

The Mini-Manual for the Urban Defender



Version 3 (March 17, 2022)

By John Spencer

About the author

John Spencer is an academic, author, combat veteran, and internationally recognized expert and advisor on urban warfare. He served over 25 years in the U.S. Army to include two urban-warfare centric combat deployments to Iraq. He can be found on twitter @SpencerGuard

Table of Contents

• Spencer's Standing Orders (for the Urban Defender)	3
• 8 Rules of Attacking a City	4
• 6 Main elements of any defense	5
• General information	6
• Protection and safety	9
• Barriers, barriers, barriers	16
• Attack, attack, attack	27
• Molotov Cocktails	39
• Tanks	40
• Protecting civilians	46
• Casualty and fighter-care	49
• The will to fight	47

Spencer's Standing Orders (for the Urban Defender)

- 1. The defense is the strongest form of war. The attacker must come to you and you must be in prepared positions. He must cross the open street to attack you. Kill him in the streets and alleyways.**
- 2. Never stop preparing the defense. Even when you are fighting you should be continuing to improve your positions.**
- 3. Make the attacker go where you want, not where he wants. Build barriers as high as you can. Block all streets, alleyways, doors, and windows. Turn the city into a fortress of walls that make the enemy enter your prepared traps.**
- 4. Use concrete. It is your greatest defensive resource. Do not use wood and sandbags, they are weak. Concrete reinforced by steel bars (rebar) is one of the strongest materials. Build barriers and fighting positions out of it.**
- 5. Always hide yourself, your position, your weapons. Always believe the enemy can see you from above. If he can see you, he can strike you with missiles, bombs, and mortars. If you are always hiding, moving inside buildings, under tarps between buildings, the enemy will not be able to strike you.**
- 6. Use any and all underground facilities. If there are none beneath you, start digging. The attacker will bomb you before assaulting. You can use the underground to hide, escape, protect yourselves, store supplies, move, and counterattack.**
- 7. Surprise is everything. The attacker cannot see through concrete. You decide when and where the fighting will occur. The enemy fears urban snipers deeply. Make him think every window holds a sniper.**
- 8. Fight in groups. One fighter is not enough. Fight in a minimum of 3-5 person teams.**
- 9. Always attack from a protected and hidden position. It does not matter if you are throwing something or shooting something; do so from inside a building, from high or low floors, behind piles of rubble, or popping up from the underground.**
- 10. Always have an escape plan after attacking. Put holes in walls, floors, and ceilings so you can run between rooms and buildings when the enemy bombs are falling, or if they are too close to you. Dig tunnels under buildings and houses as escape venues. Make lots of different interlocking attack positions. Pre-position supplies everywhere: ammo, grenades, rocket-propelled grenades, water, etc.**
- 11. Do not get surprised. The enemy fears urban warfare. He will attempt to sneak past your defenses. Never have more than 2/3s of your fighters asleep.**
- 12. Drink water. You cannot fight if you are dead. You can survive only 3 days without water, but 3 weeks without food. Purify any water (boil it, add bleach or iodine). If your pee is clear nothing to fear; yellow or brown you are going down.**
- 13. Wash your hands before eating. Disease can kill you more than enemy bullets. When you eat and drink ensure that your latrines are more than 100 meters away. Do not let flies touch your food.**
- 14. You must follow the laws of war. You must wear markings to identify you as fighters. No matter the enemy's tactics, you must follow the laws of war to include handling of captured enemy fighters.**

8 Rules of Attacking a City

There are rules that restrain a military force attacking a city. A smart defender plans to maximize and use each rule against the attacker. The rules are:

- 1. The urban defender has the advantage.** It takes much more force to attack and defeat an enemy that is in an established and properly constructed defense than one in the open.
- 2. The urban terrain reduces the attacker's advantages in intelligence, surveillance, and reconnaissance, the utility of aerial assets, and the attacker's ability to engage at distance.**
- 3. The defender can see and engage the attacker, because the attacker has limited cover and concealment.** The biggest tactical advantage for the defending force is that it can remain hidden inside and under buildings.
- 4. Buildings serve as fortified bunkers that must be negotiated.** Cities are full of structures that are ideal for military defense purposes. Large government, office, or industrial buildings are often made of thick, steel-reinforced concrete that make them nearly impervious to many military weapons.
- 5. Attackers must use explosive force to penetrate buildings.** The primary current methods of attacking an urban fortification are to either destroy it or prepare the building with explosive munitions and then send infantry in to enter and clear the entire building if necessary.
- 6. The defender maintains relative freedom of maneuver within the urban terrain.** They can prepare the terrain to facilitate their movement to wherever the battle requires. They can connect battle positions with routes through and under buildings. They can construct obstacles to lure attackers unknowingly into elaborate ambushes because of the limited main avenues of approach in many dense urban environments.
- 7. The underground serves as the defender's refuge.** Defenders can use existing tunnels or dig their own to connect fighting positions, hide from detection, and provide cover from aerial strikes, and even employ them offensively as tunnel bombs against a stationary military forces.
- 8. Neither the attacker nor the defender can concentrate their forces against the other.** A defense established in dense urban terrain constrains both the rapid movement and the ability to concentrate formations against decisive points.

6 Main Elements of Any Defense

These six elements of the defense apply to any defense no matter both scale or environment. In the urban defense the defender must always think about how the urban terrain can be shaped and used to allow defenders to do what they want to do while stopping the enemy from doing what they want to do. The six main elements are:

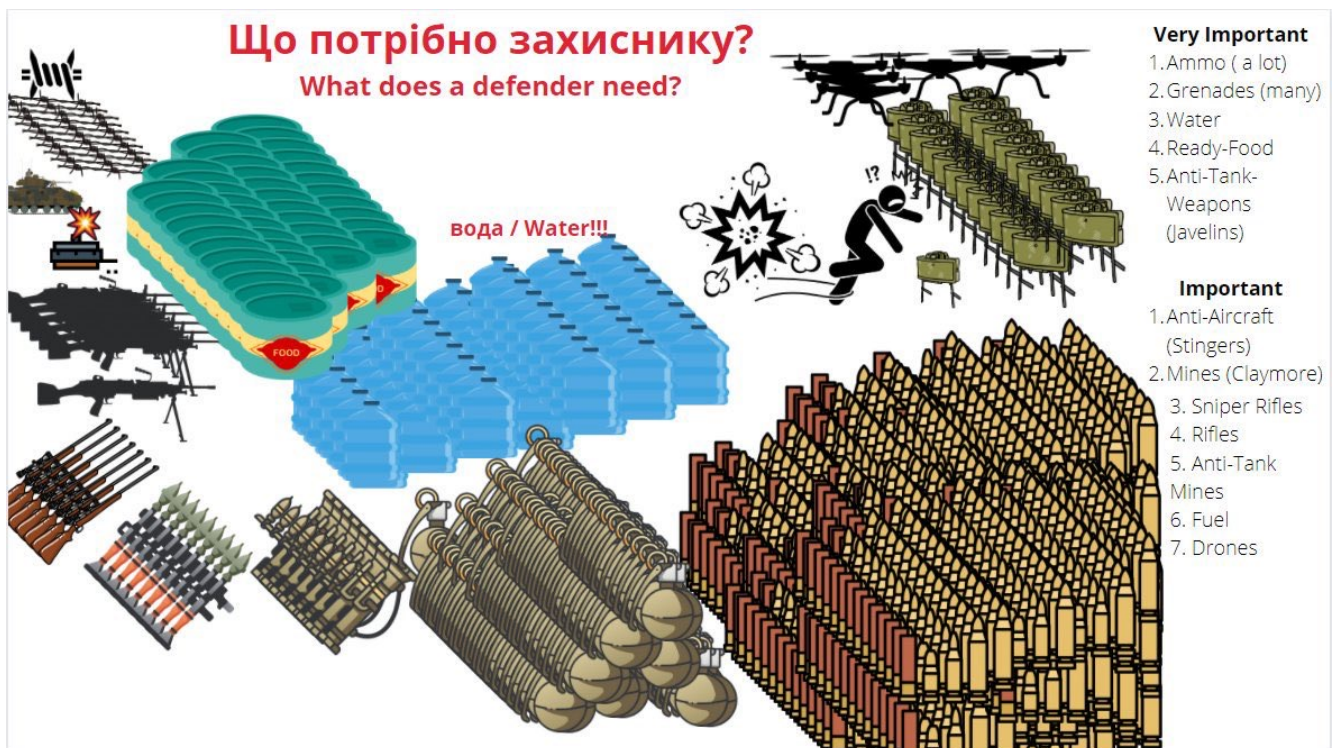
- **Preparation** – As soon as the urban defender decides to fight, they must start to plan and shape the urban area to their plans. The urban defender never stops preparing. Even when they are fighting, they can have some fighters shooting while others are continuing to build obstacles, positions, and more.
- **Flexibility** – The entire defense must have flexibility to change to the attacker's actions. This is important for the entire defense of a city down to a single block.
- **Security** – Defenders must ensure all sides of the city are safe. All fighting positions require more than one person.
- **Operations in depth** – Be able to kill the enemy out as far away as possible and in belts or rings around the center of the city going out as far as possible.
- **Disruption** – Use the city to break apart the attacker's formations, convoys, separate tanks from infantry.
- **Maneuver** – Use both fires and fast-moving defenders
- **Mass and concentration** – Be ready to surge large groups of defending fighters on the attackers at critical moments.

General Information

Gather Supplies

Urban warfare, to include defending, requires four times the amount ammo as the same operation in rural terrain.

