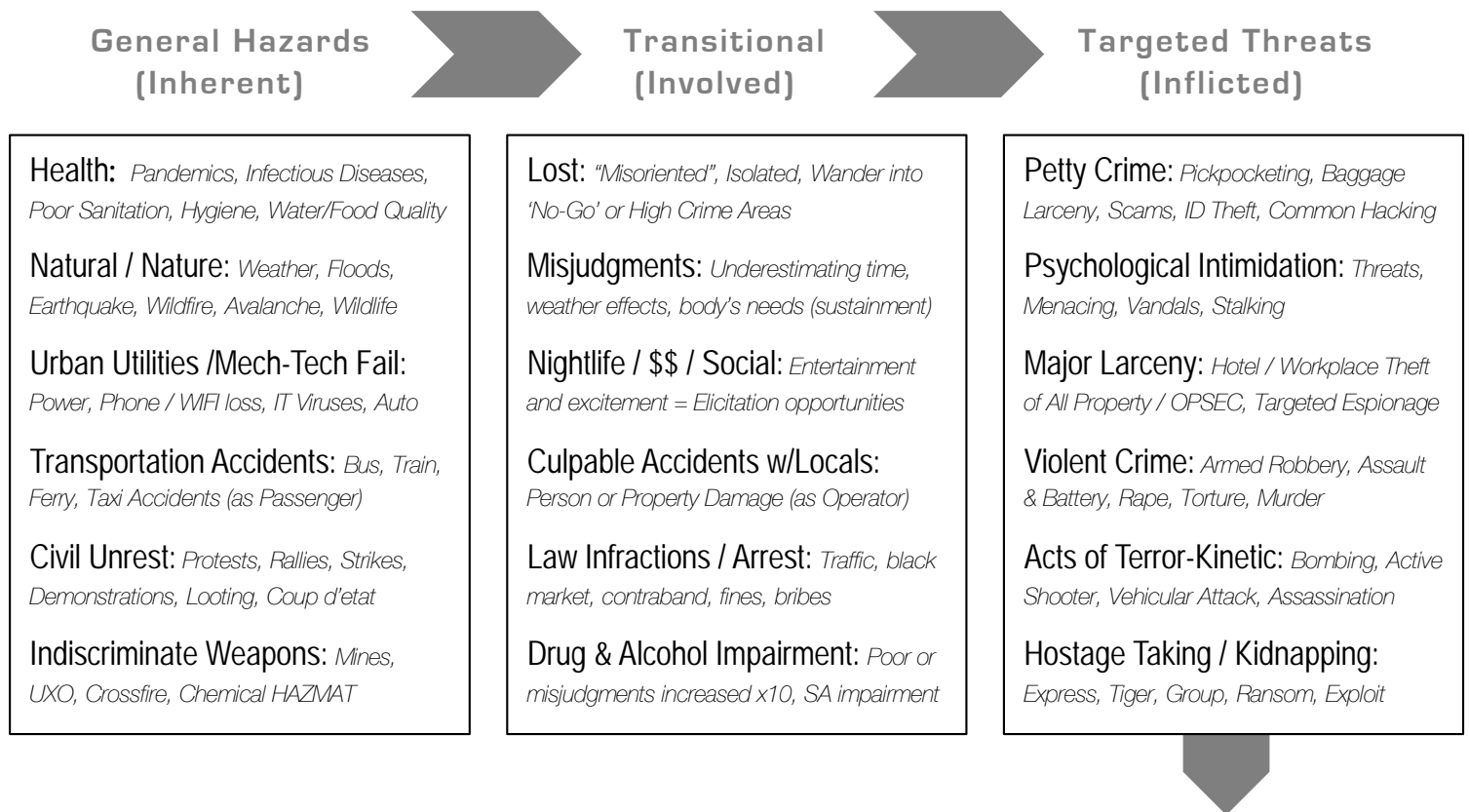


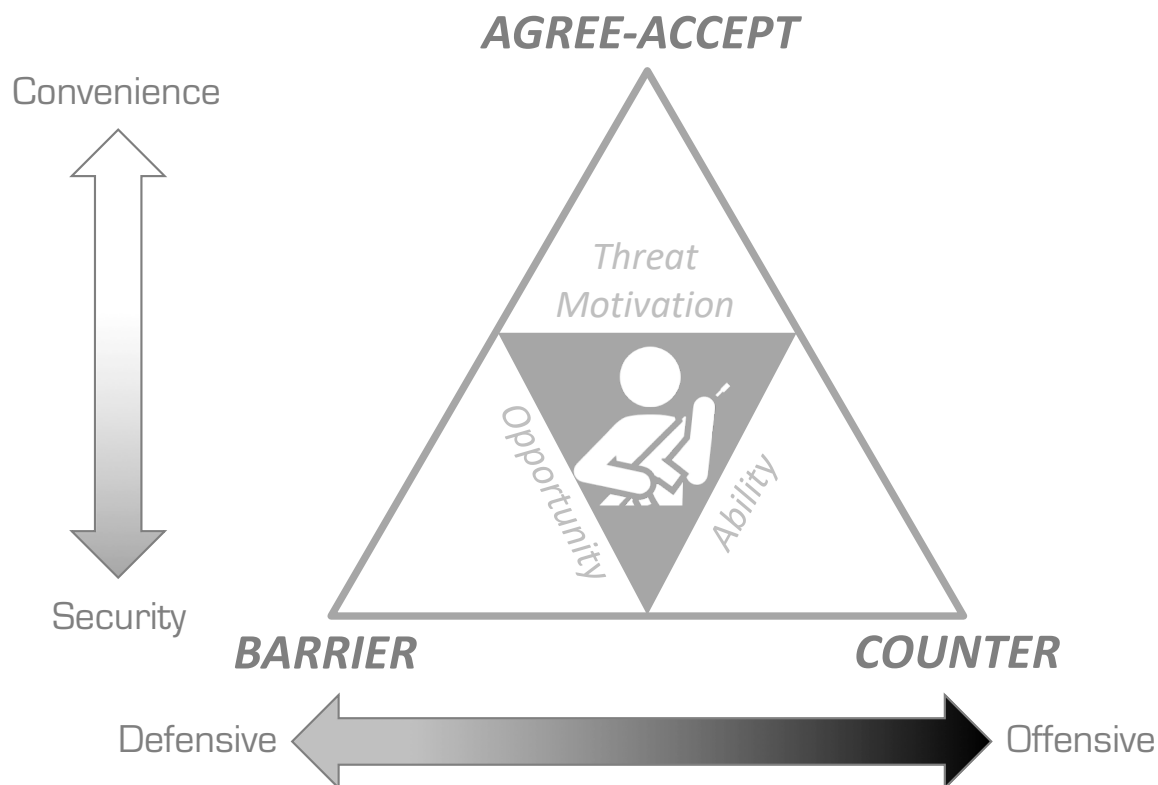
Personal Security and Threat Resilience for the International Traveler

