

SURVIVAL PROTEIN

FIND • CATCH • USE • SURVIVE

S12 – S19 QUICK REFERENCE CARDS

*Practical
Knowledge
for Tough Times.*

*Real Skills
Practical Knowledge
Greater Survival Chances.*



S12 FIND PROTEIN SOURCES



Identify possible animal and plant protein sources in your environment.

S13 AFTER THE CATCH



Catch → Clean → Process → Cook.
Keep it clean and safe.

S14 FIELD PROCESSING



Obtain edible portions.
Keep it simple.
Not an anatomy guide.

S15 COOK IT THROUGH



Proper cooking kills most bacteria and parasites.
Make it safe to eat.

S16 CALORIES VS EFFORT



Choose food that gives good energy for the time, effort and risk.

S17 EMERGENCY PROCUREMENT DECISION



Assess, choose and get food based on safety, availability and risk.

S18 DON'T WASTE THE CATCH



Use as much as possible.
Less waste, more nutrition.
Stay practical.

S19 RESOURCE REUSE



Use non-edible parts for tools, bait, materials and more.



THIS IS A SURVIVAL GUIDE — NOT A COOKBOOK.

This guide is intended only as **general emergency reference material** when normal, reliable food supplies are unavailable or severely disrupted. Wild food can involve hazards that cannot be reliably identified or eliminated in the field. **Do not consume anything you cannot safely identify, obtain, process and prepare. When in doubt, do not eat it.** Users are responsible for assessing their own circumstances, local conditions and applicable laws. NZWAR does not guarantee the safety or suitability of any food source, method or outcome.

S01

SURVIVAL FOOD DECISION

IS NOW THE RIGHT TIME TO LOOK FOR FOOD?

Sort your priorities. Only seek food when it is safe and appropriate.



FOOD IS IMPORTANT, BUT NOT ALWAYS THE FIRST PRIORITY.

If you are injured, dehydrated, exposed, or in immediate danger, deal with those problems first.



DEAL WITH THESE FIRST

1



LIFE-THREATENING INJURY

Stop major bleeding, treat serious injuries, and stabilise the person.



2



NO WATER

Dehydration is a greater immediate risk than lack of food.



3



EXTREME WEATHER

Find shelter and protection from cold, heat, wind, or storms.



4



IMMEDIATE DANGER

Move to a safe location. Avoid hazards such as floods, landslides, fire, or conflict.



QUICK CHECK – ASK YOURSELF

- | | | | |
|---|--|---|--|
| 1 | Are we safe right now? | 5 | Is there daylight and enough energy? |
| 2 | Are injuries treated and under control? | 6 | Are there signs of available animal food? |
| 3 | Do we have water or a plan to get water? | 7 | Do we have simple, realistic methods? |
| 4 | Are we protected from the weather? | 8 | Is the risk low and the potential return worth it? |



LOOK FOR FOOD WHEN...

1

IMMEDIATE SAFETY

You are safe, injuries are treated, and you have shelter.

2

ENOUGH DAYLIGHT AND ENERGY

You are rested, have enough energy, and conditions are relatively stable.

3

SIGNS OF AVAILABLE FOOD

There are realistic signs of animals or fish in the area (such as tracks, droppings, bird activity, or fish movement).

4

REALISTIC METHODS

You have simple, practical methods and basic tools or natural materials to try.

5

LOW RISK, WORTHWHILE

The risk is relatively low and the potential return of food is worth the time and energy.



AVOID LOOKING FOR FOOD WHEN...

1

YOU ARE SERIOUSLY INJURED OR UNWELL

You need rest, medical care or evacuation.

2

YOU ARE DEHYDRATED OR HAVE NO RELIABLE WATER

Finding water is a higher priority than finding food.

3

YOU ARE EXPOSED TO EXTREME WEATHER

Risk of hypothermia, heat exhaustion or storm injury.

4

THERE ARE MORE URGENT SURVIVAL TASKS

You need to move to safety, build shelter, or deal with other immediate risks.

5

YOU HAVE LITTLE ENERGY OR POOR MOBILITY

You are too tired, injured or unable to move safely.

6

THE ENVIRONMENT IS UNSTABLE OR UNSAFE

Active hazards such as floods, fires, landslides or conflict.



ONLY LOOK FOR FOOD WHEN IT IS SAFE, POSSIBLE AND WORTHWHILE.

A well-timed, low-risk approach gives the best chance of success.

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S02

READ ANIMAL SIGNS

LOOK FOR EVIDENCE, NOT JUST THE ANIMAL ITSELF.

Animal signs tell you what animals are in the area, where they move and what they use. Good observation saves time, energy and risk.



WHAT ARE ANIMAL SIGNS?

Animals leave many traces in their environment. These signs can help you know if animals are nearby, which direction they move, and what areas they use.

You do not always need to see the animal. Look for the signs.

FOOTPRINTS



Footprints show what animal passed, which direction it was moving, and how recently.

DROPPINGS (SCAT)



Droppings show what animal is in the area and how often it visits.

FEEDING SIGNS



Chewed plants, stripped bark or broken branches show what animals have been feeding here.

SHELTER / RESTING



Look for nests, beds, hollow trees, rock shelter or dry areas where animals rest.

HAIR / FEATHERS



Hair or feathers on fences, branches or the ground show which animals pass through.

TRACKS AND ROUTES



Repeated tracks show regular routes between water, food and shelter.

DIGGING SIGNS



Holes or dug-up soil can show animals searching for food or living in the area.

SCRATCH MARKS



Scratch marks on trees can be made by animals marking territory or climbing.

OTHER SIGNS



Look for other signs such as slide marks, feathers, shells, bones or strong odours.

IMPORTANT



⊗ Do not touch or taste animal droppings.

⊗ Do not assume the animal is still nearby.

⊗ One sign does not guarantee you can find or catch the animal.

⊗ Use signs to understand the area, then decide the best and safest approach.