On top of anti-tank guided missiles (ATGMs) like Javelins and NLAWs, defenders needs a lot of rifle bullets, grenades, anti-tank mines, anti-personnel mines, disposable drones, water, non-perishable foods, and fuels (cooking/vehicle/generator)



You have the Numbers & Advantage

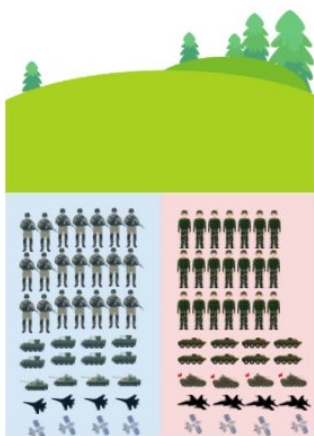
Prepared urban defenders have the advantage. In 2016, it took over 100,000 security forces 9 months to take Mosul against 5,000 to 10,000 ISIS. The Germans employed tens of thousands of soldiers to try and take Stalingrad, and they were unsuccessful. Military doctrine says the attacker needs 3 to 5 times more than he would during an attack in wooden or open terrain. The enemy could need as much as 5, if not more, attacking soldiers to 1 defending soldier/fighter.

Кілька підготовлених захисників можуть протистояти безлічі нападників у місті!

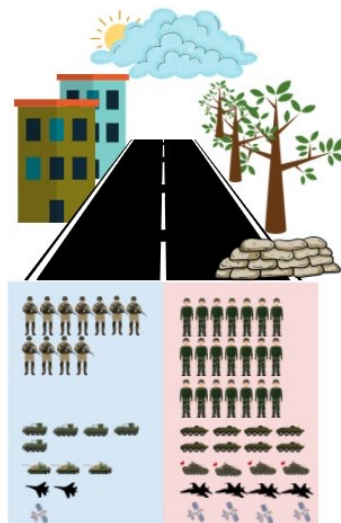
A few prepared defenders can hold against a lot of attackers in a city



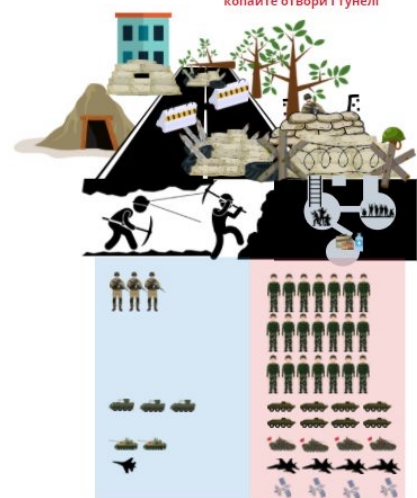
Барикади та бункери,
копайте отвори і тунелі



1:1



1:3



1:5 - 1:10

Protection and Safety

You cannot fight if you are dead. Shape the urban area to provide you the most protection and safety to fight the enemy when he comes.

The first phase of the enemy to attack a city will be bombing of any known enemy positions (buildings/places seen from the sky or already known) in order to soften the defensive structures and demoralize the defending force in the city. In this phase, all efforts to hide known key locations should be taken; knowing escape routes and places to reemerge is essential.



The next phase, as the attacker gets closer to the city, will begin heavy heavy bombardment on all urban structures, with hope that the defenders will surrender. This could last days and is where the underground is critical to survive while maintaining weapons and supplies. Defenders must also know if enemy is close.

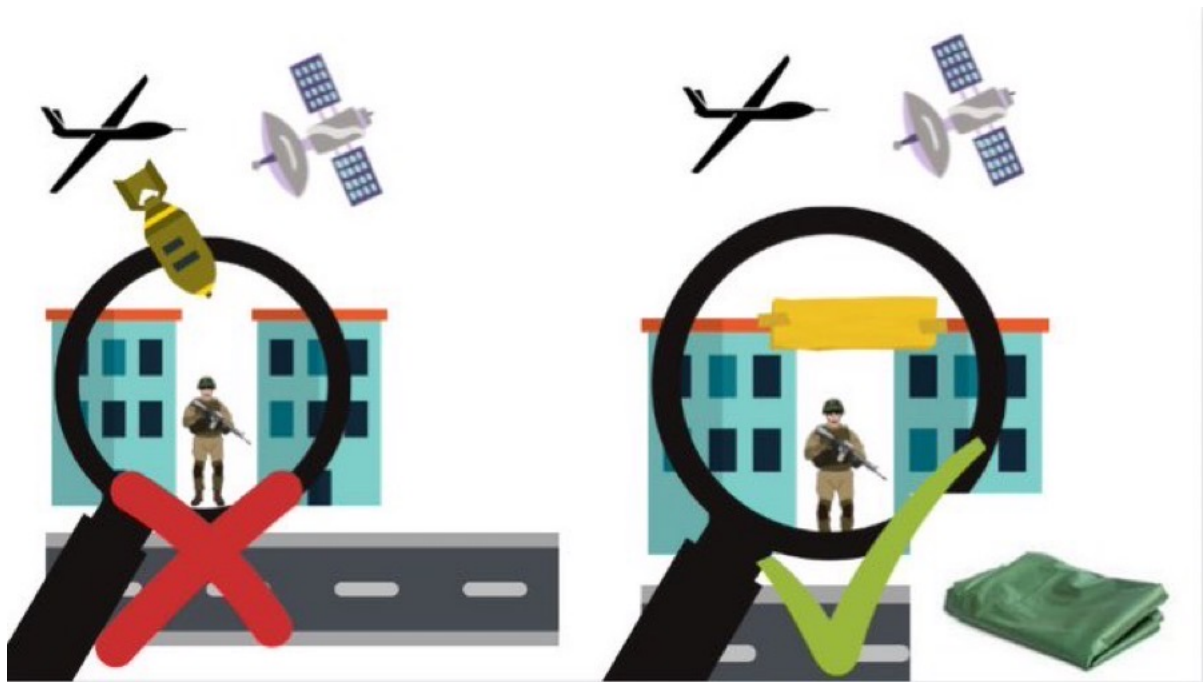


The next phase of the city attack will be indirect and direct fires as the enemy military moves to the city's boundary lines the city, attempting to enter the urban environment. This is a dangerous time because the defenders must be able to attack the invaders but also survive their attacks. The defenders can "hug" the attackers, allowing them to get so close they can no longer use their artillery out of fear of killing their own soldiers.

The rubble from earlier phases makes strong fighting positions.



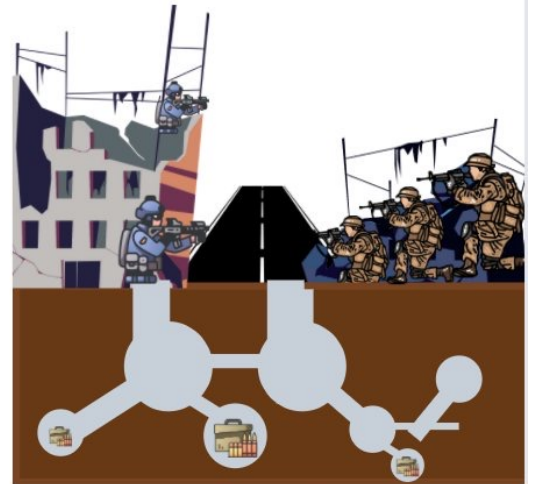
You must stay hidden. If you can be seen, you can be attacked by missiles, bombs, artillery, and mortars. Put tarpaulins, sheets/blankets, wood, plastic, tin, anything across the top of or between building so the things above or down the street can't see you. Hide everything.



The underground has long served as a powerful urban warfare tool. It allows defenders to escape bombs, hide fighters, cache and protect supplies, to move unseen, and to attack the invading enemy.

Метро, каналізація та тунелі - найкращий друг захисників

The underground, canalisation and tunnels are defenders best friend



напр. Грозний, Сталінград, В'єтнам
e.g. Grozny, Stalingrad, Vietnam

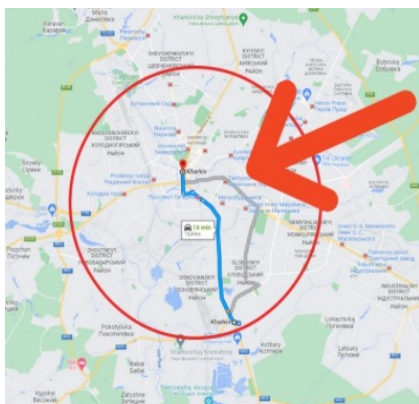
If there is no underground below you, start digging. You would be surprised at the depth of a tunnel a team of civilians can dig in just a few days. Dig bomb shelters, passages under buildings, and safe places to put caches.



Barriers, Barriers, Barriers

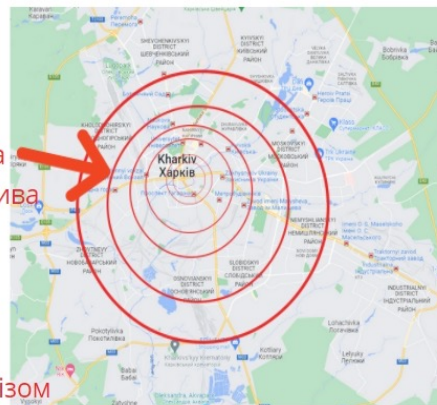
The urban terrain should be shaped to slow or stop an invading military forces so they can be attacked; force them into traps and ambushes, denying them access to the urban area.

Build multiple defense lines. Prepare complete circles around the city. Build fortifications. Place layer after layer of obstacles and blocks. Put up blockades on every street. Speed is security. A slow vehicle or soldier is easier to hit and destroy!



- прорив = 30 min до центру

- швидко до цілі



- множинні барикада

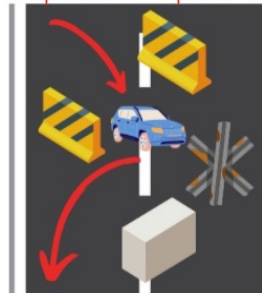
- спалює більше палива

- повільно = легше націлюватися

- лінія захисту

- перед кожним поперечним перерізом

як робити як робити



машини можуть проїхати



матеріал

In any city defense, you always continue to prepare. Even when fighting, continue to improve your position. Do not sit around and don't stand in the open! Build bunkers near the checkpoints. Dig tunnels!



