

# TACTICAL MILSIM

## MAGAZINE

Summer 2013

# NOLS

## Wilderness Medicine

### The Lost Sheep

For the Tenacious, No Road is Impassible

### EDC - For The Prepared

What's in Your Every Day Carry Kit?

### Think. Prepare. Survive.

Prior Preperation is Essential

## REVIEW

Walther PPQ



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# TACTICAL MAGAZINE MILSIM



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## Owner

MSG (Ret.) "Mad Max" Mullen  
MadMax@TacticalMilSim.com

## Executive Officer

Mark Anderson  
Mark@TacticalMilSim.com

## Marketing

Brion Gluck  
Brion@TacticalMilSim.com

## Sales

John Mirocky  
John@TacticalMilSim.com

## Media Production

Donnie Talyor  
Cowboy@TacticalMilSim.com

## Senior Editor

Toni Anderson  
Toni@TacticalMilSim.com

[www.TacticalMilSim.com](http://www.TacticalMilSim.com)

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## SIT REP

### Surviving Ourselves

by Mark Anderson

We have all heard the phrase "We are our own worst enemy" but how does that relate to our everyday lives as well as during an emergency? Most will jump in and say "Oh, it means don't panic.", or "Don't let your emotions determine your actions." These of course are great starting points for a self analysis, but they are a bit negative and tend to discredit your own value or ability in any given situation. Anyone who even admits that we can be our own worst enemy is already on a pessimistic path to failure.

Take ownership of the situation. We, in fact, have a larger impact on our situation than any other aspect. For example, say you happen upon someone who is injured. Your knowledge and ability to dress the wound and extract the victim becomes the deciding factor. Or maybe you find yourself in an argument in which a knife is pulled. You will fare better in the fight if you have the practical skills in which to survive contact. Our own abilities determine our success in any situation. Wearing clothes that allow you to blend in and operate freely is just an example of taking ownership and acknowledging your surroundings. Bad things will happen, but the more you understand the situation, everyone involved, and your abilities the better your chances for survival.

Always assume everyone is different from you. More often than not we project our own values, logic, and motivations on our opponents when trying to determine their course of action. Wondering what you would do if you were in your opponents shoes is futile because every part of your being has led you to stand in opposition. Therefore, your decision making paradigm is decidedly 180 degrees off. However, your ability to read your opponent is a skill that can be acquired. Knowing that fear and love are the mathematical opposites that drive us we can begin to understand the "Why" in any behavior. For instance, if you know that someone had once broken their arm then you will see them subconsciously guard, hide, or otherwise distance the arm as you tell a story about someone else getting hurt. The more they guard it, the more recent the injury. Get to know your opponent. Learn to study them and practice!

Knowing your situation, your opponent, and your abilities will allow you to be successful in any situation from combat to a board room. Increase your sensitivity to your surroundings and you will become a better leader, and a better fighter. When we are "our own worst enemy" it is only because we are ignorant of the language within our surroundings.





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# The Lost Sheep

By Garrett Steele



When you think of an airsoft team certain names and symbols immediately come to mind. Names like “Fighting Dragons” or “Battle Ready Airsofters”, images of human shaped skulls and combat rifles decorate their patches. One would be surprised to see among these fighting images a patch with a cartoonist looking sheep wearing a red head band and a bandoleer of ammo around his shoulder throwing

his arms up in a confused manner. Under this image the words in Latin read “Nulla Tenaci Invia Estvia” which translates to “For the tenacious, no road is impassible,” which for the members of the Lost Sheep this saying could not be truer.

Who are the Lost Sheep? And how did such a team come to exist in airsoft. The Lost Sheep were not created by

design but rather an invention of fate that reads like a wartime novel. The team was created on May 22, 2009 at Hesperia California at Lion Claws 8. For that year the Bravo team, lead by MSGT Howard "Mad Max" Mullen face a difficult fight for most of the members of Bravo did not make it to the event leaving most of the Bravo players without a complete squad and a force only half the size of Alpha. Airsofters that found themselves without a squad were quickly reassigned to all ready existing squads in an attempt to make full size squads. This is how squad 2-3 was created but not how they became known as the Lost Sheep we know today.

During Lion Claw 8 Alpha used their

numerical superiority and the their armor to cut the already small Bravo forces in to two separate sections allowing Alpha an easier time keeping Bravo in check. However there initial strike was not perfect. Instead only a few squads from Bravo found themselves behind enemy controlled territory. Of those groups who were behind enemy lines the Lost Sheep was among one of them. The six members of squad 2-3 did what any good set of soldier would have done, they continued on to there mission and used there numerically small and mobile force to cause a distraction to the Alpha and OP4 forces. The Lost Sheep went about capturing respawn points, engaging armor from the rear and removing sniper positions. By the time Bravo was able to brake





through Alpha's front line they had found the Lost Sheep holding some newly captured respawn points and preparing to engage a heavily fortified base known as Fort Apache. It is here that the name The Lost Sheep came from. While waiting for an airsoft team called the War Dogs to help reinforce them a member of that team by the name of Alex Kilo commented "Are you our little lost sheep?" From that day on the name has stuck with the team.

For the rest of Lion Claw 8 The Lost Sheep were assigned the difficult and nearly impossible missions, and each time the Lost Sheep came through. By the end of Lion Claw 8 two day event

The Lost Sheep had a impressive track record of 30 confirm hits, which included armor and snipers with only having three of there own players requiring to go back to respawn. Since then the Lost Sheep have grown in size from there original six members to fourteen members, and have been attending John Lu's events ever since. Not only is the story of the Lost Sheep unique but also the location of its members is as well.

The Sheep are mostly out of Southern California but other members are scattered around the country, such as Martin who flies out from Alaska for all of the Lion Claw events, Michael who

was originally from Northern California and has been attending college in Washington these last few years, The Alvarez family which are living on the New Mexico and Texas border, and Garrett who lived in Northern California until he was transfer to Texas by the Department of Homeland Security.

The Sheep are also unique in the sense that we have two married couples that are on the team. The Lost Sheep are mostly a civilian group with our current exception of one who is serving our country in the Air Force. The rest of the Sheep have daytime jobs such as mothers, students, working for Airsoft Megastore, working for an airlines

company, working for The Department of Homeland Security and being a Co-owner of ARC airsoft. There is nothing common about The Lost Sheep, from our origins, to our recruitment, to the players and to how we play. Time and time again the Sheep have found themselves in hard battles and time and time again they have pushed through the lines to complete their assigned mission. Proving that sometimes fate knows what she is doing.



