



# steal this booklet today

survival  
guide

the modern, open-source handbook for today's revolutionary

# Steal This Booklet Today

## *Survival Guide*

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Much smaller than our main work this is intended for people with limited print budgets to have a portable survival reference based on Steal This Book Today.

Visit the project website at [www.stealthiwiki.org](http://www.stealthiwiki.org)

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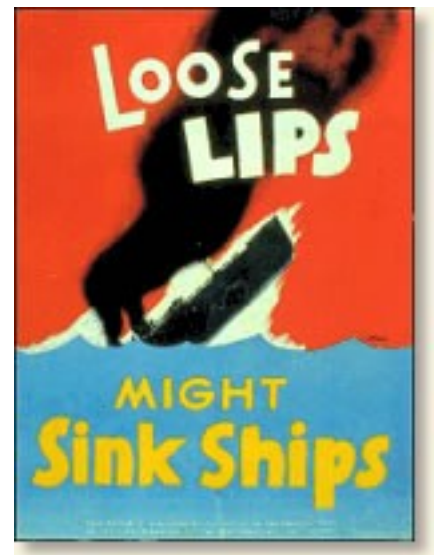
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# Security Culture

**Security Culture is the most powerful tool to keep us in the fight. The cops have their spies and they are ready to use them to defame, fracture, jail, and intimidate. Keep all groups small and intimate, alone is best, three is a the number to never exceed for actions, group up several threes for very big action if you must, but don't use these groupings for civil disobedience. Try to form affinity groups only with those you have known for many years.**

Main points:

- NEVER BRAG about past actions!
- NEVER USE NAMES when planning action!
- Only discuss action with those who NEED TO KNOW!
- After an action NEVER DISCUSS with OUTSIDERS!
- NEVER ADMIT anything to the authorities even for a deal when they claim others have ratted out!
- NEVER LIE about being in on an action or your part in an action!
- Keep involved members to a VERY SMALL group!
- ONLY work with a TRUSTED affinity GROUP!
- ONLY ALLOW those who would NEVER rat out the group INTO a TRUSTED affinity GROUP!
- ONLY DISCUSS action in OPEN AREAS with background noise!
- NEVER discuss action in HOMES, KNOWN MEETING AREAS, or CARS!
- If busted use your right to REMAIN SILENT!
- If busted NEVER ARGUE or try to EXPLAIN yourself!
- NEVER! NEVER! NEVER! RAT out another activist!
- Be extra CAUTIOUS with a ROMANTIC or SEXUAL PARTNER!
- NEVER TRUST electronic ENCRYPTION or codes alone to keep your communication safe!



# Free Food

Use your head when choosing food, make a calculation with every piece of food you pick up it's price nutrient and energy value ratios. Many American packaged foods lose in all but junk energy. The truly hungry must be careful to get enough calories and basic nutrients every day.

# Cheap Chow

This chapter lists tips on how to cook food for yourself, your family, your commune, your protest team, or your whole neighborhood. Also included are tips on getting ingredients or pre-cooked foods, as well as tips on living independently of the pre-packaged, super-processed existence that is the American food market.

Some of these recipes are designed to easily feed many members of the underground at a low price, while other ideas here are cheap, portable, and easy to make by a rebel on the move. By avoiding packaged foods, traceback of labels and cartons is reduced, leaving less of an evidence trail, and also benefiting your health. Moreover, you reduce unnecessary use of cardboard, petroleum-based bags, and harmful inks.

## Spanish/Latin American

### Spanish Beans and Rice

Beans and rice are complete protein food with plenty of carbohydrates and a little fat too, if this is all you can afford you will do fine, plus it packs well dry for traveling. For road rations if you get the chance boil up the beans and rice on a stove until soft, drain, and dry at around 200F(100C) for around an hour spread on an oven pan, it should dry into hard brittle clumps, these will soften much more quickly than raw beans and rice, then you can add flavorings. A bit of hot sauce makes the basic recipe interesting, or...

Making Spanish rice gives this complete but boring vegan food a little kick.

- Soak your dry beans overnight, pre-boiling while you prep the rice speeds things up
- Stir fry the rice until you see a little browning on the tips or edges
- Add tomato sauce, beans, salt, and your favorite spices
- Slow cook until beans are soft or pour hot into a Thermos and let the stored heat soften the beans

**Stinger Cooking--** Boil water using your immersion boiler in the same pot as the beans (soak them overnight if possible) keep adding water, since the stinger will boil some away, until beans are soft. If possible let the tomato sauce float in the boiling bean water to heat up. Pre-boil water and then add the same volume of rice (softening is quicker if you use converted or minute-rice). Drain the beans and add rice, tomato sauce, and spices, if possible pour into a big can floated in your pot and stinger boil the water to slow cook it, otherwise pour the mixed finished product into a Thermos(or a container wrapped in a sleeping bag) and let sit for 1/2 hour. Practice on adding ingredients and timing helps even if your first batch is a dud.

### Tortillas

Find out if there is a Latino supermarket or open air market in your area. These types of places will often sell large amounts of tortillas in various sizes for very little money. They are tough, flexible and a good source of starch that you can wrap almost anything in. A good idea is to combine leftover foodstuff into various chili-like recipes or stir-fries and wrap them in tortillas. This also can

cut down on mess (no plates) if your eating on the run, or simply don't have the resources (water) to clean dishes all the time.

Oppressed natives in Mexico have been making the corn tortilla for generations from dried ground corn masa:

- 4 cups masa or corn flour
- 1/2 tsp. Salt
- 2.5 cups hot water

Flour Tortillas are enjoyed by the rich Spanish families:

- 3 cups unbleached all-purpose flour
- 1 tsp. Salt
- 1/3 cup vegetable oil, lard, or shortening
- 1 cup warm water

Roll or tortilla-press (available at Mexican food stores) both types into thin discs and stack either floured or between plastic. Cook on a barely smoking hot, dry fry pan, and flip every 30 sec until it puffs a little and brown marks start to show.

## **Pan-Asian, Wok-Cooking, and Rice**

### **Wok Cooking**

Our friends in China have long been enslaved by successive forms of government. Their poverty survival can be a lesson to us, especially how they cook in a fuel and food efficient style using the traditional wok. As the wok is probably the most versatile tool you can carry for cooking, unless you are a solo backpacker it is worth the weight in your gear.

Forget what you are used to eating in Asian restaurants, these menus full of fried sugary treats are typically reserved for the past and current privileged class. Instead we will focus on the cooking style which is centered around preparing whatever food is available.

### **Stir Fry**

Add a few tablespoons of peanut or other high temperature oil to the bottom of a seasoned wok, heat until a drop of water sizzles. Add hard vegetables which require the most cooking first like garlic or onion, as these cook you can add vegetables, spices, and meats in order of their required cooking time. Don't overload the wok to where the heat source doesn't support a sizzle sound. Get the hottest flame possible and cook quickly; constantly turning the mix. At the end about 30 seconds before you kill the flame you can add sugar and soy sauce. Serve over noodles or rice. Peanuts and cayenne peppers are often stir-fried separately before a fancy meal. Be sure to have a powerful stove or stir frying won't work quite right, air blown charcoal, a powerful gas or electric stove top, or a mountaineering stove work well but a hot plate is on the weak side. Flat bottom woks are for electrical stoves and round bottom with a wok ring are used with gas.

### **Water Fry**

A quarter cup of water and a lid are usually enough to quickly thaw and cook medium size frozen meats in your wok. As the water boils off break up the meat and add oil, spices, and vegetables to finish the cooking.

### **Steaming**

A bamboo or metal steamer can be used to steam fish, meat, vegetables and even small breads and cakes quicker than a traditional oven. Many bamboo steamer levels can be stacked to conserve fuel

when cooking for many. An alternative to staked bamboo is to use a perforated steamer disc and the wok lid to keep the steam in, tilt the lid or get one with a vent so there is room for steam to escape.

Steamed buns are made by making a sweet bread dough and adding a stir fry to a thick disk of risen and punched down bread, bunch to the bottom and pinch shut, put the ball on a piece of paper and let rise again in a warm place for 30 minutes, steam for 15 min. Hom-Bows can be wrapped in cling-wrap plastic after steaming and frozen, to reheat microwave in the plastic, steam heat, or even put under your jacket and eat warm.

### **Cleaning and Seasoning Your Wok**

Clean with hot water and a wok brush, do not use soap as this will strip the nonstick seasoning coat of cured oil. To season stir fry a meal of non disintegrating vegetables with a tablespoon or two of peanut, canola, or other high temperature oil, some meat is ok after the veggies are beginning to soften, potatoes will break up and stick to your wok and are best steamed, boiled in soup or deep fried as chips/fries. After awhile you will learn that seasoned iron is much longer lasting than non-stick coatings which are easily burned or damaged by travelers.

## **Pasta/Italian**

Pasta is cheap and is used in many easy recipes. Pasta in soup, cakes and traditional noodle and sauce dishes are all good for stretching your budget. Get vegetable or whole wheat pasta if you can. It's not much more and a whole lot healthier.

### **Draining Pasta Without a Colander**

Draining your noodles when you don't have a colander: leave the lid on your pot but wrap a towel or cloth around the opening. The dry part of the towel will help you hold the pot, let the lid go loose in the towel and tilt to drain the water. Be careful, as your towel is now soaked with boiling hot water. A mesh stuff sack for your camp pots is also a great colander and much safer than a towel.

### **Ramen**

Those cheap little bricks of fried noodles, after having boiling water added (without the flavor packet) and drained once soft, can be used as a foundation for just about anything.

- Adding leftover chili can make it spaghetti in meat (or chili) sauce.
- After the noodles are drained, add a bit of olive oil, garlic powder and Parmesan cheese for Ramen Agilo E Olio.
- Let the noodles cool, cut them up, and mix into a salad.
- Use it as a base for what ever main dish you're having (eggplant, vegiburger, etc.).
- Crack an egg into just boiled water and stir(break the yoke) for egg flower ramen, then add noodles and flavor packet

Beware though, ramen constitutes an incredible amount of sodium. **You can pre-boil a cup of water with your stinger and then add ramen, flavoring, and egg to the hot water.**

### **Italian Red Sauce**

For good general use pasta/pizza sauce mix, start with a tablespoon or two of olive oil and quickly fry some smashed and shelled garlic in it, add tomato paste, pepper, basil, oregano, salt and a some red wine or real grape juice; mix and simmer until thickened and tasty. Most of these herbs can be seeded and grown like wild weeds; maybe you can hide other weed in with them! This sauce can be diluted with water for soup: add pasta or dough balls, and veggies, then season to taste.

Tomato Paste

Tomato paste can be made from your greenhouse tomatoes, Cut an X in the bottoms and drop into boiling water for 2-3min, then dump drained tomatoes into cold water to help peel skins, cut out seeds, boil chunks with 1/2tsp salt per Liter for an hour. Stir to avoid burning, crush then strain, cook for two to three hours on low stirring until a thick paste.

## **Acorns**

You can collect wild acorns for free and then turn them into a meal similar to corn meal! Just gather a decent amount of acorns and shell them with a nutcracker or a stone. Grind the meat inside in a blender with water until it is a smooth paste, or hand grind it into a similar constancy. Now, you must place the ground meats into a colander lined with a paper towel and rinse thoroughly several times. You will notice that the water that runs out is milky. You are draining a bitter substance that rendered the meal inedible unless it is drained out. Repeat until the water that runs out is clear. Taste the meal to make sure. After letting it dry, you can use it in a manner similar to cornmeal or flour. Use it to make pancakes, muffins, biscuits, cookies, etc.

Gathering acorns is a fun activity for younger children, too. It will keep them entertained and active, outdoors in good weather. You can reward them by "spilling" a little bit of extra sugar into your meal before baking.

## **Homeless-Street Savvy**

### **Mulligan Stew**

During the Great Depression of the 1930's, many of the hobos who gathered in the camps would pool together whatever they had for a meal. The food was cut up and put into a pot with some water and cooked, adding waste bones of any kind and scrap meat or fresh roadkill added fats and protein. During the days of America's "Wild West", the camp cook sometimes took leftovers, local vegetation, meat scraps and often the parts of the steer that wasn't normally eaten, and make what was often called "Sonofabitch Stew" for obvious reasons. If you plan to include dry beans pre-soak them and expect them to take as long as four hours, other dried grains and corn might also take this long to soften. Add ingredients to the pot in the order of time it takes to soften, at the last few minutes add greens that you gathered from areas away from the roadside where weed sprayers might ruin the food.

Whatever stew you are making you can cook it in an aluminum foil pouch, carefully double fold three edges fill and fold to seal, cook the stew in campfires, forest fires, engine blocks, Bill Clinton's shorts, etc.

### **Creative Cooking**

Be creative, your radiator, hair dryer, clothes dryer, iron, car engine, coffee maker, etc can be used to heat canned or foil covered food. If there is a chance of boiling temperatures be sure the can has a hole poked in the lid to prevent explosion. Wrapping in foil makes most heat sources a safe way to heat or cook your food, just be careful to use a careful clean double fold to seal the edges.

If you are afraid people will smell the cooking maybe you can set your heat source on the window sill or in a bucket hung out the window, don't spill nobody wants to wear boiling stew. A tied up bucket on a window sill also makes a good freezer/fridge in cold weather.

### **Hot Water Pot**

If the only heat you have is your pot of hot water on a small fire or electrical stinger immersion heater you can still warm canned foods and even cook and bake. Put a few inches of water in a larger can or bucket and heat on the coals to a boil or plug in the stinger, be sure that the stinger is secured so it will stay underwater and wont burn out. Once the water is boiling you can put your

bagged omelet, batter or dough, anything that you can't just stew, boil, or steam directly in the water. Use a well sealed oven bag or if you can't find these a ziplock, or plastic bag. You can also heat canned foods by floating them unopened in the water. To make this work better with a stinger you can wrap the whole works in a blanket for insulation, at a minimum try to cover the top of the bucket. Your cakes and breads will come out shaped like the plastic sack but will taste just fine, open and poke with a toothpick to see if it is done since it will not brown anywhere.

## **Field Corn**

When riding the rails or hitchhiking you will often find fields of corn just waiting to feed you hungry travelers. If you are lucky you will be near sweet corn which is great even if just baby stage where it can be eaten whole. Field or dent corn (animal feed) while not as sweet is very edible. If corn is already dried out you can pound or grind into cornmeal. You can eat ripe corn raw but cooking will make it taste much better. Pull the silk out of the top but don't remove the husk (leaves covering the corn). Some people will pour a little salty water in to flavor before cooking but it is optional. Wrap the husk tightly and either wrap in foil and place in the edge of the coals or place on a grille and cover, turn every few minutes. Add salt spices and butter to your liking, cooking 10-20 minutes.

Below Edited From Dishes & Beverages Of The Old South Martha McCulloch-Williams (1913)

## **Plain Corn Bread**

Sift sound fresh white cornmeal, wet with cold water to a fairly soft dough, shape it by tossing from hand to hand into small pones, and lay them as made into a hot pan well sprinkled with dry meal. The pan should be hot enough to brown the meal without burning it. Make the pones about an inch thick, four inches long, and two and a half broad. Bake quickly, taking care not to scorch, until there is a brown crust top and bottom.

For hoe-cakes make the dough a trifle softer, lay it by handfuls upon a hot-meal-sprinkled griddle, taking care the handfuls do not touch. Flatten to half an inch, let brown underneath, then turn, press down and brown the upper side.

(sugar will sweeten them up, baking powder will help them puff, the recipe mentions that they should be eaten drenched in butter but salt destroys this soaking power)

## **Ash Cakes**

- Make dough as for plain corn bread, but add the least trifle of salt, sweep the hot hearth very clean, pile the dough on it in a flattish mound, cover with big leaves--cabbage leaves will do at a pinch, or even thick clean paper, then pile on embers with coals over them and leave for an hour or more, according to size.
- Take up, brush off ashes, and break away any cindery bits.
- Serve with new butter and fresh buttermilk.
- Aluminum foil or damp corn husk wrapping should work if on the roadside instead of a fireplace hearth.

Of course check out fields you pass by for other usable crops to feed yourself as you travel through the countryside.

## **Stinger Soup**

Using a stinger or pocket immersion boiler to make soup Low\_Impact\_Crashing, Kitchen. Changes to some recipes here are in bold for stinger cooking. Be careful, if the water or liquid boils away a commercial stinger will burn out and a home made one might start a fire.

To make a stinger soup boil solid veggies (onions, carrots, potato, beets, etc) in lightly salted tap



water until they are cooked and only then adding a powdered soup base, spices, or bullion cubes that way your immersion boiler doesn't get too gooped up. Soft veggies like cabbage must be boiled with caution since small bits might stick to your stinger the same is true with pasta. If you want pasta in the soup boil the water first then pour it into a thermos if you have one and add the thinnest regular pasta you can find like angel hair spaghetti or substitute rice noodles since they soften faster.

## **Coffee Bar**

Most offices and waiting rooms feature free coffee with sugar and fake creamer. The fake creamer is barely food but will fill your stomach if you are hungry enough, half a cup creamer dry or mixed with sugar and hot water will give you strength to continue the search for food. It goes without saying that you should stuff your plastic shopping bag with any stale cake, donuts, or popcorn that is found with the coffee. Remember that a coffee machine is both a hot plate and a source of boiled water, if you get creative you can prepare rice, poached or boiled eggs, and many other cheap dishes if you have enough time alone with the machine.

## **Misc. Meal Staples and Snacks**

### **Potato and Roots**

The potato and most other vegetables can either be microwaved after poked several times with a fork for around 8 min or more or boiled for 20-30 min. Easy to carry once cool eat like an apple with pepper, Tabasco, or soy sauce. One of the cheapest meals you can buy.

Don't waste money on instant mashed potatoes unless you are backpacking. You can skin and boil several potatoes together until they are soft and mash them yourself. Once mashed, you can add salt, pepper, and/or butter to taste. Mashed potatoes go well with gravy made by cooking scrap meat in water and then adding cornstarch or any other thickening agent and pepper. Try to eat the skins which contain most of the vitamins. Zucchini, carrots, and other veggies can also be cooked in a similar manner.

**Small whole potatoes are boiled in a can or pot with your stinger for about 20 minutes, watch the water level**

### **Tough Meat**

Roadkill, meat scraps, or cheap meat is often very tough and stringy. If meat is your thing here is a way to make it edible even if you can only afford junk. From 60-65C (150F) the collagen that makes tough fibers in meat converts to gelatin soft and tasty, at higher temperatures above 100C (210F) the cellular sugars and amino acids combine which toughens up forever and is difficult to chew and digest. Getting over 70C (160F) will kill bacteria. Overnight heating a stew just below boil or roasting in the oven at the indicated temperatures will both preserve moisture content and soften the meat. If you are feeling fancy you can torch off or grille the meat to give it a outer crust.

A much quicker but less effective method is to use a "meat tenderizer mallet", which is a small metal or wooden hammer with a flat face that has lots of little pyramids on it, you can use it to break up the fibers of tough cuts of meat.

### **Popcorn**

If you grow or buy in bulk, popcorn is a cheap and easy snack. Try mixing in spices, adding dry whey, and/or using a bit of oil to make the stuff stick.

Carmel corn is made by heating up butter (or oil) and melting in brown sugar. Add a tablespoon of each until you have the right consistency. It helps to have a friend mix with a spoon while you pour. Popcorn can also be eaten as a cereal, just like the pilgrims did! Add milk and sugar if you want to

give it a try. Stale popcorn also works as a cereal.

An air popper can be run for a long time by dropping a little corn in every thirty seconds or so. This is good for large popping operations. Pop a huge trash bag full if you are on a support team and take out to your activists.

If you have access to a microwave oven, don't bother with those pre-packaged bags. Pour a small amount into a large glass bowl and put a glass plate on top of it. If there is a "POPCORN" setting in the oven, use that. If not, put it on HIGH and shut it off three seconds after the last kernel pops.

## **Oats and Grains**

### **Energy Bars**

When out on a bike trip or at a demonstration, nothing beats that wilted weak feeling like our energy bars.

- 1 cup rolled oats
- 1/2 cup wheat germ
- 1/2 cup oat bran
- 1/2 soy protein powder
- 1/2 cup brown sugar
- 1 cup crunchy peanut butter
- 1 cup nuts or dried fruit of your choice/chopped
- 1 cup dark or white chocolate chunks
- 1 cup honey or brown rice syrup

Form into a cake and cut up or make cookies, freeze or dry in an oven for an hour at around 80C or 150F. Wrap in foil then plastic wrap so they will last a few weeks. Add cinnamon or cocoa for variety. Add tea or coffee beans raw or roasted to put wake up power into your bars. If you have to improvise be sure to include fast sugar, starch, fat, and protein for extended energy.

### **Whole Kernel Wheat**

Popular with Mormons and survivalist types you might also find whole kernel wheat in railroad cars or on farms. Wheat especially the hard red winter variety, used in breads, is high in protein and keeps for many years if properly stored. The soft white variety is better for making noodles and pasta.

For vitamin C on an all wheat ration sprout some wheat kernels in a damp sponge or shallow container, keep dark for best results.

A quality grain grinder is an expensive but worthwhile investment. Minimum price is around \$100 for a Corona beer makers stone grain mill, better grinders use steel burs and can cost around \$300 but can be connected to an electric motor. We knew a vegan traveler with survivalist dreams who for years carried a mini hand held manual coffee grinder for whole wheat, he rarely used it since it was so much work, maybe he finally somehow connected it to his bicycle wheel. Inexpensive mills usually work until the first pebble is ground into them, then they are mostly useless.

### **Oatmeal**

Those little packets of "Instant Oatmeal" may be nice, but they add up the costs something fierce. They are also pumped full of empty-calorie sugar. Buy a big box of loose oatmeal, and make your own by putting 1/3 to 1/2 cup (or if you're really hungry, a full cup) of dry oatmeal into a bowl, then add an equal amount of hot (but not boiling) water. Cover the bowl with a plate, wait a few minutes, and remove the plate. Hot oatmeal! If it's too thick, add more water. Want spices, fruits or flavors? Add them yourself! Get creative!

Quick oats can be cheaply made by running whole oatmeal through a food processor or blade type electric coffee grinder until it looks like quick oats from the store.

**You can pre-boil water with your stinger and add it to your instant quick oats for a hot breakfast anywhere you can find an outlet**

## Cake

Cake is quicker than bread to prepare, and can be baked in many ways even if you are without an oven or gas. The recipe below can be modified with less sugar and vegetable chunks and soft corn if you like to eat it with a regular meal. You can remove the baking soda (bicarbonate of soda) and vinegar and use baking powder (2 tsp) but remember that baking powder is very moisture sensitive and can go flat. No rising agents lead to a cake that is heavy and tough. Grated chocolate bar can be used like cocoa but is not as strong flavored, the other flavors and spices can be added if they are available. Cut and wrap a sheet cake for a days food on the move.

- 3 cups flour
- 2 cups sugar
- 2 tsp. baking soda
- 1 tsp. salt
- 3/4 cup vegetable oil, shortening, unsalted margarine, or butter
- 2 Tbsp. vinegar
- 2 cup cold water
- You can mix an egg or two into the second cup of water (in the measuring cup) for a softer cake
- Any or a mix of - vanilla extract, almond extract, sweet spices, unsweetened cocoa, chocolate chips, chunks, or shavings, dry or chunk fruits and berries, ground or chopped nuts, citrus peel shavings, freeze dry coffee, peanut butter

Rub oil on your frying pan, folded aluminum foil or clean paper tray, or 9-by-13 inch baking pan and evenly sprinkle down some flour to coat the bottom (to prevent sticking). Preheat oven to 350F or prepare coals. Mix dry ingredients together first and then quickly add all of the liquid ingredients, mix only as long as it takes to get a smooth mixture. Pour batter into your pan and immediately begin cooking. Bake, steam, or place your pan above a fire or coals or a hot plate on a low setting with a lid or cover until a toothpick or fork comes out clean when poked into the middle of the cake, between 20 min to an hour depending on thickness and ingredients. Wait 20 min to cool then serve, cut up and wrap, or frost. Good sweet spices include cinnamon, ginger, cloves, nutmeg, allspice, and some also use anise and fennel seed. Freeze dry coffee as much as you need added to chocolate cake is great for waking up before midnight actions.

With the alternative cooking methods practice is required and don't be surprised if you get a hard bottom crust if you cook over a fire, you could also try putting the batter into folded foil pockets or leaf wraps and put at the edges of the cinders, oil the inside of the foil if possible and fill less than half full since the cake will rise when cooking. An easy glaze frosting like what is on a donut is made by mixing water or orange juice and powdered sugar, frosting is made with butter or oil and powdered sugar you can add cocoa if you like. Frosting keeps the cake moist longer.

## Biscuit Mix

Taken from Wikibooks' Cookbook, this is a substitute for those "instant baking mixes" you see in supermarkets.

- 2 cups (280g) all-purpose flour
- 2 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/3 cup (80g) shortening
- 1/4 cup (60ml) powdered milk
- 1/3 - 1/2 cup (80ml-120ml) water

Blend together dry ingredients and store if you like, when ready to cook cut in shortening to make mixture as granular as possible. Use as you would for "Bisquik" style recipes.

A variation for backpacking is as follows:


- 12 cups flour
- 2 tablespoons salt
- 1/4 cup baking powder
- 1 pound shortening or 16 fl/oz vegetable oil

Mix dry components together and divide into 2 or 4 cup portions in baggies or other container for convenient use, add shortening or oil before using, mark one of your cups to measure the correct amount.

To make biscuits, add 2 cups of mix to 1/2 cup water or mix, knead no more than 5 times (or it will be too tough), roll flat to about 3/4 inch (2 cm), and cut into biscuit shapes (A clean drinking glass will do). Bake on a cookie sheet for about 10 minutes at 450 F, or on aluminum foil over hot coals until brown or steam until firm.

## Pancakes

Inexpensive and easy to make even with just a dollar store fry pan and one of the stoves in Low Impact Crashing. Use the above biscuit mix with an egg or two added to the water before measuring or try this recipe for on the spot cooking:

- 2 cup self rising flour
- 1/4 cup butter (oil/butter/fat/margarine) 
- 1 egg (or 1/4 cup wet mixed egg powder)
- Sugar and/or Salt to desired flavor
- 2-3 cup water to desired thickness

(to make self rising flour take 1 cup of all-purpose flour, add 1 1/2 teaspoons of baking powder and 1/2 teaspoon of salt or just look for it in the store)

Make a huge batch and rewarm when you are hungry or eat cold. You can make syrup by heating water and adding with brown sugar or even regular sugar, a pinch of corn starch, and some butter, but why? You can substitute as much oat or whole wheat flour as you like to change the flavor. You can use these like a tortilla or lauffa and wrap other foods in them vary the sugar and salt to match the wrapped food. With a thinner batter you can make the thin pancakes used in blintzes.

Fry in a frying pan or wok with a little butter or oil, don't let them sit too long or get the pan too hot, flip when you start to see bubbles coming through the top, a spatula helps for flipping.

## Fry Bread

A quick favorite with many once migratory first nations of occupied North America. An egg sized piece of dough pressed and stretched thin is fried in a few tablespoons of oil in a pan, flip when you see bubbles forming on the back, watch that you don't overheat the oil. Good with honey or cinnamon and sugar. Use punched down bread dough or the following:

- 3 cups flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 cup warm water

## Bread

Bread takes time but is delicious and inexpensive to make. You can make with as little as flour, sourdough culture or yeast, and water, but salt, sugar, eggs, and oil help add flavor and nutrition. As you add eggs remove an equivalent amount of water, an easy way to do this is fill the measuring cup with available eggs then finish with water. Using yeast means that you do not have to air culture a bowl of flour paste into sourdough, which takes several days. You can jump start a sourdough culture by begging a pinch of yeast from a bakery and adding it to the flour paste, then keep it alive warm, damp, and covered with a cloth, mix once or twice a day and keep using and feeding it flour and water.

Mix sugar, warm water, and yeast into one large bowl and let it proof (reproduce) while working the other ingredients. Let it proof a long time for a strong yeasty flavor. Once you have a thriving bubbling yeast bowl, you can mix it into the bread bowl with the eggs, flour, oil, eggs, salt, and more sugar if you want a sweet bread. Lots of olive oil and herbs makes a tasty foccacia. Of course if you want to make a granola, fruity, or nutty bread go nuts, ground beans are a great way to balance the amino acids for full nutrition.

Try this first and then experiment:

- 1 1/2 cups warm water (feels warm to hand, not burning hot)
- 1 Tbs sugar
- 1 tsp salt
- 4 cups flour
- 1 Tbs yeast

Once you have your bread and punched it down you are ready to make a loaf. Let it rise again and bake it at 350F(180C) until it starts to brown on top. If you make a funky loaf at first, try again, as you will develop a feel for the consistency of a dough after a few tries.

## Steam

Steam is also a way to bake whole loafs but it will have a different consistency then regular bread softer with a delicate white crust. If you find dry stale bread you can revive it by steaming for ten minutes and then a quick run in a hot oven. **Put your stinger in a can of water and start it boiling, balance or skewer a dough bun and place another can with holes on over the bun to retain the steam, now you have a neo-hobo bun steamer.**

## Pizza

For pizza crust, let rise then roll or throw a flat disc onto a pan and let rise covered for 1/2 hour, then bake for 10 min at 200F. Remove crust add sauce, cheese, and toppings and bake again until the toppings are done.

## **Pita**

Flip your wok over or find a steel pita dome and place on a hot mound of coals or a gas burner. Allow flattened bread dough balls to rise for at least 30 minutes, lightly press down your disc of floured dough (use a dough with a little extra oil in the mix) onto the hot dome, you will need to practice timing and temperature to make this tasty flat bread, a little burning on the outside is normal. You will need to re-season the inside of the wok after using this method. You can also try using a hot plate surface, fry pan, or griddle. If you are using an oven bake at 200C(400F).

Pita is usually dipped in olive oil and humus. Soaked overnight and boiled soft garbanzo beans are mashed into a paste with spices, herbs, and olive oil (really any bean and oil should work) This adds healthy lipids and protein to your diet when dipped or spread onto your pita or bread.

See also Hardtack crackers in Backpacking and Camping.

## **Food Programs**

### **Food not Bombs**

Ask around to see if your town has a Food Not Bombs chapter. FNB groups in cities across the US and several other countries serve healthy, free, vegan food to anyone who wants it. Most chapters serve at least once a week, some serve everyday. FNB groups usually serve in a public place, such as a park or town square. Food Not Bombs groups will also often agree to provide food at large gatherings, such as protest marches, picket lines, disaster areas, activist conferences, etc. provided they have the resources to do so. Go to <http://www.foodnotbombs.net> for more info, including an (incomplete) list of active groups.

## **Supermarkets**

### **Dumpster Diving**

Many smaller supermarkets still have open-top dumpsters where day-old food can be had for free! Happy hunting! Some even separate veggie and meat stuff. Rubber rubber boots, gloves, and a LED headlight make diving much easier.

Be careful with compactor type trash dumpsters, these are usually shielded so yuppies can't jump in and root around when the stock boy hits the compress button. It is possible to bend the guards and reach in but never try to get in. Some compactors have exposed hydraulic hoses, these use quick connect connectors which are disconnected when the garbage truck comes, you could disconnect them when you dive the trash area to "safe" the compactor, but be sure there is not an electrical assist or that you have not just removed the return line which would not disable the crushing direction. Most good stuff is ruined by compactors so the danger is almost never worth the risk unless you have an accomplice on the inside to load the compactor with good stuff for you and not hit the smash button.

### **Marketing Scams**

Most packaged, branded food is marked up like crazy. Healthier and no name foods tend to be cheaper. Good for you, if it turns out you have to pay. Look for these foods on the very bottom and top shelves. The brand name items the supermarket is pushing will be at the average person's eye level.

## **Discount Stores**

In some poorer neighborhoods, you can find discount grocery stores that sell odd-lot packages of food. Often these are over-runs of stuff meant for regional chains with unfamiliar brand names, or major label items that were meant for export with English-language labels slapped on them (so don't be surprised if you see Arabic corn flakes or instant oatmeal with Chinese text). Many of the major odd-lot stores like Big Lots, Dollar General and 99 Cents Only sell this kind of food at a major discount. If something is in stock and you like it, buy it, since the supply of these bargains is spotty at best. Bakery Outlet type stores sell breads, crackers, cakes, pies and cereals that are weeks (if not days) before their freshness dates expire. If you have access to a freezer, stock up!

## **Sample Surfing**

Many large chain supermarket deli's will give you a sample if you ask, enough to tease but not enough to satisfy. Hit several stores and you might get enough to fill you up, many stores also have one day a week where vendors give lots of samples in the aisles.

## **Munchies and Hungries**

Most of us end up shopping (or shoplifting) when we are hungry or worse stoned and munchy. You will end up wasting your money on cheap packaged foods with little nutritional value. Plan shopping trips and take a list, stick to your well planned shopping list, corporations have special employees who plan the store shelf layout very carefully to seduce idiots into buying expensive junk. Plan your nutrition, make a diet to plan shopping, like an overweight person on a diet does, but count nutrients and calories for energy and value not weight loss.

## **Urban Pigeon**

If the soup kitchens are providing nothing but watered broth and the dumpsters are picked clean there is still an easy source of protein if you are careful and fits your philosophy. First of all realize that this is both controversial in that some will call it cruelty and secondly it could be an excuse for the cops to haul you in.

While in China rat is sold in markets and raccoon, cat, rabbit, and squirrel all exist in our urban zones they are too often diseased or dangerous as they fight back tooth and claw. Other birds (except the occasional dove or duck) like seagulls are also too smelly because of their diet of vermin infested dead things and rotten garbage.

The best meat we can get for free is the simple stupid urban pigeon. The easiest way to catch them is with a little bread trail for bait, a box with a stick holding it propped up, and about twenty feet of string. Bird follows trail of bread under box, you pull string, stick lets box fall, bird is trapped. You can use other methods like nets or a loop of string and hope to catch a leg but this seems the easiest and most humane. Put your hand under the box and grab your bird, he won't bite, be quick so he won't hurt himself flapping, grip around his body pinning down his wings.

Look him over, are his feathers looking good or is he shedding and scabby, Is he infested with bugs or weak and sluggish, are his eyes looking filmy or gross, if so let him go and wash your hands he is probably diseased. If he looks good snap or cut his neck quickly (with a new razor blade) so it will be over for him. Cut him open from neck to tail and look his insides over, are they glistening smooth and come out easily or are they all stuck together and spotty, if they look bad or wormy again chuck him out and let a cat or raccoon have him, he was not long for this world anyway. Rinse out the gut area before proceeding. You might consider plucking before cutting open(it is too hard after) to save the skin and fats, but most of us just peel the skin off and cook like a mini chicken. A pigeon soup would be the safest way to go, let it boil for at least a half hour, but an hour is better, drink or save the broth.

Anyone who eats meat but is offended by this idea must remember that at least this bird lived a completely free life and died quickly unlike the factory cage chickens you might be eating from the store.

## Roadkill

Edited content from original book:

That's right, you can eat dead animals that you find on busy roads. As long as you get to the dead animal fast enough (before it starts rotting), there aren't any reasons that this practice should be dangerous. Just make sure to cook it properly.

# Farm It

## Grow Your Own Food

As food prices spiral upwards, the personal and group garden will come back into vogue. This Victory Garden puts us somewhat above the heavy handed and regularly used strategy of people control through the selective distribution of food to the "good" people. Try to acquire and seed non hybrid seeds before times of trouble, as these seeds can be used generation after generation. Don't kill yourself with poisons; use natural insect repellents and fertilizers. Try to plant some staple foods, like spinach, cabbage, and squash, which offer more versatility for dishes. Even an urban dweller is not excused, you have greenspaces, rooftops and even suspended window platforms to farm from.

Most seed packets cost about a dollar, and can contain hundreds of seeds. More hardy plants, like squash, can go for about 15 cents a seed. Almost all packets have growing facts printed right on them, including best climate, harvest periods, and even how to plant them in the ground. Most harvest periods for solid, edible crops range from only 50 days to about 100 days. Be sure to look to see what seasons are recommended to grow your crops in and where to plant them. After replanting the hardier plants from your seedlings into the ground, most just need about a foot or two between each plant. Even a backyard a few yards across and a few yards deep, if devoted to your new plants, can yield enough food at harvest time to feed yourself for a few weeks.

Remember to rotate which crops you plant seasonally. If you only plant one type of plant in the same row for a few seasons, you risk severely damaging the soil and depleting it of various minerals. Try to first add crops that can be brought into operation in a few months so you can start cutting your food budget rather than for example waiting years for an orchard.




## What to grow

Root vegetables are easy to grow and have high food content per acre. The potato fed the Irish until the blight sent them packing to new shores due in part to lack of crop rotation.

Potatoes are one of the easiest plants to grow without access to a plot of land. The most important step is to acquire good quality seeds/eyes. You can sometimes even use a potatoes from the supermarket, unless they have been treated with chemicals to prevent eyes from forming, let them sit for a few weeks to see if they sprout. Most big box stores with a "garden" section will have one or two varieties in early spring.

Acquire a large garbage can or other large container and clean it out with a 1:5 ratio of bleach and



water to kill any molds and fungi. When you are finished punch a half dozen holes in the bottom for drainage. Put about four to six inches/ten to fifteen centimeters of soil in the bottom. If necessary, cut the seeds up so that there are two to three on each piece. Place the seeds or eye sprouts on top on the surface of the soil, eyes up. Some suggest soaking the seeds beforehand others say dry them out to prevent rotting and others yet say don't do anything at all. Look at the package in your hands and see what it says and then use the gray matter between your ears. If something doesn't work do the other next year. Cover the seeds and keep the soil watered but not soaked, about an inch a week. Once the plants have grown about six to eight inches/fifteen to twenty centimeters cover the bottom third with soil.  Essential to keep the "seeds" and/or tubers covered with soil as exposure to the sun will cause them to turn green. Never eat any green part of a potato or potato plant, they are poisonous.

You can harvest these as new potatoes or wait. Your choice. Once the flowering is over and the plants start to yellow stop watering. Wait a few weeks for the potatoes to settle and dig them up. You could also use sawdust (non-pressure treated wood) and feed with liquid kelp or compost tea whenever you add a layer.

Most types of squash are good for filler food in typical meat dishes, such as chili. Cut up gourds and pumpkins are good in soups or as a filler for pie. Corn is starch and sugar rich and can be eaten fresh cooked or dried and ground up for cornbread in the winter. See cheap chow for some recipes. Beans are high in protein and usually easy to grow, eat whole or shell out the inner seeds and dry in the sun for storage. Combined with rice you have a complete if boring diet. Grow the vines in your greenhouse. If you have a large field at least an acre you might try growing wheat, oats or barley. Once you harvest the wheat you need to be able to cut down, de-hull, and thresh away the chaff. See also Caching and Cheap Chow. Bamboo is of the grass family but the wood can be used in place of trees. The stalks are quick growing, strong, and lightweight. Bamboo can be grown from a cutting placed in water and once roots sprout potted. Bamboo will take over a yard if allowed so caution must be used in planting especially near a water source. Untreated bamboo rots quickly if allowed to remain damp or in contact with the ground. Bamboo could also possibly be used to build a greenhouse. Blackberry briar's not only provide supplemental food for pies or juices but it is also an excellent barrier plant. Blackberries grow quickly and care must be take to prevent overgrowth especially in wet climates or near water. If you harvest hay during the fall and keep it dry you can feed your livestock during the winter, store feed or grains are expensive. Many public fields can be freely harvested as long as they have not been sprayed. Be sure the hay is well protected and dry. Hay that is harvested green or gets damp will compost generating temperatures high enough to start a fire, this is a serious danger for hay kept in a barn or near an animal pen.

## Watering

The trick to watering a garden is to water it around dawn or dusk, when the plants are still warm, or about to get warmer, and to water until it starts to flood. Too little water, and you're only hurting the plant by teasing it. Too much will erode the soil, but this takes a lot of water. If you're in an area where it gets below freezing at night, water your plants before it gets there, then cover them with a blanket or tarp. Ice makes a surprisingly good insulator, and the blankets do too.

One of the best sources of free water is your roof gutters, it is best to store this in a rain barrel or cistern since the rain is already watering your garden that day, use the stored water on a dry evening. Also look for ways to catch the runoff from parking lots and driveways, an artificial pond is one way to save this water.

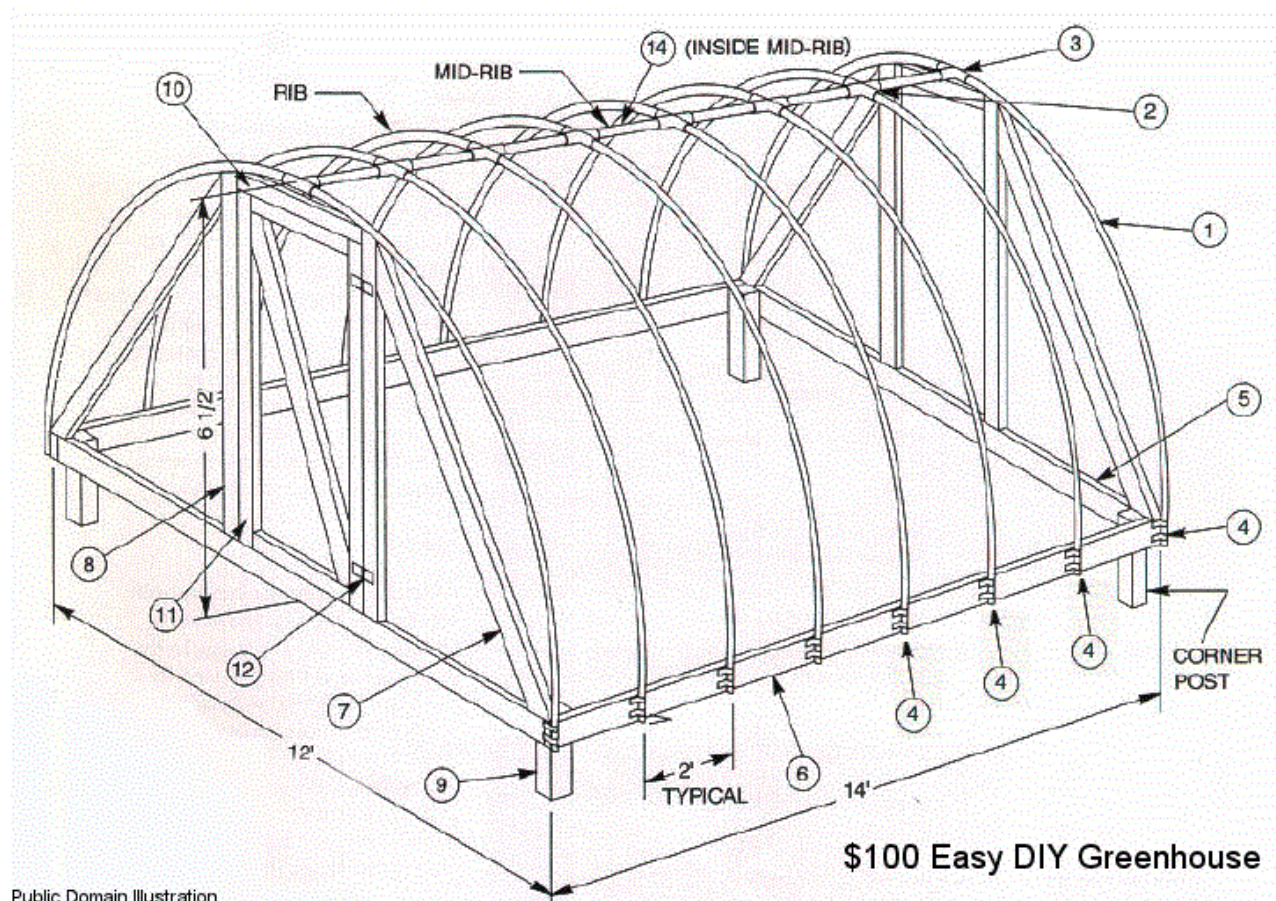
## Tire Farming

A stack of tires filled with soil is the start of a vertical farm. Plant between the tires and wedge small openings for your plants. The tires help conserve water and space and are especially good for growing root vegetables.

# Greenhouse

PVC pipe and UV Plastic sheet are almost all you need to start a greenhouse, saving you water and increasing crops. It is important that the clear plastic you use will resist degradation, ask at a garden or hardware shop. Choose a site with well drained soil. If you will be growing only in summer build under the shade of a tree to reduce overheating, but place in direct sun if you plan to grow full lifecycle plantings, shade cloth or white plastic can substitute for natural shade if overheating is a problem. Use environmentally friendly ground contact pressure treated wood like CCA, untreated wood will rot quickly. When leveling the frame on uneven ground dig a trench on the upper side which will be easier to seal. The large 4x4 posts are to keep the greenhouse anchored in wind. Use Schedule 80 Pipe if possible, other pipe will be weaker. The mid rib PVC pipe is cut into about 22 ½ in long pieces and rejoined with the cross joints. EMT tubing in the mid-rib (number 14) or spine strengthens the rejoined tube. Use two or more people when bending and anchoring the PVC ribs into the EMT strap loops(number 4) to prevent damage to the joints and ribs. Stapling down the plastic cover is the best way to attach it, allow some extra plastic to extend and be covered with dirt to help make a seal. Find some old garden hoses and punch drip holes or use drip irrigation tube, it will stay under the ground sheet for drip irrigation. Lay down ground sheet plastic and punch holes for your baby plants, or a few inches of sand or gravel, these limit mud and weed problems. Bury the edges of the greenhouse plastic with soil or sand, it is important that the edges be sealed to keep rainwater and moles out. Even in the coldest weather be careful that a small heater or heat lamp doesn't overheat the greenhouse, in summer open the door if overheating. This greenhouse design will support four inches of snow, if there is more snow add additional prop supports. Connect twine hanging from the ribs for vine and soft plants. As the plants grow help them twist around the twine for easier vertical growth. This works great for cucumbers, beans, and tomatoes. Flowers and food for sale can be grown year round in most areas. If you need more room extend the length of the greenhouse following this design, a wider frame will be weak in wind and snow. If you need to save money leave out the door but not the wood door frame and use overlapping plastic flaps.