Go out and build obstacles in the streets! Start with any bridge that was not destroyed. Block them with buses, dump trucks, cars, concrete, wood, trash, anything. Then block any spot in the city where there are tall buildings on each side in already tight areas.



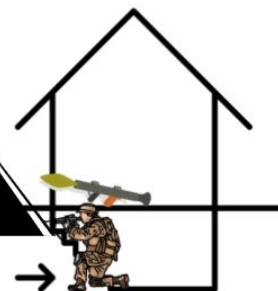
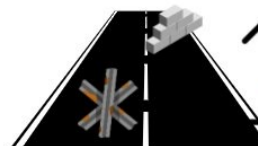
You must turn the city into a fortress and close the gates. Block every street, alleyway, sidewalk, door, and first floor window. Use urban material, it is strongest and gives the most protection.

Будівлі - ваш найкращий захист

Buildings are your best protection



Клас захисту



Protection Class



підвал

Use concrete as the primary defense material. An urban defender uses the unique urban material to their advantage. Concrete reinforced with steel bars (rebar) is ten times better than sandbags. Use rubble, rock, bricks.



Concrete reinforced with steel bars (rebar)



Sandbags for barriers/bunkers

Use existing concrete barriers. Modern cities often have existing concrete barriers for vehicle checkpoints or infrastructure protection. These barriers offer ready-made field fortifications. Steel hedgehogs are good too.



If you have razor wire, use it. Stack three together. Lay between building. A triple strand razor wire can stop most vehicles, even slow a tank.

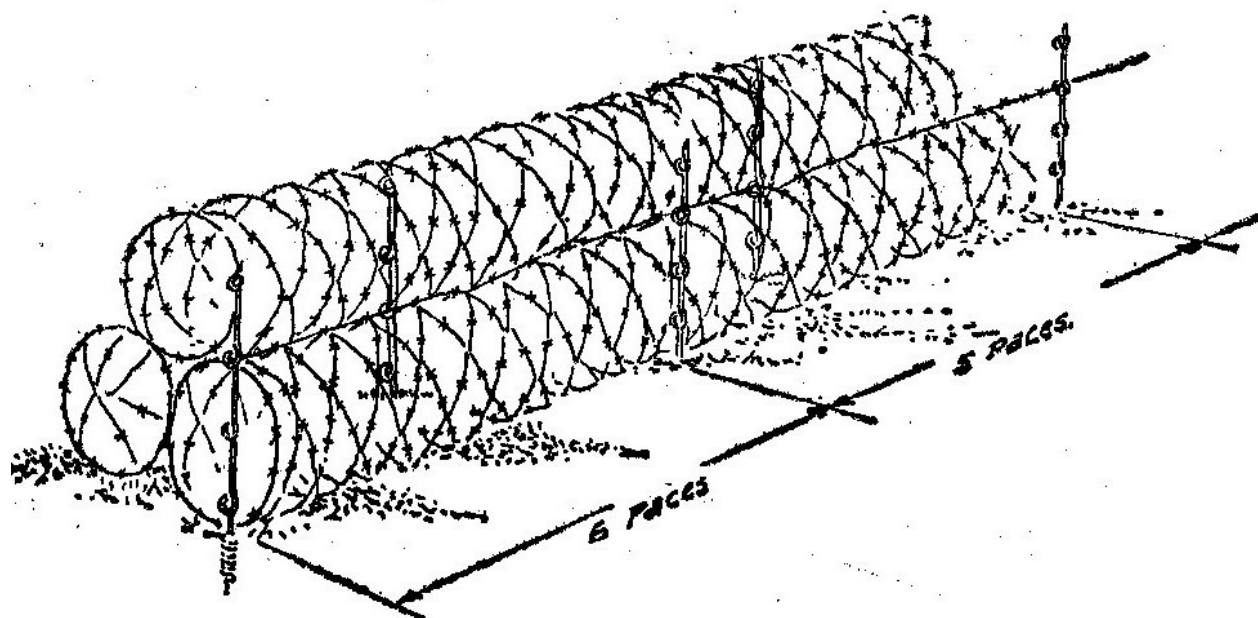


FIG. 3.—Triple concertina fence



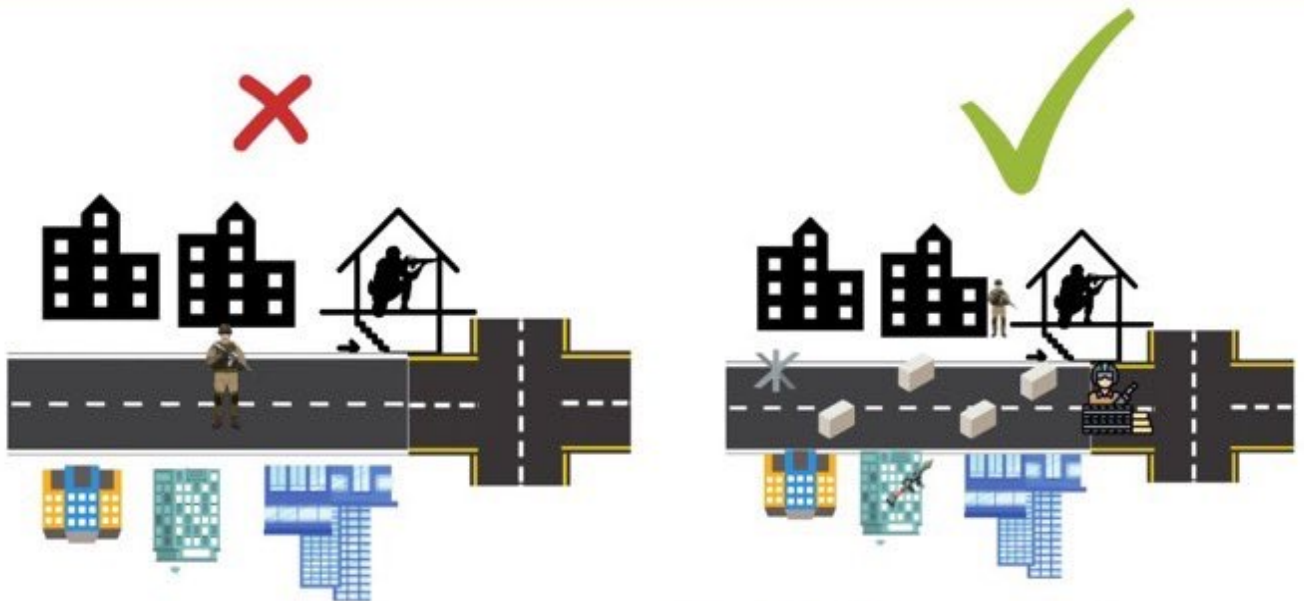
Deconstruct buildings: create rubble by destroying structures to produce broken concrete, rebar, stones, bricks, or solid material to include debris.



If you have time and digging assets, dig tank ditches and emplace a barrier around the densest parts of the city, especially any entrances that can be spared without impacting civilians needs. The goal is to add density to already urban areas.

