

Special Report**ANTITERRORISM: SURVIVING A HOSTILE WORLD**

By Joseph Wilks

This special report provides some valuable tips to help you survive a terrorist attack. It was compiled from many sources, most of which were geared to overseas travel; but as we have recently seen in New York and Washington DC, the threat is everywhere.



***Terrorism** is the calculated use of violence or threat of violence to instill fear. It is used to coerce or to intimidate governments or societies to achieve goals that are generally political, religious, or ideological.*

Who are the terrorists?

Often, that is a hard question to answer. In many cases the terrorists committing an act of violence will admit their involvement to achieve notoriety. Some terrorists are state sponsored and some, such as the Osama bin Laden group are individually sponsored. Generally, they are well funded giving them long reaching capability to commit acts of violence both domestically and internationally. Recent examples:

- Pan Am 103, 20 Dec 88 – 270 Killed
- Tokyo Subway Chemical Attack, 20 Mar 95 – 12 Killed, Thousands Injured
- Oklahoma City, 19 Apr 95 – 168 Dead, Hundreds Injured
- Khobar Towers, 25 Jun 96 – 19 Airman Killed, Hundreds Injured
- Karachi, Pakistan, 12 Nov 97 – 4 U.S. Businessmen killed
- The World Trade Center in NY and Pentagon, 11 Sep 01 – over 6300 killed

**The Tools of the Terrorists**

Bombing is the most common. For the terrorist, it is low risk, inexpensive, extremely lethal and generates instant media coverage. Arson has similar results.

Kidnapping gives the terrorist a “bargaining chip.”

Assassination is used to kill a prominent person – frequently a way of eliminating a “problem.” Often times the target is symbolic.

Hijacking/Skyjacking is very similar to kidnapping, but as we have seen with the recent 11 Sep 01 hijackings the aircraft is now being used as a weapon of mass destruction. Which takes us to our next level of terrorism –

Nuclear, Biological, and Chemical weapons will provide terrorists a higher success rate with increased lethality.

The chance that you will ever be targeted in a terrorist attack is rare, but it can happen. The following paragraphs detail safety precautions you can take to minimize your odds of being a victim and increase the odds of survival if you are.

Making Travel Arrangements

If possible, use military air or US flag carriers. Avoid scheduling through high-risk areas. If you are military, do not use rank on travel documents or hotel reservations. Be prepared to hide your military ID card in case of a hijacking. The mere association with the military may incite the attackers to violence. Travel with a tourist passport, rather than an official one to reduce your profile. Select a window seat as they offer more protection. Aisle seats bring you physically closer to the hijackers. Sit towards the rear of the plane. Generally the terrorist will stay centered and forward to give them access to the cockpit. Seats at an emergency exit may provide an opportunity to escape.

Clothing Issues

Travel in civilian clothing when using commercial transportation. Do not wear distinctive military items such as organizational shirts, caps or military issue shoes or glasses. Do not wear US identified items such as cowboy hats or boots, baseball caps, American logo T-shirts, jackets, or sweatshirts. Wear a long-sleeved shirt if you have a visible US affiliated tattoo.



Take every precaution to look “ordinary.” In a hijacking or other terrorist situation, people who “stand out” in some way are more likely to attract unwanted (if not fatal) attention from the terrorists.

Other Pre-travel Issues

Make sure your Will is up-to-date. Name guardians for underage children. Give someone Power of Attorney to handle your legal issues. Do not take reading material or items that may be offensive to the people in the country you are visiting. If you have medication, take at least twice as much as you anticipate needing – and in the original containers. If you need items like syringes, take along a letter of explanation from your doctor. Make a copy of important papers (passport, driver’s license, etc.) and carry those copies separately from the originals. If you plan to drive, check with AAA is see about getting an international drivers license and

insurance, as many countries will not recognize your US driver’s license. Be sure to leave a copy of your itinerary with someone.

Precautions at the Airport

Spend as little time as possible at the airport. While there, watch for suspicious activity, such as nervous passengers who maintain eye contact with others from a distance. Observe what people are carrying. Note behavior not consistent with that of others in the area. No matter where you are in the terminal, identify objects suitable for cover in the event of attack. Pillars, trashcans, luggage, large planters, counters, and furniture can provide protection. Do not linger near open public areas and do not sit near lockers. Try to keep your back to a wall. Quickly transit security checkpoints, waiting rooms, commercial shops, and restaurants. Avoid secluded areas that provide concealment for attackers. Use concealed baggage tags. On baggage tags, use your name, phone number, and zip code, not city and state. Also, be aware of unattended baggage anywhere in the terminal. Exit the airport as soon as possible. When going through customs, stay at the edge of the crowd. Always report suspicious activity to the airport security personnel.