KEY POINTS

- 1 Learn to recognise common signs in your area.
- 2 Use multiple signs, not just one.
- 3 Check how fresh the sign is (new or old).
- 4 Signs show presence and movement, not a guaranteed catch.
- 5 Combine animal signs with water, food, cover and routes (see S03).

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S04

SIMPLE FISHING

THE BASIC SYSTEM: LINE + HOOK + BAIT.

You do not need a fishing rod. A simple and reliable setup can catch fish in many environments.



KEEP IT SIMPLE.

Understand the basic system first. Add weight, float or other parts depending on the situation.

1. BASIC SYSTEM

LINE + HOOK + BAIT



LINE

- Fishing line is best.
- Strong enough for the target fish.
- Check for damage before use.



HOOK

- Use the right size for the target fish.
- Keep it sharp.
- Ensure it is securely tied.



BAIT

- Natural bait often works best.
- Examples: worms, insects, small shellfish, small pieces of fish.
- Match the bait to local fish.

2. ADDITIONAL COMPONENTS

Use when needed, depending on the environment.



WEIGHT (SINKER)

- Helps the bait reach the right depth.
- Useful in deep water or strong current.



FLOAT

- Keeps the bait at a chosen depth.
- Helps you see bites.



OTHER SIMPLE PARTS

- Swivels to reduce line twist.
- Snaps for quick hook or weight changes.
- Use only what you need.

3. BASIC SETUP EXAMPLES

There are many ways to set up a simple fishing line.



BOTTOM FISHING (WITH WEIGHT)

- Good for still water, lakes, rivers or sea.
- Keeps the bait near the bottom where many fish feed.



FLOAT FISHING

- Useful in rivers, lakes or calm coastal areas.
- Adjust depth so the bait is at the right level for the fish.

IMPORTANT POINTS

- ❌ A fishing rod is not required.
- ❌ Use real fishing line and hooks if possible.
- ❌ Choose a safe and stable position.
- ❌ Be aware of water depth, current and slipping risk.
- ❌ Do not use damaged or weak materials.
- ❌ Check local laws and rules for fishing when applicable.

4. TIEING A SIMPLE HOOK

A strong knot keeps your hook and fish.



1 Pass the line through the hook eye.



2 Wrap the line around the shank several times (e.g. 5–7 turns).



3 Pass the line through the loop.



4 Moisten and pull tight.

5. FIND A GOOD SPOT

Look for areas where fish are likely to be.



- ✓ Near river bends, pools and deeper holes.
- ✓ Along edges, rocks, or underwater structures.
- ✓ In estuaries, harbours and coastal areas.
- ✓ Observe water flow, depth and cover.

KEY POINTS

- 1 Learn the basic system: line + hook + bait.
- 2 Add weight or float if needed.
- 3 Use a simple and reliable setup.
- 4 Fish from a safe and stable position.
- 5 Be patient and observe the water.
- 6 Keep it simple and adapt to the local environment.

S05

IMPROVISED FISHING GEAR

USE WHAT YOU CAN FIND, BUT UNDERSTAND THE FUNCTION.

Real fishing line and hooks are best. If you do not have them, you can make simple gear from local materials.



FUNCTION FIRST.

Understand what each part does, then find a safe and suitable alternative.



1. LINE ALTERNATIVES

Strong, flexible materials can be used as fishing line.



NATURAL FIBRE

- Plant fibre, bark fibre, inner bark, flax, etc.
- Twist or braid to increase strength.



CORD / PARACORD

- Strong and reliable if available.
- Check for wear or damage.



MONOFILAMENT

- Ideal if available.
- Check for UV damage and weakness.



VINES / PLANT FIBRE

- Can be used in short term.
- Test strength before use.



2. HOOK ALTERNATIVES

Real hooks are best. Improvised hooks can work in an emergency.



BENT NAIL

- Shape a point and barb.
- Must be strong and sharp.



BONE / ANTLER / WOOD

- Carve and sharpen.
- Secure the line firmly.



SHELL

- Use a strong, thick shell.
- Shape, sharpen and test.



REAL HOOK (BEST)

- Use the right size.
- Keep it sharp and secure.



3. NATURAL BAITS

Use natural materials to attract local fish.



WORMS

- Common and effective.
- Keep cool and moist.



INSECT LARVAE

- Good for bait (not food).
- Use local larvae.



SMALL SHELLFISH

- Cut into smaller pieces.
- Good for many coastal fish.



FISH PIECES

- Use fresh fish parts or offal.
- Works well in many areas.



4. SIMPLE TOOLS

Basic tools help you make and use improvised gear.



KNIFE

- Carve, cut and shape materials.



STONE

- Sharpen hooks or points.
- Shape wood or bone.



MULTI-TOOL

- Useful for cutting, bending and gripping.



CORDAGE

- For making line, leaders or securing gear.



5. SIMPLE DEVICES

You can add simple components to improve your setup.



FLOAT

- Keep bait at the right depth.
- Made from wood, cork or other floating material.



SINKER / WEIGHT

- Keeps the bait down.
- Use a stone and cord or other heavy items.



6. CHECK BEFORE USE

Test your improvised gear before relying on it.

- ❌ Check that the line is strong and not easily broken.
- ❌ Make sure the hook or point is secure.
- ❌ Test knots and connections.
- ❌ Check that floats and weights are firmly attached.
- ❌ Make sure the setup is safe to use and will not easily injure you.



KEY POINTS

- 1 Real fishing line and hooks are best.
- 2 Understand the function of each part (line, hook, bait, weight, float).
- 3 Improvised gear can work, but must be strong and safe.

- 4 Use local materials and test before use.
- 5 Keep it simple and reliable.
- 6 Adapt to the local environment and fish.

S06

HAND LINE

EFFECTIVE FISHING WITHOUT A ROD.

