

# HOW TO SURVIVE THE 9 TO 5



Monkeywrenching & Forest Defense in North "georgia "



# How To Survive The 9 To 5:

Monkeywrenching & Forest Defense  
in North “georgia”

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KKKop City Will Never Be Built

2023, Black Widow Reflection



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# Preface

This is not a call to action. This text is merely an informational source, not an encouragement or suggestion to partake in these activities; if one chooses to partake in these activities, it is upon their own volition and/or to fulfill the needs of themselves or their community. Nor is this an admission of currently or previously partaking in or encouraging these activities.

## Intro

Welcome to The 9 to 5. This zine will not give much information exclusive to The 9 to 5 due to security reasons but will give information useful to those involved with or adjacent to The 9 to 5; overall this will end up more so as a starter field guide to anarcho-survival camping in northern 'georgia'.

This information can be beneficial for activities such as front-line camping, surviving homelessness, setting up homeless encampments/safe zones, monkeywrenching, off-gridding, prepping, etc., and is not a suggestion or encouragement to partake in these activities but merely information as to a few ways these activities can be done. For if one is going to partake in these activities, one should at least be educated on how to do them safely and equipped with knowledge.

Additionally, to help set expectations for this text, this is being written from an eco-defense and revolutionary perspective; the information in this will be centering on the protection of the Land and protecting against the state when partaking in these activities. This was particularly written with deep influence from the Stop Cop City movement defending the Weelannee Forest and the South River in hopes of aiding in the accessibility of knowledge useful in this struggle. Yet, this is not encouragement to partake in illegal and/or dangerous activities; neither The 9 to 5, the author(s) of this text, nor any distributors of this text are responsible for the results of using this information and/or any injury, harm, or legal repercussion resulting from such activities.

Also, the diagrams used in this manual have been scavenged, not created exclusively for this – so if there are inconsistencies in their style, apologies.



# Basics

## Respecting the Land

The 9 to 5 and this zine were put together in light of the movement to stop kkkop city. When fighting on Indigenous and environmental lines we **MUST** be sure to truly be respecting the principles of which we are in defense of. Some basic rules to follow to ensure this are:

- **Know whose Land you are on**

Turtle Island is stolen land. Point blank period - and it is stolen in diversity. Not all regions and tribes have the same or similar practices, so it is important to know whose land you are on and to know how to properly respect it. Northern 'Georgia' is *primarily*, but not exclusively, Muscogee and Cherokee.

- **CLEAN UP AFTER YOURSELF**

This is simple: if you did it, clean it up. If someone is unable to clean something they did up, help clean it up. If you know you will be unable to clean something up you did, make plans to be assisted in clean up. If you are asked to clean something up, help clean it up. Do not be ableist or assumptive if asked for help. Camping, especially on frontline camps, is a community effort which we must aid in every way we can to accomplish our goals - one of which must be to protect, respect, and connect with the land around us. Simply put: If you make a mess clean it up and leave every space with less litter, trash, damage, etc. than which you found it.

- **Reuse and reduce**

To respect the Land one must respect its resources. When you make too much food and just throw it away, you are devaluing and discarding the life that was taken to create it. When you discard your backpack, which is functional, to upgrade to something more suitable, you are devaluing and discarding the life that was taken to create it. When you throw away that damaged jacket as opposed to repairing it, you are devaluing and discarding the life that was taken to create it. Yes, even if the material is synthetic because the natural will always be involved and impacted. How much air pollution did that nylon create? And how much water did the crying and washing process? And how was the land around the factory impacted by it? And how many people were exploited to make it?

At the end of the day, if recycling or discarding is your only option then do such, but make sure that it cannot be reused or repurposed. **FIND A WAY.** Maybe you really don't have a need for that backpack, find a buddy who could use it or a mutual aid group that distributes supplies. **AND**, the more you reduce your consumption from the get, the less you have to find ways to reuse, repurpose, and redistribute things to avoid discarding them and creating waste.

- **Never take more than necessary**

This piggybacks off of the previous point, reduce. Just because you aren't buying it in a store doesn't mean you're not consuming. Do you really need all of that wood? Those berries? Those vines? How much are you taking in relation to what is there? Simply, respect the Land and don't abuse its life source.

- **Stop contaminating**

- No you cannot wash your dishes in the River, keep your soap out of the Water and off the Land. If your soap is truly natural to the local flora that may be acceptable, but when in doubt don't pour it out. Keep in mind things like your toothpaste, mouthwash, facial soap, shampoo, etc. before bringing them into the



woods and contaminating the land with them - there are natural alternatives to these things (that often are much cheaper) that are not harmful, use them. If you don't know how to do it where you are at, look into what the Native of that Land traditionally did and that is usually going to be your safest bet.

- **Treat all beings with the utmost compassion**
  - This one is deeply mixed with the final point under this section. Treat all beings, not only those traditionally viewed as animate or conscious, with the kindness, compassion, and respect you would treat your comrades. Ask yourself, always, is how am I interacting with this being, element, force, etc. in a revolutionary capacity?
- **Stop thinking anthropocentrically**
  - As previously teased, stop understanding things as human or traditionally animate-centered. The *Land* feels. The *Wind* feels. The *Water* feels. And the earth is not made for our convenience. Yes, it may be easier for you to not meter your consumption, but it is not about you, it is about the system of Nature and what it needs. Decenter humans, otherwise we will never be able to understand that we are merely an aspect of nature not outside of it.

## Scouting a tent spot

When scouting a spot to pitch your tent the main things to take into account are safety, coverage, and practicality. When planning to pitch a tent ask yourself these questions:

- Are there any standing dead trees nearby?
- How many fallen dead trees are nearby? (This can indicate soft ground)
- Will this area flood if it rains?
- How close is this spot to a delta?
- How much overhead coverage is there?
- Will the spot be visible to a helicopter or plane?
- How far is this spot from animal attractants? (Food, kitchen, compost, etc.)
- How flat is the ground?
- How easy is it to get to? (You want relative ease for function yet you also want relative difficulty in case of being raided or attacked)

## Knots, hitches, and bends

Knowing how to tie the right knot, hitch, or bend can be useful for helping haul things into camp, making sure an operation goes as planned, keeping your campsite and comrades safe from wildlife, making a make-shift tourniquet, and everything in between. Quickly, for clarity:

- **A knot:** is tied in the rope.
- **A hitch:** connects rope with another object.
- **A bend:** joins rope ends.

Some useful ones to know about each:

### Knots:

## Surgeon's Loop Instructions

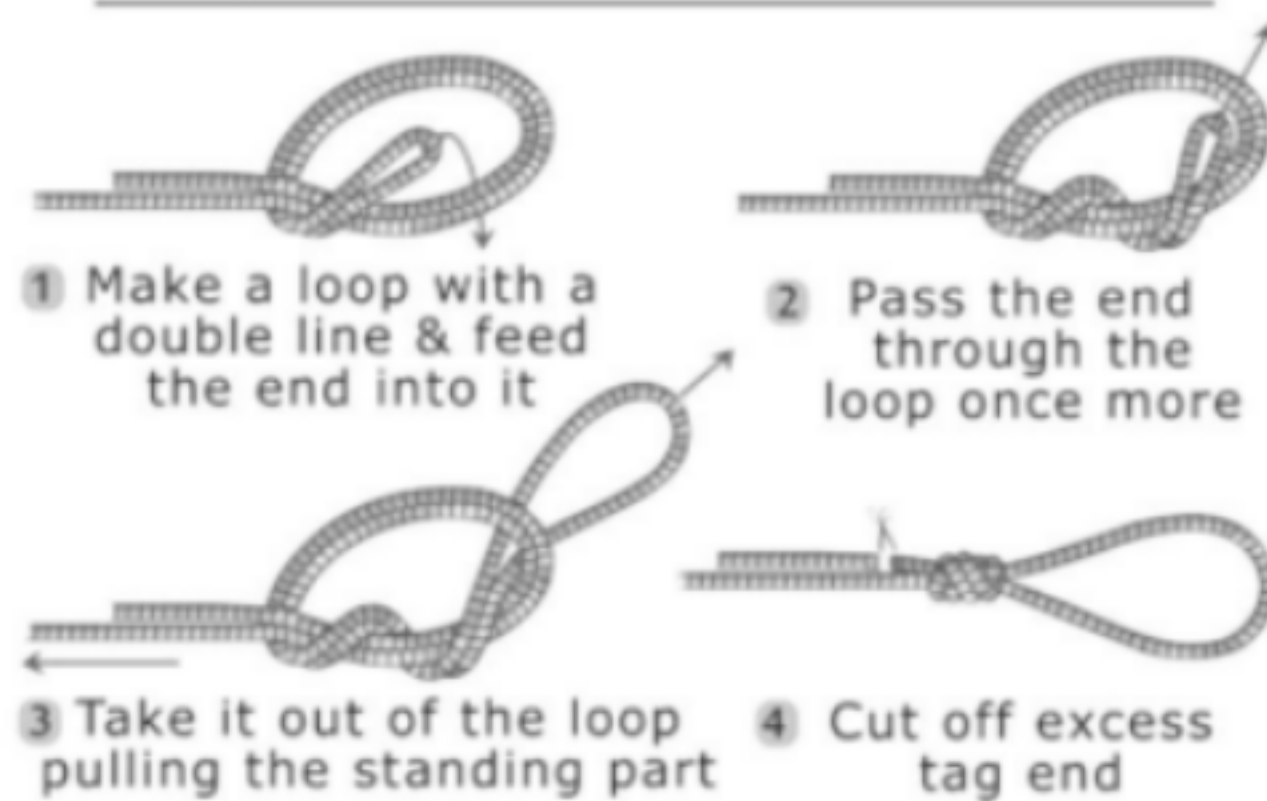


Figure 1.1

A surgeon's loop is best used for loop-to-loop connections and is popular due to its strength. This creates a non-slipping loop with 100% rope strength retention.

## Bowline Knot Directions

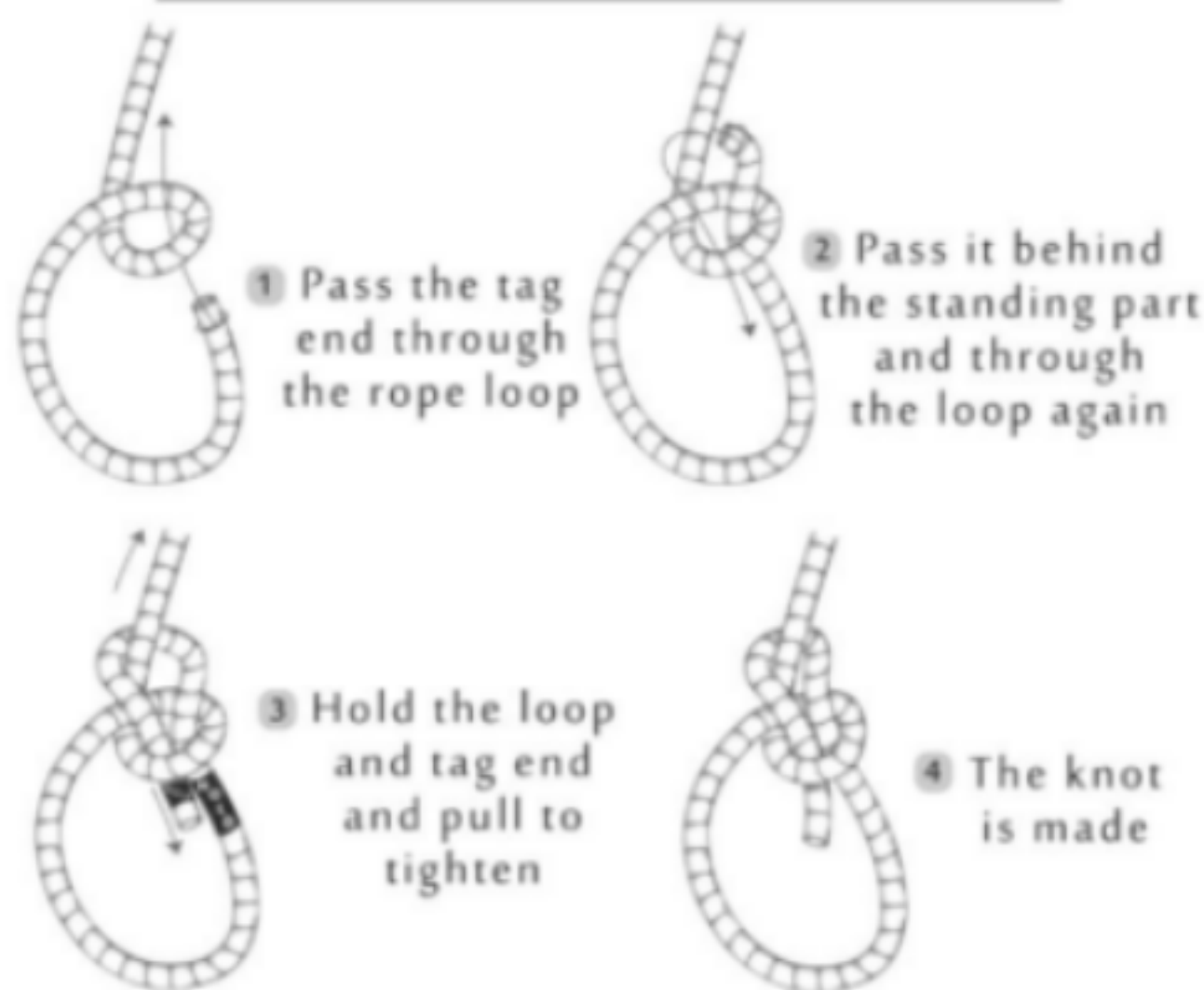


Figure 1.2

The bowline knot is strong but only holds 70-75% of the strength of the rope. This knot is most often used to create hand loops, mooring lines, boating, fishing, climbing, etc. This line creates a loop that does not slip.

## Running Bowline Knot Instructions

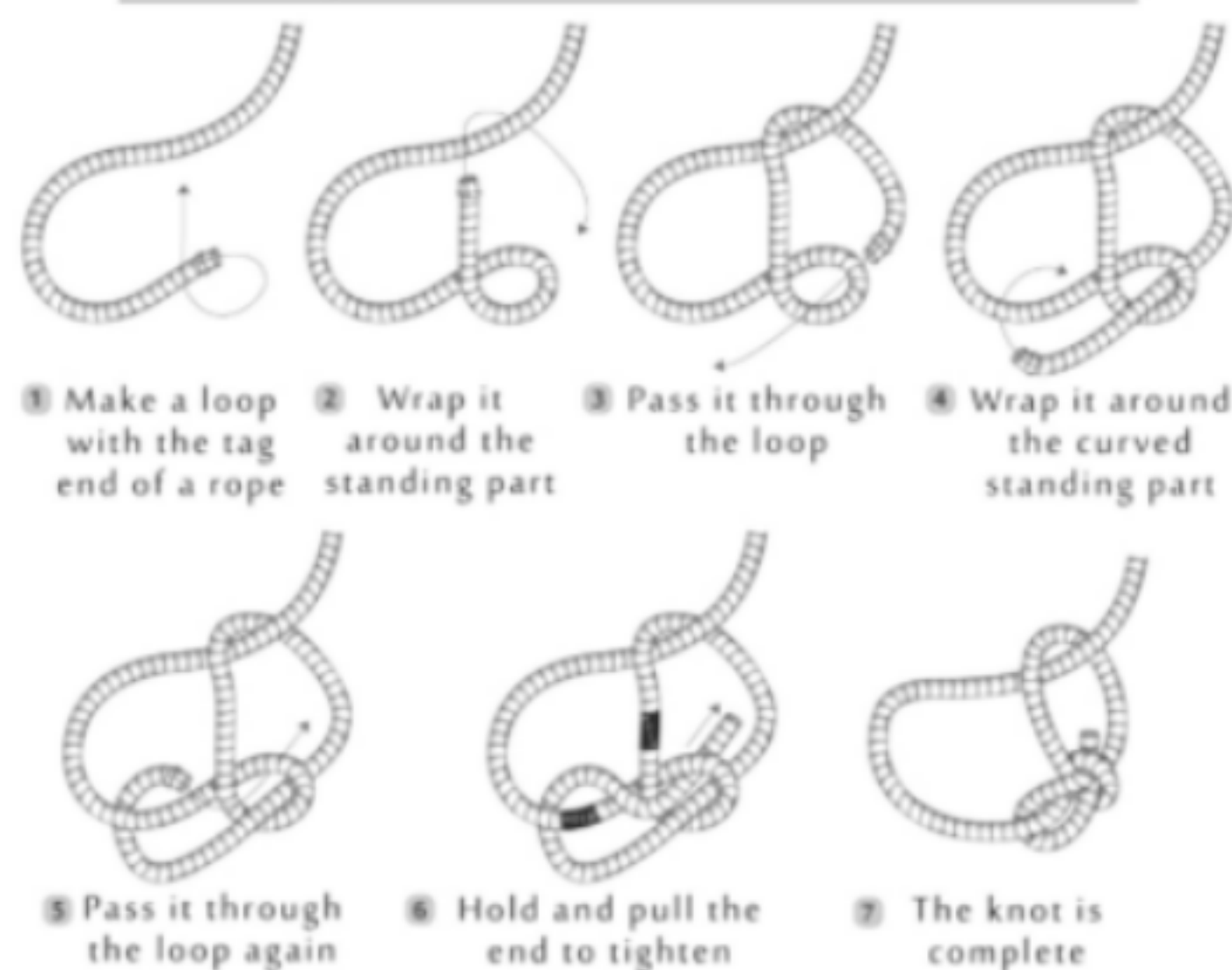


Figure 1.3

This knot holds similarly to the bowline but is easier to release and doesn't close up the standing end.



## Slip Knot Instructions

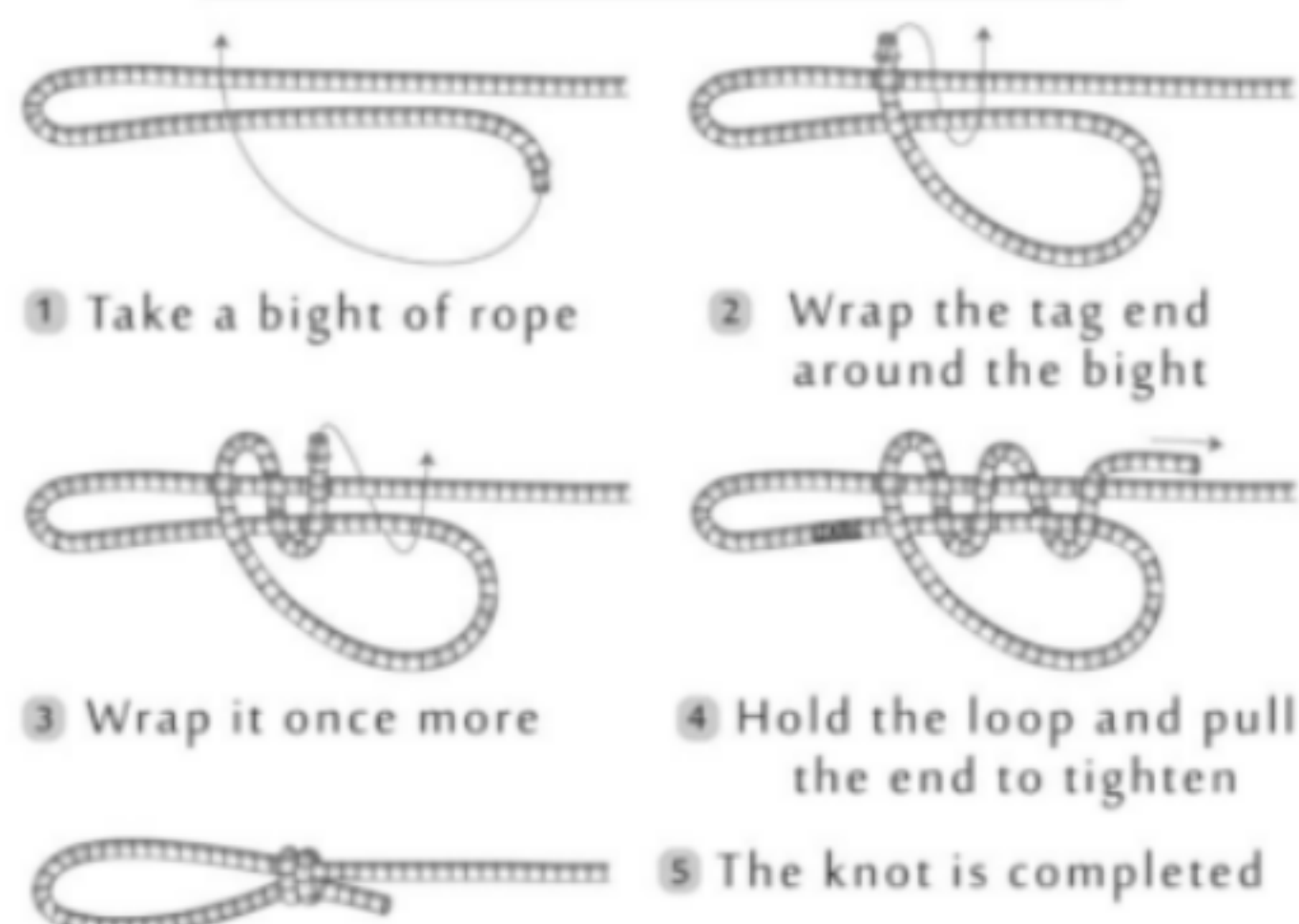


Figure 1.4

This knot creates a closing loop and is often used for stitches, securing things together, tying ropes around posts, rock climbing, etc.

## Tying a San Diego Jam Knot

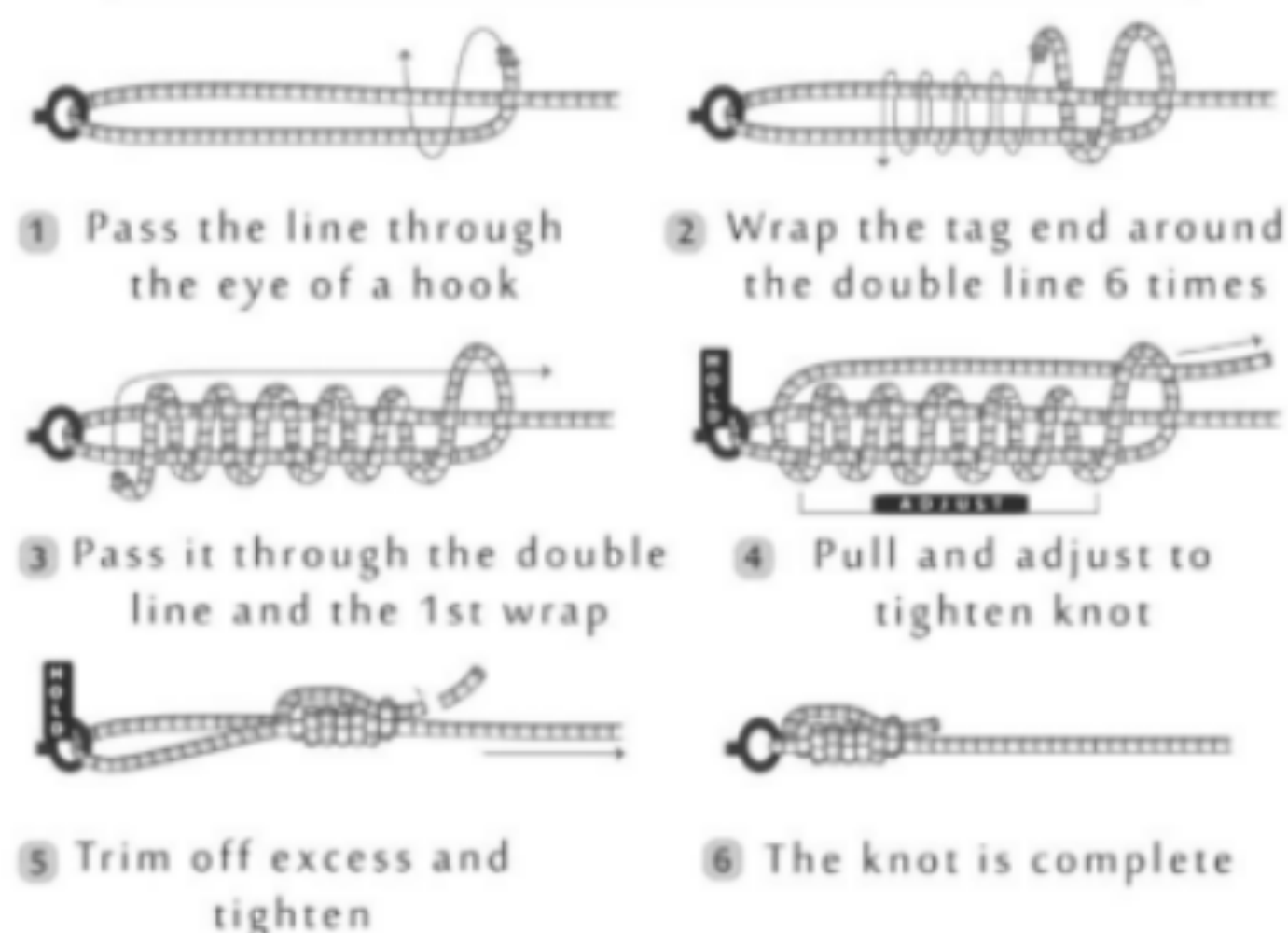


Figure 1.5

This knot is extremely strong, holding 95% of the rope strength and is easy to tie. This knot is primarily used for fishing.

## Scaffold Knot Instructions

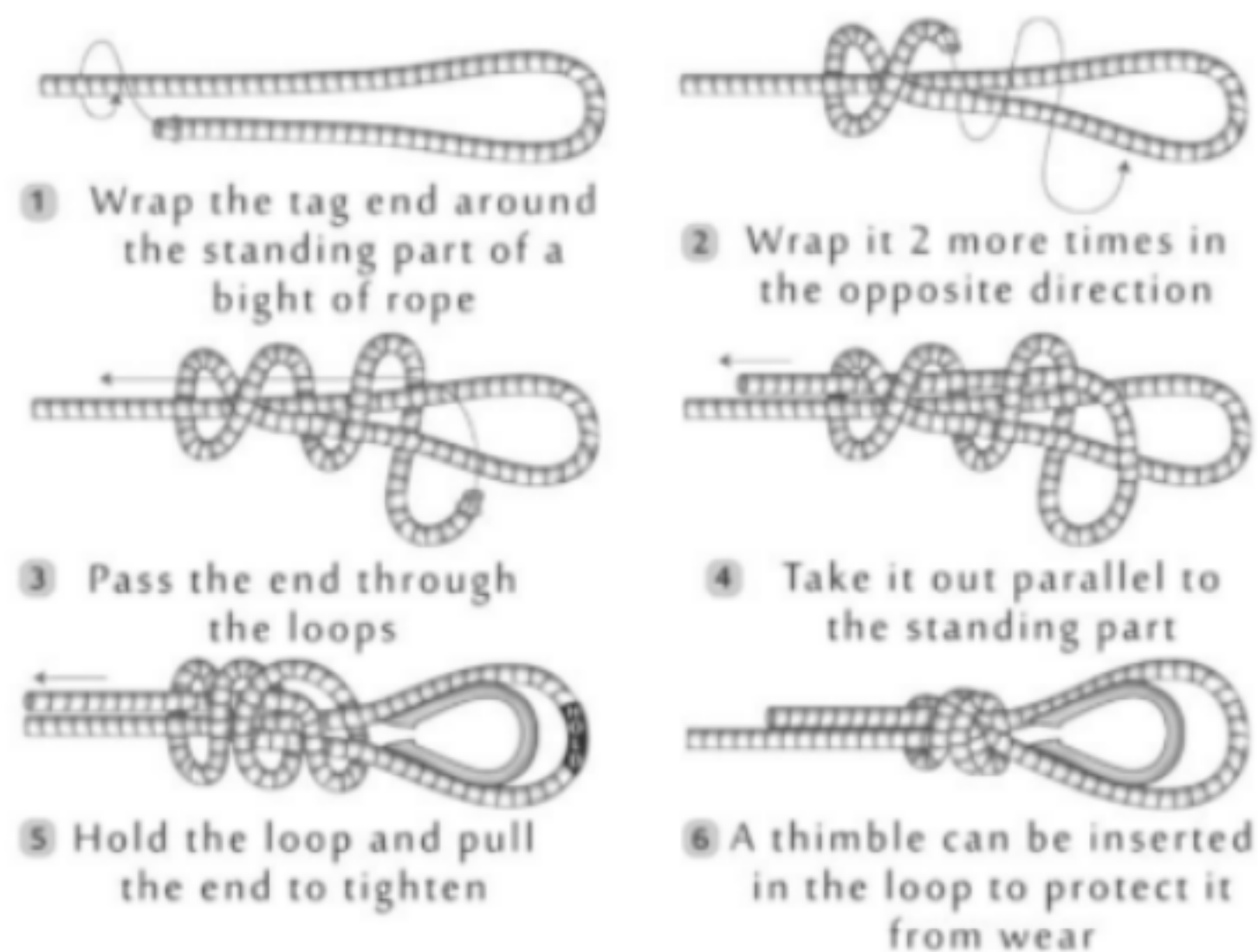


Figure 1.6

This knot is basically a stronger variation of a slip knot. It is commonly used for climbing, securing harnesses and lifelines, joining ropes, and sailing.

## Hitches:

### Arbor Knot Instructions

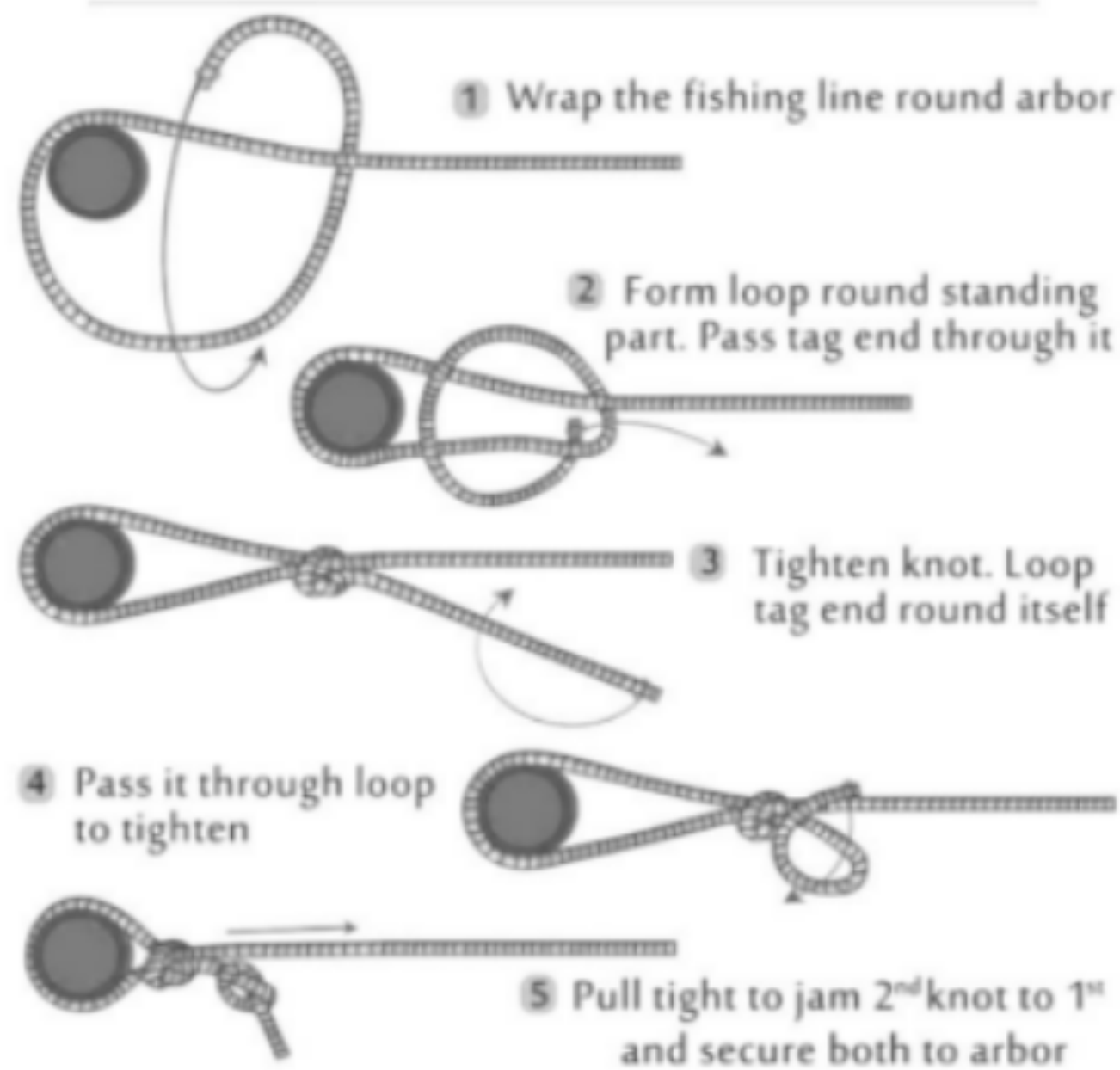


Figure 2.1

The arbor knot hitch is a strong hitch that is primarily used for fishing but can also be used as a general binding knot.

### Tying a Cow Hitch

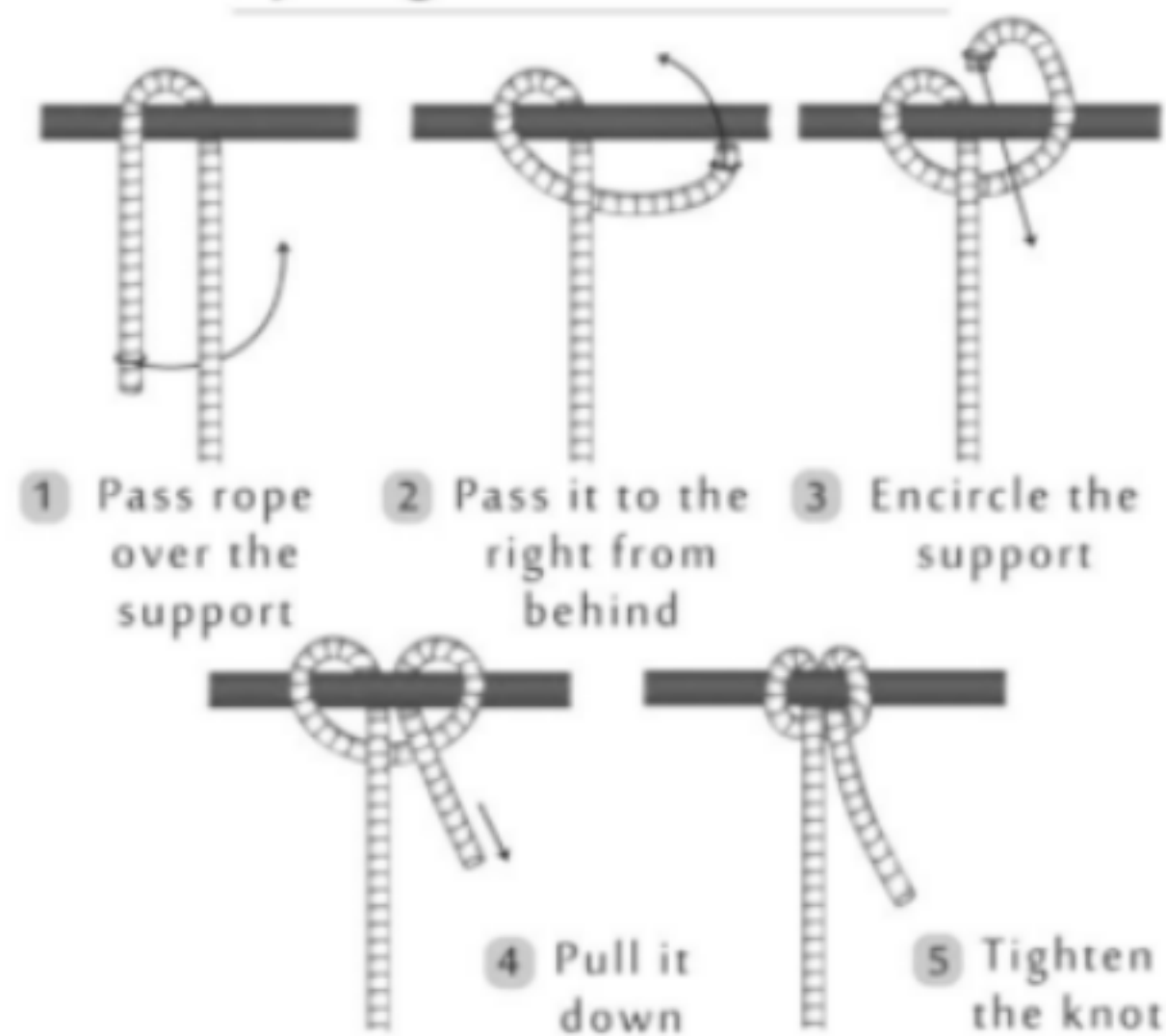


Figure 2.2

The cow hitch is a very universal hitch due to it being easy to tie and untie, yet a still decently secure hitch. This is often used to tie animals to stables.



