



[Section 1: Game Introduction and Pre-purchase](#)

- [1.1 Who is this "Escape from Tarkov"?](#)
- [1.2 What do players do in EFT?](#)
- [1.3 How can I access EFT?](#)
- [1.4 Which edition should I get?](#)

[Section 2: Getting Acquainted with Ol' Tarky](#)

- [2.1 Menu Icebreakers](#)
 - [2.1.1 Choosing a PMC](#)
 - [2.1.2 Meet the Traders](#)
 - [2.1.3 There Are Many Like It, but This Stash Is Yours.](#)
- [2.2 Your First Kit of Gear](#)
 - [2.2.1 Rigs and Backpacks](#)
 - [2.2.2 Arming Yourself](#)
 - [2.2.3x Quick Overview of the Health System](#)
 - [2.2.3 Meds for Your Kit](#)
- [2.3 First Offline Raids](#)
 - [2.3.1 Maps and Times](#)
 - [2.3.2 Settings and Controls](#)
 - [2.3.3 Extraction](#)
 - [2.3.4 Bloodlust!](#)
 - [2.3.5 Magazine Handling](#)
 - [2.3.6 Meds, the Quick Bar, and You](#)

[Section 3: Online Raids](#)

- [3.1 The Way of the Scav](#)
 - [3.1.1 The Benefits and Differences of Scav Mode](#)

[3.1.2 Scav Mode Activated](#)

[3.1.3 Doing the Wiggle](#)

[3.2 Raiding for Real](#)

[3.2.1 “Guns. Lots of guns.”](#)

[3.2.1.1 Budget Rifle: The Simonov Semi-Automatic Carbine](#)

[3.2.1.2 Budget SMG: The Vityaz-SN](#)

[3.2.2 Streamlining Your Meds](#)

[3.2.3 Loot Goblins Anonymous](#)

This is a work-in-progress, step-by-step guide aimed to help newcomers get on their feet with Escape from Tarkov (even if you haven't purchased the game yet). It will be fleshed out and polished over time and I aim to keep it up to date with new patches and even transcribe it into video format if enough people find it useful. Your feedback (both positive and negative) is most welcome, and if you have more detailed questions or just want to chat about Tarkov and find potential squadmates, feel free to join our community discord server at <https://discord.gg/xa5pr8n> as we have several players excited for the upcoming wipe. Lastly, the table of contents above can link you to each labeled section for quick referencing. Enjoy!

Section 1: Game Introduction and Pre-purchase

1.1 Who is this “Escape from Tarkov”?

Escape from Tarkov (EFT) is currently a session-based, multiplayer, first-person shooter game with RPG elements and a full-looting system. The game is under development and may transition into a more open-world, massively multiplayer framework in the future. This also means that changes are made and content gets added fairly frequently, and you can usually expect progress wipes every few months. EFT strives for realism in aesthetics, sound design, and mechanical details, so if you want a high stakes, immersive modern combat simulator you've come to the right place.

1.2 What do players do in EFT?

Players take on the role of mercenaries (or “PMCs”) trying to survive the chaotic, war-torn fictional Russian city of Tarkov after a comms blackout. Phrased another way: you're a very angry bald man fighting over Kalashnikovs and pineapple juice. The core gameplay loop, simplified, is as follows:

1. Equip your PMC with gear from your “stash”: a safe inventory space. Additional gear may be available from NPC traders or other players via the flea market.
2. Join a “raid” (an individual EFT session). Spawning in a location of Tarkov, you will proceed to engage enemies, loot equipment, and most importantly get to one of your designated extracts before the raid timer expires (or you do).
3. Once out of the raid, move any excess loot into your stash, storing and/or selling items as needed. Then return to step 1.