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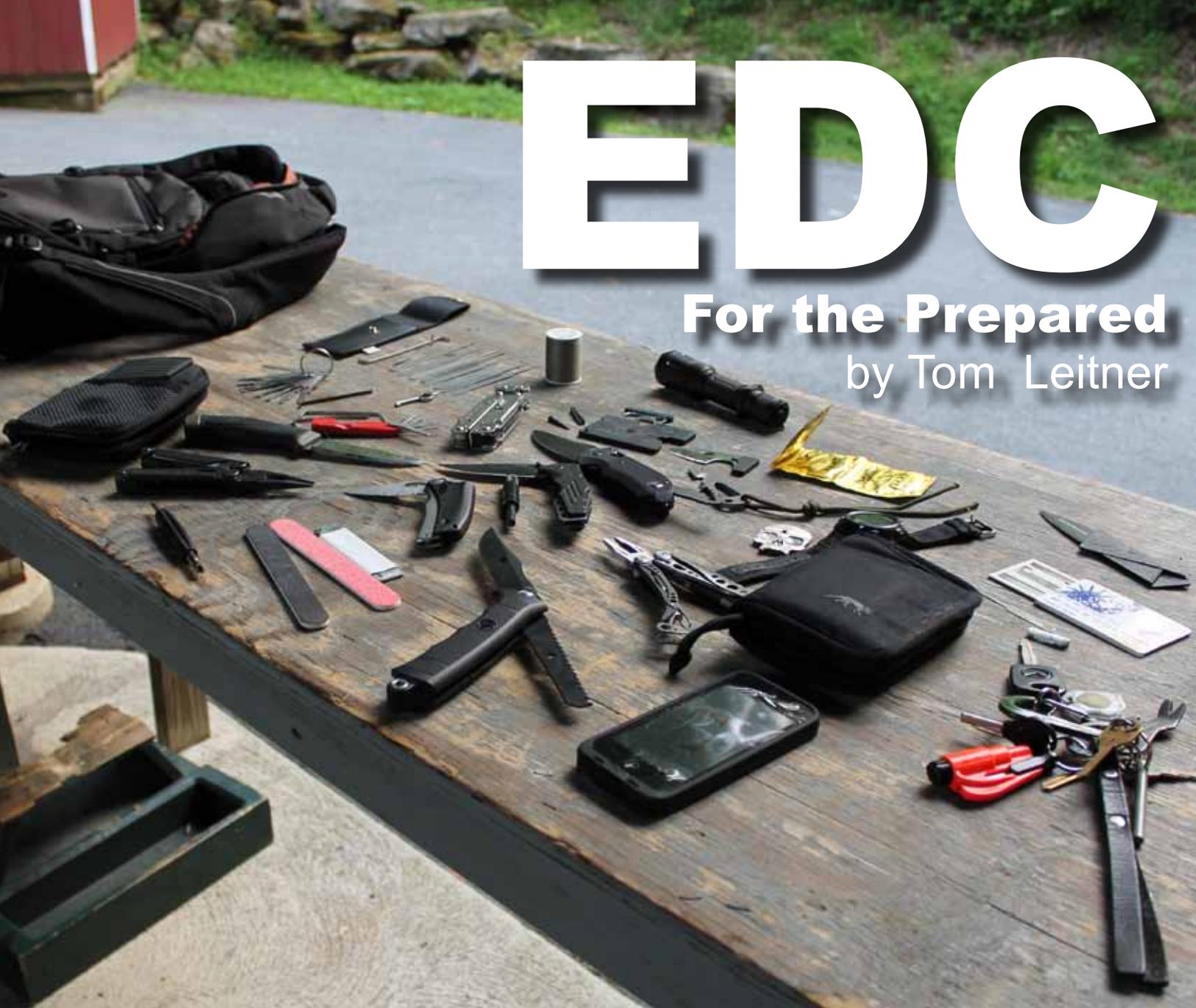
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# EDC

For the Prepared

by Tom Leitner



**W**e live our lives everyday with many assumptions that we have built up over time, assumptions that guide our daily lives through decision and action. Every single one of us has a different set of variables that determines how we go about moving through our days, and those vari-

ables of consistency are something that we take for granted. What happens when a new variable is introduced that causes everything else to turn on its head? Most the people that you know in your everyday lives are not prepared for disasters, societal upheaval, or living in a war zone. Without get-

ting into a firearms discussion, today we will be looking at what tools and skills are needed in order to ensure you make home to your family in one piece.

When planning your EDC kits, the importance of each piece should be considered according to your survival needs.



at the first group of EDC (Everyday Carry) tools that should be in every kit.

### Tier 1

One of the most important pieces of gear you could have on your person is a multitool. I use mine multiple times a day; it's a lifesaver and a time saver. This might not be an obvious piece of gear for some, but to the people that carry them it's hard to imagine going without a multitool for even a day. So what multitool is best for you? That depends on your needs. Everyone you talk to will have a different best of list, and everyone will tell you what you must have. The fact of the matter is you should look at the capabilities and flexibility of various models and manufactures to see what's best for you. For my needs, I prefer the Leatherman Wave, as it has been great for making other tools that I may need for larger or more complicated jobs.

The next piece that should be on your person is a fixed blade. This



doesn't have to be huge or even specialized, but it should be reliable and durable. Fixed blades have many uses more than just self-defense; they also make carving easier and cutting thick material. You may be able to get away with a folding knife, but for tougher jobs that require more extreme applications you are going to want to use a fixed blade.

Regardless of whether you smoke or not, everyone should have a lighter with them. I generally opt for the windproof torch

lighters, which are found easy enough wherever cigars are sold. I prefer these to regular lighters simply because of their longevity and utility in any situation. Usually they are fairly easy to refuel as well, speaking to their longevity. Their only inherent weakness is that they are ignited by an electrical charge, and eventually the battery will die out. In that respect, Zippo lighters are a bit stronger.

It is always a good idea to have a flashlight of some sort on your person.

The best options come with LED lights, as they can be extremely small and powerful. A good keychain flashlight can be bright enough to see where you are going in the dark, and even better models come with other functions such as a dimmer or strobe with SOS. I prefer to carry two flashlights, a tactical flashlight in my coat pocket and one on my keychain as an emergency back up.

The uses of flashlights are fairly simple, light up the dark. However, a

bright tactical flashlight can be a decisive weapon when used properly. During hold ups or any attack at night, a quick blast of bright light directly into the eyes of your assailant can temporarily blind and disorient them, allowing you to take advantage of the situation to make a quick escape or counter attack. Your enemy can't hit what they can't see, and that's the way I like it.

Another great piece of equipment is the ResQMe. Kept on your keychain, this piece of

equipment is simple and innocuous, but very versatile for those who are willing to go out of their comfort zones. It comes with a razor blade, which is guarded (so it can't be used as a weapon), the purpose of which is to cut through seat belts or anything thin enough to get to the blade. Where this tool comes in handy is its center punch for window breaking. Just aim it towards the corner or edge of a window (not a windshield though) and push it in, and the window shatters. The idea behind it is if you are stuck in your car and can't open the door or open the window, you can easily evacuate the car by breaking the window with it. Depending on the color you get it in, it also makes it a good deal easier to find your keys when you don't put them in the same exact spot you always do.

A small pry bar is often mentioned as a great part of your EDC kit to have, but in my experience a multi-tool can do all of the same jobs that the mini-pry bar can perform. If you're the type of person that wants





one just in case, there are plenty to choose from. On my keychain I have the Gerber Shard, a sturdy little tool that can be used as a screwdriver (both flat head and phillips), bottle opener, and wire stripper. There are others out there that boast more utility and are titanium, but I've found to be a lot noisier when on your key ring.

When used within the limitations of the law, Lock picks are probably one of the most useful pieces of equipment that I have on

me. They have helped me get into my own car and home many times, regardless of whose fault it is that my keys are locked inside or missing. Not only did they help me get back in the car or home, but they saved me a ton of money over the years as you are probably well aware of how expensive a lock smith can be at any time of the day, let alone in the middle of the night.

I highly recommend you take some training courses or purchase a

detailed DVD to teach you how to properly pick locks with the tools you have, as sometimes it can be a bit more advanced than most are aware. I have pictured four different sets of lock picks, all with a different purpose or application. The first set is my jack knife kit, which is a versatile set that allows for use on an extremely wide variety of locks. The second is a jiggle kit. Each one has a pick for a specific type of car, and takes a lot of practice to get a handle on. The



fastest I've been able to get into my car is about five seconds, average is about twenty seconds.

I also have the famous Bogota lock pick set, which is extremely comfortable to use and small enough to keep in my wallet. Finally you can use bump keys, which are faster than lock picks, but take a good deal of practice to get a feel for. Once you get the hang of it, they can be just as fast as using the actual key for that lock.