November 2019 Lunch & Learn
(Program Extract Notes)

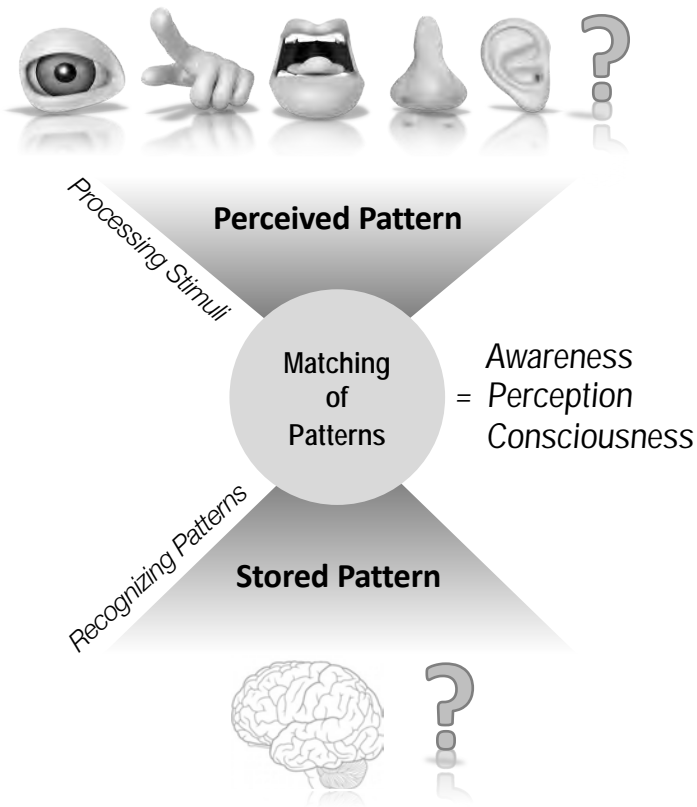
Hazards vs. Threats



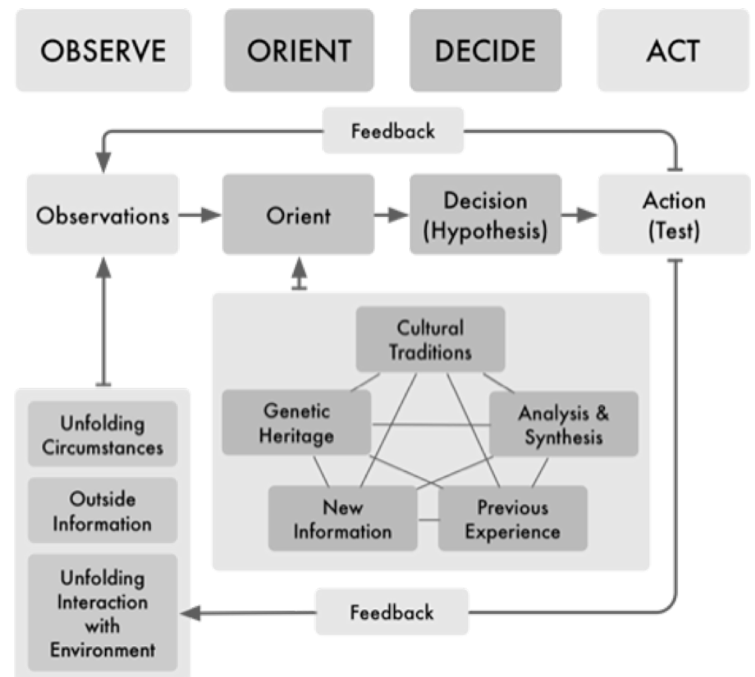
Macro Safety & Security Approaches (ABCs) to Counter Targeting Threats:



Situational Awareness Defined



The OODA Loop



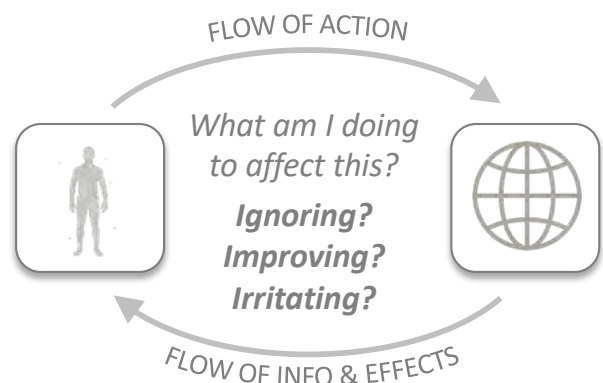
The goal of your situational awareness is to gain and maintain situational superiority.

