

One Retreat's Rules, by T.N.P.

By [James Wesley, Rawles](#) on January 8, 2011 8:14 PM

The following is a document that I have developed for our retreat. Obviously your mileage may vary. These guidelines are based on our area, family connections, our previous preparations and many other factors. Feel free to use them as a starting place for drafting rules for your own group.

Retreat Rules

It is not the goal to have a burdensome and complicated set of rules. However, there must be some rules so that everyone is on the same page. In the event of "Retreat Activation", the survival of any one of us depends on the survival of the rest of us. We should act accordingly at all times.

Rules will be altered, added and deleted as needed to keep things as simple as possible while maintaining order and cohesiveness. If you feel a rule needs to be added, deleted or changed, please let me know. All suggestions will be taken under advisement. Some may be accepted, others may not.

The purpose of the retreat and the preparations are to strive to survive a disaster or a breakdown in society.

While we are not a religious group, the Ten Commandments will be our guide in dealing with others. As far as the first three commandments go, your soul, your God, your choice. Choose carefully.

It is expected and demanded that you do not talk about the retreat, our plans, preparations, activities, etc. with anyone outside the group. Our lives may depend on others not knowing about us. If the retreat is compromised, you could go somewhere else; I have no choice but to stay here.

If you decide to leave the group, we expect you to still not discuss the retreat with others. To do so would be potentially putting our lives in jeopardy.

If you are asked to leave the group (very serious thing) you will take your provisions with you. We also expect you to honor your pledge to maintain our privacy.

I will make all final decisions. It's not that I don't trust you, you wouldn't be here if I didn't, but this is my home. Please respect that and I pledge to make decisions that are in the best interest of all involved.

Admission

Admission to the group is by invitation only. Individuals or families may be suggested and recommended by any other member. Operational security must be observed. Not everyone will be accepted. All recommended people will be considered for an interview. Most interviews will be informal and most people will not realize they are being interviewed. Most interviewees will be asked to come and "camp" with us for a weekend. Everyone will get to meet them and make an assessment.

There is no one qualification to be admitted but rather many traits that are desired. Skill sets are a large, but not primary, factor in the acceptance of

someone. The ability to get along with others and respect others even when they do not agree is a large factor.

Race or religious beliefs will not be a factor in selection.

People will only be selected that we would trust with our lives.

The ability to get along with everyone else and willing to carry their own weight and then a little more are traits that we are looking for.

Again, the final decision to admit anyone to the group will be mine.

Retreat Activation

The retreat would be activated in the event of a national emergency such as nationwide or regional power failure, major earthquake, war, extreme civil unrest, etc. It is not a vacation home or a place for you to go to if you lose your job or your spouse kicks you out.

Banned Activities

This should not even need to be said but in order to make everything clear, the following items are banned:

Nothing illegal is allowed. We can't take the chance. Penalty: Immediate dismissal! Law enforcement will be contacted if necessary.

No firearms, ammo or weapons are to be brought to the retreat that are deemed to be illegal by the state, local or federal law enforcement. While you may or may not agree with the law or the interpretation, it is still the law and you must abide by it.

No racist, skinhead, Nazi, religious zealots or the like will be allowed.

Illegal drugs are not allowed.

Alcohol consumption is not allowed. You could need to use a firearm at any time. Everyone depends on everyone else being in full control of their facilities at all times.

Tobacco smoking will not be allowed once the retreat is activated. Use caution until then.

Fighting or heated "discussions". Respect the opinion of others.

No talk or plan of subversive activities will be tolerated.

Water conservation

Once the electricity is out, water conservation will be very important. While cleanliness and health go hand in hand and are very important, there will only be a certain amount of available water. Use it sparingly.

Sanitation

Expect to use an outhouse or latrine. Feminine products and toilet paper is not to be placed in the pit of either. Place it in the proper container for burning or other disposal. Other times, when away from the retreat, on patrol or any other situation, feces must be buried and a large rock or rocks placed over it.

Food

Food will be prepared in a central kitchen or camp area, by those listed on the

duty roster. All food at the retreat, or acquired later, when the retreat is activated, will be available to the cook staff to be prepared for everyone.

Clothing

Clothing should be selected with an understanding of the jobs that will need to be done. Please consider that weather can be hot, warm, cool, cold, dry, wet and several combinations. Prepare accordingly. Clothing shall be modest at all times.

