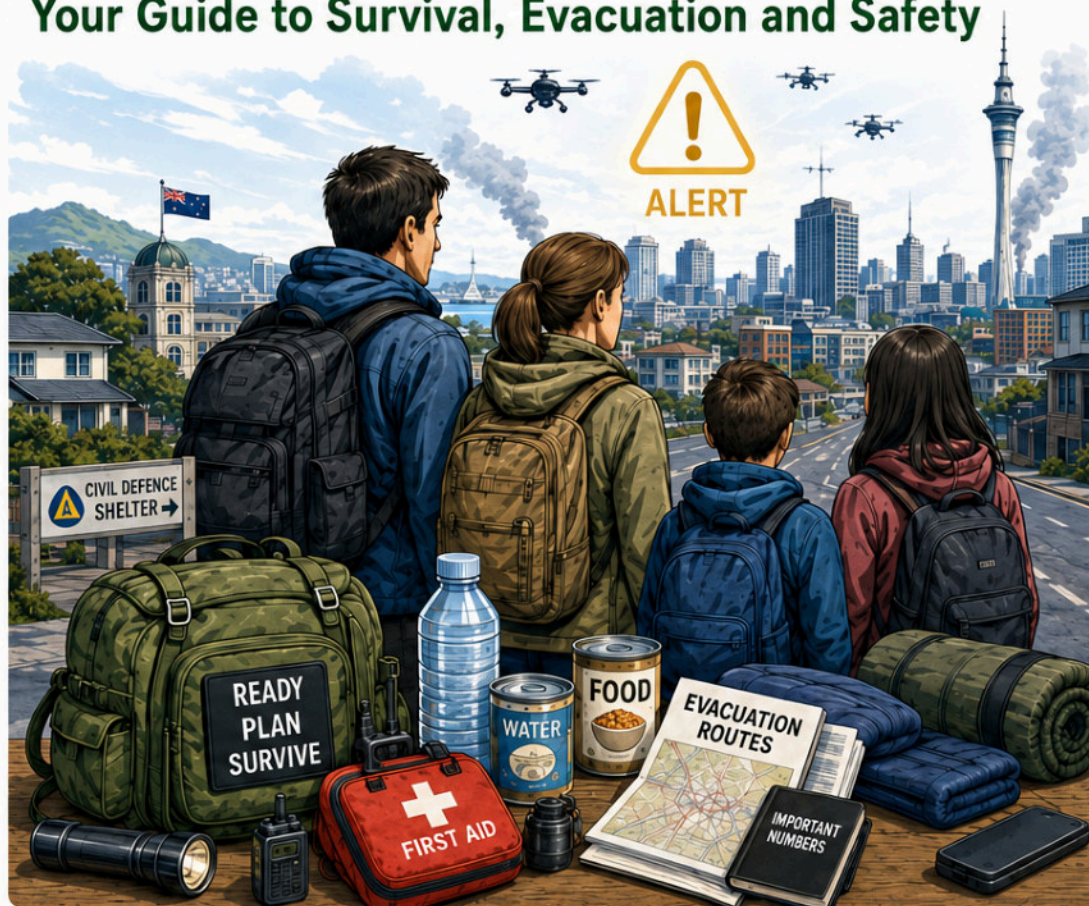


01 COVER PAGE

Your Guide to Survival, Evacuation and Safety



STAY CALM. STAY TOGETHER. STAY HUMAN.

We prepare today, so we can live tomorrow.



REFERENCE

THIS HANDBOOK IS FOR YOU

We are ordinary people—parents, children, workers, students, neighbours.

In times of modern war, our first goal is simple:

**SURVIVE, PROTECT OUR FAMILIES,
LEAVE DANGER, AND REACH SAFETY.**

This handbook gives you clear actions you can take when warning comes, when danger is near, and when it is time to go.

WHAT YOU WILL FIND INSIDE



PROTECT
YOUR FAMILY



LEAVE
DANGER EARLY



SURVIVE
IN HARD TIMES



REACH
SAFETY



STAY HUMAN,
HELP OTHERS



IMPORTANT REMINDER

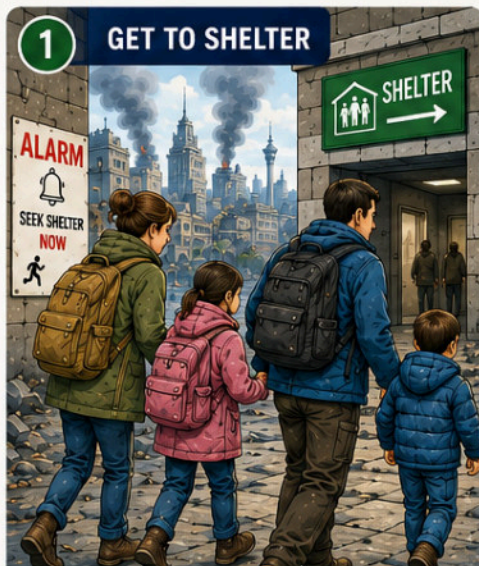
- This is a civilian handbook, not a military manual.
- Stay a civilian. Follow the law and humanitarian principles.
- Use official channels and civil defence instructions.
- Help others when you can, but protect your family first.



NZWAR
BE PREPARED. STAY SAFE.