A hand line is a simple and reliable method. It can be used in rivers, lakes, coastal areas and from rocks or a boat.



SIMPLE. PRACTICAL. EFFECTIVE.

A hand line needs only line + hook + bait.
No fishing rod is required.

1. BASIC SETUP

A simple hand line can be made or improvised.



LINE

- Strong and reliable.
- Use proper fishing line if available.
- Keep extra line coiled and organised.



HOOK

- Use the right size for the target fish.
- Keep it sharp.
- Tie it securely.



BAIT

- Use natural bait.
- Match the bait to local fish.
- Keep bait fresh if possible.

2. HOW TO USE

Lower the bait, feel for bites and pull carefully.



Lower the bait to the right depth.



Feel for movement or bites on the line.



Pull steadily and smoothly when you feel a bite.



Keep control of the line and lift the fish out.

3. USE IN DIFFERENT ENVIRONMENTS

A hand line can be used in many locations.



RIVERS & STREAMS

Use near deeper holes, edges and structure.



LAKES

Look for drop-offs, points and shaded areas.



COASTAL AREAS

Use from shore, rocks or a boat in safe conditions.



AROUND ROCKS & STRUCTURES

Fish often hide near rocks, reefs, piers or other structure.

4. SAFETY AND GOOD PRACTICE

A hand line is simple, but you still need to stay safe.

- ❌ Do not wrap the line around your fingers, wrist or body.
- ❌ Keep extra line coiled and under control.
- ❌ Use a stable and safe position (not slippery or unsafe rocks).
- ❌ Be aware of water depth, current, waves and changing conditions.
- ❌ Do not pull too hard and risk line breakage or injury.
- ❌ Keep a safe distance from the water edge.

5. TIPS FOR BETTER RESULTS

Small adjustments can improve your chances.



FISH AT THE RIGHT DEPTH

Try different depths until you find fish.



TARGET GOOD AREAS

Look for current, edges, cover and structure.



KEEP BAIT FRESH

Change bait if it is damaged or not working.



BE PATIENT

Fish may take time. Stay calm and focused.



KEY POINTS

- 1 Hand line = line + hook + bait.
- 2 No fishing rod is required.
- 3 Do not wrap the line around your fingers, wrist or body.

- 4 Use a safe and stable position.
- 5 Adjust depth and location to find fish.
- 6 Keep it simple, safe and adapt to the environment.

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S03

WHERE ANIMALS MOVE

LOOK FOR WATER, FOOD, COVER AND ROUTES.

Animals usually move between water, food and shelter using the same routes. Learn to read the area, not just look for the animal itself.



1. WATER

Animals need water. Look near:



- Rivers, streams and lakes
- Coastline and estuaries
- Ponds, pools and wetlands
- Natural waterholes
- Areas with permanent or seasonal water

Many animals visit water regularly, especially at dawn and dusk.



2. FOOD

Look for areas with natural food sources:



- Fruit, berries, nuts and seeds
- Fresh plant growth and shoots
- Insects (for some animals)
- Grass, leaves and vegetation
- Food left by people (crops, compost, etc.)

Food attracts animals and often determines where they stay and move.



3. COVER / SHELTER

Animals need places to hide and rest:



- Dense bush and long grass
- Rock piles, caves and crevices
- Fallen logs and hollow trees
- Thick vegetation near water
- Areas that provide shade and protection from wind, rain and predators

Good cover lets animals rest, stay safe and raise their young.



4. ROUTES

Animals use regular routes between water, food and shelter:



- Tracks in grass or soil
- Repeated paths through bush
- Narrow gaps, ridgelines and valleys
- Fence lines, hedges and stream edges
- Shorelines and game trails

Finding routes helps you predict where animals might be and where to look.



READ THE AREA BEFORE YOU ACT.

Look for water, food, cover and routes together. Use all signs to understand the area. Do not waste energy searching in random places. The aim is to find the best and safest location to look for food.



! IMPORTANT

- ✗ Do not assume an animal is nearby just because you see one sign.
- ✗ One sign does not guarantee you can find or catch the animal.
- ✗ Pay attention to wind direction, your own safety and the terrain.

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S07

FINDING FISH

LOOK FOR THE RIGHT PLACES, NOT JUST ANY WATER.

Fish are more likely to be found in certain areas. Learn to read the water and look for key features.



FISH HAVE HABITS.

They like food, shelter, cooler water and structure. Look for signs, not just open water.

1. FLOW (CURRENT)



- Fish often stay near current where food is carried.
- Look for slower water behind rocks or in eddies.
- Check both fast and slow water areas.

2. EDGE



- Fish often stay near the edge between shallow and deep water.
- Look for drop-offs, ledges and changes in depth.
- Check around riverbanks, lake edges and coastal areas.

3. COVER



- Fish like to hide near rocks, logs, tree roots, undercut banks and aquatic plants.
- Cover provides safety from predators and strong current.
- Cast or drop your bait near cover.

4. DEPTH CHANGE



- Fish often move along depth changes.
- Look for holes, trenches, ledges or sudden drop-offs.
- Try different depths if you are not getting bites.

5. SHADE



- Fish often rest in shaded areas during bright daylight.
- Look under trees, cliffs, bridges or other shade.
- Shade keeps water cooler and provides cover.

6. STRUCTURE



- Fish gather around natural or man-made structures.
- Look for rocks, reefs, boulders, fallen trees, piers or bridge supports.
- Water moving around structure brings food and attracts fish.

OTHER GOOD SPOTS



RIVER BENDS

Slower water on the inside bend, deeper water on the outside.



POOLS & DEEP HOLES

Fish often stay in deeper, calmer water, especially in rivers and streams.



ESTUARIES & INLETS

Mix of fresh and salt water attracts many fish species.



COASTAL ROCKS

Look for sheltered areas, rock pools and channels between rocks.

CHECK FOR SIGNS



Bait fish

Small fish often mean bigger fish are nearby.