Illustrations and design courtesy of North Carolina Cooperative Extension Service, modified for Steal This Book Today



**\$100 Easy DIY Greenhouse**

## Bill of Materials

Item	Qty.	Description
1	16	$\frac{3}{4}$ in. PVC Schedule 80 Pipe, 10 ft long
2	6	$\frac{3}{4}$ in. PVC Cross Joints, Schedule 80
3	2	$\frac{3}{4}$ in. PVC Tee Joints, Schedule 80
4	32	$\frac{3}{4}$ in. Galvanized electrical metallic tubing (EMT) Straps
5	2	2"x6"x14" Outdoor Treated No. 2 Pine Boards
6	2	2"x6"x12" Outdoor Treated No. 2 Pine Boards
7	4	2"x4"x7" Outdoor Treated No. 2 Pine Boards
8	4	2"x4"x6" Outdoor Treated No. 2 Pine Boards
9	4	4"x4"x2" Outdoor Treated No. 2 Pine Boards
10	2	2"x4"x3" Outdoor Treated No. 2 Pine Boards
11	2	1"x4"x12" Outdoor Treated No. 2 Pine Boards (to cut up for door parts)
12	1	Set of door Hinges
13	1	Sheet of Plastic 24 ft x 20 ft, 4 mil thickness
14	1	$\frac{1}{2}$ in. x 10ft. Galvanized Electrical Metallic Tubing
15	1	PVC cleaner
16	1	<b>Fresh</b> PVC cement
17		misc nails, screws, and staples

## Plastic Sheet

Bury old perforated hose or drip irrigation tube under black UV plastic sheet along the planned rows of crops, open small holes for your plants or seeds, it will reduce the need for herbicides and weeding in an open field.

## Guerrilla Farming

Our revolutionary warriors need never use violence to feed the people. By building an arsenal of seed bombs even the ignorant sheeple can be equipped for the coming changes, plus this is fun to do even if you are mobile and have no garden of your own. Just mix one part clay, three parts compost, and edible vegetable seeds, soften with water, and roll into small balls. Deploy in any open areas. Easy to grow crops include onions, peas, beans, beets, rutabaga, potato, and zucchini. Aim your bombs for areas that have the right sun/shade ratio and moisture, avoid mowed areas where the crops will be killed.

## The Organic Way

As various studies can show, you don't need to dump fertilizers and pesticides on your plants to have a thriving farm/garden. The organic methods of gardening re-sprouted in the 70's when a few of the hippies and yippies took to the country in order to have a cheaper and peaceful life. After the conservative era of the 80's, and spreading from the the Pacific Northwest and Vermont in the 90's, more people really began finding the advantages of growing organically in the last few years.

## Organic Pesticide Solutions

- Rotenone the extract from roots and stems of several tropical and subtropical plant species belonging to the genus *Lonchocarpus* or *Derris*. It was first used as a fish poison, its powder

is an effective pesticide and is only moderately toxic to humans, birds, and mammals. Rotenone is allowed by most organic certifying agencies.

- Tobacco leaf extract can be made as a tea from tobacco and sprayed onto your plants, one cup of tobacco to one gallon of water. Do not use on pepper, eggplant, or tomato plants.
- One clove garlic and 2 tablespoons cayenne pepper crushed and soaked in warm water work effectively, filter and spray onto plants.
- Mild soap solution sprayed onto plants will offer repel pests, a mild salt solution often works too.
- Most plants with strong odors or sharp flavor have these attributes to repel insects, try alone or in combination to eliminate insect problems.

## Organic Fertilizers


Organic farmers use animal manure, manufactured seed meal, home and garden compost, and mulching as well as several natural mineral powders like rock phosphate and greensand, a naturally occurring form of potash. Used tea leaves are very good for restoring nutrients to the soil. What else would you do with them anyway? Straw can also be used super effectively as an organic mulch.

## Compost

Composting is the natural breakdown and return to soil of organic wastes such as garden and kitchen wastes. It is best to keep your home composting to the waste of vegetarian animals and vegetable matter, meat and dairy require higher composting temperatures, consider burying this waste instead. Once the composting is under way, start a new bin or pile and use the older heaps for garden fertilizer.

If you are involved in a food co-op or something similar, such as a commune, or even a group of like-minded individuals living on your street, you should designate someone as the official composter. Sending all of your organic waste to the compost cuts down on your waste output as well as that of the whole world. Once the compost batch is done, distribute it out to those growing food.

## Soil Nitration

 Some crops like wheat will remove nitrogen and nutrients from the soil, while others actually increase available nutrients. It is important to remember that one crop crown continually will burn out a field and will attract pest infestation. Some examples of good rotations to improve overall soil nutrition are alternating rice then cotton, or soybeans then maize, old Europe farmers planted rye the first year, oats or barley the next year and nothing the third year. The Irish potato famine could possibly have been prevented had crop rotation been used. Sweet-clover is a great fallow cover crop with very high nitrogen fixation but be careful as it can cause bloat in some animals if they get into it. Use all available compost and green manure to improve soil nutrition. Chemical herbicides and pesticides can kill the nitrate fixing bacteria in the roots of your plants.

### **Nitrogen fixation in legumes grown under irrigation of 8 inches of water per year**

Crop	Nitrogen Fixed Symbiotically (lb N/ac)
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Sweet-Clover	223
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Fababean	267 (Must have proper irrigation or nitrogen fixation drops greatly)
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Field Pea	178
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Lentil	134
Soybean	134
Chickpea	108 (good in dry soil)
Dry bean	62

## Farm Animals

If the bee hive colony collapse disorder turns around, a fun way to commune with nature and help out your own crops is to start and run a bee hive. Try to be organic in you bee farm by not using weird chemicals. Some claim the bee mite problem is caused by over sized artificial bee honeycombs, making over-sized bees. which can have their windpipe infected by mites. Others claim it is due to the constant movement of bees. Bees like to stay in one place. Don't bother them by constantly moving their hive or smoking them. Leave them part of their honey for food. Don't completely substitute corn syrup.

Even if you only have a small available run area, raising chickens will help eliminate some bugs and provide you with eggs. Use a bright light after laying to find the unfertilized eggs. These will rot if not harvested. Let your chickens run wild if possible, as they will usually stay near the feed, they also need a nesting box with hay. Ducks, quail, pheasants, and peacock are also fun to raise for eggs. These birds can live off of kitchen scraps cracked grains and corn. It is easy and cheap to mail order live poultry chicks if you don't have a farm store nearby.

Goats will start giving milk after having their first litter of kids. As with chickens they need place to be free they will eat almost anything including non-food be careful, if there is no grass make sure they have hay. Some goats can be trimmed for wool.

If you have a pond where you live or if you can lay down a plastic liner in a depression in the ground you can start raising fish and aquatic plants. You can start by stocking fast growing fish which you either catch or buy and then introduce them into your pond and feed them. You will need to watch water temperature and aeration (oxygen) as well as PH so you fish will survive. Adding aquatic plants both helps feed and oxygenate the tank the plants are also fed by the fish. Chicken wire fence will help keep robber animals like raccoons from stealing the fish.

## Warm Improvised Clothing

If the weather changes quickly or you get a slush or snow storm you will need to improvise some warm clothes until you can get some.

### Insulated Coat

If you already have a thin insulated coat you can boost the insulating power by carefully cutting stuff holes in the liner where you can insert crumpled balls of newspaper as an insulating layer, be careful that your cuts are not destroying your coat. If you plan to use paper balls as removable insulation on a regular basis you might consider sewing long pockets into the inside you your jacket for this purpose. Something like this <http://www.15belowproject.org>

## **Rainwear**

Most hardware stores sell plastic sheet by the meter or yard, we often use this for shelter and greenhouse building projects. Another use is to create a somewhat durable rain poncho for a few cents. Open a head hole and form a hood from extra plastic sheet. You can join everything using packing tape. This should get you by for around a week which we hope will be time to find something better. Rainwear worn as a top layer will also increase the insulating power of a jacket even if it is not raining but don't seal yourself up so much that condensation and sweat destroys the insulating power.

## **Boots**

You can turn regular shoes into winter boots by putting a wool or warm sock onto your foot followed by a sealed plastic bag and then finished with a cheap sport sock to protect your plastic bag. Don't expect the plastic bag to last for long hikes but it will let you travel outside without fear of immediate soaking in cold slush. We have found that one or two layers of bread bags work well. It is important to change to dry inner socks at least twice a day or when they feel damp.

## **Make Your Own**

If you can beg or borrow a sewing machine, loose comfortable clothes are just a few stitches away. Try asking grandma for her old Singer machine, she might think you are getting over your rebel phase. Even the battery powered pocket sized machines sometimes sold under the Singer name are better than no sewing machine, even though they can only chainstitch hems and edges. Get a wall power adapter and maybe devise a foot control pedal, they also need a special needle so order several of these.

Start with simple trousers, skirts, and ponchos. For material, you can recycle cloth from damaged or otherwise unsaleable clothing discarded by thrift stores, or you can buy unmatched cloth remnants at an on-the-bolt fabric store. With a little practice you can even make your own tents, backpacks, and bivvy sacks. Look for camping gear sewing patterns in 1970's vintage books. Knitting is a good way to spend your time if you are at a sit in demonstration (regardless of gender). Knitting needles also are a discreet defensive weapon even if they are plastic.

## **Diving for Furniture**

Making furniture out of scraps of garbage that you find around when doing urban forging can be wonderful, and any DIY shop will have salesmen willing to explain how, or you can check online for a DIY site. Additionally, furniture can be found whole when foraging, especially in the back of furniture stores, and drop offs, like the back of thrift stores. (Warning: Taking items dropped off at thrift stores or donation boxes constitutes theft of varying degrees depending on what jurisdiction you're in.)

# The Street



Many of the homeless in the North America are youth turned out by hateful, abusive, or perverse parents or step-parents. This chapter is to address the needs of a street person during the first few hours to weeks until they find a safe support group and hopefully some kind of proper shelter. The language of this chapter is mostly directed toward teenage women but the survival tips apply equally to both sexes and any age. The streets are not an option in terms of living, the fact that you are out there means you had to run before there was time to plan, you must move quickly to find safe shelter and support.

## For those who have been abandoned on the streets and forced to make terrible choices

**Just because you might have sold your body for sex to survive does not make you a prostitute**

**Just because you begged for money to survive does not make you a beggar,**

**Just because you stole to survive does not make you a thief**

**Just because you sold drugs to survive does not make you a drug dealer**

**Just because you did drugs to survive the hurt does not make you a addict**

**You ARE an important, stand up to right the wrongs of society**

## Reasons to Leave Home

If you are seriously considering leaving the reasonably free supply of food, clothing, heat, bed, and roof over your head you must have a very good reason. **But NEVER trade sex or abuse from your alleged guardians for these!!** Leaving might be the right choice, but the street is what happens when you have no choice, think hard, don't you have a relative, friend, teacher, co-worker, anyone you can go to for shelter to avoid the street?

## Physical Abuse

If you are in a situation where you fear for your personal safety or have already been assaulted you should do two things first of all file a police complaint and open a file with family services documenting the problem. It will probably save the whole family from the physical abuse of the type you have been suffering. Unfortunately abused parties like drug addicts suffer from withdrawal, you may be in more hot water for removing the abuser from the home by those who remain. If these actions cause no change and you have tried every other place to hide it might be worth risking a flight away even to the dangerous cold streets to escape worse violence at home.

## Sexual Abuse

At the first sign of sexual abuse leave your house and open a file at welfare services and the police as well as demanding a temporary restraining order be placed that day. You must do this to protect not only yourself but any other vulnerable family members. If the police, court, or social worker takes no action attempt to find a friend or relative to hide with. Sometimes this separation is all that is needed. Especially in second or third abusive relationships you might not be able to expect even your mother to believe your claims of abuse, unfortunately this may be the end of your relationship with your sick family. Only as a last ditch emergency action should a girl go onto the streets to avoid rape or sexual abuse since a teen girl is also a prime target for street predators.

## Reasons not to Leave Home

Annoyance with your parents or siblings, discipline, or school related problems are probably best dealt with in your own home, you have no idea how bad the streets can be especially for a girl, a sexist world it is, most every perv wants to take a piece of a teenage girl. We are not worried that you will remain homeless for more than a few days, our concern is that your leaky roof and stained bed will be owned by a brutal pimp and your rent will be paid in depraved sex acts with diseased strangers.

## Dangers on the Streets

Since you have no safe storage on the streets everything you own must be with you at all times, this leads to the bag lady or shopping cart homeless that you have seen.

If you are underage you are unable to sign a legal contract for a car or apartment and are considered something similar to property of your parents or guardians, get a fake ID as soon as possible.

Most cities make it illegal for the homeless to sleep hoping it will make them disappear or die, when you are asleep behind a bush or on a bench you can expect others to rifle through your bags and pockets stealing any useful or valuable things they might find, not to mention placing you in a very vulnerable position for physical or sexual abuse.

Worse yet a young woman without any hand to hand combat training is at the mercy of a huge abusive rapist type. Your best defense is being in good shape and sprinting away from the first sign of trouble.

Sometimes you happen to be in a dead end street or the exit door is blocked there is no option of running away. While some confused orthodox liberal feminists and well armed cops may disagree, the idea that an armed woman is just some weakling who is only going to turn over her weapon to her attacker is just foolish. On the way out of your abusers house(only if you have safety and time) grab his gun and some bullets, or spend some precious money and buy your own handgun. You must learn how to safely use that gun, try to get a carry permit too. see Piece Now

If during your fight for survival you become somehow involved with someone who is in the drug trade and are arrested at the same time as them you can expect the system to attack you like a mother bear. Once you are convicted with a felony drug crime almost all social services including health care, food stamps, and student aid can be denied to you for the rest of your life.

It seems to us that the system needs to maintain a class of people who only have the option of larceny, selling drugs, or prostitution. It is catch-22 laws like this among other abuses that make us realize the legal governance of our nation has been left behind.

## Unprepared

Most decisions to hit the streets happen in a fearful rage after an attack. Hopefully you got out with at least a warm jacket shoes and clothes. Unless you managed to grab a wallet or purse you have no money, ID, or phone. In this case you must find the first police station or hospital and report the crime, but be wary of giving identifying information, you don't want your abuser to convince the cops to send you home. Many people make the mistake of wandering the streets for hours or days as the evidence quickly loses its potency. Get help but be cautious if the help includes a lock down type facility.

As an aside if you managed to grab your mobile phone, think hard who pays the bill and who controls the account. Your abusers can easily file a missing person report or even a stolen phone report and track you down that way, you might just pull the battery out to be safe for a few days. Credit or debit cards also leave a trace where they were used, if you really need cash have a friend with a car withdraw cash from an ATM on the other side of town.



## Evil Helpers

There are those men (and occasionally women) who prey sexually on the freshly homeless. Be wary of a single man of any age who offers you a place to stay with no strings attached in his own home. Never accept room and board for any kind of sexual favor. Never accept any drinks or drugs from strangers or those you have recently met. **NO MATTER HOW DEPRESSED YOU ARE DON'T DO ANY DRUGS OR ALCOHOL.**

Even churches cannot always be considered a safe place, the same is true with homeless youth shelters, unfortunately these low pay positions are an easy place for men who want to abuse young women to meet their prey.

Be on very high alert and avoid places where prostitution is common, pimps may recruit by coercion or they may just kidnap rape and begin to sell the body of a young woman. Many pimps use the introduction to hard drug addiction and controlled supply method to enslave women. **Again do no drugs when you are on the streets!**

## Choosing Good Helpers

Only accept help from a religious worker or volunteer once you see their home has what appears to be a normal relationship and children, don't stay alone by any singles, widowers or divorced, a normal dinner with the family should usually be enough to scan for weirdness, especially watch how the kids interact with their parents, look for fear. Some Christian types may try to push their faith on you, you already know what you believe you don't owe them that, pretending that you are listening is a small price for a safe roof and food to eat until you can get on your feet, but you can also be looking for another place to stay. **DO NOT ABUSE THIS TRUST, DO NOT STEAL FROM THESE HELPERS!!** If you need something ask.

There are cults that might take you in even give you a place to sleep, be careful and bolt if it appears that they are into locking down doors, brainwashing, punishments, or trading food for conversion or good deeds.

## Personal Needs

Until you can find what is a safe place to stay the temptation is there to shoplift for your needs, this might indirectly solve your shelter problem with a night in jail but it could also dump you back in you abusive and now wary former home.

## Shelters

Most shelters require a sign up some time in the early afternoon, stop by a few of them and see which ones are clean and which ones will try to turn the underage back over to their abusers. Homeless shelters are one of the first places the police check during a man hunt. Expect to have your stuff pawed through as you sleep unless you are literally on top of it, stash valuables someplace safe before hitting the shelter for the night.

## Food

If you knock on doors you would be surprised how most people will give you either part of a warm dinner or at least a can of creamed mushroom soup that was in back of the cupboard if you ask nicely. See [Free Food](#) for more ideas.

## Services

Before identifying yourself be sure that the service you are checking into will not inform your abusive family of your location.

### Rape and Battery Support Groups

Some of the best services for women are rape and battery support groups, some will even match you with a safe house of a formerly abused woman to stay with and counseling. Don't get freaked if some of these women are a little fragile or weird, they have had to glue their shattered life together from some serious shit, you are part of their healing. **DO NOT STEAL OR TAKE ADVANTAGE OF THEM!** Be wary that some groups are based on the premise that all men are evil, overlook this and work on your healing.

### State Welfare Services

This varies from one state to another be careful since some states if they believe your story will throw you into something similar to juvie hall for abused kids. As we know abused people learn to abuse be careful not to jump from the pan into the fire.

### Foster Home

Most often a state welfare agency will send you to a foster family who will assume full parental power over you for at least a limited time. These people are often unsung heroes but like some teachers may have become burned out and now do the service for the stipend. Keep your eyes open for potential abuse which sometimes occurs and keep in good contact with your social worker. It is a good idea to set up escape plans now while things are cool in case the freaks at state welfare decide you are a liar and send you back to your abusers. Stashing escape gear, making deals with friends or relatives for emergency shelter is vitally important. Take counseling seriously and if you feel that the worker is getting nowhere with you ask if another social worker could be assigned.

### Stealing

In some times and places you may be forced to shoplift to survive although if you look around there is usually an alternative. But **Never** steal from those who take you in to help you! You are first of all hurting yourself as you seriously risk being turned back out back to the cold street, you also burn the people they might have helped survive in the future. If you have a need for some survival item or cash ask them, or get it in some other way.

### Mail

One of the difficulties with getting social services when homeless is that you have no proper mailbox to use when applying for aid. In 1994, the Postal Service issued a ruling that the homeless are eligible for a PO Box if they can provide a piece of official identification, a way to be reached, or proof that the postmaster knows them. The rule also declared that homeless people are entitled to general delivery service indefinitely, not for just 30 days. Unfortunately in some locations the US Postal Service has done everything it can to deny postal service to the homeless person.

You could try applying at the post office for a PO Box with your pre-eviction address before you get kicked out, use the address of a homeless advocacy agency with their permission, or the address of a friend. Once you have the PO Box you don't really need to worry about the street address unless they ask for updated information. An added benefit to having a real PO BOX is that in some offices you receive an after hours code to the heated mailbox room, which is of course locked so the homeless won't sleep there.

General Delivery is a great choice for you if carrier service or a PO Box is not an option. Your mail

will be held at a Main Post Office for up to 30 days and can be picked up at any retail window. This is the easiest starter option if you don't have a permanent address. The zip+4 code 9999 means general delivery. The only real pain is if you have a long schlep to a main (full size) post office. Here is an example of how to address general delivery in the US:

Abby Hoffman  
General Delivery  
Washington DC 20090-9999

## Health Clubs

Would you ever expect us radical Yippie types to suggest you go for one of the biggest CorpGov ripoffs of all, the gym? Yup. Athletic clubs basically subsidize the price of membership because ninety percent of the overweight slaves who sign up never show up for the first week, but they are stuck in some crazy year contract. If possible beg the ID from a person who resembles you or modify the ID and use his key card to get in. Once the employees get to know your face they will check your ID less, don't get too friendly though since the homeless are really not welcome at these clubs. Women may want to find a women's only club so they don't have to put up with guys harassing or oggling them. Even if you have to pay it is often worth the money if you are without a proper home for the following services:

- Clean Showers-you have no idea how nice a private clean shower stall is when you are in a filthy squat or shelter hopping.
- Therapy Pool(warm pool)-the streets are cold in the winter, it is amazing what an hour in a therapy pool will do for your back and muscles cramped from nights on the ground shivering.
- Sauna-If we manage to find an abandoned room the chances of it having proper heating are pretty low, often we can find a dank damp moldy building to squat somewhere. An hour or so sweating it out in this dry air and cleaning the fungus and mold out of your lungs can make such a difference in your health and energy level. This is also an opportunity to dry out your feet and treat immersion foot.
- Exercise Equipment-not that we really need it so much, we are on our bicycles or walking all day but it is a good idea to work your abs and back groups to prevent back injury. Use the stretching stations to limber up and prevent injury.
- Locker, try to rent a big one, this may be your only safe storage space.

If you want this plan to work you need to visit a public restroom and pre-clean yourself, at least your visible areas, before hitting the club, also put on some bagged clean cyclist or workout clothing. The employees must *NEVER* know that you are homeless or they will surely try to terminate your membership!

## Guys, Gals, Roommates, and Safety Pacts

A word to the young women (but can also apply to young men and homosexuals of both sexes) who are forced out of their family home and in one of the many less desirable shelter scenarios presented in this book. Until you get a serious case of street smarts (don't ever fool yourself that takes several hard years and lots of very painful mistakes) be very wary of taking residence where there are any males in the mix.

Unfortunately thanks to a chemical called testosterone, that courses in amazing quantities through the veins of males from their early teens onward, the normal rational judgment of even the sweetest smartest guy is clouded to a varying extent when it comes to interaction with young women. If possible make your life easier by rooming or crashing in a female only environment, if at all possible with a strong locking door and secure windows. All of the catty female politics that might annoy you are infinitely simpler and safer than dealing with some confused guy who might decide to stalk you or try to get his hands on you.

Your best plan is to make a long term pact with one or two trusted like minded women who swear to stay together and guard the safety of the others first above any other consideration. It is also every womans (and every revolutionary) responsibility to watch out for the safety and care of newly homeless girl and to guide her into her own safety pact group.

## **Crash Pad Romance**

Nearly every person in our movement is a decent honorable person but we want to leave no room for error with our most vulnerable, the abused run-away. Let your mixed social interaction take place only in public or group areas. Realize that an abused person may have varying feelings toward romantic advances varying from disinterest to active revulsion, pushing the issue can not only prolong and interfere with their healing but may also lead to a misunderstanding and serious allegations of misconduct against you.

## **Mental Illness**

A reality is that a percentage of those seeking or living in alternative housing are not there as a form of protest against a broken CorpGov system but because they have untreated and sometimes dangerous mental illness, do what you can to see them get proper treatment, at arms length if you must, but don't make them your problem as well, choose your friends and roommates wisely.

## **Survival**

### **Shelters**

The idea is to somehow get inside and warm and safe. Homeless shelters, squats, and alternative shelter can all provide some of what you need if you can get inside, anyone who has been out knows that emergency bed space for both men and women is a precious and limited commodity often denied for dubious reasons, especially considering the crazy rules and waiting lists that can be involved.

### **Sympathy Psych**

If you can dress and clean up nicely and act the non-destitute, normally successful part people will actually have more sympathy for you as they see a small reflection of themselves and their life in your situation. This might get you into shelters, peoples homes, and other options where a "gross" homeless guy would be turned away in disgust, play to your audience for success in sheltering. Women should not overplay abuse or fragility, no matter how hard it is acting as "normal" as possible will pay off in protecting and sheltering yourself and any children with you.

### **Destitute Sheltering**

If all else fails and you are stuck overnight outside we would hope you have some wilderness camping gear and can get to a park. Most homeless forced to sleep outdoors are not so well equipped due to theft, dire poverty, or breakage. Even a cardboard box and a plastic trash sack is better than nothing at all, try to insulate with cardboard and crumpled newspaper, this could save your life. Keep your torso, groin, neck and head insulated at all costs. Hide under anything that will give some protection from the elements.

## Alcohol and Cold

It may make you *feel* warmer but alcohol will speed the progression of hypothermia (getting too cold) by letting all of your heat out of your core areas to your arms, legs, head, and face, hypothermia is the leading cause of overnight death in the homeless population. **Don't drink alcohol to stay warm!**

## Hot Water

No matter how you do it, acquire a thermos and keep it filled with hot water, you should be drinking this hot water by the gallon every day and night. It is usually not too hard to walk right in to a restaurant, convenience-market, or gas station, you can be filled up before the staff can even begin to complain or kick you out. The other good source for hot water is to use a pocket stinger heater, see Pack Your Bag, Immersion Boiler, just plug in wherever you can find power, many outdoor signs have a place to plug in just keep your eyes open, power plugs are everywhere even outside. Most hot water faucets you will encounter just don't put out water warm enough to keep usable heat even if stored in a thermos. Even if you are not getting enough calories in your diet drinking the hot water will save the caloric energy you would have used to keep you warm in cool or damp weather meaning you can get by on less.

## Other Tips

See [Free Clothing](#) for tips on increasing the warmth of your clothing.

## Other Help

Call 911 if you think the cops can help you or get to a pay phone and dial these free numbers

National Domestic Violence Hotline: 800 799 SAFE

Rape, Abuse and Incest National Network (RAINN) Hotline: 800 656 HOPE

National Teen Dating Abuse Helpline: 866 331 9474

See Free High School for information on how to get emancipated, becoming a legal adult before 18

See Low Impact Crashing and Squatting for more homelessness tips

# Low Impact Crashing

## Intro

When, for whatever reasons, you're Homeless or Living on the Streets (I called it "Being Houseless" when I was living rough, 'cause Home, Baby, is where the *Heart* Is!), cleanliness can help in so many ways, and yet it is one of the first things to get blown off by some people due to the foul attitude that sometimes accompanies being Houseless against your will. Stay cool, and dedicate yourself to remaining clean and healthy, no matter how bad The Man wants you looking nasty to give fearful yuppies another reason to avoid confronting the nastier problems in our society. Tell yourself that staying clean and healthy is your way of saying "Fuck You" to stereotypes of homelessness and poverty. Maintaining a high standard of personal hygiene can turn around people who would normally be quite hostile to brothers and sisters who are either down on their luck, or simply unable or unwilling to tolerate normal (abusive) employment conditions.

You will often find yourself with access to an abandoned building, open unused room, and maybe even a bed in a house but for social, security, or other reasons no access to a normal kitchen,

laundry, or bathroom. Many of your needs will be met using your regular camping gear like sleeping bag, ground mat, and stove but often you can take advantage of the utilities and environmental control offered, but beware security systems.

Check out Pack Your Bag for easy packable urban crash gear.

## **Kitchen**

### **Portable Electrical Cooking**

You will likely have access to electricity once indoors. If that's the case it is better to use this for cooking than risk fire and waste expensive fuel using your fuel stove. See Cheap Chow for some pocket immersion cooker (stinger) recipes. If you are in a location where you will be staying for a while a hot plate, or coffee cup warmer and Sierra cup for minimalists might even be smarter to cook with than a stinger since there is no fear of gooping up your heater.

### **Pots and Containers**

Camp pots and pans work great. Acquire used plastic food buckets for washing and trash/compost/recycling, and plastic bags for storage. Large, empty and very clean cans can be used as cooking pots. Just remember that if the food inside is hot, so is the can. Use pot holders of some sort, or hold it carefully with a pair of pliers at the lip.

Keep your food in resealable containers like plastic bags or deli tubs. Food left out can either spoil or attract unwanted critters of all types. Remember to keep anything that touches your food (including your hands) as clean as you can. Also, zipper seal type bags can be washed out and reused. Turn them inside out to air dry.

### **Refrigeration**

If there is no refrigerator, get ice from the local convenience store or fast food joint and put it in a plastic bag with your food. If you buy a large bag of ice, keep it closed. When it melts, you will have clean drinking or washing water. If you can score a cheap Styrofoam cooler, do so and use it! Some of the pharmaceutical cartel cold transport boxes even come with an ice-gel pack that if you collect enough can be refrozen by sympathizers with freezers, water filled frozen soft drink bottles work good too and you can drink the thawed contents. Often just asking nicely will get the drug dealers (pharmacist) to save these cold boxes for you. Since it was free you won't be too sorry leaving it behind if the cops or security sweep and clear your squat.

### **Microwaves**

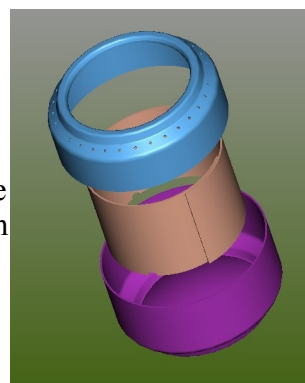
Make friends with the staff of a nearby convenience store, most have microwaves for heating up the junk they sell. If you ask nicely, you may be able to use these to heat food you've acquired elsewhere as well as the expired one day foods the employees let you "rescue".

### **Sterno**

If the electricity or gas is out, a Sterno-style camp stove that folds flat can be worth its weight in gold. While canned gel fuel burns for two hours on average, the metal "candle" types with liquid fuel used for buffet warming pans (often called "chafing fuel") can burn for as long as six. Just remember to burn them in a well-ventilated area.

## Drink Can Stove

An inexpensive spirit(alcohol) stove can be made from 2 soft drink cans. Both cans are cut about 4cm above the bottom and the center flat/dome are of the bottom is removed from one, force the cut out center piece into the uncut half. Stretching one cut can with an unopened full soft drink can makes this easier, a few drops of water in the can to be stretched can be heated with a stove or lighter so it will pop off of the full can from steam. Make an inner wall up to the cut edge from left over can top and insert into the center hole of the stove. Punch small holes every 4mm. This stove can only safely burn methanol, ethanol alcohol(paint store), brake fluid antifreeze, chafing dish fuel, and rubbing alcohol, although isopropyl or rubbing alcohol will produce some soot. The stove is very cheap and light but over time the fuel is expensive when compared to gasoline, diesel fuel, or kerosene and produces less heat per ml.



[http://en.wikipedia.org/wiki/Beverage-can\\_stove](http://en.wikipedia.org/wiki/Beverage-can_stove)

**CAUTION!!** This basic model soft drink can stove has been field tested by us and it works well with care, but be careful as the fire that is caused by the Alcohol cannot be put out with water. One of our writers bumped his stove and almost had a room fire on his hands. Fortunately though he had an extinguisher close by to put it out with. But water didn't work. So be extremely careful with all of these open top alcohol stoves both manufactured and home made.



A different possibly safer closed top spirit stove which will not spill is described here <http://ygingras.net/b/2007/6/a-better-soda-can-stove>

## Other Stoves

More detail on stoves in [Backpacking and Camping#Food Preparation](#).

Petrol and kerosene stoves can only safely be used out of doors on stone or mineral earth, or in a fireplace, that said some are able to generate amazing heat, the best are designed to quickly melt and boil snow for mountaineering teams, they are best for extended stays where fuel cost is an important consideration.

Triangia of Sweden makes an ultra light cook set which includes an alcohol burner, It's not as fast to boil as cartridge gas but it's cheaper and MUCH safer than petrol/kerosene stoves indoors. It can be difficult to find spirit/alcohol fuels in some countries.

Esbit butterfly type fuel pill burning stoves are a good emergency stove and don't take up much room. The Hexamine fuel pills look like large sugar cubes, are legal to mail in most countries, burn hot and give off no smoke. The bad side is that they often give a strong smell and noxious fumes (so never cook food directly over them outside of a pot or pan), can leave a heavy residue on your cookware, and are expensive compared to other fuel sources.

Small kettle type or Pyromid brand folding charcoal grilles are good for secluded squats. REMEMBER! Never use any charcoal burning devices or barbecue (BBQ) grills indoors in a well sealed room, since the carbon monoxide can kill you! Always make sure that you are in a burn resistant area like on strictly sand or concrete or in a fireplace with a working chimney. The smell and heat of your stove, charcoal, campfire smoke, or cooking food may alert security or the police to your squat or activate fire suppression systems.

Keep a pail of water and a box of baking soda, mineral earth, or salt handy should a fire break out. Baking soda and salt snuff out grease fires, while water causes them to spread. Dry mineral soil, such as sand or clay but not dry organic duff or mulch, works as a good extinguishing agent.



## Chimney Stoves

You can get a much better ventilated fire using the chimney concept to accelerate the intake and output gas of a wood fire increasing the heat and greatly reducing smoke and smell. Find a piece of steel (other metals may melt) or cement pipe at least three or four inches wide. If all you have is a straight piece at least a eighteen inches tall cut or break a feed hole and light the fire, a cinder block or two can be broken into shape to make a stand to keep the chimney from falling over, cut several one inch wide half circle holes on top so the hot gas can escape around your pot. Even better is 18 inches of pipe for a chimney a 90 degree elbow and about a foot of horizontal feed pipe, this all increases the draft and makes for a hotter flame, you can partly block the intake side on the bottom to slow the flame, feed the fire with wood or charcoal pushed in with a stick. An ash hole at the back of the elbow will let you clean the stove while it is burning.



You can also build a chimney stove with clay mud if you can find it where you are camped, dig out the fire area and just form a chimney, the heat will help fuse it into a usable stove, most cultures use a tapering cone shaped like a beehive.

Cardboard and newspaper balls in the horizontal feed pipe help get the draft jet started and blow the coals or wood to blazing life quickly. Be careful as this stove can make lots of sparks with some kinds of wood and almost always with paper and grass, some screen over the top of the chimney will stop almost all sparks.

## Hobo Stove

During the Great Depression of the 1930's, many of the destitute cooked their meals with Hobo Stoves. These were often made from large metal #10 cans (like one ones used for coffee), with holes cut along the sides near the top and bottom for ventilation, and a small covered opening at the bottom to put your fuel source (Cut a door, but leave enough for a hinge). Canned fuel works great for this, but put it on a heat-proof base like a cinder block, stone floor tile, or some bricks. If you use it outdoors, you can burn small scraps of wood, paper, or just about anything that will burn.

## Buddy Burner

Often a buddy burner was used with the hobo stove, this was a tuna can with a strip of cardboard that is the same width as the height of the can, roll up tight like a snail shell to fit the can. Fueling with melted wax is best but food oil or kerosene can also be used although these are both a bit more dangerous and more difficult to carry, a powerful flame is produced. Be careful melting wax on anything but a double boiler, stove top melting can cause it to catch fire, liquid it is like a kerosene fire. The flame can get pretty big so you will need a way to control it, to regulate the flame use the can lid and cover part of the flaming surface to reduce heat, smother with a larger can or lid to kill the flames. To re-fuel the burner when cooking feed small chunks of wax onto the burning cardboard or spoonfuls of fuel. One fuel that is easy to find for free is used fryer oil, look behind restaurants. [http://en.wikipedia.org/wiki/Hobo\\_stove](http://en.wikipedia.org/wiki/Hobo_stove)

## Hobo Grille and Oven

If you don't have a nice BBQ grille you can always improvise. One of the ways the classical American grille does its job is by holding the heated gasses under the hood to cook from all sides.



Build a buddy burner or buy a charcoal pre-heater can, the kind with holes in the bottom and a handle on the side, it is reasonably portable and pretty cheap. Get a grill from wherever old refrigerator shelves work, disposable foil BBQ grilles thrown out at parks are also a good source. Get a fire going and down to good coals, now put the grille over the top and follow with a large coffee can or cookie tin, the can will retain the heated gasses just like a grille hood or lid.

### **Advanced Hobo Ovens**

The old buddy burner works well using charcoal, but an oven is useful in your squat. If you have a simple hot plate with a variable heat setting you can make a small oven.

You will need:

- a coffee can or larger sheet metal box
- the metal coffee can lid for a floor plate
- a tool to punch holes
- Steel electric fence wire for grate and to suspend the floor plate
- an oven thermometer
- a ceramic plate or pot lid

Both top and bottom of the can are removed and the can is placed onto the burner (an exposed coil type burner is better than a closed flat one). Three holes are punched about one cm. above the level of the burner. Wire is laced through these holes to suspend the loose can lid as a oven floor. Punch a ring of holes one cm. large about 2-3cm from the edge of this floor. 1/2 way up the can punch holes and lace wire to make a grate for food. A ceramic plate will sit on top to make the roof of your oven. Cut three or four small triangle vents in the top of the can to allow the heat to rise. A hole in the side near the grate can be punched so the thermometer probe can enter. Adjust the hotplate to set temperature, keep an eye on your thermometer for temperature drift.

If a hot plate is unavailable you can attempt to use a 40-100 watt incandescent light bulb. Leave the bottom of the can intact except for a hole that you can thread the light bulb bottom through, adjusting temperature by opening holes in the top under the plate. The "Easy Bake Ovens" sold in toy stores work this way.

## **Washing Clothing**

A plastic bucket and laundry detergent or liquid dish soap (NOT! dishwasher machine soap) works great for washing clothing. Regular laundry detergent powder works good but can stink up your pack and clothes if it is perfumed. Some soaps claim to be concentrated, look for the one that needs the least soap per load. In some stores you might find bars of washing soap. This can be used to pre-treat stains (Wet the soap, wet the stain, rub). Remember that some washing soaps like Fels-Naptha are strictly for clothing and not for personal use (but some swear by it for treatment for rashes caused by poison ivy and other skin-irritant plans). You can also grate up bars of ordinary bathroom soap.



There are metal agitators that can be bought through catalogs that specialize in non-electric households. Lacking that, you can use a rubber toilet plunger (preferably one that HASN'T been used in a toilet) and a large bucket. A metal washboard can come in handy if you will be staying for awhile, but might be hard to find in some areas. Try a store that caters to migrant laborers. Remember to use your camp stove to boil some water to add if you need a awrm water wash, or use your stinger immersion boiler directly in the bucket.

A public restroom is also good to wash you clothes, especially socks and underwear.

- Pre-treat any stains with stain spray or stick
- Plug the drain, packing a flat universal drain plug with you is a good idea here

- Half fill sink with warm water and some detergent or hand soap in a pinch
- Soak for a few minutes and squeeze occasionally
- Drain dirty water and squeeze water from clothes
- Add clean water agitate and drain, repeat if dirt or soap remain in the clothes
- Dry small stuff with the electrical hand dryer, wear the rest to dry it

## Drying Clothing

A narrow bungee type cord makes a great dry line, but don't leave it outside when not drying clothes, sun and weather will make it rot. Make sure there is air circulation in the place you hang your clothes to dry or you might end up with a unhealthy mold problem in that room. If you need to wash and wear, you can carefully roll one or two pieces of clothing in a large dry cotton towel, then twist and hold for about a minute removing most of the moisture. Hold damp socks and thin gloves over the opening of a hand or hair dryer, be careful not to burn synthetics with a hair dryer. If you have no other option spend the money and go to the laundromat, this is often the safest and easiest way to dry a sleeping bag in winter.

## Improvised Clothing

see [Free Clothing](#) for ways to increase the insulating power of your clothing

## Clean Water

### Irrigation

Irrigation systems can be tapped for water, this may be your easiest source if you are camped under a bridge, although it may not be safe to drink. Double check on that water since some irrigation systems, especially those in desert areas, often use "greywater" or "sullage" that is treated waste water (Yuck!) and is not safe for washing or drinking. If the nearby fire hydrants or junction boxes are painted purple, then that is the most likely case. Irrigation systems usually run on a timer and flow during the late evening so you will have to store the water you need for the day.

### Garden Hose

If you have a friend in the forest or fire service they can likely get you the flat nylon jacketed garden hose that is thrown away after forest fires, you can also get this flat hose on a reel in garden stores, this packs small and light and is useful if you need to get water to your squat from a hose faucet or to wash up behind nearby bushes. Don't forget to get a light hose nozzle and valve.

The knob on most public water faucets is removed so the homeless can't get a drink or wash, but most are standard square and are available at hardware stores, most useful to us is the key or tee shaped faucet knobs made to be carried in your pocket.

For all but assured clean drinking water use your backpackers water filter or boil. Allow the hose to run for a few minutes or be careful to drain after every use to eliminate the problems of stagnant water. The FDA has standards for drinking water hose, so look for certification on the package if buying a new hose (The ones certified for drinking water use are often made of white plastic).

## Filtration

If you need a water filter and can't afford a proper backpacking model maybe you want to make the terracotta/organic water filter which removes most harmful bacteria. This design is by a team in Manatuto in East Timor including ANU materials scientist Mr Tony Flynn.

You will need:

- straw and cow manure for fuel
- terracotta clay
- used tea leaves or coffee grounds or rice hulls

Instructions:

- 1- Take a handful of dry, crushed high clay mud.
- 2- Mix the clay with a handful of your organic material.
- 3- Add enough water to make a stiff biscuit-like mixture.
- 4- Form a cylindrical pot that has one end closed.
- 5- Dry the pot in the sun.
- 6- Surround the dried filters with straw.
- 7- Place in a mound of dried cow manure.
- 8- Light the straw and then top up the burning manure as required.

In less than an hour the filters will be finished. Fill the filter and let the water slowly drip through the bottom into another container. As far as effectiveness against bacterial pathogens and larger Giardia this filter removes 96.4 to 99.8 of E-coli bacteria, well within safe levels.



## Boiling

When all that is available is questionable water but you do have a good fuel supply most parasites and other microscopic troublemakers can be eliminated with this method.

- Filter water with a coffee filter, paper towel, or several inches of cloth stuffed tightly into a cut off bottle.
- Bring water to a boil and shut down, it is pasteurized.
- Collect and store water in a clean container free of contamination.

Why just to a boil? And what is with the city always saying 20-30 min with additional instructions water temperatures? The reality is that above 160° F (70° C) all pathogens become inactive within 30 minutes and above 185° F (85° C) within a few minutes, so in the time to reach 212° F (100° C) all the bad microbes will become inactive. The first filtration is to remove larger microbes and cysts like Giardia which are a bit stronger.

## Bleach

Unscented bleach can be used to purify water if you can't get it straight from a known safe faucet. This is the cheap Clorox type without any additives to improve colors or smell. Try to filter your water before treating.

- Filter water with a coffee filter, paper towel, or several inches of cloth stuffed tightly into a cut off bottle
- 2 drops of bleach per quart of water
- 8 drops of bleach per gallon of water
- 1/2 teaspoon bleach per five gallons of water
- If water is still cloudy, double the dose of bleach.

The treated water should be allowed to stand covered for 30 minutes, it should have a slight

chlorine odor, if it doesn't give it another dose and let the water to stand for another 15 minutes. If the treated water has too strong a chlorine taste let it stand exposed to the air for a few hours. Be careful concentrated bleach will leave holes in your clothes if it spills or splashes, rinse out quickly.

## Fire Sprinklers

**Don't try to tap a fire sprinkler system for water!** You will set off the alarm and your squat will be discovered. Once you drain even a few PSI from the system it will fill with water and alarm, if it is an air pressurized system. Water filled systems are often filled with an antifreeze mix, these systems also alarm and call the fire department if any water flow is detected.

## Bed

Several layers of corrugated cardboard on two or three wood freight pallets make a passable mattress getting you off of a cold or damp cement floor. A hammock suspended from pipes, ceiling supports, or eye-bolts anchored into a cement wall is a comfortable way to sleep dry. Of course your sleeping bag and pad will work almost everywhere.

## Bath

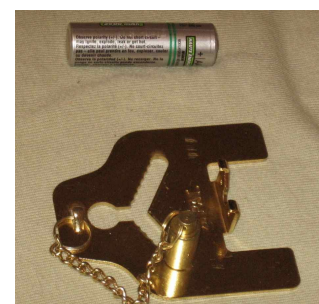
Failure to properly wash hands, face, and food especially after going to the bathroom has been shown to be a larger cause and vector of hepatitis, beaver fever, E-coli cholera, and typhoid and other potentially deadly bacteria and viruses than even polluted water both in urban and wilderness environments. Wear sandals in any shower or communal bath area where foot fungus is possible; foot rot can ruin your best mode of transport.

## Soap

Going to a hotel in around noon and asking maids with their cleaning carts for a few bars of soap is one way to stock up. Asking a doorman at a nice hotel, just walk up as direct and nice as you can, and say, "I am homeless, may I please have one bar of soap?" will work more times than not. Bring a plastic grocery bag into a fast food restaurant and squirt out a good five or ten pumps of liquid hand soap. Store it wisely, or else the stuff in your pockets or backpack will be wet with sticky cleansing goop. A bottle of liquid soap with a neck cord is great for quick commando showers, and won't fall down to a disgusting bathroom floor.

## Indoor Bathing

You can buy a special hose with a large rubber gasket-type stretch over connection that fits loosely over about half of the faucets you will find, turning the faucet into a long-hose shower head. It's available for a few bucks in the plumbing section of most of the big-box "Mart" stores, some pet stores, and hardware stores, it can turn a secluded public restroom with a floor drain into a private spa. Slowly turn on the water and keep the pressure down so the adapter doesn't pop off the faucet. These shower kits are reasonably lightweight and you can easily remove the rubber faucet adapter and get a proper threaded plumbing adapter for your regular faucet in most cases or for a garden hose, this will prevent wasted water and a wet mess, even with a good slip on fit the universal rubber adapter spurt lots of water at the faucet connection.



For more privacy while washing off you might use a door jamb lock available at luggage stores, or a door stop to lock the bathroom, only use this option during off hours and at a location where there is another bathroom available for people to use. Leaving a hardware store lock hasp might work, but leaving that kind of obvious evidence of your activity might get that convenient bathroom closed.

## **Shower Bottle**

Grab a milk jug cap and/or a soft drink bottle cap and either drill or melt with a hot nail a dozen or so 2mm holes. Since they are so light make one or two for different bottles in your area, they will be in your pack ready to screw onto what you find. A black plastic bag will let your bottle warm up in the sun even in late spring and early fall. Pre-mix heated water with cold, boiling water will deform most plastic drink bottles. Some bottle caps also match drinking system bladders which will also work for showering.

If you heat a large nail or bolt you can melt a hole to join two bottles so a cut off bottle can be used as a filler funnel (this also works for the cut off bottle sand filter) watch out for damage to the cap threads and seal edge.

## **Frugal Bathing**

If you are overloading a squat or house and need to conserve hot water, are at a public restroom with a very small water heater, or you are dipper bathing from a bucket of warmed water here is a way to not waste your limited supply.

- 1-Wet yourself down
- 2-Turn off water
- 3-Soap up head, groin, armpits, and any places with tough dirt
- 4-Rinse

If you are limited to a bucket you should use a large cup to wet and rinse yourself, dumping the bucket over your head is a good way to accidentally run out of water while you still have soap on your body.

Even more frugal is to remain dressed and wet your hands or washcloth with water (warm if available) and wash first your hands, then your face, breasts(especially when nursing), armpits and abdomen, groin and butt crack, finally your feet. Be sure to then cleanse your hands and washcloth well so you do not contract or spread disease. This would be a good time to change and wash your socks, underwear, and washcloth. Be wary of antibacterial soaps found in many restrooms which can strip your skin of natural oils and protective bacterial leaving you open to harmful bacterial infections.

## **Hot Water**

Your electric stinger immersion water heater can be put into your wash bucket and used to warm around three or four gallons of water, enough for a dipper shower or a washcloth bath.

In summer a dark colored garden hose full of water laid out on the roof or pavement will collect solar heat and around noon you can take a nice hot shower by turning on the water.