Lookout duty (LO)

Everyone should be prepared to stand lookout. The number of lookouts and the schedule will change depending on the situation. Some will be excused from LO duty for physical reasons, trust issues or other jobs needing their attention. A schedule will be posted ahead of time, again depending on the situation. Lookouts are expected to report on time and be alert throughout the entire shift. No other activities should be performed while on lookout duty. No Exceptions!

Jobs/chores

Jobs will be assigned by me or the person I appoint. While you may request a particular job or request not be placed on a certain job, the person assigning the jobs has the final word on the matter. You are expected to do all jobs to the best of your ability. All jobs are important. The pay is the same!

Light discipline

In times where we expect to be harmed in any way, light discipline is of utmost importance. If a light must be used, do so in an interior room with the door closed. It would be very important for light to not give away our positions and activities.

Noise discipline

Any noise could give away our location and be detrimental to all of us. Depending on the situation, total silence may be required.

Training

Training weekends will be regularly scheduled. These weekends will consist of a variety of exercises and sometimes jobs (like building bunk houses) that need to be done around the retreat. Prepare to camp for these weekends.

Three consecutive training sessions missed will be grounds for dismissal from the group. Exceptions and makeup sessions may be allowed depending on the situation.

Marksmanship minimum

80% hits in the following positions

Standing - 24 moa

Sitting - 12 moa

Prone - 6 moa

Age 12 and up will be required to qualify. One year will be allowed for an individual to meet these standards. Everyone will re-qualify every year. While bipods are welcome, qualifying will be done with only a sling.

Ammo used for marksmanship training will be in addition to the amounts listed for storage.

Firearms required

Each member of 12 years of age or older should have the following:

Battle Rifle in 7.62x51 or 30.06 or 5.56 or 7.62x39 (I know, this standard is not true standardization!)

Pistol (and holster) in 45 ACP

Shotgun in 12 ga. or 20 ga.

Rifle in .22LR

Realizing new members may not have all firearms when joining, the following procurement schedule is required:

1st year - Battle rifle and .22

2nd year - Pistol

3rd year - Shotgun

Additional guns in other calibers and gauges are allowed and welcomed, but these are our standard.

Physical requirement

While I don't intend to have a "Physical Test", I do expect everyone to be in the best physical condition possible. Some of the drills we do will be very strenuous. It's a long way to a medical facility. In the event of activation of the retreat, a person that is not physically able to carry their share of the load is a liability to everyone else. Don't be a liability!

Supplies Required

It is not the goal of this requirement to cause a hardship on anyone. Most of these items you should already have. (If not, this retreat idea may not really be what you are looking for) This is not to say that you should not still be prepared at home. In order not to cause a hardship all at one time, the supplies have been broken down into three stages. The first stage is required to join the group. The second stage is required at the beginning of the second year and the third stage is required at the beginning of the third year. With the exception of firearms and ammunition, these items are required to be positioned at the retreat. They will remain your personal possessions until such time the retreat is activated. If you decide to leave the group or join another group, you are certainly welcome and expected to take your supplies. If the retreat has been activated and you have not been heard from for a period of 6 months, the supplies will be considered common property of the group. These items are to be in addition to what you would arrive with. Certainly you may store all three stages at one time if you are in that position. If you need

clarification on some of the items, please ask. With many of the items we may want to make a group buy for cost advantages and uniformity. The below list is per person. Children under 12 should stock ½ the listed amount and not all items would apply.

Stage 1 (year one)

Clothing - 4 sets of clothing - ½ of which needs to be camouflage

Underwear and socks

pajamas

Cold weather gear (Caps and coats)

Boots - 1 pair (Hint: find a pair you like and buy two or three pair then. Models seem to change by the time you wear

Extra boot laces

Rain gear

Gloves

Back pack

Laundry detergent - 40 loads

Ammo- (Newcomers will be allowed to catch-up as they purchase a particular firearm)

Battle Rifle - 500 rounds

Pistol - 500 rounds

Shotgun - 25 defensive and 200 small shot

22 - 1000 rounds

All properly sealed (think ammo can)

Toiletries

Toilet paper - 48 rolls

Paper towels - 24 rolls

Soap - 18 bars

Shampoo - 1 year supply

Shaving supplies

Deodorant - 1 year supply

2 tooth brushes

Tooth paste

Q-Tips - 1 box

1 - bowl to wash in

12 wash cloths

4 bath towels

Mirror

Feminine supplies - 1 year supply

Condoms - 1 year supply

Nail clippers and files

Dental floss

Hair brush and comb

Scissors

One year's worth of other toiletries you normally use.