Surface activity

Look for splashes, ripples or feeding fish.



Birds

Diving birds may show where fish are feeding.

THINGS TO TRY



Cast near structure

Rocks, logs, edges and weed beds.



Try different depths

Adjust weight or float to reach the right level.



Try different times

Early morning and late afternoon are often good times.

IMPORTANT

- ✗ Not all water will have fish.
- ✗ Do not take unnecessary risks to reach a spot.
- ✗ Always consider water depth, current, slippery rocks and tide.
- ✗ Wear suitable clothing and footwear.
- ✗ If a method is not working, move and try another location.
- ✗ Observe and learn from the environment.



KEY POINTS

- 1 Look for flow, edges, cover, depth change, shade and structure.
- 2 Check for signs such as bait fish, surface activity and birds.
- 3 Try different depths and locations.
- 4 Be patient and observe the water.
- 5 Use what you learnt to improve your chances.

S08

FISH FUNNEL / WEIR

GUIDE → NARROW → RETAIN

Use natural movement routes to guide fish into a narrow area. A fish funnel or weir can work in the right location, but it is not always the first choice.

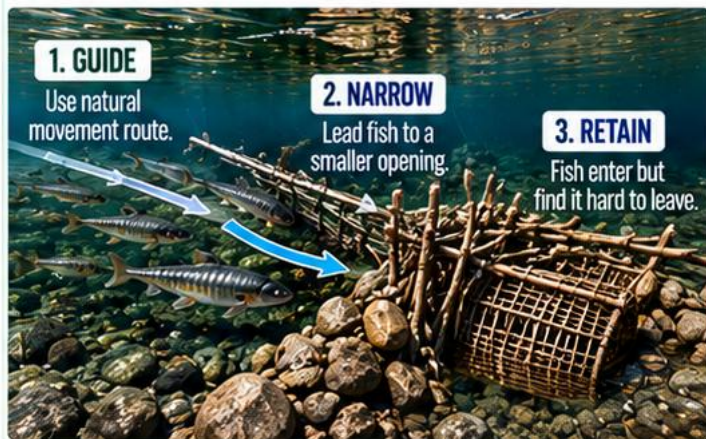


USE NATURAL BEHAVIOUR.

Fish often move along edges, through narrow gaps or shallow areas. A weir takes advantage of this.

1. BASIC PRINCIPLE

GUIDE → NARROW → RETAIN



2. SUITABLE LOCATIONS

Look for places where fish naturally move.



NARROW STREAMS

Natural channels or narrowing sections.



ESTUARIES & INLETS

Use natural tidal movement.



SHALLOW AREAS

Fish move through shallow water along edges.



ROCK POOLS & CHANNELS

Fish move between pools or along rocky edges.

3. SIMPLE WEIR EXAMPLE

A basic weir can be made from rocks, wood and local materials.



1 BUILD GUIDE WALLS

Use rocks and sticks to guide fish towards a narrow opening.

2 NARROW THE ENTRANCE

Leave a small gap for fish to enter.

3 ADD A TRAP AREA

Use a basket, net or wicker trap to retain fish.

4 CHECK REGULARLY

Collect fish and reset the trap if needed.

4. KEY POINTS

- ✓ Use natural fish routes, not random locations.
- ✓ Choose a narrow section where fish are likely to pass.
- ✓ Guide fish gently towards a smaller opening.
- ✓ Use available natural materials (rocks, wood, branches).
- ✓ Make the entrance small enough that fish can enter but find it hard to escape.
- ✓ Check the trap regularly.
- ✓ Keep it simple and low impact.



5. IMPORTANT LIMITATIONS

- ✗ Not all environments are suitable.
- ✗ May not work in deep, fast or very wide water.
- ✗ Can be affected by floods, strong current and waves.
- ✗ Requires regular checking and maintenance.
- ✗ May catch unwanted species.
- ✗ Not always more effective than simple hand line fishing.
- ✗ Only use where allowed and avoid significant environmental damage.

6. KEEP IT SIMPLE

If a simple hand line is already working, use that first.



HAND LINE

- Lower effort
- Less construction
- Works in many situations



WEIR / FUNNEL

- Useful in the right location
- Can catch multiple fish
- Needs time and maintenance



OBSERVE FIRST.

Read the area, look for natural routes and fish movement. Build a weir only when conditions are suitable and it is worth the effort.



KEY POINTS

- 1 Understand the principle: guide → narrow → retain.
- 2 Find suitable locations where fish naturally move.
- 3 Use rocks, wood and local materials.
- 4 Keep the design simple.
- 5 Check regularly and follow local laws and rules.
- 6 If hand line fishing is working, use that first.

S09 INSECTS & LARVAE

NOT HUMAN FOOD – USE AS BAIT

Insects and larvae exist in many environments. They can be useful for fishing bait, but they are NOT a safe or recommended food source for people in NZWAR.

WILD INSECTS ARE NOT HUMAN FOOD IN NZWAR.



1 COMMON INSECTS AND LARVAE

Found in forests, grasslands, soil, rotten wood and near water.



GRASSHOPPERS

Common in grasslands.



CRICKETS

Found in many areas.



BEEBLE LARVAE

Found in soil and rotten wood.



OTHER LARVAE

Various species in different habitats.

2 USE AS FISHING BAIT

Insects and larvae can be effective bait for many fish species.



BAIT ≠ HUMAN FOOD

Can be used as fishing bait, but not for human consumption.

3 NOT FOR HUMAN CONSUMPTION



Do not eat wild insects.



Do not eat larvae.



Do not try to identify and eat wild insects.

4 WHY NOT?



May be toxic
Some species can be poisonous.



Risk of parasites and bacteria
Can carry harmful organisms.



Difficult to identify
Not easy to know what is safe.



Not worth the risk
In a survival situation, focus on safer and more reliable food sources.