What This Handbook Is For

A practical guide for urban civilians in modern war



1 GET TO SHELTER

Find shelter quickly when danger is near.



2 HELP EACH OTHER

Look out for others. Small acts of help save lives.



3 PREPARE & CARRY ESSENTIALS

Keep essential items with you. Be ready to move.



4 KNOW BASIC FIRST AID

Basic first aid skills can prevent further harm.



THIS HANDBOOK HELPS YOU TO:

- ✓ survive immediate danger
- ✓ protect your family
- ✓ move to safer places
- ✓ avoid common deadly mistakes



WHO IT IS FOR:

- ✓ city residents
- ✓ parents and caregivers
- ✓ older adults and vulnerable people
- ✓ community volunteers



This handbook is for everyday people living in cities affected by modern war. It focuses on practical actions that improve survival, sheltering, evacuation, communication, and basic safety.



PRACTICAL GUIDANCE FOR ORDINARY PEOPLE IN EXTRAORDINARY DANGER.



NZWAR
BE PREPARED. STAY SAFE.

What This Handbook Does Not Teach

A civilian guide, not a combat manual

! IMPORTANT

✓ THIS HANDBOOK TEACHES PRACTICAL CIVILIAN ACTIONS

SHELTER AND SAFETY



Find safe shelter and stay aware of your surroundings.

EVACUATION AND MOVEMENT



Move safely and help others, especially those who need it.

BASIC FIRST AID



Provide basic first aid and care until help is available.

FAMILY PREPAREDNESS



Prepare essential gear, make a plan and stay ready together.

✗ THIS HANDBOOK DOES NOT TEACH DANGEROUS OR OFFENSIVE ACTIONS

✗ COMBAT TACTICS



Military tactics and fighting techniques.

✗ WEAPON USE



Handling or using firearms and weapons.

✗ MINE OR BOMB DISPOSAL



Dealing with mines, bombs or explosives.

✗ ATTACKING DRONES



Attacking, intercepting or taking down drones.

✗ MILITARY RECONNAISSANCE



Military reconnaissance or surveillance.



THIS HANDBOOK DOES TEACH

- ✓ shelter and safety
- ✓ evacuation and movement
- ✓ basic first aid
- ✓ family preparedness



IT DOES NOT TEACH

- ✗ combat tactics
- ✗ weapon use
- ✗ mine or bomb disposal
- ✗ attacking drones
- ✗ military reconnaissance



This handbook is written for civilians. It focuses on survival, protection, evacuation and practical safety. It does not teach offensive action, military tactics or handling weapons and explosives.



PROTECT LIFE. DO NOT BECOME PART OF THE FIGHT.

NZWAR
BE PREPARED. STAY SAFE.

HIGHEST PRIORITY: LEAVE EARLY IF YOU CAN



Leaving early usually gives civilians more options and fewer risks.



**LEAVE EARLY.
MORE OPTIONS.
LOWER RISK.**

EVACUATE EARLY TOWARD SAFETY

Leaving in Stage 1 or 2 gives you more routes, working transport, and better access to help.



**SAFETY AND
MORE OPTIONS**

1

**NORMAL
CITY LIFE**



Daily life continues.
Services and transport
work.

2

**MORE ALARMS
AND WARNING SIGNS**



Alarms increase.
Warnings and
incidents rise.

3

**SERVICES
DECLINING**



Shops close.
Utilities and medical
services fail.

4

**ROADS
BECOMING DANGEROUS**



Checkpoints, delays,
and attacks increase.

5

**WAR ZONE
ACTIVE / HEAVY DESTRUCTION**



Fighting is widespread.
Escape is extremely risky.



LEAVE EARLY

- ✓ More routes available
- ✓ Transport still works
- ✓ Medical support is easier
- ✓ Vulnerable people can move sooner



DO THIS

- ✓ Judge risk early
- ✓ Register transport needs
- ✓ Prepare elderly and sick family members



AVOID THIS

- ✗ Waiting until fighting reaches your street
- ✗ Treating survival in the war zone as the main plan

The safest survival strategy is often to avoid staying in a war zone for long. Older people, sick people, people with limited mobility, and **anyone who depends on medical equipment need earlier preparation and earlier movement.**



IF YOU CAN LEAVE THE WAR ZONE, DO NOT TREAT ADAPTING TO IT AS YOUR FIRST CHOICE.



NZWAR
BE PREPARED. STAY SAFE.

Why You Should Not Wait Until the Last Minute

The later civilians leave, the fewer options usually remain.

! IMPORTANT

EARLY DEPARTURE – MORE OPTIONS, SAFER JOURNEY

1 ORGANISED START



Start early and stay organised.

2 TRANSPORT OPTIONS



Buses, trains and other transport help you get out safely.

3 MEDICAL CARE



Access medical care and support before you leave.

4 BETTER ROUTES



Better roads and more route choices.

LATE DEPARTURE – FEWER OPTIONS, HIGHER RISK

1 DAMAGED ROADS



Roads blocked and unsafe.

2 NO SERVICES



Shops, fuel and basics may be gone.

3 TRAINS STOP



Trains may stop, leaving you stranded.

4 NO PUBLIC TRANSPORT



Buses and other transport may not run.

5 NO MEDICAL SERVICES



Medical care may be unavailable or overwhelmed.