Don't let the simplicity fool you; the current loop is elegant and highly replayable. There are also several caveats to the loop that keep things fresh:

- Scavengers (or “Scavs”) are opportunistic, armed civilians that stir up raids. Most scavs are AI bots, however players can also enter a raid as one.
- NPC traders offer tasks that give you objectives to work toward and reward you with cash, trader reputation, and unlocks new items for purchase.
- The Flea Market allows you to buy, sell, and barter goods with other players (a game in itself).
- PMCs have many passive skills that can be improved affecting your proficiency with everything from magazine loading to metabolism.
- There is a truly massive database of items to discover and acquire. Some of the best loot is behind locked doors, so collecting keys to valuable locations is its own journey as well.
- Deep weapon modding customization using countless realistic weapon mods.
- Probably many more things I'm forgetting.

1.3 How can I access EFT?

EFT is not a free-to-play game. If you don't want to wait at the rare chance of getting a temporary trial key or for the possibility of an open beta at some point in the future, you can get in now by pre-purchasing the game which gives access to the ongoing closed beta. To do this, create an account on the official website (escapefromtarkov.com) and then decide which “edition” to pre-purchase. All editions play together, and currently they all have access to almost all the same content (same locations and game modes available, same gear available to purchase).

1.4 Which edition should I get?

The primary differences between each edition are:

1. The size of your stash (safe inventory space where you store item between raids). There is currently no way to increase your base stash size in-game, but there are specialized containers that can virtually increase stash space. It is rumored that there will be ways to increase your stash size in-game in the future, and that the stash system itself will be overhauled to an interactable 3D space.
2. The size of your secure container (listed under the “additional equipment” for each edition). Your secure container can be brought to every raid and gives you a small space to retain items even if you die. From the purchased editions, the smallest is 2x2, and the largest is 3x3. Also, 2x3, 4x2, and 3x4 containers are acquireable against increasingly late-game achievements.
3. The EOD edition includes free access to future DLC, as well as granting a “Unique in-game ID” which at the moment seems to refer to having your name printed in gold with a flanking golden crown, if that matters to you.

The other “additional equipment” you start with, and the “initially good standing with traders” are nice but much less important than the above. Gear is so transient given the high lethality combat combined with full-looting, and you will naturally level up traders as you complete tasks anyway. How many of these various edition benefits will carry over to the main game when it is complete is currently unknown to the best of my knowledge. It is safest to assume that these benefits will only be effective for now.

If you want to give EFT a go and don't feel ready to splurge a ton of cash, consider starting with the lowest priced “Standard” edition of the game. Standard is the lowest barrier to entry and refunds seem very difficult to get, so this way you are risking the least cash if it turns out not to be for you. If you later realize you love it, then you can upgrade to one of the higher tiers and be better informed as to what that upgrade means. The game does occasionally (but not often) go on sale for various holidays. Sales often apply to upgrades as well.

Section 2: Getting Acquainted with Ol' Tarky

2.1 Menu Icebreakers

2.1.1 Choosing a PMC

After downloading the launcher and installing an up to date version of EFT, you can click launch and get into the game! Your first decision will be to choose a name (that's on you), and which private military company your main character will be from: USEC or BEAR. There are currently very few gameplay differences between the two, but USEC has English voice overs and BEAR has Russian voice overs when issuing voice commands (only really used for fun if you want), and the player model/uniform are slightly different, so use these factors to decide.

2.1.2 Meet the Traders

You should now see the main menu. First select "Trade" and note the several Traders (these are NPCs that each specialize in different goods), as well as a tab for switching to the Flea Market (this is where you barter with other players). For now, select the first NPC trader (Prapor). In Prapor's screen you see his wares on the left, and your stash on the right. You'll notice his wares are all black because they haven't been examined yet – right click on each and examine them all. Next notice the "Tasks" panel at the top left. Click on this to see the task he has available for you; select it, read the briefing if you want and the objectives/reward details, and finally click "accept" to take on the task. Now that you know how to navigate NPC traders, check the others out as well, examine their wares, and accept any tasks they may have.