5 KEY POINTS



- 1 Wild insects are not human food in NZWAR.
- 2 Larvae are for fishing bait, not food.
- 3 Do not try to identify and eat wild insects.
- 4 They can be useful bait to help you catch fish.
- 5 Focus on safer and more reliable protein sources.



REMEMBER.

Even if something looks safe, they can still be toxic or carry parasites. Use insects and larvae only as fishing bait, not as food.



KEY POINTS (SHORT)

- 1 Not human food.
- 2 Use as fishing bait.
- 3 Avoid risk.
- 4 Focus on safer food sources.

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S10 NATURAL BAIT

BAIT HELPS YOU CATCH FOOD

Natural materials such as worms, insect larvae and other small creatures can be effective fishing bait. They are for catching fish, not for human food.



**BAIT
HELPS YOU
CATCH FISH.
IT IS NOT
HUMAN FOOD.**

1 EXAMPLES OF NATURAL BAIT



WORMS

Common and effective bait.



INSECT LARVAE

Useful bait. Not for human food.



SMALL CREATURES

Such as small crustaceans.



SHELLFISH PIECES

Can be used as bait.

2 HOW TO USE



ON THE HOOK

Attach bait securely to the hook.



IN THE WATER

Place the bait in areas where fish are likely to be (see S10 Finding Fish).

3 BAIT ≠ HUMAN FOOD



- ❌ Do not eat worms.
- ❌ Do not eat insect larvae.
- ❌ Do not eat other wild insects or small creatures.

They may carry parasites, bacteria or toxins. Being bait does not mean it is safe to eat.

4 KEY POINTS



- ✓ Use natural bait to help you catch fish.
- ✓ Keep the bait fresh and clean.
- ✓ Store bait in a cool place and use it as soon as possible.
- ✓ Bait is not human food.

5 REMEMBER



**NATURAL BAIT
HELPS YOU CATCH FOOD.
IT IS **NOT**
HUMAN FOOD.**



PREPARE. LEARN. BE READY.
REAL KNOWLEDGE FOR TOUGH TIMES.

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SMALL-ANIMAL CAPTURE

OBSERVE FIRST. CHOOSE A LOW-EFFORT APPROACH.

Look for signs of animal activity, repeated routes and nearby resources.
Then choose the simplest method that fits the situation. Do not waste energy.



1 READ THE AREA



- Look for tracks, droppings, feeding signs, burrows, fur and worn paths.
- These show animal activity.

2 FIND REPEATED ROUTES



- Look for paths used often, not just a single sign.
- Repeated routes increase the chance of success.

3 CHECK RESOURCES



- Find food, water and cover nearby.
- Animals often move between these resources.

4 CHOOSE A LOW-EFFORT APPROACH



- Use the simplest method that fits the situation.
- If there is no result, stop, reassess and try another area.

5 IMPORTANT CAUTIONS



One sign is not a guarantee.
Do not assume there will be an animal.



Do not waste energy.
Avoid long and exhausting pursuit for a small return.



Do not target unknown or non-target wildlife.
Follow local rules and regulations.

6 KEY POINTS



- ✓ Observe animal signs and activity in the area.
- ✓ Focus on repeated routes, food, water and cover.
- ✓ Choose a low-effort and realistic approach.
- ✓ Do not waste time and energy.
- ✓ Follow applicable local laws and rules.

7 MAIN TAKEAWAY



READ THE AREA FIRST.
SPEND ENERGY ONLY WHERE ACTIVITY IS REPEATED.



PREPARE. LEARN. BE READY.
REAL KNOWLEDGE FOR TOUGH TIMES.

S12

COASTAL / INTERTIDAL PROTEIN

POTENTIAL FOOD SOURCE – BUT REAL RISKS

Coastal and intertidal areas can provide animal protein, but there are significant risks. Collect only when conditions and local guidance indicate it is appropriate.



**BE AWARE
OF TIDES,
WAVES AND
HIDDEN RISKS.**

1 CHECK CONDITIONS FIRST



- ✓ Check tide times and plan an escape route.
- ✓ Be aware of waves, slippery rocks and rapidly changing conditions.
- ✓ Collect only when it is safe to access and return.

2 SUITABLE AREAS



- ✓ Look for clean, natural coastal areas.
- ✓ Focus on resources that are easier to identify and handle.
- ✓ Follow local rules and any official guidance.

3 MAJOR RISKS



- ! **TIDES & WAVES**
Strong waves, incoming tides and sudden changes can be dangerous or cut off your return route.



- ! **POLLUTION**
Avoid areas that may be polluted (e.g. sewage, industrial run-off, harbour contamination).



- ! **OFFICIAL WARNING AREAS**
Do not collect in closed areas or where there are public health warnings.



- ! **HIDDEN HAZARDS**
Some shellfish can accumulate biotoxins or contaminants that cannot be reliably judged in the field.

4 NO RELIABLE FIELD TOXIN TEST



- ✗ You cannot reliably detect marine biotoxins or many contaminants by appearance.
- ✗ They may look and smell normal.
- ✗ Cooking does NOT destroy marine biotoxins or chemical contaminants.

NO RELIABLE FIELD TOXIN TEST.

If there is a risk, do not collect or eat.

5 IF YOU COLLECT



- ✓ Collect only when it is safe and allowed.
- ✓ Choose resources that are easier to identify and process.
- ✓ Keep the catch clean and separate from contaminated material.
- ✓ Process and cook animal foods appropriately (see later cards).

6 KEY POINTS

- ✓ Coastal/intertidal areas can provide animal protein.
- ✓ Major risks: tides, waves, pollution and hazards that cannot be reliably judged in the field.
- ✓ Do not rely on appearance, smell or cooking to make shellfish safe if the area is warned or may be contaminated.
- ✓ When in doubt, do not collect or eat.



IF THE AREA IS UNSAFE OR THE HAZARD CANNOT BE JUDGED – MOVE ON.

