death. Keep in mind that these moves will seriously harm your opponent. Most of these moves are from the "kill or be killed" category.

2 There is a reason that so-called 'dirty' moves are frowned upon – they work, often too well. But

should you be worried more about your life or your honor?

TIP: If your first thought was 'honor,' you've got a LOT to learn about surviving after the SHTF.

### 1. Eye Gouge



It is exactly what it sounds like. If someone gets aggressive with you, one good choice you can rely on is the eye gouge. Whether you use two thumbs or two fingers, this is one self-defense move you'll never forget.



Using your thumbs, aim for the inner corners of their eyes. Then, you scoop up their eyes by sliding your thumbs underneath the eyeballs. The idea here is to scoop their eyes right out of their head.

It is extremely traumatic to the human body, and they most likely won't survive it. But even if they somehow do, they're going to be in no condition to chase after you. Therefore, this is a fantastic self-defense technique because you will get away.

## 2. The Long Knee

You're fighting against a combatant, but the problem is that they're just out of kneeling range. If you can, put your hands around the back of their head. Next, pull them toward your knee. You're going to thrust with your hips as you drive your knee into their body.

Although this may not sound that serious, if you hit their groin or the soft parts of their abdomen, you can cause them to become incapacitated. And that's what you want!

## 3. Elbow Strike To The Back Of The Head

Any move that relies upon your elbow has a decent chance of success. With this self-defense technique, you're going to deliver the knockout blow!

Essentially, your opponent should be doubled over from your fight, which you can bring on by doing The Long Knee first. Then you strike the back of their head with your elbow - and you'd better use a lot of force. It can be the perfect way to end the battle.

Other things you can do with your elbows include smashing into a soft spot on their face or body or striking them beneath their chin. You can also elbow-strike their groin or stomach to cause even more damage. Before you know it, your opponent will be down for the count.

## 4. Throat Punch

How often have you heard someone say they want to throat-punch someone? It's a common figure of

speech, but more importantly, it's one of the best ways to win a conflict.



You can easily keep your opponent off-balance by punching him in the throat. The more power your punch packs, the better. The best moves accompanying a throat punch are an uppercut, a rear-handed punch, and a lead-handed punch.

Where in their throat should you hit them? Aim for their Adam's apple. Don't forget to follow through on your punch, either. While they're trying to breathe, you can run away, and there's almost nothing they can do to stop you.

## 5. Up Knee

It is similar to The Long Knee. Again, place your hands on the back of your opponent's neck. If they try to get away, pull harder on their head. Next, use your knee to hit them right in their face. Be sure to use as much force as you can muster. This technique can also be used if an opponent is leaning over or has a bad posture.

## 6. Stomp To Their Knees Or Groin



After you've kicked them and sent your knee into their groin, you should be able to get them on the



ground. If you do, start stomping them for all you're worth.

There are two places you'll specifically want to aim. First, you can make it impossible for them to stand by hitting their knee with such force that you disable the joint, after which you stomp on their groin. It will cause your opponent great pain and may even make them nauseous.

## 7. Nutcracker Choke

You can bust out this technique once your opponent is on the ground. Grab both sides of their collar and point your knuckles inward toward their neck. Pull up with your hands. Use your pinky fingers as a pivot. At the same time, drive both your pointer finger knuckles on either side of their Adam's apple.

What does this accomplish? If done correctly, you will crush their Adam's apple.

## 8. Fish Hook

Want to gain some level of control over your opponent? The fish hook it is! If you can pull off the fish hook correctly, you can incite panic in your enemy. Plus, the fish hook is one of the easiest moves ever.

All you have to do is wait for an opportunity when their back is facing you. Then you slip your fingers into their cheeks and pull with the most strength you can muster. You can easily do this, but beware – you will lose if your fingers tangle with the enemy's teeth.

## 9. Ax Stomp

Everyone should know that a standard stomp comes straight down. An Ax Stomp, however, is a backward swing. In other words, the power of your stomp will be coming from your heel. Want more power? Slightly bend the non-striking leg's knee, and you'll gain more forward momentum.

You can perform the Ax Stomp anywhere on the person's body. Doing it to their face is the best way to crush bone and split their skin open.

## How To Get Away When Someone Is Holding You Hostage

What better self-defense position can you think of? Once you're taken hostage, all the rules for a polite society are thrown out the window. It's either kill or be killed, and you're not planning on dying any time soon.

You'll most likely be restrained when you're a hostage, inhibiting your ability to fight back. Fortunately, you can use a few techniques to help out the fight.



## How To Escape Duct Tape

Most people tend to give up once their hands have been duct taped. After all, they've struggled for a bit and have gotten nowhere. This is why most criminals still rely on this method even though there is a way to free your hands.

Believe it or not, getting free starts before your hands are bound. Lean forward, put your hands together (making two fists), and be sure that your elbows are touching.

Once you've got a moment where you're not being watched, reach your arms up over your head as far as you can get them. Pull down with speed and pull



both hands apart as you reach your hips. Just like that, you'll be free of the duct tape!

## How To Break Free Of A Frontal Choke Hold

Lots of self-defense tutorials will tell you to pull down on your assailant's arms if you're in a chokehold. They fail to tell you just how useless this will be if you're weaker than the assailant. And since you've only got a few seconds to figure out your defense, trying to pull down their arms could be the mistake that kills you.

Instead, put your hands together as if you are praying. Come up between their arms, making it difficult for them to grip your neck well. Grab the back of their head and pull them forward. At the same time, position your thumbs and fingers to gouge out their eyes. Apply great pressure until their eyeballs pop out of their sockets, and voila! You've gotten free of a frontal choke hold!