2.1.3 There Are Many Like It, but This Stash Is Yours.

Next, head back to the main menu and click "Character" instead. You are now looking at your private stash on the right and your character's equipped inventory on the left. Since all of your equipment is at risk in a raid, you should always consciously have equipped every piece of gear and know why you brought it. Therefore the first thing I recommend

you do is unequip to stash (drag and drop or better yet use [control + left-click]) everything except for your secure container and the melee weapon in your scabbard. Neither of these are lootable by others, and any items inside your secure container are also safe even when you die.

2.2 Your First Kit of Gear

2.2.1 Rigs and Backpacks

Let's go over what kit you will want to bring into a raid. Currently, the only space you have to hold loot are the weapon and gear slots on your person, as well as four single slot pockets and the space inside your secure container. It's a good start but to hold a bit more you'll want a backpack and tactical rig. Head back to the Traders via the main menu and select Ragman. Click on the green "scav vest," click on the "fill" button to move currency from your stash to the trade area, and finally click "deal!" to make the purchase. You should now have a fresh new scav vest in your stash. Click on the beige "sling" and purchase one of these as well.

Head back to your character's stash via the main menu, and equip your new scav vest (drag and drop over the tactical rig slot, or simply use [alt + left click]). Equip the sling to your backpack slot as well. You may notice these are much smaller than the previously equipped rig and pack, but appropriately they are only a fraction of the price and will be adequate for your first very dangerous raids.

2.2.2 Arming Yourself

Now you'll want to equip a firearm so you're not bringing a bayonet to a gunfight. Equip one of your PM "Makarov" pistols (remember you can drag and drop but [alt + left-click] is faster for equipping). This sidearm is the cheapest firearm in the game, and while it's not particularly competitive against an assault rifle, it will do fine for your first offline raids while you're sorting out your settings, getting a feel for the controls and mechanics, etc. Double click the equipped pistol or right-click and "inspect" to get to its inspection window. Toward the bottom of this window you can see what attachments are on it. The Makarov is simple and can only take a magazine (mag), which it likely has loaded already. Drag and drop the mag from this window to your vest, and pull three more of the same PM mag from your stash into your vest as well.

Now look back at the Makarov's inspect screen and notice under the "caliber" section it lists "9x18mm". This is the ammunition you will need to use for it to function, and just like the magazines you will likely have some spare ammunition of this type in your stash too. Pull a stack of 50 to your secure container making sure it's 9x18 and not 9x19. Every magazine should have a small "x/8" on its icon, denoting how full it is out of its max capacity. If any of them are not full, drag and drop ammunition from the stack in your secure container onto that mag to fill it. Finally, drag and drop one of the mags onto your Makarov so it is loaded. Congratulations: you are armed and mildly dangerous.

2.2.3x Quick Overview of the Health System

Aside from a weapon and bags, you'll want to bring some medical supplies (or "meds") in the (very likely) event that you get wounded. At the top left of the Character screen there are several tabs – click on "Health." Notice the body image is broken into several parts, each of which has a number of hitpoints (HP). We will call all of these parts (even the torso/stomach) "limbs." When you are damaged, for example by being shot, the limb that gets hit will take damage based on the round that was fired and other factors. If a limb takes damage but still has some HP left, you can spend some time to heal that limb using meds such as the AI-2 (you should have several of these orange squares in your stash already). Sometimes when you are shot, you will start bleeding, in which case you will start to drain hitpoints until it is bandaged with (surprise!) a bandage (you should have some of these already in stash as well).

If any limb gets reduced to zero hit points it goes black and, bad things start to happen. First, the limb can no longer be healed. Second, you will suffer some sort of deleterious effect:

- Black leg: slower, limping movement, HP loss when sprinting, difficulty jumping.
- Black arm: slower aiming, trembling sight picture, difficulty with searching inventories.
- Black torso: cough constantly and loudly, giving away your position.
- Black stomach: coughing and very rapid dehydration that in turn kills you.
- Black head is extremely rare as you will usually just die from a headshot.