## **Outdoor Bathing**

One editor used to wash up in back of a church with a garden hose and a bar of hotel soap, drying himself off with his own shirt or pants, whichever was cleaner at the time. The clothes dry off in minutes, even faster if you first wipe the water off you with your hands and flick it away, and it's a great feeling knowing you can keep clean and healthy under your own power under nasty life conditions. A trick used by a number of hobos and rail-riders is to carry a large squirt bottle with diluted baby shampoo. The idea is to wet yourself down, squirt yourself with the diluted shampoo,

lather yourself from head to toe, rinse yourself and then dry off. You'd be able to clean yourself in about 3 minutes.

You can use your bucket and adapter shower hose to make a siphon shower. Submerge the whole shower hose set into the bucket and let the bubbles go out. Hang the bucket from a tree branch, pipe, or other hanger, now quickly bring the shower head down to a level below the bucket allowing the siphon to begin sucking water from the bucket (it might help to tie the other end of the hose to the bucket handle). Be sure the adapter end is as close to the bottom of the bucket as possible, if you have two feet of hose drop below the bucket it produces a nice spray. If you break the siphon just suck on the shower head (use the side of your mouth to suck and your cheek to seal most of the spray holes) until it starts flowing again. If this is too complicated you can hang a flower sprinkler and tip it with a rope to shower.

If you are camped out or can't find a bucket use your sleeping bag stuff sack and a plastic shopping or garbage bag liner to hold the shower water. Don't use the draw string on the sack as this will likely rip out when you hang it up. Instead insert your hose and make several wraps of cord around the neck of the bag now hang up the bag, to start a siphon shower squeeze the sack.

If you can't use your electrical immersion water boiler you can boil some water in a cook pot and add it to your bucket of cold water to warm it up.

It is a good idea to hang up a privacy sheet using your hostel sack and clothing line or at least wear a light swimsuit while you wash down since straight neighbors might call the police for public nudity, that and the pervs who might get the wrong idea.

## **Baby Wipes**

Baby wipes give you a refreshing clean feeling when you are away from normal bathrooms, especially if you are on the road but are expensive, heavy, and wasteful.

It is also easy to make your own wipes. Flannel, terry cloth and plain cotton t-shirts can be cut into squares and make great cheap washcloths. Put a little diluted bathroom soap in a plastic baggie and you can get clean wherever you are. If they dry out for some reason, just add a little more water.

Note: stay away from anti-bacterial soap for this as it can irritate your skin terribly if not completely rinsed off. Think rash.

## **Toilet**

A chamber pot or pee bottle is a good idea if you want your trips into and out of your toiletless urban squat minimal to avoid detection. Women need to find bottles with a large opening or a urine stream funnel which can be bought or made from a diagonally-cut 1 liter bottle. If there is no toilet, or it doesn't work, use a 5 gallon bucket (check the dumpsters outside the local fast food joints) and improvise a toilet seat (Anything flat that can hold your weight and with a hole big enough will do). Get some chlorine bleach, dry earth, sawdust, or cat litter to pour into the bucket after each use to kill the smell. If you can get the lid to the bucket, keep it and use it. Also, line the bucket with disposable garbage bags. Double bag it because you do NOT want it to leak when you're taking it out!

If the toilet in your squat is not clogged but doesn't flush when you push the lever or you have no water pressure to refill the flush tank, a bucket of water dumped into the toilet will cause a flush cycle.

Toilet paper can be expensive or hard on the sewer or pipe system in some parts of the world. While it may seem disgusting to some readers here is the post toilet cleaning method we saw while in Jordan. The left hand is wet with the bathroom sink or a bottle of water if outside, now the wet hand is used to wipe your butt repeat until clean, then wash your hands really well.



# Electricity

Electricity is a big part of the magic of the modern world. With electrical power we can heat our squats and tents, charge batteries, and run full size computers. Without electricity we are back in the 19th century either freezing our asses off or burning expensive and often unsafe fuels.

**Working with electricity is a very useful skill to our movement but if you are not taking proper precautions can also easily be deadly.** If possible find a free vocational electricians course or even take a electrical apprentice position for a few months.

## Power Jacks

Power jacks are found in almost every room around the First World. If the jacks are turned off there are in-line light fixture adapters that screw in and still allow the light bulb. If there is only fluorescent fixtures a a few wire nuts and a chopped off extension cord or heavy speaker wire with a power receptacle on the end will let you tap into the power, be sure that the power or breaker is off when you are doing your work, tape over the switches so nobody surprises you with a ZOT of electricity when they enter the room. Sometimes there will be a blank panel of the right size where you might expect a switch or wall jack, open it up and test the wires to see if they are live. Many institutions use a weird screw head pattern to open up electrical panels, a few minutes of work with an old screwdriver and a file should make the right tool.

## Alternative Voltages

Think about 110/220v flexible gadgets when buying travel items - you never know where you will be globe hopping.

If you can score a fully charged vehicle or better a deep cycle battery, consider investing in a DC to AC power converter/charger with battery clips, be sure not to let the battery drop below 10 volts or it will cause wear on the battery plates. Some highway signs have a big 12 volt solar panel that will charge car batteries. Small 12v to 110 or 220 converters are now cheaply found especially in truck stops and gas stations. see Cars

If you can find a working car alternator it is possible to charge storage batteries using homemade windmills, exercise bicycles, water wheels or whatever creative way you can get some mechanical energy. This is much easier to find or build than solar panels. The batteries must have some charge for the alternator to create a charging field.

## Outdoor Power Taps

**!!DANGER!! High skill required!! DANGER!!** A person with appropriate skill can remove a bulb or splice into wiring from public light displays or streetlights, appropriate safety and training must be used as there is no way to shut off power for this work, serious life hazard is involved.

Remember power in light poles is live even during daytime or off hours, and can carry as much as 40 Amps of power and be over 400 volts (1/8th Amp is enough to kill you).**!!DANGER!!**

## Testing

A very small glow bulb AC power tester can be purchased in most hardware stores, these are safe, easy to use, and don't burn out. Use this tester to determine if there is power in the wiring of a building and if the grounds are connected on a plug. You can also use this to test where the electrical company has cut off power (sometimes it is right at the meter). On 220 volt systems both "hot" wires will give you a glow when connected to ground, on 110 only one "hot" wire will give a



glow when connected to ground. The ground is the bottom round pin in American 110 volt plugs, the ground diverts power away from you if an appliance short out inside, this is important in metal cased appliances and tools especially when using them on wet concrete.

## Free Electricity

Contact your electrical company and relief agencies to see if there is a fund or discount for the indigent, some programs are for the elderly or homes with children. These programs are often part of the contract that the power company has with the community public utilities commission. Power to the People!!

## Lighting

A small, cheap desk lamp shining upwards can illuminate a whole room. A compact florescent lamp that screws into a regular light bulb socket will give lots of light (and very little heat) and be a very minor electrical drain; this is good if you are tapping the light socket power for other uses.

Small oil lamps and the oil used to burn in them can be had at the big box stores and hardware stores. Just remember that those things get VERY HOT after a while. If you use candles, never leave them burning unattended. You can increase the light by putting a mirror or aluminum foil behind the candle and reflect the flame. You can make an improvised oil lamp using a glass jar and any vegetable oil (NEVER use motor oil!). Place a cotton wick like a shoestring. Heat up the bottom of the candle until it's soft, press it into the bottom of the inside of the jar, and when it cools, pour vegetable oil up to where the wick is exposed, then light the wick. The oil will burn with the candle. Some oils will be sooty and will smoke, so keep a window open. Keep it away from foot traffic, because if it spills, the spilled oil will spread flame VERY quickly! These type of open flames cause most of the deaths and property damage attributed to squatting.



Many grocery stores sell a seven day candle often with religious images on it, look in the Mexican foods section. These are great for night lights and the tall walls and splashing wax usually puts the fire out if there is a tip over.

If you are in an underground squat, something like an old abandoned subway or utility tunnel a Coleman type lantern using pressurized liquid fuel which gives the best large area coverage might be a good idea, the propane type lantern might also be considered if you can get a big propane tank like is used for a barbecue grill, look at camping shops or online for a long adapter hose. Above all be careful with fire safety.

If you plan to spend hours or days exploring underground tunnels a carbide type lamp which is fueled with water and calcium carbide. The cheapest way to find a carbide lamp is in an antique shop but be sure that it is in good shape and the drip valves still work.

## Stealth Light

If you are concerned with being noticed in your squat as you fumble about at night you should not use a full power flashlight or even a standard white LED light. Some flashlights like the one used by the army come with color filters, red to preserve night vision and sometimes blue which is harder to notice on a dark night. In any case if you really want stealth it might be smart to go a step further and poke a pinhole in some foil and blue filter the light too. Avoid swinging the light it is better that it not move as this attracts less attention. Blinking the light on and off as needed is what distress beacons do to get attention, bad idea for stealthy squatters. Do a light survey with a partner outside and assess the visibility, consider paper or cardboard over the lower windows to stealth your



squat if they are too visible.

## Cooling

If you can get a fan, all the better. We like the small cheap clamp-on models. You can make an improvised "swamp cooler" by putting a bowl of ice in front of the fan, and let the air blow across the ice. If you can find a rack to hang a towel or damp clothes in front of the fan (but not over it), wet the towel with water. As the water evaporates, it will cool the air. If you can get a hold of a small sprayer or ultrasonic fogger that generates a constant mist, you can spray the air in front of the fan. Just remember to keep the water away from the fan itself. Water and electricity don't mix.

During the real dog days of summer a cool bucket of water for your feet can really make a difference, add a well ventilated chaise lounge and you are ready for a nice siesta.

The heat of the day is the ideal time to bathe and wash your clothes and wear them wet, you will feel clean and your damp clothes should keep you cool for a while. This works best in dry areas, but even in a humid place sitting in front of a fan with damp clothes will cool you down.

If you have made a squat inside a building with HVAC there might be a thermostat for you to manipulate. Most won't allow you to set desired temperature but a hot pack in summer or ice pack or snowball in winter should get you closer to that desired temperature.

## A Word on Batteries, Solar, and "Wind-Up" Gadgets

You might see ads for various electrical devices (radios, flashlights, etc.) that generate their own power by wind-up motors. Many of the expensive ones often use a small rubber belt in the pulley drive that gets stretched out and slips after a few years. They are a bother to replace, if they can be replaced at all.

Others require LOTS of winding, since the hand crank is connected directly to the dynamo. It's best to wind these things up to charge the on-board batteries when you have nothing else to do, since you want the power when you need it. Gadgets with a small solar panel are best.

If you can score rechargeable batteries and a charger, great. Just remember that plug-in chargers need constant voltage (the town library usually has a few unattended outlets), and solar powered chargers need about two days of steady sunshine to charge the batteries. Also, rechargeable batteries lose their power in storage, so check the charge and try to keep them refreshed. If you can find a larger solar panel like is used by the road department on signs or the ones from car storage lots for keeping car batteries charged, these will work more quickly than little solar clamshell chargers.

see also Cycling for bike generator charging

## Pest Control

- Keep your squat very clean, you might even consider eating and storing food in a different location than you sleep. Leaving your food in your pack is an invitation to have a mouse or rat chew a hole.
- Shake out and wash if possible all clothing and sleeping bags as bedbugs like to collect here.
- Vinegar can sometimes get rid of ants and roaches, if this fails try boric acid from the pharmacist/chemist or the hardware store.
- Bay leaves, mint, and other aromatic herbs will help keep insects out of your gear.
- Citronella candles are expensive; try to find pure citronella oil sold for cleaning, this is the extract from citrus peels, it can be burned with a wick to drive off flying insects but also gives away your position from its strong citrus smell.
- A buzz haircut helps avoid lice but if you have long hair a drop or two of olive oil on you comb every the morning is healthy for you hair and skin but also prevents the lice from finding a dry spot for gluing their eggs to your hair near the root.

- Eating raw garlic will repel many insects including mosquitoes, it is no substitute for a net in areas infested with malaria or other flying insect carried illnesses.
- In malaria country remember to tuck the mosquito net under your mattress at night after you have inspected for holes and mosquitoes, fold up and store during the day.
- Don't forget to take your malaria prevention meds every day in an afflicted area.

## Backpacking and Camping



Backpacking and camping are both viable ways to live without a permanent address. Backpacking implies much more mobility and deeper wilderness, the equipment is mostly suitable for touring both on foot and by bicycle. Camping is more stable and often involves more comfortable bedding and cooking equipment. A camper hitches a ride, drives, or even uses a trailer, while a backpacker can easily move on her own. As an aside remember to respect the wilderness, have realistic plans and gear for food and shelter or in some places you could easily starve or freeze to death.

## Backpacking

Contrary to what the magazines and gear shoppes would like you to think you don't need to have the most expensive equipment money can buy to take to the hills. There is sometimes a trade off in comfort, weight, and function with the expensive gear, but never let price keep you from choosing this option, we hope some of our ideas can get you out without breaking your budget. Remember often the price difference in the ultra\$\$ brands is because of expensive advertising.

Don't forget to visit mom and pop army-navy surplus stores for lots of weird junk mixed with some useful and sometimes very high quality camping gear, unless you swiped it from a base a bit of the money from surplus supports some generals slush fund, but the deep discounts are worth it, just watch out for obsolete, worn out, heavy, or low quality gear. Unfortunately unless you move fast most of the best deals are quickly grabbed and sold at online auctions.

## Packs

A quality pack is very important, fit is very personal, you need to try on the loaded pack (take 30-50 lbs of well sacked sand bags or call ahead and see if the store has some) before you buy and walk around for at least an hour.

Quality frame packs while not in vogue are often cheaper and let you carry lots of heavy gear, the internal frame packs hug tight to your body giving you more stability. Be sure the straps are comfortable on your shoulders and chest and that the sternum strap can be moved to a comfortable place Women especially need to find a pack with shoulder straps contoured to not rub their armpits or breasts when cinched tight.

The old US Army ALICE frame pack is an excellent buy if you can find one in good shape on the surplus market.

Care must be exercised since a high priced pack might have bad stitching or components and a really good pack might be sold for very cheap if it is a brand unknown in the US.

Things to look for: well ventilated back pad, anti-damp shoulder straps and belt pad, useful outside pockets, drinking system compatibility, gear attachment loops, modularity, quality zippers, and durability especially at the shoulder straps and seams.

A pack cover with a draw string protects your pack from rain and also makes it difficult for pickpockets to quickly find the zippers. A pack cover could be reversed to cover straps during air travel.

## Daypacks

When traveling find a good daypack that is comfortable when either attached to the main pack straps or looped forward on your arms as well as when you wear it on your back. Keep your valuables in the front day pack where you have control of it and leave your bulky stuff in the main pack.

Small light-duty packs good for a windbreaker and sandwich lunch are available which fit into a key chain or wallet and weigh almost nothing.

## Tents

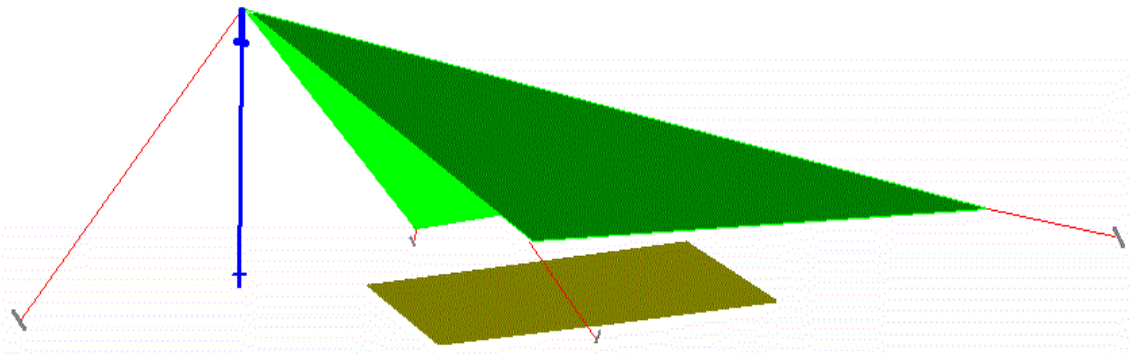
A tent serves several jobs; insect protection, privacy, sun shade, and weather protection; the tent construction will affect the performance in all of these areas.

- For insect protection be sure that there are full closing zippers, some inexpensive tents leave the bottoms of windows and doors open, durable screens and zipper seams are less likely to rip out quickly.
- Privacy is the easiest to get, even the cheapest tent is usually opaque, a luggage padlock on your zipper will keep the honest drunk and stoner from crashing out in your tent while you are away.
- Sun protection is best achieved by buying a polyester tent with UV resistant coating or aluminum impregnated into the tent giving the fabric a silver color. Even a good tent should be kept in the shade if possible to reduce degradation.
- Weather resistance and is what makes the difference between a \$20 tent and a \$800 one. High quality tents are season rated, a one season tent is made for use in summer only resisting rain, two also includes late spring and early fall meaning it has better ventilation, three season is for early spring and late fall meaning it can take light snow, a four season is reinforced to withstand heavy snow and still not collapse.
- Construction quality varies widely between tents look for the following. Bathtub bottom construction means that the waterproof ground cover extends up a few inches to resist light flooding. Proper multilayer urethane coating on the tent fly will resist the strongest rain and not rot quickly. Quality Easton aluminum is lighter and stronger for pole construction than fiberglass. Taffeta inner walls that reach to near the bottom of the walls will help prevent condensation, be sure the fly is well separated from the inner wall to give good ventilation. YKK zippers are the industry standard and much better than the ones on inexpensive tents, glow zipper pull add-ons are nice at night. A mesh gear loft is handy to place a light, watch, glasses, phone, or keys. A large tent fly that extends from the tent can be used in rain or snow for stashing water resistant gear and careful cooking.

Without all of these fancy features we have successfully tested \$20 tents for whole summers in dry locations with occasional rain. If the weather is clear don't use the fly at night on a cheap tent, the small "skylight" screen will release enough moisture that condensation will not be too bad. On every tent buy quality seam seal and reseal all of the seams with three light coats to prevent leakage through the stitches. If your tent becomes wet and you have to move on set it up as soon as possible to dry out and prevent rot.

## Tarp Tent

For ultra light weight camping a UV treated nylon tarp and your walking staff makes a tent,

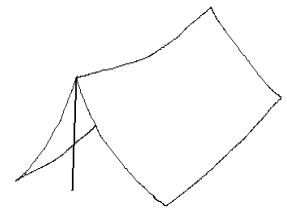


- 1- shorten your walking staff and stick into the ground
- 2- Connect one corner to the top of your staff
- 3- stake the corner opposite the staff to the ground
- 4- spread the other two side corners with five foot cords
- 5- stake side cords to the ground.

This gives good protection from sun and if placed mindful of terrain or a angled gutter is dug to divert runoff it will also protect you from rain. Suspend a light bug screen for insect protection.

## Army Poncho

The US army type poncho is multi-purpose item and works good as rain gear and makes a quick shelter. Two can be snapped together to form a pup tent or one as a tarp tent. Recent surplus ponchos are not only woodland camouflage but are designed to match the infrared background in a forest which is good if you are a fugitive but bad if you are lost in the woods. If you look in books like the army ranger handbook you will find ideas for using ponchos as rafts emergency stretchers and other useful things.



## Sleeping Gear

### Sleeping Bags

The price difference in sleeping bags is mostly a factor of name brand style, weight, and packed size versus warmth. The difference is in the construction, fill material, the shell, and in the lining. The shell is usually nylon and is thin or thick depending on if durability or weight are desired, for any shell the weave should be tight to prevent snags. Fill material available is constantly changing, 600 goose down is the gold standard for insulation but is worthless if wet, we don't recommend it for most wilderness use. Synthetics claim many qualities, but good fluff is what you really need; claims of new 3D fibers and such pop up every few years, be skeptical of amazing powers contained in the new expensive fiber. Lining is usually nylon, coolmax, or a nylon-cotton mix, the cotton and coolmax synthetics make the liner more comfortable in hot weather, while nylon is lighter. Construction is very important, some features mentioned only apply to a mummy style or rectangle bag, look for the following: neck and face draw-strings, quality (YKK is good) zippers, full length zippers, compatibility to zip two bags together, hang loops, mesh gear pocket, foot contour, thicker insulation on bottom, and box baffling of insulation.

A low temperature and a medium temperature mummy bag give you a modular extreme cold system, nest the smaller bag inside the larger for very cold nights, and in warmer weather if the zippers match you have room for two.

Many inexpensive sleeping bags can now be found to include many of the features needed to keep warm even in cooler temperatures, while not performing badly in terms of weight and packing. An

army poncho liner blanket is very light and can be stuffed into any place in your bag where you feel cold.

If you're really down and out, one or more of the "lint" blankets given away by homeless shelters inside of a taped or melted-shut piece of visqueen plastic sheeting will keep you warm and block the wind, but the blankets and bag need to be separated and dried out every day.

## **Sleeping Pads**

The best choice for a sleeping pad is a well made self inflating pad, it is both light and durable. However, if you are on a budget, stick with the old indestructible closed-cell foam roll-up mat, it will keep you warm and dry, but packs big. Cardboard or newspaper can be used to insulate yourself from the ground. Be sure to avoid sleeping with little-to-no insulation, especially if in the woods, as temperature changes and dampness can make you uncomfortable and even sick.

## **Bivvy Sack**

A quality Gore-tex bivvy sack will set you back about US\$300 in 2007 unless you can find a military surplus one. These manufactured bags are of high quality, tough, and waterproof. A bivvy sack is almost weightless when compared with a tent and greatly increases the cold rating of a sleeping bag. Quality bivvy sacks usually load from the top only because it is very difficult to have a leak proof zipper. They usually also have a zip-shut bug screen for the face and a draw string to close the opening.

Gore-tex type waterproof but water vapor passable fabric can be found at some large fabric stores. You might mix a few unmatched remnants to save money, remembering that every seam is a potential leak point (so be sure to seal them well!), the bottom can be ordinary waterproof fabric if you need to save money.

## **Hammock**

Your hammock is a good way to stay cool and comfortable in hot weather, you also don't need to worry about how rocky or steep the terrain is. If you are properly tied in with a harness (if you don't tie into an anchor and your harness it is an easy way to die in your sleep) you can even hammock up on a rock face, building sit in, or tree sit using tree or rock anchor points or bolts.

If you hang a tarp tented above your hammock you will protect yourself from rain and gain a bit of privacy, it is a good to stake down the corners with cord if you want to have better weather protection. A steel ring, clip, or drip line will prevent rain running down both the hammock and cover tarp lines. Use a bivvy sack if it looks like a real storm is coming. It is now possible to purchase one piece tented-over netted hammocks which are both bug and rain protection although most do not separate for other uses.

Like in stealth tenting look for a little bit of brush between you and the public areas sticking to dull colors for gear.

## **Food Preparation**

### **Liquid Fuel**

For international back country travel these tend to be the best as gasoline, jet fuel, kerosene, furnace fuel, or diesel fuel is available nearly everywhere. Liquid fuel stoves also generally put out the most heat, some enough for melting snow in large volumes. We like the MSR Whisperlite International and XGK although they are both expensive new they burn anything and are hot, the Whisperlite simmers better, XGK is tough and burns like an afterburner, they are still running years later with only the tools that they came with and are great used too. Give the newer MSR stoves a shake and a weighted jet pricker will clean your clogged jet orifice. Most of the pressure stoves on

the market will work well for you if only burning expensive Coleman fuel or gasoline. Used gear from a yard sale or junk shop can be fixed by cleaning the tube and jet tip on better stoves or replacing the disposable generator tube on the more common Coleman small stoves. Be very careful to know what fuels your stove is rated to burn before buying. Most multifuel stoves have one jet for light fuels like gasoline and a second for kerosene and diesel. Liquid kerosene or diesel fuel is usually the cheapest and lightest fuel option except for wood burners.

## **Compressed Gas**

Compressed gas stoves are lighter, easier to control, and can be cheaper. Compressed gas stoves, with due caution, can even be used inside your tent fly vestibule to cook during rain and snow. Some gas stoves include an electrical igniter.

## **Open Fuel**

This category covers pellet, alcohol, and wood stoves as well as many other improvised stoves. Alcohol and Sterno stoves are discussed in Low Impact Crashing, Kitchen and work well in warm weather. Pellet stoves like the Esbit fold small and light but are usually only used for emergencies. There are a few fan blown wood scrap burners which fill this commercial niche.

An interesting improvised stove is one made from an old oil filter and some welded steel break line, a feed hole is cut near the bottom and ash holes on the bottom a steel tube several inches long is attached a few inches up and it looks like a pipe with a giant bowl. Plastic or rubber tube is attached and a small bellows is connected made to blow the flame, good heat and easy lighting make this a real winner even in damp areas especially since it uses wood and bark bits as fuel.

## **Pots**

Stainless steel seems to be the way to go for durability although aluminum does win in a weight comparison. Non-stick is easy to clean until the non-stick scrapes or burns. A mesh stuff sack doubles as both a scrub and a strainer for food. Sand will help scrape out most gunk in a steel pan, some ashes act like soap. A small kettle is good for easy boiling and pouring especially in the cold. A few plastic containers are good for leftovers and mixing bowls. If you are part of a good sized group a wok might be worth the weight. see Cheap Chow

## **Insulation**

A Thermos type insulated container saves fuel by holding a near boiling cooking level heat in for many minutes after you shut off your stove, for example bring your pasta or beans and rice to a nice boil in a minute or two and then shutdown and pour into your thermos it will finish cooking in there. On a long campout or trip a thermos might easily be worth its weight in fuel.

## **Mess Kit**

A lexan bowl, some quality bamboo chopsticks, and a good set of stainless steel nesting utensils will work to serve most food you will be able to make in the wilderness.

## **Food**

Camping-store-bought freeze-dried food is too expensive to be of any use for sustenance. With a little thought and ingenuity, you can buy and make great light-weight camp food from a regular grocery store's stock. Use the calorie information available in diet books or container labels to plan a meal; you need to be sure to have enough protein, fiber, and vitamins every day. Have a written meal plan that will meet your daily needs; marking and packing all of the ingredients for a meal in a heavy duty Ziploc or vacuum pack/seal bag makes it easier to prep a quick meal. Your goal when on the move or working is to consume 3000-4000 Calories per day in summer and up to 6000 in high

mountain/winter. Our experience with most backpacker and cycle camping newbies is that they underestimate their hunger when planning sometimes as badly as a factor of three or four, it is OK to pack a little too much food especially stuff for fatty recipes that contain oil, butter, or margarine which are full of calories and make you feel full.

**Try these ideas instead of the expensive camp store foods:**

- Boxed noodles and sauce or macaroni and cheese
- Parmesan cheese, block or powder (for cheese sauces and topping)
- Instant rice
- Dry Pasta
- Tomato sauce for soups or sauces
- Oven dried veggies (for soup and stews)
- Oatmeal flakes (running it for a few seconds dry in a bladed food processor makes it "instant")
- Dried fruits and raisins
- Wheat germ
- Heavy Filling Cereals (i.e. Grape-Nuts)
- Powdered milk (reconstitute in a squirt bottle)
- Powdered egg mix (be sure to carry hot sauce)
- Dry cereal
- Cookies, Brownies and Energy Bars
- Oven dried and cured meat strips (hard jerky) for snack or soup
- Biscuit mix for simple breads, pancakes, and biscuits
- Oil for frying and margarine substitute (A gulp of oil before bed will raise your body temperature as you digest, if you can stand it. Flaxseed oil is rich in Omega-3's.)
- Spices, condiments, and sauces
- Powdered soup base or bouillon cubes
- Chicken, Tuna or other fish sold packed in Mylar pouches
- Instant potato flakes
- Dried mushrooms (like Portabello or Shitake, buy fresh and allow to dry in a paper bag for a few weeks for soups)
- Hot cocoa powder
- Liberated MRE Meal Pouches & Components
- Hardtack
- Instant Coffee & Tea
- Beans and TVP (Textured Vegetable Protein) Meat Substitutes

It is amazing what kinds of fun dishes you can whip up in the woods, when you are stopped for a few days, when you have the time and energy. Just but be sure that you have something bonehead easy and fast to prepare or better yet ready to eat, for when you set up camp after a hard day of hiking. Vegans need to pay special attention to their diet planning especially to their fat and protein

intake when on the move, most of their meals are naturally much less rich than the average Americans.

Keep all food and dirty pans and utensils away from the tent and out of your pack; a hang bag cache thrown over a tree limb will keep most animals out of the food. Bear-safes are required in some places but are heavy. Even if bears are not a problem, smaller animals can wreck your gear trying to get the food. Wash dishes away from camp.

## **Hardtack**

Hardtack is little more than a large cracker that, if kept dry, could stay edible for months, perhaps years. It's broken and mixed with some liquid (hot water, broth, etc.) to make a porridge, or to thicken soups or stews. If you make enough in advance, it can be eaten on the march or at camp. A recipe from the WikiMedia Cookbook follows:

- 2 cups of flour
  - 1/2 to 1/4 cup water
  - 6 pinches of salt
  - 1 tablespoon of shortening (optional, feels more filling and adds calories)
1. Mix all the ingredients into a batter and press onto a cookie sheet to a thickness of 1/2 inch.
  2. Bake in a preheated oven at 400°F (205°C) for one hour.
  3. Remove from oven, cut dough into 3-inch squares, and punch four rows of holes, four holes per row into the dough (a fork works nicely).
  4. Flip the crackers and return to the oven for another half hour.

Hardtack has been known as "sheet metal" or "molar breakers" because it is very hard and dense, so don't try to eat it like a regular saltine.

## **Forest Forage**

If you somehow are stuck in the woods for a long time drink pine needle tea for the vitamin C to avoid scurvy. Some soft (unripe) pine cones have food value cooked or raw.

The inner bark of many trees if boiled can be eaten for minimal food value but killing the tree.

Young plant shoots, soft inner stalks, and soft or bulbous roots can often be safely cooked or eaten raw, learn what is poisonous and edible along your travel route and local area. Always find a guide who is actually eating the foods to be sure failing that become very skilled in using a plant food guidebook for emergencies, pay special attention to the danger plants in your camping area.

Steel wire snares or baited fish hooks are a cruel and illegal way to survive by trapping animals and birds but it might save your life if you are starving, check your traps regularly.

Cut and cook or smoke to thin brittle jerky all meat as soon as possible to avoid waste, for a large kill where you are short on time in hot weather, skin and open fire roast or boil the meat first to short term preserve before smoking and salting.

A good rule is to never eat any plant foods that are bitter or burning unless it is a known food like peppers, although even rotted meat can be safely eaten in most cases if very well cooked or boiled for several hours. Always cook or smoke and then hang meat since bears, mice and raccoons are still interested in your food.

Don't expect to be able to survive on gathering, fishing, hunting, or trapping, indigenous peoples in what is now known as North America were very few in number and the wildlife was not as stressed, many first nations people also practiced agriculture.

Most foods can either be stewed in a pot which is boiled on coals of at least an hour preserving



most nutrients, if this is impossible then cook chopped meats and fish on a skewer over the coals of a fire. Fishing as a food source is a useful skill in some parts of the world. If you know what you are doing you might be able to supplement your protein intake with some lightweight gear. Forget about fancy gear like fly fishing, that is for the rich guys who tear up a fish's mouth and throw him back, we want the food and don't want to wait forever. A telescoping pole and spinning reel will do the trick without breaking your bank or back but a stick and floss will work in a pinch.


Some six pound test monofilament line will bag most small river fish. Ask locals their favorites but in general worms, corn, insects, and dough balls all work good, it won't hurt to carry some flashy, rattly, and spinny lures with your gear. Get a big assortment pack of fish hooks, they weigh and cost very little and are useful for a hobo on the move even if you just use a stick pole and dental floss. A bobber hangs your bait off of the bottom in still water, moving water requires casting out and recovering as it floats downstream, you can use a dry stick as bobbber if needed.

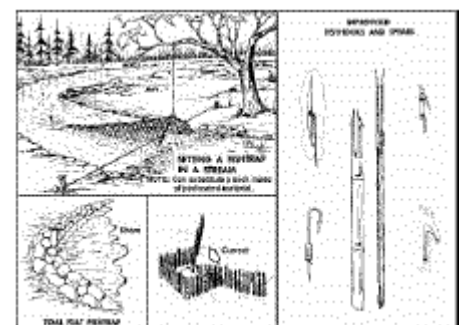


**Figure VIII-1. Fishing Locations**

If you catch a fish it should have firm and elastic flesh, clear and full eyes, bright red gills, a clean pleasant order, and an absence of reddish discoloration on the ventral side of the backbone, that is, the side of the backbone that's on the inside of the fish. Cloudy, sunken eyes, and gray colored gills are the first recognizable signs of old, decaying fish. When the head, gills, and backbone are gone, rely on your sense of smell and touch. Worn out or dying fish have much less nutritional value but cooking them will remove danger of illness.

In over fished areas forget about wasting your time. Sport fishers, hunters and gatherers are often out in huge numbers during hard times and will often cause many years of damage from taking too much from the ecosystem.

 Clean a fish smash the brain area to kill it, then cut from the anus to the throat, remove guts(these are good fish bait), use a dull knife to scrape off the scales, some fish are best filleted from the ribs but small ones are easier to leave in and remove when you eat it. Pan fry most fish with a little oil and spices or wrap in foil or wet leaves with spices and lemon and grille. You can also stew the fish along with safe sea creatures you can find as the tide goes out or are able to net.



**Figure VIII-7. Procurement Methods**

A small net at the end of a large triangle of rocks laid in the river to guide the fish in will make a good trap as will a series of baited hooks in the water strung to trees above, check your fish traps regularly, spear fish in the shallows with a frog spear tip on a stick.


Bombing fish in a pond with chlorine bleach is clueless destruction, it will bring them to the surface but will kill the whole ecosystem. Instead use rotenone or crush green husks from butternuts or black walnuts. Throw the husks into the water, it will do the trick just stunning the fish without killing the other animals, collect and eat or salt and smoke all fish you stun.

If near the beach walk the tidal pools and collect seaweed and sea creatures. Only eat known safe animals, most fish, crabs, shrimp, and lobsters are safe to boil up in soup and eat.

Watch out for fish and game cops they can take all of your gear, car, or boat as a punishment leaving you destitute if you are accused of poaching. In most cases if you hunt, trap, or fish regularly buying a license to take "The Kings" animals is worth the avoided trouble.

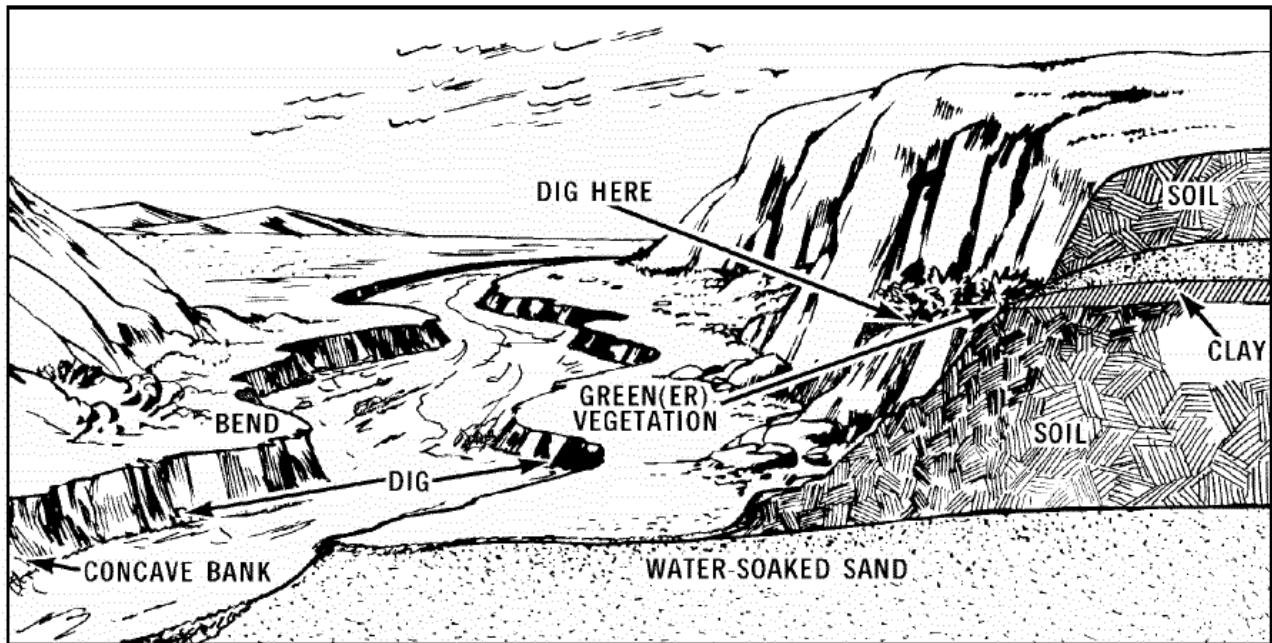
## **Water**

### **Purification**

Water purification pills, boiling, and unscented bleach will kill bacteria. but take around half an hour to work. Most backpackers who don't have access to plumbing want the convenience of a filter. We teach the construction of a drip filter in Low Impact Crashing or even this clay and cloth filter, but hand pumped models work faster and can remove pathogens from large volumes in a shorter time. DIY drip filters like in Low Impact Crashing are another means of purification like boiling is a very good idea if possible since while they stop large giardia cysts they might let bacteria through although a less common problem in the wilderness. Good filters have a scrub clean ceramic filter and are designed for easy field maintenance. Be careful that you pump out all water in and keep inside your coat in freezing temperatures as ice can crack the filter element. MSR, PUR, and Sweetwater make good filters. If you are near an open, natural water source or even damp soil or green vegetative matter during a sunny day with moderate heat, you can use what is called a solar still to generate fresh water.  Foam in the water is bad, it means pollution or something else wrong, pure water does not foam. Solar stills are either inflatable buoys that consist of a flattened black base connected to a parasol with a collection tube attached to the bottom of this or are made by placing clear plastic with a small stone weight in the middle over a pit with a collector can in the middle. It works by collecting bad water, green vegetation, damp soil, or anything containing water onto the bottom part and then using the sun to evaporate it. This leaves behind dissolved substances (like salt). The vapor is then collected inside the top of the cone and condenses. There is usually a thin fishing-line type cord that spirals down the inside of the top and empties into the tube. You can lead this end into a bottle or pouch to fill with clean water. It usually takes a while to get a lot, but additional stills will make this better. These are good for use if you are camped for a somewhat extended period of time in a desert area, or if you are out at sea. It is still a good idea to bring this distilled water to a boil to sterilize any bacteria. The manufactured stills are being phased out on liferafts in favor of hand pumped reverse osmosis desalinators.

### **Drinking Systems**

A backpack tube type drinking system makes sipping easier and increases water intake preventing dehydration in all weather conditions, adding a shutoff valve will prevent leakage if the bite valve is accidentally compressed, blowing air into the tube will keep that next gulp of water cool in the pouch especially if you have ice. You need to clean the tube and bladder well and store with a paper towel puffing out the bladder to prevent mold and slime. Many drinking systems have a large opening which is threaded and compatible with water filter pumps.



**Figure VII-2. Water Indicators**

### **Giardia**

Flagyl aka Metronozole is used to treat intestinal parasites like giardia which causes beaver fever the most common waterborne illness in the US. Filtering or boiling will make the water safe from these parasites but remember to also use clean water to wash your face and dishes. Giardia cyst are large and caught by most forms of filtration.

### **Hydration**

Be sure you are getting enough water to drink, plan minimum two liters a day if camped in cool weather, more if moving or the day is hot. Your urine should be a clear when in the field, dark or cloudy urine is a sign of dehydration, most Americans are chronically dehydrated. Even if the weather is cool insufficient hydration and urine output could lead to bladder and even kidney infection especially in women.

### **Clothing**

#### **Footwear**

Footwear for backpacking depends on your ankles. If you have steel ankles and arches you might be able to get by with trail runner shoes or light hiker boots. For the rest of us non-bionic humans the weight on our feet is paid off by the superior support of a mountaineering boot. The price of these giant boots is offset by the vibrant resale market where a slightly stinky used pair of \$400 boots can be had for around \$50.

If you will be establishing a longer term wilderness base camp, trail runner type shoes might be worth the pack weight for short trips from camp. River sandals are also an option for short trips especially if you will be walking through water. For the most part waterproof footwear is a problem either because about 30% of people perspire too much and the inside gets damp or because they step in water over their ankle and it takes forever to dry the shoe out since there is a waterproof barrier.

If tramping through swamps and rivers the old Vietnam jungle boot is a good workhorse although it gives less support than a big mountaineering boot.

Big woolly socks help prevent blisters, even in hot summer go for the big fluffy socks, we know some who wear an inner silk or synthetic stocking but watch for folds that can cause blisters.

It is vital important that you get a good fit and do not jam your toes into the end, jammed toes lead to ingrown nails and blisters which can become infected leading to a potential of major damage or immobility. When at the store do heel and toe kicks at the ground, walk around for a few minutes and if possible walk or in-place-step up and down on an incline to see if your foot stays tight without jamming your toes or making any rub spots.

## **Clothes**

Synthetic zip off trousers/shorts are easily available at the writing of this book, these are good for durability, ease of washing and drying quickly but some do hold body odors. Camping and ski stores often carry synthetic button shirts and t-shirts although for the money discount 100% silk Hawaii print or colored dress shirts work just as well, look for a durable tight weave.

## **Jacket**

In most locations, if you already own one, a light mountaineering type parka shell combined with one or two liner layers is a lightweight way to protect from rain and cold. The army surplus camo gore-tex jacket fits the bill, we have heard of some people successfully coloring them black without ruining the gore-tex.

If you are in a very rainy location think about roll up Gore-tex rainpants. Mountaineering gaiters are waterproof and keep your legs dry if you need to move along in wet brush or grass after a storm or heavy dew.

Under your shell layer lies the main insulation layer (fleece jacket and trousers although a fleece vest is fine in summer), sometimes your tighter vest and looser jacket are combined to add insulation in serious cold. Long underwear finishes up your three layer system. Remove layers to keep you from sweating.

## **Hat**

Wide brimmed boonie type hats are great for hot, sunny, or wet weather but a good insulated military helmet under hat or wool cap will keep you warm in the cold.

## **Underwear**

Spandex sport bras and underwear works well for preventing chafing and providing support, bike shorts also work well and prevent most thigh chafing when walking. Another option for women is to wear a one piece competition bathing suit on the trail for support and at your destination you are ready for the water.

Long underwear of the real polypro and not a cotton mix is a super lightweight bit of gear that really helps keep you warm, don't forget both tops and bottoms.

## **Electronics**

You are limited in the amount of batteries you can carry into the wilderness and by what to do with them after they are used up, see our thoughts in Low Impact Crashing on batteries, solar and wind up gadgets with extra emphasis on solar since it provides electricity without requiring you to expend extra effort.

## Light

A headlamp is a must when camping, a dual beam headlamp will give you a powerful halogen beam for long range and an LED bulb for reading and camp chores while keeping your hands free. Pressurized fuel and candle lanterns, fluorescent lamps, and light sticks all have their place but a LED light usually wins because of battery life and weight.

If you have a propane or liquid fuel pressure lantern for light, seriously consider replacing the glass globe (that glass thing that surrounds the mantle) with one made of steel mesh. Glass breaks too easily when you're roughing it. Steel mesh globes are available on-line and at better sporting goods stores or can be made from steel window screen.

## Walking Sticks

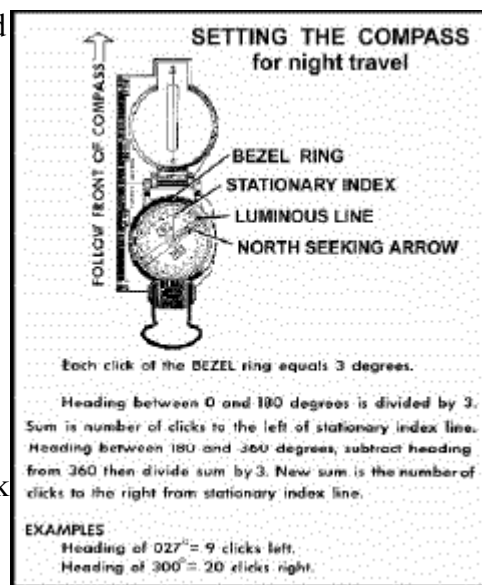
A pair of lightweight telescoping ski type poles have become popular with the backpacking crowd. Essentially they make you into a four legged animal giving you more strength while climbing and better stability while descending or crossing water. In the tents section above there is a description on how to use a tarp and telescoping hiking pole to make a ultra-lightweight tent.

## Toilet

Carry a plastic spade for burying poop, make sure it is buried at least six inches down. Don't defecate near the water; it is not just rude, it spreads disease. Hand roll TP or learn to use a squirt bottle and leaves.

## Navigation

Most people really believe in the GPS, we like it too but we really don't trust Uncle Sam and his boys at the Air Force to leave it working right for us citizens if they really start cracking down. We like the army lensatic compass with the perma-lit tritium elements so the important parts will glow for about 25 years. You sight this compass like a gun while viewing the degrees dial so you can easily choose a landmark to walk towards. This is around \$120 new or \$10 if you can find a soldier a week before payday. For a big quality drop there is a functional copy of the army compass sold at camping stores for \$15 but you must be very careful to check that the needle points true and doesn't stick. Silva and Brunton also make excellent compasses for navigation but are not as tough as the army ones.



## Tools and Repairs

- Tent wands can be repaired by wrapping aluminum soft drink can metal around the break a few times and securing with duct tape.
- Tents can be repaired by gluing a piece of the nylon packing bag over the hole and seam sealing it, also carry a bit of tent screen patch.
- Inflatable pool toy repair glue will save an inflatable mattress.
- Have o-rings, pump cups, and silicone lubricant for all stoves and filters.
- Pack a well-stocked sewing kit with some patch material, carpet thread, Velcro, large needles and safety pins.
- Assorted small nuts, bolts, washers, pins, and screws have many uses.



- Carry lots of lantern mantles (and make certain they're the right model for your lantern).
- Quality pliers multi-tools are always good to have in or out of the woods
- Military duct tape is amazing but the goop it leaves is tough to get off for real repairs. Wrap a meter or two around a golf pencil. Some wire can save a broken zipper and act as a zipper pull.
- A zipper that is stuck open can be lubricated by rubbing a candle or a bar of soap on the teeth.
- Cable ties are just always useful.
- A stick of hot glue can be melted with a lighter.
- A smaller scissors multi-tool is useful on your keychain.
- Camping stores carry a pocket-chainsaw which is a roll up linked saw that you can either use with the included handles or make a bow-saw with a stick, it rolls into a four inch pocket size flat can.



## Ultralight

There is a niche of us who after years of being weighted down decided to try the ultralight way. The benefits are that you can make much of your own gear, you won't be tired from a big load at the end of the day, and all of your gear will easily fit in a small pack, bike pannier, or on your lap when hitchhiking. The downside is most of the gear has a shorter wear life and if purchased from a store can be very expensive. Ultralight can become an obsessive lifestyle and sometimes confers (often rightly) the superiority complex also seen with ex-smokers, vegans, and the fervently religious. If you like to go the slow route and trim your gear down to minimum. Testing is very important to be sure that your gear is good enough for the job you are planning it to do, don't go so light that you cannot handle changes in weather. We strongly support going the DIY route so take our advice and borrow a sewing machine. You can often have fuel and food sent ahead to post offices via general delivery.