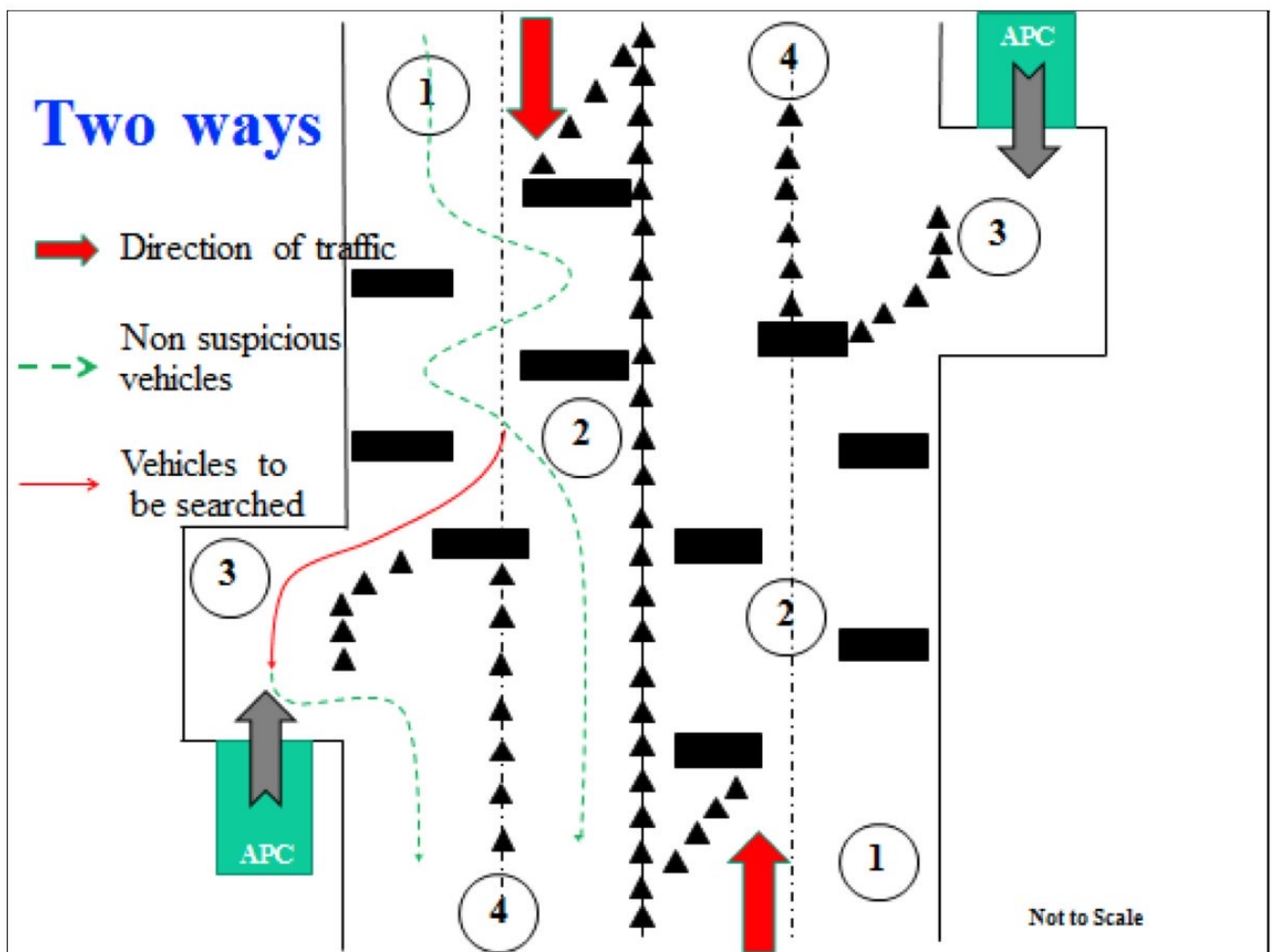


Slow or stop all vehicles from entering or moving through your areas. Block all the streets. Slow vehicles down so you can shoot at them or throw Molotovs at them. You must be inside buildings. Anyone with a weapon on the streets can be seen by the enemy and hit by rockets or artillery.



- Road blocks in every town
- slows enemy down
 - burns more fuel
 - easier to target

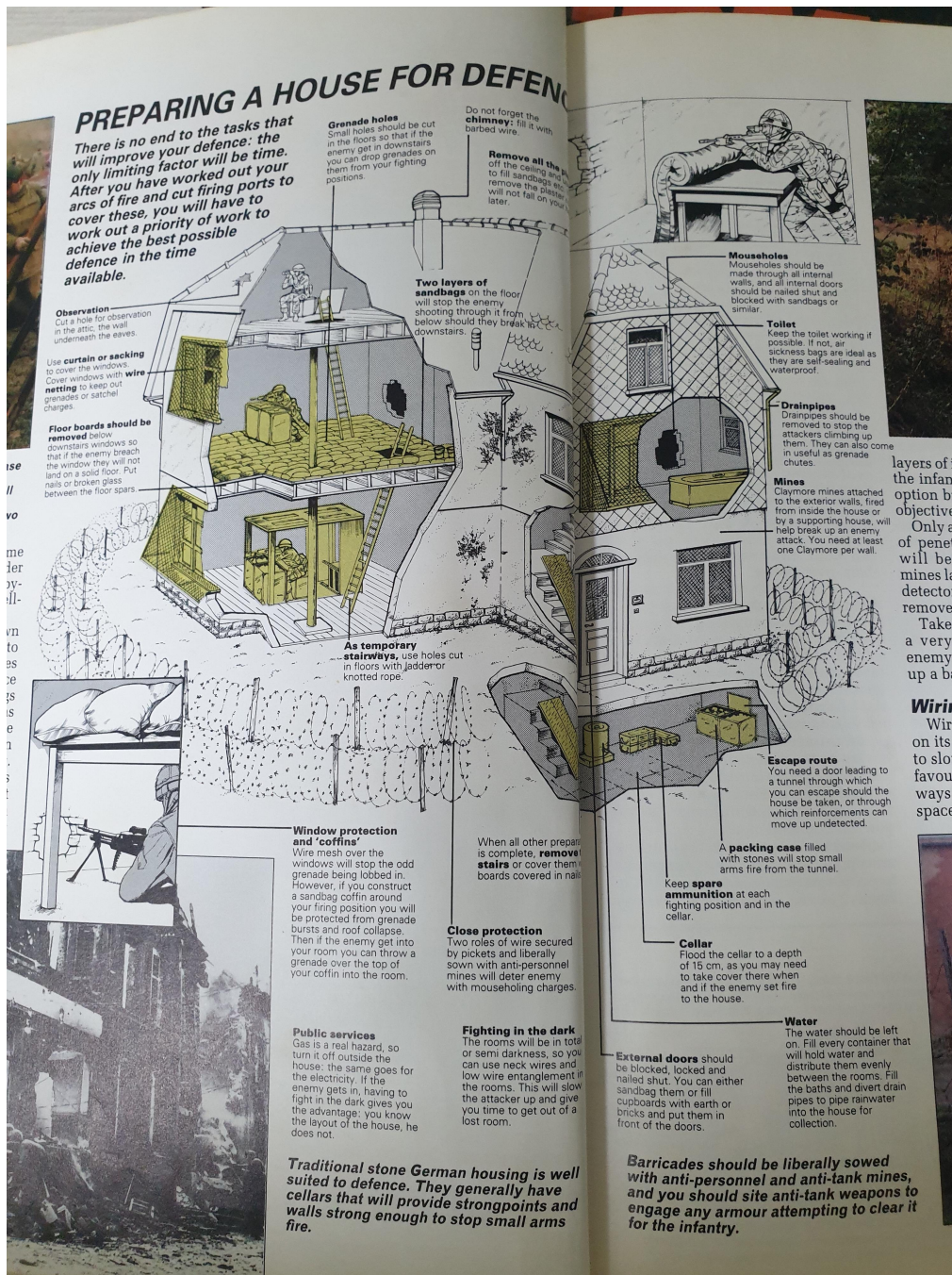
If there is a street you still need to use, build a “S” or serpentine pattern obstacle that still slows a vehicle down. Think police check point. which you could set up if you wanted to catch saboteurs before the attackers reach your location. There should be no roads that allow free, rapid driving down.



Attack, Attack, Attack

While the purpose of the urban defense may not be to destroy all the enemy attackers, continual/selective attacks achieve the goal of holding the city. You want to turn every street into a meat grinder into which the attackers feed their soldiers to die.

Build strongpoints along key avenues into the city. Be sure to have an escape route (like a hole into the next building); key strongpoints, though, can take days to clear. Do not use buildings with glass or wood, which will shatter or burn.



PREPARING A HOUSE FOR DEFENCE

There is no end to the tasks that will improve your defence: the only limiting factor will be time. After you have worked out your arcs of fire and cut firing ports to cover these, you will have to work out a priority of work to achieve the best possible defence in the time available.

Observation
Cut a hole for observation in the attic: the wall underneath the eaves.

Use curtain or sacking to cover the windows. Cover windows with wire netting to keep out grenades or satchel charges.

Floor boards should be removed below downstairs windows so that if the enemy breach the window they will not land on a solid floor. Put nails or broken glass between the floor spars.

Grenade holes
Small holes should be cut in the floors so that if the enemy get in downstairs you can drop grenades on them from your fighting positions.

Do not forget the chimney: fill it with barbed wire.

Remove all the plaster off the ceiling and fill sandbags and remove the plaster will not fall on your head later.

Two layers of sandbags on the floor will stop the enemy shooting through it from below should they break in downstairs.

As temporary stairways, use holes cut in floors with jadder or knotted rope.

Window protection and 'coffins'

Wire mesh over the windows will stop the odd grenade being lobbed in. However, if you construct a sandbag coffin around your firing position you will be protected from grenade bursts and roof collapse. Then if the enemy get into your room you can throw a grenade over the top of your coffin into the room.

Public services
Gas is a real hazard, so turn it off outside the house: the same goes for the electricity. If the enemy gets in, having to fight in the dark gives you the advantage; you know the layout of the house, he does not.

Traditional stone German housing is well suited to defence. They generally have cellars that will provide strongpoints and walls strong enough to stop small arms fire.

When all other preparations are complete, remove stairs or cover them with boards covered in nails.

Close protection
Two roles of wire secured by pickets and liberally sown with anti-personnel mines will deter enemy with mousesholing charges.

Fighting in the dark
The rooms will be in total or semi darkness, so you can use neck wires and low wire entanglement in the rooms. This will slow the attacker up and give you time to get out of a lost room.



Mouseholes
Mouseholes should be made through all internal walls, and all internal doors should be nailed shut and blocked with sandbags or similar.

Toilet
Keep the toilet working if possible. If not, air sickness bags are ideal as they are self-sealing and waterproof.

Drainpipes
Drainpipes should be removed to stop the attackers climbing up them. They can also come in useful as grenade chutes.

Mines
Claymore mines attached to the exterior walls, fired from inside the house or by a supporting house, will help break up an enemy attack. You need at least one Claymore per wall.

Escape routes
You need a door leading to a tunnel through which you can escape should the house be taken, or through which reinforcements can move up undetected.

A packing case filled with stones will stop small arms fire from the tunnel.

Keep spare ammunition at each fighting position and in the cellar.

Cellar
Flood the cellar to a depth of 15 cm, as you may need to take cover there when and if the enemy set fire to the house.

Water
The water should be left on. Fill every container that will hold water and distribute them evenly between the rooms. Fill the baths and divert drain pipes to pipe rainwater into the house for collection.

External doors should be blocked, locked and nailed shut. You can either sandbag them or fill cupboards with earth or bricks and put them in front of the doors.

Barricades should be liberally sowed with anti-personnel and anti-tank mines, and you should site anti-tank weapons to engage any armour attempting to clear it for the infantry.