Finally, fire steel and magnesium is always a good thing to have on your person. It doesn't have to be a large piece; I have a small stick of them both on my key chain. The magnesium itself is useful, if only to ensure an easily started fire. The fire steel just becomes a back up plan.

One of the most important tools you can have though isn't any specific item, it's your skills and experience. Training trumps gear every time, as it allows you to work with-

out the necessity of tools and avoids allowing your tools to become a crutch. Your tool set should only enhance your ability to survive and get to where you are going, not as a required piece of gear. We here at Tacsim Media encourage all of you to get any training you can, and expand your survivability in doing so. We all have someone who depends on us, and we all need to ensure that we make it home every time we leave the house. Don't play the numbers game, the question is never what if nothing ever happens and this was all useless; the question is what if something does happen and you're not prepared to make the journey?

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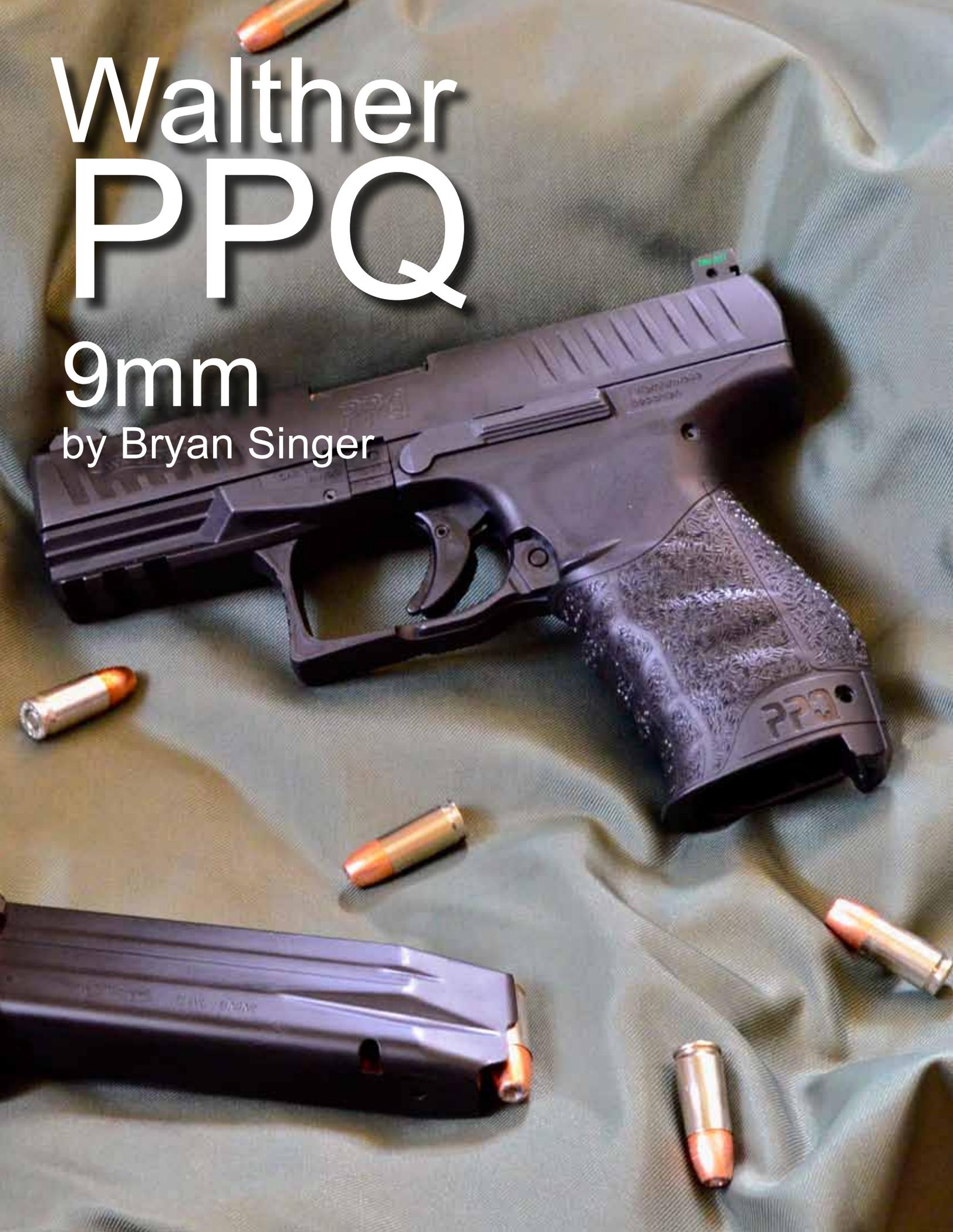
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# Walther PPQ

9mm

by Bryan Singer





When it came time for the wife and I to go shopping for self-defense handguns, I was not exactly starting from a blank slate. I had shot a number of handguns with friends, and in various training environments during various law enforcement internships, and in the Air Force. These included the Glock 22, Sig Sauer P226, Smith and Wesson 5906, a Kimber 1911, and the Berretta M9. So I already knew, generally, what I like: a lightweight, striker fired pistol, and I prefer 9mm. My wife on the other hand, had no handgun experience at all. So we decided to go to a local range where we could rent various guns and go from there. We handled all the usual suspects to decide what to test fire. The feel of the Smith and Wesson M&P 9mm impressed us, as did a gun we had never heard of, the Walther PPQ. After getting the two guns out on the range for a few hundred rounds

the PPQ was the clear favorite.

The first thing we noticed about the PPQ is that it had the best ergonomics of the bunch, in fact, the best I had ever felt. The shape of the grip felt like it was custom molded to our hands, an impressive feat considering our size differences. The slide stop is large and easy to manipulate with no real thought or even practice. The magazine release is the same ambidextrous, trigger guard style as on other modern Walther, and Heckler & Koch pistols. Some will find this weird, and may not like it, but we found it very intuitive. Further, the added length of the magazine release levers compared to H&K and early P99 pistols makes operation with the trigger or middle finger very fast and intuitive. Now that I have practiced some, I can change a magazine faster on the PPQ than I could on any of

the other pistols I have trained with. The ergonomics of this pistol make training and shooting a pure joy, with less fatigue than I experienced with other pistols in the past.

When shooting the PPQ, we noticed that both of us were able to shoot tighter groups with this pistol than the M&P we tested it with, and I was shooting the tightest groups I have ever shot with a handgun in my life. We were shooting with CCI Independence 115gr FMJ. In later range sessions we have shot various brands in both 115gr and 124gr with great accuracy. The best accuracy we have achieved has been with 124gr ammo. Some people have complained about increased muzzle flip when firing the PPQ compared to Glocks, M&P's, etc. We, however, noticed no such increase. Double taps are quick and easy to perform, as the gun is easy to get a solid grip on, and both the OEM sights on my wife's PPQ, and the Meprolights on mine, are very quick and easy to acquire. Even at ranges out to 50 yards I was able to shoot nice accurate groups with this pistol. I credit a lot of this accuracy to the trigger. The 5.5lb trigger on the PPQ is so smooth that



it feels almost like a 4lb trigger. The reset is extremely short and has a distinct feel with an audible click. I cannot say enough about this trigger, and it is the best OEM trigger I have ever felt on any handgun, rivaling even that of a 1911. So far, our PPQ's have each shot about 500rds and we have only had 1 jam, and it was due to defective ammo, so reliability seems great.