S13

AFTER THE CATCH

CATCH → CLEAN → PROCESS → COOK

Proper handling makes fish safer and better to eat. Keep it clean, simple and quick.
If you are not sure, cook thoroughly.



**CATCH IT.
CLEAN IT.
COOK IT.
EAT SAFER.**

1 KEEP IT FRESH



Handle gently and
keep fish out of direct sun.



Keep cool and clean.
Eat as soon as possible.

2 CLEAN THE FISH



Remove scales
(if needed).



Cut open the belly
and remove all internal organs.
Rinse with clean water.

3 PREPARE THE FLESH



Cut into fillets
or smaller pieces.



Remove bones
and tough skin
(if needed).

4 COOK THOROUGHLY



Cook until the flesh is
opaque and flakes easily
with a fork.



Grill, pan-fry or boil.
Make sure it is fully cooked
in the thickest part.

5 SIMPLE WAYS TO COOK



PAN-FRY

Simple and fast.
Good for small
pieces.



BAKE / FOIL

Keep the flesh moist.
Use simple seasoning
if available.



BOIL / SOUP

Good way to cook
whole fish or
pieces.

6 KEY POINTS



- ✓ Keep the catch clean and cool.
- ✓ Remove internal organs.
- ✓ Cook thoroughly.
- ✓ Use simple methods.
- ✓ If unsure, do not eat.
- ✓ Avoid polluted areas.



IF YOU ARE NOT SURE IT IS SAFE, COOK IT OR DO NOT EAT IT.



PREPARE. LEARN. BE READY.
REAL KNOWLEDGE FOR TOUGH TIMES.

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S14

FIELD PROCESSING

GET EDIBLE PORTIONS — KEEP IT SIMPLE

The goal of field processing is to obtain clean, edible meat from your catch. Use simple, practical methods. Do not overcomplicate it.



**FOCUS ON
EDIBLE PARTS.
KEEP IT CLEAN.
KEEP IT SIMPLE.**

1 IDENTIFY THE EDIBLE PORTION



FISH

Mainly the flesh/fillets.

Remove head, guts, bones and skin if needed.



SMALL GAME

Mainly the muscle meat.

Remove head, internal organs and unusable parts.

2 KEEP EDIBLE PARTS CLEAN



- ✓ Keep edible meat away from internal organs, blood, dirt and contaminated surfaces.
- ✓ Use clean tools, clean hands and as clean a surface as possible.
- ✓ Rinse with clean water if available.



- ✗ **Keep guts and waste separate from the meat.** Do not let them contaminate edible parts.

3 KEEP IT SIMPLE



- ✓ Do only what is needed to obtain edible meat.
- ✓ You do not need to make perfect cuts.
- ✓ Avoid complex or species-specific techniques in the field.
- ✓ If you are not sure, remove the risky parts and keep it simple.



This is NOT an animal anatomy guide and NOT a step-by-step butchery tutorial. Keep it basic.



THE GOAL IS EDIBLE FOOD — NOT PERFECT BUTCHERY.

S15 COOK IT THROUGH

MAKE IT SAFE TO EAT

Proper cooking kills most harmful bacteria, parasites and other risks.
Keep it simple. Cook until fully cooked, especially for wild-caught animals.



**COOK IT
THROUGH.
EAT SAFER.
STAY HEALTHY.**

1 COOK UNTIL FULLY COOKED



- ✓ Cook until the flesh is opaque.
- ✓ It should flake easily with a fork.
- ✓ No raw or translucent parts.

2 COOKING METHODS



GRILL

Cook over heat
until fully cooked.



PAN-FRY

Cook in a little oil
until cooked through.



BOIL / SOUP

Cook in boiling water
until fully cooked.

3 SIGNS IT IS COOKED



- ✓ Flesh is opaque (not see-through).
- ✓ Flakes easily with a fork.
- ✓ No pink or translucent raw parts.
- ✓ Firm texture (not soft and jelly-like).
- ✓ Juices run clear (not red or pink).

4 DO NOT EAT RAW OR UNDERCOOKED



RAW FISH

May contain parasites,
bacteria or other risks.



UNDERCOOKED MEAT

May carry harmful
bacteria or parasites.



RAW SHELLFISH

Higher risk of bacteria,
viruses and toxins.

5 EXTRA TIPS



- ✓ Use enough heat and cooking time.
- ✓ Cook thicker pieces for longer.
- ✓ Make sure the thickest part is cooked.
- ✓ Reheat leftovers until hot all the way through.
- ✓ When in doubt, cook it longer.

6 KEY POINTS



- ✓ Cook all wild-caught fish and meat thoroughly.
- ✓ Do not eat raw or undercooked.
- ✓ Simple methods are enough.
- ✓ Proper cooking reduces the risk of parasites, bacteria and toxins.
- ✓ When unsure, do not eat.



PREPARE. LEARN. BE READY.
REAL KNOWLEDGE FOR TOUGH TIMES.

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S16

CALORIES VS EFFORT

GET THE BEST ENERGY FOR YOUR EFFORT

In a survival situation, choose food that gives good energy for the time, effort and risk. Focus on easy, reliable and safe options. Do not waste energy on low return food.



**MORE ENERGY.
LESS EFFORT.
SURVIVE LONGER.**

1 HIGH RETURN OPTIONS



FISH

Good calories.
Often easier to catch.



SHELLFISH

Good calories.
Low effort in coastal areas.



EGGS

High nutrition.
Good energy for low effort.



These are often good first choices when available and safe.

2 MEDIUM RETURN OPTIONS



SMALL GAME

Good calories.
Moderate effort and skill needed.



BIRDS

Good calories.
May be seasonal and harder to catch.



FRESHWATER CRUSTACEANS

Good calories.
Location and seasonal limits.



Worth the effort if you have opportunity, skills and lower risk.

3 LOWER RETURN OPTIONS



SOME WILD PLANTS & SEAWEED

Low to moderate calories.
Often more effort to collect and prepare.



