



# **RANDALL'S ADVENTURE TRAINING® ESCAPE & EVASION**



## **ESCAPE & EVASION (E&E)**

### **Potential Escape & Evasion Scenarios:**

- Escaping from being held prisoner.
- Escaping from potential kidnappers.
  - Being pursued by hostile forces.
- Bugging out in a survival scenario.



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## E&E ATTITUDE

### Live Every Day Of Your Life Prepared!

- Keep minimal tools on your person at all times.
  - Dress accordingly.
- Layer your tools - Accessible from many angles or situations.
  - Always be aware of your surroundings and where you are.
    - Always know which way safety is located.
- Live a healthy life that includes a fitness training program.
  - Exercise your memory.

### Develop A Survivor's Mindset:

- Mentally prepare yourself to win at all costs in case you cannot flee and are forced to a fight.  
*You must be prepared to incapacitate the threat!*
- Suggested Reading on Survival Mindset: *THE SURVIVOR'S CLUB* By Ben Sherwood



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## E&E PRINCIPLES

- Planning Your Movement
- Gathering Your Tools (Kit)
  - Movement
  - Camouflage
  - Shelter
- Noise Discipline
- Light Discipline



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## ESCAPE

**Most opportunities for successful escape exist during the first few hours.**

- Captured person will be closer to a familiar area.
  - Captured person will still be fit and possibly still have items that will aid in his escape.
    - The attacking forces are most confused and unorganized due to the "fog of war".
    - Initial capture is more likely to have least complicated restraints.
      - You are closer to areas that are familiar to you.
      - The attacking forces lack the "home field" advantage.
- (It will get much worse for you, security-wise, once they get you back to their area of operations).

**Appear hurt or injured to the enemy if captured (depending on situation).**

**Make it your goal to get OUTSIDE the attacking force perimeter.**

(When taking over a place, forces will attack inward. You will probably be found if you are hiding within their perimeter. If you get out before a perimeter is set up, you are well on your way to success. All bad guys in the States know this. Cops will set up a perimeter and call the dogs. They will then spend all their effort and time in searching that secured perimeter. If you have beaten them out before the perimeter is set up, they will most likely not find you, thus giving you lead time in getting away while they are focused elsewhere.)

**If the prisoner is not blindfolded, he should:**

- Be aware of escape opportunities during transit.
  - Stay alert and take advantage of diversion such as road blocks or other stops.
- 4 •If escape is not possible, the prisoner should note his whereabouts and collect any useful items that may aid his escape at a later date.



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## EVASION PLANNING

- Maintain a positive attitude.
- Plan your evasion before an attempted escape.
- Remember that your pursuers are typically not highly trained (but don't underestimate them).
  - Be patient and flexible.

*(Flexibility is one of the most important keys to successful evasion. The evader is primarily interested in avoiding detection. Remember that people catch people. If the evader avoids detection, success is almost assured)*

- Drink water.
- Eat what the locals eat.
- Conserve strength for critical periods.
- Rest and sleep as much as possible.
- Gather as many tools as possible.
- Stay out of sight once you begin to move.

Avoid using the following before and during your escape / evasion attempt:

- Scented soaps and shampoos.
- Shaving cream, after-shave lotion, or other cosmetics.
- Insect repellent — Use a camouflage stick or mud.
- Gum and candy — have strong or sweet smell.
- Tobacco—the odor is unmistakable.



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## E&E CAMOUFLAGE



SWAT Magazine Photo



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## E&E CAMOUFLAGE

- Disturb the area as little as possible.
- Avoid activity that reveals movement to the enemy.
- Apply personal camouflage.

### Use the blotch pattern for the following:

- Temperate Deciduous (leaf shedding) areas.
- Desert areas (barren).
- Barren snow.



BLOTCH

### Use the slash pattern for the following:

- Coniferous (Evergreen) areas—broad slashes.
- Jungle areas—broad slashes.
- Grass—narrow slashes.



SLASH



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## CAMOUFLAGE APPLICATION

- Face** - Use dark colors on high spots and light colors on the remaining exposed.
- Ears** - The insides and the backs should have two colors to break up outlines.
  - Head, Neck And Under Chin** - Use scarf, collar, vegetation, netting, etc.
- Give special attention to conceal light colored hair with a scarf or mosquito head net.**
- Take advantage of natural concealment and remember that foliage fades and wilts.**
  - Change camouflage depending on the surroundings.**
    - Do not select all items from the same source.**
    - Use stains from grasses, berries, dirt, and charcoal.**
      - Do not over camouflage.**
    - Never expose shiny objects (i.e., watch, glasses, pens).**
      - Remove unit patches, name tags, rank etc.**
    - Break up the outline of the body; "V" of crotch / armpits.**
  - When observing an area, do it from a prone and concealed position.**





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## SHELTER

- Use camouflage and concealment.