Magazines are double stack and have a 15rd capacity (17rd available). OEM magazines are pricey at \$50-60 each, but magazines for the Magnum Research Baby Desert Eagle Fast Action also work and cost \$20-30. Later model P99 magazines are also compatible. The OEM magazines and the Magnum Research magazines are all made by Mec-Gar in Italy, the only difference between the magazines are branding and type of finish. The PPQ Magazines have a matte finish, with a red follower. The

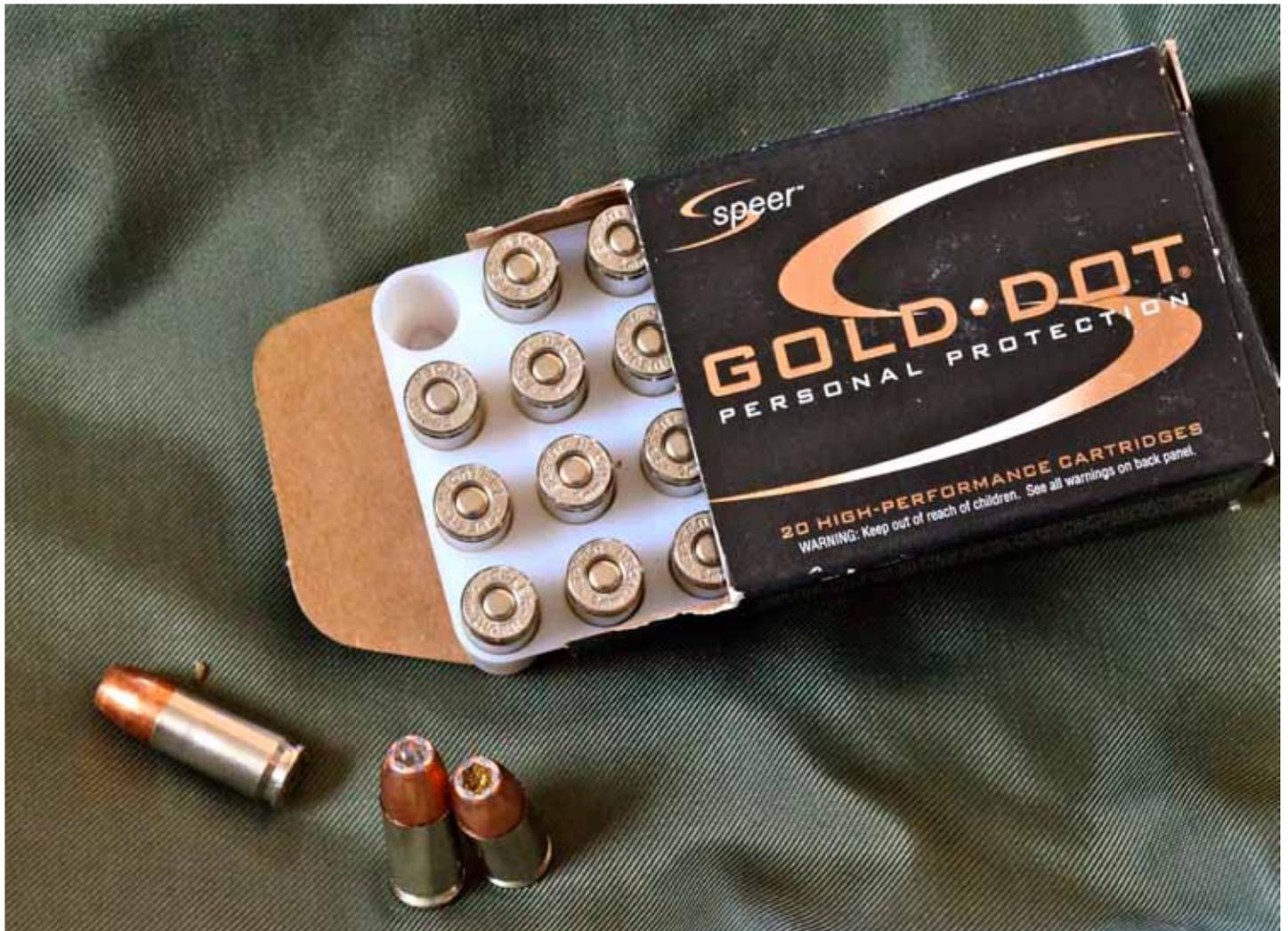


P99 and MR magazines have a glossy finish with a black follower.

Size wise, this pistol is marginally larger than a Glock 19, yet is just as concealable due to its more rounded edges, thus reduced printing. The manual of arms and break down are also identical to a Glock 19 except for the magazine release. The PPQ is also very easy to clean, anyone who has owned a Glock would take very quickly to this pistol. It even has the Glock style trigger safety. The PPQ is basically Germany's take on a Glock 19 style pistol. Like the latest generation Glocks, the PPQ has replaceable back straps in 3 different sizes. My wife and I both like the medium back strap the best. Back straps are held in

place by a roll pin at the bottom of the grip.

All PPQ models are available in 9mm and .40S&W. For those who are turned off by the trigger guard magazine release, I have good news. Starting in 2013, Walther is selling the PPQ M2, which is identical in every way to the PPQ, except it has a thumb button magazine release. They are also coming out with a 5in model for competition (other models are 4"), and a Navy model (with water drain holes, and a stronger striker spring), both have the button magazine release. Finally, there is another version out there on the used market, the PPQ First edition. The First edition is just a standard PPQ but with different markings, a threaded barrel, and comes with 1x 15rd magazine and 1x 17rd magazine, instead





of the 2x 15rd magazines that come with other versions.

For defense uses we have chosen the 124gr Speer Gold Dot jacketed hollow point. We went with the standard pressure over the +P because we wanted an 115gr or 124gr standard pressure round so that it would shoot similar to the 115gr and 124gr FMJ ammo we use at the range. We chose the Gold Dot because it was one of the few 124gr hollow points to be in the top tier in terminal ballistic performance without having to go to a +p or +p+.

We currently have 2 different style holsters for the PPQ. One is a Kydex outside the waistband holster that came with one

of our PPQ's. This one holds the gun very securely and sits higher on the belt. The Kydex holster holds the gun very close to the body. Enough so that a longer T-shirt, a sweatshirt, or a jacket conceals the gun very well. The gun draws quickly from this holster as well. It is unknown who made this holster, but similar ones are available from numerous vendors. This will be one of my concealed carry rigs. I also plan on purchasing a good inside the waistband holster.

The other holster style we have is a roto retention holster from IMI defense. This is an Israeli company that I was familiar with from about 5 years ago when I had an IDF load out for airsoft. I have always been very

happy with their products, and this holster is no exception. This holster is very similar to a Blackhawk SERPA and functions identically. The biggest difference in function is that the button is a little higher up on the frame and is more pronounced. The holster also feels better built than the SERPA and was inexpensive at \$35. This holster is also adjustable for cant in 360°. The attachment to the paddle, or other mount option, is done via a hex screw and the interface is toothed so that once you tighten it down at the desired cant, it is very secure. This holster can mount to an adjustable belt clip, adjustable belt loop, MOLLE mount, paddle, drop leg thigh rig, or low riding belt loop. The first two are adjustable for belt thickness. We have tested the clip and paddle with great success and comfort even on longer hikes through the mountains in New Mexico with fully loaded pistols. We also have a single mag pouch from IMI that can attach to the holster or to any of the mount options that the holster will. The mag pouch has adjust-

able retention via a flathead screw, is very rugged, and holds the magazine well.

Overall we are extremely impressed with the PPQ and the associated gear we have purchased. I highly recommend the PPQ to anyone in the market for a polymer, striker fired, pistol. The ergonomics, size, reliability, and accuracy have been incredible. It is a great pistol for defensive purposes, and pleasure shooting. The IMI holsters are also highly recommended, especially if you are a SERPA fan looking for something more versatile. The IMI holster would also be very useful for airsoft or other milsim activities as they make holsters for a wide range of pistols. Finally, in my opinion, for an effective, ergonomic, and rugged combination for defensive use, it is hard to beat the Walther PPQ, and IMI roto retention holster.