The key to this is taking action and having options that support your continued survival.

Trick your subconscious into “paying attention” to those things you’ve consciously selected prior.
(eg. The car buying analog: Once you decide on type and color, you start noticing them everywhere.)

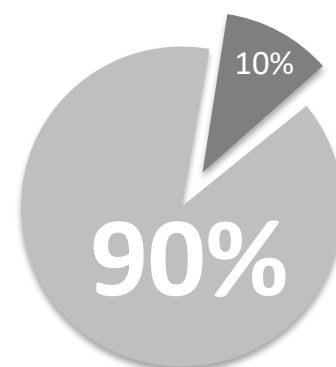
Threats to Situational Awareness:

- Unprepared (no Baseline Knowledge)
- Fatigued (no Energy-Physical)
- Overwhelmed (no Capacity-Mental)
- Distracted (no Focus, Misdirected)
- Complacent (no Care-lacking Spirit)
- Expectations (*Surprise! – Worst Case*)



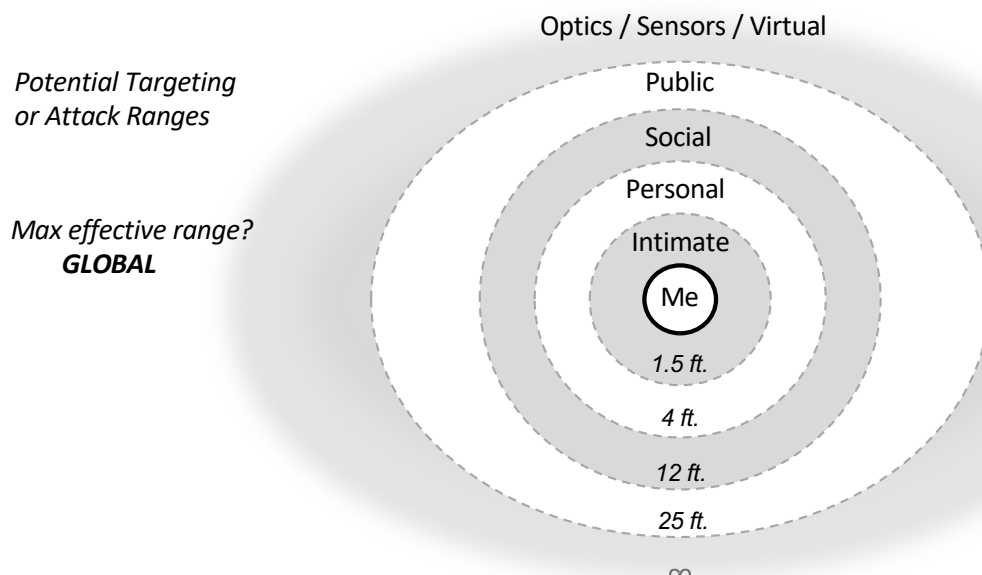
Awareness & Readiness Levels vs. Startle / Surprise Adrenal Response

Level	Conditions	Heart Rate	Potential Physiological Effects
Red	In the Fight or Egress, i.e. Attacked, Life or death situation, immediate and severe bodily harm risk	140-175 BPM	<ul style="list-style-type: none"> - Adrenal dump - Complex motor skills deteriorate - Eye dilation, loss of near vision acuity - Loss of peripheral vision and depth perception - Auditory exclusion - Surface blood vessels constrict, digestion cease
Orange	ID'd Potential Threat, i.e. Ready for action, Taking proactive or preemptive steps to avoid, deter, or respond.	80-120 BPM	<ul style="list-style-type: none"> - Stress and anxiousness increase - Fine motor skills deteriorate - Sensory and mental focus on perceived threat, potential scenarios, and appropriate responses
Yellow	Relaxed, but alert mindset i.e. Know where exits are, Aware of surroundings	60-80 BPM	- Normal resting heart rate – no effects
White	No awareness i.e. Walking & texting	60-80 BPM	- Normal resting heart rate – no effects
Black	Ineffective – Can't cope. i.e. Freezing, Panic, Submissive or irrational behaviors – not beneficial	175+ BPM	No cognitive capacity – no response Fainting Involuntary voiding of bowels



Proper situational awareness makes up 90% of effective personal security and holistic self defense. The remaining 10% is physical techniques.

Distances & Reactions Times:



*Time & distance = **SAFETY!***

Creating or protecting space creates time to react.

This may mean being assertive and taking action.

Don't allow yourself to be led into a disadvantage or vulnerability due to social engineering norms.

Accept what's happening, then act!

General Travel Habitual Areas (Public) & Anchor Points (Controlled Access)

Ports (Airports, etc.):

Least dangerous of all travel points, yet stressful because of initial culture shock upon arrival. New sights, sounds, etc.