6 ROADS CLOSED



Roads may close, trapping you.



LEAVE EARLY

- ✓ More transport choices
- ✓ Access to medical care
- ✓ Safer routes
- ✓ Less risk



LEAVE LATE

- Damaged roads
- Fewer services
- Higher risk
- Greater danger



KEY IDEA

Waiting makes it harder to leave.
Fewer choices can mean far greater danger.

LEAVING LATE OFTEN MEANS LEAVING UNDER WORSE CONDITIONS.



NZWAR
BE PREPARED. STAY SAFE.

Ten Core Survival Principles

Simple rules to remember under pressure

PRINT CARD



1. Leave early if danger is rising.



2. Get into solid shelter fast.



3. Stay away from windows and glass.



4. Avoid unnecessary outdoor exposure.



5. Use confirmed routes only.



6. Do not touch suspicious objects.



7. Carry water, medicine, and documents.



8. Help children and vulnerable people first.



9. Do not crowd, film, or livestream in danger.



10. Stay clearly civilian in clothing and behaviour.

QUICK REMINDERS



Shelter fast



Move early



Stay civilian



LEAVE EARLY. SHELTER FAST. STAY CIVILIAN.



Organised and safe start to your journey.



Buses, trains and other transport help you get out safely.



Access to medical care and support before you leave.



Better road conditions and more route choices.



NZWAR
BE PREPARED. STAY SAFE.

Why Modern Drone Warfare Is Different

Modern danger comes from observation, movement tracking, sudden strikes, and service disruption.



WHAT CHANGES?

- ▶ Constant observation
- ▶ Faster response to movement
- ▶ Roads and services under pressure
- ▶ Danger spreads beyond the front line



WHY ORDINARY LIFE BECOMES RISKY

- ▶ Walking outside
- ▶ Using roads
- ▶ Shopping or queuing
- ▶ Ambulance and utility movement



In modern war, observation, rapid strikes, and disruption of services can turn normal civilian life into a survival challenge.

The danger is not only the strike—it's everything before and after.



MODERN WAR TURNS MOVEMENT, DELAY, AND DISRUPTION INTO RISK.

Two Types of Danger

Deep-city strike zones and front-line drone zones are not the same.



DEEP-CITY STRIKE ZONE



Sudden alarms



Blast and fire risk



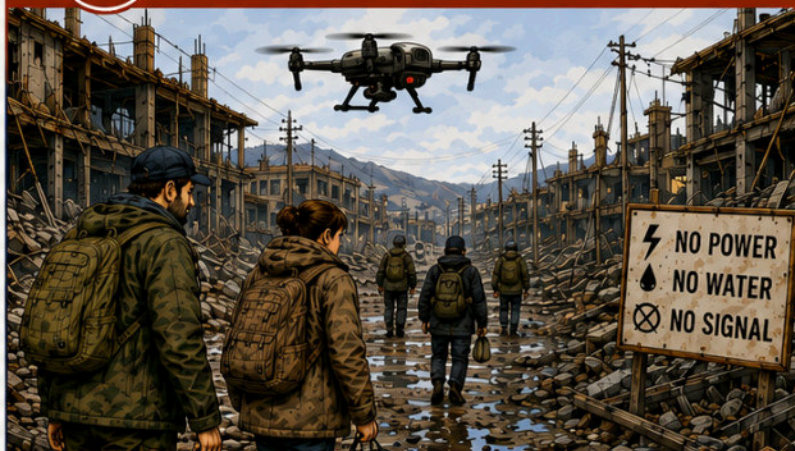
Falling debris and glass



Shelter indoors quickly



FRONT-LINE DRONE ZONE



Constant observation



Roads can be dangerous



Ground hazards may be present



Evacuation becomes harder



**DIFFERENT ZONES,
DIFFERENT DECISIONS.**

Different danger zones require different decisions. A city under long-range attack is not the same as a town under persistent short-range drone threat.



BE PREPARED. STAY SAFE.



UNDERSTAND THE DANGER ZONE BEFORE YOU DECIDE HOW TO MOVE.

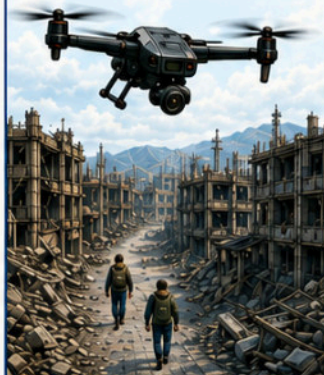
Common Drone Threat Categories



REFERENCE

All civilians need to know what these threats can do — not the exact model.

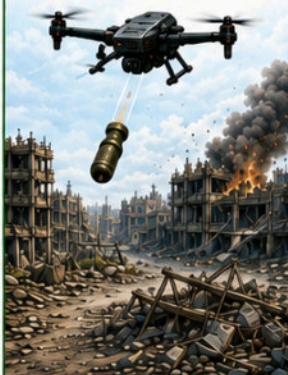
1 OBSERVATION / RECONNAISSANCE



CIVILIAN RISK:

Exposure and movement noticed.

2 DROPPED MUNITIONS



CIVILIAN RISK:

Sudden attack in exposed places.

3 FPV STRIKE THREAT



CIVILIAN RISK:

Roads and movement become dangerous.