The logo for PSP (Particles Productions) features a stylized, metallic-looking 'P' followed by 'SP' in a bold, sans-serif font. The 'P' is larger and has a swoosh underneath it.

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**THE LEADER IN WILDERNESS MEDICINE EDUCATION**

# NOLS

## Wilderness Medicine

by Mark Anderson

**A**s many soldiers are returning from overseas, they are finding that they have to compete with other veterans for good jobs. Luckily, the GI Bill allows for veterans to obtain a higher education and new skills. Many of my personal friends who have returned from overseas have sought out jobs in the Parks and Forestry Service or other jobs somewhat remote areas. Since medical attention is usually not nearby, skill in wilderness medicine is extremely valuable.

I started my search to find the best wilderness medical course and did not get far before stumbling on the National Outdoor Leadership School (NOLS). Started in 1965 by legendary mountaineer Paul Petzoldt, NOLS is more than just known for wilderness training. They are a worldwide community of professionals who are passionate about helping people learn to thrive in the outdoors. In 1990 they also started the Wilderness Medicine Institute (WMI). The WMI offers a wide selection of courses ranging from courses for those with no



background in medicine to those who are professional practitioners. There are also several universities that offer college credit for these courses.

Since I already had an EMT certification I felt that the Wilderness Upgrade for Professionals would be a great place to get a better understanding for the breath of their courses. Part of what turned me on to NOLS was a book on Wilderness Medicine I had picked up a year earlier. So I made a few calls to NOLS and waited patiently. Several days later while I was reading up on one of the chapters in the Wilderness Medicine book, I received a call from Tod Schimelpfenig. Don't even ask me how to pronounce that. Tod is the program director for the Wilderness Medicine Institute. We talked for a bit and made arrangements for me to attend a course in Oracle, AZ. As I hung up I went back to reading my book only to notice that I had just been talking to its author. At that point I realized that if he was the Curriculum Director and if the courses he oversaw were half as good as his book then I was not going to



be disappointed.

Most, if not all, of the NOLS courses are taught in natural surroundings. So for the next week we stayed at a somewhat remote lodge. Although some of the training required the use of Power-Point, I have to say that it never reached the “death by Power Point” stage. Most of the training was not only hands on but it seemed that anytime the weather turned bad that was an indicator that we would be conducting mock scenarios. Understanding the seriousness of rescuing a victim from a waterfall is not completely understood unless the partially hypothermic victim is soaking wet

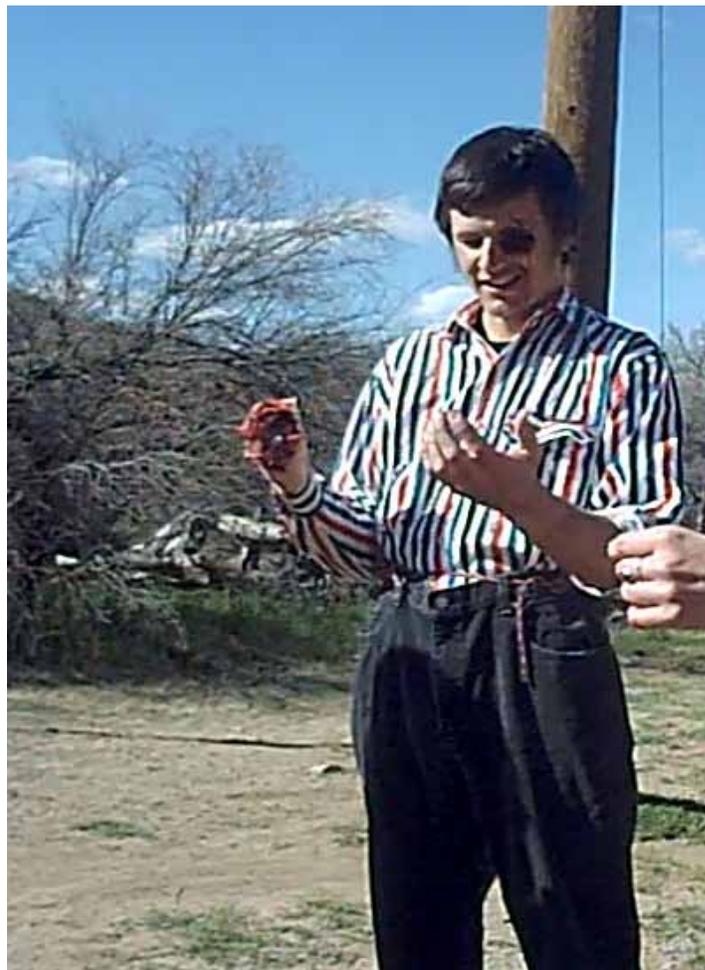
lying on slippery rocks in chilly weather while hoses rain water from every direction. Fortunately, several of our scenarios took place in less than ideal conditions. Other scenarios involved removing victims who from fallen trees or narrow creek beds.

The class was an interesting mix of students. We were comprised of a few EMT’s and Medical Students in various stages of residency, one of which had used his GI Bill to help go to med school. As an EMT, I enjoyed being around the residents because the discussions would drift above the EMT level from time to time which I loved. Of course, I



had to man up and ask more questions but as far as I'm concerned, the more knowledge I can apply to a wilderness medical situation the better.

The instructors were extremely knowledgeable. Sara is an ER doctor and travels to third world countries for vacation to help setup clinics. Iris, the other instructor, is from Lander, WY is an EMT on a mountain rescue team and has had a lot of experience pulling people out of dangerous situations as well as leading NOLS expeditions. Their wealth of knowledge and experi-



ence made the training invaluable. Instructors make or break a course and they worked very well together. They maintained a good balance of professionalism and fellowship; knowing when to add stress and when to open a relaxed atmosphere for discussion. It was nice to know that they were confident and experienced enough to allow the group to explore ideas. Many instructors make the mistake of thinking that their way is the best way, even though the group did usually end up right back where they started.

Regardless of your primary job, when you are in the outdoors the more skills you have the better. To this end, the course was designed to include scenar-

ios you might find if you were working in a third world country, with a high altitude expedition, or just out having fun in the back country. I became involved with search and rescue in 1988 and this course provided excellent training in scenarios that one could take a lifetime to experience. Every scenario we were put through had a case study to back it up. I was truly shocked as to see the amount of information provided in the course. It was also just as rewarding to me to see that what I had been doing all this time was in line with what we were being taught.

The one thing we were continually reminded of was that we had time. Once the initial ABC's were addressed we tended to maintain that quick pace even through the focused exam portion and we would try to solve problems before reviewing all of the facts. I remem-

ber on one scenario, the victim took a bad spill off of a mountain bike when they encountered a bee hive. As I went through the assessment the victim was displaying all of the signs of going into anaphylactic shock although she didn't think she had been stung. I figured that taking a spill off the bike one might not notice if they were stung or not. So I had her go ahead and administer her epinephrine pen since she was allergic to bees. However she did not calm down. As I continued the focused exam a delayed bee decided to sting the victim a final gesture of annoyance. But I overlooked the fact that she had asthma; probably because I forgot to ask. I had jumped to the conclusion that she had been stung without ascertaining that she had any other health issues. Had I taken my time, I would have discovered this and offered the inhaler first. Would she still have survived? Of course, but it





drove home the importance of not getting so into the speed of the moment that we forget to consider all possibilities.