- Tent-Military surplus parachute panels are a great material to sew your tent from. Once you sew your tent you might consider spraying it with a water repellent, but this is optional. Test your new design by staking down and spraying gently with a hose. Many designs assume you will be using telescoping walking sticks and incorporate them as poles. Three or four quality aluminum stakes should be enough to keep the tent tacked down even in moderate wind. Look above for the tarp tent design, alternatives are using a bivvy sack or survival plastic tube tent.
- Sleeping Bag-Your sleeping bag can be the heaviest component in your pack. Goose down is a great way to save weight but it gets damp easily and then loses its warmth. One option is to sew a top only sleeping quilt stuffed with a light insulator from parachute cloth and let your ground pad keep your bottom warm. You can also increase your warmth by wearing loose long underwear and clothing to sleep.
- Ground Pad-From cut down yoga pads to sheets of tyvek house wrap, you need to keep ground moisture from stealing your precious body heat, this is a place to save lots of money and weight if you are creative. Alternatives include using a camping hammock to get you away from the cold damp ground.
- Pack-A simple thin backpack should be enough, since the load will be light a frame is not needed. If traveling it might be smart to have a bit tougher pack due to questionable surfaces like boxcars or barns as well as unexpected abuse.
- Shoes-Since you are not overloaded many people are able to get by with lightweight trail hiker sport shoes.
- Clothing-A layering system and adequate head and neck cover can save quite a bit of weight. A base of long polypropylene underwear followed by soccer shorts, a fleece vest, a wool or

fleece hat possibly with wrap around ear flaps, and a fleece scarf. A packable anorak wind jacket and thin warm up pants will form an outer layer. Some choose to use a lightweight umbrella instead of a waterproof jacket for rain protection on the trail.

- Cooking-Some swear by DIY alcohol soft drink can stoves, others use Esbit tablet solid fuel. Depending on the fire and environmental conditions a natural wood fire might be what saves you the most weight, making a Dakota fire hole can intensify the heat and save fuel, punching holes in a steel can and making a mini hobo stove is also an option.
- Pots-Some people like to carry a single aluminum kettle for heating water to pour into their bag or bowl raamen, couscous, or converted rice. Others carry a sierra cup, cut off aluminum can, large tuna can, or a super cheap non stick pot from a dollar store. Often chopsticks and slurping straight from the bowl is enough.
- Water-Soft drink bottles have been popular for years, lately there have been warnings that sunlight can break the plastic into undesirable chemicals. Many filters are large although we describe making a drip filter element in Low Impact Crashing, or just use a small filter from the store. Many ultra-lighters choose to use iodine tablets and put up with the bad flavor.
- Food-Lightweight carbs like rice, potato flakes, and couscous, protein like beans, egg powder, or oven dried meat, and oil to add fat to your diet, a favorite spice or mix adds flavor. Energy bars, peanut butter, and cookies are great for ready to eat food.
- First Aid-BandAid plasterer's, butterfly bandages, antibiotic ointment packets, iodine swabs, Imodium and aspirin tablets, thin maxi-pad, flattened roll of tape, aloe packet.
- Other-LED keychain or headlight, TP, small multitool, compass, sewing needle, thread, parachute silk patch, whistle, signal mirror, two butane lighters, space blanket, sunglasses, wide brim hat, pixie QRP radio, tea light candles
- Urban-You can apply your ultralight skills even when you are not going to the wilderness. The freedom when visiting, traveling by air, cycling, and hitchhiking is because your simplified bag can go in almost any locker, corner, or carry-on luggage bin. A stinger electrical immersion boiler means you can plug in instead of searching or paying for fuel. A thin rubber sink stopper is good for washing clothes, a synthetic towel is pocket sized so you can stealth wash yourself in a sink and dry off. For news an earplug size FM radio keeps you informed. Several folded plastic shopping bags are a good way to stow trash or carry a bit extra gear or food.

## Where to Camp

Established state and national parks are the easiest choice and there is sometimes a discount for walkers and bikers who need no parking spot. We prefer to find a nice spot off of the road and just set up camp far enough away from town that the cops won't bother us. If getting away from town is not practical at least camp near or inside a park treeline a hill between you and town helps. Be careful if you find a beautiful green field in the middle of summer you may be surprised by pop-up water sprinklers at two in the morning. As long as the place you camp is not marked "No Trespassing" you can not be busted until you are asked to leave and refuse, don't assume that small town cops understand the law, keep most of your stuff packed and ready to go. Look at the terrain you are in for signs of water flow, this means avoiding both dry river beds which can drown you in your sleeping bag during a surprise flash flood or just paths or erosion indicating a water flow that could soak you and your gear in a storm.

Always get dull colored gear if possible, a big part of the stealth camping we do is not being noticed, this is especially important as you near urban areas. Going into the brush and trees even a little bit breaks up the outline of your tent, dull colored (non-damaging)dye art on your rain fly will help break up the outline but will also make you easy to identify as you travel. You will develop an eye for using terrain and foliage to conceal your camp. Look behind buildings with parking large lots, train tracks, and near large factories for a field to camp in, industrial areas may not have services but they also often have a much lower competition for viable camping spots.



## Deep Wilderness

Serious planning is required before taking to the deep wilderness such as northern Canada and Alaska, the skills and gear required is beyond the scope of this book which mostly covers near to civilization escapes. If you plan to do an ultra deep wilderness retreat pre-position enough food for your whole stay, even if it takes a few trips. Plant caches along the return path in waterproof and animal proof bucket or tree caches. Fats like canned Crisco, lard, or olive oil carry the most calories for their size and preserve well for emergencies. Carry powerful antibiotics for the most common infections and illnesses, Diphenhydramine (AKA Benedryl), and epinephrine (inhaler or injectable) for severe allergic reactions. If you cross any creeks, riverbeds, or rivers find out about the times and conditions when they go to flood stage, also learn about the dangers of and plan for being trapped by an early winter blizzard. Learn how to cross obstacles like rivers using rope that you bring. Don't cross obstacles that could cut you off for a long period of time unless you have substantial extra supplies and the right emergency crossing equipment and training. For extended stays either carry an aircraft band 121.5 MHz AM aircraft radio transceiver or a satellite beacon for dire emergencies. Your best plan is to bring a buddy or two who can get help if needed and keep you company if everything is OK. See the movie Into The Wild(2007) for a worst case scenario of an Alaska wilderness stay.

## Avoiding Vagrancy Problems

Unless you are taking a planned wilderness vacation those on camping or cycling nomadic walkabout it is a good idea to carry as vagrancy protection some or all of the following. Personalized business cards for your real or imaginary consulting service, hostel card to prove you are a legit tourist and not from the migratory poor, student ID to prove you have corpgov slavery lock-in but are still allowed to be free and not drive everywhere in a Lexus, credit cards (even if they are canceled but in date) to prove you are living the go-go life of debt slavery. A journal showing your travels may soften the heart of a slave nation cop or property owner who hates the poor and homeless that he fears he might yet become himself, similar to homophobia. Of course all of the quick-draw ID should be in the same name to avoid trouble. A certain level of neat non-permanence in your camp site and good grooming will also help the WASP majority identify more with you opening the possibility of camping in yards, free meals, and less calls for the police. In unfriendly locales be sure to be very stealthy in camping and only be seen walking with clear plans as to where you are heading.

## Camping

If you are looking for a more permanent home in one location, or prefer something closer to the comforts of home camping could be your solution. Camping is also easier if you have children and they are unable to carry their own gear. See also Alternative Shelter

### Tents

Larger tents can be rented or purchased from a place specializing in their sales. Army surplus tents are very durable and can last several years in the elements, be careful for intentionally damaged tents and shoddy repairs. Insist that the dealer erect and allow inspection of any tent, don't forget the poles, stakes, and ropes. Lighter family tents can be expensive and usually are intended for only a few setups, left erected they can last for months if in a shaded area. You should buy a tent with plenty of room to stand up, roll out several large sleeping bags with foam mattresses, and stow your gear.



## **Trailers**

A trailer or motorized camper can be very expensive if purchased new, like most yuppie retirement toys the value drops like a rock once it looks used inside. Be sure the appliances work since repairs can be expensive. Inspect the wheels and tires of a trailer, make sure lights and brakes work correctly and that the tow vehicle is able to connect. Pop up campers must be inspected carefully for mechanical function and rot especially in canvas panels, ask to leak test the camper with a garden hose. Never overload a vehicle with a large trailer, this can be very dangerous!

## **Cooking**

If you are using a trailer most have LP gas stove installed cooking is like at home. For tent campers the old Coleman pressure stove is a good option. For longer trips out you might want to invest in a gas powered stove and use a distribution pole and gas hose to run it from a five gallon or larger LP gas tank, these poles have a connection on top for a propane lantern and extra valves for other propane gadgets.

The army tents used to have an option for a diesel/wood fueled stove but supply of these are drying up. A person good with welding or rivets, a metal drum, and some stove pipe could build a stove for heat and cooking surface. Be careful to inspect the stove pipe hole on these tents for burning or damage.

## **Dutch Ovens**

Cast iron pots often with a lip to hold coals on the tight fitting lid and short legs to stand above hot coals is a very useful cooking tool if you will be camping for a longer time. It is possible to stack several dutch ovens if required for a large group or for multiple dishes. The cast iron lid can be flipped over and the inside used as a skillet if you don't have a fry pan, you will need to oil and cure the whole pot and lid before using. This was standard pioneer equipment that can also be used inside modern ovens as a casserole dish or to cook a roast. A common dish was a stew or beans with cake batter or corn bread floated on top, after an hour or so there will be a nice cake on top of the stew. It is also possible to bake bread inside the dutch oven. The most important use was to leave the dutch oven in a pile of coals to slow cook a dinner.

## **Pottery**

If you are unable to get a proper dutch oven you can make something similar from clay. Clay is not as good as iron but is still very useful. To see if the clay in your area is suitable for pottery, roll a small ball into a stick about 18 mm in diameter, then bend the stick into a ring about 5 cm in diameter. If you have good clay, it will not split and the ring will be firm enough to set on an edge without sagging. Form a pot with a mouth formed around a can or pot for roundness, allow to dry, add stub legs and verify the roundness and evenness of the pot lip. Once everything is even and dry a minimum of 24 hours in hot summer sun or a few feet from a fire if you are careful to turn it regularly then you can fire it. Fire your pot in a hot campfire for three to four hours, it has to get red hot. Once the fire goes out and cools it is time to make the lid. Now make the lid, a dome is a bit stronger but a lip on the edge to hold coals, also add a thick ring on top to use as a handle Finally press the still soft lid onto your pot, use some ash so the lid doesn't stick, this ensures a tight fit. Fire the lid as you did your pot and enjoy. Ideal thickness for any clay part is about 1/2 inch (13mm). For a more waterproof inside and outside you can use a smooth tool like a spoon to rub the clay shiny once the pot is partly dry (leather dry) or apply a ceramic glaze before firing.

## **Electricity**

Unless you really need lots of power like for some sort of pirate radio gig a generator is noisy and a real invasion of the solitude of the wilderness. Running your car or RV engine to charge the batteries feeding your inverter is also a huge waste of fuel. Try to minimize power and if possible

stick to solar for charging your deep cycle batteries. see also Cars

## **Toilet**

Many people plan on using chemical toilets since they are not constrained by weight and these seem cleaner, these are usually not warranted if you are able to dig a small toilet hole, the exception is in stressed wilderness environments where overuse is taxing the area. If you have a plumbed trailer or camper only dump your waste into a sewage system and not into a body of water.

## **Water**

If you are downhill or beside flowing water and plan to stay for awhile a piece of blue tarp can be sewn into a cone shape and clamped to a garden hose fitting, this is tied in the flowing water, a length of hose can be attached with a valve at the end to deliver water to your camp, let the hose flow to remove stagnant water before using.

A small electrical pump can be attached to a length of hose, drop into a lake or creek and fill up, remember to add chlorine or install a filter in your water system that will remove Giardia.

Remember to filter or treat any water you get from the wild. River water may look pure and fresh, but it might be flowing over a dead animal upstream. Avoid drinking water dripping off of melting ice from rock formations. It may contain pulverized stone.

If you poke around country stores or ranger stations at night you will surely find a water spout, use your handy faucet knob and plug in.

If you camp near a river or stream, consider the US Army's priority of where activity is to be done concerning the river's flow. Furthest upstream is where you get your drinking water. Further down is where you wash your clothes and cookware. Last down is where you bathe.

## **Campfires**

Before you start a campfire, make certain that you're not in a drought stricken area. If a ranger sees the smoke from your fire, you're up for a fine or maybe even arrest, at the least the forest cops will run your ID.

Stick to the old fashioned Boy Scout methods. Check to see that nothing flammable is within a six foot radius of the fire. Dig a small pit and circle it with rocks, then build a small compact fire that generates more heat than smoke.

When cooking food over a fire, don't use fresh evergreen wood if possible. The wood releases resins and tars that can harm the flavor of the food. If there's a lot of warm grease in your pots and pans, throw a handful of white ashes into it and stir. This will turn the grease into a weak soap that will help in cleaning.

To put out the fire completely, pour water over the embers, stir the ashes, douse it again, and then carefully feel the muck.

Always try to pack a full sized axe (a purloined forest service Pulaski tool is even better) a shovel, and a bucket when driving into or base camping in the wilderness and know how to use them and mineral dirt to extinguish a fire.

Always scrape away the organic duff and only burn on mineral earth. If there is no moisture in the ground even down to a half meter, and if when you split logs they are dry as a bone be very careful, fuel moisture is very low and a fire will be hard to fight.

Large fires almost always throw off firebrands which can light the forest on fire, even if there is no forest fire since everything is green firebrands will burn holes in your cotton and nylon tents and gear, save wood and keep the fire small.

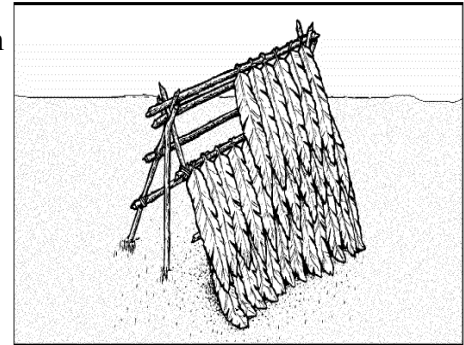
## Other Options

### Fire Lookout

Many US and Canadian Forest Service lookout towers are no longer occupied at all times in the summer. A maintained shelter often with a wood stove awaits. These are always unoccupied after fire season unless the area has a camper rental program. You may need to pick the lock.

### Log Cabin

If you have the knowledge and time, like if you are on the run from the man and can't get out of the country, a small log cabin can be made with an axe and your hands and trees. It is a good idea to spike your logs to prevent collapse if possible or use an auger to bore a hole and force a peg through. Build a small short shelter just large enough for your bed and pack. Use the largest stones you can find as corner stones. Dig out a entry tunnel instead of a difficult door unless you have lots of tools and construction supplies, continue digging a depression to make more headroom. Jam moss and leaves between the logs to make the cabin more wind proof, once the logs are seasoned you can use mud to parge the inner walls for a better seal.



Shingle Method

Make a single slope shed type roof and cover with bark, leaf, or wood shingles or a thick cover of pine boughs, if you had plastic or a survival blanket consider using it as a roof liner. If there is high clay soil you might be able to make a fireplace and chimney but watch for heat damage to your logs, otherwise make a small campfire in the center of your floor and have a smoke hole in the roof.

If a USFS trail or fire crew notices any unauthorized construction expect to see it demolished so stay away from lakes, ponds, and hiking trails.

## Urban Living

### Bridge

We all have seen campers under bridges. Bridges offer protection from sun and rain and, if located in a nonresidential area, there are often longer times between camp breakups by cops compared to more exposed camping spots. A careful electrician could tap the street or sign lighting to power their electrically powered gear, hotplates, etc. If trash starts to visibly build up the city will often kick everyone out and come in with a prison work crew to throw everything away.

### Parks

Many urban parks have overgrown areas large enough to allow real camping. Try to find a place hidden by thorns and briars that will discourage city workers. A regularly used trail will lead other homeless or even park services to your hideout. To avoid making a trail use rocks as stepping stones if possible. Steep hillsides are great to hang a hammock for a few days.

### Hostels

In most cities and also near many adventure tourist destinations worldwide inexpensive hostels, inns, or motels can be found. Research the rules and clientele that hostel is aimed at. Some hotel/hostels are for college age travelers, others are long term housing for low income people, and even others are populated by migrant workers. It is a good idea to get an idea of the social scene and find out how much a stay is. Many hostels are dorm type arrangements where you may be rooming

with a dozen or more people. Also don't be surprised by people engaging in sex hidden only by their sheets, loud snoring, and questionable hygiene. Keep a close eye on your gear and never let anyone see anything of value. Before taking a room at a hostel check for hotel discounts and coupons especially in the off season that may actually be cheaper than a hostel dorm room, you might use this as bargaining leverage if you really want to stay at the hostel.

## Suburban Living

### Garden Shed

In older neighborhoods with large lots adjoining park or wetland areas there are sometimes disused sheds or old garages. Look for unkempt yards or long grass without foot trample around the out building this may indicate an elderly homeowner or uninterested renter who has no use for the building. Choose and use a path of approach that does not leave a trail visible from the house or easily noticed from other homes.



### Squat a House

At the edge of the suburban rural boundary and near run down parks there are often pockets of older neighborhoods where a house may sit for years unoccupied waiting for inheritors to sue each others asses off until the lawyers take the house and divide the spoils amongst themselves. Look near large construction projects for houses slated for destruction. An old weathered for sale sign might be a house open to squat, but could also mean somewhat regular visitors depending on the market. Even better finding an incomplete subdivision with some nearly finished homes.

Deciding to squat a house takes some good detective work. Find a place where it is apparent that the yard work is not being taken care of. Peek in the windows, has anyone been home in a few months? Does it appear that the house has been squatted or burglarized without cleanup? All of these are good cause to stake the place out. Put a padlock on the front door and see if it is removed, camp out in the back yard if you can do so discreetly just to be sure. Try before you pry, an open door or window might remove the charges of breaking and entering if you get busted.

Squat the place. While you are squatting light up your devices you use and go outside to see what is visible at night, pull the shades and check again, light and motion will give you away most easily. Keep your travel in and out infrequent, at night only if possible, no music or noise. Cooking fires and grilling might be noticed from the smoke and smell. If you kept clean you will be hard to spot. To the average WASP the homeless are dirty and distant, the suburban and rural townies and cops won't tolerate filthy bums, but will they notice a clean one?

Always make your living space as near as possible to the back door on the ground floor, clean that room up first for occupation. Since this is not your house be ready to run if you hear someone trying to enter through the front, legit owners drive up and enter through the front door 99% of the time without doing a walk around, pile up junk in front of the front door to make noise and slow them down. Always have your bags packed for a quick escape, if confronted be apologetic but be sure to get away before anyone gets violent. It might help if you tell a story of your dead grandfathers house in this town that you thought you were squatting in, this is just a distraction to get out the door and prevent violence, be quick, stay cool, smile, grab your pack, don't let anyone get their hands on you, know your escape routes, have at least two. Expect the cops in the area soon so get away from the property and into a store or movie theater, stash your bike and pack safely nearby, the pack really gives you away.

## Rural Living

If you are able to obtain permission or not be noticed, almost any type of shelter could be used. Many rural communities are very insular and everyone knows everyone else. Strangers are viewed with suspicion and often due to boredom snooping and gossip are the only entertainment.

## Recycled Sea Shipping Container

Super strong and designed to be waterproof, the standard 24 and 40 foot shipping container can be made into a house by cutting holes for and installing a door and windows. It is cheaper for a company to sell a well-used container than to scrap and recycle it.

## Straw Bale

Straw bale is one of the easiest, simplest, cheapest ways to build a house. All you really do is create walls out of hay bales, sometimes coating the outsides with concrete, mud, leaves, or wood to keep the walls dry. This is not necessary. With properly placed support beams, the house will stay safe through wet times and rain. Straw also acts as an insulator. In you will be living in a cold area with an abundance of hay, I would suggest doubling up walls. If you plan to use it as a home or barn you will have to address ventilation issues otherwise you will face condensation problems. For a super inexpensive hut build bale walls and use freight pallets or recycled wood to support more bales as a roof, cover and secure tarps for wind and waterproofing.



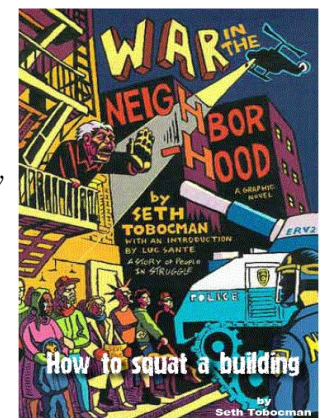
## Greenhouse

PVC tubing arches and plastic sheet make for an acceptable shelter and an excellent source of food for under \$100. These are most effective in low wind areas which have mild winters but can become unbearable to live in in summer. See [Farm It](#)

## Squatting



*The contents of this page are based on the graphic novel "Survival Without Rent." Survival Without Rent was originally published in 1986. It was revised and expanded in 1989. Not being all text, it included fantastic illustrations, some of which can be viewed at a site that contains images by squatter, activist and artist Seth Tobocman.*



## Squatting

### Leak Management

If your squat place has a leaky roof buckets and pans might be enough until you can do some repairs. For major damage that threatens to rot or mold your place you need to set up a system of tarp pools and chutes. Large tarps and sheet plastic can be used, we found good instructions in an old firefighters training manual.

For a pool the tarp is under-rolled from four sides with the under-rolling forming walls, then the corners are folded under to keep the rolls tight. If a spillway is needed one corner can be left without an underfold. The pool can be emptied with a garden hose siphon, don't let the spoiled water touch your mouth, coil the hose up in the full pool forcing out the air and plug the end, when

you are downstairs unplug the hose and the siphon will run.

A tarp water chute is made by under-rolling the sides of a tarp and running it downhill or stairway to the outside.

It might be possible to make a large cone from a tarp or plastic and clamp drain pipe or hose to run water out from a large building, it is best to drain this into a storm sewer.

## **Replumbing**

If the pipes are ripped out of your squat start by replumbing with scrap pipe, garden hose, splices, and hose clamps an improvised reinstall will not look too nice but will work just as well as real pipe in the short term when there is a question of how long your stay will be.

## **Shower Enclosure**

If you are not fortunate to have a plumbed squat building or access to a lockable public restroom but can access an unused room with a floor drain you are still in luck. Plastic sheeting is an inexpensive way to make a temporary shower enclosure in a room and still be able to live in it without soaking your gear while also providing some privacy. Hang your siphon shower directly above the floor drain, then hang the plastic sheeting from a hula hoop or PVC pipe frame, it might also work to tape it directly to the ceiling, wrap the curtain sheet around with an entry slit and attach a second piece that acts as a collection tub on the bottom, cut a hole for the drain and tape down around the floor drain, an extra flap of plastic over the opening slit will help prevent splash out. A kids inflatable pool is another good way to catch water, be careful especially with the larger pools as they can end up being quite a heavy load on a rotten upper floor, siphon the waste water out the window with a piece of hose if you have no nearby drain, remember the hose must extend outside to below the water level of the pool.

## **Cargo Pallet Bed**

For the most part we all carry a decent sleeping bag and this is your first priority in getting proper bedding. Once this is taken care of you need to get off of the ground and get some sleep. Even a dry floor in an unheated squat steals heat and collects condensation preventing a truly warm nights sleep.

Dry cardboard and newspaper have some insulating properties but they get gross and collect condensation sometimes as quickly as one night or two.

While you are collecting the stuff you need to make a proper bed, find two or three wooden freight pallets in good condition to get you off of the floor. They are behind almost every business, factory, and strip mall. Be sure to hammer down the nails so you don't rip your bag or hurt yourself, now pad the pallets with a few of those cheap lint blankets they give away at homeless shelters or if you cant get any blankets right away use a protective layer of newspaper or cardboard, if you have on just cover the pallets with your closed cell(non-inflatable) camping pad.

# **Condensed Content, Survival Without Rent**

## **How to Form a Group**

This first part is often the trickiest, since a bad, untogether group will do more damage to the project than the city government will in many cases. The people you live and work with are more important than the building that you chose. One of the most important aspects of a group is diversity. Every group has its own style: some are more political than others; some like to party; some like to be real business-like and legal; some are arty; others are just trying to get over and off



the street. Whatever your group is like, you should keep in mind that not only do you have to relate to each other, you also have to relate to your community. If your neighborhood is all the same ethnic group as the members of your group, you don't have to worry about diversity. But if your group has only token members of the main ethnic group in the neighborhood, then you could get yourself in some trouble.

A group of people living and working together who all agree on everything cannot exist: someone in the group is always going to have to shelve, give up or compromise on an idea. As you will be living in the unfamiliar condition of having no landlord, no way of calling in the police to settle your differences, you should give some thought to the kind of people you want to live with.

Once you've decided to squat, it's up to you to make the first contact. How you do this depends on your situation. If you live in a welfare hotel or a shelter, you will have a readily-available supply of people who are in the same situation as you. After studying this book, the next time someone says to you, "God! I'm sick of this shit," spring the idea on them. Sit down, have a coffee and go over the pros and cons of squatting. We're sure you're going to disagree with some of the things we say, just as sure as you will come up with ideas of your own (with enough energy and luck). Communicating with people in this way you will soon find yourself in a group which is seriously considering the option of squatting.

We feel that six adults is a big enough group to go to a building (figure out yourselves what "adult" means). If for some reason your group is only two or three people, don't be discouraged. Go ahead with the project, since once a building is opened, within weeks you'll have people coming around, looking for a place to stay.

If for some reason you happen to be isolated, that is, living alone in a hotel, or even in the park, and you can't get enough people interested or organized, then don't give up! Remember that this city is full of homeless people and all you need is a few of them to start your group. You could advertise on lamp posts and bulletin boards. For example: "Wanted: people interested in homesteading. Contact ----." (Note: some squatters call themselves homesteaders when dealing with the public, but in many areas no one understands what this means.) The groups listed at the end of this book may help you make contracts. We have found that a set of rules is must for any new group. The rules should be discussed in detail and agreed upon by all concerned. They should be written down, since verbal agreements tend to get pretty vague after a few months.

Here is one set of house rules you can think about if you need ideas for your own:

- No hard drugs: they can be used as a pretext to throw everyone out of the building.
- No violence.
- No stealing.

Breaking any of these first three rules can get you thrown out of the squat, though everyone should remember that squatters have no legal right to throw anyone out or evict them.

- Every member must work a minimum of hours per month on the common areas of the building. Jobs may include childcare and other non-construction work. What work people do depends on their abilities.
- Every member must pay a certain amount per month to a construction fund for the common areas of the building: roof, stairs, plumbing, electricity, etc.
- The construction funds should be deposited in a joint account, which requires at least two signatures to get money from. The name on the account should be something like "The 537 E. 5th St. Homestead Association."
- All new members must go through a trial period in which they work on the building with old members for a month, and can then be accepted as a member by agreement of all the other members.

We want to emphasize again that these rules are our own, and you will probably need to adapt them

to your own circumstances. We also hope people will keep in mind the cruel wave of evictions that has made so many people homeless when they consider whether or not some offense is serious enough to throw a member out.

## **Finding a Building and Investigating It**

New York City is full of empty buildings that range from totally destroyed shells all the way to buildings that are in OK shape. The way to find a building is to simply walk around the streets with your eyes open. Try to concentrate on areas where people are already squatting or homesteading, as you will usually get less hassle from the neighbors if you squat there. Look at the buildings surrounding the one you've got your eye on.

If the surroundings look as if they've been renovated for well-off people, this may mean more hassles from neighbors and police. The neighbors can be dealt with just by talking to them and explaining your case. Give them some figures on how many people are homeless. Tell them who is in your group and how you came to be in the situation you're in. Be realistic and honest. See what you can find out from them. Ask about the history of the building and whether or not any one has been using it since it was abandoned.

Try to get an idea if any community groups, politicians, gangs or real estate operators have an eye on the building. If so, figure out if they are for real and, if not, whether you will be able to take the building and keep them off your back. If you think they are for real, you might approach them and see if you can work together. You may also meet squatters who still have room in their buildings and are looking for new members.

Be polite, but be careful of people who are in too big a hurry to be your friend. Be particularly careful to avoid antagonizing any of your neighbors during the first month, that is, until you've established your residence. As for dealing with the police, refer to the chapter on legal hassles.

You will notice that some buildings have been painted with squares. These squares are painted by the city government to indicate the status of the building. An empty square indicates that the building is abandoned. A square with a slash in it indicates that fire fighters should be cautious entering the building. A square with an X in it indicates that the building is condemned. Don't presume the building is not good: perfectly good buildings get condemned all the time.

It's worth knowing whether a building is still privately owned or has been taken over by the city government. If the owner of a building shows up and wants you out, it is easier for him to get you evicted than it is for the city to get you out of one of their buildings.

Also, if it ever gets to the point that you want to hold on to the building you have squatted and stay there over a long term, it is possible to do so with city-owned buildings, but practically impossible with privately-owned buildings. People on the block may know if the city owns a building or not, but to be sure you should check at city hall. In NYC, the place to go is the Office of the City Register, Room 20531, Chambers Street.

Take the exact address of the building with you. In the office, look first at the Lot and Block maps. Find the block number and the lot number of the address in which you're interested. The records are kept according to these numbers and not according to addresses. When you have this information, check out the micro film for the building (you need ID to do this). When you're reading the microfilm, go directly to the last few pages in the records to find the last transaction, because this will tell you who owns the building now. The city government ends up owning a building when the previous owner didn't pay the taxes on it; the city takes the building (forecloses) in lieu of back taxes. So look for a statement of foreclosure.

Have a look at the exterior walls of the building you're researching. You may have to wait until you've gotten inside before you can get to the back of the building, but what you need to look at is the same. Are there major holes in the masonry? If they can't be filled or covered, they might be significant structural defects. Are there signs of bulging or sagging? Are there wide gaps where the

mortar joints should be? If the answer is "Yes" to any of these questions, find another building to squat.

Is the fire escape pulling loose from the wall? Is it falling apart? Is the cornice (the part that sticks out from the face of the building along the roof) broken apart and dangling? If the answer to any of these questions is "Yes," you've got dangers to people walking on the sidewalk in front of the building, and so you will have to fix these problems. But remember: though a cornice is just a decorative frill (and so can be removed or tied back so it won't fall), its deterioration can be a sign of overall deterioration. A dangerous cornice is a building code violation and can get your squat closed down.

OK, so at this point you've got your eye on a certain building and, from the outside, it doesn't look too bad. Now for a look inside. To be on the safe side as far as getting hassled goes, it may be best to go in the evening when it is dark. But it may be that, after familiarizing yourself with the neighborhood, you feel comfortable with entering the building during the daytime. Either way, bring a strong flashlight and be very careful where you step and what you hold on to. It's very easy -- if you are not watching what you are doing -- to step through a rotted floor board or lose your balance when a piece of broken window frame comes loose in your hand. The riskiest part of an abandoned building is usually at the top, because there are usually some bad leaks in the roof that will cause rot. But dangers can be found aplenty on the lower floors, too: vandalism and fire damage can be found anywhere in a building, and years of leakage will result in lower-floor rot as well.

Normally the easiest way in is through the back. You can climb up the fire escape and go in a window. Even if the back is bricked up, you can get to the roof, and from there it is often easy to find a way in. Now, say there's no way into the back -- what do you do? You're going to need about five people and a 12-foot ladder. Two people are needed as lookouts; one person holds the ladder while the remaining two enter the building. It's always useful to have one person with you who has some knowledge of old buildings, so if no one in your group knows old buildings, you should get someone who does to help out.

If you are unfortunate enough to choose a building that is totally bricked up, your only way in will probably be on the roof. If you can't get up to the roof, you will have to chisel out a couple of concrete blocks from a window and get in through the opening you've created. We recommend that as few people as possible do this so that too much attention isn't attracted.

It is easy to get in if you can get friendly with someone who lives next door: you can get onto the roof of the building you're interested in through this person's building.

So! After days of planning, hassles, people not showing up, and trying to get organized, you're finally inside and ready to inspect the building. It will almost certainly look and smell like shit: it will be full of old rotting furniture, rubble and ceilings that have fallen down all over the place. Some apartments in the building will be burnt-out. Don't be discouraged by any of this, for it's all quite normal.

Inspect the roof. Check it for holes. Look for missing, burnt or rotted joists, which are the timbers that support roofs and floors. Rot can be tested by sticking a knife in the lumber as far as it will go. When checking for rot, find a spot where the leaking water soaks in and doesn't dry up right away. Up to an inch may be rotted or burnt, and the timbers might still be OK. The ends of the joists can suffer a lot of deterioration without endangering the structure, but the joists in the middle cannot be weakened without risking collapse. Check the parapet walls around the roof to see if (or how badly) they are falling apart and what will need to be done to them to make them safe.

Inspect the stairs. If you're lucky, there will be nothing wrong with the stairs except for some missing steps. If the building has no staircase at all, you will have a lot of work to do, perhaps too much. Until you are able to replace the stairs, you will have to use the fire escape or a ladder in place of stairs. There are enough buildings with stairs around that you may be wasting your time on one that doesn't have any staircase at all. One squat in NYC was evacuated by the Fire Department for not having stairs. Eviction by HPD (Housing Preservation and Development, which is the

landlord of city-owned buildings) can be delayed by legal means for a long time. But evacuation by the city's Fire, Health or Buildings Departments is swift and hard to contest.

Inspect the floor joists. These are the timbers that support the floors. Make note where they are missing or damaged. If the floors are sloping more than an inch or so, this may mean that the structure has shifted so much that it has become dangerous. If timbers are dangerously damaged, they can be braced by scavenged lumber (four-by-fours are best).

Inspect the sewer pipes. The toilets will typically be smashed or missing, but the water pipes may be in salvageable condition. Follow the waste pipes through the building down to the basement, checking for holes along the way. Look for holes in the walls which HPD -- upon taking over the building -- may have made in order to damage the pipes and thereby discourage squatters. Copper water pipes will certainly have been stripped, but if there were steel pipes originally, they may still be in place and usable. If your plumbing is in OK condition, you can probably get your water running pretty soon. Otherwise you can get water from a fire hydrant, which can be opened with a pipe wrench.

Inspect the front door. If the front of the building has been sealed with concrete blocks, make sure that the door or any windows are ready to use before you knock the blocks out. If there is already a working door you can use or if you have to knock a hole in the block wall and install a door in the opening (see below), make sure you are ready to keep the building secured once you have opened it and made your use of the building public.

## Getting In

Now, you're ready to move in. If the area you're in is run-down, it's possible that no one will bother you while you smash out the concrete blocks. With a twelve-pound sledge hammer, a door sized opening can take as few as seven-and-a-half minutes to create. Quickly get all the broken blocks off the sidewalk and into the building; sweep up to remove signs of your work. You may want to keep a low profile and do this while look-outs watch for the cops, or bring along lots of friends and supporters, and dare the cops to intervene. It is also possible, and it may be preferable, to work from the inside out, to chisel the blocks out discreetly, one by one.

You should have a door and frame prepared to set into the new opening. Measure and mark the hole you've opened with your new door in mind. In any case, work quickly and as quietly as possible. Once inside, unless there is a usable door in place, either set up a barricade or install a door. Steel door frames and doors are easily scavenged from demolition or rehab sites. Unless you're pretty strong, it will take two people to carry a steel door or a cart to roll it on.

To install the front door, set the frame in the opening and fill in around the edges with pieces of broken blocks and some mortar (a couple of bags of mortar mix should be enough). Make certain that the bottom of the door frame is exactly as wide as the top when it is set in place. Otherwise the door won't work. Use a board that has been cut to exactly the right width to keep the correct space at the bottom of the frame while it is being installed. Make sure the frame is straight up and down and not crooked, bent or twisted out of line in the opening. If the frame you have is bent, you can straighten it with a hammer, laying it on the pavement and using a block of wood to protect it from getting dented up too much.

Install the frame so that the door will open into the building. There are steel tabs on the inside of the door frame that are meant to be bent out so that they will anchor the frame into the mortar joints in the block wall. As you fill in the opening around the door frame with mortar and block, be sure that the inside of the frame itself is filled with mortar and block pieces, because the frame is not solid by itself. If you're not able to afford or install a heavy duty bolt lock on the door, a heavy chain and a padlock will do the trick. Pass the chain through a hole in the door and around the door frame.

Paint the name of your group and your address on the door. For the example: "The 537 East Fifth Street Homestead Association and Neighborhood Improvement Committee." Do all the work that you can in advance so that on your opening day you can simply set your door, lock and door frame

in place all in one go.

If this is more than you can manage right away, you'll need to rig up some sort of barricade for the doorway and have someone inside at all times to let others in and out. You should not leave your building unattended in any case, especially right after you move in. It is good to have someone on hand to watch the place when most people are out during the day. The risk from police and other evildoers is high right after the building is occupied. Don't let anyone in that you're not sure about; don't let any cops or city officials in under any circumstances unless they have a warrant. (See the legal section for what to do if the police do have a warrant.) Keep the door closed and locked at all times, don't sit out on your stoop with the door unlocked or open. Needless to say, you're in the building illegally, and so there is no need to make your front door an open invitation to cops and thieves.

Nothing is worse than coming home to find that your tools, sleeping bags and heaters have been ripped off -- except maybe walking upstairs to your apartment and meeting a junk-sick thief running downstairs with your radio in one hand and a knife in the other.

Your security depends on making it so difficult to enter your building that most thieves will pass it up. If your building looks funky and people on the street can see that only poor people live there, you won't need as much security. You should keep your ground floor windows barred or sealed with concrete block or even plywood. Eliminate hand and footholds by knocking them off or by setting nails or broken glass in masonry cement or roofing cement. More of the same or coiled barbed wire around the base of the fire escape and continuing across the face of the building at the second floor level will help to deter climbers. Grates on windows facing the fire escape are good, but it will take a lot of them to do your whole building. It might be good enough to bolt full sheets of plywood to the outside of the fire escape railing on the second floor. This will make a wall around the fire escape too high to climb over. You can top it off with a coil of barbed wire or nails. The roof is another point of entry, so be sure that the penthouse door is secured.

Note well that having a front door with a lock, beds and other basics such as a kitchen is good for your own well-being, but it is also important in establishing that you are a resident and not a trespasser. It may seem like a small point, but it is actually quite important. It can make the difference between getting run out of the building by the cops if they feel like doing it and getting them to back down so that they will have to wait until HPD manages to go through the lengthy proceedings necessary to legally evict you.

## **Emergency Repairs**

In most cases, the most important repair that abandoned buildings need is work on the roof, which will almost certainly leak. The roof will typically have a large hole or two in it caused by a fire, fire fighters or vandals from the city government. For your own comfort, it may only be necessary to locate a room into which there is no leakage. However, a building in which the roof leaks will have lots of spaces in which no one will be able to live. You want to avoid squatting in a building such as this, because the more people you have living in your building, the better your chances of resisting eviction and protecting yourself against hassles from the city and from thieves and drug dealers. The more people you have, the more comfortable and secure you can make your place.

The long-term maintenance of a building depends more on the roof than on any other single thing. If the roof is not maintained, it will eventually rot until it collapses. The floors will go and, sooner or later, the exterior walls will collapse. Then what you got is a pile of useless, rotten timber and broken masonry -- which will cost the city a lot of money to clear out and turn into a vacant lot. Unfortunately, letting abandoned buildings rot until they collapse is just what HPD is doing with the buildings it owns. Don't let the city get away with it!

Clear the roof of any debris and sweep it clean. Patch the holes. You can lay 5/8-inch-thick plywood boards over them. Try using mineralized felt paper and roofing tar as a way of patching holes. If your roof is so far gone that you have to cover it entirely, get someone who works as a roofer to

help you out. To do this kind of work, you should be able to get the materials you donated by groups or organizations such as the Riverside Church, the Church of Saint John the Divine, or the Listener's Auction radio station WBAI-FM.

[Note: if you have some work to get done, its helpful to write your plans down on paper, step by step, and keep track of any changes you make in the plans as you work. Make drawings or diagrams that describe and show how to do the jobs that are hard to explain in words; they will make it easier to organize and help get people involved in the project. Books such as the Reader's Digest Complete Do-it-Yourself Manual or Carpentry and Construction are handy for dealing with construction problems and can be found in the public libraries. We've found that books dealing specifically with roofing, electrical work, plumbing and other "specialized" trades are also easily obtained.]

If repairing the roof is too big a project to take on right away, you can use polyethylene plastic sheeting to protect the roof temporarily. Get a hundred-foot roll of 4 mil plastic that is twenty feet wide, and a couple of buckets of flashing cement. (Be sure to get flashing cement, because other kinds of roofing tar won't do the trick.) Begin by clearing and sweeping the surface of the roof clean. Fill or cover up all the holes. Make sure that the roof drain is clear and unclogged at all times. Unroll the plastic so that the entire roof is covered. If you have to cut the plastic to cover the entire roof evenly, make sure the lap joints where the edges of the plastic meet each other are perfectly sealed with flashing cement, leaving not even the smallest gap. Drape the ends of the plastic over the parapet walls on all four sides. Lay bricks or boards on top of the plastic so that the wind doesn't blow it around. Fasten the ends to the walls with the flashing cement or with boards that have nails driven in to the mortar joints between the brick in the parapets.

This is a somewhat temporary protection, but if you do a good job, it should make it through the winter. But summer heat will certainly cook the plastic until it breaks apart. To make your plastic roof a bit more permanent, spread flashing cement over the entire surface of the roof before laying the plastic down. Make sure that there are no bubbles in the plastic and that all of the plastic is stuck to the cement below.

If you have leftover plastic, you can use it to seal the places where window are missing. Use lath, which is the thin slat with which plaster walls used to be made, to nail the plastic to the window frame or staple it up using strips of cardboard as reinforcement. You can also use leftover plastic to make tents for your living areas: these can be really handy in the cold winter months in NYC.

Shore the place up. Close off any areas of the building where the floor or the roof is unsafe. Then if you can't replace, repair or reinforce the damaged timbers, you can brace them with four-by-fours or pairs of two-by-fours that have been nailed together. Be sure to brace the damaged timber against something solid or otherwise you're just making the problem worse. The brace must ultimately be supported by a bearing wall or footing. You can brace down to a joist if its near a load-bearing wall.

You can generally assume that brick, block, or stone exterior walls are load-bearing walls and that interior walls (studs with lath and plaster) are probably not. However, just because a wall is not a load bearing wall doesn't mean you can take it out safely. Even if it is only a partition wall it can't be safely removed if there are walls in the corresponding places on the floors above it. Even if there is no wall above the one you're thinking of removing, you have to make certain that the floor joists above are not being supported by or, as a result of settling, come to rest upon it.

Missing stair steps can be temporarily replaced with wooden ones. If there's no other way to secure them in place, drive nails through the top and then go underneath and bend the nails' tips over so that they will hook on to the steel part of the stairway. Cover holes in the floor with plywood until you can get around to replacing the missing flooring.

Holes in sewage pipes can be patched by a variety of methods, including fiber glass, auto body filler with window screen, and even roofing cement. The waste pipes have already been discussed: they should be tested to see if they will drain but not leak. Until you've got the pipes working, you'll have to dump your piss and other waste waters in the storm sewer in the street. Do not dump your waste waters out the window!

To remove debris, start at the top of your building and work down. Don't throw stuff out of upper story windows, because you may draw justified complaints and hassles from your neighbors. Since you may not be able to get the kind of tube that contractors use to get stuff down from the upper floors to the street, you may have to take up the flooring in the same corner on each floor and throw the unwanted stuff down through the holes. Once at the ground floor, the debris can be chucked out the back of the building or bagged and taken out for bulk refuse collection by the Sanitation Department. (It might take quite a few tries to get a response from Sanitation; it depends on who you talk to. When you find someone who is helpful, get their name and only deal with them in the future.) If you use the through-the-floor method, hang a curtain of plastic that stretches from floor to ceiling on each of the affected floors, so that dust or asbestos particles won't spread all over the place.

Asbestos causes cancer and other serious diseases. There is no safe level of exposure to asbestos fibers. Studies of exposure to asbestos suggest that as little as one day can result in significant damage to the respiratory system and disease. But the health risks of asbestos come into play only if the fibers are released from the material and enter the air. If the material is in excellent condition and not in a living area, leave it alone. A greater hazard can be created than originally existed if the asbestos is removed by inexperienced people. Only trained asbestos abatement professionals should remove materials containing asbestos, which is typically found in boiler and pipe insulation. It may also be found in radiator covers, fire-proof doors and certain kinds of light-weight construction blocks.

If you see insulation that is not fiberglass, that is ripped, split, ragged or powdery looking (don't touch it!), you should get the material tested for asbestos. Contact the White Lung Association (at 718 389 5546) and arrange to have a sample tested. The WLA also gives courses in asbestos removal.

If for some reason you must handle asbestos, be sure to wear disposable gloves and a respirator that has been approved for use with asbestos. A half-face respirator equipped with a High Efficiency Particulate Absolute filter will be sufficient. Keep the asbestos wet. The weight of the water will keep the asbestos particles from becoming air-borne.

Note: it's a good idea to take photographs or shoot videotape of the work you have done on the building, even if it seems as if you are documenting crimes you have committed. You're not! Save your receipts for any materials you buy. Keep records of the jobs you did and the hours (or weeks or months) it took you and your group to do them. All of this is documentation that you are a homesteader and not a trespasser, a vagrant or a drifter (common stereotypes for squatters).

## **Light, Heat, and Fire Safety**

Candles are the easiest way to provide light. The best kind are in tall glass containers, the kind that often have pictures of saints or magic charms on them. They last a long time and are not easily blown out. The cold does not easily shatter them. Somewhat better light can be provided by old-fashioned kerosene lamps. If you use them, trim your wicks now and then to make the brightest flame and least smoke. Coleman lanterns generate light as bright as incandescent light, and in a pinch dual fuel ones can burn clean kerosene too. Kerosene lamps are safer than the gasoline lanterns, although it takes longer to light. Kerosene is generally cheaper and easier to get than white gas.

In New York City, heating is not merely a creature comfort in the winter. Tenants can sue their landlords for not providing enough heat and it is well known that are deaths from hypothermia among people living on the street and in unheated apartments.

We think kerosene heaters -- though they can be messy and fire hazards -- are a practical and economical means of heating. Kerosene heaters aren't legal but can be bought in the outer boroughs and New Jersey. It's worth it to get your kerosene outside of Manhattan since the price will be much higher in this borough of the city. Please! do not store your kerosene in rooms in which heaters will

be operated and never go to sleep with the heater on.