At the Hotel

Do not give anyone your room number. If possible, choose an inside hotel room. Sleep away from street-side windows. Ask for a room between the 2nd and 6th floors. Ground floors are primary targets and safety equipment will not be able to reach you on higher floors. Leave lights on when leaving the room and hang the “do not disturb” sign on the door. Keep the room key in your possession at all times and always lock your room. Arrange knock signals. Answer the phone with “hello” and do not use your name. Do not accept deliveries to your room unless previously arranged and you are certain of the source and contents. Do not admit maintenance workers unless you have either called for them or checked their authenticity with the hotel desk. Do not talk about any sensitive company or government information on the phone – assume the phones are tapped. If you are traveling for business reasons, assume everyone is either a member of the local intelligence staff or will be debriefed by them. That includes the hotel clerk, the porters, the maid that cleans your room, the waitress that serves your food, the taxi cab driver – all can be used to gather information about you.

While Traveling

Look for signs of tampering (such as doors, hood, or trunk ajar). Look under your auto. Be alert when opening the door. If using a keyless remote entry device, be sure it is programmed to open only one door at a time, or else open the doors only at the last minute and lock them again immediately upon entering the car. Alternate parking places. Vary your routes to and from your workplace. Drive with the windows up and the doors locked. Always lock your car when leaving it. Avoid “choke points” and plan an escape route as you drive. Keep some distance between you and the car ahead to allow for evasive maneuvering. Stay in the outside lanes. Keep the gas tank at least half full. Be cautious of anything that causes you to make an abnormal stop. Watch mopeds and cycles closely. Do not pick up hitchhikers.

Be aware of your surroundings when traveling. Quite often the terrorist will perform surveillance before acting. Stay alert for the following indicators that someone nearby is stalking you. While you may not be the intended victim, you could be injured in the attack.

- Illegally parked vehicles
- Occupied parked vehicles
- Vehicles that move with you
- Vehicles that pass then park
- Erratic moves/driving
- Vehicles slowly maneuvering through turns and intersections
- Vehicles signaling for turns but do not
- Running through red lights
- Flashing lights between cars
- Pausing in traffic circles until target exits
- Speeding up/slowing down
- The same vehicle day after day, particularly if occupied
- Different vehicles occupied by the same people

At All Times

Vary eating establishments. Vary your shopping habits. Do not establish patterns! Avoid crowded areas and civil disturbances, when possible. Be alert when exiting bars and restaurants. In bars and restaurants, sit where you can see the entrance, and know where possible alternate exits are. Walk on the outside edge of sidewalks. This makes it harder for someone hiding in a doorway or alley to reach you. Walk facing oncoming traffic and be alert for the sound of a vehicle that passes you and tops suddenly. If carrying a purse, keep the purse on the side away from the street. Avoid high crime areas, just like you would in the states (the Embassy, local police, and the hotel staff can help guide you). Vendors, children, even mothers with children have been used as distractions to aid pickpockets. Know how to use the local telephones (always keep telephone change available). If attacked, don't yell “help!” yell “fire!” – it will attract more attention.



Know emergency numbers for police, ambulance, fire, and hospital. If asked about your job, give only general information and try not to identify yourself with the US government.

If traveling overseas, know the location of the US Embassy or Consulate or any other area where you can find refuge or assistance. Contact the US Embassy upon arrival. If a disturbance breaks out, they can only notify and assist you if they know your there. If arrested or detained, ask to speak to someone from the American Embassy or Consulate. Do not make any statements or sign any documents without guidance from Embassy personnel.

State Department Travel Warnings

http://travel.state.gov/travel_warnings.html



➤ Bomb Incidents

➤ Be suspicious of objects found around the house, office or auto. Check mail and packages for:

- Unusual odors
- Too much wrapping
- Bulges, bumps, or odd shapes
- No return or unfamiliar return address
- Incorrect spelling or poor typing
- Items sent “registered” or marked “personal”
- Protruding wires or strings
- Unusually light or heavy packages

Isolate suspect letters or packages. Do not immerse them in water. Doing so may cause them to explode.

Clear the area immediately and notify authorities. Once outside, avoid standing in front of windows or other potentially hazardous areas. Do not restrict sidewalk or streets to be used by emergency officials.