### Clove Hitch Tutorial

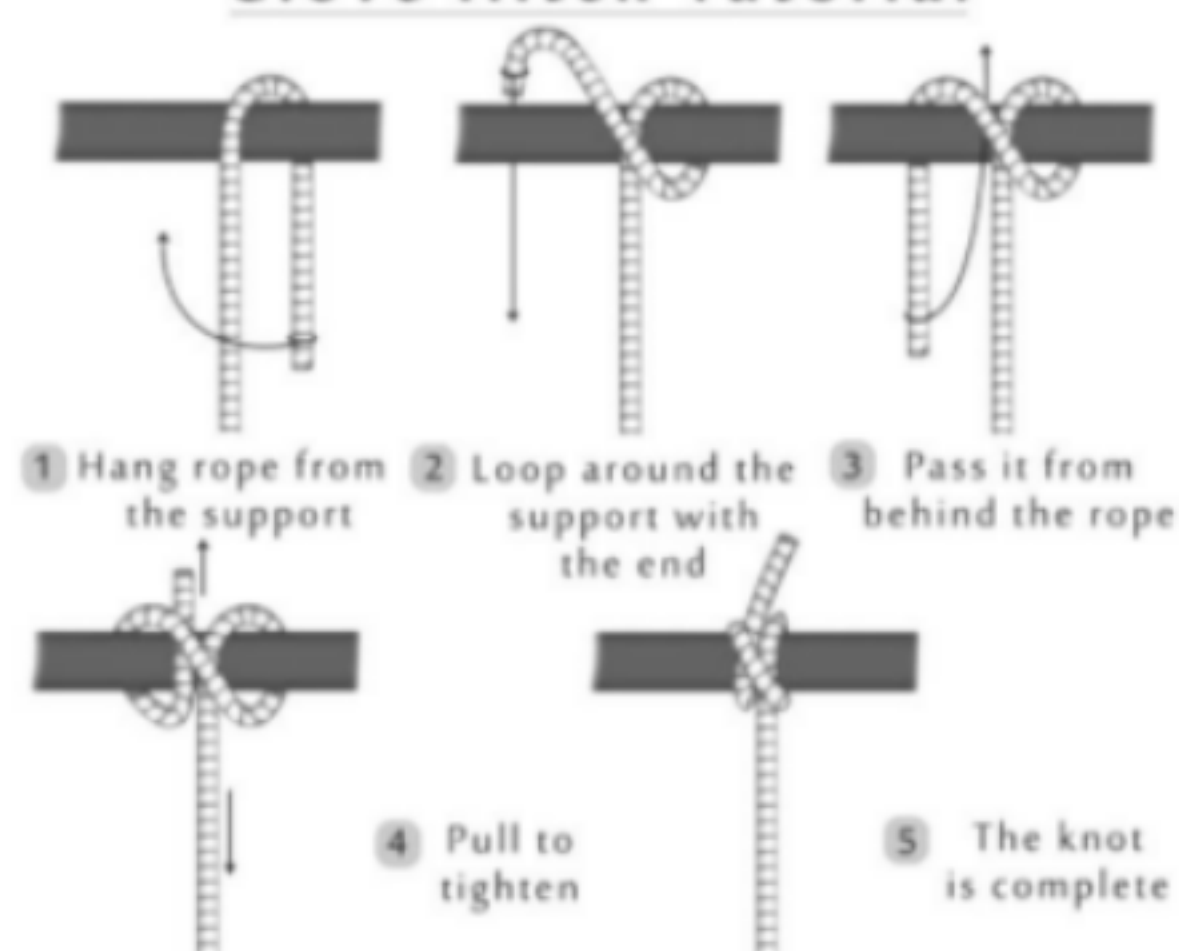


Figure 2.3

The clove hitch is a very common hitch due to its versatility. This is most effective for tying a rope to a pole that it crosses over.

### Tying a Constrictor Knot

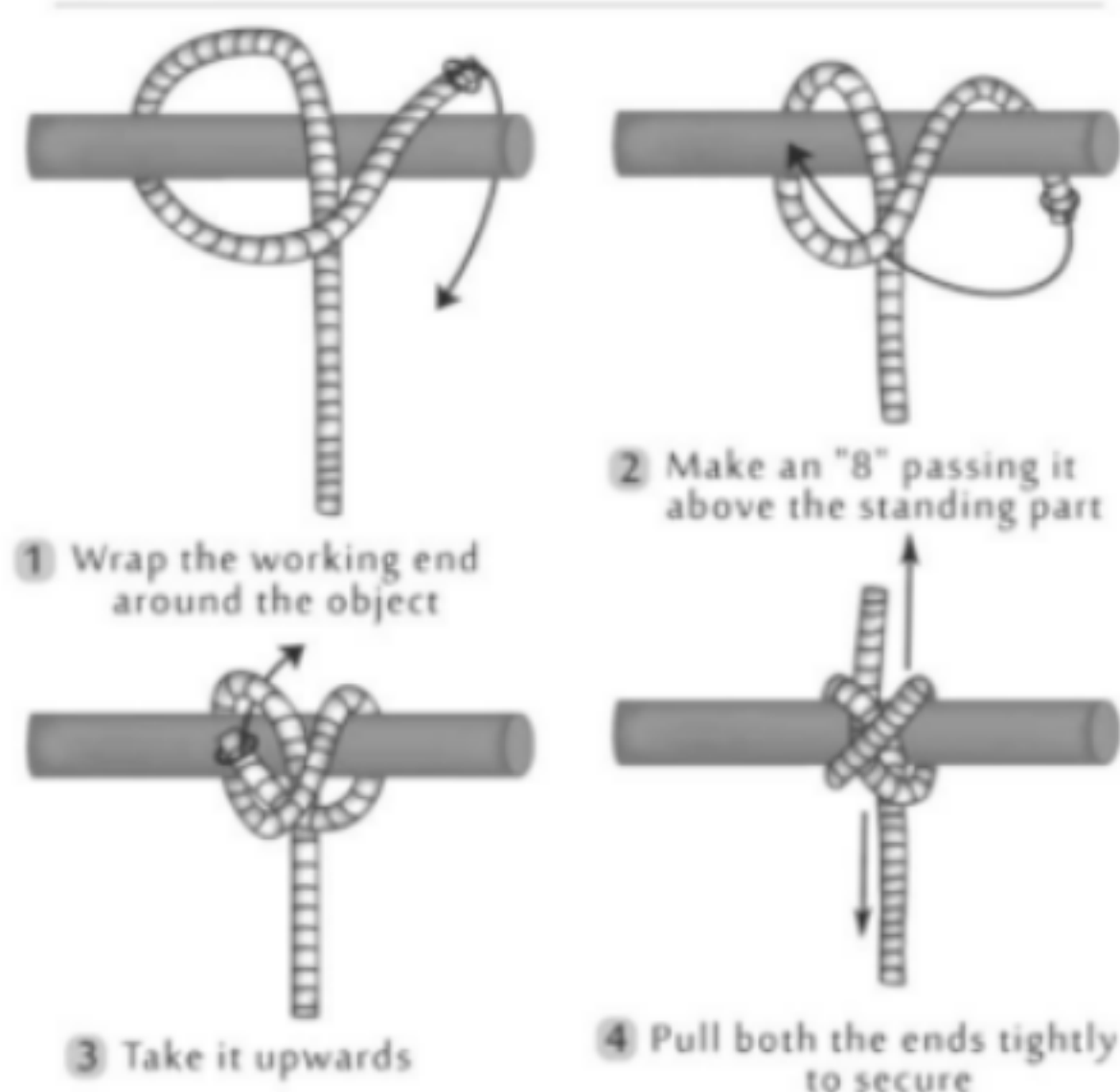


Figure 2.4

The constrictor knot hitch is a binding knot that can also be used as a temporary whipping. It is secure and hard to untie.

### Tying a Double Constrictor Knot

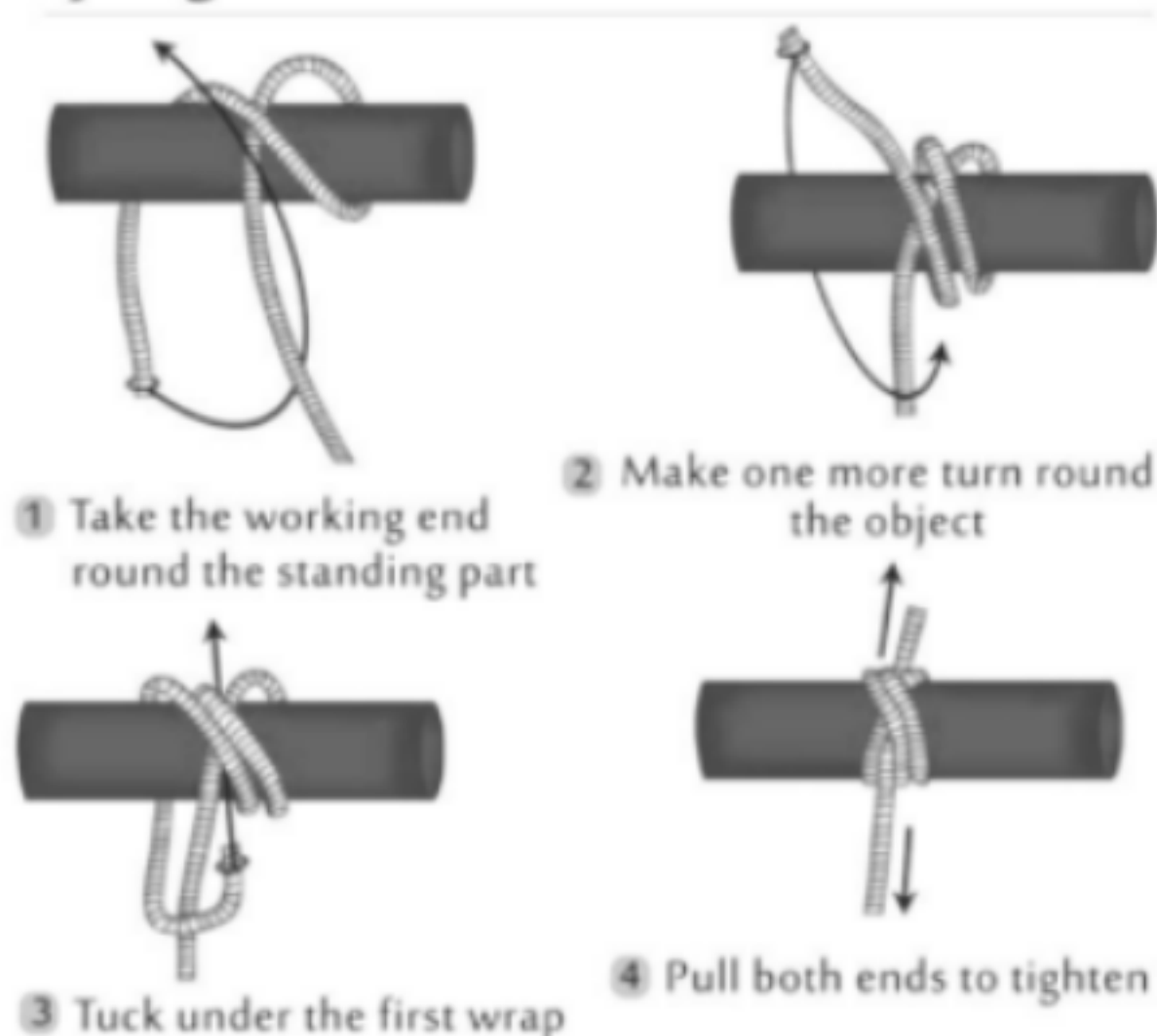


Figure 2.5

The double constrictor knot is the same as the constrictor knot but a little strong and a little harder to untie.

### Trucker's Hitch Instructions

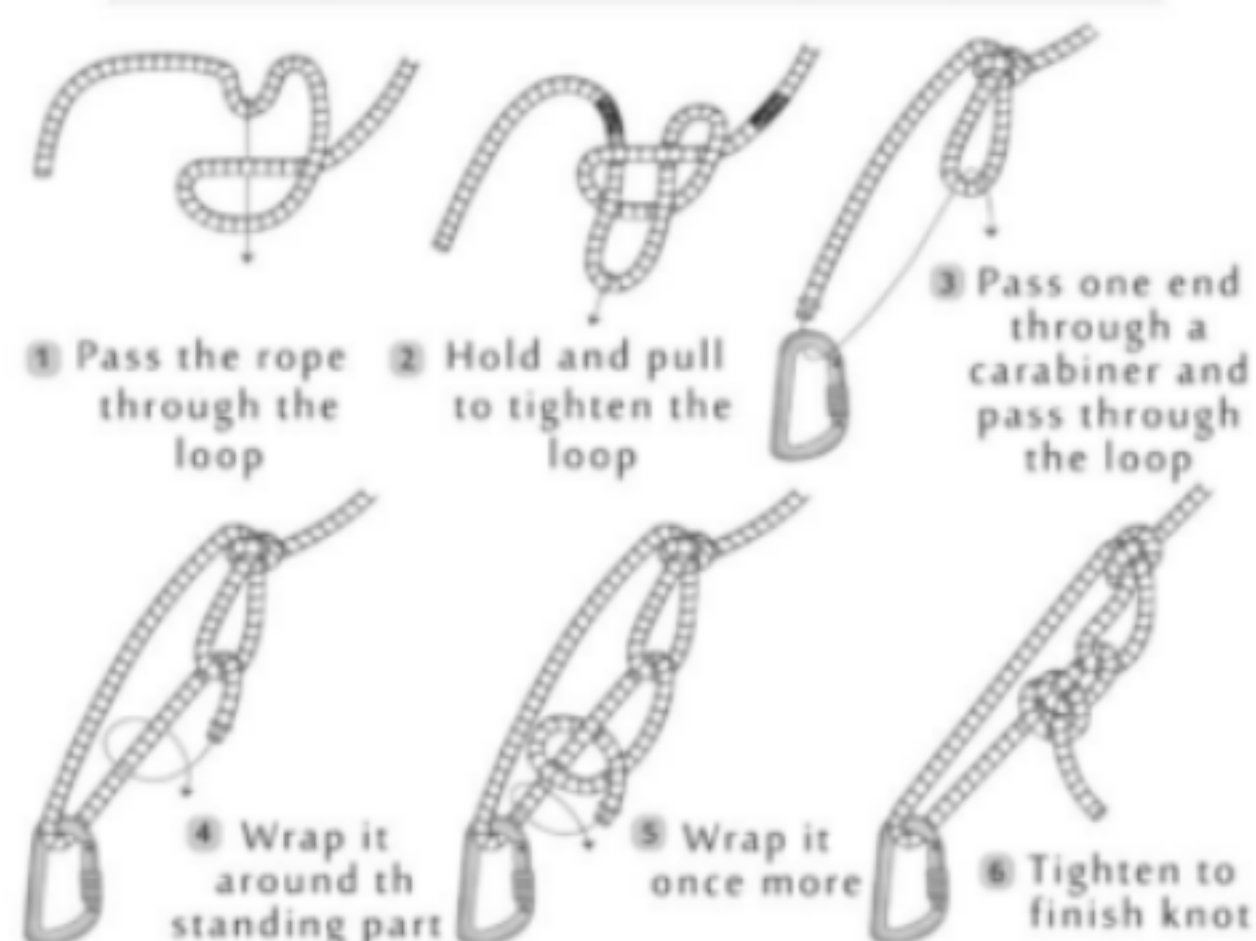


Figure 2.6

The trucker's hitch is used to secure loads to trucks and trailers but can also be used as a general binding and tension hitch. This hitch specifically allows for tight and secure tension.

### Taut Line Hitch Instructions

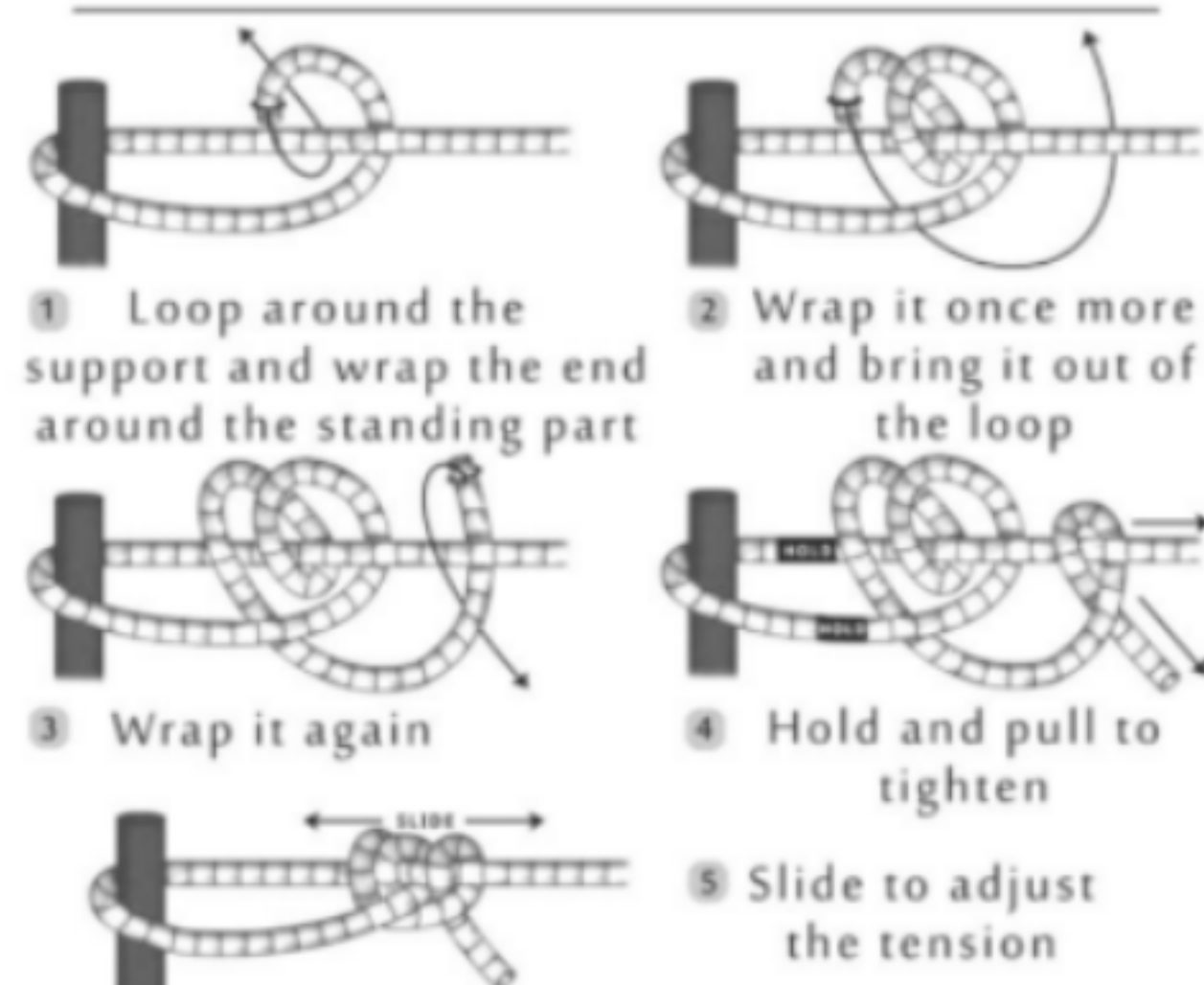


Figure 2.7

The taut line hitch is used for, you guessed it, pitching a taut line. These are also easy to untie.

### Bends:

#### Figure 8 Bend Instructions

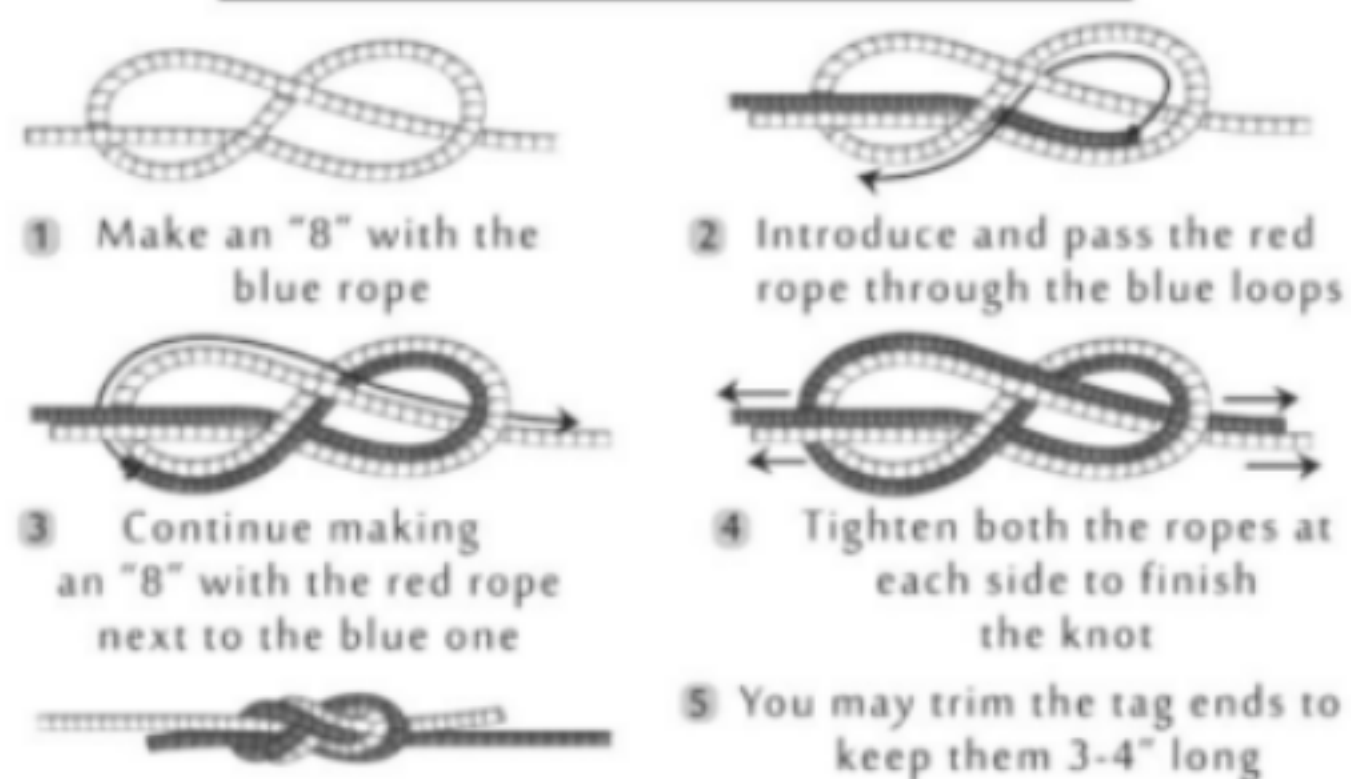


Figure 3.1

The figure 8 bend joins 2 ropes while also creating a stopper knot to prevent a line from sliding. Often used for climbing.



## Double Sheet Bend Instructions

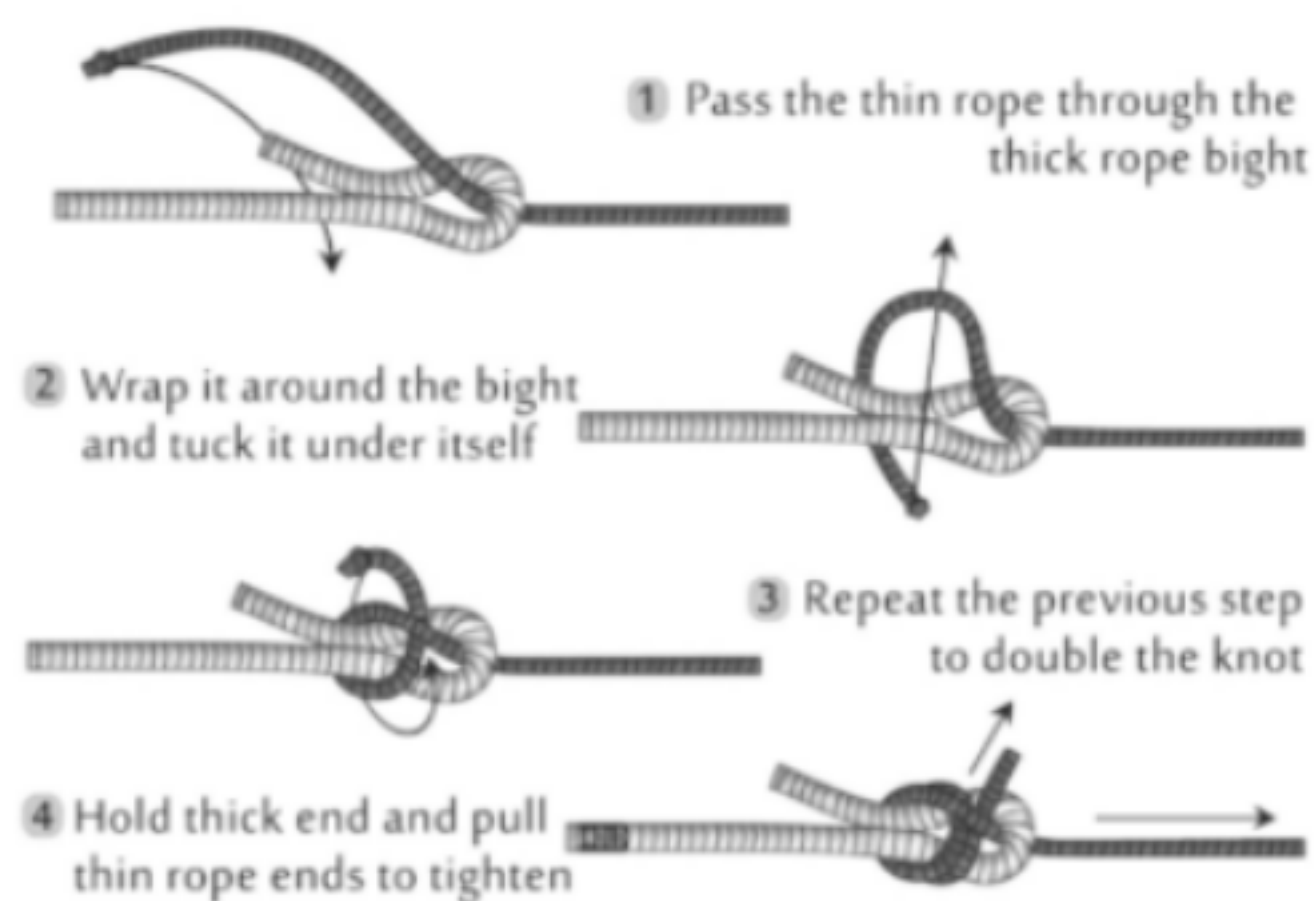


Figure 3.2

The double sheet bend is effective for attaching 2 rope ends that are of different diameters.

## Prusik Knot Instructions

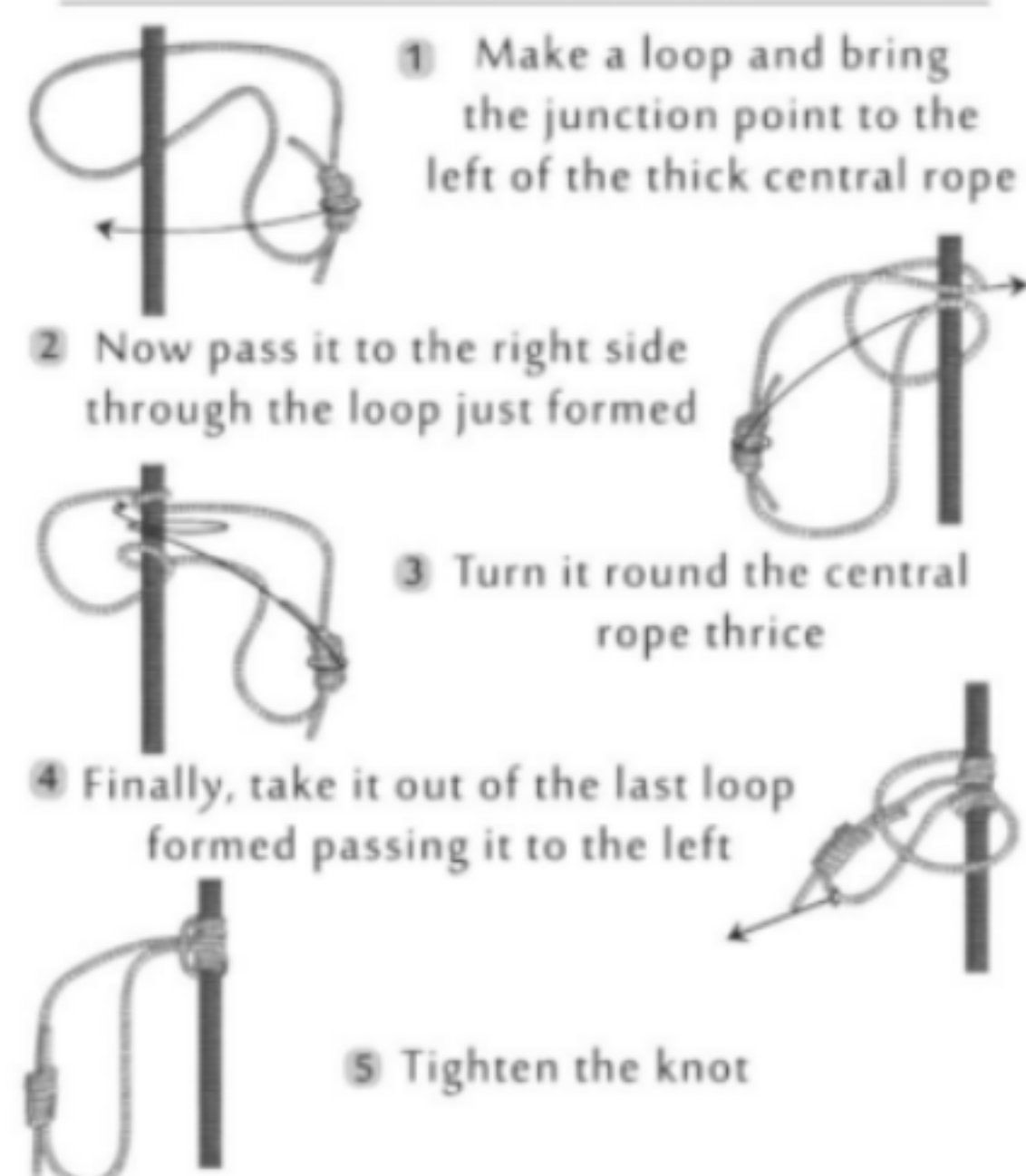


Figure 3.3

A climbing knot used to allow a rope to move along another rope while ascending.

## Fisherman's Knot Tying

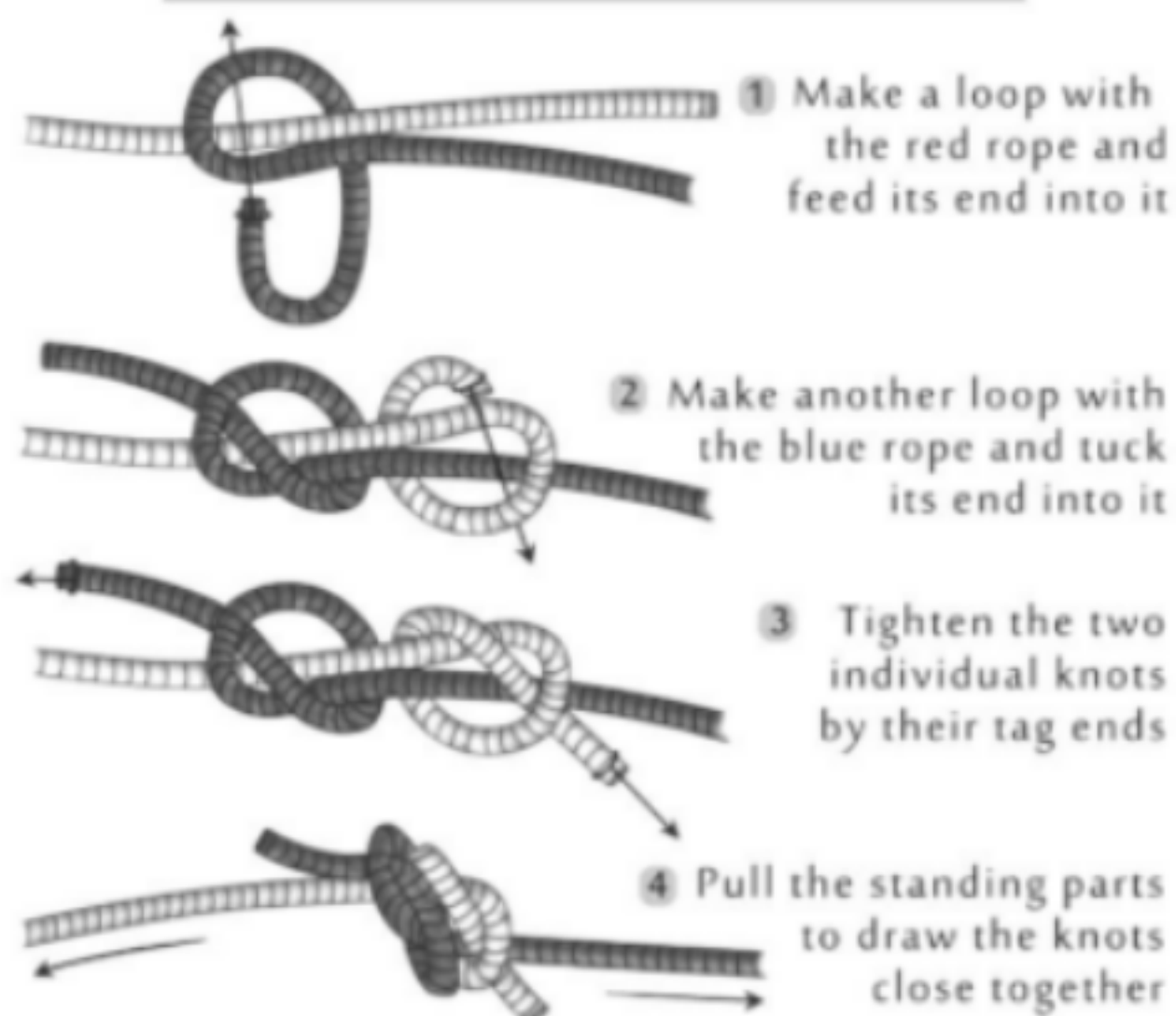


Figure 3.4

Used to attach stiff and slippery lines, such as fishing line, and to support other bends.

## Double Uni Knot Instructions

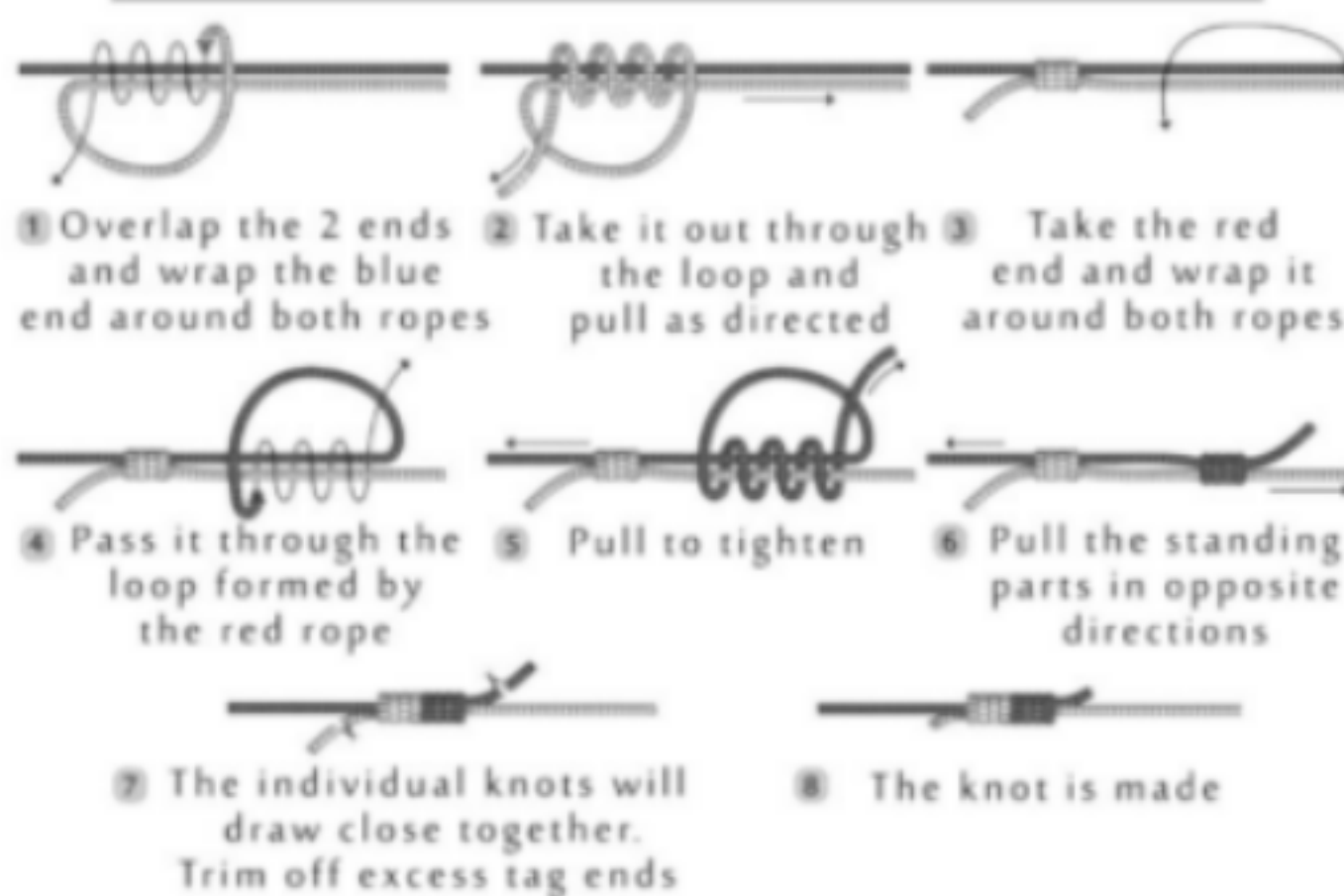


Figure 3.5

Typically, one of the strongest and most universal bends when working with 2 ropes of a similar diameter. Often used in fishing.