## Self-Defense Moves That Work Especially Well For Women

The following moves have helped countless women get out of really rough situations. Of course, these moves will also work just as well for men. Some may seem overly simple, but that's part of their genius.

### Heel Palm Strike

This move is easy and extremely beneficial. Whenever someone gets too close, flex the wrist of your dominant hand. Next, aim for their nose, chin, or nostrils. Jabbing upwards, be sure you recoil your strike, as this will hurt it even more. Pulling out this move can be enough for you to get away!

### Hammer Strike

This technique couldn't be any more simple. Grip your keys in a tight fist. It should look like you're holding a hammer, and your keys should extend from the side of your hand. Now it's time to hit them! Swing your arm in a downward motion to complete the hammer strike.

## How To Escape A Bear Hug

To begin, you'll want to bend forward from your waist. This small move will make it much more difficult for your attacker to pick you up. Using your elbow, turn into the attacker and continue your counterattack. After a few seconds, you should be able to rotate fully. It gives you the ability to strike their groin or hit their face. Then, once they're temporarily incapacitated, you can run away.

## How To Escape A Side Headlock

If you're in a side headlock, you're being actively choked. How can you avoid this? Turn into their side as much as you possibly can. It prevents them from getting a good chokehold on you. Next, take your hand furthest away and use open-handed slaps to hit their groin until they let you go.

## How To Escape When Your Hands Are Trapped

Your opponent has come from behind, and now your hands (and body) are trapped. You should shift your hips to the side to prevent your attacker from going into a headlock. It will make your opponent's groin accessible, so use your open-handed slaps! After slapping them, bring your hand back up to your arms. Once you raise your opposite elbow, pull your arms in tight to your chest and turn inward. Now it's time to launch a series of counterattacks, primarily using your knees. Once you're able to disengage, do so.

## Self-Defense For Children

Your children can try six self-defense moves that don't require them to fight. Teaching them these moves can help them avoid some situations.

- **Stay in a group** – Whether it happens now, in which case your child can easily get in a group with their peers, or if it happens after the SHTF, which means their group will probably include you, getting in a group to walk anywhere is a big must-do for children.



- **Use confident body language** - This includes walking with a purpose, making non-aggressive eye contact, smiling at others, and talking in a calm, neutral voice.
- **Trust your gut** - Teach your child that if something doesn't feel right, it's in their best interest to leave the general area.
- **Use an assertive voice** - Being assertive may be enough to scare off certain weaker opponents.
- **Flight, not fight** - You might pride yourself on winning a fight, but can your child? Show them how to get away when their attacker is too big or strong.
- **Attract attention** - Making a lot of noise is an excellent way to scare off an opponent.



If none of the above techniques work, your child may need to fight. To prepare them, teach them how to make a proper fist. After all, you don't want them to get hurt while defending themselves.

## 'Get Back' Position

This will provide your child with one last chance to avoid a fight. Have them stand with one foot forward, put up their fists, and scream, "Get back!" They can scare off some would-be attackers by taking a more aggressive posture.

## Straight Strike

If they can do it correctly, this move will cause more difficulty to an attacker than punching them. Using an open palm, have them practice bending their elbow before thrusting their palm into their opponent's face or throat.

## Repeated Punching

Teach your child to aim for the nose of their attacker or, barring that, their arms. They can also aim for the rest of the face and chest. Even if your child is small, punching someone right in the nose will hurt and most likely bring tears to their eyes.

## Easy-to-Remember Sequence

When it's time to teach your children how to defend themselves, they can do damage by memorizing a straightforward sequence. Teach them about the importance of MAP.

- **M**ake a strong fist
- **A**ttack their sensitive places
- **P**unch frequently

Even a very young child can do some damage as long as they can remember MAP!

## Final Thoughts

There are a lot of different self-defense moves you can rely on for protection. And when everything is on the line, you're not going to care whether you employ a move considered 'dirty.' Some think that the dirtier the movement, the better. That is why you should purposefully go after their groin area. Because if you can hinder them with a few hits from your knee, why not go for it?

These tips can keep you in the game and then some. Most people can utilize at least one or two of the moves with great efficacy, so start practicing now, and you'll be more than ready to fight back if someone decides to attack.

One last thought – teach your children about self-defense, but always seek to keep them from getting into a fight. If you can take out their attacker in just a couple of seconds, don't hesitate. If it's a real situation, you'll want them to survive more than you want them to prove themselves. Remember to use the encounter as one more reason they must master self-defense.



# GETTING “GUN’D UP” FOR BEGINNERS, A BEGINNERS GUIDE TO BUILDING A DIVERSE ARSENAL

BY ERIC AUSTGEN

A few months back, a “journalist” toddled across this great land visiting with gun owners and looking at their collections. Some of these collections were so impressive that they predictably made the anti-gun harpies’ heads explode when the pictures hit social media. They cried, I laughed, and the world continued to revolve. While they were losing it over big scary-looking things they didn’t understand, I was fascinated by the choices of firearms and their intended purposes.

Many gun owners I visited were survivalists, hunters, sport shooters, and collectors, and some were building their arsenals. The collections I saw got me thinking about how and why they chose one weapon over another. So, why not get down to brass tacks and strip all this talk about guns down to the basics? Take a good look at each type of firearm, with some suggestions regarding makes, models, or brands, where they will be best employed, and see if it gels with what you need and want for your armory.

## HANDGUNS

If you start with any gun, it should be with the easiest of all firearms to conceal. There are endless choices on the market to consider, but what would you prefer when it comes down to it? Pistol or Revolver? Handguns are usually geared more toward

the self-defense crowd. However, some larger caliber pistols have been successfully employed on the hunting scene.