Remember that Departures (public areas) area statistically more dangerous than Arrivals. Get through security and to protected area ASAP in regions of increased threats. Avoid the most crowded departure times (if possible.) Don't let your guard down at the end of your trip until you're through security.

Transit I: Taxis / Transportation:

Most dangerous of all phases of travel due to the combination of access to the public and potential for vehicular accidents (#1 cause of major injuries / trauma abroad.)

Avoid taxis that approach without a hail/call.

Check door opening operation (egress) before departure. (Don't become a traveling captive.) Next, engage door locks (L & R).

Follow along enroute (map) to ensure you are headed where intended. Maintain SA.

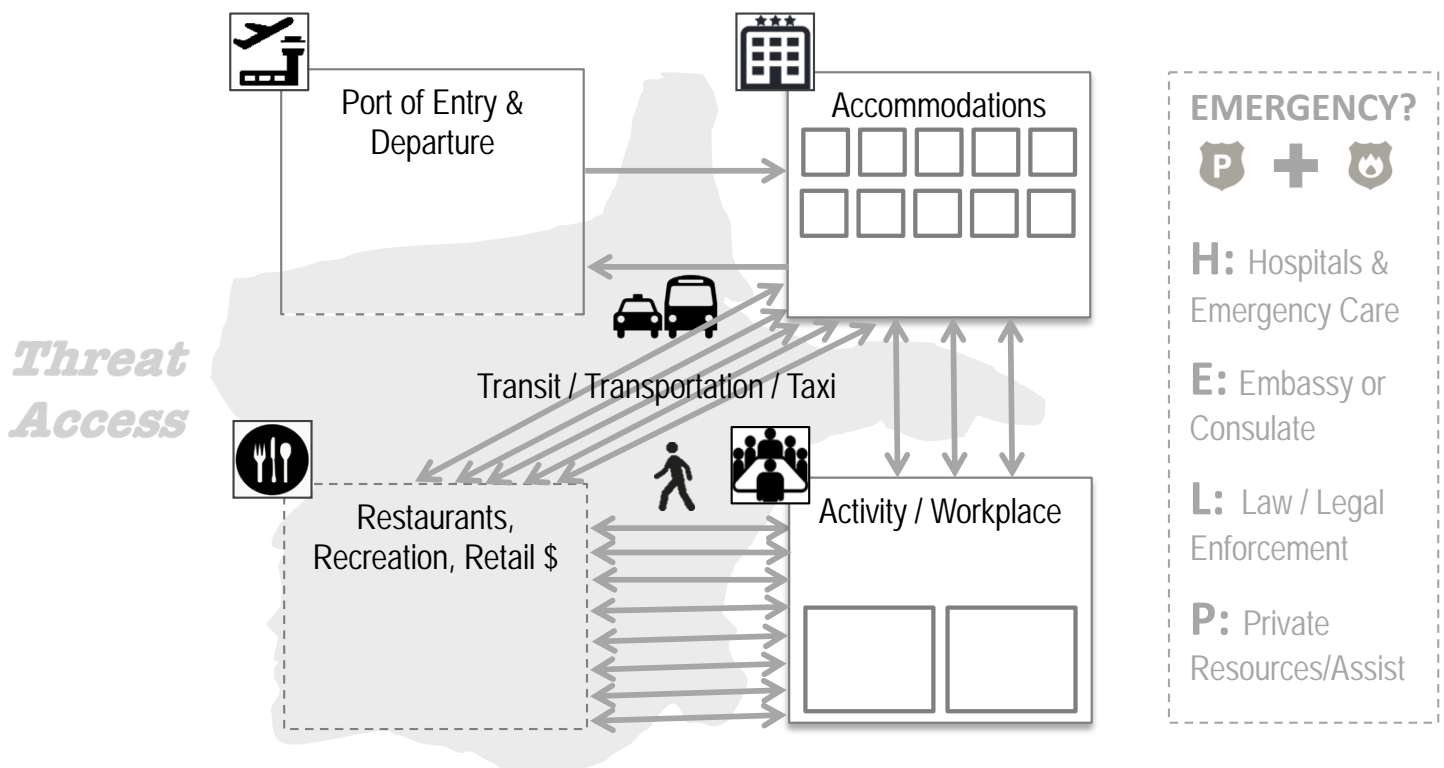
Accommodations (Night):

What is hotel's security posture? Secure on entire premises or just in private rooms? If in high threat area, avoid rooms over lobby and on road / front facing. Third floor is optimal.

Trust but verify. Check door locks and integrity (including patio/external windows).

Check and walk egress route(s) to ensure free and clear (many can be blocked) and note where you are 'deposited' outside and where would be best to go next (if needed.)

Assume surveillance is ongoing in all areas.



Restaurants, Recreation, Retail (Eating - Shopping - Leisure):

Next most dangerous area of your travel points other than 'Transit.' Highest opportunity to be targeted for petty theft or worse due to easy public access for anyone and higher potential concentration of predators seeking easy \$\$\$ or more.

This area is of even greater concern in the evenings / night. Travel in groups here when possible for added mutual security.

Be alert for scams, pickpockets, grifters on normal days. Have an escape plan if something worse happens (shots fired...)

Transit II: Enroute / Checkpoints:

An extension of normal travel in & around cities is longer cross country travel where you may be more remote, removed from first responders or encounter checkpoints.