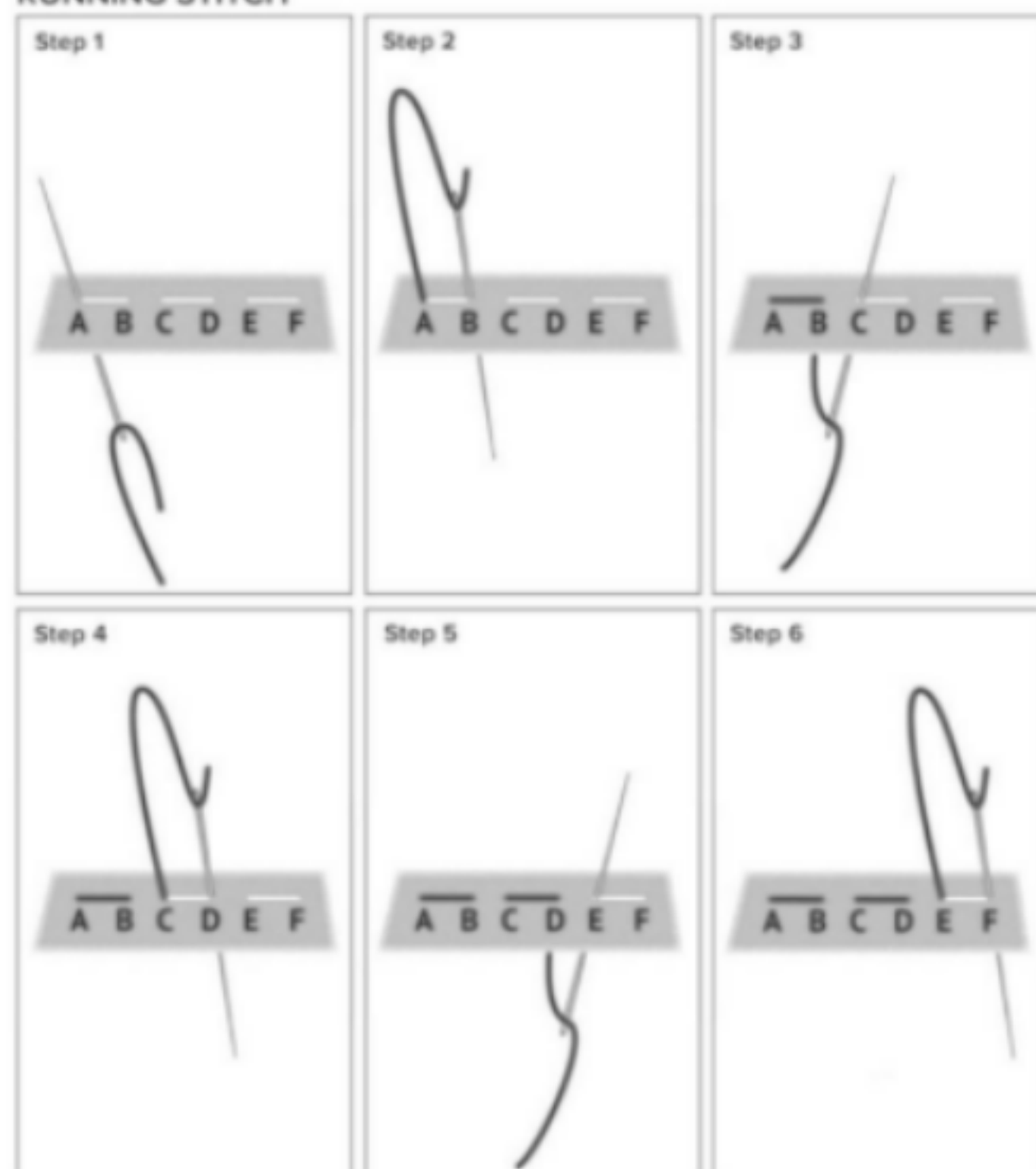
## Sewing

Similarly to knots, hitches, and bends, sewing is a wonderful skill to know. It can aid in general repairs, tactical preparation, medical response, hunting and trapping, and pretty much everything else that requires threads, fabrics, or attaching. These are the most useful and basic types of stitches to know:

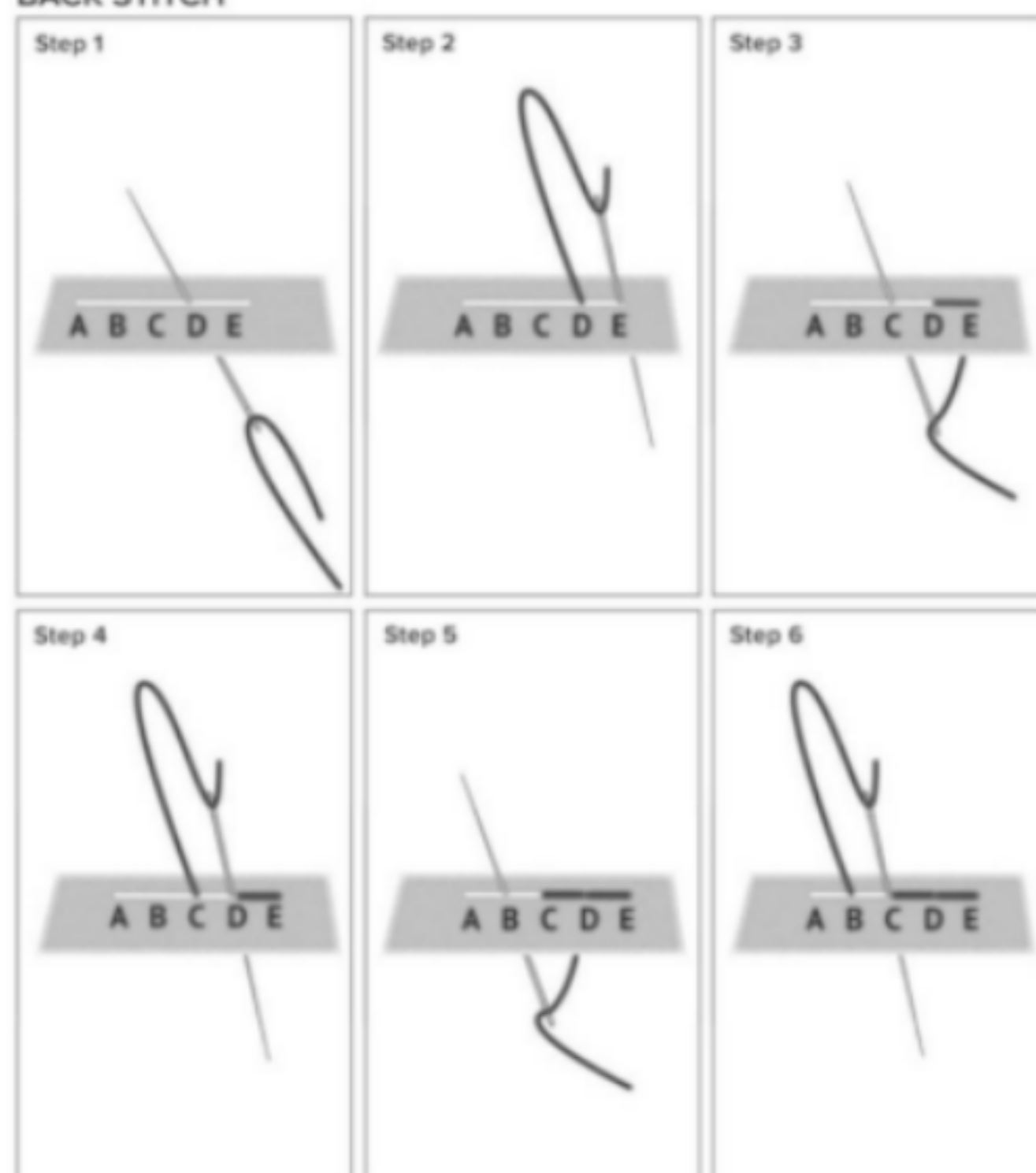
### Running stitch

The running stitch is the most basic stitch and is used for hems and gathers. It is not the strongest and, if the stitch is loose, allows for the fabric to slip along the stitch (thus being used for gathering) but it is quick and easy.



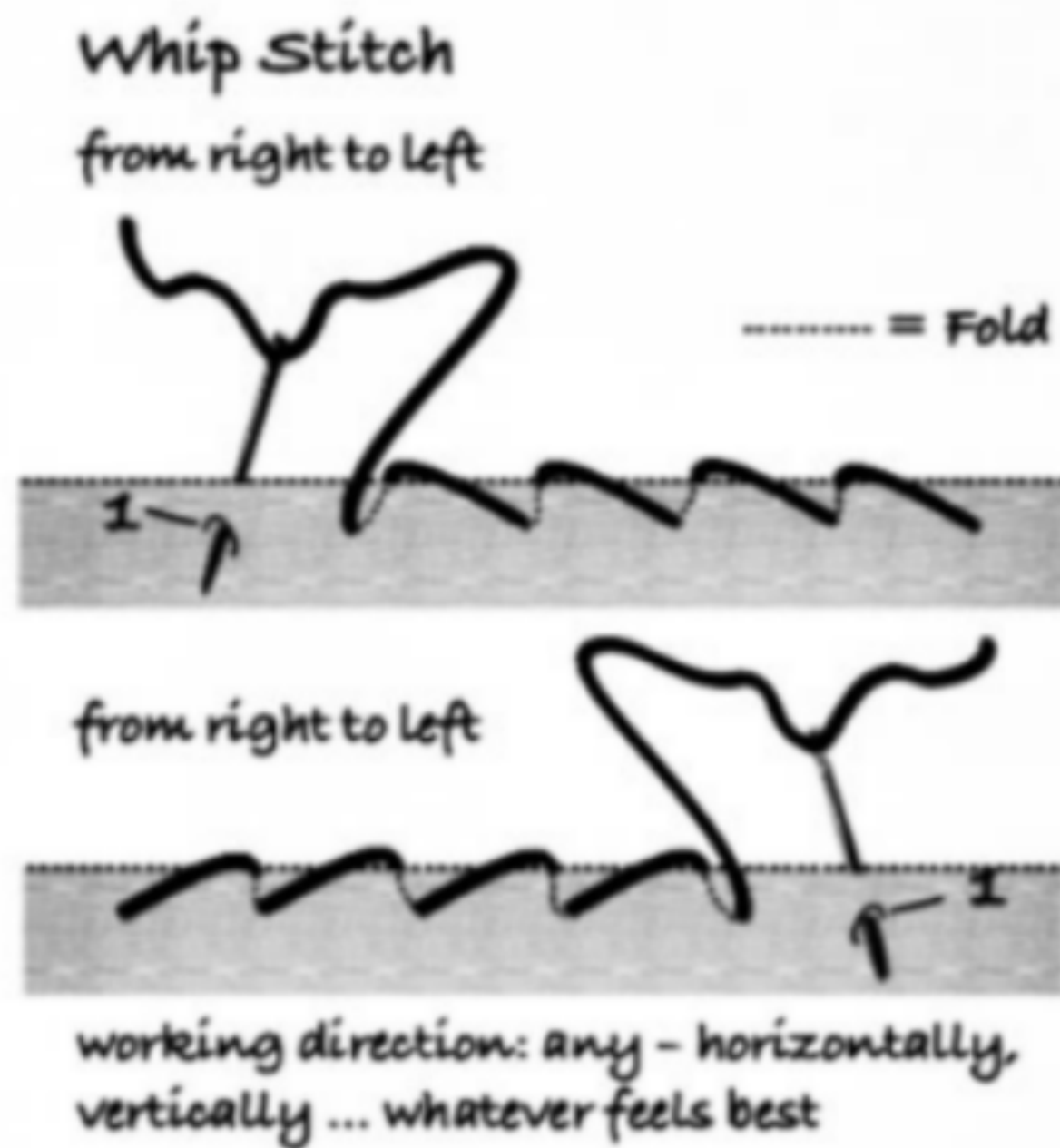
**RUNNING STITCH****Backstitch**

The backstitch is another basic stitch that works similarly to the running stitch but does not allow slippage over the thread so it cannot be used for gathering. A backstitch is often used to lock a quick seam made by a running stitch in place and to make visible solid line outlines.

**BACK STITCH**

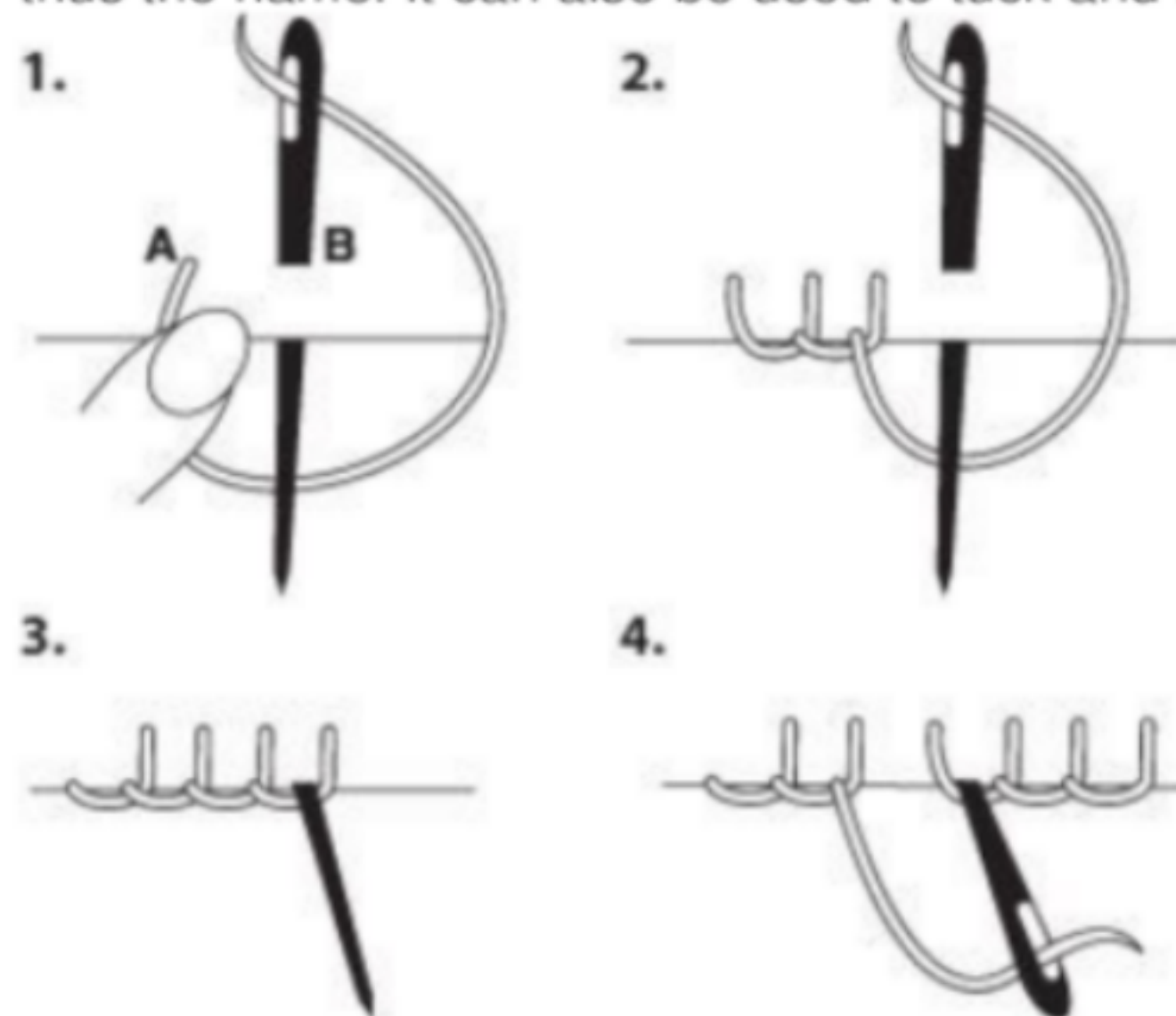
### Whipstitch

Whipstitches are used to join 2 edges together without adding significant bulk to the seam. This is especially useful for seams like those used on pillows.



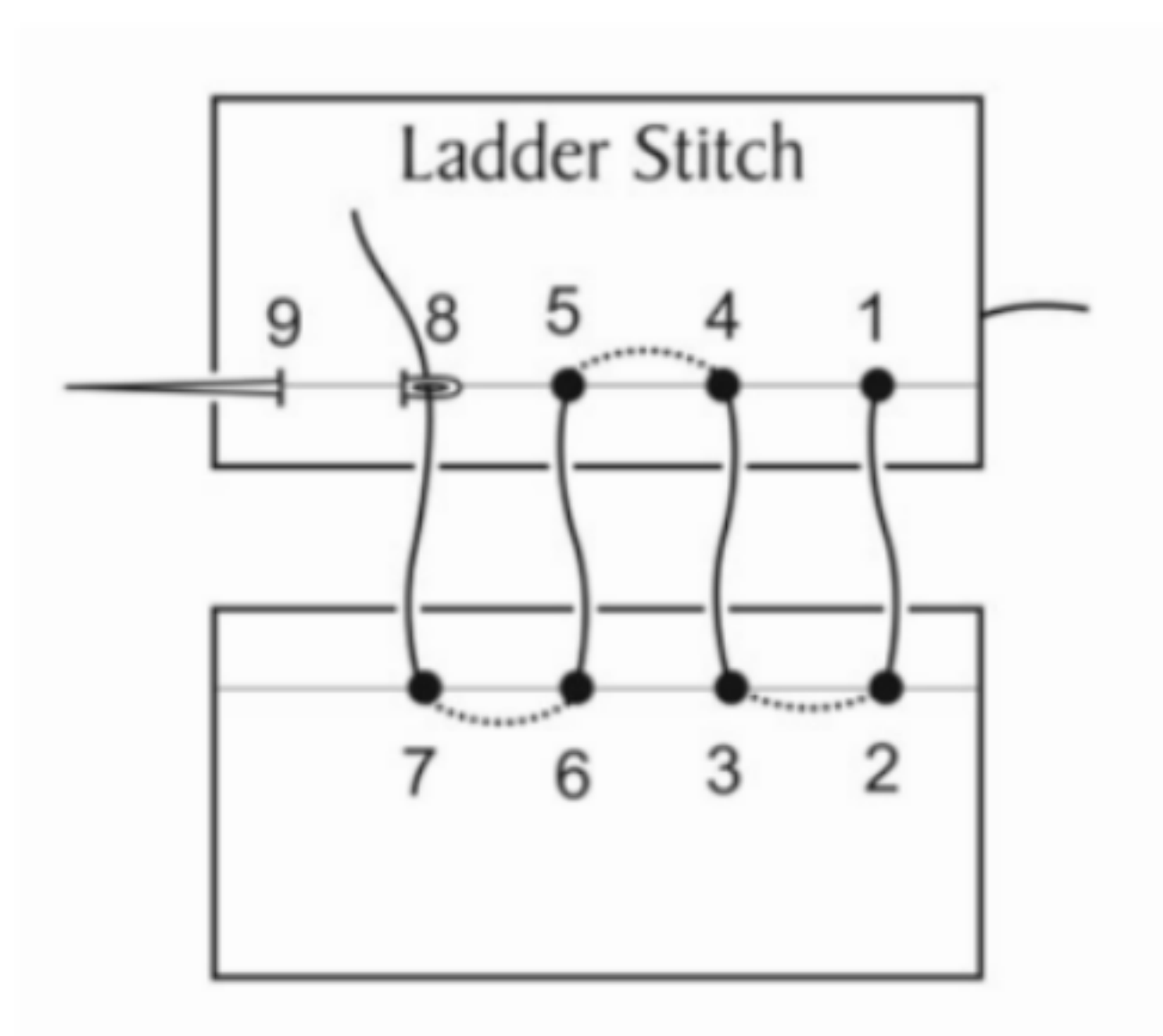
### Blanket stitch

Used to reinforce the edges of thick fabrics such as felt or leather, often used around blankets – thus the name. It can also be used to tuck and hold a hem.



### Invisible/Ladder stitch

This stitch is used to create an internal seam that's not visible. This is best used for bustled seams in clothing or closing stuffed things like pillows, cushions, and stuffed animals.



## Fires

Different types of fire builds have different purposes, here are a few:



TEEPEE

Figure 5.1

A very quick and easy fire to build and light but offers no wind/rain protection and burns through a lot of wood.



SWEDISH LOG FIRE

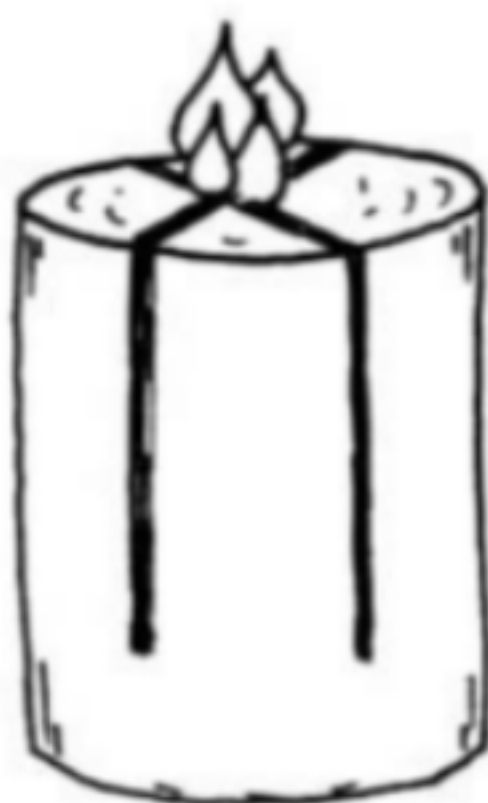


Figure 5.2

An efficient use of wood that burns for a long time; has a usable flame with a flat surface that is perfect for cooking. This fire is also raised off of wet ground and is moderately protected from the wind but takes a lot of prep work and takes a bit of work to get it started.

LOG CABIN FIRE

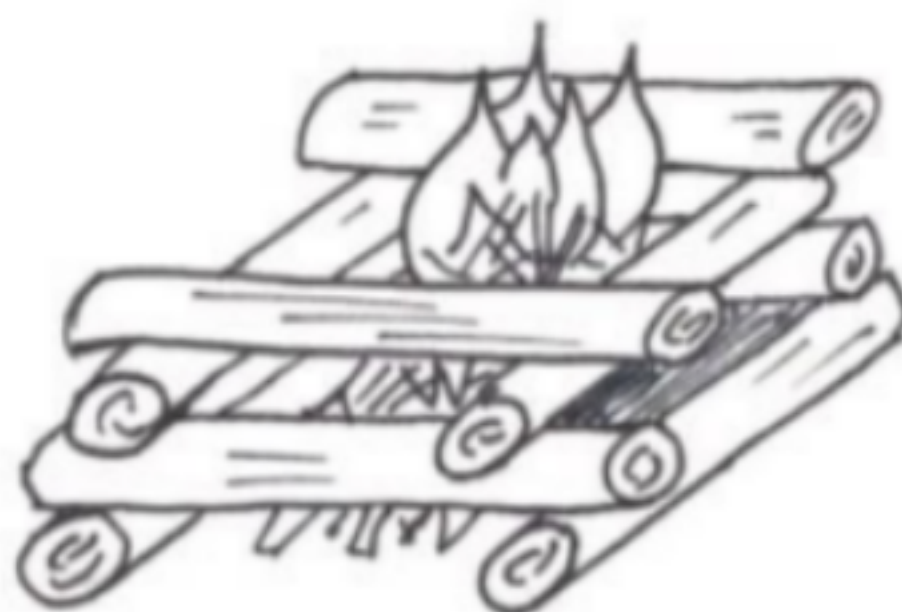


Figure 5.3

The log cabin fire is easy to light and protected from the wind; it is also low maintenance and burns for a long period of time. This fire does take a decent bit of preparation time.



LEAN-TO

Figure 5.4

Lean-to fires allow protection from wind and rain the most, yet can be hard to light and takes a lot of work to maintain.



STAR

Figure 5.5

The star fire burns for a long time and is a very efficient use of wood while being low maintenance, yet has no protection from wind or rain and can be a bit difficult to light.

DAKOTA FIRE HOLE

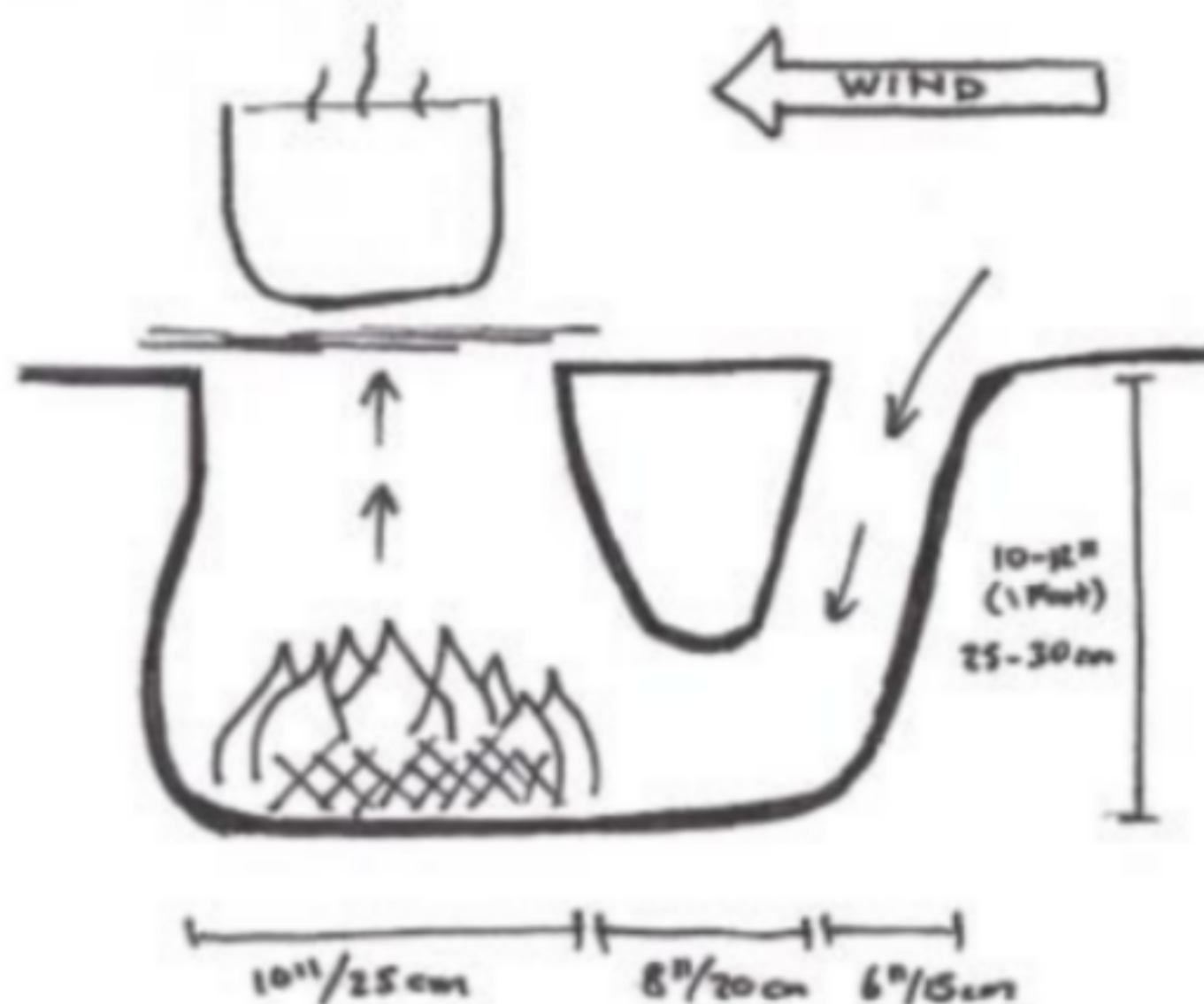


Figure 5.5

The Dakota fire hole is more of a fire pit set up than a fire lay, but it does reduce the number of layers that can be done in the pit. This pit protects from wind and significantly reduces the amount of wood needed to burn due to its controlled airflow. The secondary hole can also be used to stoke air through to help start a fire.

\*The fire pit at The 9 to 5 is set up as a Dakota fire hole\*

## Water

The 9 to 5 is not far from a well which is accessible (a few minutes drive). There will not be a specific location given in this for security purposes yet individuals at The 9 to 5 should be able to distribute that information when necessary. Getting water from the well is ideal when at The 9 to 5, yet, if this weren't able to happen then getting clean drinking water is a top priority.

Boiling water and allowing it to cool is the best way of cleaning water. Bring the water to a full boil and allow it to boil for 4-6 minutes before allowing it to cool before drinking. If bringing



your water to a full boil over a fire is not plausible, stone boiling is also an option - to do this you will bring stones to an extremely high heat by placing them in a fire and then dropping several in the water to keep it boiling for the wanted duration of time.

If you are not able to purify your water through boiling your other options are going to be filtration or chemical cleansing. Filtration tends to be more reliable, using something like a life straw is ideal especially if you are not experienced in building water filtration (one wrong mistake could leave you massively sick). If you are creating a filter first decide the structure of your filter; commonly something like an upside-down plastic bottle with the bottom cut off is used. This should be no issue getting your hands on given the crisis of litter. At the bottom of the filter, you are going to want to place a tightly knit fabric, silk is the best for this, but non-stretch polyester and denim also work well. When it comes to what to use as the different layers for the filtration, that really depends on what is available. Typically, a filtration system will be set up in this order or similar to this (starting at the top of the filter from left to right): large rocks, fresh leaves/plant life, coarse sand, charcoal, fine sand, fabric. The charcoal is arguably the most important due to it acting almost as a chemical purifier as well.

As to chemical purification, my experience here is limited. Plants have been used, historically and contemporarily, to both filter and purify water, yet I cannot personally vouch for these methods due to my lack of attempting these practices - please look into them further before attempting them. These are a few:

Minced banana peels can filter murky water.

Bulrush and cattail filter water in which they grow.

Lemon in water left out in the sun can purify *clear* water.

Cilantro can filter and absorb heavy metals from water.

Beyond plants, you can chemically purify your water with household bleach. Although it is safe, it is not necessarily recommended. If you are going to use this method, be sure to use the proper percentages and concentrations. Often there will be instructions on how to purify water with bleach on the bottle, but if not your 2 most common active ingredient percentages are going to be 1% NaClO or between 5-9% NaClO. For 1% use 40 drops per gallon of water being purified and for 5-9% use 8 drops per gallon. After you add the bleach mix the water well and allow it to sit for at least 30 minutes before drinking.

If you have limited water a good tip to use is to hold the water in your mouth for 15-30 seconds before swallowing to help rehydrate the mouth and ease the sensation of thirst. This can also be done with unclean water if it is not swallowed.

## Acquiring Food

As to acquiring food, luckily in the area there are food distribution groups that can be attended and worked with to legally get food for The 9 to 5. If this is not possible or not enough to sustain there are a few other options. First, you can obviously just go and buy groceries, but typically when you are in a position where you would be using the information in this Zine you likely are not in the best financial position or are avoiding going to public and surveilled locations such as the grocery store. Theft is always an option. I will not be giving a rundown on how to shoplift safely and successfully for that information is already decently accessible. Your other 2 main options are going to be dumpster diving or the Land.

Dumpster diving is pretty straightforward and, similar to shoplifting, has a decent amount of accessible information about it. A few things to keep in mind when planning on dumpster diving are:

- First, obviously, does this dumpster belong to a food sales place? There's no point in dumpster diving for food at an electronics repair shop.



- Larger businesses and chains often will have trash compactors - avoid these, as they will be fruitless and add needless danger.
- Most places don't check their security camera often and don't care too much about their dumpsters so security cameras aren't too much of a concern but still cover your face, hide tattoos, birthmarks, or anything else that will identify you. If you are using a car, try to keep the license plate out of shot and the car around the corner where it cannot be confirmed that the individuals dumpster diving used that vehicle for transport/escape
- If you feel like the store is aware of you dumpster diving there, especially if you go there often, and they have an issue with that, avoid that spot for a little bit. They do not have the care or manpower to keep surveillance up on shit like that for very long - give it a few weeks and you'll be fine to return.
- Protect yourself when getting in or rummaging through a dumpster, wear gloves, work boots, and overalls. You don't know what's in there and do you really want old meat juices on your clothes and in the car, it just makes things easier and more hygienic. Also, wear work gloves, not latex or disposable gloves; other people dump in these dumpsters and you definitely don't want to accidentally get stuck with a needle or broken glass when doing this.
- Smaller markets are usually much less likely to care about dumpster diving or have a trash compactor - keep an eye out for those.
- Obviously go after hours. If you are going for a dumpster of a place that prepares food as opposed to a grocery store, go after hours but within around the first 3 hours after they close so that the food doesn't go too bad first.
- Aldi's, Little Caesars (pizza shops generally), loading docks, fairgrounds/festivals, shops in plazas, cafes/bakeries, "health" food stores, and wholesale markets tend to have bountiful dumpsters.

As to living off the Land - this will be covered in the Flora and Fauna sections.

## Food storage

Your best options with food storage are going to digging it down or hoisting it up. In Northern 'Georgia' there is little concern for animals attacking or foraging *active* campsites. The 2 most dangerous seasons for this are mid-spring (birthing season) and mid-late fall (prepping for winter) - even in these times, this region is generally safe.

Digging in your food is ideal, for accessibility and sustainability. The coolness of keeping food subterranean can help preserve it and is much more accessible than hoisting it in a bear bag. When digging in your food be sure to cover it, the best covering is planks of wood for accessibility but sticks also work. If you are using sticks, I would suggest tying several together as a "door" of sorts for easy access.

If the campsite is going to be left unoccupied for anything longer than 3 days TOPS, then hoist your food - a bear bag is ideal for this, but a heavy-duty tarp will do in a pinch. Hoist your food between 10-15 feet, coyotes are your biggest scavenging concern from the ground so this will be more than enough. Make sure that the bag is not open at the top - squirrels are great at getting into things, you don't need to make it any easier for them. This can be accomplished by tying a clove hitch at the top of your tarp or bag to secure its entrance. At the end of the day, food should not be left at an unoccupied campsite for long periods of time (7+ days) if you want to come back to the site intact.