Bomb Incidents - How To React

- If you are in the building during an explosion:
- Try to get out as soon as possible.
- If items are falling, get under a sturdy table or desk. If there is a fire, stay low to the floor.
- Cover nose and mouth with a wet cloth.
- When approaching a closed door, use the palm of your hand and forearm to feel the lower, middle and upper parts of the door. If the door is hot to the touch, do not open – seek another escape route.
- If trapped in debris. Use a flashlight. Stay in your area so that you don’t kick up dust. Cover your mouth with a handkerchief or clothing. Tap on a wall or pipe so that rescuers can hear where you are.

Shout only as a last resort. Shouting can cause a person to inhale dangerous amounts of dust.

Suspicious Phone Call ? . . .

Report It Immediately to Security

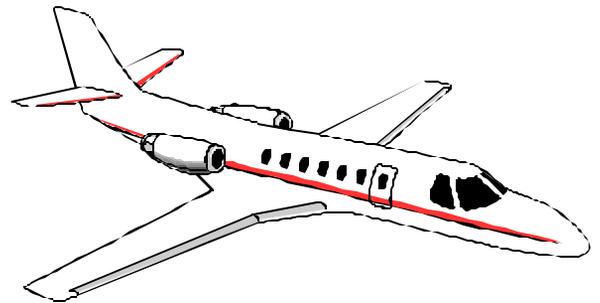
Keep the Bomb Call Checklist Next to Your Phone

If Hijacked

In the past, the following procedures were recommended for hijack situations: Remain calm, be polite and cooperate with your captors. Be aware that all hijackers may not reveal themselves at the same time. A lone hijacker may be used to draw out security personnel for neutralization by other hijackers. Do not offer any information. Do not draw attention to yourself with sudden body movements, verbal remarks, or hostile looks. Prepare yourself for possible verbal and physical abuse, lack of food, drink, and sanitary conditions. If permitted, read, sleep, or write to occupy your time. Discretely observe your captors and memorize their physical descriptions.



40% of terrorist attacks worldwide are against the US or US interests.



We ARE the target!!

If Attacked

Dive for cover - do not run. Running makes you a bigger target and increases the probability of shrapnel hitting vital organs. If you must move, belly crawl or roll. Stay low to the ground, using available cover. If you see grenades, lay flat on the floor, feet and knees tightly together with soles toward the grenade. In this position, your shoes, feet and legs protect the rest of your body. Shrapnel will rise in a cone from the point of detonation, passing over your body. Place arms and elbows next to your ribcage to protect your lungs, heart, and chest. Cover your ears and head with your hands to protect neck, arteries, ears, and skull. Responding security personnel will not be able to distinguish you from attackers. Do not attempt to assist them in any way. Lay still until told to get up.

The recent attacks, which used hijacked planes to destroy the World Trade Towers and damage the Pentagon, rewrite this theory.

If faced with imminent death, any action you take to overcome your attackers may save your life and potentially, thousands on the ground. You have to carefully assess your situation and determine the current situation and right approach for survival.



Be aware

Be alert

Keep a low profile

Be unpredictable



If Taken Hostage

The chances of being taken hostage are truly remote. Should it happen, remember that your personal conduct can influence treatment in captivity and that survival rates for hostages are high. The Department of State will immediately begin to take action to gain your release. If kidnapped and taken hostage, follow these three important rules:

- Analyze the problem - do not aggravate the situation.
- Make decisions to keep the situation from worsening.
- Maintain discipline to remain on the best terms with the captors.

Do not be depressed if negotiation efforts appear to be taking a long time. Your chances of survival actually increase with time. Maintain your composure and recognize your fear. Your captors are probably as apprehensive as you are, so your actions are important. Take mental notes of directions, times of transit, noises, and other factors to identify your location. Note the number, physical description, accents, habits, and rank structure of your captors. This information will be crucial to prosecution proceedings after your release.

During a rescue, drop to the floor and be still. Your rescuers will most likely be breaking through windows and doors, firing tear gas or smoke pellets, and shooting at anything that seems threatening. Wait for instructions. DO NOT reach for any dropped weapons. You may be handcuffed and questioned, but you will be released soon.



Anticipate isolation and efforts to disorient and confuse you.

- Stay mentally active.
- Exercise daily.
- Read anything and everything. Eat what is offered – maintain your strength!
- Do not aggravate your captors.
- Do not get into political or ideological discussions.
- Comply with instructions, but always maintain your dignity.
- Attempt to develop a positive relationship with your captors.