For most of the group, this course was really just the beginning. Many of the students went on to attend a training expedition where they learned more about field sanitation, cooking, navigation, and many other skills all while participating in more mock medical scenarios along the way. I had the chance to meet them upon their return. Although they were tired there was a strong sense of accomplishment among them. What started as a group of individuals from

many different backgrounds, ended up as a team that had learned much about each other and about themselves along the way. This adventure for them will most likely spawn many lifelong friendships.

Once you become a NOLS Alumni, you are also invited to get involved with many of the NOLS community events from seminars and trips to full on expeditions. They even have a career section for those wanting to look for opportunities. I was not only impressed with the course but with the Instructors and the community that makes up National Outdoor Leadership School.

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## ELITE FORCE

FRONT LINE RESOLUTION

# Think Prepare Survive

**A**re you prepared? Have you ever sat down and planned for a disaster? Emergencies come in all kinds of different flavors. Natural or manmade, weather or pandemic, war or famine, with or without advanced warning. Running the gamut from extremely heavy rains to the all-out Zombie Apocalypse and the downfall of mankind. Being well prepared can make the difference between starving to death and surviving comfortably. Since most disasters do not give much of any warning, prior preparation is essential. Most people don't know that our local supermarkets only have 2-3 days of food staples on their shelves for the size of the local populace. That's why in advanced warning emergencies like hurricanes, the first thing

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you see are the markets picked bone dry. Would you be one of the “lucky” ones to get batteries, to fill up your propane or gas generator? How about drinking water and food stuffs? Yep, good old food and water, oh how we take them both for granted.

We all know the three basic needs for survival are shelter from the elements, water and food. In most disasters, you’re not going to be able to find any takeout, so what is Plan B? Most people don’t or can’t think through what could actually happen during disaster. What would happen if \*blank\* happens? That’s about as far as most people can go. They lack the ability to say, what happens next? Thinking about what chain of events would play out if say, a hurricane was coming? Or what would happen after an earthquake hit? To make matters worse, most people often think their dilemma will only be a day long or maybe two tops. What?! It may go on for months? What?! I won’t be able to go down to my local market? What?! You mean that there won’t be tap water flowing? Earthquakes are famous for rupturing water lines and other disasters can contaminate the water supplies. And keeping the electricity ON is increasingly difficult when things go bad. So we see that not only are there two needs that go together, water and food, but there is also a time factor as well.

As an aside, I had to spend the night in Los Angeles, CA back in 1994 a week or so after they had an earthquake. You couldn’t shower or drink the tap water because somehow the sewer had crossed

into the water lines. They didn’t have enough bottled drinking water and ran out, so drinking beer or soda were the only choices.

As with most things in life, if you fail to plan, then you’re planning on failing. Not thinking about providing for your basic needs during or after even a small disaster could be..... well, disastrous! Here in Arizona, it would be weird to plan for hurricanes, but there are many other disasters for us to plan for. Monsoon rains, urban unrest, maybe an earthquake, the downfall of the US Government and/or the Zombie thing. But if you prepare correctly, whatever may happen, you’ll be ready to handle it. Even if it turns out to be a freak hurricane hitting Arizona. Everyone has different situations and there is no one size saves all plan. Our uniqueness and individuality keeps us from all doing the same thing the same way. You may not want to plan for the zombie apocalypse, but planning for a nice small, clean local disaster might be more to your liking. A good plan will take into account if you are planning to shelter in place and/or move to a different locations, protection, where to meet up, what to take, etc., etc., etc., but that is for another article. Our planning will ensure that you’re not caught with your pants down, or in this case, your shelves empty. Taking your time to properly plan your strategies should take into account the short term, long term, and even the extended timeframe.

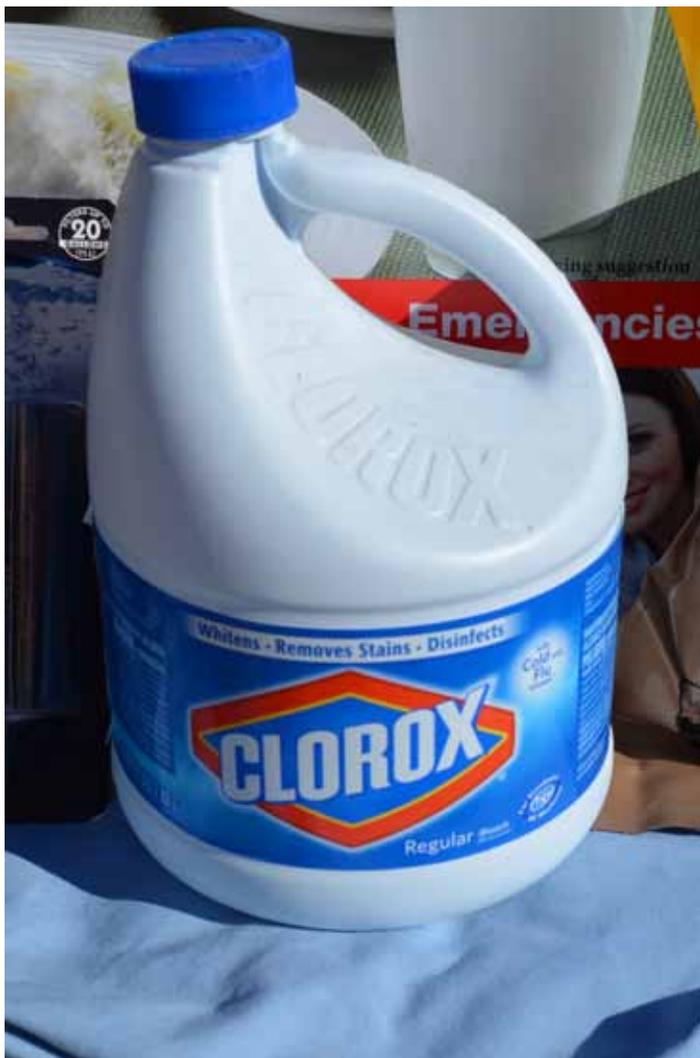
In any type of emergency you want to make sure you have plenty of water.

Next to air and protection from harsh elements, it's the most important thing to have. If you don't have enough water, don't be eating very much food. You need to remember that it takes water out of our bodies to digest food and process it. With the possibility of your drinking water supply either being shut off or contaminated, you should make this a number one priority. You need about a gallon of water per person per day; depending on health, weather, stress, and exertion. I always have several gallons of water around the house that we use during the week and I carry drinking water in my car during summer, but I don't have hundreds of bottles of drinking water sitting around taking up space, just in case of an emergency. So there are several great solutions to this problem. First, there are several products out there that are made to be put into your bathtub and then filled via the tap. Obviously, this is for disasters that you have at least some advanced warning, but they fold up and store nicely, waiting for any problem that may arise. The second is plastic 55 gallon drums that are food quality and work for potable water. The drums are especially useful if you don't plan to shelter in place and can be strapped into a vehicle and travel well. They are also great for water collection and tend to be much sturdier than the plastic bladders. There's even a company that makes water bricks. They are kind of like a Lego/brick that can be filled with water or dry goods and then stacked like bricks. If you don't have one of these great storage containers, then fill up every pot and pan, pop bottle and even Ziploc bags if

you have to. Just remember how critical it is to keep our bodies hydrated.