Get a wood stove if you can, because it can be a very cheap source of heat. Wood stoves are also safer and healthier than kerosene heaters. If you can't find one, you can make one from a discarded steel drum.

Start by making two holes in the drum: one to put the wood in (this one will need a door to keep smoke from backing out into the air), and another for the smoke to go out and into a flue pipe that you will have to make. The easiest way to cut these two holes is to drill a pilot hole to start each new cut, and then make your cuts using a jig saw with a sheet-metal blade. If there is no way for you to make use of power tools, you could even cut the holes using a cold chisel. The hole for the flue must be measured to fit the flue pipe: four or five inches in diameter seems good to us. The swinging door will have to be attached by hinges that are located along the bottom of the opening. The door will also have to be lockable.

A damper will allow you to control how fast the fire burns without opening and closing the door (which is also a method of controlling the blaze). A damper can be made by cutting a round piece of sheet metal slightly less than the diameter of the flue. Punch two holes on opposite ends from each other in the flue pipe. Stick a piece of heavy wire through the holes and attach the round piece to it. When the round piece is in the up-and-down position it allows the smoke through freely and thus stokes the fire; the more you turn it toward the side-to-side position it restricts the flow of smoke and thus the pace of the blaze.

You will need to set the stove on some kind of support that will keep it well above floor level. You can use anything you can find -- bricks, old bed frames, etc. -- as long as it won't burn or char. Never burn painted, shellacked or treated wood in your stoves: they give off poisonous fumes and gases.

Since complaints can be made to the Fire Department about smoke coming from your squat, it is important that the smoke from your stove runs out of a proper flue or chimney. If your building has a chimney, make sure it is clear of obstructions. To see if the chimney is clear, you can put a flashlight in one of the flue holes, take yourself up to the roof and look down to see if you can see the light. You can locate the chimney stack in your apartment because it sticks out into the room from the wall on either side of it. The hole for the flue in the chimney may be open or bricked up or completely hidden by plaster or sheet rock. If so, just chop it open with a hammer.

If you don't have a chimney or the chimney is blocked and you can't clear it, then you'll have to chop a flue hole in the wall or run the flue pipe out a window. In either case, the flue pipe should go all the way up and past the roof by five feet.

Fire extinguishers and smoke alarms are well worth having for your own safety as well as in case any city officials manage to get inside your building and have a chance to look around for code violations. Place the smoke alarms so that the stoves don't set them off continually. Keep your place well ventilated no matter how you heat it in the winter, and never leave a fire or a heater unattended.

Keep passages, halls, stairs and fire escapes clear of obstructions. Place fire extinguishers or buckets of sand or water on every floor and in locations where they can be easily reached. Form an arson watch. A round-the-clock fire and safety watch may be advisable for your situation. If so, there may be already an arson watch group or community safety patrol of some sort in your neighborhood. These organizations are well worth joining or starting yourself with others squatters and/or with like-minded tenants in the area.

(Note added February 1997: On the afternoon of 9 February 1997, a small, accidental fire broke out on the second floor of the East Fifth Street Squat. The cause of the fire was a faulty electric space heater. The residents evacuated the building and left it in the hands of the Fire Department, which delayed in putting out the blaze, thus making the fire more damaging than it needed to have been. Once the Fire Department was through, the combined forces of the police and the Department of HPD conspired to illegally keep the residents from returning to their squatted building, which was deemed "dangerous" and demolished right in front of its former occupants within a day or two after



the fire. The moral of the story seems clear: put your fires out yourself and trust the Fire Department as much as you do the police!)

## **Makeshift Toilets, Water, and Cooking**

Use buckets or empty bottles for waste waters. Keep the buckets from getting foul by never putting toilet paper in them and by rinsing them with lime or a disinfectant. Construction sites are easy sources of empty five gallon buckets. As far as shitting goes, do it on a few sheets of the New York Times, wrap it up, put it in a plastic bag and throw the bag into a trash can on the street. To avoid unnecessary hassles, do not use the trash cans owned by your neighbors. If you let your place get unsanitary, you can have complaints lodged against you by the Health Department, which will not only get you thrown out in a big hurry, but will also make hassles for other squatters.

Keep your food hanging in a bag or on a shelf hanging by wire so that mice and bugs and cats can't get to it. Do the same for your garbage and dispose of it every day. This way you won't get any mice or bugs and your cats will only eat what they are supposed to.

To make an alcohol stove start with an empty can. Loosely pack it with cloth: gauze bandage is best. You will need something to set the can on so it doesn't rest directly on the burner. You can place a grill (an old refrigerator shelf will do nicely) on top of some bricks. Or you can place the burner can inside a larger one. For example, you could put a beer can inside of a coffee can. (Your pot would then sit on top of the coffee can.) The larger can should have holes punched around the top with a can opener, so that when you put a pot on top the burner won't be sealed off from the air. Punch holes around the bottom rim of the can to help the flow of air. You may find that holes around the top of the burner can are also needed. To fire it up, pour rubbing alcohol on the cloth until it is soaked and then light it. The stove should burn for about 15 minutes. (Never refuel while its still burning, and never use anything stronger than 70% isopropyl alcohol as fuel.) Enclose the whole thing in a metal reflector to keep the heat in and cut down on drafts. Otherwise, it'll take forever to get anything hot. If water accumulates in the gauze, just take it out and squeeze it dry.

You might consider using propane camp stoves with large tanks and hoses attached as your food-cooking device. They are very practical and economical. You might consider using an ordinary gas stove: they are easy to find on the street, and you can put propane jets on them to make them work better. But you should be careful that the one your are using doesn't leak. A backpack stove is handy for traveling light and is small enough to hide easily in a building in which there are security problems.

To make your squatted apartment space more comfortable, contact the Red Cross and the local churches. They might well give you blankets or sell them to you for cheap. When the weather gets very cold, a tent of some kind around your bed will really make a difference. Insulation can be made by putting rugs or thick cloth on the floors, walls and ceilings. If no one is living above you, you can fill that room with garbage bags filled with newspapers. Newspapers can also be used for wallpaper (especially The Daily News, "New York's Picture Newspaper"). Such wallpaper -- especially if it is painted over -- will reduce the problem of old paint or plaster that has begun to flake off.

Windows and panes can be scavenged from construction sites at which buildings are being renovated, and from window suppliers that leave unwanted stuff out on the street. Doors can also be obtained in the same ways.

Electricity, water and other services can all be provided by a variety of methods that you will be able to discover by using your imagination and staying in contact with other squatters. Getting hooked up with the public utilities providers can be a way of strengthening your case that you are community members and not trespassers.

## Legal Hassles

Every effort you can make to show that you have established as normal as possible a residence will be an advantage in dealing with the law. Operate on the assumption that you are a law-abiding citizen and a legal tenant of the building in which you are squatting until it has been decided otherwise in a court of law. Use your address freely, and get library cards, swimming cards and other forms of ID that have your address on it.

Have mail sent to you at your building. This will help you prove that you live there and that you aren't breaking-and-entering or trespassing. Put your address on the front door and make a mail slot in it. Find out when mail is delivered to your street and be there when the mail carrier comes by. Explain that you are living here and that you will be receiving mail at this location. Sometimes the carriers will be uncooperative, but usually they will be friendly if you are friendly. If friendliness doesn't work, it might be that the carrier you've talked to isn't the regular one, or that several carriers take turns delivering mail to your street and thus don't feel any inclination to helping you out. Try a different mail carrier.

If nothing else works, try the postmaster at the office for your route. He or she might tell you that there has to be a mailbox locked and unlocked by keys for the carriers to deliver mail, or that you are not a legal tenant, or that you don't own the building, blah blah blah. Point out as politely as you can that the building isn't a multiple dwelling unit, that it is undergoing renovation at the moment, and that the addresses on the letters that will be sent to the people who are living there will not have separate apartment numbers on them. Tell the postmaster that you are living there and (more to the point) have not been evicted yet, so your legal status as a tenant simply has not been decided in court as of yet. Tell that bureaucrat that your tenancy is a civil matter between you and the City of New York, and not a criminal matter involving the federal government and your right to receive your mail.

If nothing works, it may actually enable you to get an eviction case thrown out of court. If you cannot get any of your mail because of the Post Office's refusals to deliver it, you literally can't be served with an eviction notice, which typically arrives by mail and is not served in person!

If it is not delivered to your building, your mail will be held for you at the local post office. Once picked up, such mail can still serve as proof of residence.

Never sign for or accept any registered or certified mail until you are absolutely sure it is not from the city government. It could be a summons or an eviction notice!

There is something to be said for putting wild shapes, slogans and colors on the front of your squat: it underlines the changes that the building is going through and shows that you are proud of them and of your role in bringing about these changes. There is also something to be said for making the front of your building look as much like an ordinary building as possible. In either case, working diligently and productively on the front will give your neighbors a chance to size you up, to come out and talk to you. They will respect you when they see you working on your place.

Go to block association meetings and seek their support. Although the members of the block association may be merchants and professionals, they may want to help you if they see that you are making good use of the building and that you are not housing or attracting drug dealers, users, pimps or prostitutes. If there is no block association, you may want to start one. You can rally your neighbors by pointing out that both squatters (or homesteaders) and rent-paying tenants want to stop the twin-headed monster of benign neglect and gentrification. Once you've got your block association together you can go to your local Community Board to seek their support as well. Its also worthwhile to check out whatever housing and tenants' organizations are active in your neighborhood.

If you are confronted by the police or officials from the Department of Housing Preservation and Development, you have a right to all the protections inherent in the eviction process. You can ask for a postponement of your case because you haven't been able to get a lawyer, or because your lawyer has had insufficient time to prepare your case or cannot appear in court the day your case is

to be heard. And so on. In the meantime, you're still living in your building. Since HPD is often bogged down in lengthy eviction proceedings -- some of which it loses -- this bureaucracy may very well try to get other city departments to throw you out.

You cannot be denied welfare benefits because you are a squatter. It is illegal for the Bureau of Child Welfare to take your children from you on the grounds that you are a squatter. Besides, plenty of people pay rent to live in apartments that are in terrible condition; these people's children are not taken from them because of these conditions! Persistence and good legal advice will be your best weapons as you try to make sure your rights are being respected and are not being arbitrarily violated.

Don't let anyone from the city government or the police department into your building, even if they claim they have a warrant. If they do, they can slip it through the mail slot or under the door so you can read it first. Don't identify yourself or answer any questions through the door.

If you do receive a legal notice with your name on it, don't miss the court date unless you've cleared it with your lawyer or an informed housing activist in advance. If the notice doesn't have your name on it or says "Resident" or "John Doe" or something, definitely do not answer it. It most likely shows that the HPD has not yet made a really serious attempt to find out who each and every one of your group is, and that they are trying to get an easy score with the "Anyone living at this address" bullshit. But you should take the notice to a tenants' rights organizer or housing lawyer for advice, and then take it to the clerk of the court's office so that you can put it on record that nobody with those names live at your building.

If the people in your building start getting eviction notices, be sure that there is always someone living with you (who has proof of residence) who hasn't been named in a notice. In this way, if it comes down to an eviction, HPD won't be able to seal the building since there will still be someone living there that they can't evict yet. Once the "eviction-minus-one" is over and the cops are gone, you can move back in without problem.

If the authorities have served you with notice that the building is going to be evacuated for reasons of public safety, you'll have to come up with a detailed plan that shows how you are going to repair the problem. You will no doubt need the help of professionals to do this, and you'll need their help right away, for you've got only a few days to get a judge to issue a stay of execution order. Call the Association of Community Organizations for Reform Now (ACORN) at 718 292-0070 to start.

At the first sign of trouble, someone should be using your "Eviction-Watch List" to contact all your friends and supporters, so that as many witnesses are on the scene as possible. This will keep the cops on their toes and "best behavior," that is, slightly less likely to start beating people up. If the cops get through your front door, write down their badge numbers and names, demand to see their identification, etc. etc. Have witnesses to absolutely everything. Videotape, audiotape and photograph whenever possible. You have a legal right to make a record of all that takes place. If the cops ask to speak to your leaders, tell them you don't have any. If they ask "Who is in charge?" or if they ask if you are in charge, tell them "Nobody is in charge." Never admit to having leaders, even if you do, and you will (like it or not). At all times, be firm and reasonable with the cops unless you are ready for a fight. Be forewarned that the police in NYC are always ready for a fight.

## **Free Transportation**

### **Rainbow Family**

If you'd like to travel with a group, consider joining up with the Rainbow Family. You might find a caravan by attending your local Gathering and asking around. For more information, try <http://www.welcomehome.org/rainbow/index.html> or [welcomehere.org/](http://welcomehere.org/)

For travelers and the like an invaluable resource is <http://www.couchsurfing.com>. You can search for couches (sometimes even your own room!) to crash on by city/region and you can work out the

number of nights and whatnot individually with each host. It is always free and the host should never ask you for money. You end up meeting a lot of really chill, radical types and you get an in with some locals wherever you are. Just remember, if you ever have a place of your own, try to host other travelers and give back to the community.

## Pack your bag



### Packing for a life on the road

If you make the commitment to forsake a regular roof and bed for the freedom of the world, you have to use your head when deciding what to pack. If you carry every mentioned item in this book, you will feel like a pack mule. Tailor your gear to what you plan to do and for how long you will be on the move. Stay light and be prepared to improvise with local resources. Keep your bag loaded with your basic gear and have it ready to go at all times; only take out what you need and return it when you are done. Even if you are staying or squatting with friends, keep your pack within easy reach, unless you have a safe legal locker to stash it in. This advice will prove useful if the pigs come to clear out where you are staying. If you carry expensive stuff, you will be afraid to lose it, and thusly have less fun while traveling

## Don't Over Pack

It is completely reasonable to walk out the door with wearing sturdy clothes and shoes while packing some socks, a toothbrush, and extra underwear. If crashing in homes you possibly don't need a sleeping bag, although this is one load we usually take with us. If you know how to scrounge in the right places and how to improvise you might not need any other gear. Let the world and your skills provide for you and you are a pioneer, if you must self supply out of a pack you are a finite expedition that will eventually run out. Our ideas of what we need is fed by well meaning backpacking and travel magazines who make money selling ads to the gear manufacturers. Some of our best adventures started with almost no gear or money and required us to use our hands and brains, this is where real life adventure is made.

A LED headlight, stinger immersion water heater, and multi-tool might round out your minimalist list but that is up to you. Maybe you can find room for a small printed copy of this book too, unless you are planning to pack it inside your mind. You will only know what you need once **you** step out and experience freedom, don't be afraid of having to use substitutes or borrowing not-the-best gear on your travels.

For ultralight gear in situations when you have to carry more equipment look at the ultralight section of [Backpacking and Camping](#). For improvising gear from available junk start with [Low Impact Crashing](#) but you will find ideas peppered through the book.

## Clothes

Don't pack too much clothing. One or two sets of lightweight, versatile walking clothes and possibly one set of upscale clothes in a big Ziploc to stay clean will get you by in almost all situations. Be aware of the culture of the area and try to fit in. Even sub-culture dress may vary; be sure of the local cop situation and what they look for before letting your freak flag fly too loudly.

Your upscale clothes will be like an access card to many locations that punk, or just ratty dress would disallow.

Look for clothes that pack small, dry quickly, and don't take stains. Cotton, wool, and, sadly, hemp are often bulky, and cotton dries slowly. Petrochem synthetics, even more sadly, fit these requirements nicely if you can stand them on your body. On the other hand, natural fibers tend to retain odors less, and so will require washing less often.

Quality socks in quantity are just as important as good shoes. Only wear them for one day before putting them in the wash bag, and be sure to wash your feet every morning. You can usually borrow a tie if you need one for a more formal outing, but one is small and light. A sarong works as a scarf, towel, skirt and shawl. You never know when you might need one, so bring one or two light ones. Boonie style hats are available both in cotton and synthetic, they protect your eyes and neck better than a baseball cap and the chin string keeps it from blowing away. A packable jacket and fleece vest is also a very good idea even in summer. Hospital scrubs and a tee-shirt make good pajamas, and they can also be worn on the street or if you need to look at home in a hospital.

## **Shoes**

Your shoes, above all, must be comfortable to walk in over long distances. Never take brand new shoes on the road, as broken-in shoes will put less stress on your feet and toes. Sandals are great if you are not on the move, except at demonstrations where a jackboot or horse-hoof will make mush of your toes. Doc Martens used to be an affordable comfortable shoe/boot, but fashion trends have caused prices to rise and quality has dropped. Mail carrier shoes are made to look dressy but survive daily hours of outdoor walking. Cheap army boots will last for a few months but are heavy, hot, and might slow you down. Discount stores sometimes have surprising quality light hiking boots, work boots, trail runners, or walking shoes.

Check out Sandals for some tips on DIY footwear.

## **Pack**

Like your bicycle, your pack is one of the most personal things you will own. You really don't have to go crazy on a hyper-expensive German pack, but if you skimp out too much on quality, you could end up uncomfortable or face it wearing out quickly. A frame pack will help distribute your load. An external frame is cheaper, but internal frame packs are now the more popular choice and move well with you. A roll of nylon fiber tape like is used to secure packages will make a break-in or break-open of your pack less likely if you have to check, stow, or throw the bag. It also helps to identify your bag in a luggage collection area. You might also want to carry a second comfortable day pack for short excursions when you can lock up your main pack. See more about packs and wilderness specific gear in Backpacking and Camping

## **Stash a Pack**

You will have many times that you want to stash your pack but have no idea where to safely hide it. Wearing a backpack pegs you as different and possibly a traveler or drifter, many places will assume you are using your pack to steal, many stores won't even let you enter. Try to get the store to hold it in the office or something while you shop, little luggage locks should keep prying employees out of your stuff. Of course the safest place for your pack is on you.

If you carry a piece of tubular webbing tied into a circle, a carabineer or pulley and some cord or rope you can use the tree stash. Carefully climb a tree and hang your loop and carabineer, don't forget to stick a bit of cord into the carabineer. Hoist your pack and tie off to a branch. Discretion is of course the rule unless you want your pack stolen, do a walk-around and look for people watching first don't do this in the commons, be in the brush a bit. Tree caching works best with a dull colored pack and cord. Don't talk about using this technique except with your true affinity group lest your new "friends" follow you and clean out your pack. This setup could be made with cheaper hardware so you could abandon it in the tree if you had to move fast, a half inch eye bolt with wood screw tip would hold tight in most trees but leaving a potential damage to the tree. If you have another twelve foot piece of tubular webbing with you tied in a loop you can throw this around the lowest branch to give you that first step into the tree.

## **Pack Lockup**

There is an expensive product called pack-safe which is really just stainless steel cable crimper joined every 3-4 inches so it looks like tube of cyclone fence mesh and gathered at the bottom and lockable at the top. If you had the time and parts you could make your own, but this will still not stop a determined thief who can still slice and grab what she can, additionally the mesh is heavy to carry around.

You could try to cable lock your pack with a cheap bike lock slowing down the grab and run thief. Wrap your pack in ratty blue tarp and lock it next to your bike or near the entrance to the store you are in and it might frighten off the less bold or squeamish thief.

## **Wheels**

We have seen many packs equipped with wheels and a T-handle and zip panels to cover over the straps. Other people carry a folding luggage dolly for their standard packs or luggage. In well paved areas it might just make sense to go the wheels route if your feet are the way you get around, letting the wheels do the heavy lifting. The downside is weight, comfort when worn on your back, and often higher price. We have never seen a true back country pack which also had attached wheels.

## **Electronics**

If you like to support the underground economy with stolen electronics, then join the millions of dumb western "flash-packers" who can't live without their Power Book, Ipod, and Iphone while on the road. A better plan is to limit what you can keep in your pockets. Sparkly gadgets are the bait that can get your whole pack stolen by street thieves or corrupt cops who want more toys for themselves. CD's or DVD's are fragile and heavy in large numbers, digitize the content and save on portable hard disk or even better avoid the CorpGov programming from their media entirely. If you look hard most items, even guitars, keyboards, and amps can be found, either in a lightweight form or can be borrowed.

## **Batteries**

Rechargeable batteries and a small charger are great ideas for your gear, we like Nickel-Metal-Hydrate for power and environmental reasons, look for a 110/220 charger or one with USB power option for low voltage flexibility including solar, hand, and bicycle generators. If you stick a ribbon in between the contacts and battery you will have an extra safety to keep the gadget from switching on in your pack and draining the batteries, plus with a yank the ribbon comes out quickly on most gadgets without even opening them up. A package of real alkaline batteries will store much better than rechargeables and are good for emergencies, don't leave any battery in a gadget during storage, old batteries often leak especially if the device is left switched on.

## **Splashed Electronics**

You are poor and on the move, expect your valuable electronics to go into the water at some point. All is not lost,

- snatch your gadget from the water
- get the batteries out now!!
- open every door and opening or take it apart
- shake the water out and dab internals with cloth

If you dropped in salt water you are probably out of luck, but still as quickly as possibly

- rinse off with bottled water or fresh water to get the salt out
- take the gadget apart as far as you safely can
- get your gadget somewhere warm and breezy if possible. The top of a radiator with a fan

blowing is great, behind a refrigerator where the warm air blows is good too.

If you can find electronic cleaning 'air in a can' blast the inside of the gadget to blow the water out your gadget, it will help a lot, be careful using a regular air hose these sometimes have water or oil in them. Let dry for 24 to 48 hours inspecting for dampness blowing or dabbing what you can get at, if there is none evident after that time period try powering up the gadget, good luck.

We hesitate to mention the oven dry method because too many people freaked out over ruining their gadget get excited and mess it up, they end up with plastic slag dripping in the oven, we have inserted an oven temperature verification to help you boneheads out.

- Remove battery and open all other covers
- shake out as much liquid as possible
- Rinse gadget with bottled water if necessary to wash out liquids other than fresh water
- Preheat the oven or toaster oven and a plate to 120 F or 55C for 15 minutes
- Remove all knobs so nobody can adjust the heat
- Put a big sign on the oven explaining what you are doing, and what you will do to anyone who melts your gadget
- After 15 minutes carefully feel the plate, does it burn or just feel hot
- Let your gadget dry in the oven for an hour or more
- If you melt the gadget don't call us!

## **PDA**

A nice electronic convergence device is an old used PDA that has a WiFi card for web browsing, and can act as a MP3 player. These two uses are the main uses of electronics for travelers. A large capacity SD/MMC or Compact Flash card will give you room for lots of tunes. We like the SD-to-CF card adapters for using a SD/USB combo card for large file storage and a small USB drive. Sticker and tape the PDA up so nobody will want to steal it. Many free programs are out like ebook readers or translators for travelers. Some PDA's have a battery booster available which charge from four AA cells.

## **USB Key/Disc**

A traveler often still wants his or her programs, or even his or her whole OS. We describe in [Computers#USB Key](#) how to load and use a USB key for booting a MS Windows machine to Linux as well as bringing your favorite apps along.



## **Wake Up**

A digital countdown timer from a kitchen store will let you grab both quick naps or a full night of sleep without worry of oversleeping; set it according to your watch. Your cell phone alarm clock can now be turned off for privacy, to save batteries, or allow you to leave it at home.

## **Music**

If you can't live without music, follow these tips. However, the more you open yourself up to the local culture on your travels, the more enjoyable and rewarding your trip will become. Remember that MP3 players take batteries—an expensive and hard-to-recycle commodity, but we hear the maker of the wind-up radio is coming out with a wind up MP3/video player soon.

One way to go is to carry a small instrument and make your own music to share (see [Making Music](#)) as opposed to being antisocial and listen to MP3's or the radio all of the time.

If you like to stay informed, a small hand-crank or solar powered radio can be useful for not only weather reports and news breaks, but also for listening to NPR. NPR is a great radio resource that offers good, eclectic music, international news, and comedy shows. Even though some say it is white liberal biased, it at least treats you, the listener, as an intelligent person They also offer live

broadcasts of the BBC World News on a near-nightly basis. Most foreign countries have state-run radio stations which offer something similar. You will also be able to use your radio to pick up pirate stations and college channels. See [Radio](#).

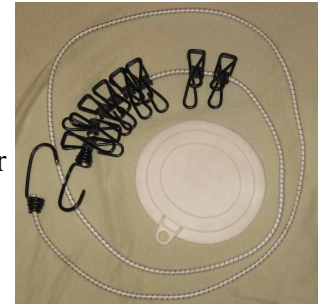
A small, cheap MP3 player is a good choice if you choose the MP3 route. Use rechargeable batteries if possible and try the recharging ideas in [Low Impact Crashing](#) or carry a small recharger.

An external speaker can either share your tunes or pollute the room with constant noise, so be nice and think of your mates before playing your music out loud.

## Washing and Drying Clothes

No bucket? Throw soap, clothes, and water into a plastic sack and swish around. Remember to rinse completely or you'll have soap residue on everything. Even better than a bucket is if you have access to a sink or bathtub, carry a universal flat drain plug, it is good for almost all drains. Find a good concentrated soap good for clothing and human use, plain bar soap fits the bill.

An excellent dry line is a long narrow bungee-type cord; the hooks work on door and window frames, curtain rods, and hooks you place into the wall, some purpose made dry lines even have wire clothespins made around the bungee cord.



## Towel

In the cleaning section of grocery and hardware stores you will likely see synthetic or microfiber cleanup towels. The larger ones make great cheap towels which pack light and dry quickly, this is the same thing as expensive backpacker pack towels.

## Soap

One packing trick we have found useful came from a fancy soap liberated in a German hotel. The soap bar was first inserted into a soft cotton bag with a small hanging loop, it dried out quickly when we put our wet soap into it. When we had to travel there was a second tough vinyl bag big enough the soap in the cotton sack and a folding over to seal it. This kept our pack contents from getting gooped up even if the soap bar had not yet dried out. We found this or something homemade from a small sock and plastic bag works better than a leaky soap box.

## Nail Clipper

For we who move on our feet more often than drive or ride need our transportation in top shape. Clipping our toe nails regularly prevents infection from ingrown nails as well as lengthening the life of our socks and shoes. Always clip straight across with scissors or clippers and leave the corners of the toe nail sticking out, trimming off these corners lets the skin around the nails grow in and when the nail grows it will cut or rub this flesh leaving you open to infection.

## Warm Water

Warm up your bath water with your stinger in a bucket or plastic sack inside a nylon stuff sack, for small volumes be careful not to overheat the water, or you can also use your camp stove to boil water to heat up a bucket of cold water.

Wash up with your damp washcloth or sponge to save water. If rinsing is not an option because of limited water or drainage rub on a few drops of baby shampoo in your armpits and groin then wash away as you wash the rest of your body with your washcloth.



If you are really cold soaking your feet in warm water is a delight, pull out and dry off before the water gets too cold or spills.

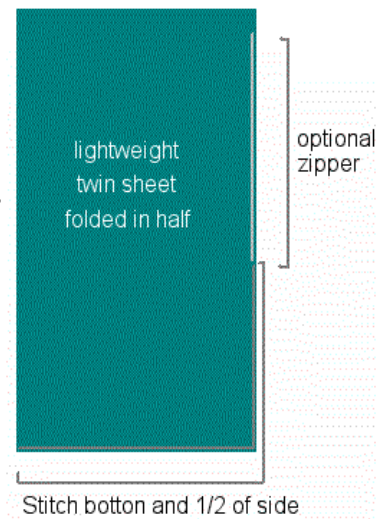
## Light

A small LED headlight covers almost everything a person needs light for out to about 4 meters, a good idea is to wear the headband around your neck until needed, leave your light easy to get to in the top of you pack. Since LED gadgets are cheap and run forever on a battery why not pack a few of these gadgets.



If the room you are in has no electrical or natural light many camping and mart stores sell a cheap four cell AA powered fluorescent and incandescent combo pocket flashlight. The light bulb can be replaced with a LED making a long lasting night light with the fluorescent tube for when you general coverage.

When the power goes out you can never have too many light sources, glow tape or tritium markers will help you find your lights or gear in the dark.



## Sleeping

A twin sheet folded and sewn on the bottom makes a cheap hostel sheet, this is good if you must crash on a gross couch or mattress in summer or if you are staying at a hostel that charges for sheets, if you are cold use your sleeping bag as your blanket. Your hostel sheet is much easier to wash and dry than your sleeping bag so use it as a liner to keep your bag clean.

Of course your wilderness sleeping bag is what you will spend the night in the most, often with your camping pad underneath if there is not an extra bed. Regularly check for bedbugs in your sleeping bag and sheet especially if you stay at hostels or cheap hotels. Stuff some clothes into a pants leg or stuff sack for a pillow.

## Hair Dryer

A hair dryer can be your best friend in cold, rainy, and/or unheated locations where power is available. Go for a travel dryer designed to switch from 110V to 220V, and choose something high quality, portable, quiet, and maybe foldable. Just be sure it is small, or else you would be better carrying a small heater, which is usually much quieter, although both often put out the same amount of heat. Use your dryer to:

- Dry clothes, socks, and shoes (be careful not to melt synthetics or the glue holding shoes together)
- Warm up your sleeping bag, or dry it out
- Heat up a small room or tent (find a dryer that can stay on for at least a half hour)
- Removing adhesive stickers and signs
- Make cars slow down (pretend it's a radar gun)
- Thaw a car window or preheat the interior without wasting fuel

If no small room is available and you are in a warehouse or outside but with access to electricity, pop your tent, tarp tepee, or cardboard box up right there and you have a much smaller space to heat.

Clean the lint and dust out of the screen on the back so your dryer won't overheat. Never run the hair dryer if you are very sleepy or going out; these things can lock up and overheat even though there is supposed to be a thermostat safety shutoff circuit and a circuit breaker you must be on guard for fire. Like with all electrical stuff, water or wet concrete is big danger.

## Food

For packable food, see Backpacking and Camping, Food and Cheap Chow for some easy on the road improvised recipes. It is important to have enough filling ready to eat food and a liter or two of drinking water since you never know how long you might be stuck out somewhere when forced to run, hitching, riding, waiting, or arriving late at night. It might be smart to keep a separate hangable bag so the smell of food stays out of your pack as this might attract pests and rodents.

## Immersion Boiler

A stinger or immersion boiler is useful for boiling water for cooking, are cheap, and are super light to carry. see Cheap Chow for stinger specific recipes. You can also heat larger containers of water to warm for bathing or washing. A commercial coil stinger is usually so cheap and light that getting and carrying a spare or two only makes sense, especially considering that they burn out after a while.

The coil stinger you buy in stores will burn out if the water boils away or it falls out so it won't start a fire, if you make a prison stinger from a power cord with tips stripped of insulation and dipped in salted or hard water, don't let the ends touch or you will blow the breakers, oh and **if you knock the prison stinger and soup over it can electrocute you!!**.



## Cheese/Vegetable Grater

A very small grater, about two by six inches, will add very little weight but can be very useful for shredding food, which greatly reduces cooking time in soups, and for shredding and grinding soft and hard cheeses. You can also turn bar soap into washing soap, just shred a pile of soap and dump it in a bucket of warm water to wash your clothes if you are out of laundry detergent.

## Marking

It is a good idea to carry big sturdy permanent marker or paint pen with a good cap for hitchhiking or panhandling signs, marking food in group pantries or refrigerators, hobo marks [Wall Painting](#), and tagging with intelligent quotes or philosophical quandaries *in appropriate places*. Store pens and markers in a plastic bag wrapped in toilet paper near the top of your pack in case of leakage, especially in hot weather or during air or mountain travel. Street chalk can also be useful for the above purposes and less permanent especially if you are concerned about ink leaks, a clipboard with the back painted in special chalkboard paint is great for hitchhiking or temporary signs.

## Bicycle

Some of us won't leave home without a bicycle and can be seen all over the world with a big pack and little folding bike or even a recumbent touring cycle. It is possible to hitch while making a bike trip, but it is more difficult to find a ride, since your hitch needs either a pickup truck or have an empty bike rack. Most commercial transportation will either forbid a standard bicycle or charge up to a double fare.

Remember that carrying a bike is a trade off towards self mobility versus the delights of traveling light and hitching. If you are not too personal about your bike, try to call ahead and arrange a bike from friends, a listserve, or craigslist.com. We mention lots of options in Cycling.



Remember the spares and tools that you will need if you bring a bicycle, at a minimum a mini-pump, patch kit with levers, and a folding bicycle multitool, but an extra innertube or two is smart, these tools are useful for more than just bicycle repair.

# Hitchhiking

## Free maps

Most states offer free maps which you can either order from the official state website, the state tourism website, or from welcome/info/tourist buildings as you enter the state. Always have a highway map and good compass so you can keep yourself on the right road and headed in the right direction.

## The most important things to remember about hitchhiking are

- Travel light.
- Be neat, clean, and polite.
- Always try to look like someone you'd want to pick up.
- Make a large sign with your destination, don't forget your markers

## Truckers

Your best bet is to ask around at a truck stop, many truckers like to have a rider to talk to. Women should watch out at truck stops since these places are also frequent workplaces for prostitutes or lot lizards in CB lingo, partnering up is a good idea in this sexist world. Even if a trucker is not interested in giving a ride ask if he will CB for someone heading your way. Talk to your ride first and especially at a truck stop and make sure they are cool, there is no reason to ride with a creep. If you were not carrying enough already a CB handheld radio can be used as a long range hitching thumb, call out to truckers in truckstops or even on the highway, talk directly to trucks you see by color and description, wave and ask them for a ride. Of course when roadside hitching a big sign always helps, be sure you are on the side of the highway heading where you want to go. Never put you bag in the back, snuggle it to yourself so you will have it if you decide to bail out.

# Cycling

The bicycle is the most popular vehicle in the world, and for good reason: bicycles are beautiful things. They are cheap, reliable, faster and easier than walking (and driving in the city), and downright sexy. They can take you almost anywhere, they don't rely on fuel, a license or insurance, a most liberating way to get around these days.

## Getting a Bike

Always acquire your cycle through honest means, a less than affluent person can be greatly damaged by stealing or stripping their cycle. Don't assume that a nice bike belongs to the CorpGov rich and is thus free to steal, many of us put every penny and a bit of our heart and soul into making one of our few material treasures into a work of fast functional art.

Find a bike of quality good enough to not require constant replacement of parts. If the quality is too low you will likely learn to hate cycling and stay a petrol hog.

Never buy junk from department stores that rely on crude slave labor: these are designed as gifts to kids who will likely ride them for a few weeks, these garage rusters tend to be good for only about

500km and maintenance is almost impossible.

When buying, stick to a friendly local bicycle shoppe or, even better, a local bike co-op who will sell you a tuned and sized bicycle designed for long service life.

In the USA, quality barely used bikes are discarded to "thrift" shoppes which may sell for as little as \$10. Garage sales are also a good source of cheap bikes, beware the used department store type cycles unless you need a disposable with poor performance. A proper 1970's vintage quality bicycle and a little tuning is a much better choice for your money than a brand new discount-mart special.

Watch out for dents in the frame of the bike, this is a sign that the bike has been crashed, and may be hazardous to ride especially if it is of aluminum or exotic construction. Also look out for hairline cracks in the paint, especially near the tubing joints. These can be an early warning of frame damage.

A good way to get a bike is to put up ads on bulletin boards. Something like "looking for reasonable bicycle for reasonable price" is good. This only works if you (or your buddy) has a phone or email. Get your local bike shoppe to check out a bike you are about to buy and estimate repairs and tune up.

## **Yellow-White Bicycle Programs**

Find out if cities you are traveling to offer a free lending Yellow Bicycle Program. Furthermore, if you find yourself a new local in a larger city, think about aiding those following your traveling example and start up a Yellow Bike Program in your new town.

## **Lighting and Sound Signals**

If you are going to be riding at night, it is very important that you work to make yourself visible. Reflectors, reflective tape, and lights are all helpful. For starters, a good, flashing LED taillight will help car drivers see you when they approach from behind. You can get one for about two bucks that will run a long time on a set of batteries zip-tie on or spend more for a proper mount.

Invest in a loud horn or whistle, there are several pumpable marine horns or the Zound pumpable bike horn, Survival or sport whistles are better if you need to signal constantly in an urban area.

## **Carrying things**

You can increase the usefulness of your bike by making it easier for you to carry loads with it. Racks, front and back, can be added. You can get bags (called 'panniers') which attach to the sides of the racks; these will allow you to carry a lot of stuff without encumbering your hands, allowing you to ride safer. For day to day use a small backpack or fanny pack will do.

Baskets are also effective for carrying stuff. You can get baskets that attach to the front or back of the bike. Milk carton crates make good tough baskets when cable tied to your handlebars or tail rack.

For carrying larger stuff (like children and furniture), you might want to consider a trailer. These can be expensive, but you can also make one yourself. A trailer can be pieced together with plastic piping or electrical conduit, a pair of spare wheels, and a basket or plastic tote. For a trailer hitch, go to your local hardware store and get a quick-release garden hose or air hose connection and a bit of hose. Rig up the connections to be used as a trailer hitch. For added safety, paint the trailer a bright color and put LOTS of reflective tape and a small red flashing light on the back. One company in Eugene Oregon makes a hard shell suitcase for folding bicycles that when unloaded and wheels are attached becomes a bicycle trailer.

An extra wide two wheel standup shopping cart of the type used by retirees to take their groceries home is perfect for the cycle commuter. An extra handle is clamped or welded to the frame, this

handle will end in a pneumatic hose fitting, the counterpart will be mounted to the frame of your bicycle for trailering. It will extend the life of your wheels to add greased brass or copper tube bushings to the plastic wheels or ball bearings. When you get to the store lock up your bike, unsnap your cart and take it in for shopping. When you get home your trailer/cart comes inside with you, easier than car shopping!

You can also make large panniers from square food buckets and attaching hooks to grab your tail rack, properly caulked these will survive even the worst rain storms dry.

Your bicycle becomes a push wagon and you have to walk. Try to balance the load as best as possible since it will be difficult if a very heavily laden bicycle were to fall over.

Watch for bags or containers that might rub against your tires or spokes destroying your wheel and cargo.. Several hundred pounds could potentially be carried, nearly every adult bicycle is designed at a minimum to support over three hundred pounds of human rider. Attach a pole tightly across the handle bars to help steer, keep the brake handles reachable if you are in hilly terrain. Two pushers are better than one for balance. With loads over two hundred pounds be careful when using a bicycle with shock absorbers so they don't overload, be sure to have the tires at full inflation to prevent damage, and that the spokes are tight and aligned.



## Anti-Theft

A good lock is a wise investment if you can afford it. A 3 feet long hardened steel chain and high security lock gives you many options when securing your bike, and they're a lot more affordable than a D lock, wear it across your chest or in a pannier or basket. A D lock should be run through the frame and high security cable through the wheels for good general security. Remember your D lock and to a lesser extent security chain is a self defense weapon if you are under attack.

Taking corporate logos from a new cycle and adding stickers and tape will quickly make it look used and reduce the perceived value and risk of theft.

One method people have used is to "uglify" the bicycle by painting it a hideous color combination (such as mismatched florescent colors) with added flecks or using a simulated rust finish available in craft stores. If the thief thinks your bike isn't worth stealing, he probably won't steal it and instead make his way to the Shimano further down the rack. Replacing the bolts on your seat with Torx head bolts will show down, or even deter, a would-be thief. Grinding off the logos from the gears; a worn, fugly looking seat; mismatched pedals, tires and handlebar grips; all of these can make your bike look like an ugly duckling while keeping it riding like a swan. Remember, don't think "art bike" here, think "camouflage".

Don't leave all of your lights, pumps, seat bags, and other gadgets clipped to your bike when you are parked. They are quick release for a reason, and not to make theft easy, keep this stuff ready to go in your bike messenger bag. Just in case attach an extra red flasher to the back of your helmet where it won't be easily stolen keeping you legal.

## Gears

If your bike has multiple gears, use them! Pedaling shouldn't be a huge chore. It's better to lightly "spin" your cranks at a moderately fast cadence rather than push really hard one leg at a time, which is inefficient. It is possible to spin too fast: experiment with your gears to find what works best. Most people find their favorite cadence between 1 and 2 revolutions per second.

## Travel

If you travel frequently a folding or take-apart model of bicycle may be for you. Some can even be disassembled or folded to fit a suitcase or duffel-bag. This may save you a double fare or extra charge on airplane, bus, and train trips as well as hitchhiking a ride. If disassembling a bicycle for travel be sure to take off the *dérailleur* as this is very easily broken when unprotected by the wheel. Remember that small folding bikes have a low center of gravity and short wheelbase and take a while to get used to.

## Keeping it Working

Once you have a bike, you'll want to keep it working well. One of the most important aspects of bike maintenance is the lubrication of the chain. Almost any cheap oil will work in a pinch to keep the chain moving freely and free of rust: just get the chain nice and wet, then wipe it dry, to reduce dirt buildup. Try to keep the oil off the wheels where it can hurt your ability to brake. If you have the choice buy a proper bicycle chain oil and grease to lube the bearings and chain, only use WD40 to unstick rust jammed parts then clean it off and oil the chain, WD40 draws moisture and encourages rust. Replace a chain that becomes "stretched" this means that the link pins have become partly worn-through, this link to gear tooth size mismatch will eat up the sprockets of your drive train causing skipping and eventual failure.

If you have a problem repairing your bike, Sheldon Brown's Website is probably a good place to look for guidance. <http://sheldonbrown.com/articles.html>

## Portable Tools

It never hurts to always carry the kit for changing a flat tire. At a minimum carry a small quality puncture kit and mini pump, but also carry a spare inner tube. Repair the flat tube in the comfort of your own home later, but don't forget to put it back in your pack for spare. Folding combo bike tools will provide spoke tighteners, chain breakers, hex and screw drivers, sometimes even sockets or wrenches. A small toolkit can make the difference between being mobile in a few minutes or a long walk home.

If you will be away from support for a long time you might even go so far as to carry extra tubes, a spare chain, brake pads, a few spokes, folding tire, and extra patch kits.

## Road Crud

Beyond tools, it's important to do simple things to keep your bike in working order. Grit from the road sticks to your bike and its parts, even if you've got full fenders. Once a week, or after every ride in the wet, clean off the gears and the chain. Every time you come home in the rain spray the bike off and bounce the drops off. An old toothbrush (clean it off first if you've used it before) and a rag will do wonders. The main place to focus on is in the actual teeth of the gears, most especially in between. Getting rid of all this destructive crud will increase the life of your gears and chain, and subsequently save you money and hassle. This takes all of ten minutes to do and is completely worth it.

## Rust

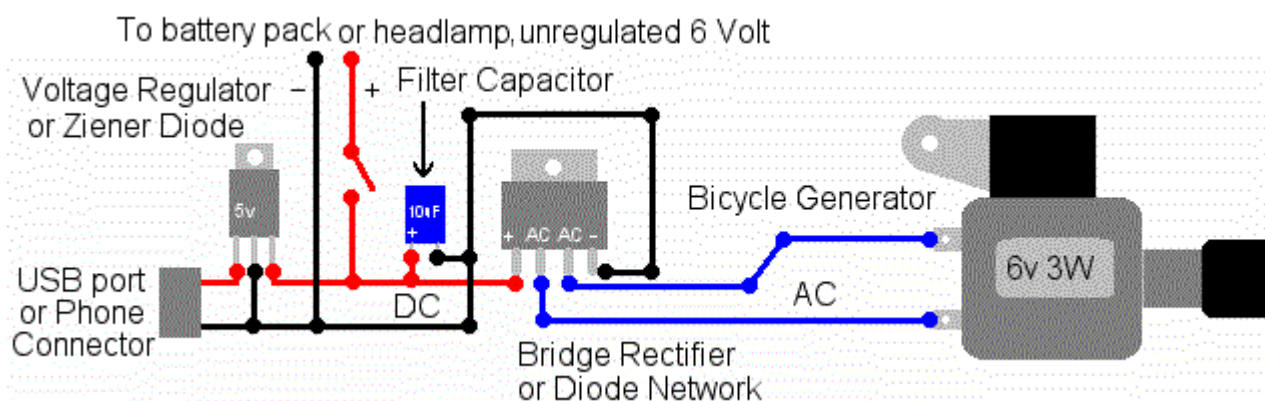
Stopping rust also helps: if there's any exposed unpainted or unfinished metal on the frame of your bike, you can touch it up with a little hobby paint. This isn't for cosmetic purposes so much as preventing rusting. Rust eats away at your bike and can compromise the structural integrity of the frame, so watch out: the last thing you want is for your frame to break while you're in traffic.

## Wheels and Tires

Bike tires lose pressure over time. Pump your tires up to the maximum PSI rating marked on your tires once a week and you'll never have to worry about it. Keeping your tires inflated properly reduces rolling resistance, which means less work for you when you're pedaling. It also means that your wheels and tires are going to stand less a chance of being damaged due to extra stress on them. If you have the money invest in the best tires, Kevlar and good rubber will prevent blowouts and tread failures while lasting for several seasons. Check your spokes regularly for tightness and tighten with a spoke tool, this will keep you wheels from warping or ripping out other spokes.

## Generators and Dynamos

A bicycle generator or hub dynamo can be used to charge most gadgets needing less than 6 volts. Hubs are almost always of better quality and have less drag while in use. Output is almost always AC power so you need to make a bridge rectifier with diodes to get the power flowing in one direction then a large capacitor if you need to smooth out the voltage, lastly a zener diode or power regulator circuit for the appropriate voltage needs to be included because high speeds can generate 10-12 volts from a normally 6 volt generator which will fry most electronics without built in protection circuits, you can probably be able to find this whole circuit in a wall wart power block.



Friction dynamos/generators will rub a groove onto the side of your tire and eventually cause it to fail if used regularly, a rubber dynamo pickup wheel and cleaning dirt from the rubber contact surfaces will prolong the life of your tire.

## Nutrition

Stay hydrated and fed while cycling, don't waste your time with lo-cal foods; you need fuel, around 7000 Calories is reasonable. If it does not cause you indigestion try to eat lots of fats. A banana can help prevent cramping from long rides. Backpack drinking systems are available now for low prices if you prefer using these to water bottles. Many sport drinks come in a decent reusable squirt bottle that fits standard bottle cages. See Backpacking and Camping and Cheap Chow for food and drink suggestions. If you will be going through towns be sure to do some dumpster diving and begging at pizza bakery and donut places, stock up on free fuel.



# Freighting

Just like most "free" methods of travel talked about in STB, train-hopping is more difficult due to the Bush Empire's restrictions on transportation. Train-hopping is still do-able, but since the government has gotten word of potential "terrorists" hitching a ride on a freight train, you hold a much better chance of being fined or arrested by railroad cops or the local pigs for trespass. This security is also due to taggers who paint the sides of railroad cars and the liability from injured and killed hobos, a hobo leaves nothing but maybe some garbage and only endangers himself, a tagger causes lasting unwanted evidence which managers can't ignore, they have to assume all trespassers are there to tag. With the price of fuel rising expect more trains running more places as trucks are priced off of the road.

To start, leave with someone who knows what they're doing. It will help with being safe, save you from a lot of headaches, and keep you from being unnecessarily paranoid. If you do leave by yourself, don't try to hop any moving trains until you know what you're doing.