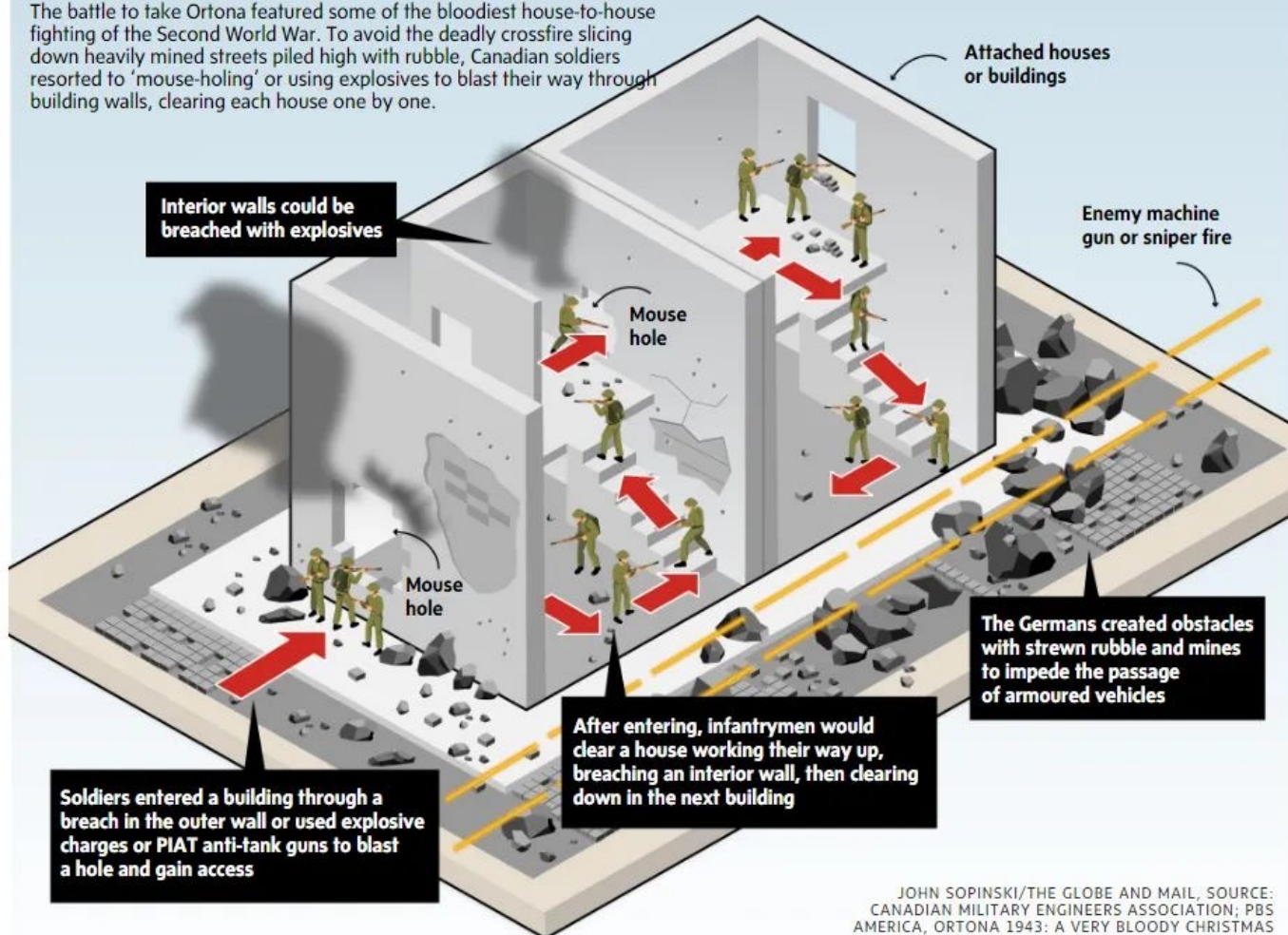
layers of it the infantry option but objective. Only an of penetr will be mines laid detectors remove t Taken a very enemy a up a bar

Wiring
Wire on its o to slow favour: ways a space i

Make mouseholes and tunnels. The tactic of using mouseholes—holes created in interior and exterior walls of buildings that allow soldiers to move through the exterior walls and interior spaces of buildings—is one of the most dominant, recurring defense technique. It allows you to move and attack unseen and protected in the concrete structures. Tunnels allow you to also escape bombings.

MOUSE-HOLING AT ORTONA

The battle to take Ortona featured some of the bloodiest house-to-house fighting of the Second World War. To avoid the deadly crossfire slicing down heavily mined streets piled high with rubble, Canadian soldiers resorted to 'mouse-holing' or using explosives to blast their way through building walls, clearing each house one by one.



If there is time, create make-shift pillboxes, i.e. enclosed bunkers. They should have overhead cover (concrete on top of you) and be hidden from above.



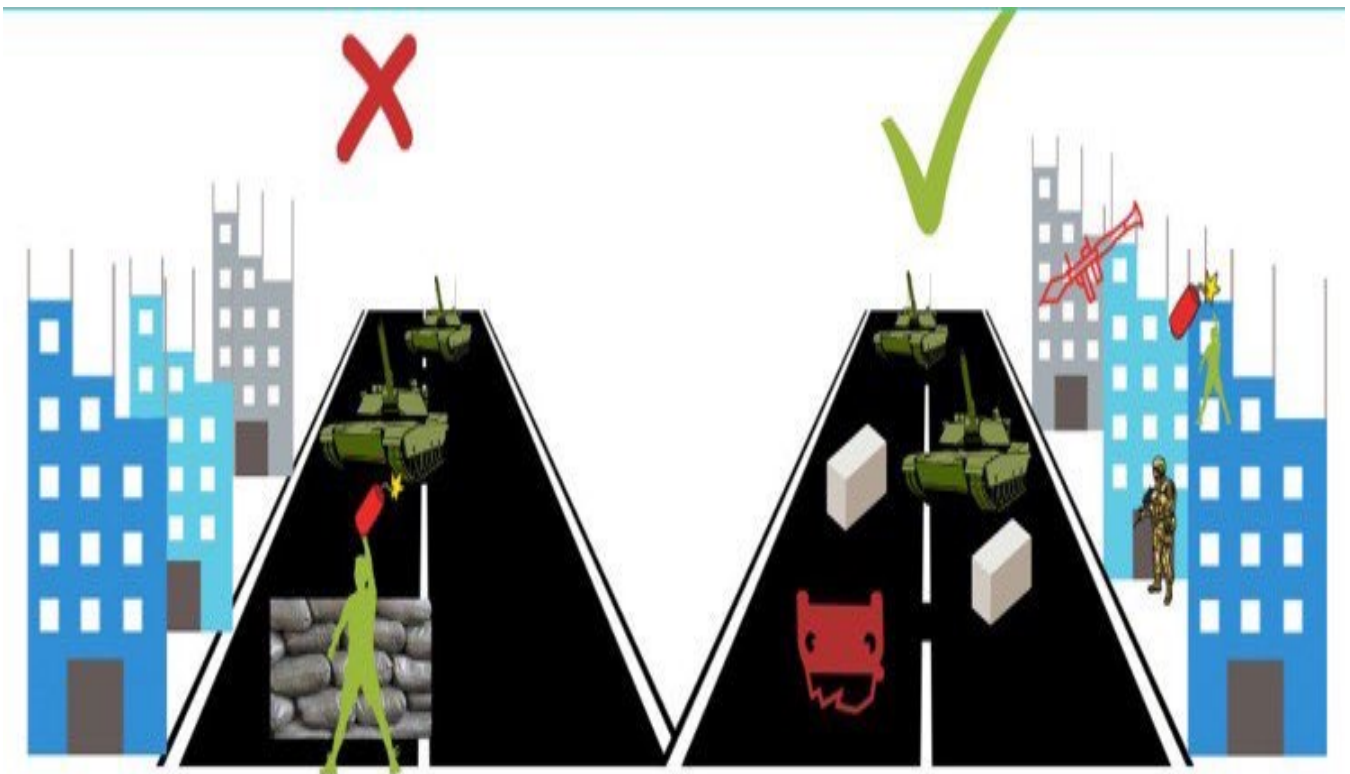
You can put heavy weapons systems inside buildings. Large weapons can be disassembled and reassembled on the higher floor of a building to provide superior lines of sight and angles of fire. This also creates bunker-like protection to the defender's most casualty-producing weapons.



Place caches everywhere you plan to fight: primary, second, and third positions. Urban terrain provides great advantages for hidden, protected, and concealed pre-positioned supply points to support multiple primary, alternate, and supplementary battle positions.



Use the streets with buildings close to the roads to attack. The higher floors are even better because tanks and other guns cannot elevate their barrels that high. It is just harder for the attacker to fight looking up. Defenders must stay hidden inside building until the moment of attack, then change positions.

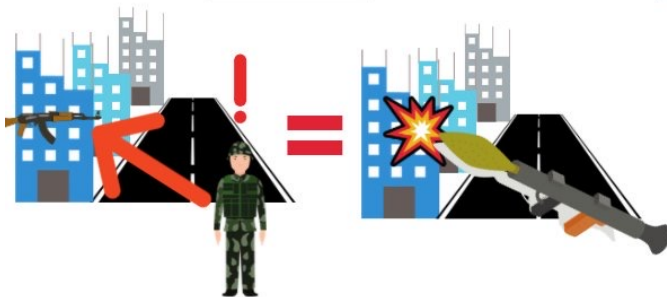
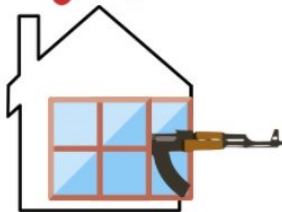


There is no reason an urban defender should be visible from the sky or street by the approaching attacker when in their attack positions. Do not stick weapon barrels out of windows. Stay back and shoot from inside the rooms to reduce visibility.

Militaries fear snipers. Turn every window into a possible sniper position. Fire through rooms and buildings to the outside.