Pistols are semi-automatic, meaning that the gun will cycle and eject the round for you, and all you need to do is squeeze the trigger. Ammo is magazine fed from within the grip and generally holds 8 rounds. However, larger capacity magazines can be used. Just be sure this is legal where you live. These are the obvious choice for first-line defense in the field, as they are relatively easy to operate and reload, especially when under fire. They are also more mechanically involved than a revolver, so keep your pistol well-lubed. You will also need to become proficient at clearing jams. The Glock 19 is a good weapon for self-defense, as is the Beretta 92. Both are chambered in 9mm and have been mass-produced to the point that having a few spare parts hanging around the workbench would be a brilliant idea.

Regarding firearms, revolvers are about as simple as you can get, but that simplicity will give your hands a workout. Unless specified, all revolvers will be single and double action, the only exceptions being cowboy, black powder, and some centerfire single-shot sporting pistols. Cylinders will hold 5-6 rounds, depending on caliber, “swing out,” or stay stationary. It is easy to eject spent shells and reload with a speed loader or a full or half-moon clip.



Yes, I said clip. They are related to the stripper and En-Bloc varieties, the only recognized clips when conversing about firearms. Of course, you can get reloading down like a pro with practice. If you want more of a challenge, get a cowboy six shooter and try reloading it while turning the cylinder, operating the ejector rod, and putting a round in the chamber. Fun stuff!

There will be a load of calibers to choose from, including .22 plinkers up to .500 bear killers, so whatever you are looking for will most likely have a caliber with which you are compatible. For better concealment, it is recommended that you carry a revolver with a barrel up to 4 inches in length. Any more than that, you will telegraph that you carry, and draw time may be impaired.

I know it's easier to blaze away in double action, but for those that know, I like to make sure I'm not wasting ammo and each of my shots counts. That is why it's advisable to fire your revolver in a single action, as it's far easier to regain your sights after each shoot rather than the drama you get firing double action. I promise you may find it more comfortable and enjoyable after some time drilling in this fashion. You should also note that single-action firing will reduce the finger's pressure on the trigger to engage the sear. Trigger squeeze in double action is a chore, whereas single action doesn't give the finger much of a workout.

## RIFLES AND CARBINES

Any well-stocked arsenal should include a couple of rifles and carbines. It is when you need to send a message long distance instead of in person. These firearms are ideally suited for any application you have in mind. The most common types of rifle and carbine you will encounter are bolt action and semi-auto. However, the lever actions do make it into the fray every once in a while.

Bolt Action manually manipulates the bolt via the bolt handle to load and eject shells. The rotation of the bolt handle to the upward position unlocks the bolt from the receiver, allowing the bolt to be pulled back to eject spent casings, and then pushed forward to load a cartridge in the breech. When the bolt handle is in the downward position, the bolt

head locks into the receiver, and the weapon will be hot and ready to fire. The cartridges are fed from either an interior or an external detachable magazine. Internal mags tend to hold between 5-6 rounds, whereas the sky's the limit with detachable jobs. The bolt action system is excellent for hunting, survival, and other situations where making your shots count is paramount.

Lever actions are also manually operated like bolt actions but are much faster to fire than bolt actions. The lever is located on the underside of the gun, serving a dual purpose as a trigger guard and cocking mechanism. When the lever is pushed down and forward, the bolt is moved via linkages attached, and the lever moves back to eject spent casings. Replacing the lever to its starting position will feed a fresh cartridge into the chamber and place the firing pin into the ready position. The magazine used for these weapons is a tube type affixed underneath the barrel. Magazine capacity will vary with manufacturers. The caliber in which these weapons are chambered caters to the cowboy shooting aficionado. However, there are .22 versions available for the little buckaroos.

The semi-auto rifles operate the same way as their smaller, handheld counterparts. When one round is expended, its energy or gas force ejects the shell by pushing the bolt back and cycling another round into the chamber. Don't confuse semi-auto with selective fire weapons, as they are two separate deals, and owning one type requires kissing the ring of the head ATF goon. As with bolt-action firearms, semi-autos will have an internal or external magazine, and capacity will vary.

It would be wise to own both operating systems as they offer greater range, stopping power, and, with the right stock, an enjoyable shooting experience every time. Stick with gun manufacturers known for a particular type of firearm. For instance, buy a Colt, Smith and Wesson, Beretta, Glock, and the like if you want a revolver or pistol. Manufacturers like Remington, Henry, Armalite, Marlin, and Ruger are suggested in the rifle market. I recommend adding an AK, AR, or SKS weapon to the inventory. Surplus military or civilian-made simulacrums are immensely popular, a joy to shoot. There is an almost endless supply of spare parts for these guys, just like the handguns that complement them.

# SHOTGUNS

Regarding firearms with an attitude, shotguns are outstanding for the little shock and awe they inspire in humans. Also, with the right shell, they are delicate enough to take down small game without turning it into shredded meat. Now, unlike rifles and carbines, shotguns come in five different varieties, and as tools go, shotguns will do right by you in any practical application. Make sure to look into reputable names in shotgun manufacture like Remington, Benelli, Mossberg, Browning, Stoeger, Winchester, and Beretta.

Single barrel break action shotguns work exactly as the name implies. The barrel is attached to the frame by a hinge pin and retained by a locking pin. When the locking pin is disengaged, the barrel “breaks” free from the frame, dips forward, and exposes the breech for loading and unloading, a maneuver allowed only in the white zone, never the red. That’s about as basic as it gets. It is that simplicity, affordability, availability in all gauges, and barrel lengths that makes it a favorite companion for those in rural areas with outbuildings they regularly visit, with the bonus of wild, dangerous critters lurking about. These guns will not only deliver a nice payload of buck but scare the bejesus out of any animal with the noise that comes with the lead. The only downside to this gun is that it is a single shot, has a kick, and has no safety catch. So, one will need to pay the utmost attention when operating it around anything that does not need any new holes.