Meal prep (please, no Styrofoam. It doesn't burn well)

Nonstick skillet

Sauce pan

1000 paper plates

100 paper bowls

100 Plastic cups

2 metal forks

2 metal spoons

Kitchen knife

Spatulas and large spoons

Can opener

40 quart freezer bags (good ones)

1 stainless bowl

Dish detergent - 32 oz

Bedding

Sleeping bags are preferred

A cot

Pillow

Additional blankets

Additional pillow cases

Camouflage tarp is recommended

Personal items

A strong pocket knife

Sharpening stone

Wrist watch

Spare eye glasses

Sun glasses

5 Large Bic lighters (other brands don't hold up)

Axe

Bow saw

Hammer

Assortment of nails

Pliers

Other tools you think you may need

Misc. cord and rope

2 flashlights and 4 sets of batteries

Compass

Recommended - 1 cap light and spare battery

Note pad and pencils

2 boxes of Strike Anywhere Kitchen matches
1 box of large garbage bags
4 small propane bottles
Playing cards, games and books

Medical

2 boxes of band aids
1 - Ace Bandage
1 bottle - Hydrogen Peroxide
1 tube of athlete's foot ointment
1 tube of antibiotic ointment
1 bottle of aspirin
Other over the counter medications you use
350 multi vitamins
Insect spray

* Prescription medications are not to be stored at the retreat, however, one should prepare to stock up on them.

Food

Food and some of the other items should be rotated on a schedule depending on the item; to assure the freshest possible is in storage. In other words, once a year or so bring new items and take the old home to use. Store things you already eat. If you eat store brands, store them. If you eat name brands, store them. The idea is to store one year's supply of food for each of the first 3 years of membership. Some food requires special storage. One of our group activities will be preparing this food for storage.

Grains: (All chemical free)

Wheat - 100#
Rice - 50#
Oatmeal - 6 #
Dried beans - 50#
Shelled corn - 50#

Oils

2 gal. of vegetable or olive oil (small containers are best)
2 - large Crisco shortening

Condiments

1 - Ketchup
2 - Peanut Butter
1 container of black pepper
3 boxes of iodized salt
Spices you normally use
25# white sugar

Canned goods

25 Canned vegetables

25 canned fruit

25 canned soups

25 canned meats (Spam, tuna canned chicken and such)

1 case of bottled water (plan to reuse the bottles) Spring and well water is available.

Coffee & filters

Tea bags

Stage 2 (year 2) in addition to stage 1

Clothing - 4 sets of clothing - ½ of which needs to be camo

More Underwear and socks

More Cold weather gear (Caps and coats)

Boots - 1 pair

Extra boot laces

Rain gear

Gloves

Laundry detergent - 40 loads

Ammo- (Newcomers will be allowed to catch-up as they purchase a particular firearm)

Battle Rifle - 500 rounds

Pistol - 500 rounds

Shotgun - 25 defensive and 200 small shot

22 - 1000 rounds

All properly sealed

Toiletries

Toilet paper - 48 rolls

Paper towels - 24 rolls

Soap - 18 bars

Shampoo - 1 year supply

Shaving supplies (No canned shaving foam) for 1 year

Deodorant - 1 year supply

2 tooth brushes

Tooth paste for 1 year

Q-Tips - 1 box

12 wash cloths

4 bath towels

Feminine supplies - 1 year supply

Condoms - 1 year supply

Dental floss

Meal prep (please, no Styrofoam. It doesn't burn well)

Heavy pot
Well seasoned cast iron skillet
1000 paper plates
100 paper bowls
2 metal forks
2 metal spoons
40 quart freezer bags (good ones)
Dish detergent - 32 oz
Large roll of aluminum foil
Welders gloves