4 LONG-RANGE STRIKE SYSTEM



CIVILIAN RISK:

Explosions, fire, utility disruption.

5 UNMANNED GROUND SUPPORT / HAZARD



CIVILIAN RISK:

Increased danger around conflict areas.



REMEMBER

- ▶ Know the risk, not the model.
- ▶ Avoid exposed movement.
- ▶ Follow alerts and instructions.
- ▶ Do not approach drone wreckage.



CIVILIAN FOCUS

- ▶ Observation
- ▶ Sudden attack
- ▶ Road danger
- ▶ Service disruption



Ordinary residents do not need to identify precise models. Your priority is to recognize the type of threat and understand how it may affect movement, shelter, and daily life.



YOU DO NOT NEED TO KNOW THE MODEL — YOU NEED TO KNOW THE RISK.

Four Dangerous Myths

IMPORTANT

False feelings of safety can get civilians hurt.

1. TURNING OFF YOUR PHONE MAKES YOU SAFE



MYTH:

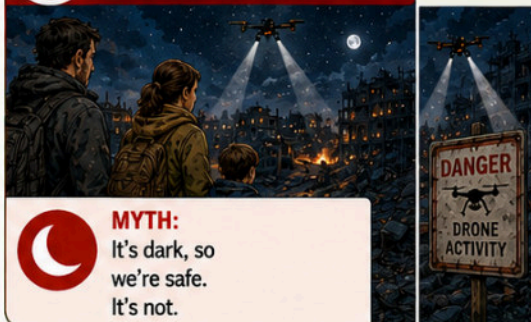
Hiding your phone hides you from danger. It doesn't.



SAFER ALTERNATIVE

Reduce exposure.
Get to solid shelter and stay there.
Shorter exposure means less risk.

2. NIGHT IS AUTOMATICALLY SAFE



MYTH:

It's dark, so we're safe. It's not.



SAFER ALTERNATIVE

Night does not guarantee protection.
Threats can happen anytime.
Stay alert, day or night.

3. THE CAR WILL PROTECT US



MYTH:

A car is a safe place. Vehicles can blow up, catch fire or get buried.



SAFER ALTERNATIVE

Use solid shelter instead of relying on a vehicle.
Strong walls save lives. Shelter protects you where cars cannot.

4. A CIVILIAN JAMMER WILL SOLVE THE PROBLEM



MYTH:

Jammers will block drones and keep us safe. They can be illegal and very dangerous.



SAFER ALTERNATIVE

Do not rely on improvised devices.
Follow official safety procedures.
It's the safest, most effective protection.



MYTHS

- ▶ Phone off
- ▶ Night is safe
- ▶ Car will protect us
- ▶ Jammer solves it



SAFER PRINCIPLES

- ▶ Use solid shelter
- ▶ Reduce exposure
- ▶ Follow official guidance
- ▶ Leave early if risk rises



These beliefs create dangerous confidence. In reality, threats can happen anytime and anywhere. Real protection comes from solid shelter, less exposure, and timely evacuation. Think clearly, act early, and keep your family safe.

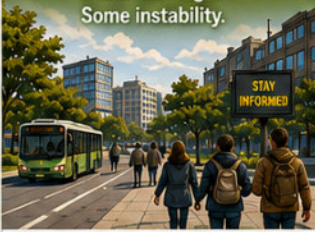
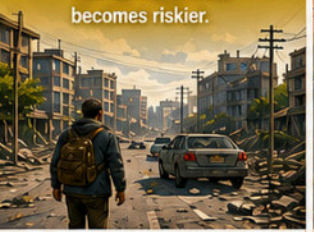


BE PREPARED. STAY SAFE.

FALSE SAFETY CAN BE AS DANGEROUS AS THE THREAT ITSELF.

FIVE-LEVEL RISK ESCALATION

Use civilian conditions — not only military distance — to judge what to do next

1 PREPARE City mostly functioning.	2 PREPARE TO LEAVE More warnings. Some instability.	3 REDUCE EXPOSURE Outside movement becomes riskier.	4 START EVACUATION Transport and services are weakening.	5 EMERGENCY EVACUATION Severe disruption and immediate danger.
				
 Hospital Access 	 Hospital Access 	 Hospital Access 	 Hospital Access 	 Hospital Access 
 Public Transport 	 Public Transport 	 Public Transport 	 Public Transport 	 Public Transport 
 Pharmacies & Food 	 Pharmacies & Food 	 Pharmacies & Food 	 Pharmacies & Food 	 Pharmacies & Food 
 Power & Water 	 Power & Water 	 Power & Water 	 Power & Water 	 Power & Water 
 Road Safety 	 Road Safety 	 Road Safety 	 Road Safety 	 Road Safety 
 Routines normal. Stay informed.	 Plan ahead. Pack and prepare.	 Avoid unnecessary trips. Limit exposure.	 Leave while options still exist.	 Evacuate now. Delay is dangerous.



LOOK AT THESE SIGNS

- ▶ hospital access
- ▶ public transport
- ▶ pharmacies and food
- ▶ power and water
- ▶ road safety



DO NOT USE ONLY THIS

Not just distance from the front

- ▶ services matter
- ▶ daily safety matters
- ▶ mobility matters



Public services and ordinary safety conditions often change long before front lines move. Use what you see in daily life to decide when to prepare, move, or evacuate.