- Locate shelter using the BLISS acronym:

**B** – Blend, **L** - Low silhouette, **I** - Irregular shape, **S** – Small, **S** – Secluded location

- Choose an area:** (a) Least likely to be searched (drainages, rough terrain, etc.) and blends with the environment. (b) With escape routes. (c) With observable approaches – do not corner yourself. (3) Be wary of flash floods in ravines and canyons. (4) Concealment with minimal to no preparation.

- Try to select a natural concealment area.

- Always J-Hook into your shelter.

- Locate entrances / exits in brush and along ridges, ditches, and rocks to keep from forming paths to site.

- Ensure overhead concealment.

- Use battle damaged buildings for urban evasion and shelter.



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## NOISE DISCIPLINE

Noise Discipline Means Total Silence!

- Secure anything loose on your person or in your pack.
- After securing, jump up and down. If anything makes any sound, secure it.
  - Get rid of, or tape up, all Velcro.
- Ensure watch alarms and hourly chimes are turned off.
- Travel during rainfall or wind if possible (or un-natural noises such as moving trains).
- Turn off cell phones or other non-essential electronic devices.

(If any cell phone is ever used in an evasion scenario, be sure to remove the battery after the phone is used. Phones can (and are) tracked routinely by calls. Technology is now available to track a phone that has the battery installed but is turned off. The **ONLY** way to avoid being tracked is to remove the battery or ditch the phone altogether. After each call, remove the battery from the phone. If possible, use talk and toss phones only but still remove the battery when finished!)



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## LIGHT DISCIPLINE

- Avoid using any light source unless absolutely necessary.
  - No smoking or cigarette lighters.
  - No electronic devices or watches with backlights or tritium.
- Avoid black or white colors since they project a strong IR signature. Earth tones are best.
- Be aware of glass glint (binoculars, scopes, eye glasses, reflective items on clothes or pack).
  - Break up body outline with natural vegetation even at night due to night vision.
- Remember that most people (including tracking teams) have very poor light discipline in a wilderness environment. Exploit the white-light night blindness if need be.

***Remember that items reflect in moonlight (vehicle glass, light-colored water bottles, light-colored packs, etc.)***



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## E&E MOVEMENT

- **If travel is necessary:** Mask with natural cover and restrict movement to periods of low light, bad weather, wind, or reduced enemy activity.
  - **Avoid silhouetting.**
  - **Move sporadic (NOT ON AN AZIMUTH!).**
  - **STOP at a point of concealment.**
- **LOOK for signs of human or animal activity** (Peripheral vision is more effective for recognizing movement at night and twilight).
  - **LISTEN for vehicles, troops, aircraft, weapons, animals, etc.**
  - **SMELL for vehicles, troops, animals, etc.**
- **Employ noise discipline in your movement and with your clothing and equipment.**
  - **Avoid disturbing the vegetation above knee level.**
  - **When possible, avoid breaking branches, leaves, or grass.**
  - **Use a walking stick to part vegetation and push it back to its original position.**
- **Do not grab small trees or brush** (This may scuff the bark, and create movement that is easily spotted. In snow country, this creates a path of snowless vegetation revealing your route).
- **Avoid Building Fires.** (If necessary then keep fires small and low (Dakota Fire Pits work best), building in heavy forested areas dissipate smoke signatures better).



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## E&E MOVEMENT

- Pick firm footing. Carefully place the foot lightly, but squarely on the surface avoiding:** (a) Overturning ground cover, rocks, and sticks. (b) Scuffing bark on logs and sticks. (c) Making noise by breaking sticks (cloth wrapped around feet helps muffle this). (d) Slipping. (e) Mangling of low grass and bushes that would normally spring back).

- When tracks are unavoidable in soft footing, mask by:** (a) Placing track in the shadows of vegetation, downed logs, and snowdrifts. (b) Moving before and during precipitation allows tracks to fill in. (c) Traveling during windy periods. (d) Taking advantage of solid surfaces (logs, rocks, etc.) leaving less evidence of travel. (e) Brushing or patting out tracks lightly to speed their breakdown or make them look old).