Bedding

Additional blankets
Additional pillow cases
Camo tarp is recommended

Personal items

5 Bic lighters (other brands don't hold up)
Other tools you think you may need
Shovels, mattocks, picks and rakes
Misc. cord and rope
4 sets of batteries
Recommended - 1 cap light and spare batteries
Note pad and pencils
2 boxes of Strike Anywhere Kitchen matches
1 box of large garbage bags
4 small propane bottles
Playing cards, games and books optional
2 rolls of duct tape
1 gal of Clorox

Medical

Advanced 1st aid kit
1 tube of athlete's foot ointment
1 tube of antibiotic ointment
1 bottle of aspirin
Other over the counter medications you use
350 multi vitamins
Insect spray

Food

Food items should be rotated on a schedule depending on the item, to assure the freshest possible is in storage. In other words, once a year or so, bring new items and take the old home to use. Store things you already eat. If you eat store brands, store them. If you eat name brands, store them. The idea is to

store one year's supply of food for each of the first 3 years of membership. Some food requires special storage. One of our group activities will be preparing this food for storage.

Grains: (All chemical free)

Wheat - 200#

Rice - 100#

Oatmeal - 8 #

Dried beans - 50#

Shelled corn - 50#

Oils

3 gal. of vegetable or olive oil (small containers are best)

3 - large Crisco shortening

Condiments

1 - Ketchup

2 - Peanut Butter

1 container of black pepper

6 boxes of iodized salt

Spices you normally use

25# white sugar

½ gal honey

Canned goods

50 Canned vegetables

50 canned fruit

50 canned soups

50 canned meats (Spam, tuna canned chicken and such)

1 case of bottled water (plan to reuse the bottles)

Coffee & filters

Tea bags

Other supplies

1 oil lamp

2 gal. kerosene

48 canning jars (24 pints & 24 Quarts)

Solar calculator

½ set of 2 way radios

Sewing kit

1 roll of barbed wire

White board and markers

Stage 3 (year 3) in addition to the previously stored items

Clothing - 4 sets of clothing - ½ of which needs to be camo
More Underwear and socks
More Cold weather gear (Caps and coats)
Boots - 1 pair
Extra boot laces
Gloves
Laundry detergent - 40 loads

Ammo- (Newcomers will be allowed to catch-up as they purchase a particular firearm)
Battle Rifle - 1000 rounds
Pistol - 1000 rounds
Shotgun - 25 defensive and 200 small shot
22 - 2000 rounds
All properly sealed

Toiletries

Toilet paper - 48 rolls
Paper towels - 24 rolls
Soap - 18 bars
Shampoo - 1 year supply
Shaving supplies (No canned shaving foam) for 1 year
Deodorant - 1 year supply
2 tooth brushes
Tooth paste for 1 year
Q-Tips - 1 box
12 wash cloths
4 bath towels
Feminine supplies - 1 year supply
Condoms - 1 year supply
Dental floss

Meal prep (please, no Styrofoam. It doesn't burn well)
10 or 12 inch Lodge Dutch oven with legs and rimmed lid and lid lifter
1000 paper plates
100 paper bowls
2 metal forks
2 metal spoons
40 quart freezer bags (good ones)
Dish detergent - 32 oz
Large roll of aluminum foil

Bedding

Additional pillow cases

Personal items

5 Bic lighters (other brands don't hold up)
Other tools you think you may need
Shovels, mattocks, picks and rakes
Misc. cord and rope
4 sets of batteries
Recommended - 1 cap light and spare battery
Note pad and pencils
2 boxes of Strike Anywhere Kitchen matches
1 box of large garbage bags
4 small propane bottles
Playing cards, games and books optional
2 rolls of duct tape
1 gal of Clorox

Medical

1 tube of athlete's foot ointment
1 tube of antibiotic ointment
1 bottle of aspirin
Other over the counter medications you use
350 multi vitamins
Insect spray

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3 - large Crisco shortening

Condiments

1 - Ketchup
2 - Peanut Butter

1 container of black pepper
6 boxes of iodized salt
Spices you normally use
25# white sugar
1 gal honey

Canned goods

50 Canned vegetables
50 canned fruit
50 canned soups
50 canned meats (Spam, tuna canned chicken and such)
Coffee & filters
Tea bags

Other supplies

Spare wicks and chimney
3 gal. kerosene
48 Ball Quart canning jars
100 Ball jar lids
1 roll of barbed wire