If you're unsure of the drinkability of the water, there are several things that can be done. Filter the water the best you can and then boiling it for over a minute (longer at higher altitudes), and per FEMA (Federal Emergency Management Agency), add 16 drops of basic bleach (don't use scented or color safe) and stir and let stand for 30 minutes. If there isn't a slight bleach odor, repeat the boiling and 16 more drops of bleach. If there is still no bleach smell, discard the water. Cooking and adding bleach will get most of the debris and harmful bugs that





might be living in it, and you can salt to taste. Actually adding a small amount of salt to your water will improve the taste quite a bit, but it won't be Perrier. Avoid adding sugary substances to your water supply. Although good for taste and fast energy, it will give any bacteria what they need to run amok. If a fire or other heat source is not available, there are 'chemical only' ways of "purifying" your water. After straining, water purification tablets \*(Potable-Aqua, H2O Purification, Globaline, Coghlan) containing iodine can be used to do a pretty good job of making the water drinkable. However, this will not kill all parasites and could lead to another enemy, diarrhea. If you planned well though, there are a bunch of differ-

ent water filtration and water purifiers that will make almost any water taste good. Ranging in size, there are filters that will service your whole house down to small pocket versions. These tend to be pricey and once the filters are used up, you can always fall back on the other methods mentioned above.

Shorter term emergencies like a small hurricane or an ice storm might be handled with just a few gallons of water, a box of MREs, some Ho-Ho's and a few cans of sterno. I guess this is also a good spot to add that in most real emergencies, you can forget about electricity. For some, no electricity means no heating or cooling, and no refrigerator to keep things from spoiling. No stove or oven, and even worse... NO MICROWAVE! So food storage and prep becomes a real necessity. MREs or Meals Rejected by the Enemy... I mean Meals Ready to Eat can last well over 10 years if you have a cool, dry place to store them. Many MREs come with a water activated heating sleeve so that you can have a hot meal. Thing to remember with MREs is, if the food packet looks bloated, don't eat it! And all MREs are not created equal. Military MREs have over 1250 calories while the good civilian versions have around 1150, but some of the civilian MREs have much less. When you're hungry and needing energy, it's the calories that you consume that makes the difference, so the more, the better. There are also dried emergency foods from many different vendors. Great care needs to be taken when deciding which products to buy. Checking the label on one of the



a change in taste and add variety which is good for your morale. It's also good for your state of mind to heat up your food and have a hot meal at least once a day if you can.

When an emergency starts taking more than just a few days, you start moving into more of a maintenance mode. That's when the emergency food with its 25+ year shelf life begins to be more practical than the MREs. Hopefully by this time your water supply has been either restored, you've found a clean source, or potable water is being delivered. You need to have enough water to sufficiently sustain both you and your dehydrated food needs. Both types of food fill the need well, but it's in the critical first few days

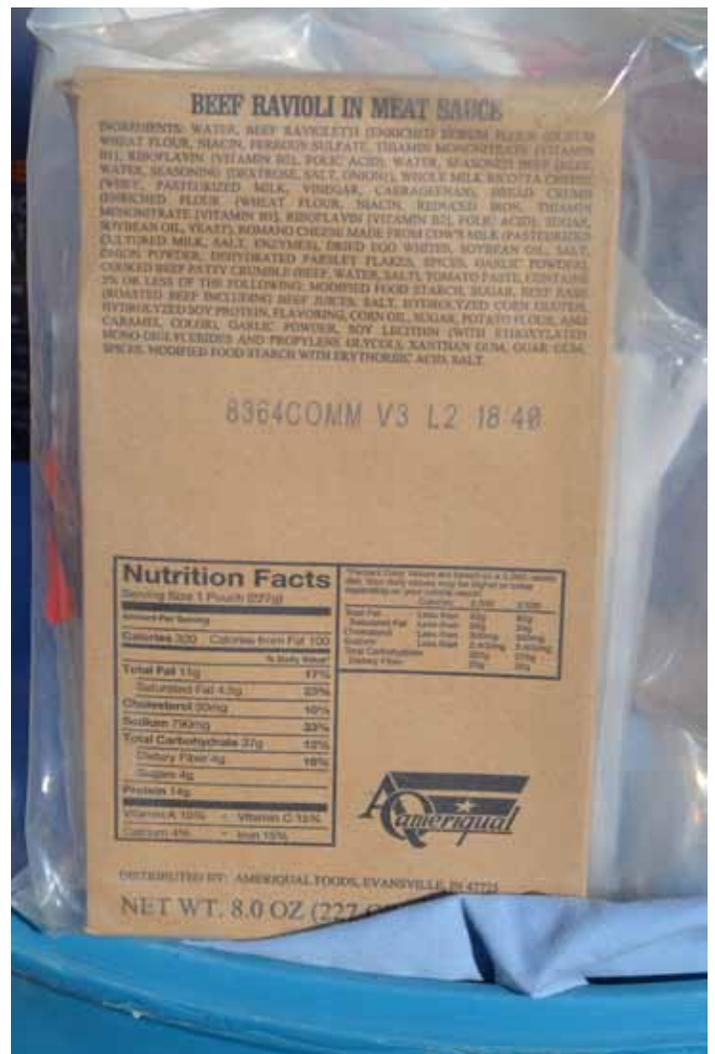
popular brands shows that it's "All Vegetarian Meals", mostly soups and the total calorie content is low. Most emergency food packages are individually wrapped and the containers they come in can also be used as an emergency potty. One of their strengths and weaknesses are that they take water to rehydrate. They are lighter and easier to store, but if you don't have enough water to rehydrate your meals, then you have a real issue. Grocery store bought canned meats and vegetables store well and taste great, but usually are made for everyday consumption and lack the high calorie content that you'd need during emergency situations. But they definitely have a place and offer





that I prefer food that doesn't require any of my precious water. But once water is not in question, the storage properties of dried emergency foods are too great to be ignored. So how much is the right amount? It's your plan, you decide how prepared you want to be. It's also not unheard of to start foraging, hunting, or fishing; although if you live in a downtown Metropolis, they might get a tad upset with you.