PLANTS (GENERAL)

Usually low calories.
Often high effort to collect and prepare.



SOME SHELLFISH (E.G. OYSTERS)

May be low calories per effort.
Risk of contamination in polluted areas.



These can help, but usually give less energy for the time and effort. Know the risks.

4 COMPARE EFFORT AND ENERGY



FISH

High energy
Lower effort



SHELLFISH

High energy
Low effort



EGGS

High energy
Low effort



SMALL GAME

Moderate energy
Higher effort



WILD PLANTS

Low energy
Higher effort

IN A TOUGH SITUATION, PRIORITISE HIGH ENERGY, LOWER EFFORT FOOD.

5 KEY POINTS



- ✓ Your body needs energy to move, stay warm and think clearly.
- ✓ Focus on foods with good calories for the effort and risk.
- ✓ Choose what is available, safe and realistic to catch or collect.
- ✓ Do not waste time and energy on low return food.
- ✓ Combine different food sources when possible.

6 REMEMBER



CALORIES KEEP YOU MOVING AND THINKING.



MORE EFFORT DOES NOT ALWAYS MEAN MORE ENERGY.



CHOOSE WISELY, STAY SAFE, SAVE YOUR ENERGY.



FOOD IS FUEL FOR SURVIVAL — NOT A FEAST.



PREPARE. LEARN. BE READY.
REAL KNOWLEDGE FOR TOUGH TIMES.

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S17

EMERGENCY PROCUREMENT DECISION

WHAT TO EAT, WHEN AND HOW TO GET IT

In a crisis, choose food options based on availability, safety, energy, effort and risk.
Make a simple decision, act safely and preserve your energy.



1 ASSESS THE SITUATION



- ✓ Where are you?
- ✓ What is available nearby?
- ✓ How much time do you have?
- ✓ What tools/skills do you have?
- ✓ What are the risks (e.g. weather, terrain, animals, contamination)?

2 CHECK AVAILABLE OPTIONS



FISH

Rivers, lakes, sea, coastal areas



SHELLFISH

Coastal areas (clean water only)



SMALL GAME

Rabbits, birds, etc. (seasonal, location dependent)



WILD PLANTS

Berries, nuts, greens (know what is safe)



EGGS

Bird eggs (if available and safe)



INSECTS / LARVAE

Often available high nutrition, low effort

3 EVALUATE EACH OPTION



ENERGY

Does it give good calories and nutrition?



EFFORT

How much time, skill and energy is needed?



SAFETY

Is it safe to collect and eat? (identification, contamination)



AVAILABILITY

Can you realistically find it now in your location?



RISK

What are the risks? (e.g. injury, wildlife, law, environment)

4 MAKE A SIMPLE DECISION

**A. HIGH RETURN
LOW RISK**
(easy, safe, available)

Take it if available.

**B. MEDIUM RETURN
ACCEPTABLE RISK**
(moderate effort)

Take it if needed.

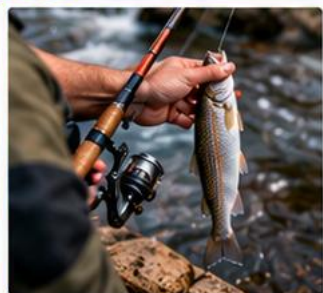
**C. LOWER RETURN
HIGHER RISK**
(hard to find or collect)

Only consider if needed and no better options.

**D. AVOID
HIGH RISK / UNKNOWN**
(e.g. unknown plants, polluted areas)

Do not take it.

5 COLLECT SAFELY AND RESPONSIBLY



- ✓ Use appropriate tools and methods.
- ✓ Follow local laws and seasonal rules.
- ✓ Avoid dangerous areas and situations.
- ✓ Take only what you can use.
- ✓ Minimise waste and environmental impact.
- ✓ Keep yourself and others safe.

6 PROCESS AND COOK



- ✓ Clean and process properly (see S13 & S14).
- ✓ Cook thoroughly (see S15).
- ✓ Avoid raw or undercooked animal products.
- ✓ Keep it clean and simple.
- ✓ Save energy and use what you have available.

7 KEY TAKEAWAY



- ✓ Choose the best option for your situation.
- ✓ Prioritise high energy, lower effort food.
- ✓ Consider safety, availability and risk.
- ✓ Do not waste energy on low return options.
- ✓ Stay safe, stay prepared, and keep your energy for what matters.



PREPARE. LEARN. BE READY.
REAL KNOWLEDGE FOR TOUGH TIMES.

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S18

DON'T WASTE THE CATCH

USE AS MUCH AS POSSIBLE, SAFELY

In a survival situation, food is valuable. Use as much of your catch as possible in a safe and practical way. It gives you more nutrition for the same effort and reduces waste.



**RESPECT
THE CATCH.
USE MORE.
WASTE LESS.
STAY ALIVE.**

1 EAT THE MAIN PARTS



- ✓ Use the flesh/fillets as the main food.
- ✓ Remove only what is necessary (head, guts, inedible parts).
- ✓ Cut into suitable pieces and cook thoroughly (see S15).

2 USE OTHER EDIBLE PARTS



HEAD
(edible in many fish)



BONES
(often edible when cooked)



SHELLFISH
(edible meat inside)



ROE / EGGS
(nutritious when fully cooked)

3 USE TRIMMINGS



- ✓ Use heads, bones, skin and trimmings to make soup or stock.
- ✓ Adds flavour and nutrition.
- ✓ Helps you get more energy from the same catch.

4 USE SHELLS AND CARCASSES



- ✓ Shells and fish bones can be used to make soup or stock.
- ✓ Crushed shells can be used for other purposes (e.g. garden soil) if safe and appropriate.
- ✓ Use what you can, avoid unnecessary waste.