We now upgrade from single to double barrels with break action for side-by-side and over/under barrels. The side-by-side is commonly referred to as a coach gun due to its service on stagecoaches traversing the wild west. These guns are nice for game shooting but can be used for home defense in a pinch, depending on barrel length. The over/under shotguns have one barrel on top of another. The action is the same as the single barrel break, except you now have two barrel breeches exposed and ready for loading. The nice thing about double barrel shotguns is that they are well balanced, available in any gauge, and you can choke both barrels differently to get varying shot spreads.

One of the most favored shotguns among home defense enthusiasts is the pump or slide action shotgun. This design has been trendy since the U.S. Military adopted the Winchester Model 1897 shotgun as an official frontline combat weapon, a design of John Browning, I might add. This shotgun proved so reliable that it saw sporadic use until the Vietnam War, but that was for the few lucky G.I.s who could lay hands on them. The shotgun has a tubular magazine underneath the barrel which feeds shells into the chamber when the slide is pulled to the rear and then forward again. In one fluid motion, this action opens the bolt, ejects the empty shell, chambers a fresh shell, and closes the bolt. The pump action is a great all-purpose shotgun for hunting, self-defense, varmint killing, and the choice of law enforcement across the fruited plain.

Like their rifle and handgun brother-in-arms, shotgun semi-autos work on the same principle: gas or recoil-driven action. Recoil shotguns are less favorable than gas ones because they are a bit temperamental. Gas-driven shotguns are easier on the shoulder since they are designed with pistons and operating rods that disperse the gas and absorb the felt recoil, which new shooters will find rather pleasant. The design of the action will leave it open for increased fouling. However, with regularly scheduled maintenance, you should be able to keep it in perfect working order. You will also need to pay attention to this weapon regarding safety since it will automatically cycle another shell into the chamber whether you like it or not. However, you can overcome this small obstacle by knowing how to lock the breechblock safely. This safety concern is one reason this shotgun is persona non grata at most game and sporting clubs. Other members can not ascertain the weapon’s safety status due to its inability to break apart, thus displaying the breech.

Lastly, there is the lever action shotgun. The same mechanics apply here as with its rifle counterpart; the only difference is the ammunition. These guns are not as desired as the shotguns mentioned above and have been relegated to the world of cowboy action shooting and the lever action rifle/carbine. However, they still spit lead and make a helluva racket, so they shouldn’t be discounted for self-defense.



## ODDS AND ENDS

There are other firearms and non-firearms that one should consider adding to the gun vault if only as a just-in-case, last-ditch, SHTF thing to have. Bond Arms down in the Lone Star State has a fabulous line of hand-filling derringers with interchangeable barrels that are perfect for backup weapons. With its .45 Colt/.410 shotshell barrel combination, it would be a comfort to have a lightweight firearm along on a hike in areas known for hostile serpents or other disagreeable critters. Plus, it is concealable so that you won't cause alarm among the anti-gun Karens allowed out of the asylum.

Airguns shouldn't be counted out as they will be very effective in a survival or SHTF situation where hunting for food in stealth mode will be essential. One could say the same for .22 weapons. However, they will still make noise. Just be sure to purchase an airgun with enough energy for a BB or pellet to kill the game you are after.

Regarding .22 firearms, I think it would be a grand idea to have several of these in either rifle, handgun, or both. They are reliable, ammo is still pretty plentiful, and you can use them for limited hunting. It may be one of the smaller projectile calibers, but it will still be lethal when put in the right place. If you have kids, one of these bad boys around is great for starting them off right with shooting.

I would be remiss not to mention black powder for those interested. Simply put, they are fun to shoot and a bit more involved in loading, but something to consider if you want to have all of your bases covered. I mention black powder because the .50 or higher rifles out there would be good for permanently taking down big tough targets. Plus, they are cheaper than the .50 Barrett's.

Getting back to the basics was like breaking out the puppets and crayons for myself. I was amazed at how much I had forgotten or never been taught about firearms, but I guess one is never too old to learn something new. You now have a good idea of where to start in building a well-represented arsenal and using it to its maximum potential. So, until next time, dear reader, stay safe, and let's be careful out



# preparing For A Winter Storm



Your local meteorologist is calling a massive winter storm. Are you truly prepared for it? Let's find out by going over everything you'll need to survive a blizzard!

## *Early Steps*

If you live where winter can get tough, then you've probably already got an ear cocked toward your radio. After hearing that a winter storm is indeed on its way, you need to ensure that your family's communication and disaster plan are in place.

Essentially, this is the plan that tells your family where to go if they get separated, how you plan to open the lines of communication, etc. It's imperative to check with each family member to ensure they know what to do.

## *Preparing Your Home*

Moving forward, you'll also need to verify that your home is properly weatherproofed. In other words, the following tasks must be completed before a storm arrives.

- Caulk/weatherstrip windows and doors.
- Insulate your water lines along the exterior walls.

- Install plastic indoors over your thermal pane, cover, or storm windows.
- Insulate your attic and walls.
- Remove any branches and repair roof leaks.

Each of these steps will make it easier to chill inside your house and wait for the storm to pass. Insulating your walls is always a good way to reduce the wind that will get into your home. Also, removing branches and repairing any roof leaks will ensure that no heavy branches fall on your house.

## *Get Your Chimney Inspected*





One thing that can easily be forgotten is the importance of using your chimney or flue. Unless you have an inspector who checks it annually, your chimney probably has some issues you're unaware of.