In most cases they are put up by the host government for your safety/security, but those areas that need them means they can also be 'faked' by criminal or regional threat groups. Know what you can about what 'normal' looks like. Have a plan to egress if needed. Use local drivers / guides / fixers where possible to augment your SA.

Activity / Workplace (Day):

Next to 'ports of entry' this grouping would be the next least dangerous if it's a secured workplace. Check as you would your night accommodations if you're not familiar with the facility or area, especially in regions of increased threats.

If your travel is recreational, then your daily activity locations are most likely recreational and therefore open to the public as in the "R" category at left and would therefore potentially require the same level of SA and scrutiny as that section. Plan accordingly.

Watch your T.R.A.A.P.s - Modulate SA for the locale - Always be escape minded!

Standard Personal Protection Actions

Remain vigilant in acquiring and maintaining situational awareness & superiority when appropriate.

Expect any targeting adversaries to be crafty and resourceful.

Travel in groups if possible. *(min of 4 is optimal)*

Avoid potential risky situations, locations & times. *(ATMs, anywhere urban late at night, T.R.A.A.P.s !)*

Assume surveillance at anchors. Detect any other surveillance elsewhere. *(1-2 weeks before attack)*

Don't use taxis that approach you without call Check doors for internal operation and locking.

Maintain reactionary / preparatory gap from "potentially violent" threats. *(22' in 2 seconds)*

Check and maintain internal & external communications for reporting trouble. *(PACE back-ups ?)*

Brief and follow your 5-point contingency plan (**GOTME?**) or overall EPA to help potential rescuers.



Always be mindful of potential escape routes / choke points / SA vulnerabilities. *(trust but verify)*

Pay special attention to cover, concealment, and SA spans in higher threat areas. *(360 – 180 - 90?)*

Keep your "just in case" bag / supplies with you at all times, and be ready to **GO** when warranted.

Counter Surveillance / Counter Targeting Tips: *(Be alert for...)*

The same person or vehicle seen repeatedly *(could be good or bad, do you know?)*

Anyone filming or taking notes of your activities

Cell phone or radio use in close proximity *(looking at you while talking)*

Trailing persons or vehicles along your route

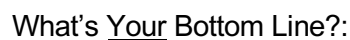
Static surveillance *(someone sitting in parked car, hotel lobby for long periods and no apparent reason)*

Be cautious at all check points – What / Who should you see? Anomalies from the **norm**?

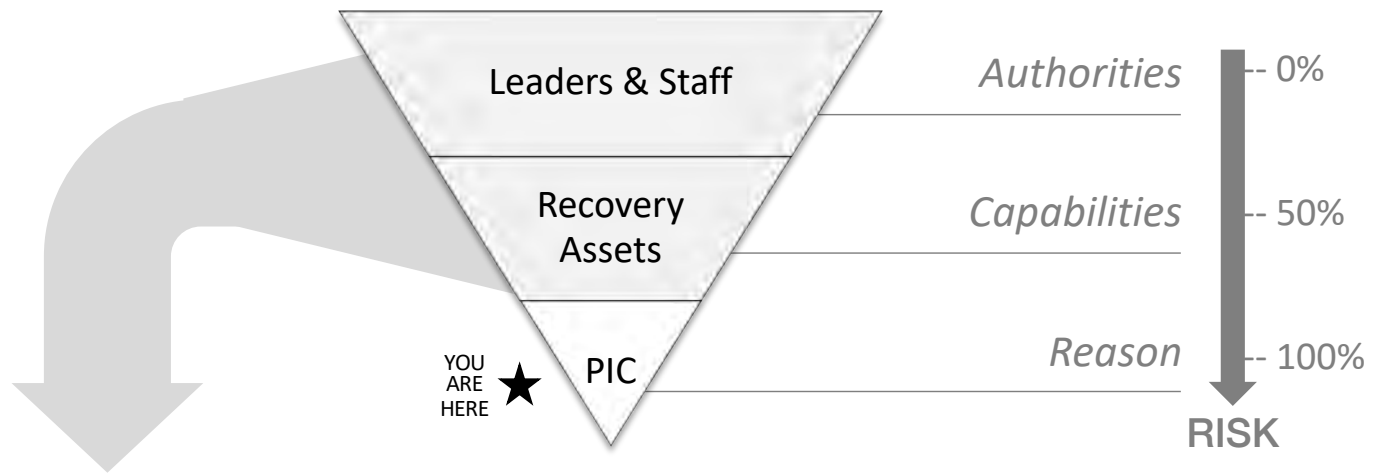
Change in "normal" population, activity or traffic patterns - children absent?

Suspicious behavior of groups or individuals that seem "out of place" for location or time

Elicitation – People asking lots of questions or undue interest in you, your activities & locations



The 3 Personnel Recovery (PR) / "Duty of Care" or Travel Risk Management 'Players'