## Compost

I'm not going to go over the nuances of composting, it is a science and an art and would need far too much explanation, but here are the basics:

- Keep about a 50/50 green-to-brown ratio.
- Make sure your compost pile isn't too compacted and is getting air.
- If your compost is too wet, add browns.
- If your compost isn't heating up, add greens.
- Browns are things like dried leaves, decomposing logs, coffee grounds, paper (make sure the paper doesn't have a gloss finish or metallic ink), old fire pit char, etc. Basically, things that are brown or naturally turn brown and kind of woody or carby.
- Greens are the more live things such as fresh-cut grass or fresh leaves, vegetable scraps, bad fruit, etc.
- Make sure to turn your compost about every 3-4 days.
- Make sure to always cover your greens with your browns. Never leave food or whatever you are attempting to compost exposed in your pile.
- If your compost is in a bin make sure it's covered when it rains. If it's on the ground or dug in, which is preferable, this isn't a concern because it will drain its excess water through the ground.
- If you're composting in a dug-out pit then be sure to line it with a tarp or burlap if the land you're on is contaminated.
- Composting things like dairy or meat takes significantly more time and is more likely to attract scavengers. If the pile is small and this is an issue then certainly avoid composting these things. In larger piles, this is less of a concern as long as you dig it deep into the pile.
- If you want to compost meat, especially raw scrap meat from a hunt that is inedible, macerate it first. Get a bucket and put all the bones and scrap meat into the bucket with water. Every other day dump out about half the water and refill it. If you want the bones clean this can take a month or 2; if all you want is to rush the decomposition process for the meat this only needs to be done for a week or 2. The water can be poured directly into the compost and the bacteria in the water will actually help the composting process. This can attract scavengers and is best to do in the summer for the speed, but if the bucket is covered and a bit away from the camp, as it should be on both counts, it shouldn't be an issue.

## Bathrooms

When pissing you're fine, just try to stay at least 100 feet away from water and don't piss in the same spot too often or you'll burn the Land and plants there - rocks are ideal. When it comes to everything else you need to either dig it in or pack it out.

Digging it in is usually your best option for camping, whereas packing out is usually done on hikes. When finding a spot to dig a cathole/latrine look around 200 ft from the campsite, bodies of water, and trails. How deep you dig is going to depend on what the Land you are on is like. If you are near or on a wetland or marsh you want it at least 4-6 inches deep, but if you are near groundwater deposits and/or springs you don't want to go over 8 inches tops. In very rocky regions with hard ground, you may be able to move a rock, use that, and cover it back with the rock but you should still at least try to dig it out a few inches. Loose to semi-loose soil with less clay is ideal and 6 inches is usually a perfect bet for the depth.



As to cleaning yourself after using the bathroom – toilet paper should be on hand at all campsites but should not be relied upon. Toilet paper, paper generally, is compostable but is not ideal to be putting into the ground since you're not going to want to add it to your working compost pile. Traditionally water, leaves, and rocks are typically used for toilet paper. Water is usually limited or at risk for contamination so I wouldn't suggest this method. Rocks frankly don't seem that comfortable. So, I would suggest leaves. Make sure, for the love of god, that you are not wiping your ass with a poisonous plant. Most tree leaves and ground-covering plants are fine, just double-check what you are using first. These leaves can be disposed of directly into the cathole and covered up.

Additionally, bowel irregularities can become very serious when camping. Diarrhea can lead to severe dehydration and is usually a sign of improperly filtered and purified water or bad food/foraging. Constipation, if left to get bad enough, can literally lead to sepsis. Do not allow these issues to go unnoted due to shame or embarrassment.



# Flora and Fauna

## Disclaimer

Being able to actually survive purely off of what we are able to get in the wild in a skill very few people have and should not be taken lightly. These sections will help guide you through some of the necessary skills for surviving and sustaining but is by no means exhaustive. If you are in doubt, it's usually not worth the risk to try to consume those things. Do not take this lightly. Additionally, the flora and fauna rely on their surrounding environment – meaning, if the Land is poisoned they're not going to be safe. Be aware of the Land around you and how the rest of nature interacts with it before just consuming anything, even if you know for certain what it is and how to use it. All risks being taken associated with this information are yours, the reader's, responsibility.

## Flora

Okay so im going to be completely transparent here: originally this was supposed to be a short zine primarily covering this particular topic – that is no longer anything close to the case. Initially, this was going to be exclusively for the camp helping narrow where particular things were around the area, but due to security reasons the plan then shifted to generally cover North “Georgia”. The thing about that is that is an entire field of research. Whole, thick ass books are written on just portions of the plants in the region and this writing has a deadline it is trying to be put out by which is coming up very fast – meaning there is no way I have the time or ability to do that. So instead, what I'm going to be doing in this section is going over plants in the region that are useful. This will not focus on edibility, but more so their medicinal and functional properties. This is by no way all inclusive, and I will not be going over the nuances of how to identify each plant (that is a skill that must be regularly practiced and takes a long time to develop, and I do not want to instill a fake sense of confidence that will lead to someone eating hemlock when they think it is wild carrot). Most local libraries will have books on the plants in the area, you don't even need to check them out you can just go and study them in the library and take pictures or scans of pages. Use these resources.

Also, remember medication, whether it be pharmaceutical or herbal, interacts with other medications you take. Do not just fuck around with things if these meds are necessary and could seriously fuck with your life. This also goes for if you are pregnant or breastfeeding – medications can and will interact with your baby, be careful and research if you are going to be using medications during these times.

### **American ginseng**

Uses:

- Elevates mood
- Increases concentration
- Helps reduce blood pressure
- Helps regulate blood sugar
- Boosts immune system
- Relieves menopausal symptoms
- Treats erectile dysfunction
- Has been shown to be beneficial in cancer and hep c treatment

How:

- The root of ginseng can be dried and made into tea or ground to a powder and added to food or pressed/capsulated.
- There is no real universal dosage, start low and work your way up until the right balance is found.

Potential Side Effects:

- This is a mild stimulant so it can cause insomnia.
- Long-term, high-dose usage can lead to symptoms similar to serotonin syndrome.

### **Aronia/chokeberry**

Uses:

- Extremely high in antioxidants
- Anti-inflammatory
- Promotes healthy gut biome
- Lowers blood sugar for type 1 diabetes
- Lowers cholesterol
- Helps stabilize blood pressure
- Reduces stress
- Protects against colon cancer

How:

- The berries are the part that is used medicinally.
- They can be eaten straight, added to food, or preserved.
- They can also be dried and made into a powder.
- Making a tincture out of the berries also works very well.
- Dosage varies depending on the desired effect and the functions of each person's body, but most studies have used daily dose between 200mg-400mg daily and have seen effects within that range.

Potential Side Effects:

- Very few side effects have been seen from Aronia use but it does cause horrible dry mouth if eating the berries straight.

### **Basil**

Uses:

- Antibacterial
- Antimicrobial
- Anti-inflammatory
- Helps relieve headaches and migraines for some
- Has historically been used for snakebites
- Helps treat the common cold
- Can be used as a cough suppressant
- Helps lower blood sugar
- Can help relieve stress, anxiety, and depression
- Increases cognitive clarity

How:

- Can be eaten alone or added to food cooked or raw

- Can be made into oils, extracts, tinctures, and teas

Potential Side Effects:

- Can increase blood clotting
- No particular dosage or too much concern for high dosages – this is a really common kitchen staple.

**Black cohosh**

Uses:

- Analgesic
- Mimics estrogen and works similarly to HRT
- Relieves menstrual pain
- Increases fertility
- Treats menopausal symptoms
- Relives muscle and body cramps/pains

How:

- This works well to be made into an extract or tea.
- The suggested dosage is between 20mg – 120mg depending on the desired effects and each person's body functions.

Potential Side Effects:

- Breast pain and enlargement
- Headaches
- Weight gain
- Nausea
- Spotting
- Liver damage

**Black nightshade**

Uses:

- Pain relief
- Can be used topically to treat hemorrhoids, psoriasis, and burns

How:

- Use the leaves and stems to create an infused oil, ointment, or tincture and apply to the area.

Potential Side Effects:

- Black nightshade can be used internally as well, which is where most of the side effects come in. When used topically a rash can form and there can be slight light sensitivity in the area, but it is generally safe.
- Unless experienced and certain, do not attempt to take nightshade internally.

**Bloodroot**

Uses:

- Treats warts, rashes, and ringworm topically



- Helps treat skin cancer
- Reduces active tissue necrosis
- Treats cough and cold symptoms
- Treats stomach worms
- Antiplaque in oral use
- Lowers blood pressure

How:

- The root can be collected and dried into a powder used for teas and pastes.
- It can also be brewed into a tea or used to make extracts, oils, and intitules.
- The powdered root can also be inhaled.
- There are no specified dosages for this plant due to the root varying in potency depending on the area and season, so take it slow and listen to your body.

Potential Side Effects:

- Sweatiness
- Vomiting
- Diarrhea
- Abnormal skin pigmentation
- Heart contractions

Other:

- This is highly poisonous in high dosages.

## **Brahmi**

Uses:

- Mood regulator
- Improves memory
- Supports neurological health
- Promotes energy
- Alertness
- Relieves stress
- Anti-inflammatory – topical or ingested
- Reduces joint pain and supports joint health
- Digestive system support
- Laxative
- Anti-itch

How:

- The leaves can be eaten raw and just added to food.
- It works well as extracts or oils which can be used to be made into a salve or ointment.
- It can be used as a poultice.
- Drying it and grinding it into a powder can be used for pastes, pressed into pills, or added to food and drink.
- There is no measurable dosage so start slow and listen to your body.

Potential Side Effects:

- There are not really any known side effects of this plant.

**Broad leaf plantain**

## Uses:

- Laxative
- Hair health
- Accelerates wound healing
- Treats burns, rashes, eczema, oral infections, and ulcers topically
- Helps stop bleeding
- Can be used as a salve to remove toxins from insect bites
- Anti-bacterial
- Gastrointestinal anti-inflammatory
- Reduces fevers

## How:

- Can be used for making oils, ointments, and salves.
- Works well topically as a poultice.
- Can be made into a tea or tincture.
- There is no particular dosing so take it slow.

## Potential Side Effects:

- Can cause a drop in blood pressure.

**Bugleweed**

## Uses:

- Treats grave disease and overactive thyroids
- Treats insomnia
- Reduces anxiety
- Stress relief
- Reduces prolactin levels
- Treats menstrual pain and reduces heavy menstrual bleeding
- Anti-inflammatory
- Can be used topically to treat wounds and stop bleeding
- Hangover cure

## How:

- Can be used topically as a poultice, oil, or ointment.
- Can be made into a tea. Use about 2 tsp per cup of water.
- It is suggested to use 100 mg - 400 mg several time a day for non-chronic use.

## Potential Side Effects:

- There are very few notable side effects.

**Bush weed**

## Uses:

- Laxative
- Anti-diabetic
- Anti-psychotic
- Anti-inflammatory
- Anti-malaria
- Treats insomnia

- Treats gonorrhea
- Helps with erectile dysfunction
- Aphrodisiac
- Can be used as an insect repellent
- Can be used to make a black dye

#### How:

- The entirety of this plant can be used as teas, powders, poultices, oils, extracts, and tinctures.
- The charcoal of the wood can be made into a powder and used topically on wounds.
- A tea made of the root can be used to help insomnia and as a laxative.
- Tea can be drunk before sex as a contraceptive by the potential birth giver and for ED by the penetrator.
- The leaves can be pounded and used as an insect repellent.

#### Potential Side Effects:

- The bark can be poisonous raw
- The whole plant can be poisonous in high dosages
- This plant has been used so widely and for so many things there is no general dosage, be sure to research prior to use for the particular intent and take things slowly.

### Chicory

#### Uses:

- The root can be anywhere from 15% - 35% insulin
- High in fiber
- Prebiotic
- Anti-malaria
- astringent
- Diuretic
- Treats jaundice
- Relieves constipation
- Treats liver inflammation
- Reduces bile-production
- Can be added to coffee to help counteract caffeine
- Treats eczema and ulcers topically
- Can be used as a thicken agent (the root has pectin in it)
- Can be made into a blue dye

#### How:

- The leaves, flower, and root can all be used medicinally.
- The root can be dried and made into a powder to be added to food or made into a paste.
- The leaves and flowers can be eaten raw or added to food.
- Can be used to make teas, extracts, oils, and tinctures.

#### Potential Side Effects:

- High dosages can lead to liver issues and short term vision problems.

### Cow parsnip

#### Uses:



- Stimulant
- Treats epilepsy
- Aid in regulating nerve control
- Treats headaches
- Anti-spasmodic
- Relieves nausea
- Treatment for cold
- Relieves lung pain when steam is inhaled
- Treats warts and boils when used topically
- Relieves arthritis pain
- Helps with toothaches
- Can be used as anti-dandruff shampoo
- An infusion made from the blossoms can be used as mosquito and fly repellent
- Yellow dye can be made from the root
- Stems can be used as a straw

How:

- The majority of this plant can be used
- Works well when dried and powdered to be used to make a paste
- A poultice can be used topically
- It can be used to make a tea and used as a steam bath
- The root can be held up to a tooth and used to relieve toothache pain
- There is no particular dosing, listen to your body and take it slow

Potential Side Effects:

- When used topically can cause light sensitivity and leaves the area susceptible for burning and blistering.

## **Dogwood**

Uses:

- Treats arthritis and joint inflammation
- Relieves soar and aching muscles
- Stimulant
- Anti-inflammatory
- Reduces fevers
- Astringent and used as antidiarrheal
- Anti-malaria
- Treats sore throat
- Treats headaches
- Red dye can be made from the bark

How:

- Inner bark can be used for topical pain relief when made into a tincture, extract, or tea
- The flowers can be made into teas, oils, or tinctures and used to reduce fevers
- Leaves and flowers are used to treat malaria
- Can be used topically for muscle/joint pains and arthritis
- Root infusions are said to treat measles
- A poultice can help wound healing and reduce infection risk

- The twigs can be chewed to clean and strengthen teeth

#### Potential Side Effects:

- There is little information on side effects or dosing but historically has had little detriment when taken.
- 1 tbsp is used per pint of water for making tea.
- Generally, 20-40 drops of tincture is recommended.
- Can cause constipation.
- Can cause receding gums and shouldn't be used if one has gingivitis.

### **Echinacea**

#### Uses:

- Boosts immune health
- Antiviral
- antimicrobial
- Anti-inflammatory
- High in antioxidants
- Extract can help defend against HIV
- Can be used as antivenom for snake bites
- Cough suppressant
- Has shown to lower blood sugar
- Treats influenza
- Reduces anxiety
- Treats yeast infections and vaginitis

#### How:

- Can be consumed as an extract, tincture, powder, juice, oil, or tea
- Can be applied topically as an oil, ointment, paste, or poultice
- Tea can be made with 1-2 tsp per cup of water
- Dosing varies per person but 500-1,000 mg per day is suggested for extracts

#### Potential Side Effects:

- Can cause rash
- Minor digestive issues
- Low risk, especially for short-term use

### **Garlic**

#### Uses:

- Antifungal
- Antibiotic
- antiviral
- Improves circulation
- Helps treat insulin resistance
- Helps build skin's immunity to UV rays (internal sunscreen)
- Treats acne
- Can be used as antidandruff

How:

- Can be made into oil, extract, tincture, juice, added to food, or eaten/used raw
- Helps promotes skin's natural sun tolerance when eaten consistently
- Crushed, raw cloves can be left to sit a few minutes (10-20) and used as antifungal
- Raw garlic juice can be used as an antibiotic and antiviral

Potential Side Effects:

- There are no notable side effects to garlic use

### **Garlic mustard**

Uses:

- Antiseptic
- Anti-asthmatic
- Stimulates circulation
- Treats coughs and colds
- Can be used topically to treat ulcers, sores, and bruises
- Treats colic
- diuretic
- Fresh leaves are said to relieve muscle cramps when applied topically
- Whole plant can be used to make a yellow dye

How:

- Can be smoked, added to food (raw or cooked), made into extracts, tinctures, and oils
- There is no particular dosing and is often used in the kitchen

Potential Side Effects:

- In high dosages can lead to cyanide sickness and poisoning
- Young mustard garlic is very high in cyanide, cutting the stem and allowing it to rest will relieve this
- Increases sweating

### **Heal all / selfheal**

Uses:

- Anti-inflammatory
- Antibacterial
- Diuretic
- Astringent (treats diarrhea)
- Treats sore throat
- Treats sunstroke
- Cleans wounds
- Can be used as a topical sunscreen
- Stems and flowers can be used to make a green dye

How:

- The entirety of the plant can be used and made into extracts, oils, tinctures, ointments, paste, teas, eaten raw, or added to food
- 1 tsp can be added to 1 pint of brandy or whiskey and used to expel worms. Allow the plant to sit in the alcohol for at least 3 days before using and take no more than 2 tbsp a day



- Tea can be used as an anti-septic eye wash
- Chewing on the leave can relieve a sore throat

Potential Side Effects:

- There are no notable side effects to Heal all

**Jerusalem artichoke**

Uses:

- Reduces nausea and vomiting
- Reduces chronic indigestion
- Treat high cholesterol
- treats high blood pressure
- used for
- Coffee substitute

How:

- Stems, leaves, and roots can be used to make extract, oils, and tinctures

Potential Side Effects:

- can cause bloating and abdominal cramps but is rare
- long term use can worse and/or lead to a bile duct obstruction

**Jewelweed**

Uses:

- antifungal
- antimicrobial
- anti-inflammatory
- anti-itch
- sedative
- promotes circulation during pregnancy
- reduces effects from insect bites as a poultice
- can counteract poison ivy
- can be used as insect repellent

How:

- can be made into oils, extracts, tinctures, and powders
- can be added to lotions, soaps, and salves
- fresh leaves can be crushes and used to counteract the oils from poison ivy – this should be used within an hour of encountering it but the sooner the better
- freshly crushed leaves mixed with alcohol or witch hazel can be used insect repellent

Potential Side Effects:

- there are no notable side effects

## Kudzu

### Uses:

- seem to reduce cravings for alcohol and has been shown to help with alcoholism
- can reduce chest pain
- reduces blood sugar levels
- may reduce risk of heart failure
- reduces risks of a stroke
- treats fevers
- reduces blood pressure
- can be used to make cordage and rope

### How:

- kudzu leaves can be made into oils, extracts, tinctures, and powders – taken directly or added to drinks
- see the diagram for making cordage. The vines first need to be stripped of their leaves; they can be made from fresh vines but for strength and practicality they are best made after allowing them to dry and rehydrating them to work them into cordage. When prepping the vines to dry weave them into little circles (for storage purposes) and soak them for about 4-6 hours, until they are pliable and able to be twisted.

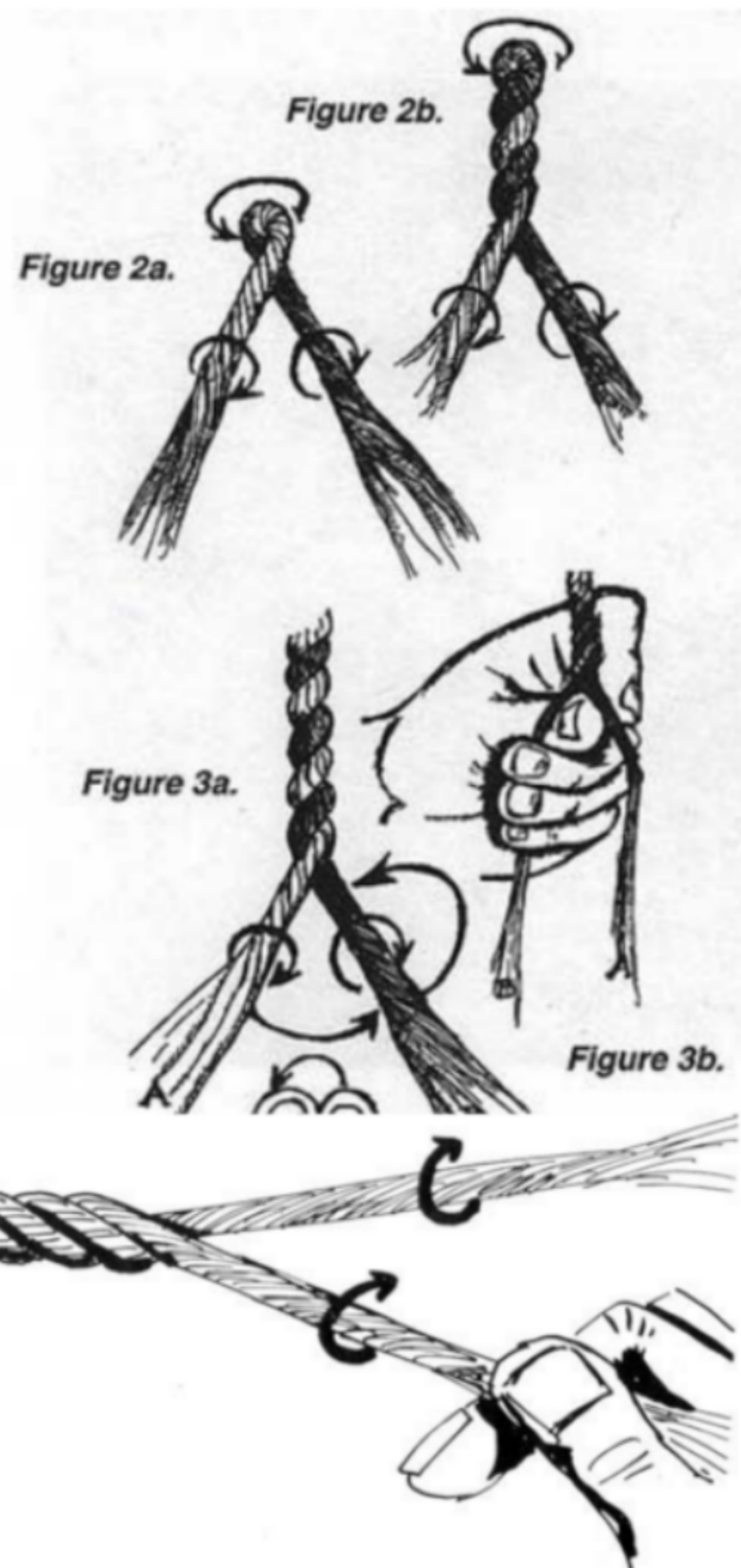
### Potential Side Effects:

- few to no side effects of kudzu have been reported

## Lambs' ear / mullein

### Uses:

- Antibacterial
- Anti-inflammatory
- Bronchodilator
- Treats asthma, cough, congestion, and colds
- Treats pneumonia
- Treats staph infections
- Treats gout
- Promotes sleep
- Laxative
- Helps reduce mucus in the lungs
- Relieves headaches
- Treats sore throats
- Treats ear infections (when applied as drops of infused oil)
- Extract may be able to be used for treating herpes
- Treats eczema
- Skin moisturizer



How:

- Can be made into oils, extracts, tinctures, tea, poultice, and powder
- Dried mullein can be smoked to open the lungs and reduce the effects of asthma

Potential Side Effects:

- There are no notable side effects to lambs' ear

### **Lemon balm**

Uses:

- Antiviral
- Herpes treatment
- Treats menstrual cramps
- Eases insomnia
- Treats nausea
- Relieves stress, anxiety, and headaches
- Improves cognitive function
- Can be used to treat cold sores
- Treats small wounds

How:

- Can be made into infusions, tea, oils, tinctures, poultice, extracts, and powders
- Can be eaten raw or added to food
- 300mg – 600mg recommended at a time

Potential Side Effects:

- Painful urination
- Nausea and vomiting
- Stomach pain
- Increased temperature

### **Lotus**

Uses:

- Antiviral
- Antidiabetic
- Aphrodisiac
- Seeds are an astringent and thickening agent
- Nutritionally dense
- Boost circulation
- Promotes appetite
- Flowers can treat hypoglycemia
- Treats coughs, colds, and fevers
- Treats diarrhea
- Treats syphilis
- Regulates blood pressure
- Reduces anxiety and stress
- Relieves headaches
- Leaves can be used topically to reduce inflammation and treat hemorrhoids



How:

- All parts of the plant can be used as medicine
- Can be eaten cooked or raw
- Can be made into tea, oil, tincture, poultice, and powder
- Can be made into a tea using about 10-15g of dried root per quart

Potential Side Effects:

- Increases sweating
- Can lead to dehydration
- Can lead to constipation

## **Magnolia**

Uses:

- Treats coughs and asthma
- Muscle relaxer
- Treats anxiety and depression
- Eases allergies
- Anti-inflammatory
- May aid in the symptoms and worsening of Alzheimer's
- Helps regulate blood sugar
- Relieves menstrual cramps and eases indigestion
- Can aid in weight loss
- Dried leaves work as a great fire starter

How:

- Bark and flowers can be used internally when made into oils, extracts, tinctures, powder, and tea

Potential Side Effects:

- Heartburn
- Shakiness
- Thyroid changes
- Tiredness
- Sexual problems

## **Mayapple**

Uses:

- Anti-viral
- Anti-tumor
- Treats genital warts
- May treat snake bites
- Stem and leaves can be used as pesticide

How:

- Do NOT take internally
- The root can be made into tincture and applied to skin
- The stems and leaves can be boiled, and the water can be used as a pesticide

**Potential Side Effects:**

- None if it is not consumed
- Will cause serious diarrhea and vomiting if consumed
- POISON

**Oxeye daisy****Uses:**

- Antispasmodic
- Diuretic
- Sedative
- Astringent
- Aids in healing small wounds and ulcers
- Treats whooping cough
- Can be used similarly to chamomile
- Works well as an eyewash
- Flowers can treat conjunctivitis
- Can remove crude oils from soil

**How:**

- Can be made into a tea, oil, extract, tincture, salve, and ointment

**Potential Side Effects:**

- Can cause vomiting in large dosages

**Passionflower****Uses:**

- Reduces anxiety and depression
- Treats asthma
- Lowers blood pressure
- Tea of the root can be used to treat earaches
- Can help relieve symptoms related to menopause
- May be able to help prevent Alzheimer's
- Aids in and improves sleep
- May have anti-psychotic properties
- May be able to aid in narcotic withdrawals

**How:**

- Can be used as a tea, tincture, oil, powder, or extract
- Tea can be made with about 1 tsp of the dried herb to 1 cup of water - drink 1 to 3 cups a day

**Potential Side Effects:**

- There are no noted side effects

**Pine****Uses:**

- Antibacterial
- Antimicrobial

- Anti-cancer
- Can be used to treat and seal wounds and prevent infection
- Bark extract can be used to improve diabetes symptoms
- Nuts can be used as an appetite suppression
- Alleviates headaches
- Treats cough and congestion
- Can boost energy
- Pollen is high in testosterone and boosts libido
- Promotes oral health
- Can treat muscle soreness and painful joints
- Inner bark can be dried and pounded into flour
- Can be used as sunscreen
- Can be used as a cleansing agent
- Candy can be made from the shoots

How:

- The sap can be used on wounds how it is
- Can be made into oils, extracts, tinctures, pastes, poultices, tea, and salves
- Resin can be used as gum when added with wax or honey
- Resin oils can be used as a topical analgesic

Potential Side Effects:

- There are no notable side effects but there are a few pines that can be toxic

### **Pinkroot**

Uses:

- Narcotic
- Antibacterial
- Antiviral
- Antidiarrheic
- Can treat tapeworms

How:

- The root is the only part of this plant used and is best when fresh
- Can be made into a tincture, tea, extract, salve, and powder
- This plant can very toxic and should only be used with extreme caution

Potential Side Effects:

- Dizziness
- Vertigo
- Muscular spasms
- Convulsions
- Death

### **Poison ivy**

Other:

Okay, so, supposedly, there are possible medicinal uses of poison ivy, but we're not even going to touch that (pun intended). I'm just writing this here to let you know, yes there is poison ivy in the area so be aware because that shit is horrendously annoying to deal with as a



rash. But also, remember, poisons can be used tactfully and could possibly really make someone miserable if used with certain intents - poison ivy in the bloodstream is no joke, it'd be a shame if some spikes had the oils on them, hypothetically of course.

### **Salsify**

#### Uses:

- Diuretic
- Prebiotic (inulin)
- Treats jaundice
- Treats gallbladder obstructions
- Aids in digestion
- Considered safe to eat if you have celiac or gluten intolerance

#### How:

- The root, young shoots, and flowers can be added to food raw or cooked
- Root can be used to make tinctures, oils, extracts, and tea

#### Potential Side Effects:

- No notable side effects

### **Sassafras**

#### Uses:

- Antiseptic
- Fungicide
- Reduces fever
- Treats rheumatism, dropsy, and gout
- Can treat eye inflammation when used as an eyewash
- Helps relieve chronic mucus
- Said to be a treatment for syphilis and gonorrhea
- Treats UTIs
- Leaves can be used as a thickening agent

#### How:

- Leaves can be made into tea, powder, and poultice
- The root bark is used to make a tea using about 1 oz of dried and crushed bark per pint of water
- The rootbark can also be made into an oil, tincture, and/or extract

#### Potential Side Effects:

- High dosages can be very toxic
- Anxiety
- Spontaneous abortion
- Collapse
- Vomiting
- Possible death

**Slippery elm**

## Uses:

- Anti-inflammatory
- Antimicrobial
- Relieves coughs and sore throats
- Reduces stress
- Relieves constipation
- Treats Chron's, IBD, GERD, and chronic heartburn
- Promotes bladder health
- Treats UTIs and bladder infections
- May be able to treat psoriasis
- Can be used to treat burns, minor wounds, and eczema

## How:

- The inner bark can be used to make teas, tinctures, oils, extracts, pastes, and poultice

## Potential Side Effects:

- May trigger pregnancy loss

**Solomon's seal**

## Uses:

- mild sedative
- anti-inflammatory
- diuretic
- soothes throat and cough
- may improve lung health and used as an expectorant
- may treat period symptoms
- supports immune health
- eases joint pain and inflammation
- can aid in healing wounds when used topically
- may promote regeneration and healing of broken bones when steeped in wine

## How:

- the root is the only part used medicinally
- the root can be used to make oils, tinctures, tea, powder, poultice, and pastes

## Potential Side Effects:

- All parts of the plant are poisonous other than the root and very young shoots

**St john's wart**

## Uses:

- Antispasmodic
- Anti-viral
- Antibacterial
- Diuretic
- Treats depression by regulating dopamine levels
- Nourishing to the nervous system
- Supports immune health
- Promotes circulation

- Detoxifying for the liver
- Aids in opium dependence and withdrawals
- Treats intestinal worms
- Can be used internally and externally to relieve pain
- Eases menstrual pain and mood swings
- Can treat burns
- Treats ear infections and pain when used as eardrops
- May help reduce the risks of Alzheimer's, Parkinson's, and cancer

How:

- Can be used to make tea, tincture, oils, extract, poultices, powder, pastes, and salves
- Fresh plant is the most potent
- Tea can be made using 2-3 tsp per cup of water – drink up to 2 times a day

Potential Side Effects:

- Very few side effects, most being mild, such as temporary dizziness, digestion issues, and unstable energy
- Can cause increased light sensitivity

### **Toothwort**

Uses:

- Hallucinogen in high dosages
- Anti-inflammatory
- Analgesic
- Aphrodisiac
- Can be used to treat hepatitis
- Treats dropsy, edema, and bile duct diseases
- Can treat sore throat
- Relieves headaches
- Treats toothaches
- Can be added to hunting and fishing bait to be more attractive

How:

- Leaves can be eaten and added to food cooked or raw
- Roots and leaves can be made into tinctures, tea, oils, extracts, and poultice
- Chewing on the leaves relieves tooth pain

Potential Side Effects:

- No notable side effects are reported from the use of toothwort

### **White mulberry**

Uses:

- Anti-inflammatory
- Antibacterial
- Antimicrobial
- Can lower blood sugar
- Reduces cholesterol
- Reduces blood pressure
- Lessens risk of bone density loss



- Supports neurological function
- Can improve memory
- Supports vision health
- Increases endurance
- Treats anxiety and depression
- Reduces stress response
- Can be used on dark spots
- May support weight loss

How:

- Fruit can be eaten raw or used as extracts, juices, and infusions
- The stems, leaves, and roots can be used as oils, tea, pastes, poultice, extracts, tinctures, and powder
- The leaves work better topically
- Can be used as cleaning agent

Potential Side Effects:

- Stomach pain
- Nausea and vomiting
- Irregular bowel movements
- Gas
- Increased appetite
- Dizziness
- When used topically it will likely cause mild itching

### **Wild lettuce**

Uses:

- Anti-inflammatory
- Analgesic
- Antibacterial
- antiseptic
- Anti-malaria
- Mild diuretic
- Can have opium-like effects in higher dosages (but does not have the highly addictive properties)
- May cause hallucinations in high doses as well
- Stem can be used for pain relief
- Can treat chronic pain, headaches, menstrual pain, muscle soreness, and hangovers
- Relieves anxiety and stress
- Treats arthritis pain
- Seeds have been used to promote milk flow when nursing
- Promotes sleep

How:

- Stem can be eaten raw, made into a tea, tincture, extract, poultice, powder, and paste
- The leaves can be used as a tea, poultice, powder, paste, or smoked
- Leaves and the skin of the stems can be used as bandages
- Can be cooked and added to food (can be eaten raw too but is very bitter)

- The stem can be lightly cut with your fingernail or knife to get the stem to bleed a white sap – this can be ingested for a potent dosage of the medicine and applied to a wound for relief
- Stems can be chewed for tooth pain relief

Potential Side Effects:

- Dizziness
- Fainting
- Lethargy
- Impaired cognition
- Lowered heart rate
- May cause constipation
- Should not be internally used chronically in high dosages

**Willow**

Uses:

- Anti-inflammatory
- Analgesic
- Astringent
- Effects similar to aspirin
- Soothes headaches
- Reduces fevers
- Relieves tooth pain
- Can relieve period pain
- Treats psoriasis and warts
- Acne treatment
- Can moisturize and nourish hair
- Willow stems are ideal for weaving
- Good building material
- Dark orange dye can be made from bark
- Black dye can be made from roots

How:

- Bark can be made into tea, tinctures, oils, poultice, powder, and paste
- Tea can be made using about 2 tsp per cup of water and can be drunk 3 times a day

Potential Side Effects:

- Can cause headaches and nausea when used daily for extended period

**Wisteria**

Uses:

- Anti-inflammatory
- Analgesic
- Anti-microbial
- Treats arthritis pain
- Tea from the flowers can relieve headaches
- Can treat skin infections topically
- Can reduce anxiety
- Vines can be used as a weaving material

- Vines can also be twisted into strong cordage, see the instructions under kudzu

How:

- The flowers are the only thing edible; every other part of the plant is highly toxic to ingest
- Flowers can be made into tea, tincture, oil, extract, and salves

Potential Side Effects:

- There are no notable side effects if you don't eat the poison parts of the plant

## **Yellowroot**

Uses:

- Anti-inflammatory
- Anti-microbial
- Antiviral
- Astringent
- analgesic
- Appetite stimulant
- Lowers blood pressure
- Treats jaundice
- May lower blood sugar
- Relieves stomach ulcers and pain
- Chewing on the leaves will relieve a sore throat
- Can treat sore eyes when used as an eyewash
- Treats hemorrhoids, yeast infections and bacterial vaginosis when applied topically
- Can be used as a yellow fabric and wood dye

How:

- Can be chewed on, made in extracts, tinctures, oils, poultice, tea, powder, pastes, and salves
- Whole plant can be used

Potential Side Effects:

- Appetite loss
- Upset stomach
- Irregular bowel movements
- Skin rash

## **Fauna**

As I cannot go over all the plant life in the region, I also cannot over all the wildlife. This section is going to cover wildlife threats and wildlife for hunting. The following lists what is going to be covered in each section:

Threats:

- Black bears
- Bobcats
- Coyotes
- Deer
- Feral Hog



- Snapping turtles
- Copperhead Snake
- Cottonmouth Snake
- Eastern Coral Snake
- Pigmy Rattlesnake
- Timber Rattlesnake
- Black widow spider
- Brown recluse spider
- Fire ants
- Kissing bug

## **Threats:**

Okay so here is the thing about animals in the wild – they don't want shit to do with you. Most animals really don't like humans and don't want to be around them. As long as you are being respectful and cautious of where you are at and how you are acting, you'll be mostly fine (bugs are a little different but not really). Food at campsites is the biggest concern but if you are properly storing and dealing with that and regularly removing trash from the camp, it's usually not going to be an issue at an active site. If anything, they'll check things out while you're gone because they're curious. Also, always remember that you are invading. Humans have destroyed the majority of these animals' habitats and are already struggling with displacement – you should feel like you're walking on eggshells. All these animals are just as justified as the orcas in their revenge, feel lucky they're not.

## **Black Bears:**

### Habitat:

Black bears in "Georgia" are almost exclusively found in the North "Georgia" mountains.

# Security

## Guard

When possible and depending on the purpose and needs of the camp, having full-time perimeter security is ideal. If the camp is not hot or not dealing in things that may lead to severe repercussions if caught, this may not be necessary or even detrimental. If your camp is known and being held as liberated Land long term, you should have guards at the most known entrance. If there are several known entrances (that's a serious concern) do the same with those - in addition have guards walking the perimeter. Never allow the guards at the entrances to be alone, there should always be 2. This is very unlikely to be needed, more likely you are going to want to have someone check the perimeters from time to time. If there are traps or snares this would probably be done when checking those. If the camp is hot there should be *at least* 1 person on the perimeters.

As to the duties of the security that is going to depend. No one needing to read this for instructions should be dealing with armed security. The main duty of the guards is going to be observation and communication - whatever that means. Does that mean vetting people at entrances and exits? Does that mean checking for disturbances? Does that mean signaling the others at the camp? Does that mean triggering diversion tactics? Figure out your protocol for your needs.