WATCH HOW THE CITY FUNCTIONS — NOT ONLY HOW FAR AWAY THE FIGHTING IS.



CIVILIAN RISK:
Exposure and movement being noticed.



CIVILIAN RISK:
Sudden attack in exposed places.



CIVILIAN RISK:
Roads and movement become dangerous.



CIVILIAN RISK:
Explosions, fire, utility disruption.



CIVILIAN RISK:
Increased danger around conflict areas.



REMEMBER

- ▶ Know the risk, not the model
- ▶ Avoid exposed movement
- ▶ Follow alerts and instructions
- ▶ Do not approach drone wreckage



CIVILIAN FOCUS

- ▶ Observation
- ▶ Sudden attack
- ▶ Road danger
- ▶ Service disruption



Sudden alarms
Blast and fire risk
Falling debris and glass
Shelter indoors quickly



Constant observation
Roads can be dangerous
Ground hazards may be present
Evacuation becomes harder



Different danger zones require different decisions. A city under periodic long-range attack is not the same as a town under persistent short-range drone threat near the front line.



NZWAR
BE PREPARED. STAY SAFE.

When to Start Preparing to Leave

Move from ordinary preparedness to real evacuation readiness before your choices disappear.

! IMPORTANT



1. HOSPITAL ACCESS

- ▶ Hospitals may be overwhelmed, damaged, or cut off. Care could be far or unavailable.



2. PUBLIC TRANSPORT

- ▶ Services may stop or be limited. You could lose your way out.



3. PHARMACIES & FOOD

- ▶ Medicines and supplies may run out. Shops may close or be stripped of stock.



Is it time to prepare to leave?



4. POWER & WATER

- ▶ Outages or contamination can happen fast. You may lose power and safe water.



5. ROAD & VEHICLE SAFETY

- ▶ Roads can close, become dangerous, or impassable. Breakdowns add risk.



6. OFFICIAL EVACUATION NOTICES

- ▶ Warnings can escalate quickly. Follow official advice and deadlines.



Watch services, not only distance.



DO THIS

- ▶ Monitor local updates and service status.
- ▶ Prepare your go-bag, documents, and vehicle.
- ▶ Have a plan: routes, destinations, and contacts.



AVOID THIS

- ▶ Waiting until you are told to leave.
- ▶ Relying on others to make the decision for you.



Preparation is not panic. It preserves your options.

Two Safe Destinations: A and B

PRINT CARD

One destination is not enough. Confirm a primary destination and a backup before you need them.



RECORD ON PAPER

- ▶ Write down Destination A, Destination B, and both routes.
- ▶ Keep it where you can find it.
- ▶ Share it with everyone in your household.



WHY TWO?

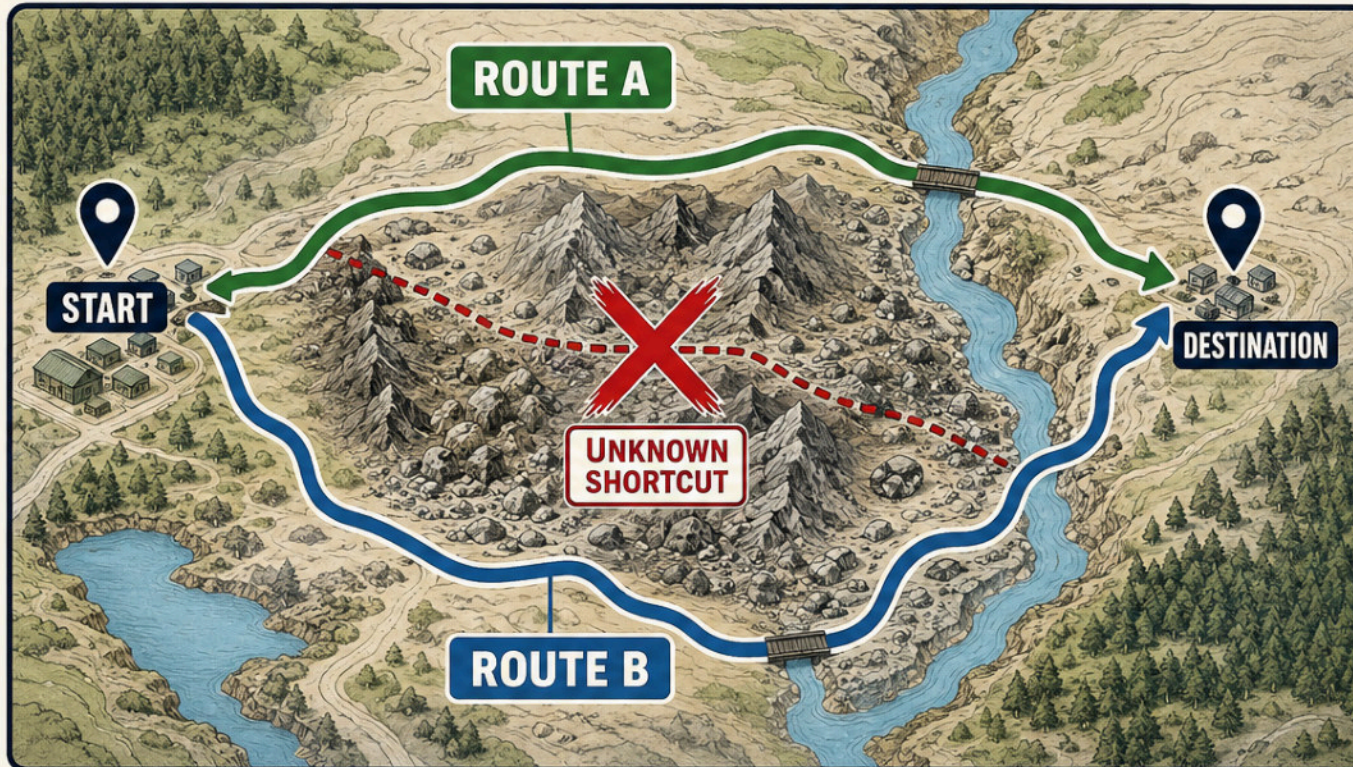
- ▶ Your first choice may be blocked.
- ▶ Roads can close. Conditions can change.
- ▶ A backup gives you options and time.
- ▶ Two safe destinations protect your plan.