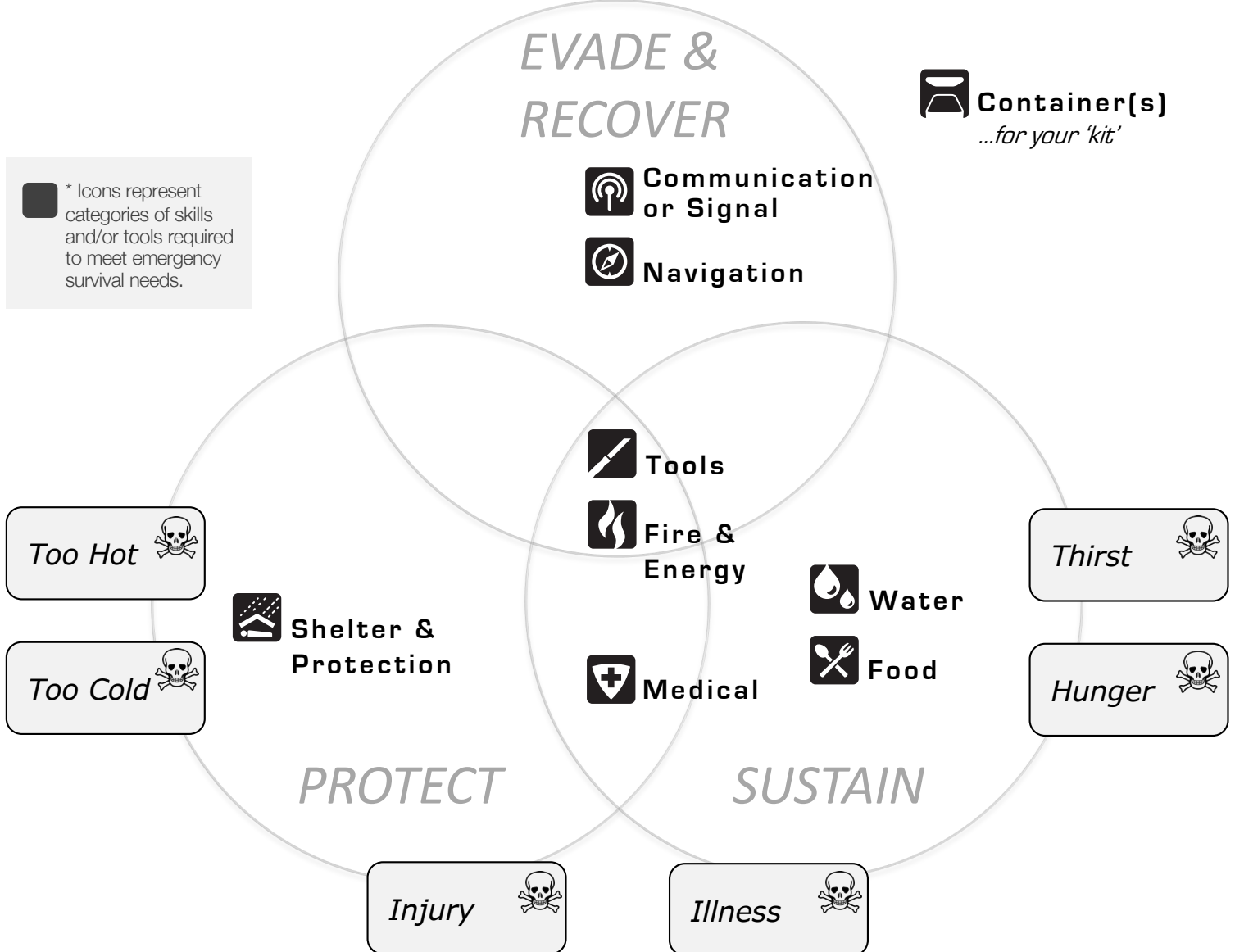
Personnel Recovery / Duty Of Care Options Beyond 'DIY' (Sum of all external efforts)

 Private / Civil	 Diplomatic	 Military
<ul style="list-style-type: none"> • Int'l Civil SAR (ICAO / IMO) • NGOs & PVOs (Red Cross) • US Global Corporations • K&R Insurance / Med Evac • Influential Person (VIP) • Private Citizens / Family 	<ul style="list-style-type: none"> • WH / Congress 'Leaders' • US State Department Reps • US Embassy / Consulates • Host Nation Leaders /Reps • Allied Diplomats & Leaders • UN Reps and Councils 	<ul style="list-style-type: none"> • US / Allied HR SMUs • DOD / GCC Joint Forces • Intel Community (OGA) • Coalition Forces / GPF • Host Nation Military • Irregular / Partisan Forces*

The 5 Personnel Recovery (PR) Tasks (US Government Doctrine)



Self Sufficiency & Emergency Recovery Triad vs. The Six Major Ways People Die



Keyword “SURVIVAL”

Security & Safety... then Size up the Situation
Use ALL your senses (6)... and **remain** aware
Remember where you are... and **Report!**
Vanquish fear and panic
Inventory, then Improve & Innovate
Value living (NEVER give up)
Adapt like the locals
Live by your wits (for now: *Learn basic skills*)

Rule of “Threes”

± 3 Seconds: Attitude (*Will to Survive*)
± 3 Minutes: Blood Vol/Flow, Breathing (O_2)
± 3 Hours: Core Temperature ($98.6^{\circ}F$)
± 3 Days: Dehydration (*Water*)
± 3 Weeks: Eating (*Carbs, Proteins, Fats*)
± 3 Months: Friends & Family (*Social Interact*)

Pre-Travel Prep – Self

- ☐ Training: Learn Skills – Increase Resilience

- ☐ Body: Physical Condition, Aerobic / Anaerobic

- ☐ Health: Medical (Vacc/Rx), Dental, Optometry

- ☐ Mind: Mental & Psychological preparation for a Potential Emergency / Crisis Survival Situation

- ☐ STEP Enrollment & Authentication

- ☐ General: Familiarization With The Society, Culture, Language, Food, Geography (**Map!**)

- ☐ Specific Risks: Review Threat Warnings and Issues of Concern for your Travel Region

- ☐ Final Check & Pack of Contingency Kit / Gear

- ☐ Other Organizational or Personal Requirements

Pre-Travel Prep – Homefront / Family

- ☐ Legal: Will, Power of Attorney, Trust

- ☐ Insurance: Update Beneficiaries / Coverage

- ☐ Financial: Account / Fraud Protection

- ☐ Psychological: Prepare NOK / Family on Risks with Personal Instructions: “Just In Case” Letter
 - Discuss “Do’s” and “Don’ts” with Family
 - Caution them regarding comments to media
 - Themes to Project and Information to Protect:
(i.e. Statements that are helpful, not harmful)
 - Who should talk to Media?