You'll want to check your chimney before winter gets too bad. Otherwise, you're likely to experience a major winter storm that becomes even more complicated due to your blocked chimney.

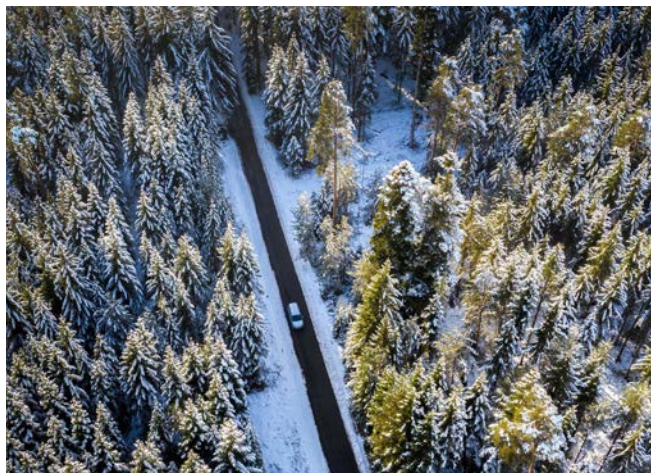
### *Use A Smoke Detector And Carbon Monoxide Alarm*

The importance of having a quality smoke detector and carbon monoxide detector cannot be overstated. Failure to install both of these items could put you in danger.

Imagine for a moment that it's the middle of a long, snowy storm, and your family gets sleepy. Unless you can keep your wits about you long enough to call for help and evacuate your home, the problems brought on by the storm will soon be the least of your worries.

Unfortunately, if enough carbon monoxide has built up in your home, you may not live long enough for help to arrive. Get rid of this risk by ensuring you own - and use - both devices.

### *Create Your Emergency Car Kit*



Driving during a winter storm isn't advisable, but there are times when you'll have no other choice. The good news is that if you prepare diligently enough, your car will become a safe haven.

The following list will be long, but don't neglect anything. You'll want to have all the items to reduce your risk of getting hurt.

- Cell phone, extra batteries, and a portable charger
- Items to stay warm such as extra blankets, hats, mittens, and coat
- Windshield scraper
- Shovel
- Battery-powered radio, along with extra batteries
- Flashlight, along with extra batteries
- Water and snacks
- First aid kit with a pocket knife and any necessary medications
- Rope or tow chains
- Tire chains
- Canned compressed air with sealant to help you perform an emergency tire repair
- Sand or cat litter to help tires get traction
- Road salt to melt ice
- Booster cables with fully charged jumper cables or battery
- Hazard or other reflectors
- Bright-colored flag or emergency distress flag, help signs, and/or emergency flares
- Road maps
- Waterproof matches and a can to melt snow into water

You'll be prepared to head out into the storm if you have to.

### *Check Your Supplies And Listen To The Forecast*

Do you have enough food and water to last for several days? This gives you a heads-up over everyone else, but it will not last for long. As you listen to your local forecast, anticipate what could come next. There is a big difference between a 24-hour storm and one that lasts for a week.

If you've properly prepared your supplies, you'll have nothing to do but hunker down and wait for the storm to pass you.

## *What About My Pets?*

Before the storm hits, go outside and collect your dogs. Unless you have literally no choice, animals should be brought inside and stay inside until everything is over. If you must leave them outside, be certain they can access abundant, unfrozen water. Additionally, verify that you have a warm, safe place for them to take shelter.



## *Make Sure Your Car Is Ready To Go*

You've put together your emergency car kit, which is fantastic. However, you'll want to check over the rest of your car before a storm enters the area. Again, getting stuck on the street during a snowstorm is the last thing you want, so let's ensure your vehicle is ready to go.

- Check the antifreeze level with an antifreeze tester, or have the radiator system serviced. Add antifreeze as needed.
- Replace windshield-wiper fluid with a wintertime mixture.
- Make sure the tires on your car have adequate air pressure and tread. Replace any worn tires and fill low tires with air to the proper pressure recommended for your car (typically between 30-35 psi).
- Keep the gas tank near full to help avoid ice in the fuel lines and tank.
- Keep your car in good working order. Check the following: brakes, heater, defroster, ignition, brake fluid, exhaust, emergency flashers, oil, and battery.

## *What About After the Snow Begins?*

Once the snow starts to fall, it's too late to prepare for what's coming. From this point onward, we'll provide you with some invaluable tools for dealing with the freezing snow.

### *If You Get Caught Outside*

- **Find shelter** - Try to ensure that you've covered all exposed body parts and stay dry.
- **What to do without a shelter** - Build a fire, as this is the best way to attract attention while staying warm. Build a snow cave, windbreak, or lean-to to stay out of the wind. Put rocks around the fire as they'll reflect heat.
- **Should I drink snow?** - Yes, but only after you've melted it first. Eating/drinking unmelted snow will lower your body temperature, which is not what you want during a snowstorm.
- **Exercise** - You should occasionally vigorously move your fingers, toes, legs, and arms. This will keep your blood circulating, keeping you a bit warmer. Remember to avoid overexertion as you don't want to have a heart attack.

### *If You Get Caught In Your Car*

The first thing we can say is that you shouldn't drive your car during a serious snowstorm. Having gotten that out of the way, we'll look at some tips to help you out.

- **Slow down** - Did you know that more than 5,000 traffic fatalities occur yearly due to bad weather conditions? Slow down to match the pace of the road.
- **Remove all ice and snow** - We know that people tend to clear off part of their vehicle without getting to the rest of it. The truth is that you need to remove all the snow and ice on your vehicle so that it doesn't fly off and hit another car.
- **Have an emergency contact** - Not only should you have an emergency contact, but this time, make sure the person knows where you're going, too.