One destination is not enough. Prepare A and B.

Two Confirmed Routes

Use confirmed roads. Keep a verified backup route.
Do not invent shortcuts through unknown ground.



If the route is not confirmed, do not use it.

PRINT CARD



DO THIS

- ▶ Use confirmed roads.
- ▶ Plan two routes: primary (A) and backup (B).
- ▶ Verify conditions before you move.
- ▶ Stay on your planned route.



AVOID THIS

- ▶ Do not take unknown shortcuts.
- ▶ Do not cross through unknown or dangerous terrain.
- ▶ Do not assume the ground is passable.



Family Loss-of-Contact Plan

PRINT CARD

If family members are separated, safety comes before reunion.



✓ DO THIS

- ▶ Go to the nearest safe point.
- ▶ Stay there until it's safe to travel.
- ▶ Use the same out-of-area contact.
- ▶ Keep your phone charged.
- ▶ Listen to official updates.

✗ AVOID THIS

- ▶ Don't head straight home.
- ▶ Don't cross closed roads or danger zones.
- ▶ Don't assume others know your plan.
- ▶ Don't use multiple contacts—use the same one.



Do not cross danger just to meet at home.



Family Roles

Simple roles make evacuation faster and reduce last-minute confusion.

COMMON SENSE



Everyone has a job.
Everyone makes it happen.



Know your role.
Do it. Move out. Stay safe.



Documents and Medicine

Grab essential documents,
cash, keys, and medicines.
Keep them in the go-bag.
Check before you leave.



Children / Older Adults

Guide and support.
Keep them calm,
together, and moving.
Don't leave anyone behind.



Pet and Power

Secure pets and take
supplies. Unplug what
needs it. Grab torches,
radios, and power banks.



Backup Role

Stay flexible.
Fill any gap.
Help others.
Nothing gets missed.



DO THIS

- ▲ Assign roles before an emergency.
- ▲ Practice your plan together.
- ▲ Keep go-bags near the exit.
- ▲ Communicate and check in.



AVOID THIS

- ▲ Everyone doing the same thing.
- ▲ Last-minute packing.
- ▲ Leaving pets behind.
- ▲ Assuming someone else will do it.



Early roles make the last minute faster.



STANDARD EVACUATION GO-BAG

Light enough to carry. Complete enough to leave quickly.

PRINT CARD



*If you cannot carry it,
it is not a go-bag.*

1

IDENTITY



ID, passport, birth certificate copies in a waterproof pouch.

2

MEDICINE



7+ days of prescriptions, plus pain relief and essentials.

3

WATER



At least 2 litres per person per day.

4

FOOD



3+ days of non-perishable, easy-to-prepare food.

5

POWER



Power bank fully charged. Cables for essential devices.

6

LIGHT



Torch or headlamp with spare batteries.

7

CASH AND KEYS



Cash in small notes and coins. Spare keys.

8

WARMTH



Warm layers, beanie, socks and rain protection.

9

FIRST AID



Basic first aid kit and essentials.



DO THIS

- ▶ Keep your go-bag near the exit.
- ▶ Check and refresh items every 3 months.
- ▶ Adjust for your family and environment.



AVOID THIS

- ▶ Overpacking and heavy items.
- ▶ Anything you don't know how to use.
- ▶ Relying on items that need power or fuel.



CRITICAL DOCUMENTS AND MEDICAL INFORMATION

Keep identity, medical, and contact information ready to move.

PRINT CARD



DO THIS

- ▶ Carry ID and paper copies.
- ▶ Carry prescriptions and a short medical summary.
- ▶ Keep emergency contacts on paper.
- ▶ Protect documents in a waterproof pouch.

AVOID THIS

- ▶ Do not rely only on your phone.
- ▶ Do not leave medicines undocumented.
- ▶ Do not scatter important papers in different places.

PACK THESE FIRST



ID



PRESCRIPTIONS



MEDICAL SUMMARY



CONTACTS

IF THE DOCUMENTS MATTER, MAKE THEM PORTABLE.



PREPARE.
ENDURE.
RECOVER.
TOGETHER.

The Last Hour Before Departure

PRINT CARD

Use the final hour to check essentials, not to improvise.