## Types of Rides

There are two types of trains, Inter Modal (IM) and General Manifest (GM). Slang terms for these are Hotshots and Junk, respectively. There are separate yards for IMs, but they will still work in GM yards. Both of these categories can be broken down further into types of cars.

### Intermodal

Hotshots are the quickest ride you can catch (hence the name). When two trains are going down the same length of track, one train will have to side for the other at a 2 mile, a length of track where it splits into 2 tracks then goes back, or one will side in a yard. Hotshots only have to side for Amtracks and specialty trains (like the Florida Juice train). They also seem to go a lot faster. Hotshots are made up of shipping containers and semi trailers for people like UPS and chain stores. They have tighter security than junk trains because people like to jack shit from the containers.

- Wells- Well cars are 5 foot tall or so buckets that shipping containers get dropped in to. Wells come in different lengths, as do the containers. You want to try for a 48 container dropped into a 52 (53?) well. You can ride in the space in the leftover space between the container and the front of the well. The problem with this is it's harder to find wells with floors these days. Wells without floors are called suicides. They either have a pattern of triangles cut out of the floor, or just steel diagonal beams running the length. A suicide can be ridden on the 1 foot or so that runs the perimeter with your feet resting on a crossbeam but you can't really sleep unless you sleep on the upper porch (where you're visible).
- Pigs- pig is slang for a semi trailer. you will have either trailers on flat cars (TOFC) or pigs in buckets. A pig in a bucket is a trailer set into a Container well. Riding a TOFC, you can hide in between the wheels reasonably well, but a bucket is better. One advantage of the Pig is you have shade.

### General Manifest

Junk trains are the trains everyone pictures when they think of freight trains. There's a lot of different types of cars, but only some are rideable.

- The romanticized boxcar- Boxcars are really nice to ride; shade, well hidden, usually something comfortable to sleep on. They are alot harder to hop in and out of because there isn't a ladder, so it's 5 feet instead of 2 and you have to pull your self up with upper body strength. A boxcar with two open doors is best. boxcar doors can't be opened from the inside. before you get in, grab a rail spike and jam it into the track of the door, or whatever else you



can find.

- Grainer- a Grainer is sort of shaped like an upside down trapezoid, with "porches" on either end, and metal walk ways across the tops. they carry things like sand and laundry detergent. When riding a grainer, you ride the porch. You want to get on the side without the brake equipment on it, and it's nicer to be on the back. Riding on the front is alot colder (so nice in the summer) and you get whatever shit is on the porch in front of you in your mouth in eyes. riding on the front is called riding dirty faced, for obvious reasons. Some grainers have little short walls running the perimeter of the porch. these are called Cadillacs and they're straight pimpin'. Grainers have holes cut into the sides, so when you need to hide you can crawl inside.
- flat cars- terrible. Completely visible, and there's no shade.
- tankers- Unrideable.
- Gondolas- Gondolas are big buckets. They get filled with all kinds of things, like scrap metal, wire spools, etc. You shouldn't ever ride a loaded Gondola; use your best judgment. The shorter ones are the only ones worth riding.

## Gear

A sleeping bag, jacket, or blanket keeps the wind off even in summer; these open cars are breezy once they get moving fast, goggles or Sun glasses keep the bugs and wind out of your eyes. A stadium pad or sleeping mat to sit on is smart, the floors are usually hard, cold, and filthy, tie your pad and loose gear so it won't blow away. Remember that freight cars are filthy and jumping freights is a good way to beat both yourself and clothing up. Gloves, sturdy shoes, a tough jacket, and rip resistant trousers are a good idea. Everything that can will fall out of your pockets or get left in the car. If you smoke, taping your lighter to a string and tying or clipping it on to your pants is recommended.

Bring plenty of water. The wind dehydrates you. If you ride a car without shade you are baking in the sun all day. It sucks to have to get off early in some random town because you ran out of water. You can choose between carrying a gallon jug in your hand or even better packing several reused 2 liter soft drink bottles in your pack. Be prepared for a jug to get punctured. It's generally good to bring an extra bottle for drinking while you wait for your train, and the walk to the yard. A Nalgene bottle or camelback type system is good because you can keep track of how much you drink and they are tough. Keep it clipped to your waist in case you lose your jug or pack. Drink small sips constantly, even when you aren't thirsty. If you try to stop yourself from drinking till you are really thirsty you tend to drink more. and you're dehydrated and feel like shit. Watch your piss, and and watch your spit.

For train food, tuna fish, sardines, cereal, pop tarts, trail mix, cake, and granola are all good. Peanut butter is an excellent thing to bring. It's good to keep your sugar intake in check. Jacking condiment packets before hand will make your train eating experience much more enjoyable. A lot of folks take a metal spoon and bend the end of the handle over a key ring and keep it on a caribiner.

Even more than normal be sure to pack light and be ready to ditch your pack if something goes wrong while jumping aboard. Don't ever carry glass bottles or jars, it is almost impossible to board or unload without breaking them. Bag anything that can leak or get all over the place in ziplocs. Ziplocs are a good idea anyway for keeping your gear organized and waterproof.

## Getting on and off

It's always best to get on and off a stopped train. If it's difficult to get on in the yard, you can sometimes get on it outside of the yard. When a train works or is built in a yard, it has to pick up strings of cars from different tracks. It will pull out past the track to the switch, than back into the string of cars on the next track. This is called doubling-back.

Getting on a moving train is called hopping on the fly. This is the most dangerous part. It's where all the horror stories come from about severed limbs (well that and people being drunk and stupid). It can be preferable since you don't have to go into the yard at all and if you are trying to catch a train based on what track it leaves on, you can wait at that track specifically. The down side is it is alot harder to pick your car, and if you wait to long for a rideable car, you might miss the train completely. Knowing whether or not to hop on the fly is an important decision you should make for yourself. Just because someone says you can do it in a certain place, or the person you are with can, doesn't mean you can. A rule of thumb is if you can see and count the bolts on the wheels than it's going slow enough. If anything, run along side it and see if you can keep up with a ladder. Watch where you put your feet, there is all kinds of shit you can run into and trip. You want to run along side the train, grab the ladder with one hand, throw your jug up with the other if you have one, than grab with the other and throw your feet onto the ladder. Save hopping on the fly till you know what you're doing.

Getting off on the fly is harder than getting on. To tell if it's slow enough, looking down and comparing how fast the ties are going by and your running speed works well enough. Most folks throw their pack of first, Once i drink all my water and eat all my food I only have 7 pounds on my back so I leave mine on. You want to stand on the ladder, holding on with one hand and one foot, than while still holding on, drop your feet and run like hell as soon as you hit, and immediately let go with your hand. You kind of need to lean back. It's hard to do. Falling sucks, you'll hash up your hands on the gravel without gloves, you always fall forward. try to run diagonally away from the train for safety.

## **Misc.**

You can use the train to flatten coins and other metal objects by leaving them on an active rail and waiting, be careful a fast moving train can really fling this stuff hard, we have sold necklaces and belly button ring charms made from flattened coins. Look for rail spikes which work as heavy tent pegs and chopped off bits of rail near a repair, the rail chunks are heavy but work great as anvils.

Trains use air brakes. Every car has a little compressor on it, and hoses run the length of the train. When a train is about to start, you here the brakes. When a train is built, a worker has to go the length and connect all the hoses. If your train breaks (which can be bad) they close a valve before and after the break than disconnect the hose. you can hear that if you're close enough. When a train breaks the extra worker in the unit walks the length of the train to break it, than either rides on a car or gets picked up in a work truck. After a while all the sounds are recognizable and it's helpful.

A train breaks to leave a string of cars at a destination, or pick up more cars. It's easier to break in the middle instead of backing the entire train in. that's because it's a pain in the ass to back a huge train into a yard, or the FRED (light on the end) is a pain in the ass to attach or something like that. because of that, the back is preferable so you don't have to go into the yard when strings get picked up, and you are one of the last cars to get dropped off.

Crew Change is a term for when the conductor and company finishes their shift and a new crew gets on. A crew can only legally work somewhere between 8 and 10 hours before switching.

BE CAREFUL. Never move under cars or over the coupling. When moving between cars use the ladders. Workers are much more likely to give you shit if you're acting a fool, and less likely to care if you are being as safe as them. Watch out for hump yards. Hump yards are areas of the yard where there is a big hill with track going down it. A car is taken to the hill, and released to slam into another car and join the couplings. This is one method of building trains. They can sometimes move upwards of 20mph and are dark and quiet, don't let one sneak up and run you over. Steer clear. Also, some yards have remote controlled yard engines, which is a scary thought. that means there isn't anyone to see you before they run you over. If you enter the yard from a normal entrance they have big neon signs telling you it uses remote controlled engines.

Sometimes a car will have one uneven wheel. The train will rock and make the worst racket you've

ever heard, and it's ten times worse in a boxcar. Trains are loud as hell anyway, so bring ear plugs if you think you'll need them.

## Finding the Right Train

There's two ways about getting information- technology and talking to people. In the end, you need a whole lot of intuition, need to be sure of yourself, and you need to accept the facts when you get on the wrong train going the wrong direction or your train releases pressure and you're stuck outside a cement factory in the middle of nowhere.

- Harry Ladd's Railroad traffic Atlas- This is a map of all the freight lines in the united states. It shows trackage rights, how much weight gets moved down each line, crew changes, and yards. You can find it online, it costs 30 dollars.
- Google earth is actually pretty useful. You can set it to show nothing but roads and train lines. the yards show up as a cluster of black lines. A lot of times two tracks just show up as one when they're close together. It's useful for finding service roads, as well as checking on the directions out of each yard. You can tell where to wait by following the mainline tracks out of the yard to their destinations. with some time you can determine if "geographically south trains go to such and such a city and trains that go west at the split are headed for such and such a city."
- Touch trace numbers are automated phone lines where you can type in a cars numbers and get information on it. CSX's number is the only one I have any experience with and it's pretty useless. If you have a cell phone, once your train is moving you type in the car numbers and it can tell you the destination. The destination is not the final destination, but the next crew change or yard the train works in. Sometimes it will tell you ETA.
- bullsheet.com and Skedz.com are both sites with train time tables. Bullsheet is no longer updated. skedz is for commercial shippers so it's times are final drop off time to make the shipment, not exact times whatsoever. both sites list the yards each train passes through. bullsheet is a rail fan site so it's times are more useful, and it lists crew changes.
- Using a scanner is pretty damn useful, if you can understand what the hell the workers are saying. A 100 channel scanner works fine, 200 is better. the AAR (American Association of Railroads) assigned a range of frequencies to all railroad operations (including bulls). Once programmed into the scanner, pressing scan constantly searches through all the AAR Numbers for any communication and stops when it finds something. Workers will talk and receive on two separate channels (sometimes one in smaller yards) so you need to constantly scan to hear both sides of the conversation. The yard office will generally talk on a different frequency as well, as does the bull. Some scanners are equipped with "close call" (Uniden) or something similar, which picks up any local transmissions, even if they aren't programmed. A scanner is pretty useless if you don't know your trains number (get it on bullsheet). Workers will either refer to the train by it's unit number or the trains number (the trains number is for the train at that time on that route). You can also hear when your train has clearance (is ready to leave) or who it's siding for, among other things. Sometimes Police overlap onto the same frequencies which can be annoying; get a scanner with a lock out function.
- The Crew Change guide is an underground publication distributed among train riders. It isn't supposed to be posted on the internet or sold in stores. You can photocopy one off of somebody for about 5 dollars in copies. It's updated every year. The crew change lists just about everything you need to know. It's the most valuable navigational aid you can get. if you don't know how to tell north and south than get a compass. it won't work on trains but the crew change uses the directions a lot.

Deciding whether or not to speak to yard workers is entirely up to you, and you should use your best judgment in any situation. At worst they will call the bull on you. Yard workers are also known

to put you on the wrong train; sometimes three different workers will tell you three different things. And sometimes they are really helpful and will even radio to ask about your train. The crew generally only knows information about their train. If a worker sees you it's best to wave; you can judge by their reaction if they're liable to call the bull. When talking to workers you can tell them you're a rail fan, a big time train enthusiast who just likes watching trains. This won't work if you have your pack on.

## Cars

### Repairs

Haynes and Chilton publish a wide line of owner-friendly repair manuals available at both book stores and auto parts stores. These books give much more detailed information than in the manufacturer-supplied owner's manuals. See if they have a copy at the library

If your headlights start to dim as you are driving this is usually caused by a dead or dying alternator. On older model cars these are easy to replace yourself most of the time. Don't stop the car as it will likely die. Your spark and fuel injection are running on that battery. Only think about killing the headlights.

If your car sputters after holding the gas down for a few seconds it might be a clogged or old fuel filter. These can be super easy to replace inline filters or almost impossible to replace inside the fuel tank units.

Letting your battery die over 4-5 times will seriously weaken or destroy a car battery.

If the car overheats try changing or topping off the radiator, as it might be clogged with calcium or rust. It could also be that the oil is low or the oil filter is clogged increasing the heat and wear. The radiator is easily damaged, note the location of leaks when the engine is hot. When you are in a safe place and the engine is cool you can try first adding a radiator stop leak, if this fails find the damaged tubes and brush clean then solder with lead solder and a torch. If this fails bend the tubes over and add stop leak again hopefully plugging them for good.

If you see a car similar to yours at a junkyard or rusting away see if they will sell/give you the plates. At a U-pull-it junkyard buy a car seat or something like that and stuff the plates under the vinyl or under the flap of your cardboard parts box. These can be very handy in radical action. You would be surprised how many police cases are solved by seeing a license plate on security cameras. Many highways have license plate scanners for tolling trucks but they likely also record passing cars.

Hide a key wired under your vehicle, behind the license plates, or anywhere else that works, check for it every few months.

### Starting and Trouble Gear

If the car sits for long periods of time starting fluid and jumper cables are key to getting moving. A wall socket powered car battery charger and extension cord are also a good idea, and many good battery chargers now even have a jump-start option. A shovel and some sand bags might get you unstuck in muck or snow. A come-along (hand powered ratchet winch) and tow chain, can help get you back onto the road. Snow chains also work in the mud for amazing traction.

## Overnight Parking Lot

Many retirees pull what is called the "Camp WalMart" trick. They "park" overnight in the parking lot and save the overnight fee spent at RV parks, some *mart* stores even encourage this. If you try



this with a camper or van, make certain this is legal, since some cities have passed laws against "overnight parking" and you'll be stuck with a parking ticket or midnight eviction. If you see signs reading "No Overnight Parking" either in the lot or at the entrance, they mean it.

## Car Cover

You can park overnight in many communities at the curb if you cover your car with a nice clean car cover. You might even be able to stay in one place between the huge lot lines for several nights before any homeowner notices. With the car cover on your car the rent-a-thug/ethnic cleanser has no idea you are camping out in a rust bucket or which house you (don't) belong to.

When you get your cover walk right out to your car open the package and try it on, you need to be able to open a door (front and back door if possible) and enter with the cover on, if this doesn't work walk back and return it for a cover that will work. The car cover should be near the top of your yippie drop out kit shopping list if you plan to keep your car.

## Toilet

The fastest way to get in trouble when parked overnight is to urinate or defecate right next to your vehicle. When the heat of the day comes it leaves a very nasty smell both for you and the neighbors even after you leave. This creates the impression that the homeless are filthy or disgusting, and is a good way to get car camping outlawed where you are staying, don't screw over your brothers and sisters like this! Try to park next to a sewer grate where you can dump all of your toilet waste(unless it is marked as a untreated drain to a water body) and pour out your washing water (gray water) bucket at the same time to rinse it down. If a sewer grate is not possible at least have enough water to wash away urine from the gutter. Plan ahead and use a public restroom whenever possible but keep a bucket and trash sack for dire toilet emergencies.

## Cooking and Heating

If you're on a road trip, double wrap your meal in aluminum foil and use a hanger or wire to wrap it on the engine block, radiator, or exhaust manifold, be careful to not overheat and burst cans. Practice will let you learn the warmest places under the hood, be careful not to interfere with belts or moving parts, using foil is the wisest insulator as it is heat and fire resistant. If you are not moving it is smarter to get out and use a camp stove and save fuel. Try warming up prepared foods with your passenger side windshield defroster while on the road, if you feel hot open a window while your food warms.

Don't run your engine while parked just to use the heater in your car, this is a massive waste of fuel for the usable heat it produces in the car, conversely it is a free way to warm up if you are already driving somewhere. Look into getting a small portable catalytic heater to run while parked, but don't start your car on fire with it. An extension cord would let you plug into a nearby electrical outlet for heaters or hotplates.

For more ideas flip to Cheap Chow, Homeless-Street Savvy



## A Word About Biodiesel

Biodiesel fuel is not the same as waste veggie oil from behind a store. Salts, water, and solids must be removed and the thickness needs to be changed to be a full substitute for diesel fuel. Once a diesel engine is warmed up straight cleaned vegetable oil may be able to be used, a dual tank setup allowing on the fly blending would be required. Regular diesel or fully converted biodiesel must be used at startup and a few minutes before shutdown to flush the system of the thicker straight veggie

oil.

Remember that a diesel car can also burn furnace oil in a pinch, they are the same fuel just that there is sometimes condensation in the furnace fuel tank and you pay no tax

## **Free Medical Care**

### **Kitchen Cabinet Pharmacy**

Here are ways to take care of your body even if you are very short on funds. Some information is from our experience and some is from our favorite wellness and treatment guide "Where There Is No Doctor" by the Hesperian Society see the PDF link below.

#### **Vinegar**

Vinegar is a Miracle Drug, and it is one of the cheapest things in the grocery store. Rubbed into your underarms and pubes it slows the growth of bacteria that make you smell all funky -- you can use it to have at least a cleanish day if you're not carrying any deodorant. Rubbed on your face it is very effective against acne. It can also be used to treat all sorts of skin infections, from crotch rot to athletes' foot. Warm vinegar water is a good soak for skin infections, but if your skin is tender from an advanced infection, it will sting like fire, so fold a bandanna or washcloth, wet it good with water, and put a small sprinkle of vinegar on it, and gently pat yourself down if your skin is red and tender. Sluice down your feet with it and rub the vinegar in hard between your toes if you have, or even might get, Athletes' Foot. It works in about three good applications over a couple of days, on even advanced infections, much faster than drugstore creams. If your skin is cracked and bleeding, though, you're screwed and you need the drugstore creams or even medical assistance. Vinegar is a powerful food acid, and will sting the living shit out of raw, tender skin, so test out a goodly dab on you first to see how bad off you are before your screams echo in the bathroom, or behind the church, or wherever....

#### **Baking Soda**

Baking soda, also known as sodium bicarbonate, is a good wet or dry deodorant for the crotch and armpits it is also easy on the skin. Baking soda is also a toothpaste powder, a quick effective antacid, add to your wash bucket with the soap to deodorize your clothes and bedding. Just don't try to combine baking soda with vinegar. They produce a great deal of foamy bubbles when mixed.

#### **Rubbing Alcohol**

Rubbing alcohol can be used for cleaning out wounds and cuts if you don't have iodine solution but it burns like hell and is not as effective. It can bring relief from a cold or fever when rubbed down after a bath. Just remember that it is a combustible liquid, and has been denatured to keep people from drinking it (You WILL get violently sick if you do!) and you can use it as fuel if you make a soft drink can stove.

#### **Witch Hazel**

Witch Hazel is an excellent (and cheap!) astringent, and is good for stopping up shaving cuts and reducing hemorrhoids.

#### **Zinc Oxide**

Zinc Oxide can be used to make a sunblock cream like old school lifeguards would wear on their

nose. Oil of cloves is good to numb a sore tooth. Mix oil of clove and zinc oxide into a clay, stuff it into a dry lost filling cavity, then bite down on a cotton ball for a half hour to make a well fitted temporary filling good for up to six months.

## **Charcoal**

We are not talking about the commercial nuggets you buy in stores, most charcoal in stores has chemicals added to it to help it burn. We are talking about burning a slice of bread to cinders on a stove top (wait until there are no more orange flames coming from it). Both can either be chewed(when cool) and swallowed or crushed and mixed into a glass of water and drunk(gritty but quick). The charcoal absorbs the toxins from an intestinal infection giving your bowel a rest.

Taking charcoal when you have diarrhea is the answer in addition, to drinking clean or purified water and light soup, for returning to health. Be careful not to take anti-diarrhea medications unless you have a very mild case. The idea is to let your body eliminate the bad stuff inside you instead of hardening it up and leaving it in you to keep you sick.

## **Acidophilus**

If you have a fungal infection on any part of your body give acidophilus a shot before seeing a doctor. It works wonders by displacing the fungal organisms and then staying to defend their new territory. Acidophilus is either available from health stores as a powder in a capsule which is either eaten or broken open and applied wet or in active culture yogurt which can be rubbed onto to unbroken skin.

## **Salt Water Soak**

While epon salts are best even regular table salt and very warm (not burn yourself hot) water is a great way to soak out an infection or stiff joint or muscle. For a hand or foot just use a bucket and add salt until a drop tastes very salty

If you need to soak your body and have no bathtub get the smallest kids inflatable pool you can find or a wash tub, place it on an insulating layer of cardboard or sleeping mats, inside a tent if it is winter. Add a gallon or two of cold water to protect the pool and boil up a gallon or two in a metal bucket over a camp stove or hotplate (you might need to wrap the outside of the bucket with many wraps of foil and cardboard and make some kind of lid so it will hold it's heat) add cold water to the pool until water is cooled to the hottest you can safely stand then add salt. Have a friend heating more water to keep your soak warm.

## **Natures Pharmacy**

If you are out in the country or even near a park or woodlot you can access the bounty of nature to heal your body.

- Diarrhea. Drink tea made from the roots of blackberries and their relatives to stop diarrhea. White oak bark and other barks containing tannin are also effective. However, use them with caution when nothing else is available because of possible negative effects on the kidneys. You can also stop diarrhea by eating white clay or campfire ashes. Tea made from cowberry or cranberry or hazel leaves works too.
- Antihemorrhagics. Make medications to stop bleeding from a poultice of the puffball mushroom, from plantain leaves, or most effectively from the leaves of the common yarrow or woundwort (*Achillea millefolium*).
- Antiseptics. Use to cleanse wounds, sores, or rashes. You can make them from the expressed juice from wild onion or garlic, or expressed juice from chickweed leaves or the crushed leaves of dock. You can also make antiseptics from a decoction of burdock root, mallow

leaves or roots, or white oak bark. All these medications are for external use only.

- Fevers. Treat a fever with a tea made from willow bark, an infusion of elder flowers or fruit, linden flower tea, or elm bark decoction.
- Colds and sore throats. Treat these illnesses with a decoction made from either plantain leaves or willow bark. You can also use a tea made from burdock roots, mallow or mullein flowers or roots, or mint leaves.
- Aches, pains, and sprains. Treat with externally applied poultices of dock, plantain, chickweed, willow bark, garlic, or sorrel. You can also use salves made by mixing the expressed juices of these plants in animal fat or vegetable oils.
- Itching. Relieve the itch from insect bites, sunburn, or plant poisoning rashes by applying a poultice of jewelweed (*Impatiens biflora*) or witch hazel leaves (*Hamamelis virginiana*). The jewelweed juice will help when applied to poison ivy rashes or insect stings. It works on sunburn as well as aloe vera.
- Sedatives. Get help in falling asleep by brewing a tea made from mint leaves or passionflower leaves.
- Hemorrhoids. Treat them with external washes from elm bark or oak bark tea, from the expressed juice of plantain leaves, or from a Solomon's seal root decoction.
- Constipation. Relieve constipation by drinking decoctions from dandelion leaves, rose hips, or walnut bark. Eating raw daylily flowers will also help.
- Worms or intestinal parasites. Using moderation, treat with tea made from tansy (*Tanacetum vulgare*) or from wild carrot leaves.
- Gas and cramps. Use a tea made from carrot seeds as an antifatulent; use tea made from mint leaves to settle the stomach.
- Antifungal washes. Make a decoction of walnut leaves or oak bark or acorns to treat ringworm and athlete's foot. Apply frequently to the site, alternating with exposure to direct sunlight.

## Infections

If the infection is making you feel sick go to a clinic or emergency room! If there is a red streak going up your arm or leg or the lymph nodes swell up when you have an infected wound this is a sign of an advanced infection again get help! Some infections require intravenous antibiotics pills are not enough and to not get them may kill you once the infection gets systemic in your blood.

Treat all infections immediately with antiseptics, vinegar, hot salt soaks, or antibiotic ointments while they are small; pimples, ingrown hairs, scrapes and cuts, ingrown toenails, etc. these can all get serious nasty and take you out of action.

## Antibiotics

If you need antibiotics for an infection or illness and you *really know what you are doing* there is currently (2007) an exemption for veterinary fish antibiotics. These are available both at pet stores and online, do research and find about the brand before buying, some just divert regular meds from the human antibiotic supply chain, you can run the numbers found on the pills to find out more. If the antibiotics are expired it is usually not a problem it will just be less effective two or more years after the printed expiration date, the exception is tetracycline which becomes somewhat toxic. Obtain a few bottles or packs of these meds before you or a friend needs them, this is better than being unable to find a free clinic or depending on unresearched stuff from the neighborhood pet shop.



## Urinary Tract and Bladder Infections

If you have cloudy urine, pain in urination and frequent need to urinate you likely have a urinary tract infection. The most likely cause is you have become dehydrated, even in cool weather, you need to drink more clean water. If these are the only symptoms try chugging water and pure (unsweetened) cranberry juice or crushed cranberries, if you can't get unsweetened cranberry juice you can add lemon juice or vinegar to your water to make it very tart, this will acidify your urine and help fight the infection, sugar in you food or drinks will just feed the infection.

If you begin to feel abdominal or lower back pain, blood in the urine, fever or chills, or worse yet swelling of the feet or face you are in trouble, the infection has gotten to the bladder and possibly the kidneys, **you need antibiotics NOW!**

## Skin Afflictions

- For afflictions and infections which are hot and painful treat with hot moist towel (Hot Compresses) elevate and treat if infected.
- If the area itches, stings, or oozes treat it with ice water soaked(cold compresses), if scabs form add 2tablespoons of vinegar per liter of water, once it begins to heal salve with a talcum powder/water paste, as it begins to thicken or flake you can soften the skin with vegetable oil. For bad itching an oatmeal paste or dyphenhydramine (Benadryl) might help.
- If a rash or redness appears where it is regularly exposed to sunlight cover it until it heals
- If a rash appears in an area which is normally covered from sun, let it sun for 20 minutes two to three times a day

## Sores and Abscesses

### Infected Sores

- Use warm (salted if possible) water to soak, soften, and remove infected yellow scabs
- Leave the sores open to the air or cover with light dry bandages
- You can apply topical antibiotic (like Neosporin and the like) or vinegar
- Watch for swollen lymph nodes or lines running up your infection this is a danger sign, you need a doctor and antibiotics.
- Don't scratch on infected sores or around them, it can spread the infection to other parts of your body.

If you get an abscess which is a deeper skin infection with pus you are already in trouble. Abscesses are common in IV drug users but stepping on a nail or getting a deep thorn or wood splinter wound can cause them too.

- Put a hot compress on the wound as often as possible or give it a hot soak several times a day.
- Let the Abscess break itself open and drain the pus
- **NEVER try to pop or squeeze an abscess!** it can cause a local infection to go into the blood!
- Watch for swollen lymph nodes or lines running up your infection this is a danger sign, you need a doctor to lance it and antibiotics.

## Tooth Abscesses

If you get a cavity that becomes a tooth abscess and no dentist will see you try to at least get on antibiotics, the tooth will probably have to come out before it destroys your jaw, spreads to your other teeth, infects your skull bones, or gives you blood poisoning. If the old string pull method doesn't work look for a strong friend and filed down dull horizontal side cutter wire snips that will grip around the base of a molar. An ounce of prevention is worth a pound of cure, brush your teeth and floss.

# Cold Injury

People forced out into the streets are at high risk to cold injury, many hospitals will illegally turn away the homeless and there are few other places that will allow them to even remove their shoes to rewarm and dry their feet. Alcohol and many drugs contribute to cold injury as does malnutrition, diabetes, dehydration, and low calorie diets.

## Trench Foot

Affected feet become numb and then turn red or blue. As the condition worsens, they may swell. Advanced immersion foot often involves blisters and open sores, which lead to fungal infections; this is sometimes called jungle rot. If left untreated, immersion foot usually results in gangrene, which can require amputation. If immersion foot is treated properly, complete recovery is normal, though it is marked by severe short-term pain when feeling is returning. Like other cold injuries, immersion foot leaves sufferers more susceptible to it and frostbite in the future due to damaged capillaries in the extremity. Immersion foot is easily prevented by keeping the feet warm and dry, and changing socks three to four times a day when the feet cannot be kept dry. As quickly as possible get to a warm dry place where you can keep the feet elevated.

## Frost Bite

Frost bite is the result of freezing fluids in the body. Most at risk are the fingers toes and ears followed by other parts of the extremities. **DO NOT RUB OR SLAP FROZEN EXTREMITIES** this will greatly reduce the chance of successful recovery. Get to a hospital for treatment. If there is no possibility of proper hospital care thaw the frozen areas in lukewarm water *only if there is no chance of refreezing*, this will be very painful. There is a danger of gangrene and some damage might need to be amputated. There has been some recent clinical success in using leaches to draw blood through damaged capillaries to the finger and toe tips.

## Winter Blues

Unless you are in a tropical location winter is the hardest time to survive any of our alternative or low income housing strategies. Besides freezing our asses off and dealing with moisture, mold, and illness there is another problem that often leads to many depression, drug use, and even suicide.

SAD, SDD, or Seasonal Affective Disorder strikes in the months of the year when clouds, short days, and staying indoors reduces our sunlight exposure. Even worse is when we are often forced to cover over our windows to prevent detection of our squats or to replace broken windows.

Alternatively the cheapest apartment rooms often have little natural lighting denying needed sunlight.

SAD may set in so slowly you don't notice your sluggishness until you find yourself almost confined to bed or badly depressed. Here are some non corpgov drug treatments, if these don't work see a competent doctor or natural healer.

- Spicy food is thought to increase endorphins giving a temporary break from the depression symptoms.
- Full spectrum lighting, find light bulbs that produce full spectrum lighting known to help reduce SAD.
- Light box, for the worst sufferers a prescription to spend half an hour or more every morning in front of a light box to stimulate the somatic centers of the brain.
- Exercise, we have found this to be the best answer, force yourself out every day for a run or long bike drive up several steep hills(whatever drives up your pulse), exposure to the sun and aerobic activity are both good treatments for SAD.
- The English and Cascadians are famous for their rainy winters and their tea and coffee,

caffeine runs up the metabolism and helps you wake up.

Watch out if you are working on quitting a drug habit, this will be the hardest time of the year for most drugs even if you have been successful so far, plan ahead coping strategies.

## **Childbirth**

In modern Amerika childbirth is treated as a major medical and surgical emergency. A c-section is often recommended to give both the doctor and healthy mothers a way to avoid a painful and messy birth that might happen at an inconvenient time. Women are forced to push a baby up into the air so the doctor can easily catch the baby and the glory. Few mention the lasting pain and damage that even the most modern c-section does to a woman.

Home birth is the natural alternative, good medical care through the whole pregnancy is essential, but giving birth to a baby in comfortable and familiar setting is much better for many women in most cases than having a baby in a super-germ infested hospital. Unless you are certain that there is a problem and need to have surgery, giving birth in town near a hospital will have you as close to emergency surgery as someone actually in the hospital.

Find a competent midwife and begin working with her as soon as possible in the pregnancy. Make sure you are getting enough protein and green leafy vegetables. Keep track of your urine output and baby motion. It is a big problem if you start getting high blood pressure, puffy face, or seizures you might have eclampsia. It is nice to have your own quality stethoscope to monitor babies heartbeat.

When the big day comes be sure you have at least one competent helper preferably with pediatric advanced life support training. Have plastic sheet or tarp and be ready for a mess. Most women like to give birth on their bed but many first time mothers need a gravity assist like pushing while sitting on a stool or toilet. Don't worry about breathing or timing, your body almost always knows what to do especially if you are in good shape. Again it is a good idea to have an experienced midwife and probably a good friend and a apprentice midwife.

It is a good idea to have oxygen and intubation equipment if there is someone skilled in their use (if you are unskilled don't attempt to use a laryngoscope or airway equipment) , airway problems are the most common problem at birth. If baby comes out purple before you panic try rubbing the baby with a towel or blowing at their face forcing them to take a deep breath. In a rare worst case you can start CPR and consider epinephrine IV and a endotracheal tube.

Get baby nursing as soon as possible, this will help the uterus contract and slow bleeding. There are herbs and medications that the midwife may give to assist in this contraction as does massaging abdomen over the uterus. Piece together the placenta and look for any missing pieces, if these remain inside they can cause very serious problems.

This information is in no way a substitute to a good midwife or doctor who will walk you through your pregnancy and birth. After you experience your bright eyed natural home birth you become an excellent candidate to begin learning the important skills of midwifing and birth coaching.

## **Nursing**

If the baby doesn't want to nurse for up to 36 to 48 hours don't get too stressed, especially in larger babies they have lots of stored food and water, being born is tiring for them. First time mothers might need to manually pop out inverted nipples or use nursing shields at first if baby has trouble latching on. If all fails and formula is needed try to avoid bovine or soy based mixes, we have used a mix of brown rice syrup, goat milk, vitamin drops, flax seed oil, ask your midwife what she recommends. Don't fall for the WASP slave propaganda, it is OK to nurse for two or three years if you and baby like, many women are without their period during this time and enjoy natural birth control for around a year and a half, it is good for bonding and great nutrition for baby.

Ignorance is no excuse in the eyes of medicine. Download and print these books from the Hesperian Society:

*Where There Is No Doctor*: [http://www.hesperian.org/publications\\_download.php#wtnd](http://www.hesperian.org/publications_download.php#wtnd)

*Where There Is No Dentist*: [http://www.hesperian.org/publications\\_download\\_dentist.php](http://www.hesperian.org/publications_download_dentist.php)

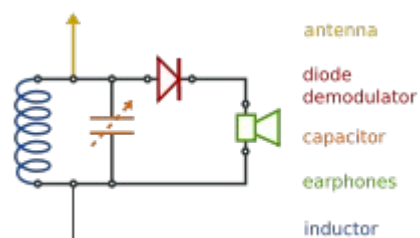
*Where Women Have No Doctor*: [http://www.hesperian.org/publications\\_download.php#wwhnd](http://www.hesperian.org/publications_download.php#wwhnd)

*A Book For Midwives*: [http://www.hesperian.org/publications\\_download.php#midwives](http://www.hesperian.org/publications_download.php#midwives)

You can buy paperback copies of these books as well.

## Crystal Radio

If you get bored or cut off from news outside make a simple crystal radio set, all you need is some wire aluminum foil, a telephone handset, antenna and coil wire and a diode (or pencil and razor blade), no battery needed! If you find a wall wart transformer or almost any electronic gadget you are almost set except for the telephone handset speaker (a Piezo speaker disk might work but sound will be crap). Take a diode and put it in parallel to your earphone, run one wire to a ground like a water pipe or ground and the other should be strung out as long as you can make the antenna, if a ground is impossible string both ends as long as possible, making a dipole antenna. At the center between the antennas or antenna/ground wire you will place your stacked foil capacitor and a coil of wire around a straw or bottle (anything non-conductive even air). Play with number wraps and alignment layers of foil (with plastic or paper between) this is your tuner/variable capacitor. If you need to join copper wire strands for a longer more effective antenna knot and crush together with a piece of metal if you are unable to solder them.



see [http://en.wikipedia.org/wiki/Crystal\\_radio\\_receiver](http://en.wikipedia.org/wiki/Crystal_radio_receiver)

and <http://sci-toys.com/scitoys/scitoys/radio/radio.html>

## Making Music

In a world where we boycott the industrial evil or when copyright is no more we must make our own music. Our limited budgets need a way to still make our art and distribute it. Music is a medium to convey a message that might not be received from print or public speeches.

### Harmonica

The harmonica is the hobo's friend. Easily stashed in your pocket a harmonica played on a street corner with a cup out will often pay your expenses for the day. Look for a quality instrument and carry a spare in case you break a reed.

### Flute

Flute music gives a high pitch that carries for a long distance, useful for rallying the troops at a demonstration along with drums. Drum and flute harkens back to revolutionary war days which is part of our vision.

## Make a PVC Flute

(Thanks Mark Shepard for un-copyrighting his design so we could edit it for this book) See Marks website for lots of smart advice on working with PVC safely, avoiding glue fumes, inhalation of PVC dust, and Gandhi.

<http://www.markshep.com/>

The plastic we're talking about is PVC (polyvinyl chloride), used for cold water supply, and its close cousin CPVC (chloro-polyvinyl

chloride), for hot water. DO NOT use ABS pipe for flutes or gray PVC electrical conduit. Since there are no restrictions on the toxicity of the chemicals added to it avoid the conduit also because of its greater wall thickness, which will hurt octave tuning..

Following is the plan for a flute I designed in the summer of 1988. I call it the "Plumber's Pipe." It's in the key of G and plays two full octaves. Of course, you might have to modify the design, depending on materials available to you. (For basic principles of designing and tuning flutes, see my book Simple Flutes.)

The flute is made from 3/4 inch CPVC pipe, plus a standard end cap. The actual exact dimensions of the pipe are 7/8 inch outside diameter, 11/16 inch inside diameter, 3/32 inch wall thickness. The tube length, with the end cap off, is 15-9/16 inches. The wall thickness of the end cap too is 3/32 inch, for a total mouthhole depth of 3/16 inch.

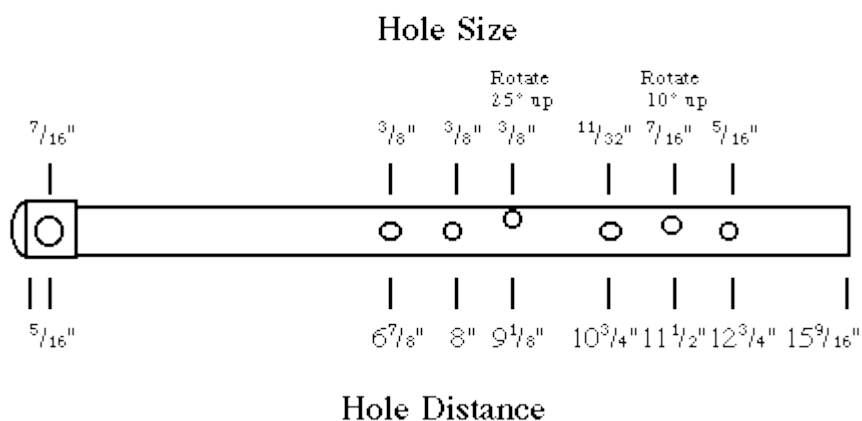
The chart shows the size of each hole and the distance from its center to the top of the flute tube—again, measured with the flute cap off. You can mark these distances on a piece of paper, a ruler, a dowel, or a length of pipe, then use this pattern to help place the holes on your pipe. Two holes are slightly offset as shown, for easier fingering.

A good trick is to use a plumbing pipe end cap—a standard part—as a combination stopper and lip plate. Glue it on with plastic pipe cement, then drill the mouthhole through it. Apply the cement to the pipe surface only—not inside the cap—to avoid pushing the excess into the flute, where fumes can persist much longer. (also get the pipe flute players guide a free PDF

<http://www.markshep.com/flute/Pipe.pdf> )

There is no copyright or patent on this design. Feel free to make as many as you like, and to sell them too!

## The Plumber's Pipe



## Free Telephones

Need to make a call, but lack a phone? Short on cash? These tips will help you make your phone calls for free.

## Pay Phones in a Pinch

This method is quite simple, and quite easy. It is quite reliable, since it relies on the greed of corporate Amerika.

Countless companies, groups, and organizations promote their brand/name by plastering it on phone cards, which they proceed to give away for free. They're not terribly generous, typically only 10 minutes, although sometimes as many as 100 at a time, but it's usually enough for a quick call or

two. Furthermore, due to the way they're given away (handed out by greeters in stores, free postal shipping, checkout line item, etc.) they can be used to get some anonymous call time (when used with a pay phone.) Obviously, you can only use the cards that offer a 1-800 number to call through -- but almost all of them do. Unfortunately, ~~the greedy bastards at AT&T~~ a certain major telecom carrier imposes a multi-unit surcharge for calls from pay phones -- but thankfully their cards aren't commonly found as giveaways. Carry a variety of cards from a variety of different carriers -- this way, if one carrier's access number is blocked on it's competitor's phones (or some other similar corporate backstabbing), you'll still be able to make a call.

Whenever you get the chance to stock up on these, do so -- grab handfuls. A pocketful of 10 and 20 minute calling cards will give you a good number of phone calls, and should allow you a chance to communicate no matter where in Amerika you are.

Calling cards must be used carefully, the charges that go back to the company report the phone number and city that they were used from. A basic rule is one card for one phone, seeing as all pay phone are tapped due to the unPATRIOT Act, from then on, track you by following the calling card account wherever you use it. One way to avoid tracking is to buy or get calling cards only in the city you will make the calls, then your movement can't be usefully tracked as you travel place to place. One free calling card to destroy right away is the one sent to you as a gift from ANY company that you owe money to. This is a simple trick to collect the numbers of your friends so they can harass them as well as hopefully finding the phone number of the place you are staying.

## Mobility Via Mobiles

Many stores that sell brand new service plans and phones let one make a telephone call for free. Corporate stores set up phones so people can test out the service features, plans, and reliability. Try any number of Verizon, T-Mobile, AT&T (formerly Cingular) or Sprint stores to make free phone calls. If one wants to talk for more than a few minutes without attracting unwanted attention, go at busier times of the day. Also, since the advent of the Apple iPhone, the Apple stores are a great place to use their phones to make free calls. The store in Midtown Manhattan is open 24/7 so one can always call 1-900 numbers if they are feeling frisky at 3AM. The Apple stores are also a great place to browse the Internet uninterrupted for free.

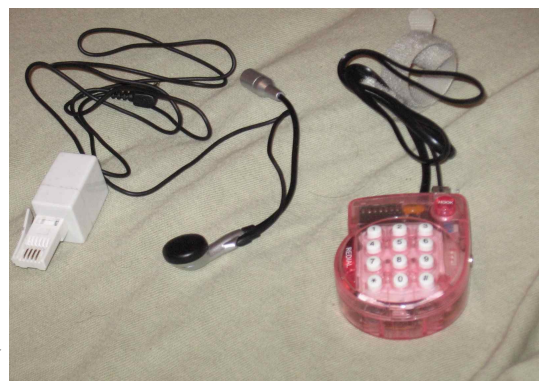
## VOIP

One way to get free anonymous telephone calls is to head into a store selling VoIP services. For instance, CompUSA sells Packet8, Vonage, etc. Usually each of these providers has a demonstration kiosk set up with one of their phones to try. These are working phones and will dial out to anywhere in the continental United States. You may even find some that will make international calls.

If you have an Internet connection do some research and you should be able to find a free VOIP package to fit your needs. There is even VOIP software for some mobile phones and PDA's! You will either need a headset or headphones and a microphone to use with your computer unless you are using a dedicated VOIP appliance. There are now VOIP phones that look like a mobile but run off of WiFi instead of commercial carriers, you just need to find an open WiFi node.

## Phone Taps

A small cheap one piece telephone and some alligator clips can help get you a phone call. We have even seen tiny phones as small as a pager with a belt clip and a hands free ear-piece, now chop off one of snap in tips and add alligator clips to the center two wires, perfect! This cheapo lineman's handset will clip into most phone boxes worldwide, you just need to try the wires until you



get a dial tone. It might be that the location you are trying to use has a digital phone box this will likely fry your test-set, that is why you make this gadget from a real cheapie. Look for a phone plug in the room you are using or outside houses and businesses. You can get in legal trouble for this of course but if you keep your calls to 800 numbers and use a calling card you will not increase a home phone bill for your host, we at war with corpgov not Amerikan Sheeple. (Remember to pay for your calling card in cash to help prevent tracing and never use the same card from two locations.) The center white/blue or red green on older cables will be the pair you want to attach clips to on your handset as these are the live pair on single line phones. Now that you have a dial tone you can connect your laptop or PDA modem. In addition to your clip on cable a regular RJ-11 plug cable is useful for punch down boards and phone boxes which have a test jack, many of these boxes are not locked. It might be smart to have a spool of narrow gauge speaker wire in your pack, connect your phone set and lay out wire to behind a shed or into a ditch, you will be free to operate out of sight for a longer time hiding from nosy neighbors. If you are doing some investigations and want to tap the phone line instead of making calls install a switch to disable the microphone on your handset. If you are really paranoid tape a fingernail clipper to your long wire, if a pig shows up clip the line and pretend you are on a cell phone call.... Walk away!!

## **Internet Communications**

Pretty much all Internet communication is or can be monitored by the authorities. Certainly, once you're identified as a dissenter, everything you do will be watched.

This section lays out ways to work within this environment and ways to, in some cases, get around the overseeing eyes of Big Brother.

## **How to Post Information on the Web**

### **Keep It Simple**

Not everyone has a cable modem, DSL or dedicated T1 line. When designing a website or other web presence, consider making a low graphics or even graphics-free version for folks using dial-up services or overloaded proxy services. If you're running a web radio station, consider a Low-Fi audio feed. For the truly security cautious Flash, Java and Javascript plugins are all problems as are other plugin type website gadgets. Give viewers the option of viewing a straight HTML site with normally linked pictures and downloads. Test your site in Internet Explorer, Links, LYNX, Firefox/Mozilla, Konqueror, Opera, and mobile phone browsers and almost everyone should be happy.

### **Blog Sites**

There are many free blog sites which have many options. Blogger/Blogspot even has an option to post via SMS and email. If you want a regular readership, be sure to post on a regular basis (at least once a week).

### **College or Personal Web Space**

Most colleges and some ISP's give webspace and a shell account when you register. An account for low bandwidth sites will be a fine option, but if your site becomes hot quickly, you could be shut down or charged for bandwidth usage.

[Geocities.com](http://Geocities.com) offers free, yet limited web space. The design aspect is incredibly simple (drag and drop), and features a way to include HTML code. However, all of your pages will have closable advertisements on the right-hand side of the page. Limit your use of bandwidth by limiting your



image, video, and music uploads.

## Photo File Security

Remember kids, your camera does leave a digital fingerprint the cops can follow, strip the EXIF data from all photos before posting so they are less easily traced. In Linux install the program jhead which edits the JPEG image file headers, in command line type

```
jhead -de *
```

in your photo directory and date and camera information for all of the .jpeg and .jpg files will be stripped. If you are a Windows or Mac user just select and copy the part of the pic you want to the clipboard, then paste into a paint program and save.

Your cameras pixels also leave a fingerprint, there has been some work eliminating the background uniform pixel noise from cameras by adding a random pixel shading to pictures. If you plan to photograph for radical causes it is wise to use a different camera than the one you use to post family photos on flickr.