- Do not litter. Trash or lost equipment identifies who lost it and many times how long ago it was lost or discarded. Secure everything, hide, or bury discarded items.**

***If pursued by dogs, concentrate on defeating the dog handler, not the dog***



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## COUNTER-TRACKING

- **Create doubt in the dog handler's mind and physical exertion** (If time permits the escapee may try to create doubt in the dog handler's mind (most all tracking dogs are attached to the handler, so wherever the dog goes the handler must go). Move in zigzag patterns through brush and rough terrain. This creates doubt in the handler's mind as well as the follow up team. One must keep in mind that it also creates fatigue for the escapee.)
- **Set booby traps.** (Even if they aren't meant to be effective, this will slow the pace of the follow up team and cause them to move with more caution.)
- **Don't move on an azimuth!** (The tracking team command only needs to move another tracking team ahead to intercept the escapee. Instead, move in a general direction.)
- **Don't move toward an obvious location** (Avoid known shelters, a relative's house, etc.)
- **Figure "4" movement or box movement in a large proportion may help to throw off trackers.**
- **"J hook" into shelter or concealment site** (so the tracking team has to move past before finding the shelter).
- **Create distance.** (A lone follow up team, even with a dog is slow if the team is maintaining proper security. If the escapee has properly prepared, then his conditioning will give him the ability to create distance.)

**Keep in mind that the more deceptions the escapee tries to create, the more scent and sign he leaves behind. The more time you spend trying to confuse trackers, the more they may be gaining on their target .**



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## URBAN E&E

### Avoid Urban Areas If Possible, But If You Can't:

- Once you make it to an urban area, blend with the locals as much as possible.
  - Change clothing and clean up as soon as it is safe to do so. Dress down.
  - Hide E&E tools in your clothing and on your body in case you are captured.
  - Avoid groups of children since they are quicker to recognize strangers.
    - Avoid over-eating or appearing to be hungry.
    - If you choose to stay in a hotel, 2<sup>nd</sup> floor is recommended.  
(Block all doors. Make sure window escapes are accessible)
- Sleep with clothes and shoes on. All gear packed and ready to move (30 second drill).
  - Avoid using any phone to communicate.
  - Test / defeat alarm systems and dogs before breaking into structures.
    - Steal vehicles as a last resort. Disable dash and interior lights.
    - Steal official uniforms / badges / ID as a last resort.
- Familiarize yourself with local weapons (observe and understand before attempting to use).
  - Use cash to bribe as a last resort.
    - Look like you belong there.
    - Act casual, don't run or appear frantic.
  - If you think you're being followed, use your surroundings (mirrors or windows) to observe.
    - Be aware of curfews and local habits (such as prayer times).
- Avoid markets, but during off hours they can be a good source of thrown away garb, food, tools, etc.

Worse case scenarios: in larger cities you can use the city drain system to move undetected and/or hide. Never use sewer systems.



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## SPECIALIZED E&E TOOLS

**Additional Tools To Be Added To Survival Kit Or Hidden On Person**  
(Can be pre-positioned inside clothing at any time)

- Non-Metallic Handcuff Keys
  - Diamond Wire / Files
  - Wire Saw
- Ceramic Razor Blades
  - Button Compass
- Kevlar Cord (can be threaded into the waist band of pants)
  - Multi-Tool w/ Wire Cutter & Scissors
  - No-Doz Tablets
- Piano Wire Or Guitar String (can be threaded into seam of pants)
  - Cash (avoid credit cards)
  - Alternate ID
- Talk And Toss Cell Phone
  - 550 Cord Shoe Laces
- Stainless steel dog tags can be sharpened by dragging perpendicular on concrete or stones
  - Kevlar cord can be used to disable and / or saw through many objects





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## “BUGGING OUT”

The concept of "bugging out" to the woods to live is a fantasy. It's harder than you think to live a “survival” lifestyle for an extended time in the woods with minimal gear.

For the purpose of our training, “Bugging Out” is merely a means to escape to safety. Examples of this would be your vehicle breaking down in a remote area with no cell service or way of getting help, or exiting the madness of natural disasters (such as Hurricane Katrina) so you can get to a safer location.



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## BUGOUT BAG CONTENTS

(Wilderness Scenario)

Single Person should average 25 to 28 pounds for 3-4 days away from civilization.

- Water Container(s) & Purification
- Fire Starting Tools (Bic Lighter & Ferro Rod)
  - Metal Cup / Pan
  - Plastic Spoon
  - Bandana
- Small Flashlight & Extra Batteries
  - Small Knife With Saw
  - Lightweight Gloves
- Simple, Lightweight Shelter
  - Sleeping bag
  - Poncho
- Compass & Map Of Area
- Signaling Mirror & Whistle
  - GPS (Optional)
  - PLB (Optional)
- Communication Device (Cell Phone, 2-Way Radio)
- Rope Gear (Depending On Terrain)
- Basic First Aid (Trauma)
  - Notepad & Pen
  - Extra Socks
  - Jacket
- Lightweight, High Energy Food & Snack Bars (you need a lot less food than you think)

**If possible, cache supplies in your bugout location for later use.**



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## **BUGOUT CLASS AREA PHOTOS & SCENARIOS**

**For Randall's Adventure Training®  
Wilderness BugOut Class**



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