If these issues aren't bad enough, when a black limb gets hit, it will either A) spread a multiple of the damage across the rest of your body or B) instantly kill you. The last status effect I want to mention are fractures. Sometimes when you are shot or fall a good distance you may fracture a limb. Fractured limbs are problematic to use and can be repaired using a one-time splint (check your stash for some of these too). There are more status effects and nuances to the health and damage system but this should be enough to get you started, now let's focus on what meds you want to bring in.

2.2.3 Meds for Your Kit

Grab an AI-2 (for healing limbs), a bandage (for stopping a bleed), and optionally a splint (for fixing a fracture). The last thing you will definitely want are pain meds – purchase some analgin painkillers from Therapist. Painkillers can help you cope with certain negative effects (most notably allowing you to move at a non-limping, somewhat normal speed on a black leg so you don't have to limp for half an hour). Compare prices at Therapist and try to keep the most expensive meds in your secure container, and anything left over in your pockets/vest. The benefit of having magazines and meds in your pockets or vest is that these are the only slots you can directly reload from and hotkey supplies (more on this later).

2.3 First Offline Raids

2.3.1 Maps and Times

That's it, you are now geared for a raid. Before you head in, check out the wiki's page for the Customs location and scroll down to find several maps of the area <https://escapefromtarkov.gamepedia.com/Customs> -- choose one that shows you the extracts most easily and includes the expanded zone. Keep your chosen map open so you can alt tab to it (even better is if you can have it on a second monitor or tablet). Customs is an ideal location to focus on first as it is used in many early trader tasks, isn't abnormally large or small, and has a good, diverse set of environments to get you acquainted with the game. Head back to the main menu and this time select "Escape from Tarkov." Choose the Customs location, and note the two time phases listed at the bottom. Select the one that is between 06:00-18:00 so that you don't load into Customs at nighttime, then press next. Skip the 'map' screen by pressing next again. Now you

should have the option to enable “Offline Mode” – do so and make sure PVE, random time/weather are all *disabled*. Click next and then start the raid.

2.3.2 Settings and Controls

After some loading and a timer, you should be in. It's just you and Customs with no enemies, so now is a great time to play around with settings. Move around, look around, and feel it out for a bit. From the [ESC] menu you can click the little cog at the bottom right where you have some options to try. In the game settings screen you can reduce head-bobbing if that is bothering you, and you can also adjust field of vision if it is too tight (try not to ramp it up too much as it may negatively affect iron sight accuracy). You can also enable “Always show interface elements” if you always want to see in your UI the stamina bar, health overview, quick bar, etc.

Get the sound levels right (be aware that gun shots are realistic and very loud), and tinker with graphics if you would like to feel out framerate and visual quality. Lastly, take a quick peak in controls/keybindings; most things should be standard FPS fare, but some things like sidearm/pistol being bound to [1] may feel unnatural. Don't worry about all the controls yet, just get the basics down and change anything vital. Cheat sheet below:

Move:	W/A/S/D	Sprint:	Shift	Aim:	Right click
Lean:	Q/E	Sneak:	Caps lock	Shoot:	Left click
Crouch:	C	Speed:	M wheel	Reload:	R
Prone:	X	Inventory:	Tab	Fire mode:	B
Jump:	Space	Interact:	F	Check mag:	Alt+T

2.3.3 Extraction

Now if you feel ready to start exploring, look at the map you chose earlier and start walking around until you find enough landmarks to identify where you are. Double tap [O] rapidly and you should get a timer at the top right along with several potential “extracts”. Normally in an online raid you would have to get to one of these before the timer expires, otherwise you would lose everything on you. Since you are in offline mode, no progress (positive or negative) will be saved and you can use escape to exit raid at any time with no penalties despite warnings it may give. But although you

technically don't have to worry about extracting you should take the opportunity to practice it so that you are better prepared for a real raid.