- **Charge your phone** - One thing that way too many people do is leave home without having a fully charged cell phone. Take the time to charge it first so that it can help you out of a jam if needed.
- **Don't pump your ABS brakes** - Most cars have an ABS braking system. If you start to skid, apply steady pressure to the brake pedal. Do NOT pump your brakes.
- **Visibility is important** - Pull over when the snowstorm gets too massive to see. Once you do so, turn off your lights and use your parking brake. This should help avoid having other drivers hit you.

### *What Do I Do If I Get Stuck In My Vehicle?*

Don't leave your vehicle unless it stops in an unsafe area. Leaving your car during a blizzard is the worst thing you can do. It's way too easy to become disoriented and get lost.

- **10 minutes on, 50 minutes off** - You're going to get horrifically cold, but you can't run your heater very often. We suggest turning it on for 10 minutes every hour.
- **Open a window** - When running your engine, open a window a bit to avoid carbon monoxide poisoning.
- **Clear the snow** - Keep snow clear of your exhaust pipe. Otherwise, you could be exposed to gasoline poisoning.
- **Be noticeable** - Turn on the dome light when you run your engine.
- **Get attention using red** - Tying a brightly colored cloth - red works fantastic - to your door or antenna will help you catch the attention of passing motorists.
- **Raise your hood** - Has the snow stopped? Great! Raise your car's hood to make capturing a passing motorist's attention even easier.

### *If You Get Caught Inside Your Home*

14 Ideally, you'll always want to get caught in your home during a snowstorm. Yes, there are things to

be mindful of, but at least you're not in the same danger as if you were wandering outside or stuck in your vehicle.

- **Use heating safely** - If you've got a gas furnace, ensure a snowdrift does not block it. If you'll use a wood stove, fireplace, space heater, etc., properly ventilate and follow fire safety guidelines.

### *What Can You Do When Your Heat Goes Out?*

Use the following five steps.

- Don't waste heat. Close off all unneeded rooms.
- Stuff rags or towels underneath doors.
- Keep some heat in your home by closing all curtains and/or blinds.
- Drink and eat. Cold air is dehydrated, and drinking will prevent dehydration. Eating will give your body what it needs to produce its heat.
- Wear layers of lightweight, warm, loose-fitting clothing. If you start to sweat, remove one of your layers.

### *Driving Safely Through A Storm*

What happens if you're in your car but you don't get stuck? For a lot of people, this is a very familiar scenario. Learning the basics of snow driving is wise to prevent yourself from getting stuck or in an accident.

- **Don't pass a snowplow** - When a snowplow is near, you'll want to leave at least six car lengths between you and the snowplow. Getting too close could cause you to deal with a snow cloud.
- **Provide enough time to stop** - Stopping won't be as easy as it normally is. Therefore, give yourself at least 600 feet to stop on an icy road. By comparison, 60-100 feet is fine during normal weather.
- **Bridge ices before the road** - Everyone has seen the signs, but have you paid attention to them? Always slow down before you go over a frozen bridge.



- **Be aware of black ice** - Encountering black ice can be scary, but it doesn't have to harm you. Don't hit your brakes if you begin skidding. If you see any areas of traction - such as a snow-covered patch - aim for it.
- **Dealing with a skid** - Long-time winter drivers understand how intimidating it can be to start skidding suddenly. But there is another way! First, look in the direction you want your car to go. Next, don't hit your brakes. Let the gas off instead to regain traction. If your rear tires enter a skid, turn your steering wheel in the same direction you're sliding.
- **Keep cat litter with you at all times** - Whether you choose kitty litter or sand, keep some in your vehicle. If you ever run up against an area where you simply can't get traction, you can sprinkle some underneath the car's tires. It should give you enough traction to start moving again.

### *How To Avoid Freezing Indoors*

The worst thing that can happen during a snowstorm is freezing to death inside your house. The good news is that there are several ways to avoid this tragedy.

- **Keep your home at 65 degrees minimum** - Once your temperature drops below 65, your pipes could freeze. It's also a good idea to keep your home heated so that it will take longer to get cold if your power goes out.
- **Find the main water shutoff** - Find your main water shutoff and be sure you know how to use it, if necessary.
- **Open cold and hot faucets** - Letting them drip slowly may prevent the pipes from freezing.

- **Check your fireplace, electric heater, and wood stove** - Be certain that no combustible item is placed near your heating source.
- **Put on lots of clothes** - As previously mentioned, layering your clothes is your best bet.
- **Wear lots of blankets** - You can also layer blankets over your body. This is a fantastic way to insulate yourself against the cold.

### *Watch The Outside For These Warning Signs*

Always remain alert about the entrances to your home and your sidewalks. You don't want someone to slip, and you don't want to get sued.

You should also keep an eye out for any ice dams near downspouts. Clear the gutters regularly to allow snow runoff to run freely. Next, be sure that your garage door remains closed. This will prevent your garage from introducing cold air into your house.

Finally, never allow a dangerous, damaged, or dead tree branch to remain on your property. They might not seem like a problem, but they could easily fall onto an unsuspecting pedestrian. Again, preventing this will allow you to avoid a lawsuit.

### *Final Thoughts*

Preparing for a winter storm requires more thought and planning than you might have assumed. It's really a matter of doing regular maintenance around your property. Letting this fall by the wayside is not a good idea, although someone looking to sue you will love it. Protect yourself and your family from being harmed by the weather or an unscrupulous individual.

Remember: prepare your home and vehicle because you never know when a winter storm will hit. Having food and water with you is always step one, but make sure you're ready to tackle step two as well. Use the guide presented above to prepare for any type of weather.