## Camouflage

First of all, please do not plan to black-bloc in the forest, that is not how bloc works. The definition of "bloc" is "a combination of countries, parties, or groups sharing a common purpose", i.e., blend the fuck in. What do the people look like in the nearby areas? Mimic that. What's your cover? Look the part. What are your comrades doing? Get on the compatible, similar, or same page. What colors are you going to be around? Wear those colors at camp and try to keep that in mind when planning to blend in with others. Leaving camp to go to the local town or city? Don't look like you just came fresh out of the bush. And please, do not wear a shit ton of actual camo when not doing operations where that is necessary - it may be attempted to be used against you.

De-blocing is a necessary aspect of camouflage. If you are out in the woods this isn't too much of a concern, as long as the area is not heavily surveyed. The end goal of camouflaging/blocing is to obscure your identity. So if you continue to wear that when going back to a safe space you are risking the integrity of that safe space by possibly allowing that disguise to be tied to that space through surveillance. That being said, when de-blocing you must make sure it is in a blind spot from surveillance so that you can effectively lose your trail. When doing such, changing things such as what your body shape looks like is key to avoid connections being made. It's also typically useful to linger in blind spots for a while after de-blocing if possible to avoid that same issue. Shoes are often neglected in de-blocing and this is known by security personnel and those executing surveillance, do not fall into this trap. It may even be beneficial to change into a larger size post the action to aid in disguise without risking tripping yourself up during actions where bloc is necessary (reference the section on CCTV for more on this when concerning surveillance). Camouflage is also not exclusive to attire; hairstyles, piercings, tattoos, birthmarks, scars, etc. should also be taken into account.

Camouflage is also not exclusive to the person - you must make sure your camp is camouflaged as well. Using natural building techniques is beneficial for this due to the fact that they are being made from the same materials as the rest of the environment, but ariel coverage



## Booby traps

Booby traps can either be extremely effective or extremely incriminating. The biggest downfall of boobytraps is that if they do not stop the person from being able to explore, they only encourage curiosity or let the person know they are on the right path. Regardless, it is a useful set of skills to know how to set up boobytraps, so I would suggest practicing these so if the situation were to occur there is less room for critical error.

Another massive downfall of boobytraps is the fact that friendly fire does not exist – no matter who stumbles upon it, it will trigger. With that being said, there are 2 main ways to try to make it as safe as possible. 1.) weight-sensitive triggers. If you don't want a small animal to set off a pit trap, then the covering needs to be stronger than that. 2.) trap markers and false markers. Booby trap markers that can only be understood by those who need to know is a great method of making it safer, but it can also be figured out. Make false markers and code your markers thoroughly to avoid them being deciphered.

Let's go over some traps:

### Covered pits

The covered pit is as simple as it gets. You dig a big hole, one that cant be climbed out of. Next, you cover it. You can cover it with various things - if this is being used as a trap for small animals then using tangled vines or a net works just fine, if you want it to be for a person or large animal then use long twigs that will break under the weight. You then make sure the trap is flush with the ground and cover it with something from the surrounding area that makes it look like undisturbed Land. This could be leaves, vines, or even dirt weakly packed on top of it. You can also put various things in these pits to make them more effective.

These traps are specifically with wilderness front-line action, other traps are more useful in other environments. If searching for more information on urban traps or more militant protection, [thehiddenuniversity.blogspot.com](http://thehiddenuniversity.blogspot.com) is a good reference source. Additionally, keep in mind, many of these traps are very dangerous, if not fatal (and illegal). Do not take these traps lightly - if you are not a target or viewed as a threat, these will make that happen.

### Apache foot trap

- Dig a hole large enough that a foot could easily fit into it.
- Sharpen both ends of several short and thick sticks.
- Take a sharpened stick and drive 1 end into the sidewall of the hole, near the bottom.
- Repeat this with the rest of the sticks, creating several rows and columns of spikes coming out of the sidewalls.
- Cover the pit.

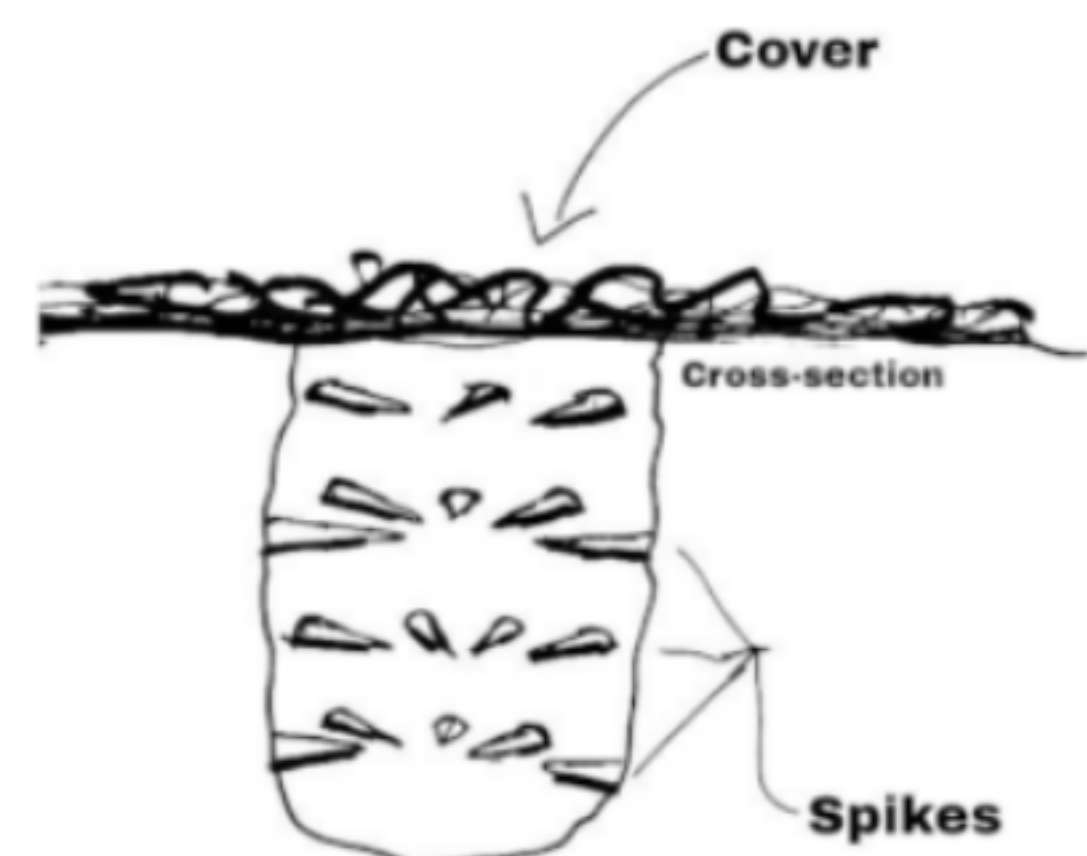
The goal of this trap is for someone to accidentally step into it, fall into the trap, and get stabbed by the spiked sticks – risking more injury by taking the leg out due to the barbed nature of the hole. The

**Apache Foot Trap**



**Top view**

**Apache Foot Trap**





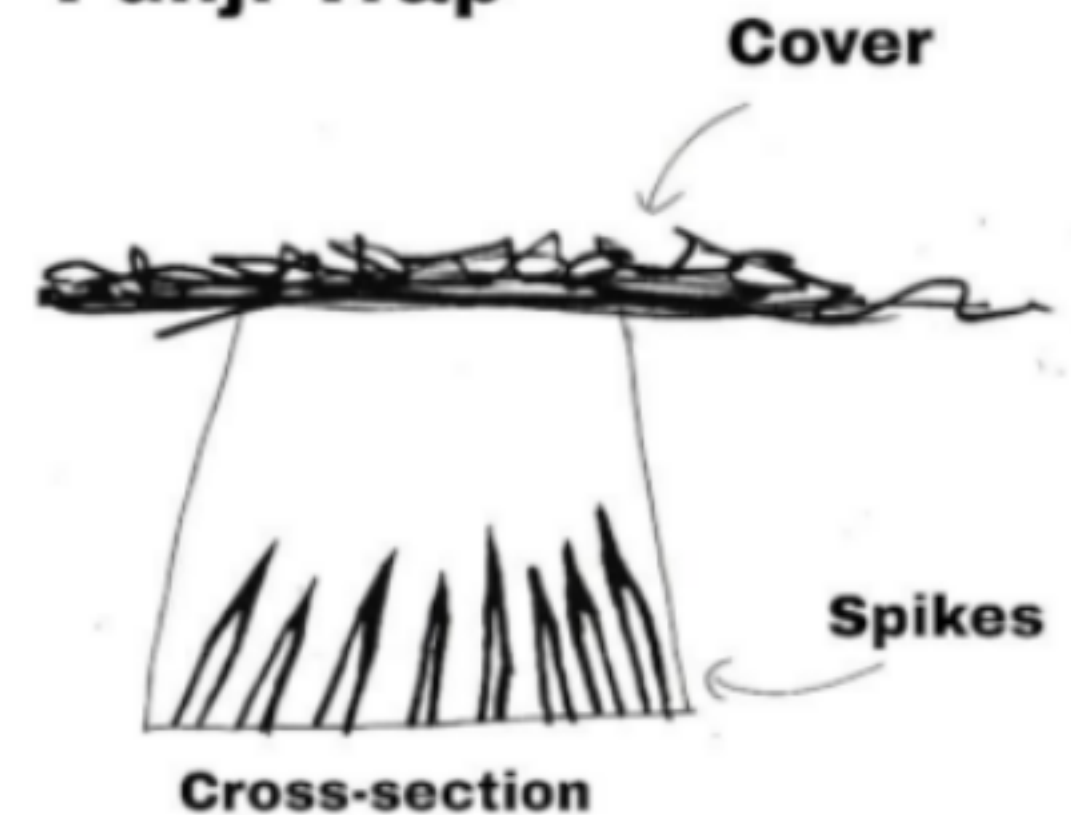
Apache foot trap can also be used for trapping animals (larger game) and is a variation of the cover pit trap.

### Punji trap

- Dig a hole large enough for at least 1 or 2 people to be able to fully fall into it.
- Sharpen several large branches on both sides.
- Firmly drive the branches into the bottom of the pit, going in several directions.
- Cover the pit.

This trap is designed to be lethal. It functions in the same way as the covered pit trap, with the added spears at the bottom, debilitating the intruder.

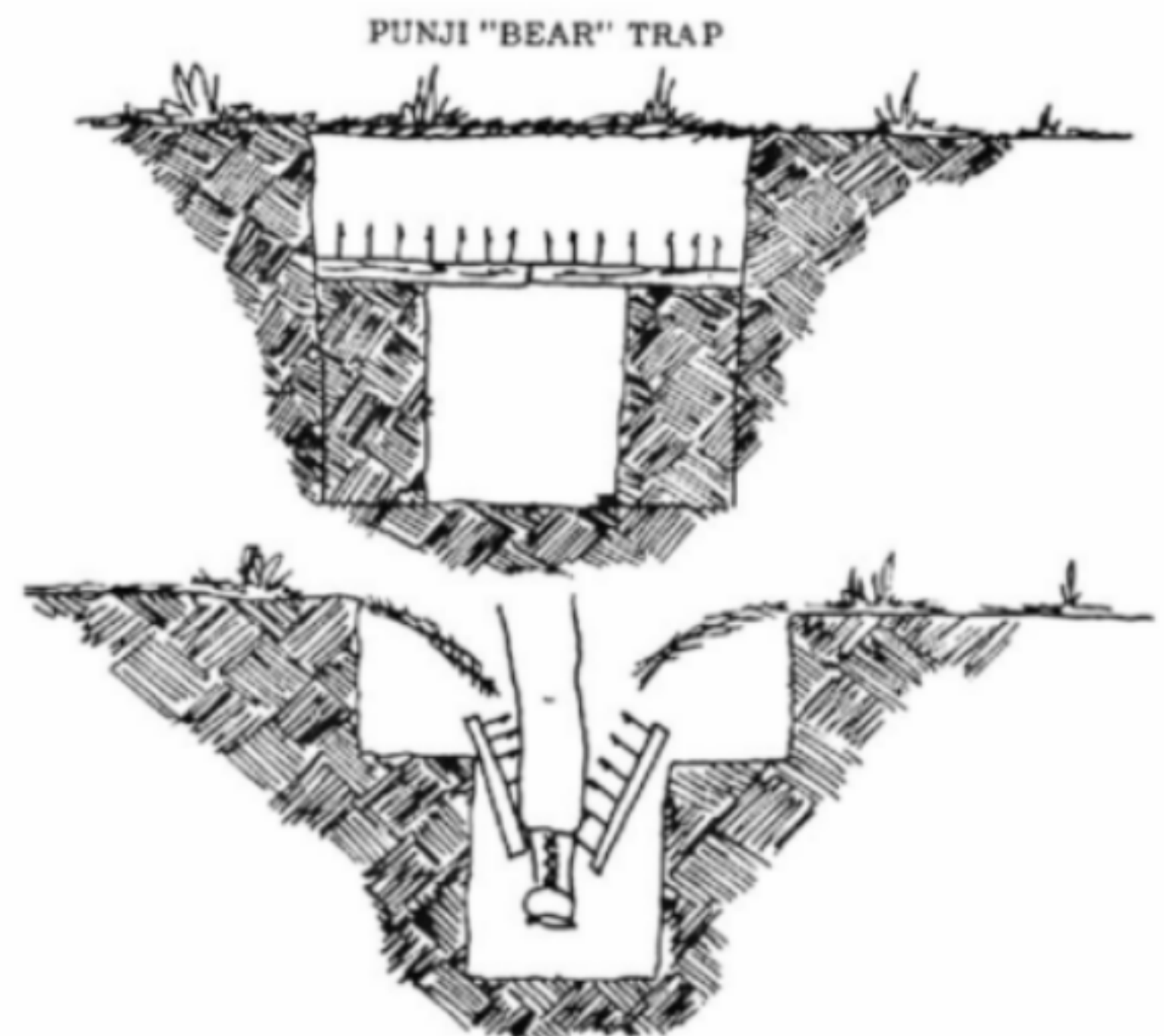
### Punji Trap



### Bear trap

- Get the 2 squared, thin boards of wood, of the same size that will be used for the trap.
- Drive several spikes through each board. These spikes can be nails, screws, or even sharpened wood if you drill holes through the board first.
- Dig a rectangular hole, slightly larger than the size of the 2 boards laying flat, side-by-side.
- Dig a secondary hole, in the first hole, that is the same length but 1/3 of the width. This should be centered in the first hole.
- Lay the boards side by side in the larger hole, so that they meet in the center of the secondary hole.
- Cover the pit.

The bear trap works similar to the Apache foot trap but instead of the pikes being in the walls, they close in on the foot when it falls into the secondary hole. This, as the name suggests, can also be used as a bear trap and for large game trapping broadly.



A man stepping into the punji pit hits two boards or steel plates with steel spikes affixed, the boards or plates then pivot, wounding the leg above the area protected by the boot.

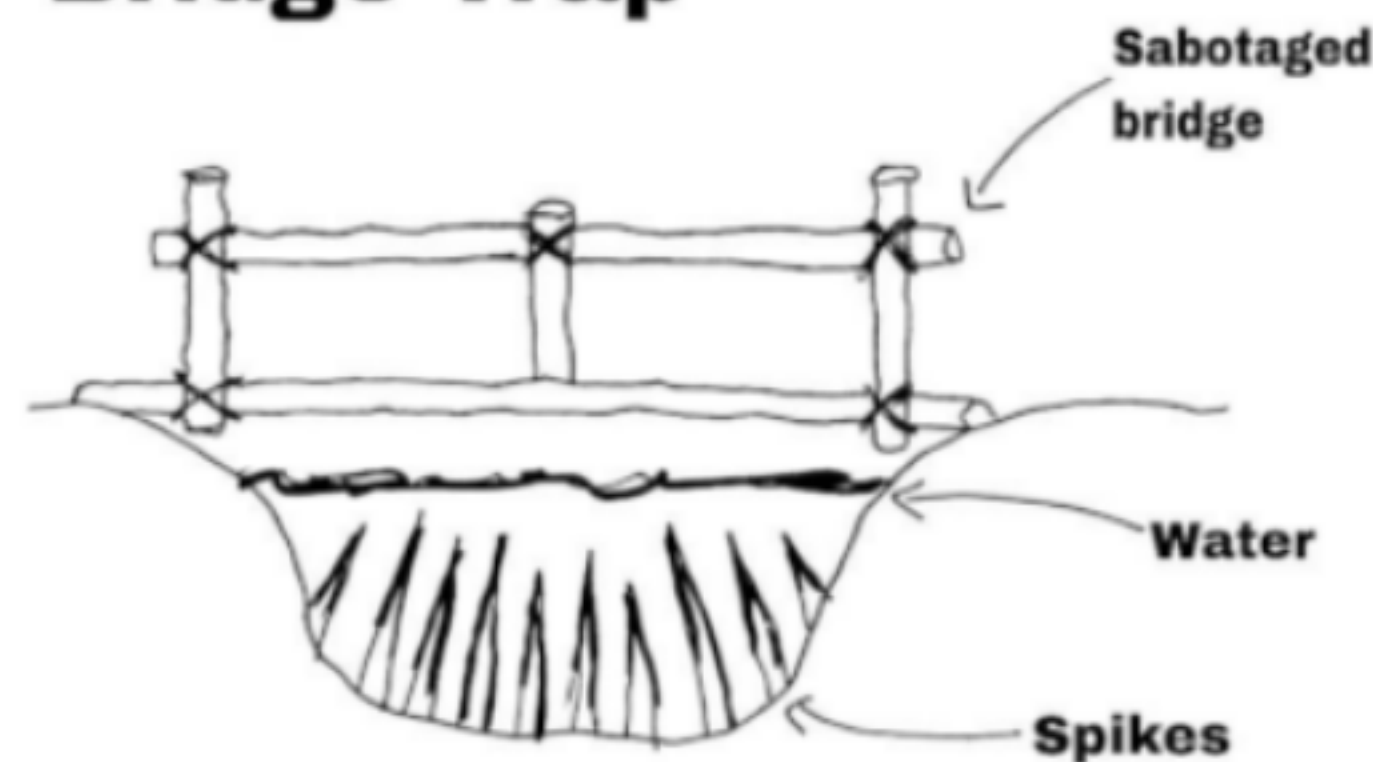


### Trap bridges

- Pick a location – an easy or obvious crossing point of the river that only runs a few feet deep for example.
- Collect branches a similar length to the depth of the water or slightly shorter.
- Sharpen both ends of the branches.
- Create a bridge, over the spot that was picked that is weak. Whether that be a normal bridge that is merely cut in the middle or a bridge that is architecturally unsound broadly (also it must look safe).
- Firmly drive the sharpened spikes into the area underneath the bridge, making sure they cannot be seen and are covered.

This trap works as a Punji trap but is specifically for crossings; this also acts as a funneling system to the trap if the crossing is otherwise difficult to cross or discover how to.

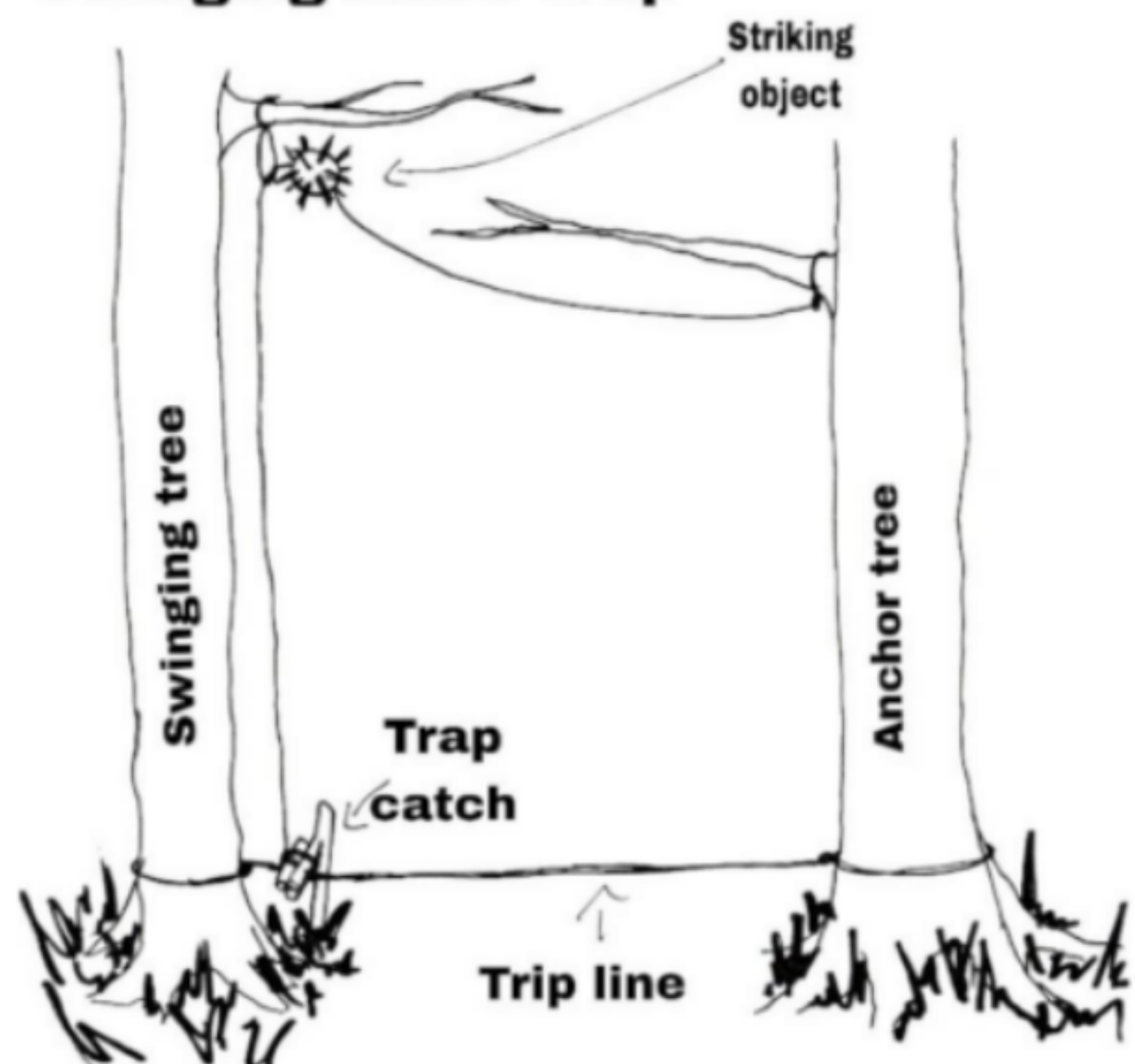
### Bridge Trap



### Swinging Mace Trap

#### Mace trap

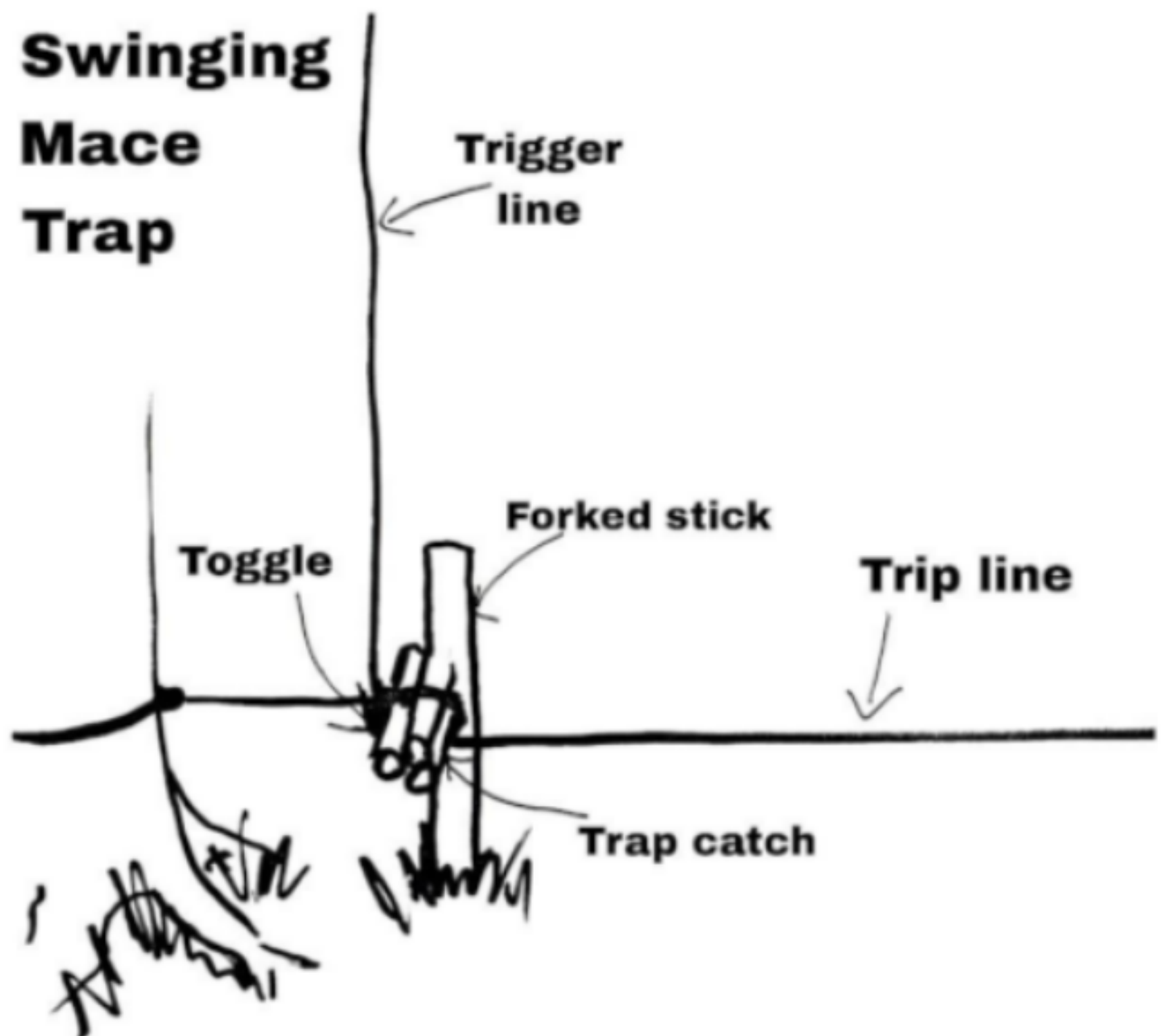
- Pick an area that is likely going to be passed through with 1 tree on either side.
- Choose the swinging tree and the anchor tree.
- Choose the striking object – this can be anywhere from a log, to a rock, to a large soil brick with spikes coming out of it, whatever is large and heavy and going to do damage.
- Affix a rope to the striking object.
- Measure the length of the rope needed for the striking object to be at the desired height and location from the branch being used on the anchor tree once the trap is



triggered, plus some slack. Make sure that this length also is able to reach the branch being used on the anchor tree.

- Using the slack, tie the other end of that rope to the branch on the anchor tree.
- Tie a non-releasing loop on the branch being used on the swing tree.
- Drive a forked stick (upside down) firmly into the ground at the base of the swinging tree.
- With another length of rope, affix another line to the striking object, long enough to reach the forked stick at the base of the tree while the striking object is in an active position at the swinging tree (this will be the release line).
- Add a toggle at the end of the release line.
- Tie a spring line low on the base of the anchor tree.
- Bring this line across the trigger point to the forked stick.
- Affix the spring line to the base of the swinging tree with a little slack.
- Once you are ready to set the trap, grab another stick about the size of the toggle on the release line (this will be the trigger catch).
- Tighten the release line so that it is able to reach the forked stick, hoisting the striking object in the air near the branch on the swinging tree, and going through the non-releasing loop.
- Wrap the toggle on the releasing line once around the fork, hold it there parallel to the forked branch.
- Place the trigger catch also parallel to the forked branch, and now also the toggle – do not let go yet.
- Take the spring line and create a simple loop just by crossing the line over itself.
- Place that loop over the 3 sticks (the forked branch, the toggle, and the trigger catch).
- The spring line should no longer have any slack in it – if it does, it needs to be tighter (release the trap before you try to tighten it, please).

This trap is triggered by its trip wire, allowing a weighted object to swing down – this can be made to just knock someone out or it can be a brutal death.

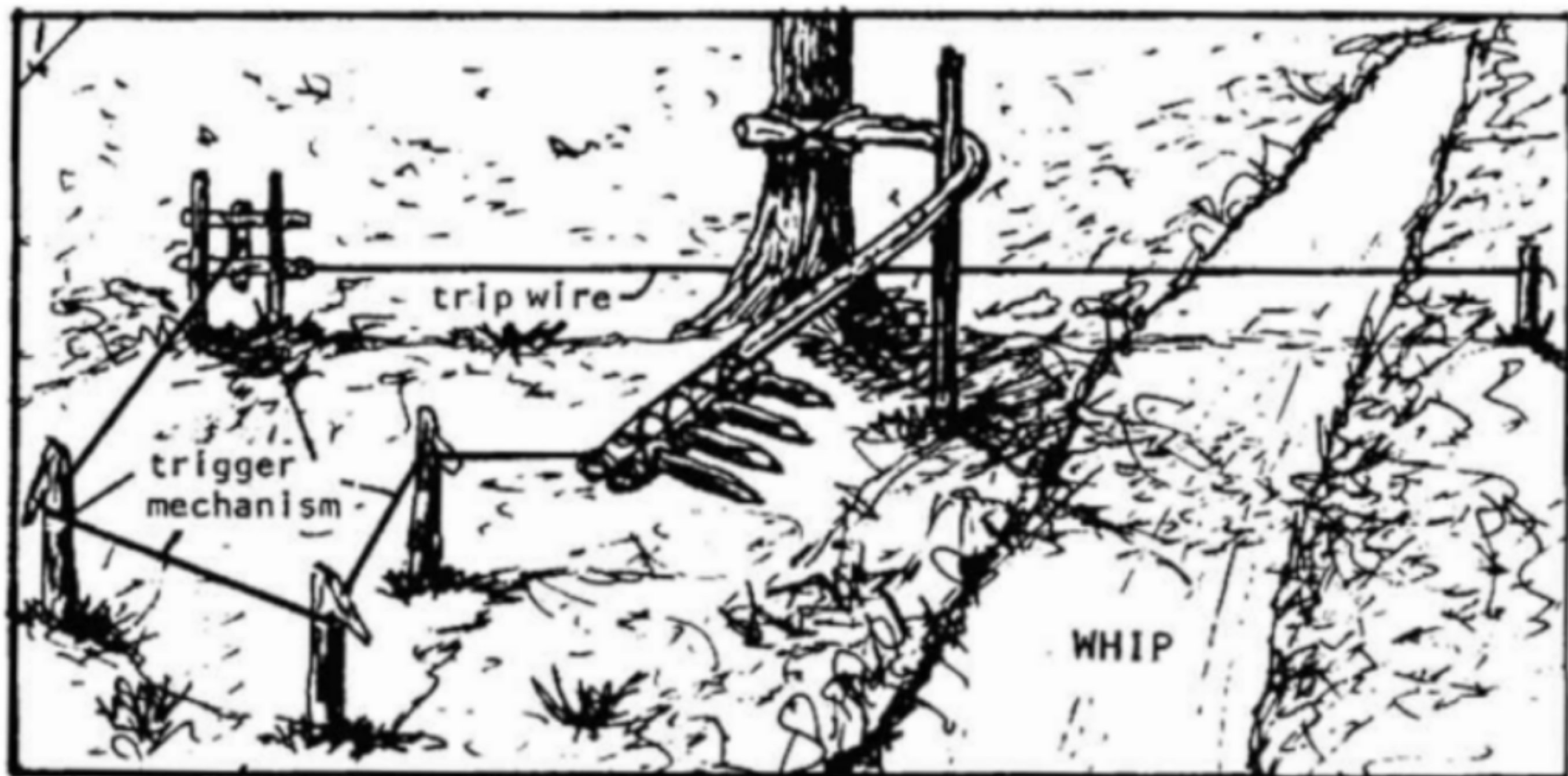




### Whip trap

- The whip trap is made using young and flexible wood.
- Once you have procured the green wood that will be used, next collect older branches to sharpen into spears.
- Affix these spears to 1 end of the greenwood.
- Affix the other end of the green wood to a tree near the trigger point.
- Fix a line to the spiked end of the greenwood that connects to a trip catch/trigger mechanism – most triggers can work.
- Fix a trip line attached to the trigger catch crossing the trigger point.

This trap works by using the tension of the green wood to snap the spikes into whoever trips the catch line. This doesn't have to be spiked and it will likely knock someone out depending on the strength of the tension but will be fatal with the spikes.



\*\*\*or traps involving spikes, they can be covered in animal blood, feces, poisonous plant oils, anything that will worsen the wounds really. Just make sure not to use your own biowaste for this due to DNA traceability. \*\*\*

## Escape

For the love of all things holy, know the Land around you. Taking in account escape routes, hiding spots, and the possible necessity to escape must be considered in all decisions leading up to setting up a campsite. There are a few escape routes from The 9 to 5 but they will not be detailed here. Here are some general tips on escape routes:

- Try to have many so they don't seem obvious, if you're traveling in the area where the escape routes are do not walk on them but follow them.
- If you are crossing things that will need assisting structures for those who are following the path, create many and try to make them as discrete as possible - you don't want someone unable to escape when necessary.
- Routinely check on the escape routes, make sure there haven't been any major changes, and inform the rest of the comrades at the camp know about the changes.
- Create discrete cairns (items to allow people to know they're on the right path, typically they will be stacked rocks but try to avoid this due to its known meaning) - maybe there's a slightly notable piece of litter on the way or a large hole or something nested in a hollowed out spot of a tree. Let people at the camp know what these cairns are. A good way to remember them in their order could be the technique comedians use to remember their sets, boil each Carin down to a single word to represent it, and create a funny sentence using each word in the appropriate order.
- If there is a concern for a raid, nonlethal booby traps can be useful on fake escape routes.
- Make sure there are hiding spots on the safe paths, think Vietcong spider holes.
- Have several landing spots that escape routes lead to.
- Have evacuation plans (make sure they are coded).
- Remember you can always hide up high – trees are great if you can safely get high enough in thick vegetation.