Notice in the list of extracts that some are annotated with question marks. These are conditional extracts and may require payment (with in-game currency), have a longer extraction timer, or simply only be available from time to time. There is always a guaranteed extract however that is not annotated with question marks. Use the map to navigate to the guaranteed extract. When you've reached a valid extract, there is an invisible zone that you can stand in which should start a brief extraction timer on your screen.

At the end of the timer you will have successfully extracted the raid; congratulations! In an online raid, this would mean you survived and could keep all the loot you had on you. Feel free to explore the location as much as you want over as many separate raids as you want (just make sure you're selecting offline mode each time). Note that there are two “sides” to each location, each of which has its own static set of spawns and guaranteed and conditional extracts. So depending on which side you spawn in future raids, you may have the same set or the other side's set of extracts available.

2.3.4 Bloodlust!

When you feel ready, you can also “enable PVE” on the offline screen to have scav bots spawn on location as if it was a regular raid so you can start learning about combat and looting. As mentioned, the Makarov is a cheap pistol – it has a restrictive ammo capacity with poor accuracy and stopping power, especially at range. You will want to sneak as close as possible, [right-click] to aim down sights, and lay in a headshot or two quickly (watch out for helmets and visors as they will stop a 9x18 round with ease).

2.3.5 Magazine Handling

After you've done some shooting, use [R] to reload when you get an opportunity. Be aware that double tapping [R] will perform a tactical reload that drops the outgoing magazine on the ground instead of securing it, saving you a fraction of a second. This can save your life in a hot situation but make sure you're not doing it by mistake and losing your mags all over the place. Also ensure you have enough free space in your vest or pockets for your active mag before reloading, otherwise it will also be dropped.

Over time you will end up with partially/completely spent mags that need to be refilled – when safe, press [TAB] to access your inventory where you can drag the ammo stack you brought on top of a non-full mag. This will start loading in one cartridge at a time in a painfully slow manner that may have you cursing. You are very vulnerable when doing this so choose the moment with care. Right click and “check magazine” to get a quick estimate on how full an unknown mag is; this same thing can be accomplished for a mag loaded into your current weapon by pressing [ALT] + [T].

2.3.6 Meds, the Quick Bar, and You

A quick health overview will contextually show up at the top left of your screen, but in your [TAB] inventory you’ll notice a tab at the top-left called “Health”; this shows you a more detailed breakdown of your situation. If any of your limbs are missing some (but not all) of their HP, you can drag and drop your AI-2 over that specific limb to heal it. If you have a bleed status on a limb, you can drag and drop a bandage over it, and so on. If you’re not fussed about prioritizing specific limbs and just want to use meds quickly, you can simply right click and “Use” them (this is all that’s needed for painkillers as well).

To use meds even faster, drag and drop them from your inventory onto the numbered quick bar at the bottom of your screen (or hover over the med and click the number you want to assign it to). Now by simply pressing that number in-raid, your character will start the animation of using it right away. As mentioned earlier, this only works for meds in your pockets and tactical rig (not backpack). Grenades can also be bound this way.

Section 3: Online Raids

3.1 The Way of the Scav

3.1.1 The Benefits and Differences of Scav Mode

You: Rainlyte, I want to do a real raid. Like a big, fancy merc.

Me: I know, but I have to tell you about Scav Mode first.

You: But whyyyy?

Me: I’ve made a sweet list to explain why.

Pros:

- When deploying as a scav, you get a free set of gear thus risking none of your own
- You get to keep all of that plus anything else you loot *if* you can extract with it
- Other AI scavs won't shoot you
- Sweet voice lines

Cons:

- You cannot choose the gear you get as it is procedurally generated -- it may be imbalanced, low quality, etc.
- There is a cooldown timer for raiding as a scav again (time may vary with updates)
- You deploy partway into the raid, so you have less context about what is going on
- You have no secure container
- Your passive skills are separate (and usually worse) from your PMCs, and leveling them up here will not improve your PMC
- You cannot complete tasks as a Scav with the exception of certain gathering missions
- Your extracts are much more varied

3.1.2 Scav Mode Activated

To enter raid as a scav, simply click "Escape From Tarkov" from the main menu, and choose the scav to the left (the model preview gives some insight into your gear) instead of your PMC, and then select a location and deploy as normal. Despite the above listed cons, getting a free set of gear every X minutes is a fantastic deal for new players, and it's also fun and pragmatic to experiment with new weapons you might not have purchased. It's always worth considering a cheeky scav run when it's off cooldown.