## Abundant Clean Water When It Matters Most

There are several areas in the United States that no longer have reliable clean water. They've either been hit with lead poisoning like Flint, MI, or they're dealing with an extensive drought. Either way, it's becoming more and more likely that you may have to learn to clean your water yourself.

The first thing you can do is ensure that you have plenty of water on hand. Bottling and storing water in advance can give you a massive heads-up over others. Of course, no matter how much water you have on hand, it'll eventually run out.

What should you do then? If you pay proper attention to this article, you'll already know the next steps to take.



**What Should I Do If My Local Water System Fails?**

Before things get to this point, you should have collected many containers' worth of water. Filling jars with water is always a good use of your time. Putting water into any glass bottle is your best bet. That's because glass doesn't add any smells or tastes. This "purity of taste" test makes glass the clear winner.

Whether you use glass or jugs, fill each bottle  
16 directly from the tap. After which, seal the lid as

tightly as possible. Next, place your water in the coolest, darkest, driest place possible. Always label your water with the date of bottling. After six months pass, drain your containers and refill them. You can use the water for your plants, so it doesn't have to go to waste.

It's important to note that your water will technically never go bad. But the container you store it in has the potential to leach into the water. To avoid this, always use up your water by the listed expiration date. If there is no listed date, replace the water every six months. This should supply you with a decent amount of water to start with, but be careful – it's easy to use your entire supply up much more quickly than anticipated.

No matter when that eventuality presents itself, there are numerous things you can do to keep drinking safe water. The most simplistic version is to have several filtering straws. You can drink water right from the straw, and it should filter out most - if not all - harmful pathogens and bacteria.

The LifeStraw will last you for up to 1,000 gallons of water if you treat it right. This may make it seem like there's nothing else to worry about, but you do need to ensure you use the straw correctly. It's also imperative to remember that 1,000 gallons won't last forever. Therefore, while you're using the LifeStraw, be sure to look for an alternative option.



## Why Do We Need To Disinfect The Water?

Some choose to ignore the need to disinfect their water. This can have a wide range of results, including no issues all the way to spending the next several weeks on the toilet. To understand why this happens, let's look at the most common water contaminants.

### Biological Threats

These threats consist of tiny, microscopic organisms such as bacteria, protozoa, and viruses. We'll take a closer look at each one now.

#### Bacteria

These medium-sized microorganisms include salmonella, campylobacter, cholera, and E. coli. If you're using a decent filter, these issues shouldn't affect you.

#### Protozoa

These are the largest microorganisms, so it's pretty simple to filter out the protozoa. Examples of protozoa include cyclospora, toxoplasma, microsporidium, Cryptosporidium, and Giardia. Please note that you can still end up with one of these chlorine-resistant and iodine-resistant illnesses unless you filter your water.

#### Viruses

No matter how well you filter and disinfect your water, viruses still have a chance of slipping by. They are so tiny that they'll bypass most filtration systems. That's where disinfecting your water comes

into play. It won't get rid of the viruses, but it can kill them so they won't harm you.

The viruses present in water include echovirus, poliovirus, rotavirus, Norwalk virus, and Hepatitis A and B.

### Chemicals

Chemical contaminants must be removed via distillation or filtering. Nothing else will harm them. Chemicals include pesticides, salts, heavy metals, pollutants, etc.

### Nuclear Contaminants

If there is a nuclear incident near your home, you will want to take steps to ensure your water is still safe to drink. Be especially careful during the first few weeks. You'll need to use filtering and settling and disinfecting for other potential dangers.



## Ways To Sterilize Your Water

Sterilizing your water is imperative after certain emergencies. Even if the S doesn't HTF, you'll still need to know how to sterilize your water. Otherwise, you could become extremely dehydrated or even worse, which is an outcome you don't have to accept.

### 1. Boil The Water

If your water is unsafe to drink, it may also be unsafe to use it for various other things. For example, you shouldn't wash your hands, wash and prepare food, make ice, wash dishes, brush your teeth, or make baby formula with it. This makes your water more or less worthless until after you've boiled it.

First, give your water a visual inspection. Is it cloudy? If so, you'll need to filter the water through a paper towel, clean cloth, or coffee filter. After which, simply bring the water to a boil for a full minute (or for three minutes if you live at an elevation above 6,500 feet). Next, allow it to cool off and then place it inside a sterilized container.



It's important to note that the taste of boiled water leaves much to be desired. Fortunately, you can improve upon this flavor by adding a pinch of salt for every quart of liquid. Alternatively, you can pour your freshly boiled water into a different container to cool off.

Please note that no matter how long you boil the water, it will NOT be safe to drink if there are any radioactive materials, toxic chemicals, or fuel present.

## 2. Disinfect The Water

You have no safe way to boil your water. The good news is that you still have the ability to disinfect your water with iodine, unscented household chlorine bleach, or chlorine dioxide tablets. The bad news is that disinfecting your water doesn't provide the same level of protection as boiling it.

Again, if the water is cloudy, filter it as mentioned above. Next, follow the instructions listed to disinfect your water. If there are no instructions, you can use the following formula to help convert the water from undrinkable to drinkable.

Bleach that has a 5% to 9% concentration of sodium hypochlorite:

For every gallon, you should add either eight drops of bleach,  $\frac{1}{2}$  mL of bleach, or a little less than  $\frac{1}{8}$  teaspoon of bleach.

Bleach that has a 1% concentration of sodium hypochlorite:

For every gallon, add either 40 drops of bleach, 2- $\frac{1}{2}$  mL of bleach, or  $\frac{1}{2}$  teaspoon of bleach.