5 AVOID WASTE



- ✗ Do not throw away edible parts (e.g. heads, roe, bones, meat trimmings).
- ✗ Do not waste food because of appearance.
- ✗ Do not over-collect more than you can use safely.
- ✗ Dispose of non-edible waste properly to avoid attracting animals and causing contamination.

6 KEEP IT SAFE



- ✓ Use only fresh and safe catch.
- ✓ Keep edible parts clean.
- ✓ Cook thoroughly (see S15).
- ✓ Store and handle food safely.
- ✓ When in doubt, do not eat that part.

7 KEY TAKEAWAY



- ✓ Use as much of the catch as possible.
- ✓ Main meat, heads, bones, roe and trimmings can all be valuable food when prepared safely.
- ✓ Less waste = more nutrition for the same effort.
- ✓ Be practical, safe and responsible.
- ✓ Respect the resource and your environment.



PREPARE. LEARN. BE READY.
REAL KNOWLEDGE FOR TOUGH TIMES.

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S19 RESOURCE REUSE

GET MORE VALUE FROM WHAT YOU CATCH

Use as much of the animal as possible in a safe and practical way.
Less waste means more food, useful materials and better survival chances.



USE MORE.
WASTE LESS.
RESPECT
THE RESOURCE.
STAY ALIVE.

1 EDIBLE PARTS BEYOND FILLET



HEAD

Good for soup or stock.
Contains meat and nutrients.



BONES

Use for stock.
Soft bones can be eaten
when cooked (e.g. small fish).



SHELLFISH

Most parts edible
when properly cooked.



ROE / EGGS

Nutritious when fully cooked.
A valuable food source.

2 NON-EDIBLE USES



SKIN

Can be dried for craft, cordage
or other uses if clean and safe.



BONES

Can be used for tools,
hooks, points or craft projects.



ORGANS (NON-FOOD)

Can be used as bait for fishing
or to attract wildlife.



SHELLS

Can be used for tools, containers,
garden soil (crushed) or craft.
Make sure they are clean and dry.

4 USE AS BAIT



- ✓ Guts, offcuts, heads and less desirable parts can be used as bait.
- ✓ Helps you catch more fish or attract small game.
- ✓ Keep bait separate from food to avoid contamination.
- ✓ Store bait in a safe way to avoid attracting unwanted animals near your camp.

5 MAKE SIMPLE TOOLS OR MATERIALS



HOOKS / POINTS

Clean and shape bones
for simple tools.



CORDAGE / STRIPS

Dried skin or sinew can be
used for simple cordage.



IMPLEMENTS

Sharp shells can be used
as scrapers or cutting edges
in simple tools.



SKIN / PELT (SMALL GAME)

Can be dried for insulation,
simple clothing or other uses
if done safely and legally.

3 USE FOR STOCK / NUTRIENTS



- ✓ Use heads, bones, frames, skins and shells to make stock.
- ✓ Adds flavour and nutrients.
- ✓ Simple ingredients: water and what you have (e.g. herbs, vegetables).
- ✓ Simmer for as long as practical (even 1–2 hours is useful).
- ✓ Strain well and use in soups or cooking.

6 STAY SAFE AND BE RESPONSIBLE



- ✓ Keep food and non-food uses separate.



- ✓ Make sure all food parts are properly cooked (see S15).



- ✓ Be aware of local laws and regulations.



- ✓ Be careful not to attract unwanted animals with waste or bait.



- ✓ Use resources responsibly and respect the environment.



USE MORE. WASTE LESS. RESPECT THE RESOURCE.

SURVIVAL PROTEIN

PRACTICAL KNOWLEDGE FOR TOUGH TIMES

S12 – S19 QUICK REFERENCE CARDS

Prepare.
Learn.
Be Ready.

ABOUT THIS CARD SERIES

The Survival Protein card series (S12 – S19) provides practical, field-oriented guidance on finding, obtaining and using animal and plant protein sources in emergency and survival situations, such as war, natural disasters, extended isolation or when normal food supply is not available.

The content focuses on basic identification, safe procurement, processing, cooking, reducing waste and practical use of resources. It is designed for ordinary people with limited tools and resources, not professional hunters, fishermen or culinary experts.

Use what you can.
Waste less.
Stay alive.

REAL SKILLS
PRACTICAL
KNOWLEDGE
GREATER
SURVIVAL
CHANCES



**FIND
PROTEIN
SOURCES**

Identify possible animal and plant protein sources.



**CATCH
AND COLLECT**

Learn practical and safe ways to obtain food.



**PROCESS
AND PREPARE**

Clean, prepare and keep it safe and simple.



**COOK IT
THOROUGHLY**

Proper cooking makes food safer and easier to digest.



**REDUCE
WASTE**

Use as much of the catch as possible.



**MORE
ENERGY**

Get more nutrition for the same effort and resources.



**PRACTICAL
DECISIONS**

Assess risks and choose the best option in the field.



**SURVIVE
RESPONSIBLY**

Protect yourself, others and the environment.



THIS IS A SURVIVAL GUIDE, NOT A COOKBOOK.

- These methods are only for use when there is no effective food supply available.
- This is not a cooking book and is not intended for use in normal daily life.
- If you choose to follow these methods in peaceful times and get sick, food poisoning or any other harm, the authors and NZWAR are not responsible.
- Food safety always depends on your environment, local conditions, correct identification, proper handling and thorough cooking.
- When in doubt, do not eat.

KEY PRINCIPLES

- ✓ Use local and available resources.
- ✓ Keep it simple and practical.
- ✓ Be aware of risks and limitations.
- ✓ Reduce waste and use more of the catch.
- ✓ Be respectful to wildlife, environment and local laws.
- ✓ Learn and practice before you need it.

PLEASE PRINT AND KEEP



Keep a printed copy with your emergency gear or survival supplies.

These cards are designed to be useful even when there is no internet or mobile network.



PREPARE. LEARN. BE READY.
REAL KNOWLEDGE FOR TOUGH TIMES.

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