- ☐ Inform Family of any Org. Assistance or DOC/PR* Reps

- ☐ Other Unique Family / Home Requirements

US Resources for Pre-Trip Planning / Risk Assessment & Advisories:

US State Dept Travel Advisories: <https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html>

US State Dept Smart Traveler Enrollment Program (STEP): <https://step.state.gov/step/>

US State Dept Crisis Support Limitations: <https://travel.state.gov/content/passports/en/emergencies/crisis-support.html>

US Center for Disease Control (CDC) Traveler’s Health: <https://wwwnc.cdc.gov/travel/destinations/list>
<https://wwwnc.cdc.gov/travel/notices>

Airport Wait Times (from Customs and Border Protection): <https://awt.cbp.gov>

International (Official) Sources for Travel Advisories

United Kingdom’s Foreign Travel Advisory (Better insights to India, S. Africa, etc.): <https://www.gov.uk/foreign-travel-advice>
 MI5’s Anti-Terrorism Advisory: <https://www.mi5.gov.uk/travel-advice>

Canada’s Traveler Advisory (A more Euro/French take on foreign travel): <https://travel.gc.ca/travelling/advisories>

Australia’s Traveler Advisory (Better insights to Pacific / SE Asia): <https://smartraveller.gov.au/Pages/default.aspx>

World Health Organization (WHO) Traveler Advisory: <https://www.who.int/topics/travel/en/>

Consular Notification & Access (CNA)

U.S. Department of State

CA/P

SA-17, 12th Floor

Washington, DC 20522-1712

Telephone: (202) 485-7703

Fax: (202) 485-6170

Email: consnot@state.gov

Website: <http://travel.state.gov/CNA>

Twitter: @ConsularNotify



For urgent telephone inquiries outside normal business hours, you may call the **Department of State Operations Center at (202) 647-1512.**

<https://travel.state.gov/content/passports/en/emergencies/crisis-support.html>

WHAT A U.S. EMBASSY **WILL** DO:

- Provide alerts, warnings and advice to leave if conditions warrant
- Make the Smart Traveler Enrollment Program (STEP) available to US citizens as a portal for information
- Provide a list of local attorneys who speak English
- Contact family, friends, or employers of the detained U.S. citizen with their written permission
- Visit the detained U.S. citizen regularly and provide reading materials and vitamin supplements, where appropriate
- Help ensure that prison officials are providing appropriate medical care for you
- Provide a general overview of the local criminal justice process
- Inform the detainee of local and U.S.-based resources to assist victims of crime that may be available to them
- If they would like, ensuring that prison officials are permitting visits with a member of the clergy of the religion of your choice
- Establish an OCS Trust so friends and family can transfer funds to imprisoned U.S. citizens, when permissible under prison regulations























DETAINED


WHAT A U.S. EMBASSY **WILL NOT** DO:

- Always evacuate US citizens out of a country in crisis (in fact, rare occurrence)
- Provide 'in-country' transportation to the airport or evacuation point
- Get U.S. citizens out of jail overseas
- State to a court that anyone is guilty or innocent
- Provide legal advice or represent U.S. citizens in court overseas
- Serve as official interpreters or translators
- Pay legal, medical, or ANY other evacuation fees for U.S. citizens overseas (may be charged if evacuated)