I won't give too much advice specifically for scav runs as the upcoming sections will help with both scav and PMC runs, but I will say you should focus on learning to recognize AI scavs vs other player scavs, vs PMCs. This mostly comes with experience, but AI scavs tend to spawn in certain areas, patrol and move a certain way, and like to use voice lines. As a general rule it's best not to attack them unless you want to risk it for their gear, as this causes all AI scavs in the general vicinity to turn hostile toward you. In contrast if you leave them alone, they will aid you against all PMCs and hostile player scavs as well. Player scavs can best be distinguished by their movement, if they loot, and if they have more than one firearm. Shooting at them will cause nearby AI scavs to go hostile, so you'll have to make a judgment call as to if you can trust them not to shoot you. PMCs will almost always be hostile, and can be told apart thanks to their USEC or BEAR player model/uniform which may be visible if they're not too heavily armored (and if they are, that would usually be the alternate giveaway).

3.1.3 Doing the Wiggle

If someone you encounter “wiggles” by leaning left to right rapidly with [Q] and [E], they are implying that they are friendly and want to know if you are too. This doesn’t necessarily mean you can trust them, but you will have to decide how to react. If you want to show friendliness back, make sure to wiggle as well right away. Don’t wiggle and then shoot. Don’t be that person. Rainlyte will be so disappointed with you, and you will bring shame upon your family. You can start running some scav raids intermittently if you’d like now. Next up I’ll go over using better firearms, advice on looting, and more that will be helpful for both your scav runs and proper online PMC raids.

3.2 Raiding for Real

3.2.1 “Guns. Lots of guns.”

You: Here’s the thing, Rainlyte: while I appreciate the idea of the occasional cheeky pistol run, I have mixed feelings about going into a raid with this 5000 rouble pea shooter.

Me: Fair... That’s fair. Behold.

3.2.1.1 Budget Rifle: The Simonov Semi-Automatic Carbine

This beautiful specimen is the Simonov Semi-Automatic Carbine, usually called the “SKS”. It fires juicy 7.62x39 mm rounds from a 20-round magazine with good accuracy and reasonable handling even without mods. At short-range you can rapidly tap the trigger for quick re-firing and the accurate semi-auto fire really excels at medium-range skirmishing, making this a fairly versatile weapon. The weapon itself can be purchased from Loyalty Level 1 (L1) Skier, where you will also find the ProMag SKS-A5 mags that go with it -- you get one with the purchase of the weapon, but pick up an extra two of these so that you can reload.

L1 Prapor has the compatible 7.62x39mm PS ammunition. One of the great things about the SKS is that this ammo is fairly priced, ubiquitous, available early, and has a great balance of flesh damage and penetration against low and mid-level armor. Pick up 120 rounds of this so that you can fill all the magazines and have a stack of 60 left over. Once you’ve loaded all the mags, put one back in the SKS, put one in your scav vest (remembering to leave the other 1x2 slot in your vest empty so that you don’t drop a magazine when you reload), and keep the last one in your backpack/sling.