## Connecting:

### Wi-Fi network

Many neighbors have open wifi networks that were left in their default unlocked mode. This is either by accident or the owners wanted to give free access. Often times, the owner will not change the default password from "admin" to a better password, so you may be able to gain access to the network by using the "admin" password. Many of these "admin" passwords can also be found online. Be a good nerd, and at most open ports or DMZ your machine, if you will be around for awhile. Don't rudely lock someone out of their AP or change the SSID to 10053r, p0wn3d, or 1d10t. Something like that will likely make them secure the node, ruining a good open node.

### Wi-Finder

Cheap Wi-Finders, keychain wifi detectors will help you quickly survey an area to see if you have a Wi-Fi node nearby, that way you can leave your lappy in the pack. A good idea is to waterproof and tape one to your bicycle handlebars or stick it under the sun shade of your bike helmet so you can see the LED's.



### Net&Buzz

Most hipper local coffe shops offer free WiFi, the signal leaks out onto the area around, if you are buying your coffee there regularly thank them so they keep it running. If you need Internet for a long stretch go in after taking a bath and wearing clean clothes that way they won't kick you out, plug in and buy a coffee or cake at least every hour and a half, avoid squatting at high traffic times, leave a tip.

### Cyber-Hobo Code

Where there is open wireless let people know, take a tip from [Wall Painting](#) and use our hobo code, )( the opposing half circles means open wireless node, while a closed circle means a closed network, chalk it on the curb. If you manage to crack the encryption on a closed network and get online leave the pass-phrase on the corner of the building near the ground.



## **Where to Sit**

When out using free public wireless Internet, there is often a dearth of chairs. Many camping stores sell a light, inexpensive mini tripod stool which folds up into a 2/3 meter long bundle. You can strap this to your bike frame or pack for portability.

## **Cantenna or Antenna**

If you are able to detect a wireless access point but not connect, often a directional high gain antenna will get you a strong enough signal for full connectivity. You can build or buy these antennas. <http://en.wikipedia.org/wiki/Cantenna>

If you can buy them, it is advisable, for durability sake, to spend the money for a 14dB or higher patch (flat) antenna and a quality tough antenna pigtail. Since these pigtails are fragile, a spare is advisable. Even if your laptop has built-in wireless, a high power removable wifi card that you can attach your antenna to will get you online in many densely populated environments where the built in antenna would normally fail.

## **WEP/WMA**

WEP is an old encryption used on 802.11b wireless networks. It is easily cracked, and some business and government offices may have an older personal wifi access point installed in big exec offices so they can play on their mahogany paneled laptops. Any reasonable IT department would have implemented better security.

Our hacks use a computer running Linux but there are also windows and Mac programs for this. Aircrack and Aircrack-ng can help you bust the WEP/WMA encryption: this software package comes as an downloadable option with most Linux distros. Sample some net traffic, then let Aircrack look for weak packets, unlocking the encryption key. If you are a MS-Windows user, booting up with Knoppix STD will give you most of the security hacking tools you will need.

## **Community Wireless Co-Op**

Many cities have community wifi co-ops which provide free Internet and possibly other services from their access areas. These are great for anonymous surfing. Be sure to clear out all personal identifying settings and cookies from your browser and computer before you feel too secure.

## **Pirate Wireless**

An interesting spin on community wireless is if at work you find a live network cable and power port you can just plug in an old access point and make a pirate wireless hotspot, of course it would have to make the signal available somewhere useful to justify the expense, maybe a directional antenna to extend the range and some disguise is in order to keep it safe. Alternatively drill holes high on the wall to the outside for your wires and install a plastic waterproof electrical box outside where there would be no suspicion. Make everything look professional and seal all holes for moisture and it might last for years.

## **HTTP over DNS**

Many pay-for WiFi networks or crippled corporate networks still allow DNS queries. This opening can be exploited to allow tunnel access to a server and then out to the Internet.

<http://thomer.com/howtos/nstx.html>

## **Wired Ethernet**

Often, you can quietly plug a patch cable into the library network when nobody is looking. Know

how to get past the often minimal security, and don't abuse the sneak on. The library is our friend, not a thing to be abused.

## Subnet Sniffing

Use of Linux "tcpdump" and watching the traffic will help you establish what subnet you are plugged into, even if there is no DHCP server to hand you an IP address. The "ifconfig" command will be used to set your IP address and subnet, "route" will be used to set your Internet gateway. Windows users can use the GUI to add network address and default gateway settings.

## DNS

If you have to sneak onto a network without a DHCP server to give you an IP address, you may need to plug in your own DNS servers found in 'network settings'. There are a few stable ones in locations all over the world. Either edit /etc/resolv.conf and add these addresses in Unix/Linux or change the Windows DNS settings in your network TCP/IP settings.

- 208.67.222.222
- 208.67.220.220

## Dialup

### Free Dialup Services

When a corporation "gives" you Internet, beware, as you will likely be forced to stare at ads on part of your screen. Worst-case-scenario, they have full access to your data.

- New England <http://www.freedialup.org/site/>
- New York <http://www.metconnect.com/about.html>
- Western Washington <http://www.nocharge.com/connect.htm>
- USA <http://account.netzero.net/> Netzero lets you have ten hours of dialup Internet for free. This is an ad-supported service, which only works on either MS Windows or Linspire-Linux platforms, look around the site for the free account.
- Denver, Co <http://www.nyx.net/> Nonprofit Unix shell and dialup access co-op, lots of options for connect.

If you are on the run and need to get online using dialup, see [Free Telephones](#) for tips on covertly connecting to phone lines.

## TOR Onion Servers

Obfuscate the origin of your connection. This provides privacy from end use sites, but not against telcos and governments who have the ability to monitor end to end Internet packet traffic in real time. [http://en.wikipedia.org/wiki/Tor\\_\(anonymity\\_network\)](http://en.wikipedia.org/wiki/Tor_(anonymity_network)) One interesting TOR feature for us is the possibility of hosting hidden services, a website with no traceable origin, although viewers must be running TOR software or find a TOR portal.

If you find that the TOR network is suddenly not working be sure to check for an update in version at the <http://tor.eff.org/> website. Some major Linux distros and other software packages may fall behind and not issue automatic updates if you have not set the updater to check the official TOR package sources.

## SSH encrypted shell access

The standard secure way to connect for console or tunneled connections to most Unix/Linux type

servers. You can use SSH to tunnel or forward almost any service see <http://souptonuts.sourceforge.net/sshtips.htm> for more ideas. See <http://www.openssh.com/> for the real thing or <http://www.chiark.greenend.org.uk/~sgtatham/putty/download.html> for Putty the small Windows client which will happily run from your USB keychain drive.

The following command you will start a Socks5 type proxy to forward all of your browsing to a remote server via a remote tunnel:

```
ssh -D 1420 user@server.com
```

The -D means you want to have SSH make a Socks5 type proxy the number (1420 or whatever you like) is the port you want to connect it to. User is your username on a remote server and after the @ sign is the web address of your server, you will be asked for your password after connecting.

If you want to keep your browsing free of the IT department entirely also route your DNS requests through the Socks proxy, in Firefox type

```
about:conf
```

in the address bar and hit enter, you will be dropped into the manual config editing page of Firefox, scroll down to

```
network.proxy.socks_remote_dns
```

and toggle it to true (default is false) now got to Edit>Preferences>Connection Settings and click the Manual Proxy Configuration button, In the SOCKS Host add the address 127.0.0.1 and the port will be whatever you set after the -D (our example used 1420, choose something over 1000) be sure that SOCKS-5 is selected. Once TOR is set up and working install Torbutton in Firefox and add your port settings to make your switch quick as a mouse click.

If your boss blocks port 22 (normal SSH port) you can be a sneak too and route through the almost always open SSL port (443). So set up a second SSH port on 443 or an HTTPS web proxy on your server to free your surfing.

## Anonymous Surfing

There are services that allow web surfing by-proxy which leave behind no trail of your visited websites on the computer. Great for sneaking past work or school snoops, but the Feds might be able to watch these networks. These proxies slow down your connection speed a bit, and may interfere with downloading, but for security, it's worth it. However, the fact that you've been on a proxy site for two hours may attract suspicion.

- Anonymouse - <http://anonymouse.org/>
- Guardster - <http://www.guardster.com/> (Free low-level service, but won't work on encrypted SSL sites)
- Shadowsurf - <http://www.shadowsurf.com/>
- Proxify - <http://proxify.com/>

## Off By One

A simple and free Non-Java web browser for Windows that fits on a CD or flash drive, but doesn't require installation onto the hard drive for use. It's only 1.2 MB and can be compressed down to about 460KB for distribution. When the disc is removed, all browser information goes with it. The page and image caches are memory-resident and utilize no disk storage, so after each session, any "cookies" simply vanish. The drawbacks to its small size is that it doesn't support JavaScript, applets, plug-ins or Flash.

- <http://offbyone.com/offbyone/>

## Mozilla Firefox - Portable Edition

A 25 MB version of the web-browser that can travel with you on your clip flash drive (along with your bookmarks and cookies that won't be on the computer you're using). Runs on Windows or Wine on Linux/UNIX. [http://portableapps.com/apps/Internet/firefox\\_portable](http://portableapps.com/apps/Internet/firefox_portable)

## Torpark

Torpark is a useful free software that allows you to surf the Internet anonymously. It can be used to help confuse the government or police from easily finding your location, and, when installed onto a flash drive, it can be used on public computers to bypass any filters. It can be found at this location: <http://www.torriify.com/index.php>. Torpark now includes red underline spell check plugin

## Skiing and Boarding

### Snow Camping

If you can save up for a decent gore-tex bivvy sack and sleeping bag you could try snow-caving which is digging into a snow bank or making an igloo and living inside, these snow shelters can be surprisingly warm. Another idea is to put your bivvy under the eaves or inside of an equipment shed or lift house at the the resort. These shelters can be pretty warm if you stay dry but if you get your bag wet you had better find a way to get to a warm place quickly before everything freezes solid. The GoreTex sack will serve you well in almost all solo camping but this is offset by their high price. A four season tent will take a snow load and keep you dry, but the bright safety colors contrast against the snow, you would have to camp far enough away that ski patrol won't bust you.

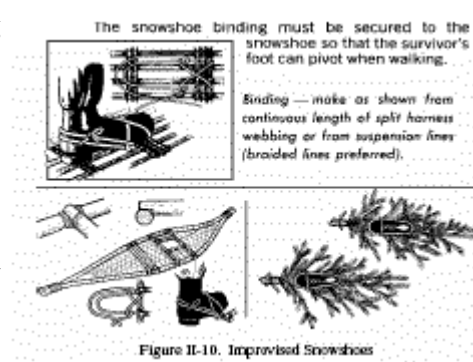
### Car

A car is not a bad idea for a shelter, a sun shade can help keep the ice from getting too thick on the inside of the windshield. Don't be stupid and run the engine for heat, also don't use the car battery for light or music the cold will make starting hard already without draining the battery. Hot water poured on windows to de-ice can cause big cracks. An extension cord and hair dryer or small heater to warm the interior is ideal. Move the car every other day and hop resorts so that security and staff don't suspect the car is abandoned, staying in the town nearby may be an option see [Cars](#) for tips on living in a car.

## Cross Country

Whether you are sneaking across the northern border in winter or seeking solitude in the unpopulated mountains, with the proper gear a snowy landscape can be easier than tramping a wilderness trail for travel. Cross country, randone, telemark skis, and split boards will get you across the land and even up hills on your trek.

Snow shoes are mostly for those who can't ski or for walking around a camp after fresh snow, skis on the other hand are like a one speed bike that makes travel over the landscape so much quicker and with downhill slopes as free rides. Always look for used gear on auction sites, thrift stores, or military surplus sales. If you go to a resort shop you could easily spend thousands of dollars on back country or if you are thrifty and willing to give up some performance or durability around \$100. Look at a few current books on the subject to stay up to date.



## Types of Skis

The cheapest solution we have found is either using regular used cross country skis from a thrift store, or buying long resort skis, pulling off the binding and adding a military cable binding and skins of uphill travel. We have heard of people making the wide back country skis from wood, and bending making a double chamber shape for use with kick wax, bindings are made from cable and old school leather ski boots, mountaineering boots, or Norwegen welt boots are used, older cross country skis must be stored with tips and tails bound and a wooden block holding the shape in the middle.

All of these types of ski and board can use a one way climbing skin to keep from sliding down hill, almost all climbing skins are synthetic now. keep the skin waxed to prevent ice-up.

Most cross country and a few kinds of randone skis can use kick wax that sticks to the snow this is also for getting up hills. You need a snow thermometer and several temperatures of wax to use during different parts of the day and from shade to sunlight areas. Be sure your speed wax is in good shape and this way of sticking to the snow lets you take downhills much faster than with skins attached.

## Haul Sled

If you will be regularly moving large amounts of gear a ski sled might be wise to buy but we usually suggest getting a large toy plastic sled adding two PVC leads about two meters long and attaching this to a belt so you can control the sled downhill, speed wax the bottom of the sled for better sliding, two full length aluminum strips for runners can be pop-riveted on and fine sanded to give you better control. Towing your camping gear sure beats shouldering the load.

## Snowmobile Towing

If you are traveling with a group and a snowmobile is available many riders can be moved quickly riding behind using water ski tow ropes. Snowmobiles are very loud with two stroke motors which require special mix gas, most waste fuel if used alone.

## Winter Nutrition

Stay hydrated, you will not feel very thirsty in the cold, dehydration is a real danger. Don't let yourself get sweaty or exhausted when working or traveling outside in the cold; many have died from hypothermia this way. Have a powerful stove designed for melting snow and a stainless steel kettle (aluminum might melt in the hot spots), add a little liquid water to kick start the melting, a small propane blow torch or alcohol burning gel may be needed to start your liquid fuel stove in extreme cold weather.

Eat around 6000 calories if you will be working or moving hard or 4000 if sedentary, fats and protein should be prominent in the diet, don't forget fiber. Protect your head, armpits and groin to keep your whole body warm. Keep you hydration system or water bottles under your coat so they don't freeze and break.

## Field Repairs

Be sure to carry a spare emergency ski tip for your group and binding repair parts and screws.

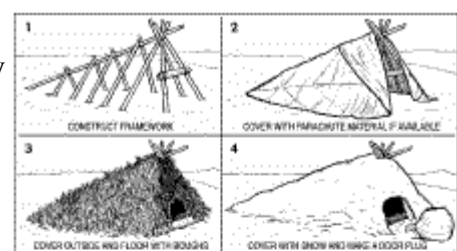


Figure VI-5. Thermal A Frame

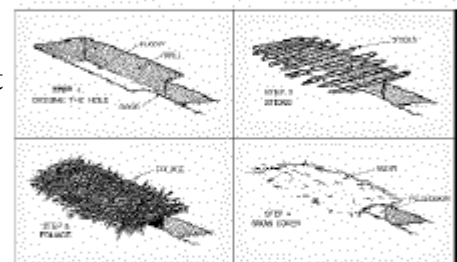
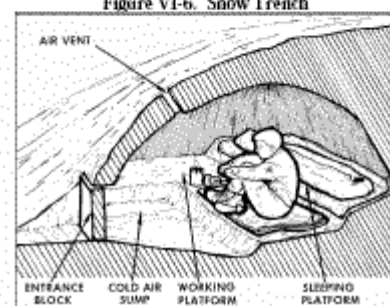


Figure VI-6. Snow Trench



## Snow Caving

If the snow will handle it dig out a snow cave with your mountaineering shovel. Be sure to stake out the top of your shelter and don't make the interior too large. A snow cave is built by excavating snow such that the entrance tunnel enters below the main space to retain warm air. Construction is simplified by building it on a steep slope and digging slightly upwards and horizontally into the slope. The roof is domed to prevent dripping on the occupants. Adequate snow depth, free of rocks and ice, is needed. Generally at 4 or 5 feet is sufficient. The snow must be consolidated, so it retains its structure. The walls and roof should be at least 12 inches/30,48 cm thick. A small pit may be dug deeper into one part of the cave floor to provide a place for the coldest air to gather, away from the occupant(s), and the entrance may be partially blocked with chunks of snow to block wind and retain heat, although it is vital to prevent drifting snow from completely plugging the rest of the entrance in order to maintain a constant air supply. A narrow entrance tunnel, a little wider than a human leads into the main chamber which consists of a flat area, perhaps with elevated sleeping platform(s), also excavated from snow. Most sources agree that using tools such as a shovel and ice axe are vital; digging by hand is for emergencies only.

If the terrain or snow will not permit a snow cave you might need to make an igloo. An igloo is blocks of snow laid in a spiral upwards fashion with the final block cut to fit the top hole.

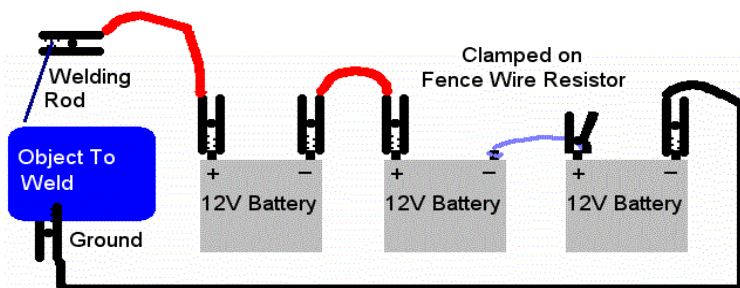
## Welding

Most of us are too poor, or too infrequent, of welders to go out and buy an arc welding machine so here is how to make one.

Materials:

- three 12 volt automobile batteries
- a set of jumper cables
- arc welding glass or goggles
- a length of #8 fence wire and vice grips (for variable resistor)
- Two jumper cable pigtails (to join batteries)
- welding rods

Most auto stores sell the heavy wire and big clips for making jumper cable pigtails. The #8 fence wire resistor is shortened or lengthened to allow use of smaller diameter welding rod. This wire gets very hot, check that it is not drooping, it might droop so far that it touches and melts the side of your battery.



Before welding remove all screws and bolts from your project and use a wire brush to remove paint at ground and where you are welding. As is standard, we suggest a positive ground (your bike frame) and negative rod. If you go below 36 volts (you have less than three batteries) it will be

difficult to keep an arc going. ALWAYS use goggles, if you can't find welding goggles make a mask from your welding glass taped into a homemade cardboard welding mask **If you don't protect your eyes you will be in a lot of pain and may lose vision, you can't even see the UV light that damages your eyes, so use proper eye protection.**

Practice with junk metal before welding on your precious bicycle frame. Between welds check your battery voltages, if any of them drop below ten volts it is time to stop and recharge.

## Precision cutting

If you are out on the road and need to replace a custom part like a gear sprocket or derailleur cage on a bicycle or you just have no money for a custom part the easy way to precision cut some sheet metal or tubing to make a replacement is electrolytically. All you need is:

- a DC power supply(a car battery charger is perfect but even a little wall wart transformer will work)
- a non-conductive basin
- paint
- a tracing of your part
- a sharp tool or knife
- a piece of scrap metal

Here is what to do:

- 1-make a to scale outline of your part on paper
- 2-find a piece of sheet or tube metal the right thickness for your part
- 3-paint the whole surface of the part that will be submerged (leave a little bit bare for your positive (+) electrode)
- 4-Tape drawing to the painted metal
- 5-using a sharp point carefully scratch the outline where the metal must be cut
- 6-Attach the positive (+) wire to the bare spot on your metal
- 7-Attach the negative (-) end to a piece of clean metal scrap
- 8-fill your non-conductive basin with water and add salt until the water is very salty tasting
- 9-Place both your part into the water so all etches are submerged but the wire and bare spot are above water
- 10-Put the Negative scrap into the water, try to keep the wire above water
- 11-bubbles should form, you might smell chlorine, the process is working
- 12-watch the water turn weird colors, you can turn off the power and pull the metal out to look at if you like to see if everything is cut
- 13-once everything is cut you should be able to easily pop the finished parts out of the paint

note: if the etch on a larger circle finishes before a square inside the circle the inner shape etch will stop etching as there is no circuit there anymore. If you are using a small wall wart type transformer keep the scrap electrode just close enough to your sheet metal to cause only small bubbles, don't ever let the two electrodes touch. BTW you can also use this mask and etch method using strips of tape or paint for a mask to etch the excess copper from a printed circuit board.

## Casting

If you can't make your part with sheet metal or tubing maybe casting aluminum is your answer. This is a great way to make parts for equipment you need or even jewelery to give as gifts or sell while on the move.

## Scrap metal

For the best quality aluminum try to harvest an overhead cam aluminum cylinder head that doesn't



use separate cam bushings, ask a mechanic to find such an engine model, then scrounge the junkyards. It is fine if the engine is ruined, we just want the metal. Get this large part near melting point and break it up with a hammer, now put the chunks back on the charcoal fire inside a steel pot you might need to use a blower to get enough heat, a shop-vac in blower mode might be too much a hair dryer on low should do the trick, attaching a steel pipe or tube gives the standoff to prevent a melted blower. Zinc can also be melted on a kitchen stove in a pot, silver needs more heat like aluminum.

## Lost Wax Method

Lost wax casting is an ancient technology and can be used with most metals, be sure that the mold compound will take the temperature of the molten metal.

- Make a full scale model out of wax. (paraffin isn't wax, Beeswax is)
- You can copy an existing broken part by making a two part mold from clay, with talcum powder separating the halves, around your glued or stuck together part and pouring wax into your clay chamber after you carefully remove the original part.
- Attach a conical stem also made of wax for the future pour hole
- pour a mold-making compound around the whole wax model, the end of the wax cone should stick out.
- You can use many mold compounds. (plaster of paris works and can be found in hardware stores for drywall repair)
- make a cardboard box about 2-3 inches larger on all sides than your wax model but on top.
- drip hot wax onto the a flat surface and stick the top of the wax cone onto it, it will look like a disc of wax supported by the cone.
- stick long pins box and into the wax object at several locations These are important to let air bubbles escape during casting.
- mix the molding compound and pour into the box around the pin suspended wax model
- shake or vibrate to get all of the air bubbles out, use your fingers in the mush to get bubbles away from your wax model
- Once the mold has hardened bake upside down in an oven over an aluminum pan to remove the wax

**Caution! Let your mold bake for several hours to remove all wax but more importantly to remove all water, or the mold might explode from steam spraying molten metal**

- Pour your metal
- Let everything cool overnight
- Crack the mold material off with gentle hammering

## Unemployment

Lots of bong heads and boarders do the US Forest Service fire fighter, ski lift operator cycle year after year. They build up just enough hours at these slacker jobs to ride out spring and fall living off of the man while faking their job search records. Remember always apply for jobs making very high salaries during unemployment "job search" the worst case is you are not hired best case you are a brain surgeon or rocket scientist for two weeks until they discover you are an idiot and give you a \$50k severance package. Play the unemployment out for as long as they will let you.

## Get a Job



Contrary to what the corpgov slaves say we are not above working as long as it doesn't involve slavery, we do follow the hobo code and will work before we beg, but we will live from the salvage of what the masters and their slaves throw away first. Here are some ideas beyond what is mentioned elsewhere in this book.



## **Mechanic**

Bicycle, appliance, electrical, small engine, and auto repair can be offered as available especially offer to change blown tires for a small sum when hitching to those who can afford, put a sign in your yard or hold one near an auto parts store.

## **Gatherer**

Gold panning, shell collecting, shed antler collecting, etc; be careful what you are collecting is not ruining an ecosystem.

## **Consulting**

Many small businesses only want a computer or other consultant for a few days or weeks, many small businesses will be happy to pay under the table, take your pay every day or week so they cant burn you at the end of the job. Many jobs are available near a business fiscal year end.

## **Agricultural and yard labor**

Find where the migrant laborers hang out for jobs, many employers will expect more work out of a migrant than a lazy amerikan until you prove yourself, these are almost always cash jobs.

## **Seasonal Work**

Jobs like ski lift operator, lifeguard, camp counselor, or forest fire crews fall under this heading. An under the table pay job is usually not what you want since you want to play the unemployment game in spring and fall.

## **Blacksmith/Welder**

After a bit of practice try hiring yourself out for making things like window bars or iron gates from rebar or fabricating needed parts for old machines. see Means of Production

## **Micro Farming**

If you can project a good earthy hippie vibe and are committed to organic principles many people will buy their organic eggs and produce even without certification. A good idea is to get monthly or yearly subscribers to an egg or greenhouse produce club. see Farm It

## **Online Sales**

Web auction sites are an easy way to make money either selling stuff you find or fix from your dumpster expeditions or even better sell software, multimedia, or support services online, no shipping required! You can collect by either taking checks or e-payments although be careful that you withdraw payments quickly keeping your account balance low, some online payment systems will seize some or all of your money if the customer commits fraud or complains. Some e-payment companies even give you a debit card to spend your earnings. Be careful about taxes since amerikan e-payment systems report to the IRS.

## **Sidewalk Blankets and Car Trunks**

You can go to many fairs and gatherings where a blanket on the ground and your wares laid is all

you need, sales out of a car trunk works too although this is suspicious to the police and may lead to a search. Renaissance fairs, open air concerts, rainbow gatherings, and large campouts are perfect for selling hand made and recycled goods.

## **Courier**

If you know a small business that needs things hand delivered offer to be their courier. You will either get to cycle sprint around town with a important document or even better jet around the country or world with their documents or prototypes. Law offices, jewelery dealers, and small high tech or aerospace manufacturers are good places to start. Of course most of these businesses will not send valuable things with some hippie stranger, start with people you know or work through an agency. A benefit to working with an agency is you often have to work only the days you want to.

## **Food Service**

A van or bicycle trailer full of food can set you up to serve small to medium business in suburban and industrial areas. Stealth is important as unlicensed food service is investigated by the health department. Think about home baking delivery pizza with a partner or ice cream trucking with a bike trailer loaded up with cold snacks and dry ice. A fryer and propane grille set up in a van can feed dozens of customers at a job site, it is smart to get permission so the management won't turn you in. Precook as much food as possible and use steamer trays and boxes to keep food warm. An easy job is taking *written* orders and cash up front for coffee, deli, or fast food delivery in big offices, this might even avoid the health department jurisdiction.

## **Advertise**

Everyone hates the wasteful windshield spam in parking lots but is is a lame way to get enough for a few meals in a pinch, you can also offer to dress up in a costume and shake a sign in front of used car lots.

## **Advertise Yourself**

For the occasional labor jobs especially if you plan to be in town for a long time advertise with business cards or refrigerator magnets, going door to door at businesses is a good way to hand them out, but only to those who seem really interested. Give out your SMS and e-mail addresses so you will be easy to contact especially in time sensitive jobs like delivery or food orders.

## **Considerations**

Be sure the size of the job is large enough to justify your time and travel. Depending on the job market you might be forced to do heavy physical labor, that's OK as long as you are able to walk away when you want to. Get to know the workers compensation laws in case you are injured on the job, in some places you might even be eligible if you were working under the table but you will have to narc on your employer.

## **Trade**

Always consider a trade over corpgov paper, cash and checks have no real value other than what society places on it. You can always eat food and ride a repaired bicycle even if nobody values it.

# Original Panhandling

The practice of going up to folks and bumming money is a basic hustling art. If you are successful at panhandling, you'll be able to master all the skills in the book and then some. To be good at it requires a complete knowledge of what motivates people. Even if we don't need the bread, we panhandle on the streets in the same way doctors go back to medical school. It helps us stay in shape. Panhandling is illegal throughout Pig Empire, but it's one of those laws that is rarely enforced unless they want to "clean the area" of hippies. If you're in a strange locale, ask a fellow panhandler what the best places to work are without risking a bust. Do it in front of supermarkets, theaters, sporting events, hip dress shops and restaurants. College cafeterias are very good hunting grounds.

When you're hustling, be assertive. Don't lean against the wall with your palm out mumbling "Spare some change?" Go up to people and stand directly in front of them so they have to look you in the eye and say no. Bum from guys with dates. Bum from motherly looking types. After a while you'll get a sense of the type of people you get results with.

## Printing

### Jellygraph copiers

The jellygraph (also known as a "hectograph" or "gelatin duplicator") is a type of mimeograph that is simple to make and can print around 50 prints from one master application to the gel bed. If you are feeling enterprising a drum type print bed could be devised to speed the production of the prints. This makes a low quality copy but is cheaper than a computer and printer or copier and can be made with common materials. These printers have been used by partisans for the last century when regular printing was impossible.

You will need:

- 1 aluminum pan (larger than the size of your paper)
- quality paper for masters
- cheap paper for posters
- Mimeograph carbon papers (Ordinary carbon paper will not work)
- Impact typewriter, dot matrix or impact printer, or Mimeograph Pen
- Gelatin, clear unflavored (Check the supermarket Dessert section)
- Water
- Sugar
- Glycerol, AKA Glycerin (Drug stores will have this)

### Making The Printer

- Dissolve 100g gelatin in 375ml water with 385g of sugar.
- When the sugar and gelatin have dissolved, add 715g glycerin
- bring to a boil and simmer for one minute. CAUTION! This is HOT!
- Carefully pour the mixture into your tray (avoiding bubbles) which must be lying perfectly flat on a level surface. As the gel cools you can dab away bubbles and foreign matter with a damp towel or tissue.

(You can also use Carrageenan Gel or Agar Agar {seaweed extracts} in place of gelatin, but you will have to experiment with mixtures to get a firm gel.)

### Making the Master

Using an impact typewriter or a dot matrix printer (the ribbon doesn't need to work, impact is all we need) type or print the flier using your mimeograph carbon paper. Alternatively you can buy or

make a mimeograph pen to write out the flier or draw pictures to add to a typed page, use good quality paper which can survive contact with dampness, the non-shiny side of butcher paper should also work.

Old dot matrix and impact printers may be difficult to support but at least you don't need to find a working ribbon or ink. Buy a printer with current drivers for your operating system. Friction feed is the type of printer you want as long as it doesn't mark up the carbon paper, tractor (holes on the side) feed will be difficult to get to work properly unless you can find mimeograph paper with tractor holes that is not too old to use. Be sure that the print head works before buying.

## **Using the Printer**

- Dampen the surface with water and then gently wipe clean so no liquid remains.
- Lay the master face down and smooth onto the gel bed, the longer the master remains the more ink transfers to the gel, if the surface was too wet or the master moves the print will get blurry, if the surface was too dry the master will stick on
- Gently peel the master off, if you are careful you can reuse it
- Press your blank paper to the surface and peel, this is your first copy, repeat 30-50 times
- To make more copies wipe clean the gel and reapply the master lined up in the exact same place on the gel

(the print can be sharpened by wetting the back of the master with alcohol and dabbing clean)

## **Cleaning the Printer**

- Fill the pan with warm water and let the ink and a small layer of gel dissolve for just a few seconds
- wipe with a sponge
- run cold water into the pan to reset the gel
- wipe up all liquid
- test the surface with clean paper (it should come back clean)

If you ruin the surface peel up and add the jelly bits into a pan with a little simmering water, re-pour your copy bed.

## **Jellygraph Master Pens**

You can make the ink for writing a master if the mimeograph paper is unavailable

- 2 tsp dye
- 2 tsp alcohol
- 1 tsp sugar
- 4 tsp glycerin
- 1/3 oz water

## **Mixing the Ink**

- Dissolve the dye in the alcohol,
- Add the glycerin with the dye mix
- Dissolve the sugar in the water
- mix both solutions.
- inject ink into a fountain pen cartridge and write your master copy

## **Silk Screen Printing**

A fast and inexpensive way to make large print posters, protest signs, and printed clothing with simple graphics is to use the silk screen method. This printing method is nearly as fast and accurate

as the mechanical systems used by online and local swag shops but for much cheaper, plus you don't have to wait weeks for delivery. See [Wall Painting](#) for for applying your posters.

## **What you need**

- Roller or Squeegee
- Latex or acrylic paint
- Letter Stickers or cutouts and graphic cutouts
- Lightweight mesh screen (tent screen mesh)
- Wood frame
- Water base ink or paint (other type paints require a rinse every several minutes)
- Wax paper

Fabric paint is available at most clothing shops but is quite expensive. We have heard that latex house paint and fabric softener mixed make a inexpensive fabric paint substitute, be careful not to clog your stencil with drying paint. Kits are also available at most art stores.

## **Making your Screen**

- 1-Staple the screen to a lightweight wooden frame
- 2-Use a straight edge and black marker to draw lines onto the screen so your text will be straight
- 3-Stick down letters on you marks to make your text, also carefully lay down cutouts for graphics with tape sticking them down
- 3.1-If you want several colors in your poster make separate screens for each color pass
- 4-Lay down wax paper and gently roll or spray latex paint over your cutouts and letters(make sure the paint is not too thick and that letters are not rolled out of alignment)
- 5-Wait about ten minutes after painting remove your letters and graphics using tweezers
- 6-Allow screen to dry overnight
- 7-remove wax paper in the morning

## **Printing**

- 1-Place T-Shirt, newsprint, butcher paper, or poster paper under your screen
- 2-using a roller or squeegee spread your ink or paint onto the screen, it will only transfer through the open areas where the stickers were removed.(Don't use too much ink onto the roller, clean cardboard or newspaper under the first t-shirt layer will prevent bleed through)
- 3-allow media to dry, a fan or hair dryer might help
- 4-rinse off print screen before the ink dries when you are finished with your printing run

Cheap water based paints and newsprint will fall apart with the first rain, they also can't be applied using flour paste or powder milk paste without running them, butcher paper, poster paper and water resistant inks will last much longer but will cost more. Be very careful to keep multiple color screens perfectly aligned in a multi color poster. The screen can be mounted onto a piece of plywood frame making alignment and printing much easier and quicker. Large block text and simple graphics are best. Practice makes perfect when making the stencil screens and when rolling ink. Test the ink with the stencil paint to be sure that it will not dissolve the stencil paint.

If you need a graphic cutout larger than your printer can produce you can either print in sections and tape together or you can suspend a smaller graphic on glass or screen in front of a light, then trace the shadow. The shadow method can also be used to hand paint a screen, this can be used to make higher quality graphics from slides or overhead projections.

Of course you could always just buy the supplies from the art store, this article is how to survive without expensive specialized photo emulsions and paints.

## Paperback Binding Books

Super easy and as tough as a regular paperback book

- 1- Print and carefully align pages
- 3- Clamp pages tight if possible, leave the clamps on for at least two hours after gluing
- 4- Use a paintbrush to lightly wet the spine with water
- 5- Paint the spine with a thick coat of regular gorilla glue or similar multipurpose polyurethane adhesive
- 6- Wait 24 hours for the glue to fully cure but it will be 80% cured in 2 hours
- 7- If you want a wrap around cover you can use a thin coat of glue to attach it to the spine

## WheatPasting

Wheatpasting is an effective way to stick up posters in a way that is difficult to remove by hand, quick, and inexpensive. Again collect your poster holder, lookout, and glue painter although you could get away doing this as a one person job. Of course vampire hours are best since there will be few pedestrians to witness and call in your activities. Print your poster or flier like we show in [Starting a Printing Workshop](#), attempting to find the most water resistant print style possible since this will be outdoors, butcher paper is usually the strongest and cheapest media. On a nice dry week with little rain in the forecast move out to do your deed, summer nights are best. Cement and metal walls and poles are best for adhesion, plastic and wood walls don't stick too well. Bridge supports on highways are great, think about combining four or more posters for a big well seen billboard here.

You will first need to make you paste:

- add one cup white flour (half cup of sugar might help too)
- to two cups of water (add rock salt if deep in winter to slow freezing)
- bring to a boil (boiling can be skipped in a pinch but makes weaker glue)
- reduce to a simmer for half hour (converts the starch to better glue)
- stir and break up lumps while you simmer
- let cool and place in your bucket
- Refrigerate for up to a week or just use the paste right away before it rots

(in a pinch you can use potato flake, corn starch, watered wood glue, sour milk, and many other ingredients instead of wheat to make your paste)

Now lets paste!

- Liberally paint your paste on to the surface with a soft broom, big sponge, wide paintbrush, roller, or mop
- Apply your poster
- Smooth past over either the edges or if possible the whole poster to both secure the edges, seal the ink, and remove bubbles
- Once stuck down well a few razor slashes will make removal more difficult when dry
- Move along in a random direction down streets and alleys while posting to prevent leaving a trail for the cops to follow

Experience will teach you if making a paste seal over the whole front of the poster will cause excessive ink running. Sealing the whole poster preserves it for much longer so you might adjust your ink to match the paste.

# Hobo Code

This is an 19th and early 20th century form of wall painting updated for our modern needs and can be done in any sort of paint or medium of drawing ranging from chalk to charcoal to paint to spray paint to scratches in the dirt or tree bark. It is a system of simple characters and pictures that each mean something pertaining to the immediate surroundings/building(s), like a Caduceus symbol means a doctor or someone of medical knowledge lives within, or an upside down triangle means that people are burned out on bums.

These symbols may be used one at a time or in sequence to form a sort of sentence. The best time to leave these symbols is when you move on so others can benefit from your discoveries. Use chalk or charcoal for temporary discoveries so the rain and wind will wash it away, paint or scratch marking is good for long term discoveries. The side of the curb, the bottom corner of a building, or lower side of large rocks or sign posts are good places to leave the marks. There is nothing secret about these marks, just like the cops know better than any stoner where to stash a joint, they will figure out the what and where of these marks again. Use your head when marking something hidden and remember we will still have more time to notice these marks on foot than a cop in a squad car.

Good stuff for your pack if you plan to take up hobo marking: thick kids sidewalk chalk, a large paint marking pen, and a quality black indelible marker.



Post this list anywhere homeless or radical groups gather print it, paste it up, edit it, post them on bulletin boards.

The more who know it the more who can help each other.  
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Here is a simple code of many of the Hobo Code symbols. Look for them when you're in a bind and you can get by without too much trouble. These are in little use at the time of the printing of this book but we expect you to help fix this. Many of these signs are new for our generation, a good idea is to print and distribute this graphic and key on the back page of your publications for underground users so the new symbols get disseminated. Realize that this is not the 1930's and people are not as generous, but as times get tougher more "normal" people will be displaced or unemployed and sympathy may improve. Interestingly enough while it was not that widely used even in the 1930's the paranoia of that time gave it a solid place in our historical memory.

## Food Caching

The Mormons, besides being a little square, have one radical idea; storing food for a rainy day. A storm is brewing and we want to eat too, so here are some things that pack and store well, some of them even come from our own victory gardens.

- MRE Meals (medium-long life)
- Canned Foods (short-medium life)
- Coffee (short-medium life)
- Dried Beans and Corn (medium-long life)
- Dry Fruit and Raisins (short-medium life)
- Dry Milk (medium life)

- Flour - Preferably Whole Wheat (short life)
- Honey (long life, will keep indefinitely if kept sealed and cool)
- Hot Chocolate Mix (short-medium life)
- Instant Mash Potatoes (short-medium life)
- Oatmeal (medium life)
- Olive Oil in bottles or jugs (medium life)
- Oven Dried Meat Jerky (short life)
- Pasta (medium-long life)
- Rice (medium-long life)
- Salt & Spices (medium-long life)
- Sugar (long life)
- Tea (medium-long life)
- Vegetable Shortening in cans (long life)
- Vinegar (long life)
- Whole Kernel Wheat (long life)
- Roasted Whole Nuts (medium life)

All shelf life estimates assume a cool dry and sealed environment short life=1-2 years, medium life=2-5 years, long life=10 or more years

Most of these foods can either be grown or bought in large containers, the bulk foods section can often order 50lb sacks or 5gal buckets of these foods. Get some clean buckets made from food-grade plastic with good undamaged seals. Drop a block of dry ice into the bucket and then fill with your food, loosely place the lid, after 30 minutes seal the bucket. This eliminates almost all of the nutrient damaging oxygen and safely kills any bugs without poisoning the food.

If a can is bulging at the top and/or bottom, there is a very good chance the food inside is **not** safe to eat.

Only use long life foods for buried storage. Rotate through storage foods using oldest first in your normal diet, try not to store foods you would not normally eat. (Helpful mnemonic: "Eat what you store, and store what you eat.") Try to store some treats like chocolate or hard candy in your stash; If times are rough, unpalatable foods might not be eaten by picky eaters and people have been known to starve this way.

## **MRE's**

If you know of a military surplus store, a good Army quartermaster, or if you're simply eBay savvy, try to grab some MRE's (Military abbreviation for "Meals, Ready to Eat"). One MRE contains around 2-3,000 calories, which is about what you need for a light walking stroll all day. If you're doing hill/mountain climbing, 1 1/2 to 2 should suffice, MRE's are known to cause constipation and stomach upset in some so drink lots of water, eat enough fiber, and carry baking soda to stop the gut burn. A few MRE's make a great caches to pre-stash along a possible evacuation route.

## **Marking a cache**

If you are caching your things outside you will need a way to find the treasure, be careful to bury in a place that they are unlikely to excavate, plow, or build on or you will lose your cache. A piece of aluminum can with hints impressed onto it and nailed to the upper side of a branch on a prominent tree or landmark is hard to see from the ground and will last for years, painting the badge black or green makes it harder for a hiker to find it by chance but also for you to find. To help you find your cache lay a medium sized rock over the final burial site in case the area gets overgrown. Don't place all of your trust that GPS will help you find a cache, in the future it may be switched to another system. Be cautious that you are not observed while placing your cache or you may find it missing when you need it.

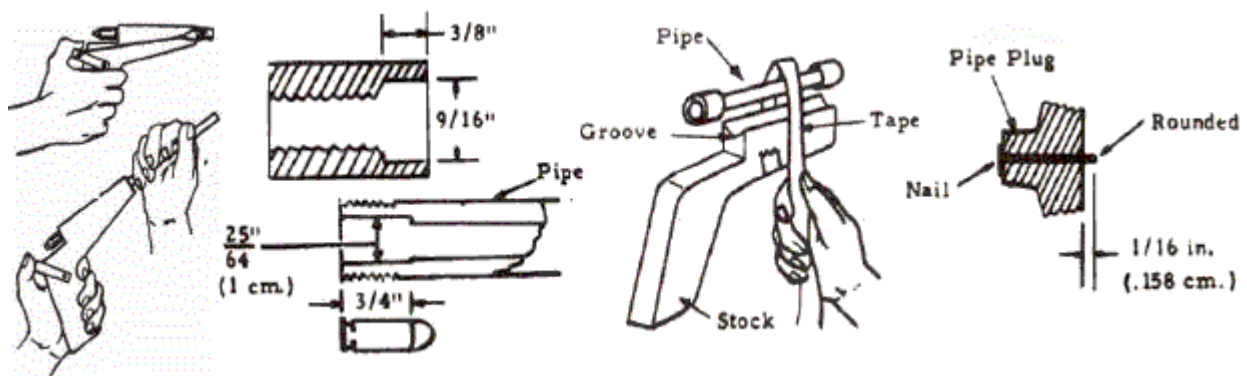


## Home Made Firearms

With some strict safety precautions a firearm can be built using common hardware, these are not meant to be used for years on end but rather to protect yourself in dire emergencies.

### Pipe Pistol

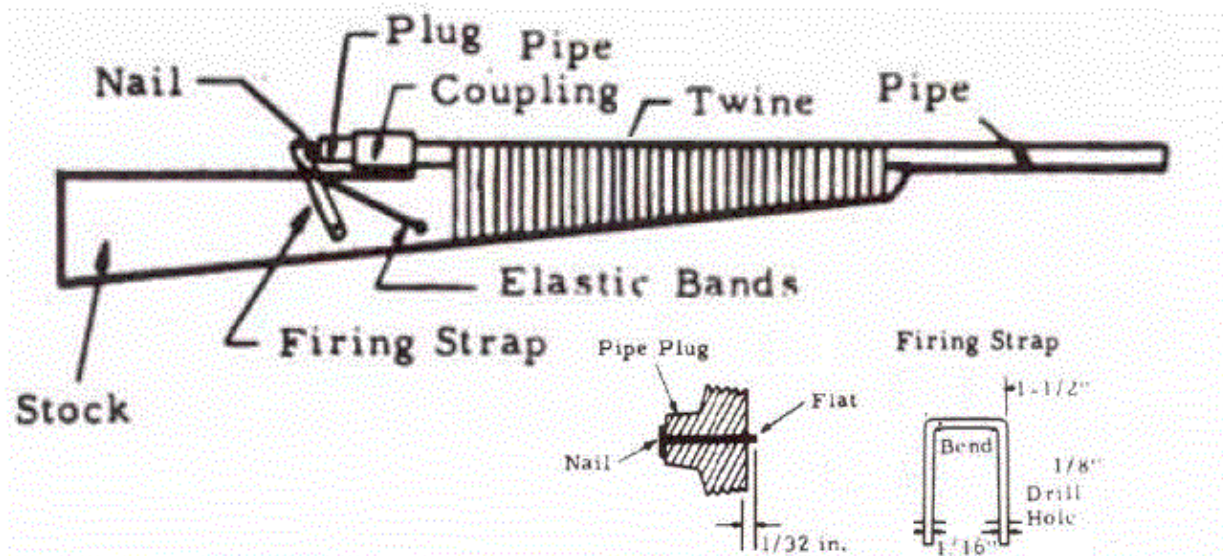
In a serious time when you have access to no other firearm, a zip gun might make the difference to your survival. A simple pipe gun is made from heavy steel pipe nipple, a threaded pipe joiner, and a pipe plug. The pipe is reamed to bullet diameter with a drill bit and chamber cut in the same way, a cartridge is loaded and the threaded joiner is threaded tight to the pipe nipple. A pipe plug with a hole drilled in the center is threaded tightly on, a nail is inserted into the plug hole and taped on. A "hammer" made from steel strap and screwed into the grip is propelled by rubber bands or springs to strike the nail firing this zip gun. Test fire several times remotely before firing with your hands. This is a risky dangerous weapon.



### Pipe pistol, cap and matches

Follow the designs for the pipe gun but don't insert a nail into the hole in the pipe plug. Load a thimble full of scraped safety match head powder, black powder, or powder from fireworks down the barrel followed by plastic wadding then followed by a projectile. Toy caps are taped over the firing pin hole, the hammer should fire the cap and ignite the matches. This is a desperate, dangerous, unreliable weapon, test remotely before firing in your hand.

# Pipe Shotgun



A simple emergency pipe shotgun can be made from

- 3/4" steel gas or water pipe
- 3/4" pipe coupler
- 3/4" pipe plug
- Wood for stock
- Heavy friction tape or twine and lacquer
- Short nail
- metal strap(for hammer)
- Spring or rubber strap

Drill a hole in the pipe plug and loosely tape down the nail/firing pin file the point off of the nail. Thread the coupling onto the pipe, ream the barrel to allow a 12 gauge shell to fit. Friction tape the barrel to the rough sawed stock. Make the strap/hammer and bend into a U shape attach with screws and put under spring or rubber tension. Insert the shell and plug, only insert the firing pin before firing. Test fire with a string several times for safety. If you are creative you might be able to make this into a double barrel gun. Only use shot not slugs in this weapon. Since you only get one shot with this crude zip gun do as they did before repeating firearms, attach a bayonet, weld a steel rod or blade to a pipe coupling and thread that onto the end of the barrel. A ramrod may be needed to eject the spent shell.