Не висуйте рушницю з вікна

Don't put the rifle out of the window



Стріляйте зсередини

Inside you are invisible



Use hit-and-run, antiarmor ambushes. At the First Battle of Grozny, small groups of 3-5 fighters armed with only AK-47s, grenades, and RPG-7s or RPG-18s, engaged armored vehicles from either basements or upper stories of buildings, where main tanks and other weapons could not effectively return fire. They would strike the first and last vehicles to trap the others inside their trap, hitting then moving away.



One of the most powerful defense tactics is the establishment of engagement areas (kill zones...places the enemy will die). 7 simple steps (adjusted for simplicity):

Identify all likely ways the enemy will come.

Determine what the enemy will do/try to do.

Determine where you want to kill the enemy.

Plan and integrate obstacles (slow/stop them)

Decide where to hide and shoot from.

Plan and integrate indirect fires (to include molotov cocktails)

Practice the plan multiple times.

Again, your survival in order to fight is important, so think hard about where you will shoot. Choose elevated positions down long streets; shoot and run; employ ambushes. Aim for the windows and doors of non-armor vehicles or soldiers in the open. Snipers are one of a soldier's greatest fears.



Any commercial hobby drones can be used to spot the incoming attackers and prevent the attacker from surprising the defenders. They can also put fear into the hearts of soldiers. If they have to look up, and not know what is in the sky, they will not know if it is a killer drone or not.



Molotov Cocktails

Molotov cocktails can be effective weapons if used properly. Throw them from protected sites, at the right targets, and at select spots on vehicles.

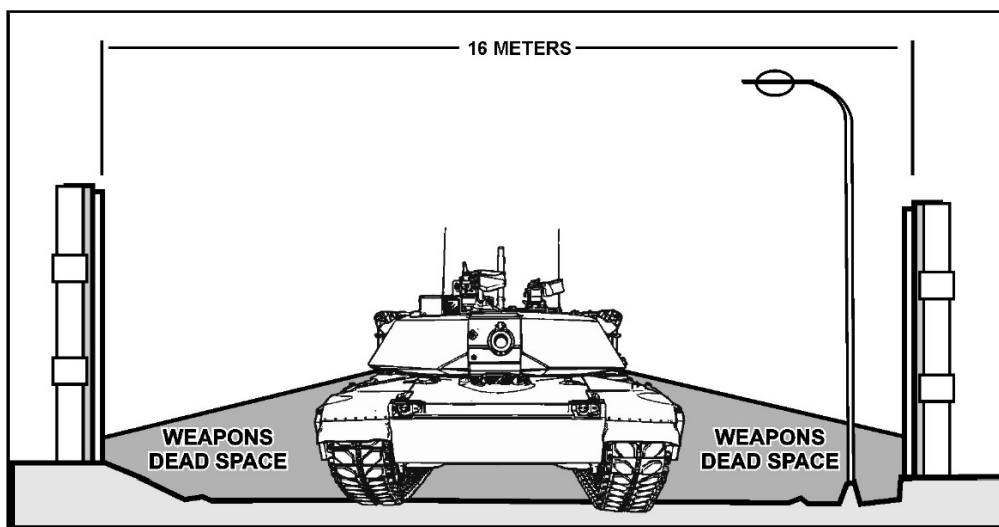
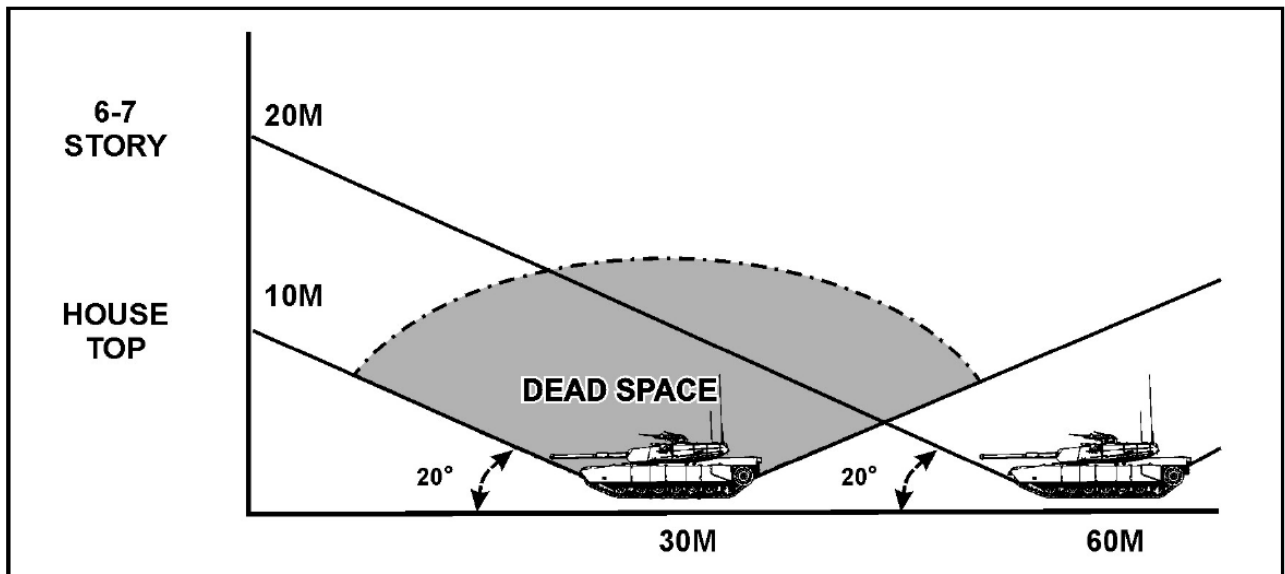
Think about where you will stand to throw (then run). Dropping from windows above vehicles most ideal. Vehicles without weapons on top the most vulnerable, but if it is armor, choose where to hit.



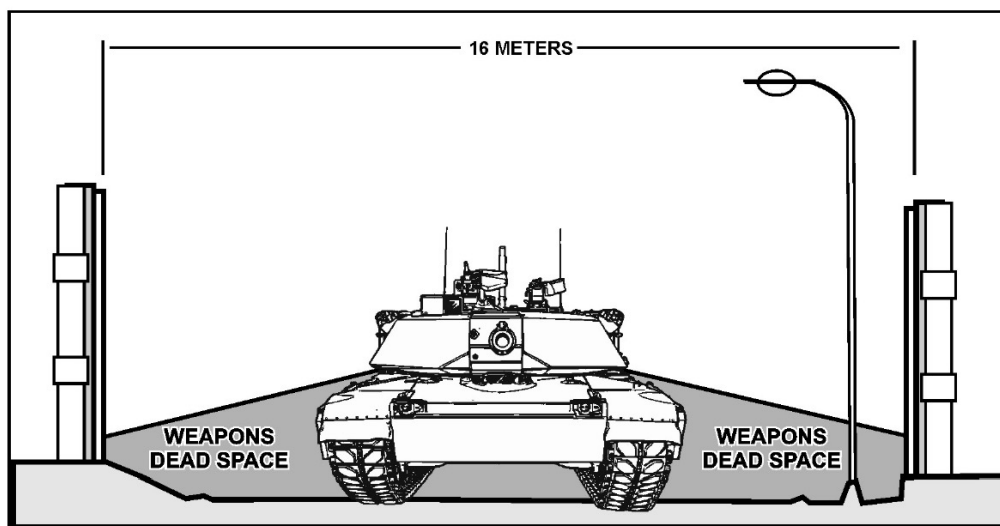
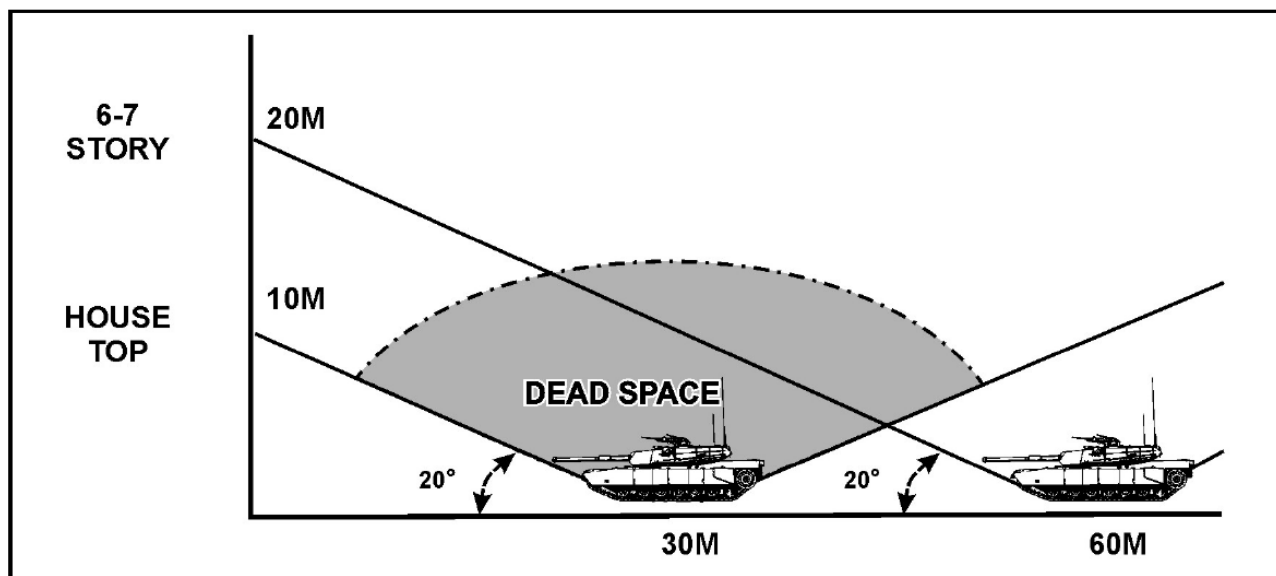
Tanks

The attacker of a city in high intensity combat must have tanks to go inside the city. They need tanks, infantry, engineers, artillery and more. But they really need tanks. The defender should prioritize destroying tanks.