Additional notes on the SKS:

- Reloading is a bit slow and ejects the chambered round if there is one
- There are two variants of the SKS: the standard SKS is purchased from L1 Skier and the OP-SKS (“Hunting Rifle”) is bought from L2 Skier. The OP-SKS looks and handles almost identically but has a slot for a dovetail mount (used for attaching a compatible reflex sight or scope). By default the SKS has a dark brown body and the OP-SKS has a light tan body, however these bodies are interchangeable and there is even a third black polymer body with several attachment points to make things more complicated. Nothing to worry about, just be aware of so you don’t get confused when you find different SKSs.
- The imminent 11.7 patch seems to have an option for an internal magazine that allows you to load rounds directly into the weapon one at a time instead of reloading with external magazines. I don’t know exactly how this will be implemented so can’t comment on it yet, but it’s also good to be aware of.

3.2.1.2 Budget SMG: The Vityaz-SN

This Russian submachine gun allows you to delve into the wonderful world of automatics early on and at a great price. The 19-01 Vityaz-SN fires the more humble 9x19 mm round but does so out of a cheaper and higher capacity 30-round magazine with a firing mode for 700 RPM full-auto. The Vityaz excels in close quarters combat (CQC) where the full-auto will shine and allow for easy upper-chest and head sprays. CQC also mitigates most of the downsides the Vityaz has, such as lower accuracy and slower-traveling bullets that drop quite a lot. When using the Vityaz, avoid open areas with long sight lines such as to force close-range engagements and capitalize on its advantages.

L1 Prapor has the gun itself, the compatible Standard PP-19-01 mags (buy an extra two of these), and subsonic 9x19 mm PSO gzh rounds. The other ammo option is 9x19 mm Pst gzh from L1 Mechanic, which sacrifices some flesh damage but is better at defeating the lightest body armors and visors. Choose one and purchase 150 rounds -- enough to fill all three mags and keep a spare stack of 60 in your secure container. Once you’ve loaded all the mags, put one back in the Vityaz, put one in your scav vest (remembering to leave the other 1x2 slot in your vest empty so that you don’t drop a magazine when you reload), and keep the last one in your backpack/sling.

Additional notes on the Vityaz:

- Since the Vityaz has a full-auto firing mode, you will want to start tracking if you are in full-auto or single fire mode. When in raid, tap [B] to switch mode (notice the text popup at bottom-right). You can also use [ALT] + [B] to check mode without making noise.
- One great thing about the Vityaz is that it can take some of the same ubiquitous mods that AKs use, and it also has an integrated dovetail mount for attaching a reflex sight. We will go into more depth with gun modding later.

3.2.2 Streamlining Your Meds

You: Meds seem great, but there's a lot to keep track of and they seem to run out fast.

Morpheus: What if I told you there are first aid kits that combine the limb healing functionality of the AI-2 with the bleed-stopping power of a bandage, all while having more durability for each inventory slot taken?

You: I would ask who you are and where Rainlyte is.

Obi-Wan: You would notice this is the best thing you or anyone has ever heard. *waves hand*

You: I noticed this is the best thing I or anyone has ever heard.

There are four more advanced med kits; you won't have access to these right away, but you are very likely to find them in raids and should know what they do as they are more pleasant to use than shuffling around with AI-2s and bandages. Comparison chart below:

Kit Name	Use Time [s]	Durability [HP]	Heal Limbs	Stop Bleeds	Fix Fractures	Size
Car First Aid*	3	220	✓	✓		1x2
Salewa**	3	400	✓	✓		1x2
IFAK	3	300	✓	✓		1x1
Grizzly	5	1400	✓	✓	✓	2x2

* Keep an eye out for an early Therapist task that unlocks the ability to purchase these.

** The first Therapist task requires a handful of these, so make a point of saving them

Ibuprofen is a 12-charge pain killer and also a valuable bartering item, Vaseline only takes one slot and works as a 10-charge fracture fixer (don't ask), and Golden Star is a one-slot, 10-charge item that replenishes your hydration to 100 (very good at keeping you alive if your stomach gets zeroed since dehydration kills you rapidly). These items are not purchasable from traders but can be found in raids and purchased on the Flea Market (more on that later).

3.2.3 Loot Goblins Anonymous

/// This and many more sections coming soon! ///