# Explosives

If you need simple explosives for engineering or demolition purposes here are some basic information if you are unable to get the 31-210 manual. There are two basic types of common improvised explosives, nitrated chemicals and fuel/oxidizer mixes. Most nitrated chemicals like nitroglycerin, TNT, RDX, and nitrocellulose are produced by introducing glycerin, toluene, hexamine, and cellulose to concentrated nitric acid while monitoring the acid temperature so the reaction doesn't get out of control. Fuel/oxidizer mixes are well known as things like black powder (6pts potassium nitrate, 4pts charcoal, and a 1pt sulfur), ANFO-16pts ammonium nitrate, finely ground(High AN fertilizer, instant cold packs)/1p diesel fuel, Sugar-Shock 1pt sugar/2pt pool chlorine shock treatment. All of these work best using a blasting cap, to jump start the explosive reaction but commercial caps can be difficult to obtain. You can either make a good sized firecracker initiator or make a real detonator. Below are the two easiest to obtain formulas from the improvised munitions book for an initiating and booster explosive. Most explosives work best if covered with mud or confined inside a container to increase the amount of energy delivered to the target.

## Initiator

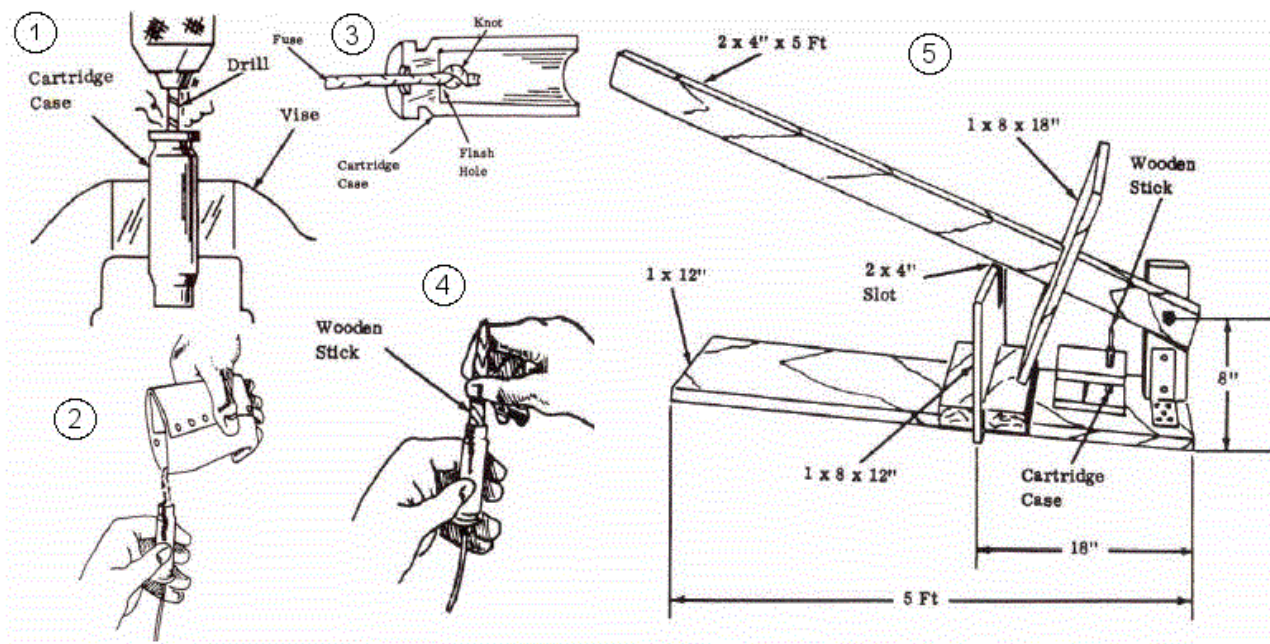
If several detonators are needed for a job make one batch as shown at a time and load into detonators, do not store this explosive!!

You will need:

- Hexamine(crushed Esbit stove tablets)
- Hydrogen Peroxide (hair bleach 6% minimum)
- Citric Acid (sour salt, spice section at grocery store)
- 1-Measure 9 Tablespoons of Hydrogen Peroxide into a metal cup (place this cup into a bowl of iced water to keep the reaction cool).
- 2-In 3 portions dissolve 2 1/2 teaspoons of crushed hexamine into the peroxide and let cool for 30 min.
- 3-In 5 portions dissolve 4 1/2 teaspoons crushed citric acid
- 4-Remove cup from cold water and allow to sit for 8-24 hours when crystals collect at the bottom of the cup

!!This is now a sensitive HIGH EXPLOSIVE!!

- 5-Pour contents through a filter or paper towel and save the crystals
- 6-Pour 6 teaspoons of water over the collected crystals and then allow to dry
- 7-Use the press shown in the manual to compress 0.75 gram of crystals into a metal tube or fired bullet case followed by 2 grams of picric acid booster charge, be sure that you are wearing goggles and have the guards in place.



## Picric acid

You need a real high explosive to use as a booster charge in detonators especially of use with questionable improvised explosives. This explosive is safe to store.

You will need

- Aspirin tablets
- Alcohol 95% strength (190 proof)
- sulphuric acid (concentrated car battery acid)
- ammonium nitrite (instant cold packs, fertilizer)
- 1-crush 20 aspirin tablets and 1 teaspoon water
- 2- add 1/3 to 1/2 (100ml) alcohol and mix for several minutes
- 3-filter solution and discard the solids keep the liquid
- 4-evaporate the alcohol mix by heating in a bowl sitting in a pan of hot water 160-180 F (not boiling) on a hotplate collect dry powder
- 5-Pour 1/3(80ml) cup concentrated sulphuric acid into a glass jar and add powder from above
- 6-Place jar in pan of simmering water for 15 min, it will turn yellow-orange color
- 7-Add 3 level teaspoons (15grams) of potassium nitrate in three portions to the yellow-orange solution, it will turn red and then back to C.
- 8-Allow solution to cool to room temperature stirring occasionally with a plastic or glass rod.
- 9-slowly pour the solution into a container of 1 1/4 cup(300ml) cold water while stirring and allow to cool
- 10-Pour the yellow-orange solution through a coffee filter over a glass container
- 11-Wash the light yellow crystals in the filter with 2 Tbs (25ml) water and save the crystals in the filter discard the liquid
- 12-dry the crystals on a plate in a bath of hot(not boiling) water

## Parkour



our is the art of moving from one area to another as quickly as possible, using only the human body and one's surroundings. A training traceur (or traceus, if female) can practice in urban and rural areas - even in their own home, or garden. This sport requires equal amounts of speed, strength

and balance, but makes any freedom fighter ten times more annoying to the pigs. Much of this article is edited wikipedia content.

It is considered by many practitioners as more of an art and discipline. According to parkour sport founder David Belle, "the physical aspect of parkour is getting over all the obstacles in your path as you would in an emergency. You want to move in such a way, with any movement, as to help you gain the most ground on someone or something, whether escaping from it or chasing toward it.

## **Movements**

There are fewer predefined movements in parkour than gymnastics, as it does not have a list of appropriate "moves". Each obstacle a traceur faces presents a unique challenge on how they can overcome it effectively, which depends on their body type, speed and angle of approach, the physical make-up of the obstacle, etc. Parkour is about training the bodymind to react to those obstacles appropriately with a technique that works. Often that technique cannot and need not be classified and given a name. In many cases effective parkour techniques depend on fast redistribution of body weight and the use of momentum to perform seemingly impossible or difficult body maneuvers at speed. Absorption and redistribution of energy is also an important factor, such as body rolls when landing which reduce impact forces on the legs and spine, allowing a traceur to jump from greater heights than those often considered sensible in other forms of acrobatics and gymnastics.

According to David Belle, you want to move in such a way that will help you gain the most ground as if escaping or chasing something. Also, wherever you go, you must be able to get back, if you go from A to B, you need to be able to get back from B to A, but not necessarily with the same movements or *passemments*.

Despite this, there are many basic techniques that are emphasized to beginners for their versatility and effectiveness. Most important are good jumping and landing techniques. The roll, used to limit impact after a drop and to carry one's momentum onward, is often stressed as the most important technique to learn. Many traceurs develop joint problems from too many large drops and rolling incorrectly. Due to large drops parkour has sometimes received concerns for its health issues. There is yet no careful study about the health issues of large drops, and traceurs stress gradual progression to avoid any problems. American traceur Mark Toorock and Lanier Johnson, executive director of the American Sports Medicine Institute say that injuries are rare because parkour is based on the control of movements not on what cannot be controlled.

## **Basic movements**

The basic movements defined in parkour are:

- Landing - Bending the knees when toes make contact with ground (never land flat footed; always land on toes and ball of your foot).
- Balance - Walking along the crest of an obstacle; literally "balance."
- Cat balance - Quadrupedal crawling movement along the crest of an obstacle.
- Underbar, jump through - Jumping or swinging through a gap between obstacles
- Dismount, swinging jump - Hanging drop; *lacher* literally meaning "to let go." To hang or swing (on a bar, on a wall, on a branch) and let go, dropping to the ground or to hang from another object.
- Pop vault, wall hop - Overcoming a wall, usually by use of a kick off the wall to transform forward momentum into upward momentum. A *passe muraille* with two hand touches, for instance one touch on the top of a wall and another grabbing the top of the railing of the wall, is called a "Dyna".
- Vault - To move over an object with one's hand(s) on an object to ease the movement.

- Turn vault - A vault involving a 180° turn; literally "half turn." This move is often used to place yourself hanging from the other side of an object in order to shorten a drop or prepare for a jump.
- Speed vault - To overcome an obstacle by jumping side-wise first, then using one hand, while in the air, to push your body forwards.
- Thief vault, Lazy vault, switch hands - To overcome an obstacle by using a one-handed vault, then using the other hand at the end of the vault to push oneself forwards in order to finish the move.
- Cat pass/jump or (king) kong vault - The *saut de chat* involves diving forward over an obstacle so that the body becomes horizontal, pushing off with the hands and tucking the legs, such that the body is brought back to a vertical position, ready to land.
- Dash vault - This vault, similar to the lazy vault, involves using the hands to move oneself forwards at the end of the vault. Unlike the lazy vault, one uses both hands to overcome an obstacle by jumping feet first over the obstacle and pushing off with the hands at the end. Visually, this might seem similar to the *saut de chat*, but reversed. David Belle has officially rebuked this vault however, and thus its inclusion as a parkour movement is debatable.
- Reverse vault - A vault involving a 360° rotation such that the traceur's back faces forward as they pass the obstacle. The purpose of the rotation is ease of technique in the case of otherwise awkward body position or loss of momentum prior to the vault.
- Pull-up or climb-up - To get from a hanging position (wall, rail, branch, arm jump, etc) into a position where your upper body is above the obstacle, supported by the arms. This then allows for you to climb up onto the obstacle and continue.
- Roll - A forward roll where the hands, arms and diagonal of the back contact the ground. Used primarily to transfer the momentum/energy from jumps and to minimise impact preventing a painful landing. Identical to the basic Kaiten of martial arts such as Judo, Ninjutsu, Jujitsu, and Aikido.
- Armjump, cat leap - To land on the side of an obstacle in a hanging/crouched position, the hands gripping the top edge, holding the body, ready to perform a muscle up.
- Drop - Literally 'jump to the ground' / 'jump to the floor'. To jump down, or drop down from something.
- Gap jump - To jump from one place/object to another, over a gap/distance. This technique is most often followed with a roll.
- Precision jump - Static jump from one object to a precise spot on another object.
- Tic tac - To kick off a wall in order to overcome another obstacle or gain height to grab something.

## Accessories

There is no equipment required, although practitioners normally train wearing light casual clothing:

- Light upper body garment - such as T-shirt, sleeveless shirt or crop top.
- Light lower body garment - such as light pants/trousers or light shorts.
- Comfortable underwear.

The actual gear in itself, only consisting of:

- Comfortable athletic shoes that are generally light, with good grip.
- Sometimes, sweat-bands for forearm protection.
- Rarely, thin athletic gloves (with rubber grips exhibiting only a mild adhesion), for

protection in much the same ways shoes protect feet, due to the fact practitioners grab hold of abrasive objects (brick walls, fences, etc).

However, since parkour is closely related to *méthode naturelle*, sometimes practitioners train barefooted to be able to move efficiently without depending on their gear. David Belle has said: "bare feet are the best shoes!"

## Emergency Use

When it becomes time to move quickly know how and where to ditch your pack or gear if you are carrying any. A toss onto a roof or into dumpster as you begin your evasion gives you some chance of retrieval at a later time. Carrying gear while attempting parkour is difficult and slows you down when you need to get away

## Trample Survival

In a large crowd a panic or greed reaction can turn regular movement into a trample. We have experienced dangerous out of control mobs mostly at concerts and at street protests. For experienced protesters teaching activist classes it is important to stress the importance of **NEVER RUNNING AT A PROTEST**. If the leadership is out in large enough numbers they can both marshal a slowdown and give the inexperienced protester a feeling of calm that will reduce the panicky desire to run for their life. The main causes of death and injury are either underfoot trample injuries or asphyxiation against walls or objects from the pressure of the crowd.

It is important to keep an eye on the mood of both the crowd and any potential catalyst like police lining up to charge, loading weapons, or just someone offering free concert swag. Just like in an avalanche it is important to have several locations nearby where there are obstacles to slow or stop a mob from running you over. If the crowd starts moving in one direction get to the edge where there is less pressure. Any kind of tanglefoot is potentially deadly in a push situation, if possible scout out the protest site for low obstacles and remove them. Use natural clues that a tripping hazard is coming such as parked cars or unbroken street signs to indicate a curb. Wear boots in any situation where a crowd is expected, many feet may step the back of your shoes or sandals removing them, this makes it difficult to stay standing in a moving crowd. It takes very strong legs and body weight to force your feet forward for every step, larger rebels must keep an eye out for smaller people and children to keep them up. Your pack is dangerous to you on your back making you less stable and giving a place for panicked people to grab at you, but ditching it during a push may cause a tripping chain reaction injuring or killing many if you ditch it once a trample starts, don't carry big packs to demonstrations.

The important thing is to stay with your protective group if possible and moving together get to an open area. If this is not possible just try to stay up and away from walls. If you fall down you are in trouble, try to force yourself back upright if possible, hope someone tries to pull you up as you should do. If others begin to pile up on you try to go into a survival position, into a fetal position with your knees spread so you will have room to breathe, use your arms to protect your head, stay calm. If that is impossible try to find a position that will protect your chest, face, and neck best so you can breathe.

## Survival Evasion Resistance and Escape

The armies, navies, and air-forces of the industrialized nations spend lots of cash teaching their soldiers how to survive if cut off from their unit and stranded behind enemy lines. We do it on the cheap by necessity.



## Police dogs

- K-9 dogs can be evaded in many ways, especially in the woods. If you are being followed by bloodhounds, try to cross a body of moving water, such as a stream or river (Don't drown!! Be careful about undercurrents); the dogs will lose the scent, the human tracker will help the dog cross and look for signs to start the search again.
- Some will incorrectly claim sprinkling some tear gas or pepper behind you will lose the dogs, as it will fill their nasal passages when they sniff it, truth is these dogs are not dumb and will not sniff painful teargas and pepper unless it is in some kind of surprise tripwire pepper trap.
- A distraction like another dog's turd or urine wiped and dragged along the ground on the tip of a stick then thrown onto a roof or tree after a few hundred meters can really confuse a tracking dog.
- If you get taken down by a fighting dog, like a German Shepard, don't fight back. Attack dogs are trained to clamp onto your arm and not let go, unless you are sure you can win and keep them from grabbing on, it's not smart to fight them, they can usually outrun you.
- Many dogs are trained in German, standing straight like you are a cop and commanding "feitz"(say it like the word feet as in foot with a "tz" on the end) may cause the dog to stop, sit, and await a command or at least stop mauling you.
- Urine from coyotes, foxes, and wolves and rabbits can be purchased for the purpose of scaring deer and rabbits away or luring predator animals, this should drive most police dogs nuts, another idea is to bottle the urine from a female dog in heat and put it on your tires, the cop-dog will be so horny or excited to chase the fox he won't care about that bale of weed in the back seat.
- Take every chance to let your escape path take you near outdoor dogs, cats, and farm animals; this distracts the K-9 dog.
- **You can escape from a search dog, use scent to distract and confuse, cover scent won't work**

## Infrared cameras and helicopters

Infrared, thermal, or FLIR has a mythical reputation for being something like x-ray vision. For all of the hype it can only determine if a room is heated not that it is occupied, infrared cannot get the outline of a person through walls. It is best to hide behind solid objects but even an umbrella can be enough to block the infrared radiating from your body. Campfires, car engines, and heated structures show up as light areas as do people making them contrast against the cooler background. Trees can help break up your IR signature but only very thick cover can really conceal you. A great place to hide from IR is under a car, inside a dumpster, or inside a building or rock ledge, as long as the heilo has not seen you dive to safety you are cool.

## Fences

Cyclone fence should not be too hard to climb even though it is often topped by barbed or razor wire. Throw a blanket, thick coat, or something else over the sharp parts that you can afford to have destroyed. It is not safe to hang from the top wires as they may not be well attached to the main fence. If you were planning ahead and were able to obtain one, you can cut the stout wires on a cyclone fence with a compound action wire cutter; a mini bolt cutter.

## Water Crossing

Take your pack off and be ready to ditch it if it sinks, float down stream for up to fifteen minutes if the cops know you are in the water but before a boat or dive team can be called in, exit in what looks like a safe area preferably not near a road. Warm up, dry off, change your clothing if you need to.



## Escape Below the Road

If you are in an urban area and have the tools to do the job go really underground, the piggies will take forever to try looking there. A piece of 5mm cord with two short pieces of rebar tied at the ends to make little drop in T's, if you are strong enough you can lift the lid into a underworld of escape.

## Escape in the Wilderness

The wilderness is not the escape it once was, airborne infrared equipment makes picking a campfire up against a cool background easy, digging out a cooking hole under a low tree and sleeping under a hut of brush and leaves at least a foot thick should help avoid detection. See [Get the Hell Out of Dodge](#) and [Backpacking and Camping](#) for more tips.

### Cuffs

- If you can get a hold of or buy a cuff key, attach the key to the inside of your pant's waistband or belt, a loop of heavy carpet thread is a good lanyard in case you drop the key during unlocking. When the cop is not watching you can get the key and unlock yourself or a friend. Remember to watch the cop and see if he pin locks the cuffs, use the pin on the top of the key to unlock the key hole, this pin hole is often on the opposite side or at the bottom of the cuff. A scissors type multi-tool with a thread loop in your back pocket or hidden behind your belt can cut flex cuffs with a little effort and time, help a friend then let her free you.

## Get the Hell Out of Dodge

### Taking some money

One of the biggest aids to setting up a new life is money: you will be able to bribe if you need to at the border, set up in a hotel, and buy your food for the first night until you can link up with or figure out the local scene. The money trail is the easiest way to track a fugitive. Bank employees are required to report all suspicious transactions such as large cash withdrawals, large international wire transfers and large purchases of traveler's checks. Since you may not have yet developed the street smarts for your new home, robbery and theft are a problem, so split up your stash in several places, both on your person and where you are staying. Expect many methods of getting some money to cause a loss of value of over 50%, that is still better than getting caught or having no money.

### Euros and Dollars

These two currencies are the most internationally recognized corpgov currency, with the US dollar having a bit of an edge in acceptance as of 2007. In many nations it is seen as "real" money vs. their own inflatable currency, but with the recent big drops in the dollar against other currencies worldwide, trust is wavering.

In case you think that hiding cash the secret neck strap, bra, and in the pants wallets from travel stores are a big secret, think again, many crooks know about these extra pockets although they are still safer than your wallet in a back pocket. Zippered in the belt stashes and hiding emergency cash under a shoe insole seem the safest quick places now.

### Gold and Silver

In any country in the world there will be someone buying gold and often silver as well. The easiest and least costly way to get gold in the US at the time of this writing is to buy bullion coins,

preferably from a no sales tax state. These have little if any collector value overhead and if you go with the Canadian Maple Leaf or American Eagle, they will be recognized worldwide. A small amount hidden in a change purse could be worth a few thousand dollars. Silver "rounds" are commercially minted medallions that have one troy ounce each, and are popular with the Survivalists. "Junk Silver" is the term used for old silver coins that have little if any collector value, and are bought and sold only for their silver content. Silver, at the time of this writing, is priced too low per ounce to be an efficient mobile way to carry value, but the price per ounce has been on the rise and will likely continue to become more practical as time goes on. Jewellery if bought as junk in a bin might be a good way to buy gold but there is no easy way for an amateur to know whether he or she is being ripped off with electroplate junk. Don't waste your time trying to play the gem and diamond game unless you are already an established player, it is too easy for a novice to get ripped off and the cartel overhead both buying and selling can burn you badly.

## **Electronics**

A shaving kit full of small expensive items like computer memory, large capacity flash memory cards, and even processors carry a high value if new. It may be difficult to find a buyer who will give a fair price, but offer at several computer shoppes. Hurry to liquidate your stash after arrival before the stuff becomes obsolete.

## **Visas**

### **Asylum**

In most places refugee status is difficult to get especially if you are a fugitive for normal criminal charges, you risk being deported in cuffs with a US marshal on both sides if you go this route. Some nations will give refugee status if you face a possible death sentence, but part of an extradition deal may be a promise from the US government not to seek the death penalty.

### **Student Visa**

If the man is after you a student visa in your legal name might not be issued, the new country may also share their student visa data with US law enforcement.

### **Religious Worker Visa**

This takes some preparation, Many nations will allow religious workers to enter as a leader or worker for an existing community. Start by creating links to worldwide religious organizations in your community by approaching sympathetic clergy and expressing interest in this kind of work in case you will ever need this out.

### **Tourist Visa**

A tourist visa usually has a short expiration date. Sometimes this is all you have time to get and if so you need to use your time well in finding a way to integrate and get a better visa or go illegal inside your host country.

## **Residency**

Your ultimate goal is likely permanent residency, there are several ways to get it which vary from nation to nation.

## Sponsors

If you have family members who are citizens, or a special skill that is in demand in your new country you might be able to get sponsored for residency by a that relative or a company in that job field, having a friend with an established business will be a big help.

## Get Married

A real or sham marriage is a well known way to get permanent residency, in some countries a bribe is also required to get this to work, but in many places nothing happens without a bribe.

## Citizenship

There are several ways to get instant citizenship, although it will require a bit of paperwork and research. Contact the embassies of all nations that you would consider living in. Especially concentrate on nations that your parents or grandparents may have immigrated from, some nations even accept your ethnicity as a way to claim (almost) instant citizenship.

Be sure you invest in a passport once you get your identity, but before you do inform the embassy that you would like to file for a name change so you will not have such an outlandish American sounding name once you move back to your ancestral homeland.

## Making your New Home Work

The expat editors of Steal This Book Today have known many attempted emigrants from the United States who fail because they did not use their heads and pre-plan their exit properly. Here are some important tips to remember for when you make the jump.

- Use the worksheet/phrasebook in [International Communications](#) to help you in the first few days in your new host country, have a new friend fill out all of the words and important phrases.
- You are not a citizen of the new country, your rights are limited and you can be kicked out at any time
- You are not in America, try to learn the new culture and integrate, you are a guest
- If you do not find a support group with some political power in your new country you will have a difficult time
- Try to spend at six to eight hours a day speaking the new language without resorting to English
- Make a culture and language notebook and add to it every day review it before bed and in the morning
- Avoid anything that could lead to argument or law enforcement contact, revenge is a phone call and a deportation away
- Depending on why you left you should think about integrating with other American expats, they often know lots of tricks to get proper papers and other services, unfortunately the trick is often expensive bribery or fat fees
- If you are on the run stay away from other Americans no matter how cool they seem there may be a reward out for you
- Stick post-it notes on your stuff with the foreign nouns, say the noun when you see the item or use it
- If you are unable to do the foreign language thing choose an English speaking country, work on faking a local English accent, spend a few hours a day on speech therapy with a accent sensitive local, this will help throw off local cops
- Be watchful of depression, moving to a strange country and possibly unable to return is very hard, learn breathing and meditation exercises
- Write a daily personal journal about your feelings and review your progress

- Don't turn to alcohol or drugs for help if depressed, exercise works better, drag yourself out for exercise even when unmotivated.
- Set yourself goals to accomplish every day, write a list.
- Especially when you are new be sure to walk with confidence, a timid western foreigner invites robbery.
- Men should never wear shorts or go without a shirt until you get a good understanding of if this is acceptable and honorable.
- Women should stick to long skirts and loose long sleeve shirts covering the abdomen and neckline at until they understand what less clothing may imply about them in the new culture
- Do not flirt at all until you very clearly know when this is appropriate.
- Do not get into a situation where you will test the "No! means No!" rule, not all men worldwide understand that once they are out on a date and get turned on by making out or flirting, the partner saying the word **NO!** means hands off.
- Understand that in most parts of the world Americans are stereotyped as very rich, an easy source of money, lazy, impulsive, and easy to get into bed, this is what locals will think of you too.
- Never photograph police, soldiers, infrastructure, or military equipment, this is an easy way to disappear to jail.
- Never show off shiny new equipment or bags, dirty and de-label ASAP.
- Have spending money in two pockets, stash the rest, nothing makes for bad bargaining than counting a big wad on the counter.
- It is better to give nothing to a panhandler than to give too little and insult him
- If you give to a nearby panhandler you have an expectation to continue supporting him and others nearby as long as you stay
- Put away the camera, this makes you look like a tourist, tourists have money, robbers want money.
- Avoid transfusions, needles, surgery, and IV medication if possible, contaminated medical treatment in the third world is common.
- Put a lock or doorstop on your door
- Door or window alarms can be purchased at some travel stores against late night prowlers.
- Be cautious when taking a cab for kidnappers.
- When taking a room look for entry points from adjoining balconies and windows, roof access, and attic spaces into your room, robbers are known to use this access to rob tourists.
- Be vary cautious taking a drink with strangers, alcohol conceals many "date rape" type drugs used on both men and women for rape and robbery.

## International Communications

It is important that if you find someone who speaks some English to use only clear statements. For example "restroom" might be interpreted as a "resting room", a room for sleeping. Always be simple and clear using the least amount of words possible. Never use slang, your pop slang words just don't translate into anything useful and might cause trouble. If you change your mind during a conversation be sure the other party understands clearly that you have changed your intent. Get your guide to repeat back what you said at the end of a conversation to ensure he has the right idea. It is a good idea to use drawings or write out what you are saying if this improves understanding. Don't worry too much if you confuse the gender of a word, people will almost always understand unless you are speaking about people, when in doubt just use masculine form.

# Survival Phrase Book

<b>Directions</b> <ul style="list-style-type: none"> <li>• 1-left</li> <li>• 2-right</li> <li>• 3-forward</li> <li>• 4-continue</li> <li>• 5-to the end</li> <li>• 6-intersection</li> <li>• 7-traffic signal</li> <li>• 8-railroad track</li> <li>• 9-river</li> <li>• 10-bridge</li> <li>• 11-overpass</li> <li>• 12-north</li> <li>• 13-south</li> <li>• 14-east</li> <li>• 15-west</li> <li>• 16-yes</li> <li>• 17-no</li> <li>• 18-I don't understand</li> <li>• 19-please repeat</li> <li>• 20-speak slowly</li> </ul>	<b>Direcciones (Spanish)</b> <ul style="list-style-type: none"> <li>• 1- izquierdo</li> <li>• 2- la derecha</li> <li>• 3- delantero</li> <li>• 4- continúe</li> <li>• 5- al extremo</li> <li>• 6- intersección</li> <li>• 7- señal de tráfico</li> <li>• 8- pista del ferrocarril</li> <li>• 9- río</li> <li>• 10- puente</li> <li>• 11- paso superior</li> <li>• 12- del norte</li> <li>• 13- del sur</li> <li>• 14- del este</li> <li>• 15- del oeste</li> <li>• 16- sí</li> <li>• 17- no</li> <li>• 18- No entiendo</li> <li>• 19- Repita por favor</li> <li>• 20- hable lentamente</li> </ul>	<b>Directions (French)</b> <ul style="list-style-type: none"> <li>• 1- gauche</li> <li>• 2- droite</li> <li>• 3- vers l'avant</li> <li>• 4- continuez</li> <li>• 5- à l'extrémité</li> <li>• 6- intersection</li> <li>• 7- feux de signalisation</li> <li>• 8- voie de chemin de fer</li> <li>• 9- fleuve</li> <li>• 10- pont</li> <li>• 11- passage supérieur</li> <li>• 12- du nord</li> <li>• 13- sud</li> <li>• 14- est</li> <li>• 15- occidental</li> <li>• 16- oui</li> <li>• 17- aucun</li> <li>• 18- je ne comprends pas</li> <li>• 19- sil vous plait répétition</li> <li>• 20- parlez lentement</li> </ul>
<b>Where is the</b> <ul style="list-style-type: none"> <li>• 1- food store</li> <li>• 2- toilet</li> <li>• 3- hotel</li> <li>• 4- youth hostel</li> <li>• 5- hospital</li> <li>• 6- embassy</li> <li>• 7- building</li> <li>• 8- office</li> <li>• 9- airport</li> <li>• 10- rail station</li> <li>• 11- automated teller machine</li> <li>• 12- postal office</li> <li>• 13- bus station</li> <li>• 14- doctor</li> <li>• 15- telephone</li> <li>• 16- Internet cafe</li> <li>• 17- English bookstore</li> <li>• 18- bookstore</li> <li>• 19- hardware store</li> <li>• 20- bank</li> </ul>	<b>Donde está él/la(Sp)</b> <ul style="list-style-type: none"> <li>• 1- tienda de alimentación</li> <li>• 2- lavabo</li> <li>• 3- hotel</li> <li>• 4- albergue juvenil</li> <li>• 5- hospital</li> <li>• 6- embajada</li> <li>• 7- edificio</li> <li>• 8- oficina</li> <li>• 9- aeropuerto</li> <li>• 10- estación del tren</li> <li>• 11- cajero automático</li> <li>• 12- oficina postal</li> <li>• 13- estación de autobuses</li> <li>• 14- doctor</li> <li>• 15- teléfono</li> <li>• 16- cibercafé</li> <li>• 17- Librería inglesa</li> <li>• 18- librería</li> <li>• 19- ferretería</li> <li>• 20- banco</li> </ul>	<b>Là où est (French)</b> <ul style="list-style-type: none"> <li>• 1- magasin de nourriture</li> <li>• 2- toilette</li> <li>• 3- hôtel</li> <li>• 4- pension de la jeunesse</li> <li>• 5- hôpital</li> <li>• 6- ambassade</li> <li>• 7- bâtiment</li> <li>• 8- bureau</li> <li>• 9- aéroport</li> <li>• 10 station de rail</li> <li>• 11- machine automatisée de teller</li> <li>• 12- bureau postal</li> <li>• 13- gare routière</li> <li>• 14- docteur</li> <li>• 15- téléphone</li> <li>•</li> <li>• 16- Café d'Internet</li> <li>• 17- Librairie anglaise</li> <li>• 18- librairie</li> <li>• 19- magasin de matériel</li> <li>• 20- banque</li> </ul>

<ul style="list-style-type: none"> <li>• 21- police station</li> <li>• 22- government ministry of XX</li> <li>• 23- food store</li> <li>• 24- car rental shop</li> <li>• 25- bicycle shop</li> <li>• 26- camping area</li> </ul>	<ul style="list-style-type: none"> <li>• 21- comisaría de policías</li> <li>• 22- el ministerio de XX</li> <li>• 23- tienda de alimentación</li> <li>• 24- tienda del alquiler de coches</li> <li>• 25- tienda de bicicletas</li> <li>• 26- área de acampada</li> </ul>	<ul style="list-style-type: none"> <li>• 21- commissariat de police</li> <li>• 22- ministère de gouvernement de la XX</li> <li>• 23- magasin de nourriture</li> <li>• 24- magasin de location de voiture</li> <li>• 25- magasin de bicyclette</li> <li>• 26- secteur campant</li> </ul>
<p><b>Medical</b></p> <p><b>My XX feels bad</b></p> <ul style="list-style-type: none"> <li>• 1-head</li> <li>• 2-eye</li> <li>• 3-ear</li> <li>• 4-nose</li> <li>• 5-stomach</li> <li>• 6-abdomen</li> <li>• 7-lower abdomen</li> <li>• 8-chest</li> <li>• 9-lungs</li> <li>• 10-throat</li> <li>• 11-teeth / tooth</li> <li>• 12-arm</li> <li>• 13-hand</li> <li>• 14-leg</li> <li>• 15-foot</li> <li>• 16-lower back</li> <li>• 17-spine</li> <li>• 18-kidney kidneys</li> <li>• 18-bladder</li> <li>• 20-vagina</li> <li>• 21-penis</li> <li>• 22-testicle testicles</li> <li>• 23-wound</li> <li>• 24-injury</li> <li>• 25-bone</li> </ul> <p><b>Types of Pain</b></p> <ul style="list-style-type: none"> <li>• 1-sharp pain</li> <li>• 2-ache</li> <li>• 3-pressure</li> <li>• 4-sore</li> </ul>	<p><b>Mi XX se siente mal (Spanish)</b></p> <ul style="list-style-type: none"> <li>• 1- cabeza</li> <li>• 2- ojo</li> <li>• 3- oído</li> <li>• 4- nariz</li> <li>• 5- estómago</li> <li>• 6- abdomen</li> <li>• 7- bajo vientre</li> <li>• 8- pecho</li> <li>• 9- pulmones</li> <li>• 10- garganta</li> <li>• 11- dientes/diente</li> <li>• 12- brazo</li> <li>• 13- mano</li> <li>• 14- pierna</li> <li>• 15- pie</li> <li>• 16- espalda</li> <li>• 17- espina dorsal</li> <li>• 18- riñón riñones</li> <li>• 19- vejiga</li> <li>• 20- vagina</li> <li>• 21- pene</li> <li>• 22- testículo testículos</li> <li>• 23- herida</li> <li>• 24- lesión</li> <li>• 25- hueso</li> </ul> <p><b>Tipos de dolor (Spanish)</b></p> <ul style="list-style-type: none"> <li>• 1- dolor agudo</li> <li>• 2- dolor</li> <li>• 3- presión</li> <li>• 4- dolorido</li> </ul>	<p><b>Mon XX sent le mauvais (French)</b></p> <ul style="list-style-type: none"> <li>• 1- tête</li> <li>• 2- oeil</li> <li>• 3- oreille</li> <li>• 4- nez</li> <li>• 5- estomac</li> <li>• 6- abdomen</li> <li>• 7- abaissez l'abdomen</li> <li>• 8- coffre</li> <li>• 9- poumons</li> <li>• 10- gorge</li> <li>• 11- dents/dent</li> <li>• 12- bras</li> <li>• 13- main</li> <li>• 14- jambe</li> <li>• 15- pied</li> <li>• 16- abaissez en arrière</li> <li>• 17- épine</li> <li>• 18- reins de rein</li> <li>• 19- réservoir souple</li> <li>• 20- vagin</li> <li>• 21- pénis</li> <li>• 22- testicules de testicule</li> <li>• 23- blessure</li> <li>• 24- dommages</li> <li>• 25- os</li> </ul> <p><b>Types de douleur (French)</b></p> <ul style="list-style-type: none"> <li>• 1- douleur pointue</li> <li>• 2- mal</li> <li>• 3- pression</li> <li>• 4- endolori</li> </ul>

<p><b>Treatment</b></p> <ul style="list-style-type: none"> <li>1-I do not want a transfusion</li> <li>2-My blood type is</li> <li>3-Only use new needles</li> <li>4-I will pay for a new needle</li> <li>5-XX has his/her blood type</li> <li>6-XX wants to give blood for a transfusion</li> <li>7-Call an ambulance</li> <li>8-I have American insurance</li> <li>9-Would a larger hospital be able to help?</li> <li>10-I am diabetic</li> <li>11-I am allergic to XX</li> <li>12-I am taking XX</li> </ul>	<p><b>Tratamiento (Spanish)</b></p> <ul style="list-style-type: none"> <li>1- No deseo una transfusión</li> <li>2- Mi tipo de la sangre es</li> <li>3- Utilice solamente las agujas nuevas</li> <li>4- Pagaré una aguja nueva</li> <li>5- XX tiene su tipo de la sangre</li> <li>6- XX desea dar la sangre para una transfusión</li> <li>7- Llame una ambulancia</li> <li>8- Tengo seguro americano</li> <li>9- ¿Un hospital más grande podría ayudar?</li> <li>10- Soy diabético</li> <li>11- Soy alérgico a XX</li> <li>12- Estoy tomando XX</li> </ul>	<p><b>Traitement (French)</b></p> <ul style="list-style-type: none"> <li>1- Je ne veux pas une transfusion</li> <li>2- Mon type de sang est</li> <li>3- Employez seulement les nouvelles aiguilles</li> <li>4- Je payerai une nouvelle aiguille</li> <li>5- XX a son type de sang</li> <li>6- XX veut donner le sang pour une transfusion</li> <li>7- Appelez une ambulance</li> <li>8- J'ai l'assurance américaine</li> <li>9- Est-ce que un plus grand hôpital pourrait aider ?</li> <li>10- Je suis diabétique</li> <li>11- Je suis allergique à XX</li> <li>12- Je prends XX</li> </ul>
<p><b>People</b></p> <ul style="list-style-type: none"> <li>1-me, I</li> <li>2-wife</li> <li>3-girlfriend</li> <li>4-husband</li> <li>5-boyfriend</li> <li>6-friend (male)</li> <li>7-friend (female)</li> <li>8-father</li> <li>9-mother</li> <li>10-daughter</li> <li>11-son</li> <li>12-relative</li> <li>13-soldier</li> <li>14-police officer</li> <li>15-man</li> <li>16-woman</li> <li>17-boy</li> <li>18-girl</li> <li>19-sir/mister</li> <li>20-madam/Mrs.</li> <li>21-miss</li> </ul>	<p><b>Gente (Spanish)</b></p> <ul style="list-style-type: none"> <li>1- yo</li> <li>2- esposa</li> <li>3- novia</li> <li>4- marido</li> <li>5- novio</li> <li>6- amigo</li> <li>7- amiga</li> <li>8- padre</li> <li>9- madre</li> <li>10- hija</li> <li>11- hijo</li> <li>12- pariente</li> <li>13- soldado</li> <li>14- oficial de policía</li> <li>15- hombre</li> <li>16- mujer</li> <li>17- niño</li> <li>18- niña</li> <li>19- señor</li> <li>20- señora</li> <li>21- señorita</li> </ul>	<p><b>Les gens(French)</b></p> <ul style="list-style-type: none"> <li>1- je</li> <li>2- épouse - esposa</li> <li>3- petite amie</li> <li>4- mari</li> <li>5- petit ami</li> <li>6- ami</li> <li>7- amiga</li> <li>8- père</li> <li>9- mère</li> <li>10- fille</li> <li>11- fils</li> <li>12- relatif</li> <li>13- soldat</li> <li>14- officier de police</li> <li>15- homme</li> <li>16- femme</li> <li>17- garçon</li> <li>18- girl</li> <li>19- monsieur</li> <li>20- madame</li> <li>21- manque</li> </ul>

<b>Verbs</b> <ul style="list-style-type: none"> <li>1-came</li> <li>2-went</li> <li>3-is coming</li> <li>4-is going</li> <li>5-fell</li> <li>6-hit</li> <li>7-drove</li> <li>8-rode</li> <li>9-ran</li> <li>10-took</li> <li>11-stole</li> <li>12-collision (vehicular)</li> <li>13-drank</li> <li>14-ate</li> <li>15-repair</li> <li>16-broke</li> </ul>	<b>Verbes (Spanish)</b> <ul style="list-style-type: none"> <li>1- vino</li> <li>2- fue</li> <li>3- está viniendo</li> <li>4- va</li> <li>5- cayó</li> <li>6- golpeó</li> <li>7- condujo</li> <li>8- montó</li> <li>9- funcionó</li> <li>10- tomó</li> <li>11- robó</li> <li>12- colisión (de vehículos)</li> <li>13- bebió</li> <li>14- comió</li> <li>15- reparar</li> <li>16- roto</li> </ul>	<b>Verbes (French)</b> <ul style="list-style-type: none"> <li>1- soyez venu</li> <li>2- est allé</li> <li>3- vient</li> <li>4- va</li> <li>5- est tombé</li> <li>6- coup</li> <li>7- a conduit</li> <li>8- est monté</li> <li>9- a couru</li> <li>10- a pris</li> <li>11- étale</li> <li>12- collision (véhiculaire)</li> <li>13- a bu</li> <li>14- a mangé</li> <li>15- réparation</li> <li>16- cassé</li> </ul>
<b>Other Words</b> <ul style="list-style-type: none"> <li>1-Who</li> <li>2-what</li> <li>3-where</li> <li>4-when</li> <li>5-why</li> <li>6-how</li> <li>7-forbidden</li> <li>8-allowed/permitted</li> <li>9-impossible</li> <li>10-possible</li> <li>11-please</li> <li>12-thank you</li> <li>13-you're welcome</li> <li>14-sorry</li> <li>15-excuse me</li> <li>16-asylum</li> </ul>	<b>Otras Palabras (Spanish)</b> <ul style="list-style-type: none"> <li>1- Quién</li> <li>2- qué</li> <li>3- donde</li> <li>4- cuando</li> <li>5- porque</li> <li>6- cómo</li> <li>7- prohibido</li> <li>8- permitido</li> <li>9- imposible</li> <li>10- posible</li> <li>11- por favor</li> <li>12- gracias</li> <li>13- de nada</li> <li>14- lo siento</li> <li>15- perdón</li> <li>16- asilo</li> </ul>	<b>D'Autres Mots (French)</b> <ul style="list-style-type: none"> <li>1- Qui</li> <li>2- ce qui</li> <li>3- là où</li> <li>4- quand</li> <li>5- pourquoi</li> <li>6- comment</li> <li>7- interdit</li> <li>8- laissé</li> <li>9- impossible</li> <li>10- possible</li> <li>11- svp</li> <li>12- merci</li> <li>13- vous êtes bienvenu</li> <li>14- désolé</li> <li>15- excusez-moi</li> <li>16- assylum</li> </ul>
<b>Numbers</b> <ul style="list-style-type: none"> <li>1- one</li> <li>2- two</li> <li>3- three</li> <li>4- four</li> <li>5- five</li> <li>6- six</li> <li>7- seven</li> </ul>	<b>Números</b> <ul style="list-style-type: none"> <li>1- uno</li> <li>2- dos</li> <li>3- tres</li> <li>4- cuatro</li> <li>5- cinco</li> <li>6- seis</li> <li>7- siete</li> </ul>	<b>Nombres</b> <ul style="list-style-type: none"> <li>1- un</li> <li>2- deux</li> <li>3- trois</li> <li>4- quatre</li> <li>5- cinq</li> <li>6- six</li> <li>7- sept</li> </ul>



<ul style="list-style-type: none"> <li>• 8- eight</li> <li>• 9- nine</li> <li>• 10- ten</li> <li>• 20- twenty</li> <li>• 30- thirty</li> <li>• 100- one hundred</li> <li>• 200- two hundred</li> <li>• 300- three hundred</li> <li>• 1000- one thousand</li> <li>• 2000- two thousand</li> <li>• 3000- three thousand</li> </ul>	<ul style="list-style-type: none"> <li>• 8- ocho</li> <li>• 9- nueve</li> <li>• 10- diez</li> <li>• 20- veinte</li> <li>• 30- treinta</li> <li>• 100- cien</li> <li>• 200- doscientos</li> <li>• 300- trescientos</li> <li>• 1000- mil</li> <li>• 2000- dos mil</li> <li>• 3000- tres mil</li> </ul>	<ul style="list-style-type: none"> <li>• 8- huit</li> <li>• 9- neuf</li> <li>• 10- dix</li> <li>• 20- vingt</li> <li>• 30- trente</li> <li>• 100- cent</li> <li>• 200- deux cents</li> <li>• 300- trois cents</li> <li>• 1000- mille</li> <li>• 2000- deux mille</li> <li>• 3000- trois mille</li> </ul>
<p><b>Other Phrases</b></p> <ul style="list-style-type: none"> <li>• 1-Can I pay more to make it happen faster?</li> <li>• 2-I don't have that much money</li> <li>• 3-Is it available cheaper elsewhere?</li> <li>• 4-I am not happy</li> <li>• 5-I am happy</li> <li>• 6-I am frightened</li> <li>• 7-let's be friends</li> <li>• 8-I am not interested</li> <li>• 9-I have no cash</li> <li>• 10-Please stop - Alto por favor</li> <li>• 11-I am seeking (residency, citizenship, asylum)</li> <li>• 12-Can I stay here?</li> <li>• 13-I am lost</li> <li>• 14-I am sick</li> </ul>	<p><b>Otras Frases (Spanish)</b></p> <ul style="list-style-type: none"> <li>• 1- ¿Puedo pagar más para hacer que sea más rápido?</li> <li>• 2- No tengo tanto dinero</li> <li>• 3- ¿Es más barato en otro lugar?</li> <li>• 4- No soy feliz</li> <li>• 5- Soy feliz</li> <li>• 6- Estoy asustado</li> <li>• 7- seamos amigos</li> <li>• 8- No estoy interesado/a</li> <li>• 9- No tengo dinero efectivo</li> <li>• 10- Pare por favor.</li> <li>• 11- Estoy buscando (residencia, ciudadanía, asilo)</li> <li>• 12- ¿Puedo permanecer aquí?</li> <li>• 13- Estoy perdido</li> <li>• 14- Estoy enfermo/a</li> </ul>	<p><b>D'Autres Expressions (French)</b></p> <ul style="list-style-type: none"> <li>• 1- Est-ce que je peux payer plus pour la faire se produire plus rapidement ?</li> <li>• 2- Je n'ai pas que beaucoup d'argent</li> <li>• 3- Est-il meilleur marché disponible ailleurs ?</li> <li>• 4- Je ne suis pas heureux</li> <li>• 5- Je suis heureux</li> <li>• 6- Je suis effrayé</li> <li>• 7- soyons des amis</li> <li>• 8- Je ne suis pas intéressé</li> <li>• 9- Je n'ai aucun argent comptant</li> <li>• 10- Svp arrêt - faveur de por d'alto</li> <li>• 11- Je cherche (résidence, citoyenneté, asile)</li> <li>• 12- Est-ce que je peux rester ici ?</li> <li>• 13- Je suis perdu</li> <li>• 14- Je suis malade</li> </ul>

## Links

Babelfish can provide quick translation for many common languages <http://world.altavista.com/>

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Think,  
but above all

DON'T



PANIC!