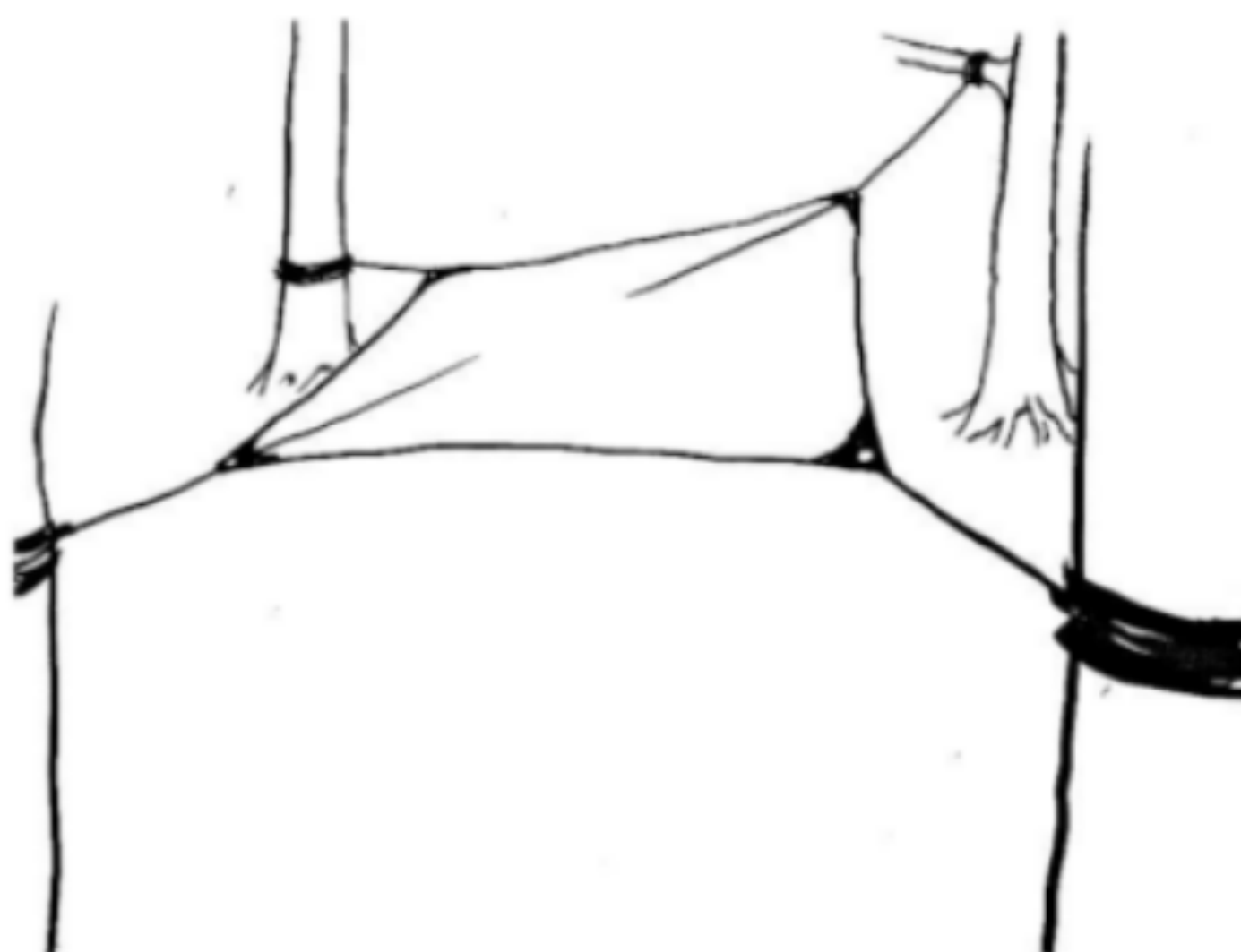
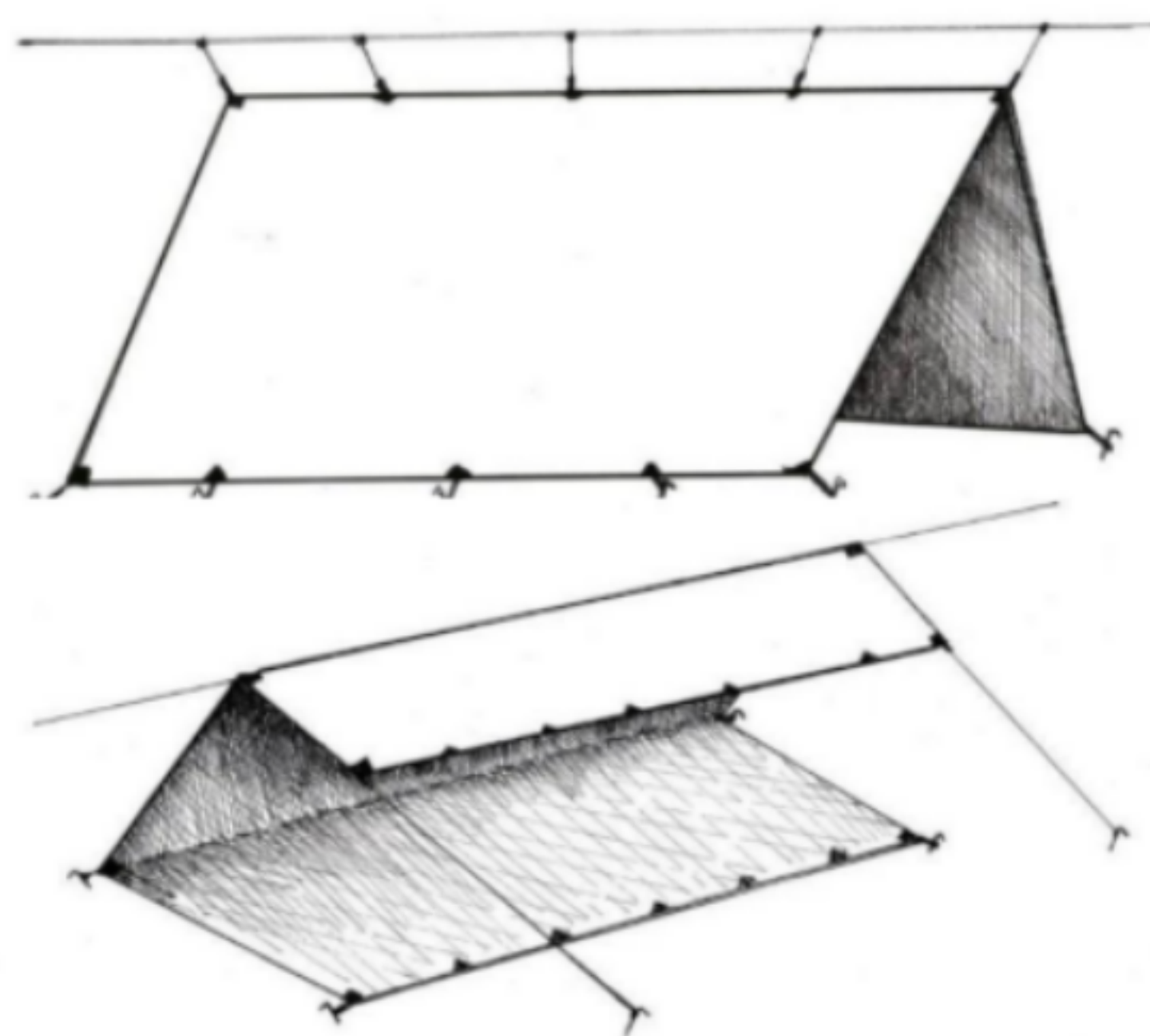


# Structures

## Building Techniques

### Wedge tarp

Wedge tarps can be built in many ways and are just a quick way for setting up a temporary dry shelter. These are great for quick tents for when it's raining or unexpectedly spending the night somewhere. These are set up with a tarp, a taut line (or multiple), and stakes.



### Tarp wing

Tarp wings are just tarps that are hung in a manner where it is sloped so as to not allow rain, debris, snow, etc. build up. It can be slated entirely or mirror an a-frame shape. This is set up with a tarp and 4 taut lines

### Double roofs

Double roofs don't really need a diagram because it's more a technique than anything. Basically, making 2 roofs instead of one, keeping 6 – 24 inches between the 2 is an insulation method. This can be done with pretty much any form of roof, think of it like an attic.



## Lashing

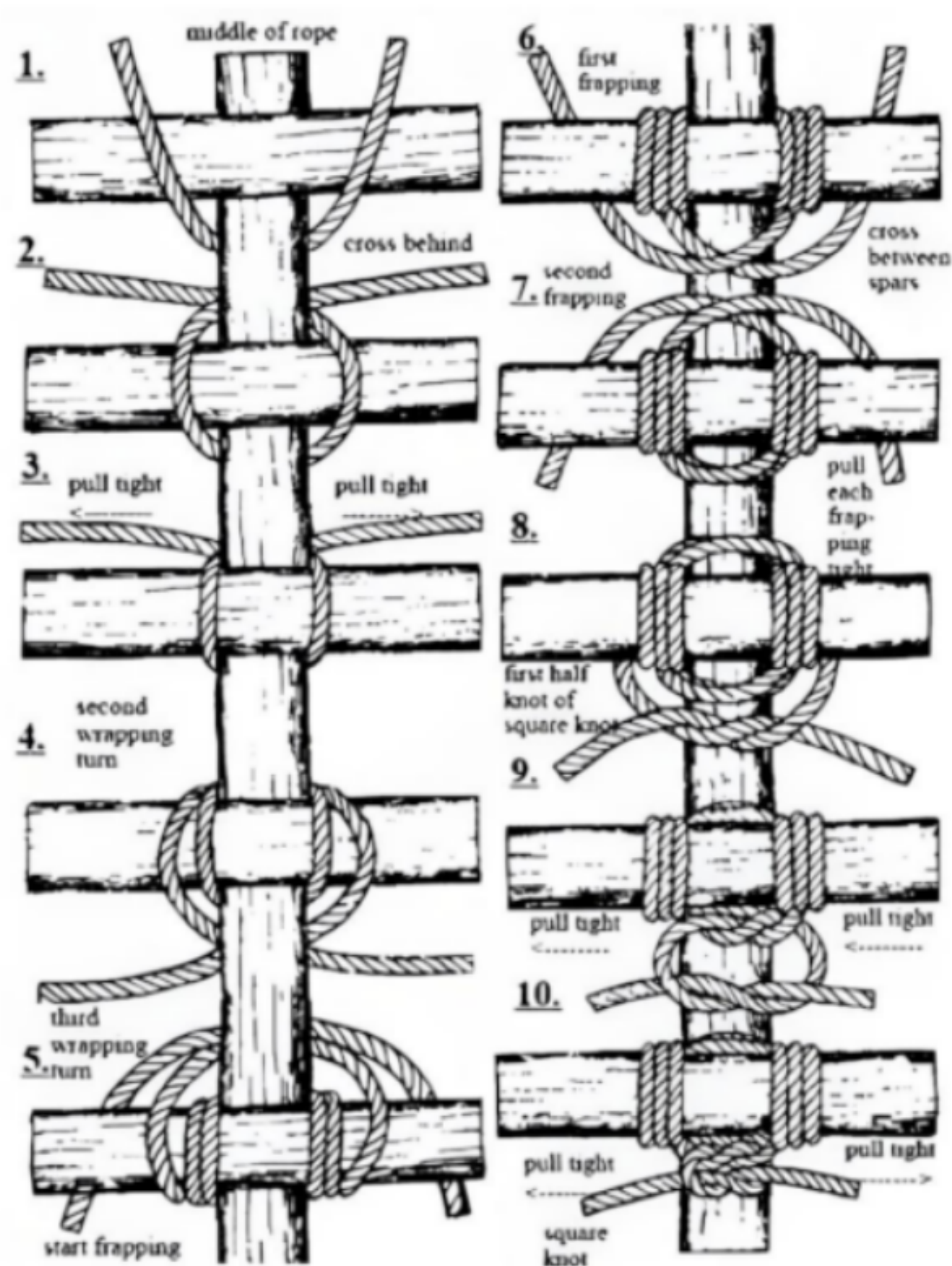


Figure 12.1

Square lashing is a very common and useful form of lashing that joins 2 or more posts together, not allowing for shifting. These are useful for ladders, bed frames, chairs, stretchers, doors, etc.

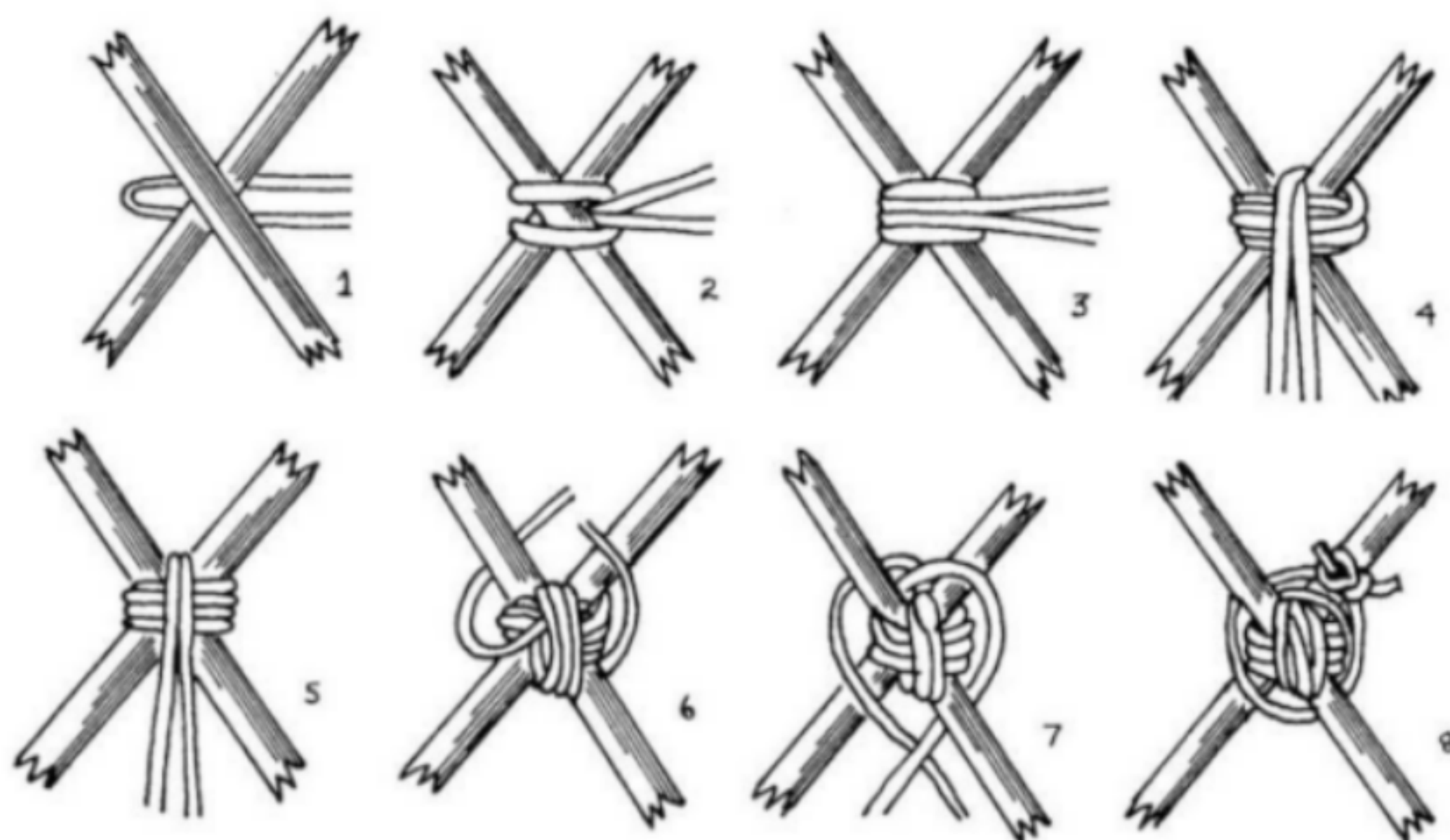


Figure 12.2

Diagonal lashing is similar to square lashing but is specifically used when the poles being lashed are diagonal to the ground, allowing for more support than square lashing would in this situation. Additionally, diagonal lashing prevents the poles from twisting with their lashings, or "racking", which is ideal for connecting several posts to a singular post.



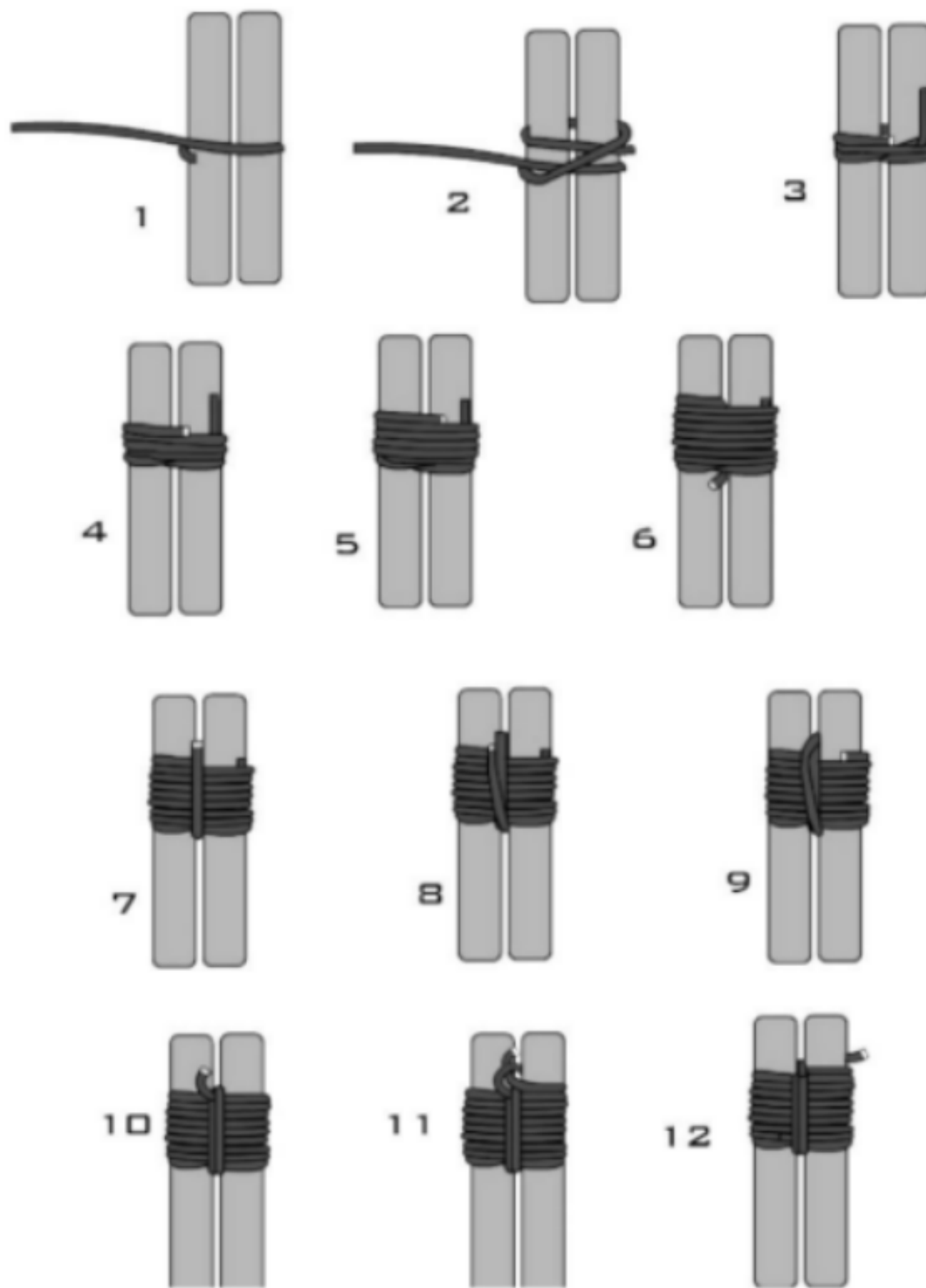


Figure 12.3

Shear lashing is used to attach 2 posts that are making a sheer (non-angular) connection. If this connection is to be non-mobile, then use this lashing on the ends of both posts. If only 1 lashing is used, then this allows for the post to be able to be movable. Connecting 3 posts with shear lashing allows for a tripod to be made. This is ideal for things like Tepees, tripods, folding chairs, traps, etc.

### Tamping

Tamping is the act of ramming and compacting earth. This is now done with machines but traditionally was done with a tamping rod (literally just a large iron rod). This can be used for anything from prepping a foundation to building structures to directing explosives. This is just a useful concept to be aware of and to know since it is referenced later in this writing.

### Natural cement/mortars

There are a few different types of natural cement that can be made. 2 will be gone over here (in order from easiest to hardest to do). As a general rule, to make mortar, make thinner cement. Also remember, cement is not always needed, and it is a disturbing process. If you are only going to be there temporarily you don't need to do anything like this. If you are building a proper natural building, then this is really useful.

#### Cob

- First gather mud for your cement – make sure it is high in clay. The consistency should be as so you can form a ball, or other shapes, with it and it holds.
- Gather dry grass or straw, enough for your project.
- Cut the dry grass/straw to the desired sizes (ex: if you are using this to make bricks then you want it to be about the size of the bricks desired and smaller - if you're using it for mortar then making it real small works well).
- Hydrate the mud collected, it should easily squish through your fingers and be slightly drippy. For mortar, make it thinner.
- Mix the cut grass/straw with the mud. This is done easier on a tarp or open surface.
- Get to work because this stuff dries pretty fast.

Cob comes in many different forms and the specific pros and cons of cob will depend on the environment. Cob can be susceptible to heavy rainfall but often can withstand it with the proper reinforcements. This is going to be the simplest way to make cement naturally. Also, cob dried decently quickly, so it should be made and used at the same time.

#### Wood Ash Cement

- Prepare the area you will be burning in. Make sure that you will be able to collect the ashes of what you're going to be burning.
- Burn dry bark; let the fire burn thoroughly, collecting the dry ashes once they have cooled.
- Mix the ashes with water, draining off the water until the desired consistency.
- This should be able to be squished into balls and hold its shape – squish it into balls.
- Place these balls into the fire and heat them. Let them get heat to the center and glow red.
- Take these balls from the fire and directly place them into cool water. Don't use too much, just enough for it to be covered.
- Crush up dried clay and add it to this mix.
- Mix and kneed it together.
- Add more crushed clay until it is at the desired consistency.

Wood ash cement is significantly more time and labor intensive than cob, and frankly most of the time this will be unnecessary to do. The benefits of this cement are that it is completely waterproof, extremely strong, and will not erode easily, so it can be beneficial for things that require being underwater for example. But if you build a structure with this stuff, expect it to be used for decades if not generations. This shit is strong as fuck. This is best used for specialty reinforcements and projects or genuinely permanent structures.

### **Bricks**

#### Sticks and rocks

Okay, this is obvious but often overlooked – don't do more work than you need to. If you're in an area with a lot of large rocks, those are great bricks. Same with halved or quartered logs (depending on their thickness). Work smarter, not harder.

#### Cob

Okay so cob is not 1 particular thing, it is a category: adobe being one of the more famous things in this category. These are basically bricks made out of earth and fibers, typically mud and grass – but it can be any binder and filler. To make these bricks simply make a cob cement and shape it into bricks (you can do this by hand but it is a lot easier if you make molds first). Molds can either be made out of cement or wood. Once the bricks have been formed, lay them out to dry in the sun for 2 to 3 days depending on the weather.

#### Rammed earth

Rammed earth is a building technique that is typically used to build walls but takes a lot of temporary construction to do so. This construction is a lot less when it comes to bricks. Simply make a frame for the bricks that will be used. If you're using this technique, make larger bricks (otherwise it's way more labor intensive), about 6 – 10 inches in depth. Use wood to build a sturdy framework for these bricks, then fill the frames with earth – a decent proportion of sand and clay should be in the soil used. Adding a stabilizer is also beneficial, but not always necessary; animal blood, animal waste, crushed clay, gypsum, marble dust, and natural cement all work well for this. Next, you compress the earth in the framework by tamping, or "ramming it",



until the volume has decreased by around 50% - once the bricks have been tamped the framework can be removed immediately. After an hour, these bricks should harden, curing completely in about a month's time. If this method is used directly on the previously made bricks, little or no mortar is needed to join them, and the wall can be erected in place.

### **Clay panels**

Clay panels can be used as wall or ceiling paneling – clay, is good for insulation and dampening heat registers. Especially as ceiling panels, this can help with security. If there is someone in there for a long period of time that will start to register, but let's say you need a hiding spot that you could run into when avoiding being detected by thermal registers. Clay panels are simply panels made by tamping soils that are primarily clay with sand and plant fibers (similar to making cob, but with a higher percentage of clay) into a panel frame. This takes a few days to dry before it can be used, but at least 1 – 2 months to cure fully (depending on the weather)

### **Wattle and Daub**

Wattle and daub is a form of cob building. A wood frame is built with several cross-sections dividing it up, between these smaller cross sections natural fibers are woven into a lattice – this is the wattle. Once it is woven, a cob cement mixture, or daub, is applied and worked into the wattle.

This can be used to build many things, most commonly walls, furniture, and storage. This is significantly more lightweight than building things entirely of wood and often is much easier to do due to the availability of resources.

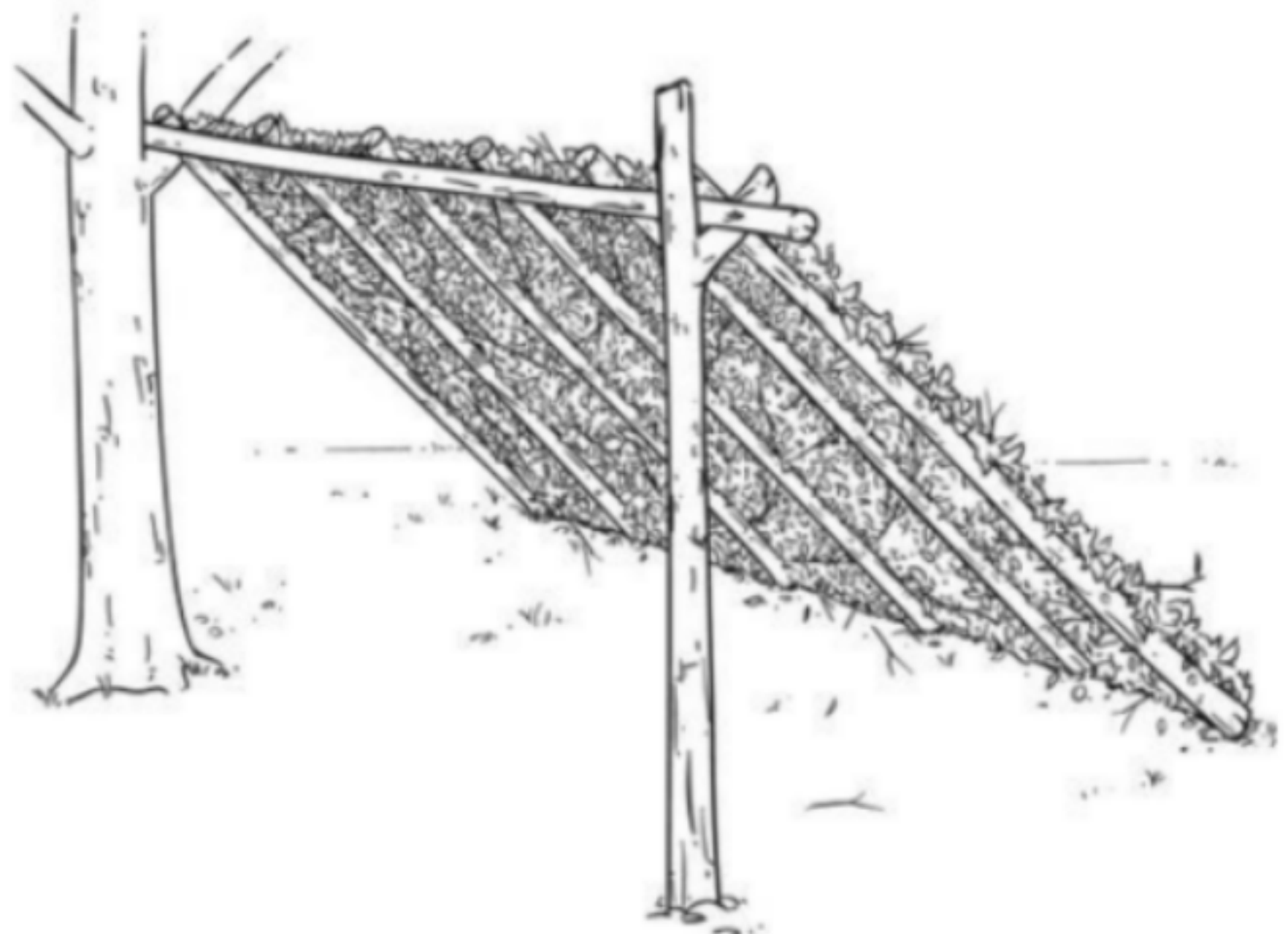
## **Types of Builds**

### **Above-Ground**

All of these structures are going to be reviewed in their most basic set-ups; all of these can be expanded upon and even made into long-term structures. For example – an a-frame structure also is the basic idea behind a peaked rooftop. These variations will not be reviewed, please critically engage with this when planning your builds.

#### **Lean-to**

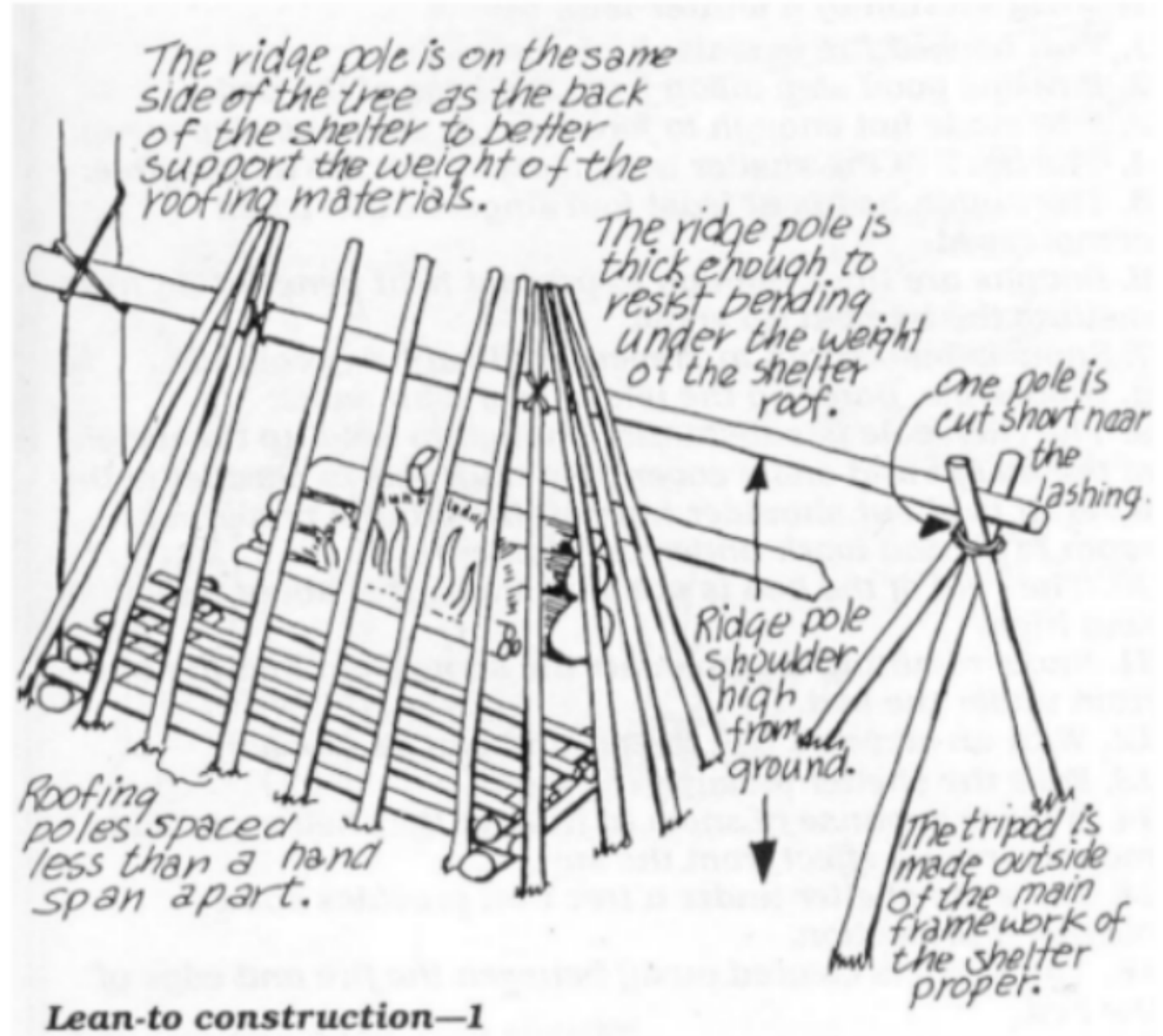
A lean-to is a 1 sided structure that is decently easy to set up. The closed side of the lean-to should be facing the direction the wind blows the most (i.e. If the wind tends to blow from west to east, the back of the lean-to should be looking at the west). This, obviously, helps protect from the wind and therefore also makes a great shelter to have near a fire. These are also great for things like sheds, adding shelving, side walls, bathrooms, etc. – anything that doesn't need a full structure, but it would be beneficial to have a slightly protective and organizational space.





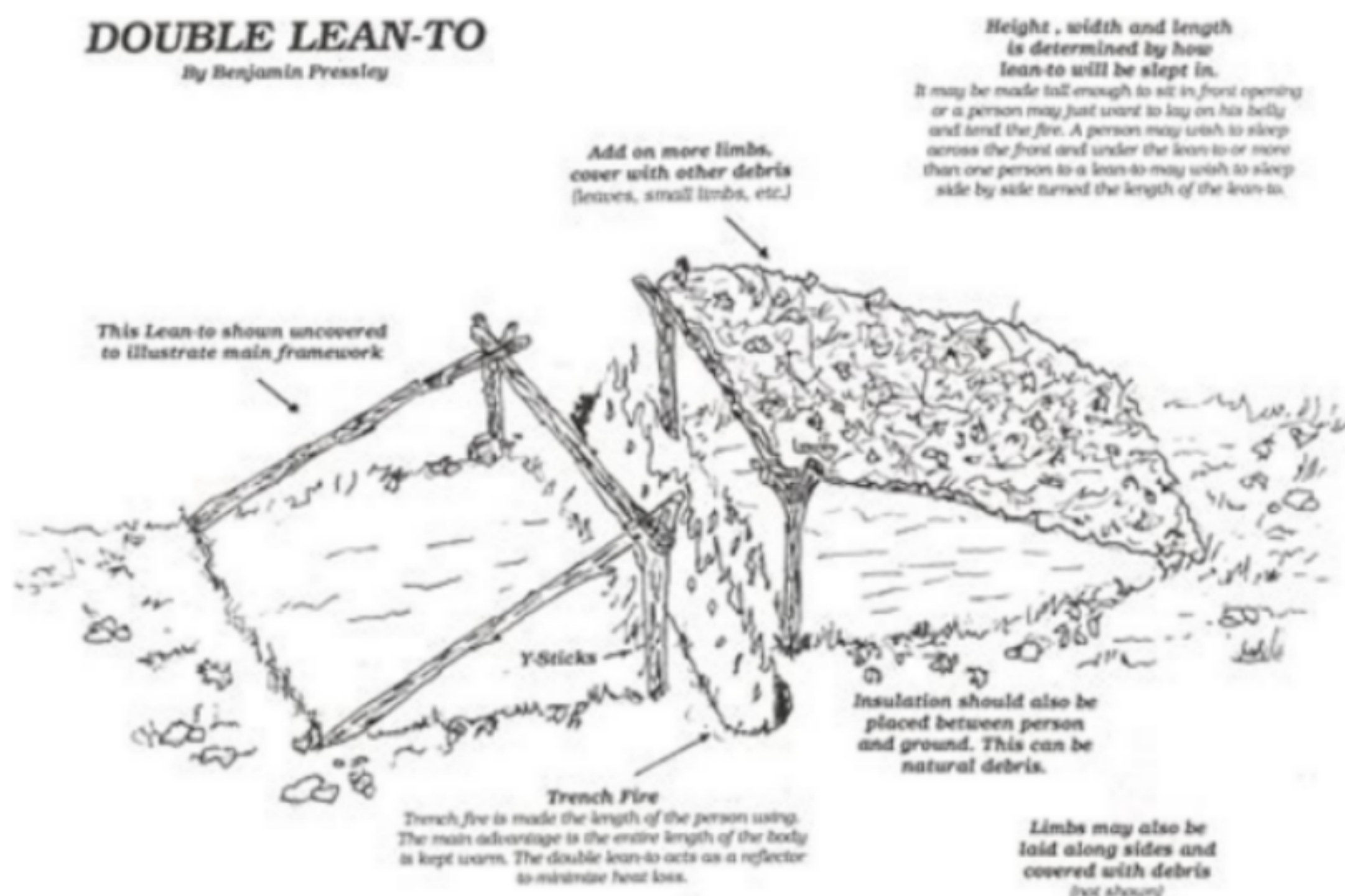
To set up a lean-to:

- First find the direction of the wind.
- Determine 2 support posts - these can be already there, like trees or rocks, or can be installed (like a dug-in post or tripod).
- Determine and ready your crossbar. This will be the bar running along the top that will support all the other materials used so make sure it is sturdy.
- Secure your crossbar to the support post, having a fork to place the crossbar is ideal but not necessary with sturdy lashing.
- Begin adding the sticks for the walls. The first few should be spaced 4-8 inches apart, lashing at least every other stick to the crossbar.
- Fill the rest of the space with more sticks until it is solid.
- You can lash the rest of these, which if this is intended to be a long-term structure you should do.
- You can also install insulation if you choose, this can be done in many ways (such as cob, vining, leaf nets, tarps, etc.).



## DOUBLE LEAN-TO

By Benjamin Pressley



## Double lean-to

A double lean-to is simply 2 lean-tos setup so their openings are facing each other, often with a fire pit or trench in between them. This is great for protecting a fire in chronically windy areas.



## A-frame

The a-frame shelter is great for highly windy and rainy areas, given its multi side protection and angular top. These are also great for quick temporary camps and sleeping areas. The diagram shows the structure only being supported by a post on 1 side, with the other side resting on the ground – this is correct, but it can also be done with both sides elevated off the ground and supported by a post.