1 CHECK OFFICIAL UPDATES AND CONFIRMED ROUTES



2 FILL WATER AND PACK READY-TO-EAT FOOD



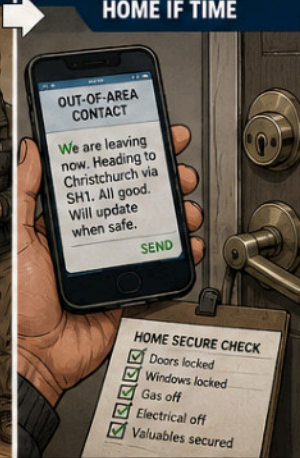
3 COLLECT DOCUMENTS, MEDICINES, AND PHONES



4 DRESS FOR WEATHER AND HELP CHILDREN OR OLDER ADULTS



5 NOTIFY THE OUT-OF-AREA CONTACT AND SECURE THE HOME IF TIME



6 LEAVE ON TIME WITH THE GO-BAG



DO THIS

- ▶ Follow your checklist.
- ▶ Move vulnerable people first.
- ▶ Leave while roads and services still function.



LAST-HOUR CHECK

- ☐ Go-bag with essentials
- ☐ Water and food packed
- ☐ Important documents and medicines
- ☐ Charged phone and power bank
- ☐ Keys, wallet, and ID



AVOID THIS

- ▶ Do not start packing from scratch.
- ▶ Do not argue over non-essential items.
- ▶ Do not delay because conditions still seem normal.

The last hour should confirm your plan, not create one.



NZWAR
CIVILIAN SURVIVAL HANDBOOK

Vulnerable People Need More Lead Time

People with the greatest needs should not be the last to prepare.

IMPORTANT



EXTRA MEDICINE

Pack extra supplies of all medicines plus scripts and a medication list.



MOBILITY AIDS

Include walkers, canes, spare parts and any other essential aids.



MEDICAL DEVICES AND POWER

Take devices, spare batteries and power solutions.



TRANSPORT ARRANGEMENTS

Plan transport in advance. Confirm pick-up, routes and destinations.



COMFORT ITEMS FOR CHILDREN

Pack familiar items to reduce stress and help children feel secure.



EARLY DEPARTURE TIMING

Leave earlier than others. Less traffic, more time, less stress.



DO THIS

- ▶ **PREPARE EARLIER** – Give yourself and others the time you need.
- ▶ **ARRANGE TRANSPORT** – Plan, confirm and keep options ready.
- ▶ **CARRY EXTRA MEDICINE AND MEDICAL DETAILS** – Include lists, scripts and emergency contacts.
- ▶ **PRIORITIZE THOSE WHO NEED HELP FIRST** – Move the most vulnerable people before the situation worsens.

AVOID THIS

- ▶ **DO NOT WAIT UNTIL THE SITUATION BECOMES URGENT.**
- ▶ **DO NOT SEPARATE VULNERABLE PEOPLE FROM CAREGIVERS.**
- ▶ **DO NOT ASSUME EQUIPMENT OR MEDICATION WILL BE AVAILABLE LATER.**

THE PEOPLE WHO NEED THE MOST SUPPORT SHOULD MOVE FIRST.

Include Pets in the Evacuation Plan

If the pet is part of the family, the pet is part of the plan.



COMMON SENSE

✓ DO THIS

- ▶ Prepare a carrier or lead that fits your pet.
- ▶ Pack pet food and water for at least 3 days.
- ▶ Carry records and medicines.
- ▶ Keep pets under control during movement.

✗ AVOID THIS

- ▶ Do not leave pets out of the plan.
- ▶ Do not release animals to move on their own.
- ▶ Do not wait until departure to find the carrier.

A pet without a plan can delay the whole family.



NZWAR
NEW ZEALAND WIDE
ASSISTANCE & RECOVERY

Family Drill: 20 Minutes Is Enough

A short drill makes a real departure faster.

COMMON SENSE

DO THIS

- ▶ Practice occasionally.
- ▶ Keep the drill simple.
- ▶ Use the same family roles.
- ▶ Time yourselves.

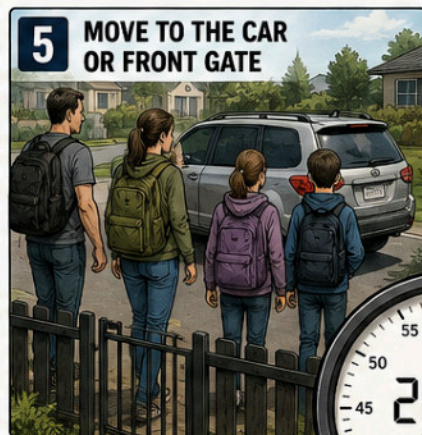
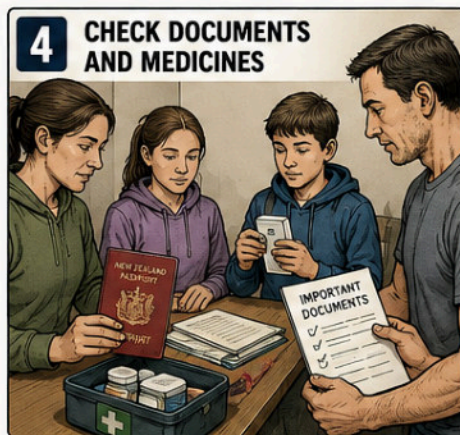
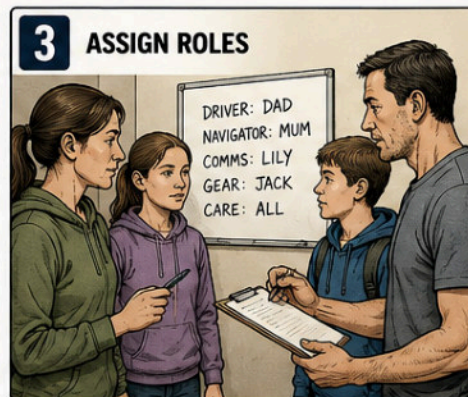
AVOID THIS