What happens if you're in a situation where you can't disinfect your water with bleach? Water treatment tablets are another way to make your water safer to drink.

Be aware that iodine and chlorine tablets will kill the majority of germs. Unfortunately, Cryptosporidium is not one of them. Better known as Crypto, this parasite causes watery diarrhea. It usually clears up within two weeks, so no matter how uncomfortable you are, you will feel better soon. The only exception is for immunocompromised people, who will most

likely deal with Crypto for a month or more.

Don't use iodine to kill germs if you have thyroid problems, are pregnant, or have a known hypersensitivity to iodine. You also shouldn't use iodine-treated water long-term. Instead, your usage of this treated water shouldn't last longer than a few weeks.

## 3. Filter The Water



As you've probably already noticed, filtering your water is very important. You can help make sure you properly filter the water by using a clean cloth, coffee filter, or paper towel. Just doing this one simple thing can help prevent you from getting sick.

If you have a portable filter, select one that has an absolute pore size no bigger than 1 micron. This will help you catch some bacteria and viruses that could be happily living in your drinking water.

After you've filtered your water, add a disinfectant (if possible). Failure to do so could cause you to be exposed to harmful bacteria or viruses. If you don't have a disinfectant, ensure you've filtered the water as effectively as possible before drinking it.

## 4. Expose The Water To UV Light

If you don't have the previous three options available, you can try using ultraviolet light. This is a proven method for killing some germs, although it doesn't have enough strength to eliminate them all.

Put your water into a portable unit and expose it to UV light. If the water is cloudy, it's not going to help much. Therefore, filter it before you put it into the portable unit.

Follow the manufacturer's instructions to achieve the best possible result.

### 5. Use Solar Power To Disinfect The Water

If you have to try this method of disinfecting the water, you're officially in an extreme emergency. To have a shot at getting rid of some of the germs in the water, do the following:

1. Be sure to select a sunny day.
2. Take clean and clear plastic bottles and fill them up with water.
3. If the water is cloudy, filter it first.
4. Put the bottles on their side and leave them outside for six hours (sunny) to two days (cloudy).
5. Place the bottles on a dark surface outside to help them with the disinfection process.

### 6. Use Distillation

Water can be turned into steam, which can then be recaptured to provide relatively safe water. Would you like to learn how to use distillation during a SHTF situation? Read on!

1. Build a solar still by placing milky or clear plastic (5x5 or 6x6 feet) over a three-foot deep hole. Place a clean container centered at the bottom.
2. Seal off your still by putting dirt around the edges of the plastic.
3. Create a roughly 45-degree cone over the container by placing a rock in the middle of the plastic.
4. Make sure your still is dug in the dampest dirt possible, yet also in a sunny location.
5. Add green vegetation to increase the still's water production.

### 7. Build Your Own Filter

Anyone can use a cloth or coffee filter to remove some of the contaminants from their water. Building your own filter will take more time and imagination, but it also makes it easier to clean your water.

1. Conifer wood provides the best materials.
2. Create a one-inch cubic block.
3. Attach the block with PVC pipe and use epoxy to prevent water waste.

This filtration method was recently tested, and it held up quite well. Several quarts of water per day were collected, and 99.9% of E. coli was removed.



No matter how aware of the risks you are, there may come a time when it's beyond imperative to ignore potential complications. If you have no way to filter or sanitize your water, you're going to have to make a choice. And when it comes down to drinking water or dying of dehydration, we all know which one you'll choose.

The idea of drinking potentially contaminated water to save your life isn't very appealing, but if it's all you've got, then you will have to do that. After all, it's better to need treatment for a water-borne pathogen than to die simply. Only resort to this in a worst-case scenario, however.



Living in a city such as Flint, MI, is a nightmare for those who expect clean drinking water to come out of their tap. You may not be in a position to replace the lead pipes, but there are several things you can do to reduce your risk.



Never, ever, ever boil your water to remove the lead. This is one of the rare cases where boiling is an absolutely terrible idea. Even worse, attempting to boil your water can worsen the amount of lead. So, in this one particular case, NEVER boil the water.

On a daily basis, you should run the water from your tap from 15 - 30 seconds before you collect any of it. Always collect cold water, as it is likely to have a lower concentration of lead. Once you've let your tap run, fill up a filtration pitcher for your refrigerator. Only drink and cook with the water in this pitcher.

Additionally, you'll want to clean your faucet strainers periodically. When you've got them removed for cleaning, be sure to keep the water running. This can help remove lead particles from your pipes.



## What Do I Do During A Water Emergency?



A water emergency can mean many different things. For the purposes of this section, let's imagine that you live somewhere under a severe drought. This will ruin many aspects of your daily life, including making the dog picture above impossible.

In this scenario, you will need to figure out what other sources of water you can tap. For example, you can take the water out of your water heater by attaching a hose to the drain valve. Ensure you've got enough storage containers on hand and go for it!

Other things you can do before water restrictions go in place include filling your bathtub with water for cleaning or removing the clean water from your

Remember: when a drought and a water emergency are announced, it's going to affect how much water you can use daily. This is something you'll have to get used to if you live in the Pacific Southwest. Other areas may also occasionally experience a serious drought as well. Being prepared is the best way to protect yourself.



## Final Thoughts

No matter how you look at it, the odds are high that the days of always finding clean, clear water to drink may be behind us. After all, several areas are trying to keep up with water filtration systems that are more than 100 years old. Even the newer systems typically date back to World War II. This is not good enough to meet the demands of the modern populace.

Water is more critical than food for human beings, so it's vital that the United States addresses its water issues. Instead of waiting around, be sure to begin using the tips provided in this article. You can begin by investing in long-term water storage containers. Disinfecting your water is cheaper than going without!





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