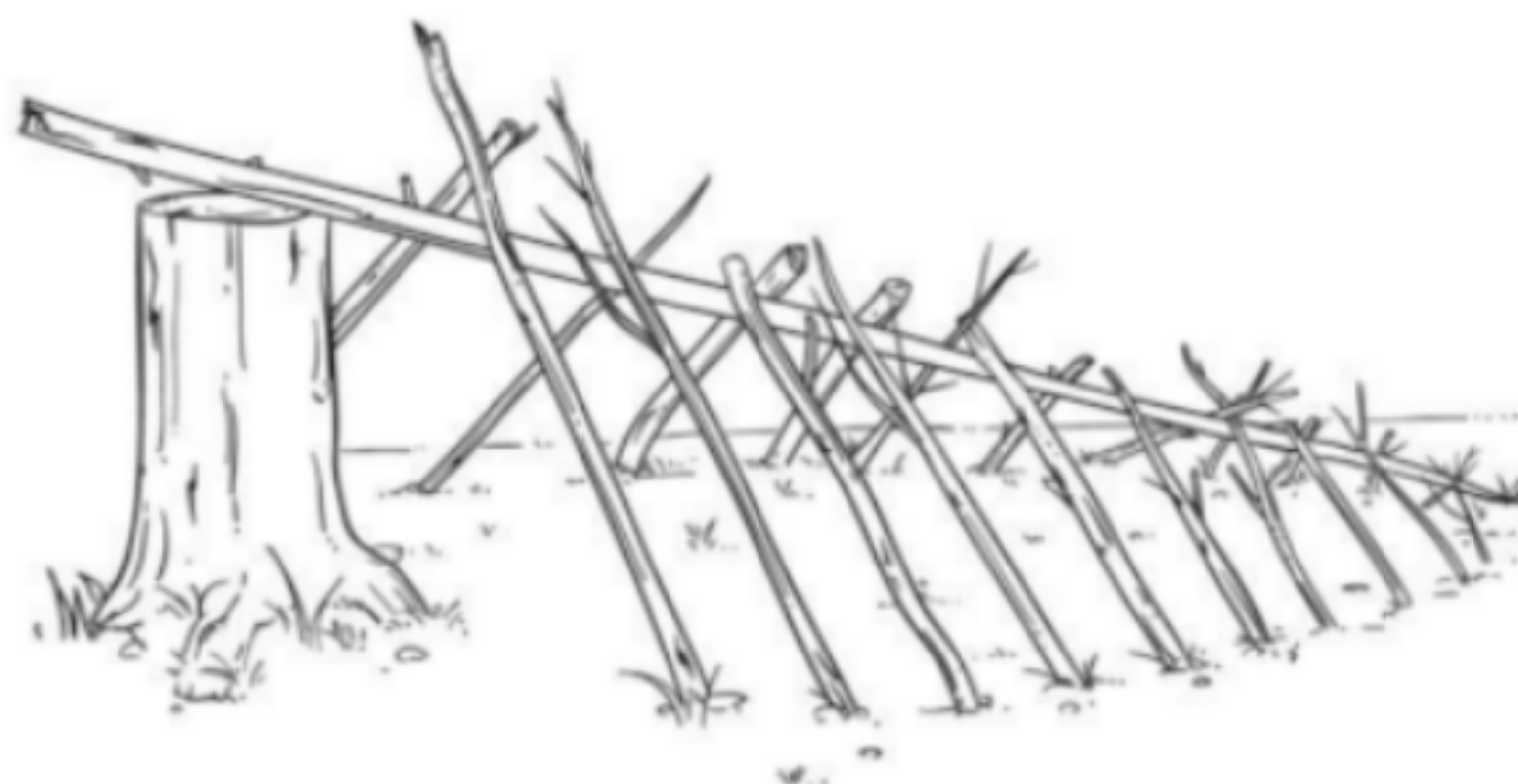
To set up an a-frame (1 support)

- Decide on the location of the structure.
- Choose a nearby support post.
- Affix your crossbar to the post with lashing, resting the other side on the ground.
- Begin placing sticks on an angle from your crossbar to the ground, lashing them to the crossbar every 4-8 inches on both sides.
- Fill in all the spaces until they are solid.
- Lash the rest and/or add insulation if desired.

To set up an a-frame (2 supports)

- Decide on the location of the structure.
- Choose 2 nearby support post.
- Affix your crossbar between the 2 posts, lashing both sides.
- Begin, placing sticks on an angle from your crossbar to the ground, lashing them to the crossbar every 4-8 inches on both sides.
- If the a-frame is only to have 1 opening, leave a foot-long space between the last sticks being used for the side walls and the rest of them on the side that is desired to be secured.
- Begin lashing sticks on that side, horizontally, between the gap of the 2 side wall sticks. Alternate lashing these sticks to the side sticks and to the supporting post.
- Finish filling in all the spaces until they are solid.
- Lash the rest and/or add insulation if desired.

A



B

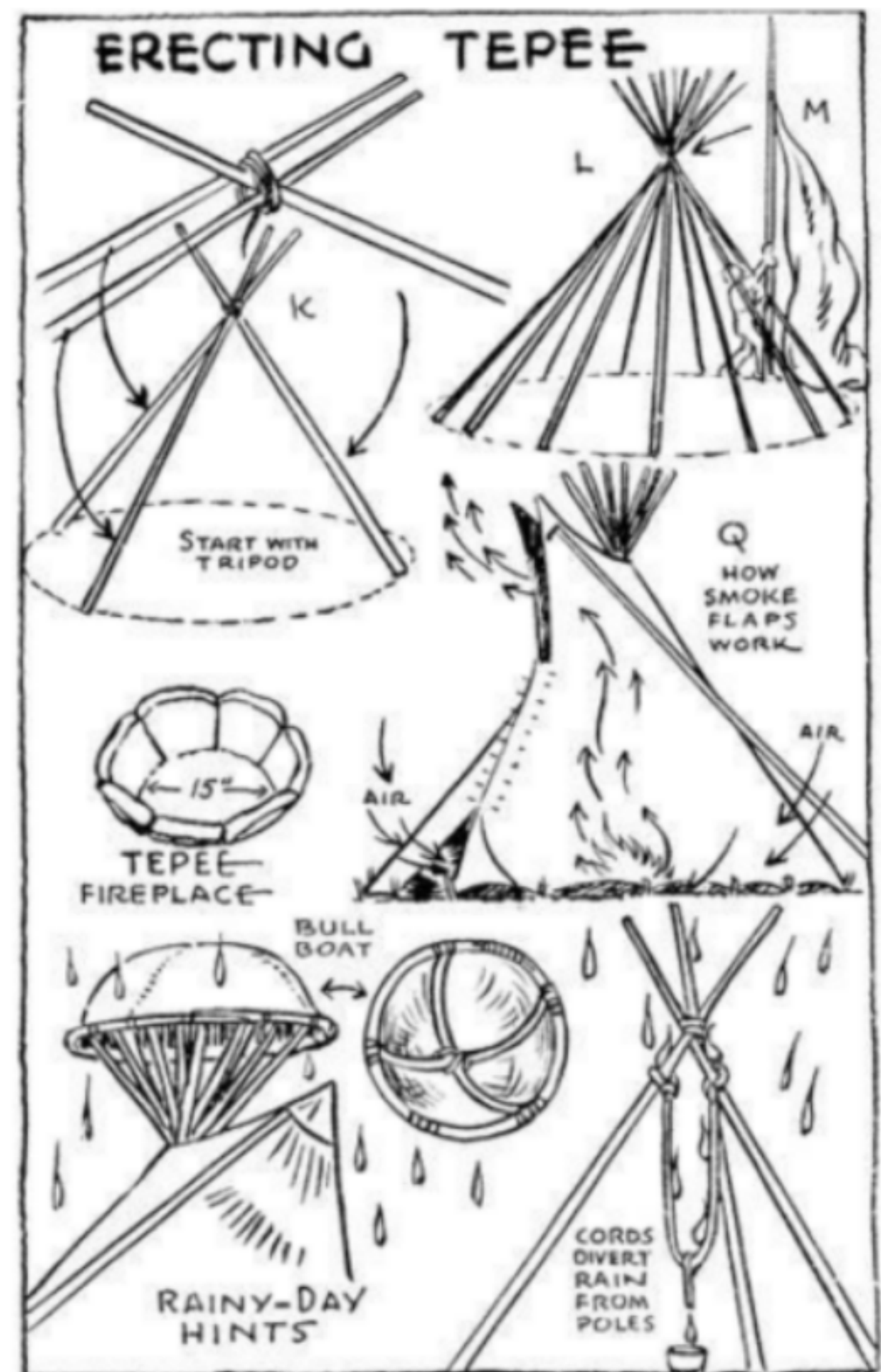




## Tepee

The tepee provides protection on all sides and is famed for its versatility and portability. This structure traditionally would be covered typically using animal skins or fabric/fabric-like materials – but other forms of walls can also be used (such as wattle and daub).

- Begin by collecting the structural poles – 10-12 straight branches about 2-3 feet larger than what is necessary for the desired height.
- Affix 3 of the poles into a tripod with sheer lashing and raise the tepee.
- Working in 1 direction begin affixing the rest of the poles, leaving one aside.
- Attach the end of the center of the covering to the pole that centers where the back of the tepee is desired to be.
- Affix one side of the covering to the pole set aside, and the other side of the covering to the pole next to the entrance.
- Using the set-aside pole, now with the cover attached, wrap the cover around the tepee slightly passing over the other end.
- Mark and affix the cover to the pole next to the other end, leaving a triangle uncovered and accommodating for the fabric needed to close the entrance when desired.
- If you choose to use another method of wall, the covering can be ignored and the desired method used instead.



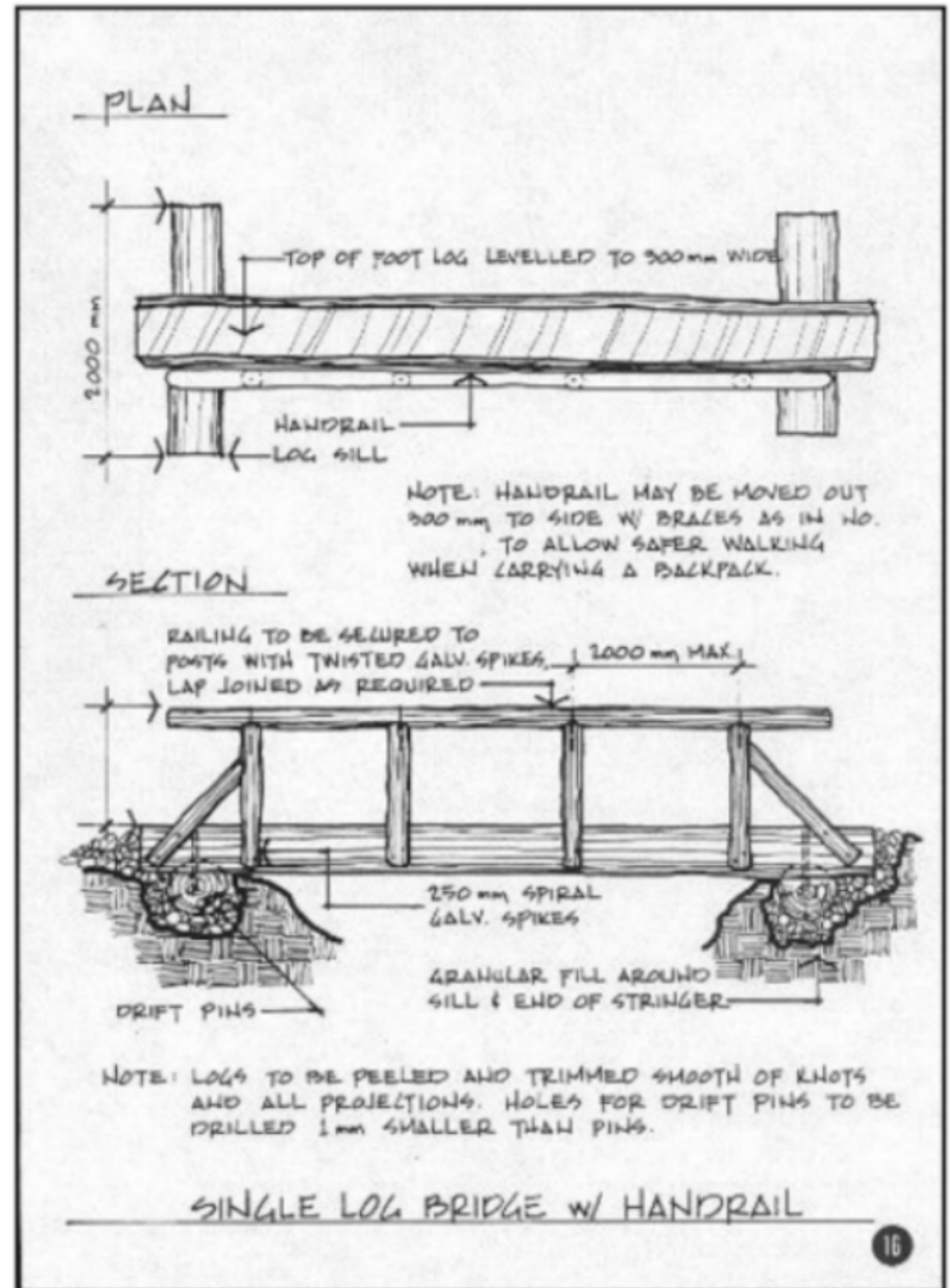
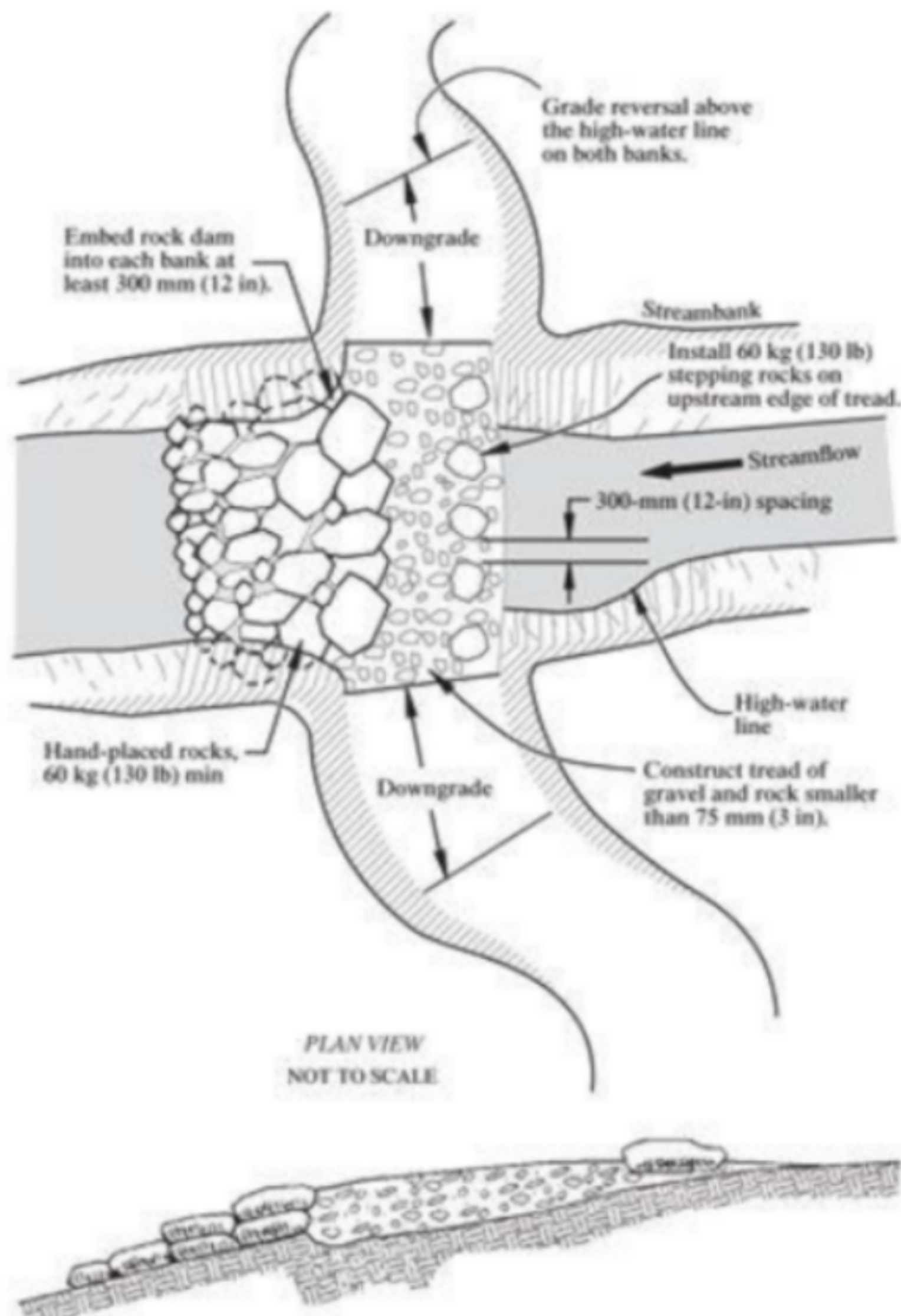


## Crossings

This is primarily going to deal with crossing water, I have absolutely no knowledge or experience creating crossing for things like canyons and will not be addressed. As to water crossings, there are a few main things to consider: length, depth, water movement, viability, traffic, purpose, and ease.

Shallow streams with a relatively short distance to cross might not even need a crossing or if it does you can easily pile branches, or whatever is around you, to create a bit of a bridge. If it's not a route in and out and you're just exploring the Land, you don't need anything at all - if you plan on using the area to get things in and out the camp, the bridge needs to be sturdier. There are certain techniques that can be

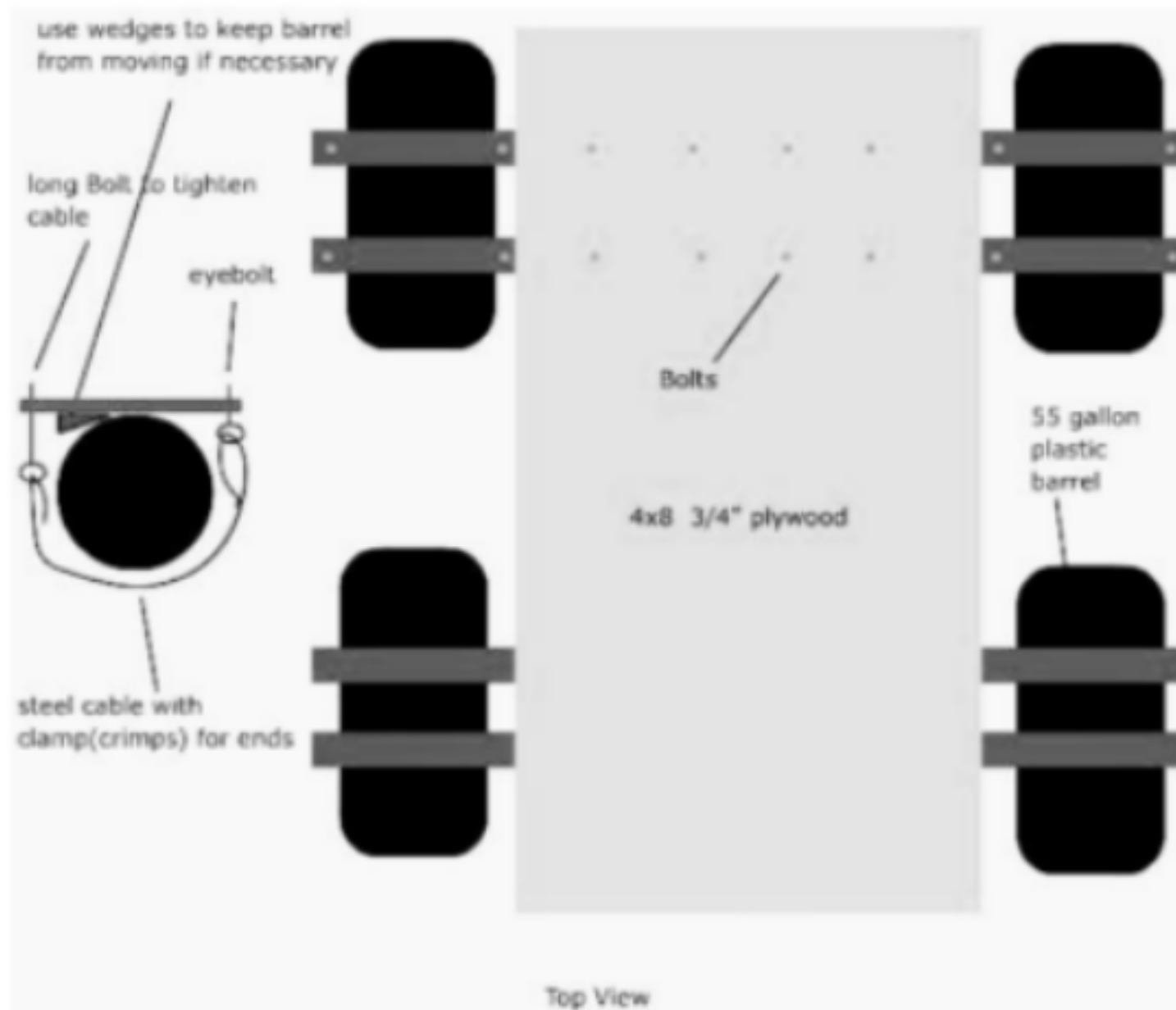
### Shallow Stream Ford



used to help stabilize the crossing, see diagrams.

If you are trying to cross a larger distance, things change a bit. Larger distances usually have less aerial cover, so visibility and traffic are much more of a concern. Try to do things in areas that are less travelled or likely to be seen, from above and from on the ground. If it's shallow you might want to plan to walk it or create a slightly elevated path. If it is deeper shit gets complicated. If there are absolutely no crossings you can use, you're going to have to use some type of raft. A few basic raft diagrams will be added here yet be aware there are many different ways to make rafts, and the depths, current, and distance will all play into the decision of what is the best form of raft.





at either side of the body of water to ensure the ability to get across when necessary - there should be at least 3. There are possible ways to cross from above but that is not something I can inform on. When possible, use premade crossings - whether that be a fallen tree or a bridge.

## Dig ins

This is much harder for me to give particular styles of structures for, so we will go for some of the basic principles instead.

First, what are the benefits of a dug-in structure as opposed to an above-ground structure? Well, that is mostly going to depend on the environment you're in. In Northern 'Georgia' the benefits are specifically to do with heat.

Lowering the floor of a structure at least 2 feet into the ground will significantly cool the structure during the hot months, this is usually not the best for the winter since Northern 'Georgia' can get pretty cold. Traditionally summer and winter homes were separate due to the dramatic range of weather, but this will be survivable in the winter. To winterize a dug-out floor, or shelter generally, line the walls and floors with dead plant life, ideally pine needles but most things will work as long as they are creating a barrier between you and the cold ground.

The next aspect of the raft is going to be propulsion. If the area being spanned is relatively short and not trafficked then you can react to a pull line over the area. This is basically a line tied on each end of the obstacle that can be used to pull the raft across. If it is too large, visible, or trafficked at all this is not possible. You're going to need some type of paddling to get you where you need to go. Carving a simple paddle shape out of lightweight wood works fine for this.

Several rafts can be built and left hidden,

## HOW TO BUILD A LOG RAFT



1: GATHER 6-8 10-FOOT LOGS at least 10 inches in diameter, and 4 thinner 10-foot logs at least 6 inches in diameter.



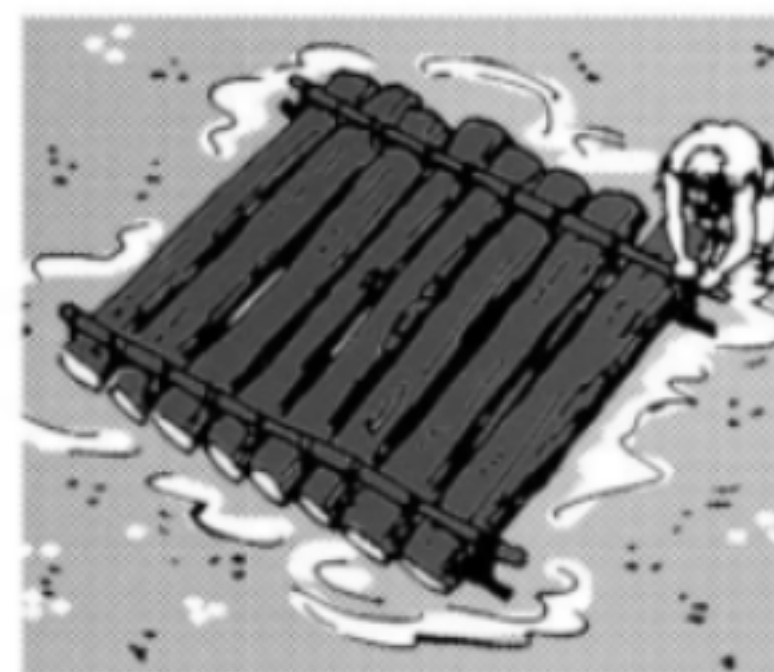
2: DRAG THE LOGS into shallow water and arrange the thicker ones next to each other to make a platform.



3: SANDWICH the larger logs with 2 thin logs and use rope or thick vines to tie them in place.



4: CONTINUE DOWN THE LINE, securing each larger log in place. As you go, the thin logs will pinch the platform, holding it in place.



5: REPEAT ON THE OTHER SIDE, using your remaining two thin logs to secure the other side of the raft.



6: USE A LONG BRANCH as an oar to help push you off the bank and maneuver in the water.



Additionally, structures can be dug entirely into the ground - kind of like the hobbit houses in *The Lord of the Rings*. What is going to be the most widely applicable is functional structures outside of the shelter, such as stairs and climbing aids.

If you are attempting to go up and down an elevation often building a climbing aid will be beneficial and make the site generally more accessible, especially if the elevation is on the steeper side. If the incline is a hill, steps are ideal. These can usually just be dug into the ground by digging out and leveling what would be the top of the step and tamping it down. You may want to coat this surface with a natural concrete or concrete adjacent mixture, especially if the steps are on softer grounds and/or are going to be used frequently or for heavy loads.

If you are attempting scale sheer elevations, first of all, there should be a basic background in climbing and rock climbing specifically for safety reasons. The last thing you want to deal with when deep in the woods, but especially if you are doing direct action against capital and the state, is having a severe injury and risk needing to go to a hospital. But if you are going to proceed in making the ledge easier to scale the best way typically is to dig a ladder-like system into it. To do this dig out a series of holes about 2-3 inches in height, 6-8 inches in width, and 4-6 inches in depth 10-14 inches apart from each other - this will basically work as an inverted ladder. A key to safety in this is the security of the soil; using natural concrete does not work well here to bolster the strength of the ground due to the nature of several holes being in succession. To avoid this problem *SLIGHTLY* is to offset the holes into 2 rows to keep more undisturbed Land between them and to hold more weight. If the Land is too soft an alternative, if the conditions allow for it, is to use *STURDY* roots of *live* vegetation nearby - this is non-ideal and not the best for the plants either, but if necessary, it may be an option. This cannot be done, practically, on rock surfaces - this is where a skill set in rock climbing is extremely beneficial - avoid attempting to climb sheer surfaces without proper safety measures, this shouldn't be much of an issue in Northern 'Georgia' though. You're more likely to deal with rock scrambles which are significantly easier to climb. Also, you can literally just build a ladder too depending on what you're trying to climb.

As to full shelters, this should be done in hill faces, attempting to do such in flat ground can be fatal and you shouldn't be attempting any type of in-ground build if that disclaimer was necessary for you. That is not to say that it's impossible to do such, but it should not be attempted without significantly more information and experience that can be given through this - frankly, most of this shouldn't be attempted without at least some previous experience. But, to continue, if you are going to have a fully dug-in shelter, do it on a hillside. Before committing to a structure like this there are several safety precautions that must first be considered:

Is there a possibility of an avalanche? How about a mudslide? How does the rain affect this area? How easy is it to get to and from this spot? Would I be able to safely build and dig here? Am I able to safely bring supplies to and from this location? How sturdy is the Land here? What type of soil would I be building in? Is the benefit worth the risk?

As to the mentioned risk: yes, this is a risk, especially if you don't have much building experience. If that structure collapses you are in a lot deeper shit than if your lean-to collapses, be cautious. As to the benefits though, there are many - as stated earlier with the cooling potential of a dug-in floor, this is also relevant with fully dug-in structures. Additionally, though, whereas structures with dug-in floors aren't the best in winter months, fully dug-in structures are. With just the floors you get the benefits of the subterranean cooling but not insulation due to the majority of the structure not being in the ground, when the earth is most directions that becomes a different story. Digging a structure into a hillside can both help keep it cool in the hot months and helps keep the heat trapped in the cold months. They're also typically very camouflaged inherently and hard to *forcibly evict* someone from it due to the location. But, with that being said, if one were to be open to using *massively* lethal force, it could be *quite* easy for them to do such.



Additionally, there will not be too much detail on how to scout the Land to see if it will be a good location for a dig-in shelter. This is both because I personally only have limited experience with dig-in shelters and because I do not feel it safe to instruct in a manner where one with extremely limited to no experience would develop a false sense of security in attempting this type of structure, especially given that this is being written for situations in which people may be considered enemies of the state or capital, and end up making dangerous decisions. This writing is also already going to be far too long. As to the information that will be given on Land scouting:

- Ideally the soil would have a high clay content, without being true clay, or fall more into the loam category. Avoid soils that are very peaty, sandy, or gravelly - this is because you want something that is less likely to shift or risk collapse during excavation and the smaller particles in clay and silt allow for the Land to continue to retain its shape easier.
- Make sure the Land isn't waterlogged or saturated, this will not allow for the stability needed and usually is best to avoid when scouting for a camp spot overall.
- You may be able to move a larger rock and use that as a start to a structure, moving the rock and observing the Land's reaction to that can also aid in judging the safety of the location.
- Always scout above the location to assure the safety qualities of that Land for if an avalanche or mudslide were to happen that area would be a key signifier to know if you are in the line of fire.
- Always scout below the area to see if there is evidence of previous mudslides or avalanches and to get insight if the Land you will be using is safe.
- If there are dead or fallen trees in the area, that's probably not a good spot.
- Keep an eye out for if you're going to be moving in next door to some possibly territorial neighbors.
- If you're struggling to get there, unless it is a remote safe house location only for hiding out, it's not going to be practical and probably barely functional.
- Generally, if you're going to be digging, know what pipes and lines and shit that has been put there, the last thing you're going to want to do is to explain why you accidentally dug out a water main.

Now as to how to make this type of structure, well the thing is, it kind of depends. A dug-in shelter like this is really only practical if the Land allows for it, which also means it's going to have to be adjusted to the Land in each location. I can give some general guides and the important aspects to take into account, but I cannot give step-by-step instructions. Which is also why there should be previous experience when attempting such a thing to be able to apply that necessary knowledge that can only be developed through time and experience with these general principals. But here goes nothing:

- First decide the size of the intended structure and if that is plausible for the location. Generally, stick to the smaller side of things, especially in the beginning. I wouldn't suggest going over a room that could fit 3-4 people without already having made several in that location or being experienced in this particular craft.
- Clear the Land that is going to be excavated and mark it off.
- Plan a spot to put the Land being excavated, it will be used going forward.
- Start by digging about 4 feet from the top of the marked-off area to create a flat surface to be able to have more security and stability when proceeding. Dig out the Land above the ledge you just created 3-6 feet deep, then proceed to create another ledge at the bottom of the marked area (this should be 4 feet or less below the ledge you first created, if it is not then create the ledge about 3 to 4 feet down from the first ledge and proceed to do that until you are at the bottom of the marked area. But please don't do it



that tall, it's not necessary). Once moving down to the second ledge dig out that Land to be at an even depth with top of the area.

- Once the entirety of the marked off area is dug to an even depth, start removing dirt from the top to the bottom until you are to the desired depth. This is where the excavating mostly stops.
- Now start reinforcing the walls - this step is technically optional but certainly recommended, especially for anything but short-term usage. To do this you are going to dig trenches near the walls of your hole and start placing posts in them, leave a bit of room at the top of the walls to allow for ceiling reinforcement. Then fill the trenches with soil and tamp it down.
- Begin to reinforce the ceiling with logs laid horizontally across the wall reinforcements and connecting them to the wall supports with lashing.
- From here, dig a trench at the bottom on the marked area where you want your posts to be, avoiding digging in the spot you intend the entrance to be. Begin building your front wall in the same manner in which you built the wall supports, putting them into the trench and tamping soil on top of it.
- Once the front wall is constructed creating an a-frame roof, similar to how one creates an a-frame structure. At this point the structure is created and fine for short term use but still needs to be reinforced.
- At this point the objective is to reinforce the structure, internally and then externally. To do this use a cement/mortar to fill in the gaps between the posts and logs, mostly encasing them
- Once that hardens you can install whatever type of door you are using. A simple door can be constructed but lashing sticks together in an easily movable structure that can cover the entrance. Keep large rocks inside to move in front of this door to "lock" it when necessary.
- The exposed roof can either be left as is or have dirt placed on top of it; both aid in insulation and camouflaging. The 2 biggest issues you may come into contact with are either placing too much earth on top of the roof and collapsing it or it not being noticed as a roof and walked over collapsing it. Frankly these are only issues if the construction is of poor quality, which means you shouldn't be making this type of structure at all. I would suggest a thinner layer of earth on top of the roof leaving the front few logs exposed to help indicate the structure from above while still keeping it discreet.
- You can also do similar to the front walls what was just described for the roof if you would like.
- At this point the structure is pretty complete, there are other thing you can do to further reinforce and strengthen it but all of that is up to personal discretion - this is just basic structural guidance.

To be clear, if you are intending for this to be a short-term shelter all this is not needed - these are instructions for a more permanent structure.

On flat Land you can dig out a floor, use logs/sticks to build up the walls (in a similar manner in which you would reinforce the walls of a fully dug out shelter) and a ceiling, and then cover the walls with Land to help insulate and camouflage it - which is different than if one were to fully dig in a shelter on flat Land which would more so mimic a mine.

# Action

## Disclaimer

Again, this is not an encouragement to partake in these actions, merely an explanation of how these actions take place. Many of these actions can lead to federal charges and should be regarded with extreme caution. This is also not all-encompassing; reference other eco-defense and direct action manuals as well such as *A Field Guide to Monkeywrenching*, *Earth First! Mechanic's Guide*, *Simple Sabotage Field Manual*, *Without A Trace*, *The Writings of an Arsonist*, and others. This is a general run down and reference for those who are experienced but need a quick refresher without risking accessing longer texts that they may not have handy and putting them a bit more in the context of Northern "Georgia" specifically. This section is assuming you know the basics like making sure you wipe your fingerprints, don't leave incriminating things behind, have a system in place that has been practiced with dry runs, etc.

## CCTV

CCTV is more of a concern now than it ever has been. It is incredibly hard to go anywhere nowadays without being caught on camera one way or another. This severely impacts what can and cannot be done safely. When encountering this issue, as all front liners do, there are 3 main ways to go about it: avoiding, disabling, or confusing.

Starting with avoiding, this is pretty self-explanatory: if it's possible to not be seen, then don't be. If you see a camera, assume it to be working unless it can be confirmed with certainty that it is not - which is extremely difficult to do without personally disabling it or having inside information.

The first thing to do when attempting to avoid CCTV is to identify its presence. There is equipment that can help you do this, but for this, we will not be covering how to use such equipment and assume it is not available. When looking for cameras always keep in mind the purpose of the cameras. Is it to watch the perimeters of the property? Is it surveilling a particular location or thing? Is it to specifically watch an entrance? What information are they trying to acquire and what is most efficient to gather that information? Surveillance is expensive, typically it's only where it is deemed necessary. This will help you identify likely spots for where the camera would be. Also, remember that the goal of most CCTV is to get as much information as possible, so they tend to be in higher locations that have a wide clear view.

Once the locations of the camera are identified, trying to figure out what each camera can see is the next step. Some cameras are pretty easy to tell where they are watching, these are the ones that you can literally see the lens of the camera on and what direction it's pointing. The biggest concern with these cameras is that sometimes they are tracking (they change their articulation to follow a subject) and the quality is usually slightly better. The ones that are trickier are the ones covered by the little dome. These dome cameras usually need light around the lens to help illuminate the footage, so at night you can usually see what direction the internal camera is facing. It is important to note though that sometimes the higher quality ones will have 3 cameras inside able to capture a 180° angle but very rarely have an articulating or tracking camera within. If the dome camera flattens out near the tip of the dome it typically means it is a fisheye lens, which has a much wider range of vision but due to its natural distortion is usually not best for identifying suspects. Overall, most CCTV cameras typically only have a 30-50 ft range of surveillance, but high-quality ones can have a range up to 150-200 ft of coverage during daylight with anywhere from a 45° to a 100° angle of coverage.



Once cameras are scouted and their blind spots are mapped out then you go about staying within those blind spots as much as possible. This is a good practice generally but if you are planning on using this technique during an action then be sure to still pair it with disguising yourself at least. Modern cameras have been getting smaller and smaller since the 90s, to the point of being nearly unnoticeable. Just because you can't spot the camera doesn't mean it's not there. Always keep this in mind when participating in actions.

Disabling CCTV can be difficult if you are not familiar with electrical work and wire identification. When planning to disable a camera you need to first know whether the camera is wireless or not.