DETAINED



Group	Qty	Components Description	Photo	Comments
 SIGNAL & COMMUNICATIONS	1	Pack, Security Enhanced, 793 cu in, PacSafe® Metrosafe™ 350 GII Daypack, Color: Black		
	0*	Personal Locator Beacon (PLB), 406 MHz (COSPAS-SARSAT), Commercial Satellite Phone or Tracker (or other local mobile two-way or emergency tracking device)		*Available for sign-out / issue prior to travel from organizational travel/security office, regional or local embassy system or local purchase
	0*	Identification, Personal, Official Government, Authenticating, includes Passports, Visas, Driver's License, Other Required ID, [Make copies, laminate and place with other emergency items - separate from originals]		*Added by user prior to travel from personal items and applicable governmental sources
	1	Visual Communication / Translator Device, Personal Safety & Travel, Local Pointee-Talkee, Kwik-Point® GEN02 (or similar Smart Phone translator app or visual communicator)		
	1	Headlamp, White & Red LEDs, Adjustable Modes (including distress flashing), Petzl® e+Lite™, 1x lithium watch battery		
	1	Signal Mirror, Standard Size 3"x5", Glass, refractive sight & Whistle, Emergency, Pealess, USCG SOLAS Approved, w/Lanyard		
	1	Chemlight, Standard Tube style, 6" length, White, 8 hour duration, Cyalume®		
 NAVIGATION	0*	Map, Topographic, Regional and/or Local Area, Organizational Issue or Locally Acquired, UTM or Lat/Long, any Scale		*Added by user prior to travel from local travel office, online sources, or local purchase
	1	Compass, Baseplate, Rotating Bezel, Luminous, with Magnifying Glass, Suunto® A-30L™, w/Lanyard		
	1	Navigation Accessory Pack, SOLKOA™: (Includes: 3"x5" Spiral Notepad w/Rite-in-the-Rain® Paper; 1 small pencil; 1 protractor/Romer scale, Navigation instructions & reminder guide)		
 TOOLS	1	MultiTool, Full Size, Stainless Steel, Leatheman® Sidekick™		*Cannot be carried inside the cabin of commercial aircraft. Must be in checked luggage. Be sure to check local laws on multitools / folding knives to avoid problems at customs.
	1	Cord, Parachute (MIL-C-5040 Type III Nylon), Multipurpose Use, 25ft., 550 lbs. test		
	1	Mini-Carabiner Accessory Clip, Non-Weight Bearing, SOLKOA™		
	1	Duct Tape, Fabric Reinforced, 2" x 50" Mini Roll, Silver		
 SHELTER & PERSONAL PROTECTION	1	Door Security Enhancer, (Hotel Room, Workplace, etc.) Portable, DoorJammer™		
	0*	Jacket (& pants?), Outer Shell, Breathable, Wind & Waterproof, Insulated (if needed) to meet worst local weather conditions		*Add as needed prior to travel from personal items
	0*	Gloves, Protection, Mechanic or Work Type, Leather or similar		*Add as needed prior to travel from personal items
	1	Mask, Filter, Activated Carbon, Temporary Emergency Egress, (Limited protection against smoke, airborne viruses, foul odors, toxic chemicals or riot control agents, dust particulates and asbestos, etc.) SOLKOA™ Pro-Air™		

 SHELTER & ...	1	Bag, LDPE Plastic, Heavy Duty 3mil, 55 gal capacity, 38" x 63", Black		
	1	Blanket, Casualty / Emergency, Aluminized Heat Reflecting, Blaze Orange & Silver (Back-Up GTAS), 96" x 60", 1mil thick		
 FIRE & ENERGY	0*	Power Charging Systems or Spare Battery(ies). Includes both power converters/adaptors to local outlets as well as lithium in powerbanks, solar PV, or additional batteries. Spare interface cables to chargers are also recommended.		*Added by user prior to travel from personal items. Should be compatible with primary devices such as smart phones.
	1	Matches, Wind & Waterproof, 15ea, Plastic Tube w/Striker		
	1	Metal Match Fire Starter, FastStrike™ (3" ferro-rod), SOLKOA™, with 3" bi-metal hacksaw blade striker, 24 tpi		
	2	Tinder, Emergency Fire Starting, Water and Wind Resistant, FastFire™, SOLKOA™, Two individually wrapped pieces.		*Cannot be carried inside the cabin of commercial aircraft. Must be in checked luggage, then mix with toiletries.
	6	Fire Tinder Tabs, Wax Cotton, "Tinder Quick"		
	1	Steel Wool, Superfine 0000, Back-Up Tinder (Battery / Electrical)		
 MEDICAL	1	Medical Kit, Trauma & External Injury, SOLKOA™ (Contents include: SWAT-Tourniquet; HEMCON Hemostatic Dressing; Gloves Surgical-Nitrile; Tegaderm Transparent Waterproof Dressing; Top Sponge & Gauze 3"x4"; Abdomen Dressing 5"x9"; Conforming Stretch Gauze 4"x4.1 yds; Duct Tape 24" Flat Pack; Mini EMT Shears; Triangle Bandage-35"x50x35" Cotton; 4ea 1"x3" Band-aids; 2ea Large Butterfly Closures; 1ea Large 2"x3" Coverlet; etc.)		
	1	Medical Kit, Health Maintenance & Internal Medicines, SOLKOA™ (Contents include: 2ea Hand Wipes-Antimicrobial with Aloe, 2ea Povidone-Iodine Prep Pads; 2ea Alcohol Prep Pad; 2ea Extra Strength Acetaminophen (Tylenol) 500mg; 2ea Ibuprofen (Motrin) Packet, 200mg; 1ea Antihistamine (Benadryl) Packet, 25mg; 1ea Electrolyte Tablet Packet; 2ea Triple Antipruritic Ointment; 1ea Hydrocortisone 1% Cream Packet; 1ea Burn Cream with Aloe Packet; Scalpel Blade-Surgical Carbon Steel #10)		
 WATER	0*	Water, Drinking, Bottled or Packaged, Approx 2L (environment dependent). May also fill supplied water carrier with local sources.		*Added by user during travel (after security passage) from local purchase or acquisition depending on perceived need. (Hot-Dry Environments).
	1	Water Carrier, Collapsible, Gusseted Bottom, SOLKOA™ 1 Gallon, 22mm screw-on cap		
	1	Filter, Water, Straw Type, Aquamira® Frontier Filter™ (30 gal cap)		
	1	Water Purification Tabs, Hyperiodide (Iodine), Potable Aqua™ 50ea		
	1	Rehydration Salts, Oral, 1L Mix Packets, W.H.O. Formula		
	2	Ziplock Bags, heavy duty 4mil, 1QT capacity		
 FOOD	0*	Food, Meal Replacement Snacks, Miscellaneous, Ready to Eat		*Add as needed prior to travel from local purchase
34 Total Grouped Sub-Components				