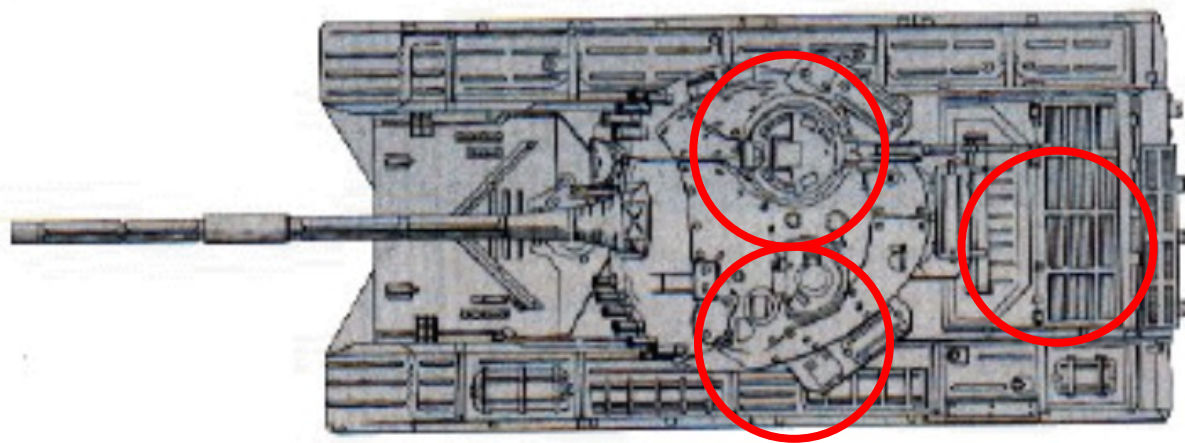
Tanks cannot elevate their guns to higher levels or lower levels of buildings, when playing to attack on, being where it cannot shoot is best.



Tanks cannot elevate their guns to higher levels or lower levels of buildings, when playing to attack on, being where it cannot shoot is best.



The most vulnerable spot on any tank is the top where the armor (steel) is thinnest. That is why they fear the Javelin and other anti-tank armaments that are “top-attack” weapons, which fly up into the sky and then come down on top of the tank. If the defender has rocket-propelled grenades that cannot penetrate thick armor or anti-tank hand/rifle grenades, it is best to be on the upper floors of buildings and drop them onto the tanks.

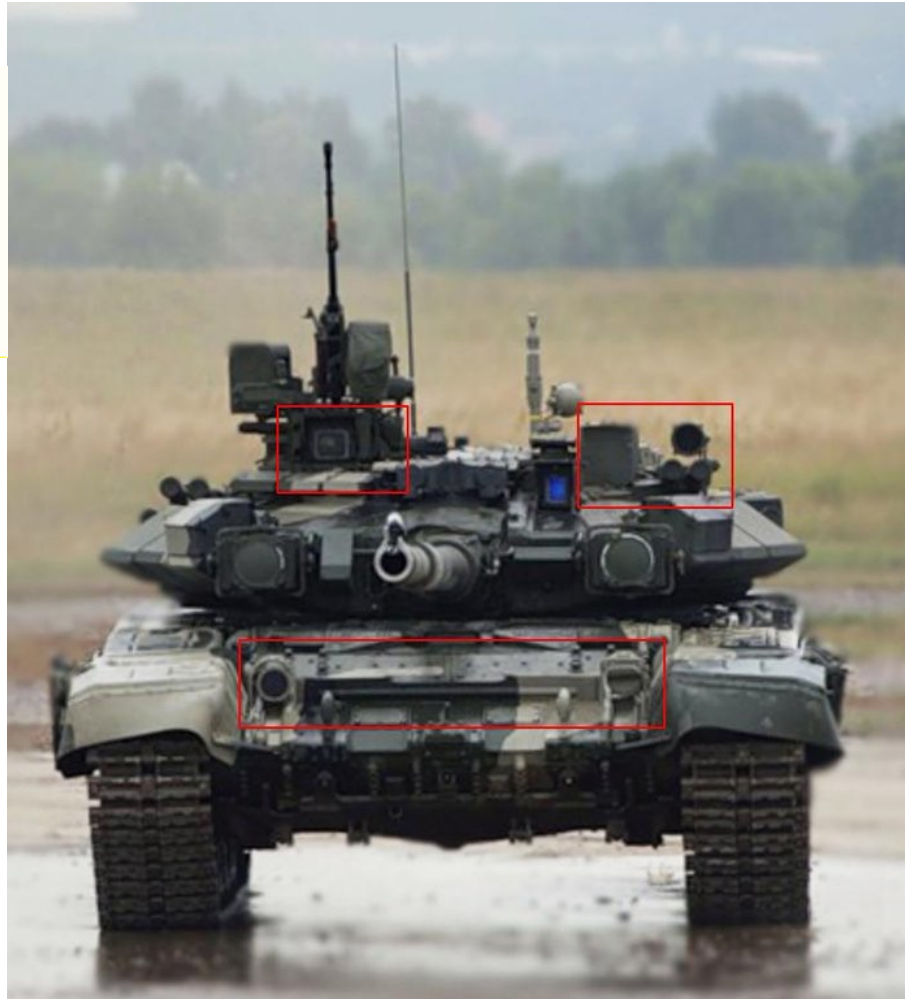


Defenders may not be able to destroy a tank, but they can make it not work or not work as well. One way to do this is to blind the tank, impacting the vision of the soldiers inside. This is possible by shooting at the vision block (places they look out – outlined in red below). The upper left is the tank commander vision block. The upper right is likely the loader independent viewer (depending on model of tank), while the area on the tank front, under the the main gun is the driver vision block. Shoot or throw things to break or cover these ports.



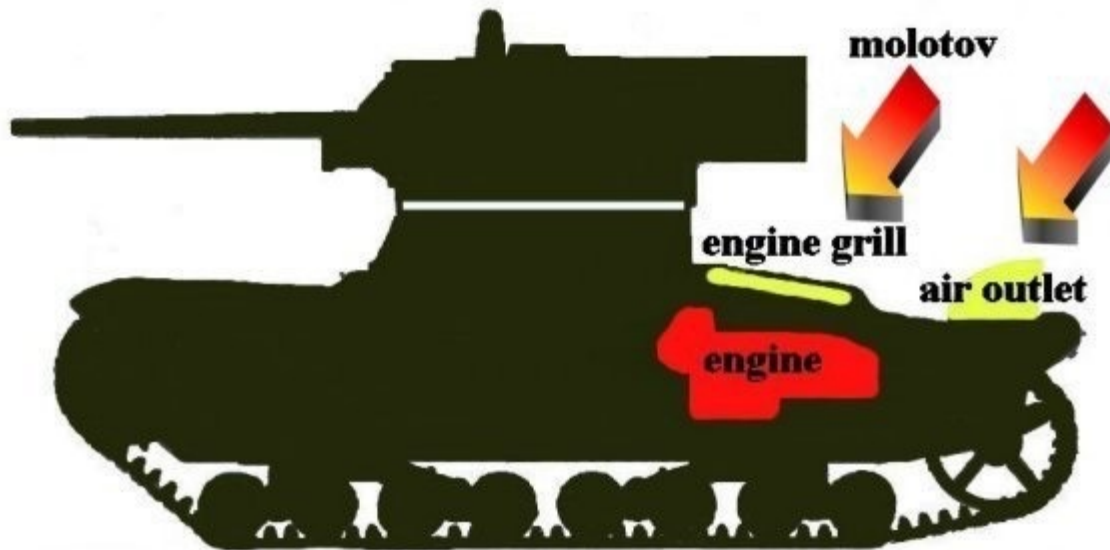
Any liquid (except water) poured over the vision blocks of a tank will make driving difficult. This can be old oil, which is hard to wipe off, liquid color paint works well too. If a soldier inside opens the tank, he can be shot.

If a defender can get close to any enemy vehicles, maybe parked at night. Spray paint front windows of trucks. Maybe with a paint gun. Choose carefully what truck you spray: a gasoline truck that cannot reach the tanks in forward position is more damaging than a truck that carries troops.



Molotovs & other close tank attacks

As a last resort, Molotov cocktails can be used to attack a tank. If this is the plan, more than one Molotov cocktail (a volley from both sides of a street) has a better chance. Throw the Molotov at the back top of the tank where the engine grill and air outlets are located or, again, at the vision blocks. A last last resort would be attempting to shove steel rods and other devices into the back sprocket of the tank tracks, attempting to seize or throw the sprocket/track.



ПРОСТІ ТА ЕФЕКТИВНІ ЗАСОБИ ВРАЖЕННЯ БРОНЕТЕХНІКИ У МІСЬКОМУ БОЮ.

Щоб осліпити танк потрібно вразити коктейлем Молотова його оптичні прилади та оглядову щільну. Щоб горюча суміш прилипла до оптичних приладів, і плавилася їх, до коктейлю Молотова потрібно додавати гудрон (біля 10-20 мілітрів на 0,5 літрову пляшку).

Гусениці танка будуть виведені з ладу, якщо сюди потрапить важкий металічний предмет (рейка, шпала, обрізок труби).

Працюючий двигун всмоктує повітря і швидко засмокче в себе коктейль Молотова. Для враження двигуна необхідно потрапити у вентиляційні решітки ззаду від башти. Для цього металічнику потрібно знаходитись збоку або ззаду від танка, що можливо тільки в умовах міської герильї.