If it is wireless your options are severely limited, although generally your options are limited regardless. Wireless CCTV is either going to be 2.4 GHz or 5 GHz; the main difference between these 2 is the strength of the signal to the receptor. You can't typically tell what frequency they work on by sight - but if it's outside it most likely works on a 2.4 GHz band. This is beneficial to know due to the strength needed to block the frequency, but not necessary. One way to check is by looking at the signal strength of the wi-fi networks near the camera. Matching the frequency of this signal can help disrupt the transmission of information from the camera to the receptor. This usually takes a lot of know-how and expensive equipment. Another way to disrupt this signal, which also takes some equipment but is usually easier to get your hands on, is with a modified microwave. Simply cut out the radiation screen from the door of the microwave and turn it on, pointing it at your target, within 20 feet of the camera or receptor (you may be able to go up to 50 feet away but it is less likely to work, especially on a 5 GHz camera). This functionally creates a Wi-Fi jammer so during the period where the microwave is turned on and aimed this will disrupt the ability of the camera to be able to communicate with the receptor. This is not easy or ideal but does work reliably and could be useful. If you are to do this though, be very careful with the microwave and try to stay away from it, if possible, when turned on to avoid the radiation. Additionally, wireless cameras still require a power supply, which can last up to months. If you know for a fact that it has not been serviced for a long time, it's likely dead.

If it is wired, then you're going to want to disrupt the power source - please don't get yourself electrocuted. The easiest way to not be electrocuted is by not allowing a conductive surface between you and the action of disrupting the live wires - acid is going to be your friend. Go to your local auto shop or hardware store and get some hydrochloric acid (this is something beneficial to just have handy). Pour it on the exposed wires and it will eat away the protective casing on the wires. This will likely short the wire especially if it is exposed to the elements afterwards. This will be permanent and force it to be repaired or replaced to function again. You could just cut the wires, but this can cause electrocution depending on their strength, and is better to just avoid unless you know what you're doing. Additionally, if there is an electrical box in which these wires connect the acid can be poured directly in that.

Now there are a few ways to disrupt CCTV as well that are not dependent on whether or not it is wireless. Obviously, if you obstruct the view of the camera the camera gets rendered mostly useless. This can easily be done with paint or light. The main concern with these methods is making sure that your disabling the camera isn't caught on camera because the previous data is still there. This is why we should always disguise when participating in actions.

The 3 best methods I am aware of to disable a camera with paint are getting really close, projectiles, or working top down. If your plan is to get really close, you're going to most likely be using spray paint. To do this you simply want to come at it from behind or generally in its blind spots and just reach in and spray the lens. This is only possible if the camera is accessible or you're good at parkour - graffiti artists are usually great at this. Also, since the goal of this method broadly is to block the lens of the camera, if one can come in such close contact to the camera you don't necessarily need to use paint as long as the lens is blocked (you could also tape it or whatever else works; spray paint is just usually the easiest). For projectiles, water



balloons are going to be a good go-to. Just fill some water balloons with a thicker acrylic paint (so that it doesn't run off the lens and has full coverage) and practice your aim. Additionally, you can use the method for etching cream bombs (with an eggshell) and use those as projectiles as well. This will cause the lens to become frosty and unable to capture detail and it can't just be washed off. If you're coming from above, which traditionally you would do if it was under a bridge or something similar but can likely be done with a drone nowadays, you use a thickish paint and basically just try to pour it over it. This usually isn't the best method because it's most likely to be noticed, but if it's your best option then it's your best option.

As to light, you're either going to be using a really bright light or a laser. Let's start with normal LEDs. Simply, if you are in a dark, enclosed area/it is night, shine a very bright LED flashlight directly at the camera. When doing this be sure to keep the flashlight directly in front of your face to be sure not to allow your identity to slip. This method is not ideal since it is extremely noticeable by potential witnesses. Even if it's just a flash to obscure during the process of setting up another disabling technique it could alert others and gain their curiosity and attention. Additionally, there is the chance of your aim slipping and revealing your face. This can be avoided with a hat or mask with LEDs fixed to them but is typically not ideal for eco-defense actions where any light would be very telling of suspicious activity. Specifically, to avoid slippage and properly aiming the light, you can fix the light to a cheap rifle scope and calibrate its aim. This can also be useful with lasers. There is no reliable measure of lumens for this – so, the brighter, the blinder. Additionally, if you are concerned about the light being bright enough to blind the camera, a strobing light can help make it easier. Fast strobing lights will force the camera to consistently attempt to adjust its light input and make it significantly harder to be able to capture an uncorrupted image.

Now onto infrared lasers. Whether or not the laser will damage the camera permanently depends on the type and strength of the laser and the type of camera that is being dealt with. Class IIIb and Class IV lasers typically are either illegal to gain access to or must be registered but these types will certainly burn out any CCTV, with exception to high-end military cameras with special built-in defenses, but even then the Class IV lasers would literally burn through them. These are hard to get your hands on untraceably, but not impossible. If you do get your hands on one, remember that they are monitored for a reason, they can cause serious damage including burning flesh, causing permanent blindness, and starting fires, so be careful and keep safety in mind. Class I - Class IIIa lasers are all easily available and can be accessed with no registration, the higher the class of laser you get the better for the job. Class II lasers will blind the camera as it is concentrated light but will not damage any sensors and Class I lasers will do next to nothing. Lasers work their best at night, but Class IIIb and Class IV will get the job done regardless. Ultimately the way that lasers burn out cameras is by overwhelming the sensors and causing them to fry out or burning the pixels. Keeping that in mind oscillating lasers and multiple lasers on one target get the job done fast, safer, and quicker. The older and the cheaper the camera is, obviously the more susceptible the camera is. But, with that being said, night vision cameras and trail cams, which both tend to be more expensive, are also highly susceptible to these attacks due to their intentional light sensitivity. Damage to a color CMOS sensor starts at around 40,000 to 60,000 watts per square centimeter for an exposure of 0.25 seconds, however, a color CCD sensor is more vulnerable. Damage begins to occur at around 16,000 W/cm<sup>2</sup> for 0.25 and 0.1 second exposures. Blue lasers tend to be best for this type of sensor attack since stronger blue lasers are typically easier to acquire (green lasers, for example, are much more highly regulated). Lower frequency lasers also tend to burn more, for cameras 15 - 30 Hz tend to do the most damage. Additionally, lasers used for tattoo removal have been known to damage cameras purely when recording them without it being aimed at it. If you can get your hands on one, a tattoo laser could cause severe damage when aimed. Using 2 semiconducting lasers that are red and green will confuse and jam most cameras if you are not able to burn it out. If they are oscillating, they work even better. All these techniques should be



practiced in relatively close proximity to the camera, certainly within 50 feet, but for more certainty in its outcome, 10-20 feet is ideal. Also keep in mind that often cameras are used in combination with on-foot surveillance, especially when dealing in things where the subject is expecting an attack. With this being said, if someone is watching the cameras and suddenly it gets blinded there is likely going to be security detail on their way to the site location. Many cameras also have built-in tampering sensors, so a cut wire or fried circuit will set off alerts to their security detail. This does not mean do not use these tactics but be aware of what may follow the use of these tactics and plan accordingly - you should never linger.

Now onto confusing; this is primarily a thing of camouflage and distractions. As to camouflaging, much of what was covered in the camouflaging section can be applied here. How you are camouflaging is going to depend on the environment you are dealing with - the objective is always to blend in. Are you doing something in the dead of night? That's great for black bloc. Out in the sticks? Real-tree camo. Around civilians? Don't stick out, dress like a civilian in the area. With that being said, don't wear super tight shit! Camo for camera is different from other camo in the sense that you specifically want to confuse the camera as much as possible as to what you look like. Here are some general tips:

- Baggy clothes that aren't clingy are great.
- Layering clothes and adding bulk to your person can help obscure the general profile of who is being looked for. Baggy clothes often still indicate some type of size underneath whereas bulky layers can make it look like actual body mass as opposed to just covering the specifics of your body.
- Loose face masks that don't show its contours are a lot harder to identify than fitted ones.
- Oversized sunglasses help cover bone structure.
- Large, brimmed hats can block your face if you keep your head angled down.
- Complicated grayscale patterns can help conceal shape - think zebras and patterns used on prototype test cars.
- Make sure tattoos, scars, birthmarks, or anything else notable is covered. In fact, visible fake tattoos are a great technique to confuse those attempting to identify you since it's pretty quick and easy to cover tattoos up, but nobody can make one go away that fast.
- Obviously, don't wear anything that identifies information about you. Your New York t-shirt might be fine in "New York" but definitely not the best thing to wear in "Idaho".
- Take advantage of makeup. Anti-surveillance makeup can be incredibly useful especially when doing things like scouting when you don't know where the camera might be. But be aware that this is noticeable and will alert that suspicious activity might be afoot.
- Anti-paparazzi clothing is beneficial for photos with flash but does little for standard CCTV surveillance. Although attaching LEDs or IR lasers to something like an anti-paparazzi hat or pair of glasses is effective at obscuring your face from the camera.
- NIR camo tends to be the hardest to see on camera at night due to its ability to reflect such little light. These can still be spotted on many night vision cameras but are extremely difficult and nearly impossible in unlit areas with normal CCTV.
- Tag teams and several deblocks really help in not being tracked over cameras if done well and in blind spots.
- Using legal covers for license plates is great for helping disguise vehicles. Most cameras aren't equipped to be able to read through a standard reflective license plate cover and it doesn't warrant getting pulled over or ticketed for it (they do tend to cause more suspicion though so although you wouldn't be able to be pulled over exclusively for this, but it can encourage an officer to find a reason to pull you over).
- For short-term use, you may be able to get away with devices that are designed to disrupt license plate readers with either lasers or lidars that you fix on the back of your



car. But be careful because you can definitely get pulled over if this is noticed in the moment.

- Fake bumper stickers are great for disguising cars. Fake window decals also work but bumper stickers are better due to being notoriously difficult to remove without damaging the paint in the area.
- When in a vehicle be aware of where the cameras are in relation to your car and try to keep the back of your car out of view, especially if that is not protected. Additionally using your sun visors can help block cameras from seeing your faces.
- Having people hiding in the back of a vehicle and popping up and/or exchanging places with the visible individuals in the car after deblock can help confuse the camera and make it seem as if they lost the car. Especially if this is paired with the removal of things like fake decals and stickers and a change in driving style.
- Be sure to de-bloc in blind spots or it blows your whole cover.

Additionally, how you act on camera will notify whether or not you are a possible suspect. Clearly, you want as little actual action caught on camera. So, for example, if you are planning on dealing with an electrical box where surveillance cannot be avoided - a larger person that would be clocked as a "man" would look less suspicious if they are able to put their back to the camera and work in a stance that makes it look like they're taking a piss than crouching down and making the tampering evident. The goal is to work smarter not harder. When unable to avoid or disable surveillance it's often easier to look normal than it is to avoid detection totally.

Distractions, on the other hand, often seem antithetical to many safety protocols for counter-surveillance and that's because they often are. Most effective distractions are more high-risk but can be extremely useful and often allow for more time to complete actions. Distractions are also great for backup plans when things go astray. The intention of a distraction is to draw attention and concern to a non-target as to pre-occupy the security measures. This can be done with tracking cameras by manipulating the blind spots or by mimicking the targets which the cameras are programmed to track and keeping the camera locked on a false suspect. Doing something extremely suspicious, but not actually illegal or incriminating, while something happens more discreetly in the background is another technique when it comes to distractions on 1 single camera when there isn't a concern for security personnel to come to the location. If you are dealing with the threat of security personnel being alerted and arriving on scene, ideally you want a multi-target attack. Bi-target attacks can work but buy much less time and safety. The intention of this is to get the security personnel alerted to an area separate from the true attack. Smaller operations with less bodies on duty are easier to preoccupy due to sheer numbers, so the larger the operations the more distractions will be needed, and this can increase risk severely. Having comrades actively trigger alarms on the opposite end of where the actual action is taking place is the easiest way to do this - although there must be at least plausible deniability for that comrade planned if they are caught, ideally a foolproof escape plan to ensure they do not become a casualty of the action. Having several comrades trigger multiple alarms on the same system can also convince the system and/or its operators that there was a glitch and to override a system alert. This is not exclusive to CCTV but applies to most alarm systems. Distractions are also great for trying to help someone escape a failed plan. Let's say an alarm is accidentally set off, having comrades ready to start setting off alarms in other areas will help lessen the amount of personnel able to go to the actual hotspot and hopefully buy time before they get there, especially since they are more likely to go to the most recent set of alarms if it seems that those alarms were also set off by the original threat. Always be aware that the more alarms are set off and the more is on camera the more information they have to figure out who is doing what. One tactic of distraction can be to overwhelm them with information so they can't sift through all of it or get fatigued while doing so and are more likely to miss actually useful information. This can be very beneficial, this can also give them everything they need to



make an arrest, or several, if you are not careful. Please practice this with extreme caution and tact.

## Motion sensors

When dealing with motion sensors in eco-defense situations, motion cameras are rarely optimal for the enemy to use while on the front lines. Most wooded areas will have wildlife that will trigger these sensors. Often to avoid this situation trail cams will be used instead. Trail cams are a form of surveillance often used by hunters to know where and when their prey is around. It works by using a motion sensor to activate the camera which helps with battery life.

Unfortunately, motion sensors are extremely hard to evade. Your best bet is to attempt to scout without getting in trouble first. If the area is hot and you are scouting for motion sensors and trail cams the key is to have a passable alibi because it's extremely likely that you will have to deal with security personnel. As to how to detect the trails your best bet is first to study them – know what you are looking for. Next, similar to scouting for CCTV, understanding the intention behind the placement is key - entrances, exits, bends/corners in trails, and areas where equipment is kept, are common places for them to be placed when dealing with trail cams set up with the intent of security opposed to hunting. Trails cams also use Wi-Fi so if you scan for Wi-Fi networks they typically will appear if you are nearby. Apps also exist to help identify nearby cameras by detecting the electromagnetic transmissions that most cameras put off. I can't really give suggestions for these because they are constantly changing and evolving due to the nature of digital technology. These apps are especially useful for detecting thermal cameras, which are often used by or paired with trail cams and motion sensors in the area due to their reliance on electromagnetic waves. You can attempt to expand your surface area by holding a large sheet up in front of anyone passing the motion sensors while moving extremely slowly, but this takes a lot of time and still does risk setting off the sensors quite a bit. Smoke bombs or heavy fog conditions are the best bet for passing by motion sensors without triggering them, but this does not work on thermal cameras. Thermal cameras can be evaded by using either glass, mylar, or very thick wool to cover the entirety of the body or being used almost shield-like. Mylar typically being the most lightweight but can also create much more sound than wool. Lining the inside of a large camo umbrella with mylar can be incredibly useful, but also incredibly incriminating if one is caught with such a device. Very rainy or generally "poor weather" conditions often lessen these sensors and cameras' ability to function so use that to your advantage as much as possible – especially for scouting. Staying low to the ground and moving slowly makes it less likely for you to be detected by these types of cameras and sensors. Most trail cameras are night vision so they can easily be disabled with a strong laser (see the section on CCTV). But, at the end of the day, the best way to avoid motion or thermal detection is to avoid the places where they are likely to be. Yeah, they're probably going to be on the trail to the sight, so follow the trail from at least 50 feet into the forest line and you'll be fine. Surveillance is expensive and is only placed where it is expected to be necessary – so never take the same route and they won't know how to or be able to afford to surveil you. Specified surveillance only works with predictability.

## Tree sitting

Okay so to begin – I have very little experience with tree sitting and very little time to be able to research it thoroughly. I do intend to do a whole separate writing going into tree sitting specifically that is much more thoroughly researched, but this is just going to go over some basics.



First of all, tree sitting can and has been done in many different ways, but at the end of the day it is a form of squatting; therefore, some standard squatting concepts do apply to an extent. Meaning: safety first, find a way to secure basic needs, play nice with your neighbors (flora and fauna), and always have an eviction plan. Luckily, evicting someone from a tree sit is incredibly hard to do— it takes highly trained officers, which are rare, to be able to safely do so. This is traditionally a tactic against loggers but has been picked up as a form of protest against all types of forest-clearing campaigns due to its effectiveness. Tree sitters will stay in the tree for, well, pretty much either as long as they can or as long as they need to. This can be done in several ways but one of the key things is to have as many resources as you can with you. Comrades often will find ways to get these resources to you but it is not always possible, so having a stock of water and protein bars is extremely useful. How you tree sit is also kind of up to you, typically people will use harnesses or platforms but there have been many different methods as well. But now that we know the point is basically to squat while in a tree, let's get into how to do this.

First of all, this should not be done by someone who isn't skilled in tree climbing and general basic survival principals. This is not an easy thing to do and is extremely physically and mentally taking. Which also means, you need to make sure you're really ready for this. It's not exactly something you can easily bail on – often coming down from a tree sit will lead to arrest unless it was otherwise negotiated. This is also not something to do without support, if your comrades are not on board do not rely on spontaneous assistance. Anyway, let's get on to how to do it.

The first 2 things when considering where to place a tree sit are 1.) what tree and 2.) what structure? As to picking a tree – you can't just pick any tree, it obviously has to be in the threatened area. Additionally, you have to be able to climb it and access it easily enough to get up there and for comrades to get supplies to you, but it can't be easy enough for an officer to get you out of it. As to the structure being used to tree sit: you do not want to rely on just a harness, you will fuck up your legs. Laying a board across 2 sturdy branches and lashing them in place is ideal for a platform. You should have at least 1 solid surface up there. Hammocks are also great for tree sitting – make it accessible from the platform. Setting up a few pulleys from one of the branches the platform is on is also necessary. This will help get resources up and waste down (please have at least 2 pulleys, 1 for waste and 1 for other stuff). This is all you *need* for a tree sit structure, but there are other options too. Especially if there are several people in nearby tree sits, tree nets can be incredibly useful. These can be costly (thus rarely being used), and you shouldn't cheap out on them due to their function but can be incredibly worth it. Tree nets are heavy-duty nets that span across trees and tree branches allowing for easier travel in and between trees. This is often easier to set up than solid structures and allows you to span across areas that would not normally be possible without a lot of arborist equipment or having to fully get out of the tree. Especially for tree villages, this helps with resource sharing, communication, and generally reducing isolation. These can be cut so booby-trapping them is vital. This can be done with strategically placed nets and mace traps.

Now onto getting resources, this is going to depend on what's possible. If they are able to get to the pulley system, simply placing things in the attached bucket is obviously preferred. If nets are set up a catapulting method may also be possible. There are also methods of airdrops with drones and balloons. Having supplies to collect rain and a life straw can be beneficial for water and being able to set up squirrel pole snares can be really beneficial in lessening the need for outside supplies.

Again, due to my limited knowledge on this particular topic and a time crunch on releasing this writing, I will not be able to expand further on this topic. This will be delved into in future writings, especially due to the lack of writings covering the tactics of this form of action, which is also the reason why this will not be able to be researched in time for the release of this.



## Tree spiking

Tree spiking is primarily used to stop lumber logging but can be useful for stopping, or at the very least complicating, felling trees broadly. *The Field Guide to Monkeywrenching* is the best resource for information on tree spiking and all its related actions and should be studied, especially for more advanced methods. This will cover the basics of tree spiking and pinning and specifically how to utilize it when dealing with non-lumber operations and heavily references the aforementioned Field Guide.

As to why and how to spike trees when dealing with non-lumber felling. Although tree spikes are most useful to lessen the capital incentive of lumbar manufacturers and damage their equipment, this can also slow down clearing operations broadly. It is certainly not as effective when dealing with non-lumber operations but, if able to be done well in advance (thus avoiding high surveillance areas), it can be a large nuisance and done at relatively low risk. The biggest difference when dealing with lumber operations vs non-lumber operations is going to be placement. The goal is not to destroy logging saw blades, but the blades used to fell, so the tactic of spiking the tree higher up has little use here. This makes things slightly easier given the fact that there isn't a reason to do things such as climb trees to spike them, which lessens the time spent on each tree and allows for more to be spiked but also means they know where to look because of the consistency in their placement and is the easiest spot to detect. To avoid this, do not exclusively use metal spikes - using a mixed bag of metal, ceramic, rock, or whatever other thing that is hard enough to fuck a blade but won't set off a metal detector is ideal. This will not allow them to reliably detect where spikes and pins have been placed and risk their equipment. Trees are usually cut around 1 - 2 feet above the ground, if trees have already been cut in the area or by that team that you are aware of take note of the height at which they've been cut. Going slightly above the height trees are being cut at and driving spikes or pins at a downward angle into the tree will be in the perfect spot to hit a chain or blade and damage it. It has been said this is not ideal due to the ability of the operator of the equipment to be harmed, yet in dire situations, dire actions must be taken - proceed at your own discretion.

Onto the basics of tree spiking broadly. Traditional tree spiking is quite simple - get yourself some really long nails that have got some girth to them, a mallet or small sledgehammer (one coated in silicone or another plastic-y material can help limit sound), and drive the nail into the desired location. You can also add the step of cutting off the head of the nail when it is almost completely in the tree and then giving it a few more whacks after to make it flush with the tree - this impedes the attempted removal of tree spikes. The Field Guide recommends 60 penny (60d) nails as good for most projects. It's important to be aware that tree spiking does create a decent amount of sound and should be executed with that in mind. When using tree spikes that are not metal you will be following a method more like pinning since they will not withstand blows from a hammer.

Tree pinning is a form of more silent tree spiking; as opposed to driving nails into a tree with a hammer you drill a hole into the tree and fix a rod in it. Simply drill a hole slightly larger than the thing intended to be placed into the hole, add an adhesive such as caulk or super glue into the hole, place your pin, seal the hole with the same adhesive, and cover the hole by fixing bark back to the area. This is how you also place ceramic and rock spikes. To address ceramic and rock spikes - these take a lot of effort. You likely will have to make the ceramic pins and rock shards for this process which takes a lot of equipment. Having comrades skilled in ceramic or masonry and with access to the equipment of those fields is ideal. I will not cover the specifics of how to make them, that information can be found in detail in the Field Guide. An alternative to these methods that takes less equipment, although can cause more damage to the trees than other methods, is concrete. By drilling a hole into the tree the size of the intended pin and filling it with concrete before sealing and covering the hole can be an effective way of



creating tree spikes that will not be able to be detected or removed with less equipment. This is not ideal due to the pain the tree experiences, but when the tree is going to be cut down anyways this is an effective way of making it as difficult as possible to do such.

Remember, tree spiking is highly illegal and highly hated by companies dead set on destroying the forest. One must take security extremely seriously when such actions are being executed, for one's legal and physical protection.

## Road sabotage

Road sabotage can be done in several ways - the main one is to target the tire. This is due to it being easy to execute, creating costly damage, and being the least noticeable. It is also important to be aware of possible civilian travel and to avoid any possibility of a passerby being caught in the cross hairs of these actions. Do not use destructive road sabotage methods on roads and trails being used by civilians, period! Additionally, due to most roads used during forest clearing not being paved, this will assume you are working with such.

Destructive methods of sabotaging roads start with road spikes - these are basic. Road spikes can be loose or fixed into strips. Loose spikes are obviously going to be the fastest and easiest. This can be done by scattering caltrops, nails, broken glass, or anything else similar on the roads that are being targeted; nails and glass will work fine for standard vehicles, but caltrops are more likely to be needed for heavy machinery. The issue with this method is they are easy to spot and easy to clean up, this can be avoided with spike strips. Simple road spike strips can be made by drilling long screws in rows through the plywood. To install them simply dig a shallow trench in tire wells on the road, fit the spike in the trench, and cover the base of the trench with dirt from the dug-out trench. The trench should not be deeper than the thickness of the wood used for the spike strip. Barbed wire can also be used similarly to spike strips, although they work a little differently. Barbed wire might pop a tire but it's not extremely likely. What is more likely is that the barb will get stuck to the rubber tire. This can be used to your advantage in creating a tire-trapping system. To do this lay lengths of barbed wire across both wheel wells in the road in varying directions making sure to overlap them as complicated as possible. The goal of this is for the barb to get stuck to the tires of the vehicle, lifting it up and tangling itself around the tires and axle. So, the more you tangle it during set up the easier it is for this to happen. After you place the barbed wire just grab some dirt and dust over it a bit to help conceal the wires. This will not permanently disable a vehicle but can cause a massive delay in traveling the road to the job sight and delaying the availability of the equipment – it's also just a pain in the ass to deal with. Another form of destructive road sabotage is with a well-placed taut line. Rigging a heavy-duty taut line diagonally across a road will cause a car to hit it and slide into whatever the line is tied to - so make it a strong tree or boulder for max damage. A heavy-duty cable is ideal in the sense that it has the strength needed to properly execute this method but is highly visible and can be costly. Alternatively, one could use several lines of braided deep sea fishing line stacked vertically about 1 or 2 inches apart, 5 or 6 of these should be effective for a standard vehicle and 10-15 for heavier equipment. If using the multiple fishing line method be sure to start low if you are planning on dealing with heavy machinery, they should also be kept taut, but not extremely tight to avoid too much tension weakening the line. When dealing with bridges your best method is going to be explosives, it avoids the risks involved in burning them and gets done a lot faster. Yes, the sound will attract attention, but so will any fires large enough to remove a bridge. This will not be covered here due to the severity of this action and the basic nature of this writing, if this method is intended to be used The Preparatory Manual of Explosives and TM 31-210 both have more information on these sorts of activities.



Non-destructive forms of road sabotage are extremely limited for utility roads and are primarily going to be done with blocks. Simply gather several comrades, or use an ATV with a towing hitch to blockade a road with large rocks and fallen trees. This will only slow down the process and can often be very risky for little reward. If you fell trees over narrower roads, this will block the road for longer due to the difficulty in removing the trees but this is also very time-consuming, loud, dangerous, and the exact thing being fought against. Road sabotage is primarily done and useful in destructive manners, and that is just the situation. If you are trying to do standard road sabotage, a method can be to switch around road signs to create confusion. Most standard skateboard socket wrenches work on street signs and are compact.

## Disabling vehicles and other equipment

There are many reasons why one might want to disable a vehicle or other machinery, luckily, it's pretty easy to do. Accessing these critical points and not getting caught is the hard part.

Let's start with things that can be done when one has less access. Being able to safely see is something one might consider important to be able to operate such equipment, so a damaged windshield can be a serious issue when intending to do such. You can always smash it, most windshields will crack after a few good swings from a sludge hammer although this will be very loud, certainly set off alarms, and draw quite a bit of attention. A quieter method of breaking or cracking windows on vehicles is with a piece of a spark plug thrown, hard, from a short distance at the target. This will still set off alarms and does not typically work on heavy-duty equipment. A more discrete way of damaging a windshield or window is with glass etching cream, this will etch the glass leaving it frosty and unsafe to operate. Additionally, near the windshield, you can pour quick-dry concrete into the air intake to block the equipment's ability to properly cool itself and tank the engine – sand will also work if you're attempting to be more discreet. If things like gear or mechanical chains are exposed on the target there are several methods that can be used to disable or damage them. A pair of heavy-duty bolt cutters come in handy for cutting chains and spokes, as well as any type of padlocks or chains being used to lock the gas input or engine. You can beat the hell out of exposed gears with a sledgehammer but that makes a lot of noise for little damage; instead jam them with nearby sticks and/or pour a quick-drying cement over and in between the gears (the thicker the mix, the faster it'll dry), this will cause them serious damage and is costly to repair. Alternatively, welding or soldering them also does the same job but relies less on hoping it dries in time. If this is not an option, anything sticky mixed with anything gritty will fuck up gears and chains, although it will not permanently damage them. Just spray them with some glue, epoxy, or even just thick oil and rub some dirt in them, and it'll make the machine jam. Keyholes can be destroyed by jamming them with chips of wood and a strong adhesive such as liquid cement or super glue, hitting it with a torch after helps in permanently damaging the interior structure of the keyhole if you get it to a high enough temperature. Tires can be slashed but you should not stab into the sidewall of a normally pressurized tire, especially on heavy machinery, it is dangerous and at the very least blow out your ear drums. Instead, cut the tire stems within the first inch from the base, this is more repairable than slashing a side wall but is significantly safer. If you are dead set on slashing the side walls, first cut the stems and allow them to deflate a bit, and then proceed by standing to the side of the tire and pressing the tip of your knife into the sidewall, pulling the knife towards you. Be aware that the tires of heavy machinery are often not filled exclusively with air and can end up spewing liquids at you. If the tires are going to be slashed, cutting brake lines is significantly safer to do since the vehicle will be immobilized and therefore will not risk the life of an unwitting operator. To do this simply cut or torch the brake line, which can be found right on the other sides of the tires (cut the hose, not the wires). Exhausts, due to the nature of their



function, have to be exposed - which makes them a very easy target. Simply packing an exhaust pipe with thick quick dry concrete and gravel will more than effectively block the exhaust pipe and blow the engine. Be sure to use a stick of some sort to tamp it deep in the pipe so that it is not noticeable upon immediate inspection so the engine can be effectively damaged from attempting to run the machine. Finally, if the goal is total destruction with no internal access and you are willing to go to this extent, your best bet is going to be arson. This is not something to take lightly and is extremely risky, in addition to being bad for the environment, but it is the fastest way with leaving little evidence. Make napalm and be sure to use styrofoam from a landfill, illegal dumping site, or general litter clean up – but you will need a lot (might as well make that shit useful). Cover your target, stand back, and set that shit ablaze with a flying projectile or a wick but make sure you stay far away and wear safety equipment. A very effective projectile would be a Molotov filled with napalm and bits of aluminum (for extra damage) instead of its more standard fluids for a hotter, stickier burn. Keep in mind when dealing with arson either only burn or only physically destroy; destroying things and then burning them gives more likelihood of leaving behind evidence and burning and then destroying takes far too much time and you need to get as far away from the arson target as soon as possible – like cross state lines if possible.

Now let's talk about what to do when you do have access to critical points and how to get such access. Critical points have access to internal and vital mechanisms, such as the engine, gas tank, energy source, etc., and will cause expensive damage or incapacitate the machine to the point it must be replaced. A basic principle of this type of sabotage is, generally, solids and improper liquids added to these critical points will generally fuck shit up, here are some specifics:

- Sugar in the fuel tank doesn't work, this has been known for decades now.
- Bleach in a fuel tank does work and is extremely corrosive at a high enough volume, but what works a lot better is draino or another form of liquid plumber (much more corrosive).
- Putting a plastic bag in a fuel tank will cause it to jam the filter, stalling the engine, the bag will release eventually, it will seem to go back to normal, and then repeat the cycle. The plastic bag will eventually dissolve so it won't be permanent, but it will be really annoying and hard to figure out.
- Pouring 1 or 2 gallons of water, especially salt water or wastewater, into a fuel tank is a classic for a reason, it will dilute the fuel and it won't be able to start.
- 1 or 2 quarts of 2-cycle oil will stall a gas engine once it is running and can possibly damage it permanently.
- Saw dust, rice, instant mashed potatoes, concrete mix, sand, or anything else that takes up space will fuck with a fuel tank, or any liquid container really, but won't necessarily ruin the engine. If you're trying to bust the holding capacity of the fuel tank a box or 2 of instant mashed potatoes is going to be the easiest way but concrete and sawdust will do more damage. If dealing with the oil access, stick to sand and concrete due to the nature of how rice and instant mash work and being hydrophilic. Animal fur also works extremely well to clog oil filters. Insta mash and rice are best when mixed with the radiator fluid.
- Low flash point oil put into the fuel tanks of diesel engines will cause the machine to barely function or even stall if enough is added.
- Adding etching cream or hydrochloric acid to the radiator will destroy the radiator within a few days.



When dealing with this form of action for eco-defense means, many of these dealings are not worth it. They take too much time and material for too little effect – but depending on the goal of the planned action these tactics are worth being aware of at the very least. A significant amount of damage can be done much quicker with simply a pair of bolt cutters once you get under the hood, but again, that does not render these prior tactics useless and can be incredibly effective moves. As to using bolt cutters, or generally using slash-y and cut-y tools, slashing the fuel line is a simple way to disable the vehicle, although this can be repaired fairly easily (most cut lines and pipes are this way). Once you get under the hood, frankly, cut everything you can as long as it's not electrical - joints and valves are the hardest to repair. Hydraulic lines and air brake lines will destroy heavy-duty equipment's ability to function but be careful because this can cause shifts in the machinery that can be dangerous and loud. Hydrochloric acid poured over the electrical system will corrode the wire casing and short them. If it's below freezing, pouring water over clusters of wires will freeze and destroy them. If you can get access to a filter, remove it and get rid of it far far away. Many of these tactics can be repaired and thus it is often tactical to deal with both slashing lines and sabotaging the internals through corrupted fluids.

If you are dealing with electrical equipment you must first disable its power source. This is usually pretty easy to do if it is turned off but will depend on each device, thus research on your target and the equipment they use is extremely vital. Once it is disabled from its power source, cut as many wires as you can get your cutters to. A hammer or spike being taken to the connecting point to the power source is also a simple and effective thing to do with a little brute force. Once everything is cut, hydrochloric acid is your best friend – this will make sure the wires can't be repaired. If you can't cut shit first, hydrochloric acid alone will do significant damage to anything electrical. There are more technically advanced and slick ways to deal with electric equipment, and certainly, study them if you intend to do electrical sabotage, but at the end of the day, brute force is usually a decent method of sabotaging this style of equipment. *Ozymandias Sabotage Handbook* is a good reference for dealing with specific and technical sabotage of different types of motors and engines.

As to gaining access to these critical points: bolt cutters and crowbars. Most civilian vehicles aren't going to be padlocked so to gain access to these points is a lot simpler. Standard car-jacking tricks apply but often aren't necessary. Depending on the car the latch for the hood can be released with a screwdriver or similar piece of metal by locating where the latch is and manually releasing the hood, usually by pushing upwards (this should not sound an alarm on normal cars, but might on very expensive or modified cars). You can also access the latch through the grill of the car and using a thin screwdriver or wire cable can be used to manually release it as well. Locked gas caps can be opened with a flathead screwdriver or extremely simple lock-picking techniques. Fuel doors can be opened with a flathead screwdriver or crowbar and a moderate amount of force; this very well can trigger an alarm but primarily on newer cars. Disabling the electrical system by forcing open the hood and removing the battery (safely!!) will forcibly stop any type of alarm system and this will allow you to pry open anything you want to. If this is not an option, this is when you start to use car-jacking techniques. A simple way to unlock a car safely is with a wire hanger and blood pressure cuff: slip the blood pressure cuff between the door and the car and begin inflating it to force the car door to open a little bit. Then slip a straightened wire hanger in the slightly open door and use it to press the unlock button or pull the lock stitch on older cars. There are much more complex methods of unlocking a car without the keys, but this is a simple and reliable one – just don't try it on really expensive cars. As to heavy machinery, there are 2 important things to know: everything is going to be

padlocked and most heavy machinery is sold with universal factory locks and most of their owners never change that. Heavy machinery is where your crowbar and bolt cutters are going to come in handy most. Many of the caps will be actively locked and they come pre-made to be easily locked, a good pair of bolt cutters aren't going to have any issues with this. If one does not want the sabotage to be noticed upon initial inspection, lock-picking skills are necessary. There are lock-picking guns that basically do the job for you but these tend to be very expensive and hard to get without having to register it, luckily most civil padlocks are pretty easy to pick. Practice picking locks of common brands (Masterlock, Weiser, American Lock, etc.) and study your target beforehand. Typically, people will stick with 1 or 2 brands. Picking the locks takes a lot more time and effort but depending on the intent of the action can make a vital difference. The last thing you want is to do a bunch of work to tank the engine once it is turned on and it never gets turned on because sabotage was detected. As to keys to the machinery itself, most producers of heavy-duty construction equipment rely on a 1 key fits all system through most of their machines, to the point where you can even buy universal key sets for construction equipment. For example, CAT heavy equipment uses a 5P-8500 key for their ignition systems and an 8398 key for their master disconnect (used for disconnecting the battery). So, once you know what your target is, it's pretty easy to figure out what keys it uses and to get your hands on them. Getting a universal, or at least extensive, set of these keys in advance is beneficial to not alerting suspicion. Once keys are obtained, everything gets a lot easier and a lot less risky but be sure to have a backup plan just in case the lock was changed after manufacturing.

Always be sure to never leave behind any of your equipment or supplies used during an action. Having a checklist and practicing dry runs making sure you keep all your things together is very beneficial to make sure things go smoothly. Also never overlook things like fingerprints, hair, bootprints, etc. Most of the basic eco-defense guides go into significant depth about how to avoid these issues. Throwing away a bottle of oil at the site can be the difference between a successful action and an arrest. One of the benefits of sabotage that takes longer to be discovered is due to evidence that may have been left behind being corrupted. This also goes for the actual sabotage process, if you're cutting lines or mixing shit be sure not to let fluids spill on the ground. This won't necessarily get you caught (although it will make sabotage obvious) but remember the goal is to protect the Land so you need to make sure you're taking precautions to minimize your harm as much as possible.