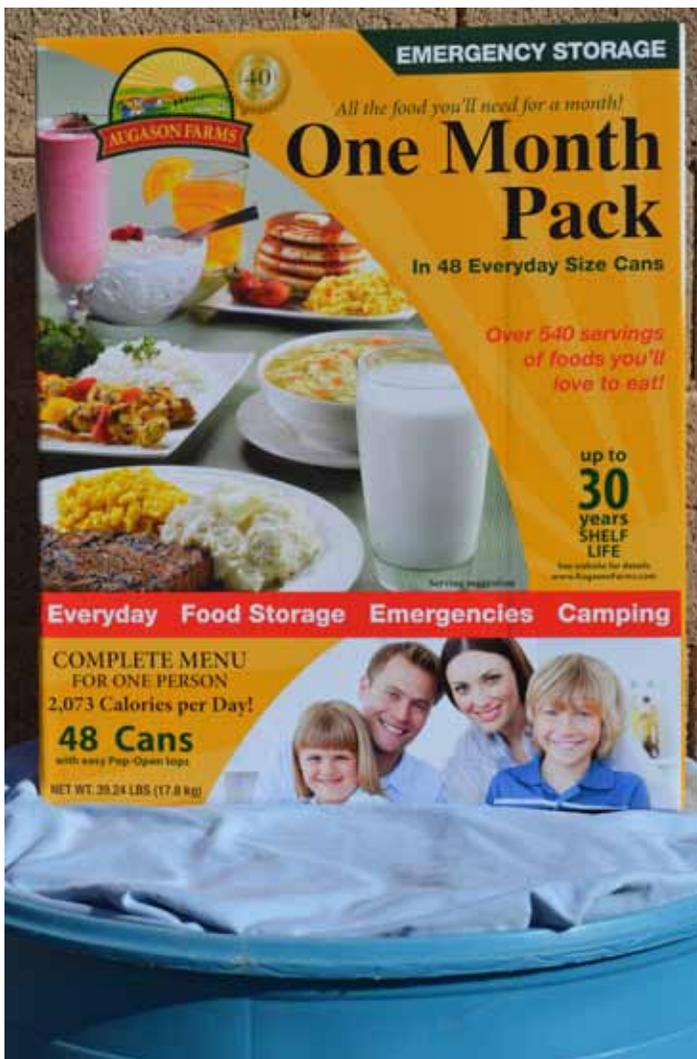
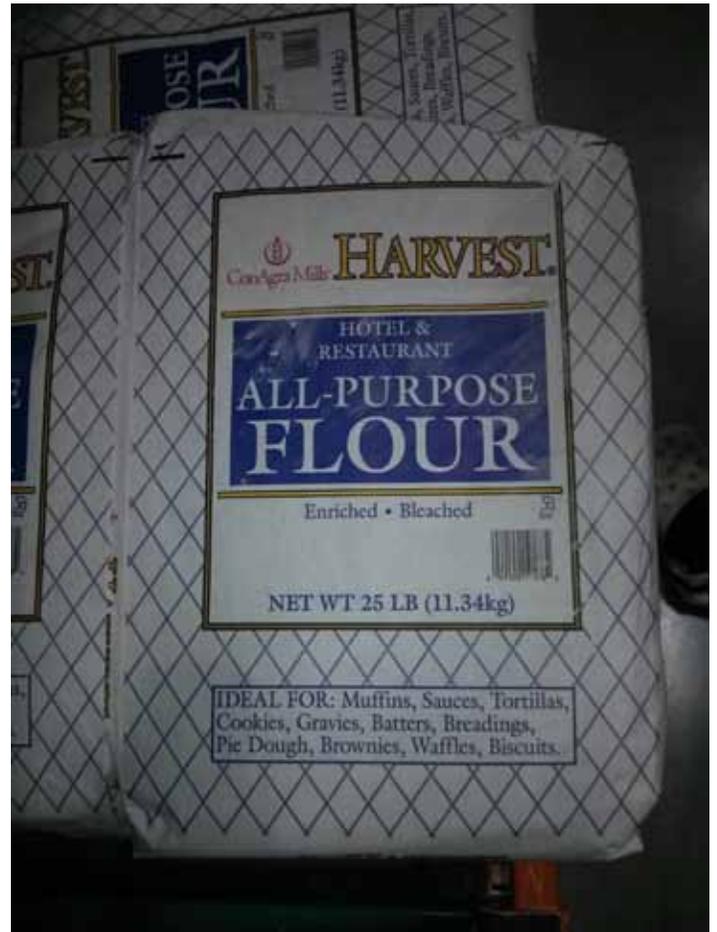
And I better say it now, because if I don't, I know that people will forget how important it is to check your dated foods and rotate your stock. Before items go bad, you can use them and replace with newer stock, but make sure you are not con-



suming the newest stock first. Come up with a system, especially for your canned goods that you stock from or to the back and take from the front of the shelves. Just because the date has passed on a food item doesn't necessarily mean that it's bad and it's usually not bad yet. The manufacturers take a lot of data on their items and the date is usually well before any of them will go bad. They just didn't want any chance that you take a big mouthful of their product and it has spoiled, so they roll back the dates to make sure that doesn't happen. (It also makes you buy replacement items even if you haven't used them.)

If you foresaw and planned for a long

term crisis, and planned well, you would find yourself in an area that is self-sustaining, with a great water supply, land, fruit and/or nut trees, berry bushes, ample game, and fishing. Long term planning should also stock up on the basic food staples. Large bags of flour, sugar, oatmeal, beans and rice can be purchased at many local stores and warehouse clubs. With these basic building blocks of foods, many varieties of meals can be made. You should also include long term storage foods like Peanut Butter, Real Honey, and dried fruits. Include a variety of spices and seasonings like salt, pepper, mustard and dried milk will help with flavoring otherwise bland food,



and can improve morale. Salt is also used for flavoring your water and used to preserve meats.

Speaking of meats, did you plan for a large bore rifle to bring down a deer and a .22 caliber for small game, and to have plenty of ammunition for each? Or even a bow and arrows. Any idea how to prepare your quarry once you've hunted it down? What about fishing? Do you have fishing line, lures and hooks? You know how to gut a fish, debone or scale a fish? Now is the time to go find articles on everything our generation has forgotten because we hunt at the great white supermarket. Get information on how to prep big and small game, fish and fowl. Find out what kinds of animals live in your general area? Any ideas how to prepare them in a meal? How do you make jerky? Cure or smoke

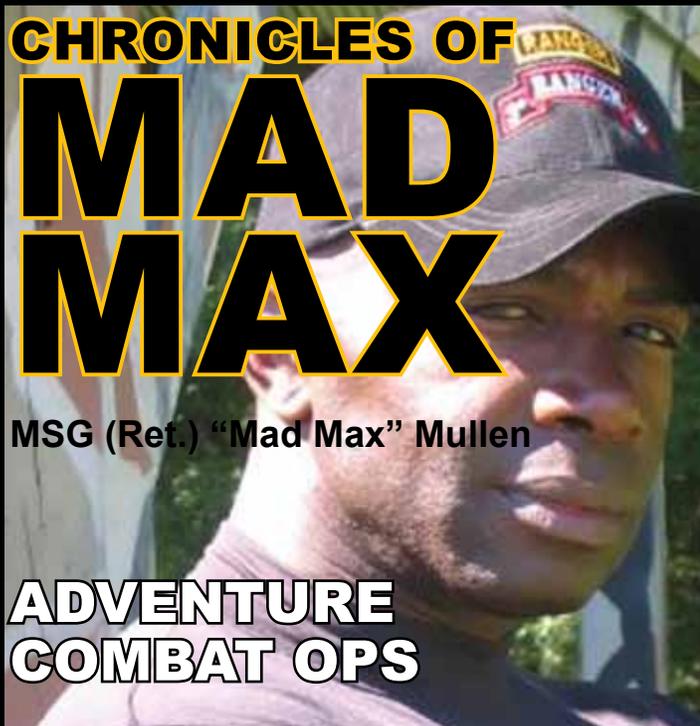
beef? If you find yourself in a prolonged situation, can you skin or tan a hide? As long as you're planning and preparing, you need to do research the internet and print these and other "How To's" out and place in a folder. And remember we are planning, so what about seeds for planting vegetable gardens? Did anyone say anything about canning or dehydrating? I remember the canning and dehydrating my grandmother did during the different harvest seasons; however it is a lost art to me and with the passage of time has faded into just a vague memory. For long term emergencies, it's important to note the need to be transitioning from the emergency prepared food, back over to being totally self-sustaining.

And lets not forget that there is another important reason for having a few rifles. You took the time and effort to think through your needs and prepared for emergencies to protect yourself and perhaps your family and/or friends. There will be hundreds if not thousands that won't have a plan, but they may have a weapon. If you fail to protect your provisions, then you'll have an empty cupboard just the same as if you didn't plan at all. Always hope for the best, but prepare for the worst.

Now this article is not a step by step manual of how to eat well in an emergency, nor is it 100% complete scenario of disaster cuisine. It's my take and views on thinking about and planning for emergencies that could arise, and also to promote some new lines of thought that may not have occurred to some people. Planning for something like a Zombie Apocalypse

is a light hearted way of planning for real world situations. You can see that the more you look into any type of disaster scenario, the more you need to be prepared. There are simple steps that can be taken and being prepared doesn't have to cost tens of thousands of dollars. The better you understand your basic needs and being able to determine at what level of survival you desire, the easier and more precise the actions you can take to achieve it. There are those that will prepare for emergencies, and those that don't. Those that don't prepare, usually think that those that do are funny and wasting their time. But those that didn't prepare in Louisiana don't think that way anymore, nor does anyone living along the coast in New York or New Jersey or in Oklahoma.





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