The illustration shows three views of a tank: a front view, a side view, and a rear view. Red circles and arrows highlight specific attack points. In the front view, arrows point to the vision blocks. In the side view, an arrow points to the rear of the turret. In the rear view, an arrow points to the engine compartment. To the right, there are illustrations of a metal rod, a metal pipe, and a metal fragment. Molotov cocktails are shown being thrown at the tank.

Protecting Civilians

Defenders must help protect civilians. They have control over where military forces and equipment are placed in relation to the civilian population. The defenders often have better information than the attacker about where civilian persons are and are therefore better positioned to avoid knowingly leaving them in harm's way. The defender's tactical actions and overall strategy may contribute to the danger facing civilians. To avoid that:

1. Respect international humanitarian law and human rights law.
2. Issue guidance that protecting civilians is important
3. Avoid locating military objectives in civilian areas or from buildings that are used primarily by civilians such as schools, hospitals, residential and religious buildings, and co-locating with civilians to respect the principle of distinction and take constant care to not put civilians at risk during an attack.
4. Fighters should wear uniform or insignia distinguishing them from civilians (like arm bands).
5. Give warnings to civilians of incoming attacks through sirens, social media, SMS, loudspeaker to allow enough time for civilians to seek shelter.
6. Pre-position food, water, first aid in shelters for civilians.

7. Always allow humanitarian actors safe passage to provide food, water, medicine and transport of injured civilians between frontlines.
8. Mark protected areas clearly—schools, hospitals, religious sites, and shelters. Don't co-mingle in with civilians.
9. Mark areas where there are unexploded ordnance (UXO) and explosive remnants of war (ERW) till the area has been cleared.
10. Identify safe routes for civilians to leave.
11. Provide first aid tips to civilians, distribute first aid and tourniquets to civilians.
12. Instruct civilians not to stand in balconies or near windows with binoculars or camera as they can be mistaken as snipers.
13. Ensure civil defense is adequately equipped with fire blankets, rubble removal equipment, water treatment tablets, body bags, markers to cordon of dangerous areas, antidotes in the event of CBRN.
14. Train and deploy medical teams that know how to treat gunshot wounds, fragmentation injuries, blast wounds, burns for adults and pediatric bones as bone structures are distinct.
15. Restore when feasible, essential services that civilians rely on such as water treatment facilities and electric power grids.

The rules of war are not optional. They are designed to minimize human suffering.

- Do not target civilians.
- Respect principal of distinction and proportionality.
- Take all feasible precautions to minimize and avoid incidental harm to civilians.
- Don't use civilians as human shields.
- Do not resort to indiscriminate or disproportionate attacks.
- Do not target civilian infrastructure such as hospitals, schools.
- Do not torture and execute people
- Detainees and prisoners of war must be treated humanely.
- Do not kill or kidnap humanitarian workers.
- Allow humanitarian assistance to affected population and safe access to humanitarian workers to deliver aid.
- Investigate violations and hold persons accountable

Casualty and Fighter Care

Fighting in urban terrain leads to higher casualties for both attacker and defender. The defenders needs to be ready to move their casualties to safety and care. They should make lots of homemade litters (2-person carry device). All that is needed is poles (wood/metal/plastic) and a material (blankets, jackets, tarps), like:

IMPROVISED LITTER USING BLANKETS AND POLES

3-15. To improvise a litter using blankets and poles, the following steps should be used:

- Open the blanket and lay one pole lengthwise across the center; then fold the blanket over the pole.
- Place the second pole across the center of the folded blanket.
- Fold the free edges of the blanket over the second pole and across to the first pole

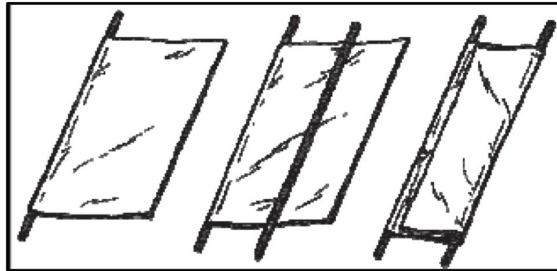


Figure 3-14. Litter made with blankets and poles

IMPROVISED LITTER FROM SHIRTS OR JACKETS AND POLES

3-16. To improvise a litter using shirts or jackets, button or zip the shirt or jacket and turn it inside out, leaving the sleeves inside, then pass the pole through the sleeves.

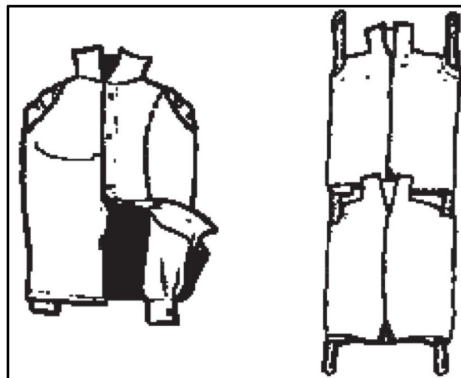


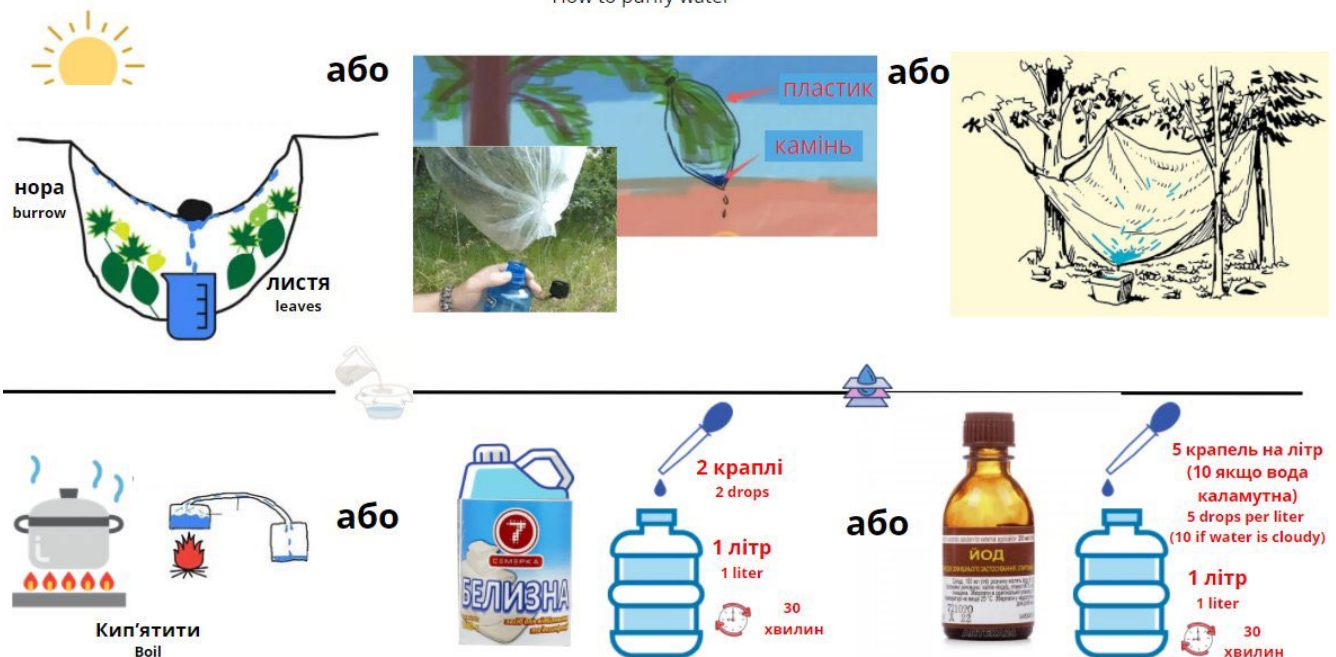
Figure 3-15. Litter improvised from jackets and poles

Drink Water!

The urban defender must drink water. You can survive only a few days without it. Hydration is key. Dry mouth is a sign of dehydration, as are fatigue, headache, dry skin, not sweating, sunken eyes, muscle and stomach cramps, no urges to urinate over an extended period, and even blackouts and seizures. Know the signs. There are ways to make water safe to drink. Collect/melt snow/rain. Boil water found. Add 2 eye drops of unscented household bleach to a liter. Or 5 - 10 drops of iodine. If you are ever not sure, purify the water. Drinking bad water can cause vomiting/diarrhea and lead to severe dehydration and death.

ЯК ОЧИСТИТИ ВОДУ

How to purify water



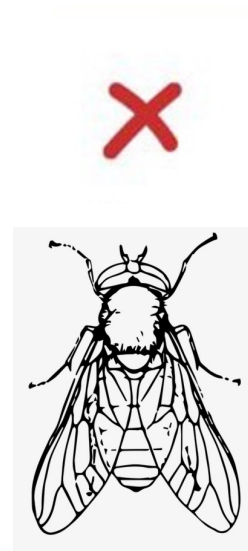
Keep Hands, Food, Water Clean!

Disease and sickness can kill the urban defender more than enemy bullets. Historically, disease and nonbattle injuries have been the cause of around 80 percent of even the world's best militaries.

You must sanitize your hands before eating. Use hand Alcohol-based sanitizer or wash with anti-bacterial soap.

Keep bathrooms and places of human waste as far from your food as possible (100 meters or more). Downwind and downslope. Keep bathrooms downslope for from wells, streams, and other water sources (30 meters or more).

Do not let flies touch your food.



The Will to Fight

The urban defender must keep the will to fight inside them.

They must keep hope that they can win and prevail. They have the advantage in the urban terrain.

Soldiers do not fight for dictators. They do not fight when coerced or paid to.

Soldiers fight for their nation, for freedom, for their families, and for each other.

Do not let fear overcome you. All soldiers experience fear. Fight and stay together in small groups. The bonds of cohesion formed in your group is the shield against fear in battle.

The urban defender wants to put crippling fear in the attacker, making him lose the will to fight.