- ▶ Do not turn the drill into a stressful argument.
- ▶ Do not change the plan every time.
- ▶ Do not skip children or older adults.

20-MINUTE GOAL



- Know the bags.
- Know the roles.
- Know the route.
- Know the contact.



PRACTICE WHEN IT IS CALM, SO YOU MOVE FASTER WHEN IT IS NOT.



NZWAR

NEW ZEALAND WIDER AWARENESS
AND RESILIENCE HANDBOOK

What an Organized Evacuation Chain Looks Like

IMPORTANT

Safer evacuation usually happens through a chain, not through random movement.



You receive an official alert or advice from authorised sources. Prepare as instructed.



You go to your local help or registration point. Officials record your details and give instructions.



You go to the pickup point or transport assembly area at the time advised. Board when directed.



You travel to a transit hub or checkpoint. Officials check, re-confirm details and give next instructions.



You arrive at the safe-area reception. You register again, receive updates and find out what happens next.



You are directed to temporary shelter or onward placement. You get support, rest and information.

DO THIS

- ▶ Use official collection points.
- ▶ Keep your documents ready.
- ▶ Follow transport instructions.
- ▶ Stay with your group.

AVOID THIS

- ▶ Do not leave the chain without a reason.
- ▶ Do not chase rumors about secret routes.
- ▶ Do not ignore registration or instructions.

WHY THE CHAIN HELPS

- TRANSPORT** – Moves people safely and efficiently.
- ACCOUNTABILITY** – Helps officials know where you are.
- INFORMATION** – Gets you accurate updates and next steps.
- SUPPORT** – Ensures you receive help when you arrive.

USE THE CHAIN THAT KEEPS PEOPLE MOVING AND ACCOUNTED FOR.

EVACUATION METHOD PRIORITIES

IMPORTANT

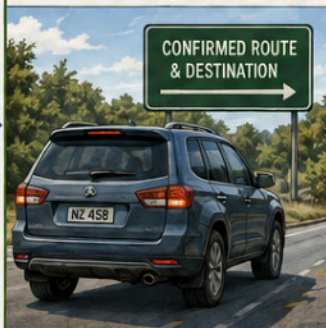
Choose the safest available method before your options narrow.

1 OFFICIAL ORGANIZED EVACUATION OR TRANSPORT CHAIN



- ✓ Safest and most supported. Follow official instructions and stay with the chain.

2 CONFIRMED PRIVATE VEHICLE WITH KNOWN DESTINATION & ROUTE



- ✓ Better control and shelter. Confirm route, destination and fuel before you go.

3 TRAVEL WITH TRUSTED FAMILY OR GROUP



- ✓ Stronger together. Share resources, watch out for each other, and make *joint* decisions.

4 ORGANIZED PICKUP / TRANSIT HUB



- ✓ Useful when you cannot reach a vehicle. Wait for confirmed rides or onward transport.

5 WALKING ONLY AS A LAST RESORT



- ! No safer transport available. Prepare for distance, weather, and limited resources.

DO THIS

- ▶ Use organized or confirmed transport first.
- ▶ Confirm destination, route, and contact.
- ▶ Keep walking as a last-resort option.

AVOID THIS

- ▶ Do not choose the most dramatic option first.
- ▶ Do not abandon a safer organized route for rumors.
- ▶ Do not treat random movement as a plan.

KEY IDEA

- i Organized movement usually gives you more information.
- 👥 It provides more support and resources.
- 🛡️ It creates accountability and safer outcomes.

USE THE SAFEST AVAILABLE METHOD BEFORE YOU LOSE THE CHOICE.

When Not to Set Out on Your Own

Some conditions make self-evacuation more dangerous than waiting for better support.

1. ACTIVE SHELLING OR STRIKES



Explosions or strikes near your area.
High risk of injury or being trapped.

2. PERSISTENT DRONE OBSERVATION



3. UNKNOWN ROADS OR SUSPECTED MINES



Unfamiliar routes or off-road areas.
Risk of mines, traps, or blocked paths.

4. SEVERE NIGHT-TIME VISIBILITY



Heavy darkness, fog, rain, or storms.
Hard to navigate and easy to get lost.

5. MEDICALLY FRAGILE PEOPLE WITHOUT SUPPORT



Elderly, sick, injured, or young children.
Travel without support can be life-threatening.

6. LACK OF FUEL, COMMUNICATIONS, OR CONFIRMED DESTINATION



Not enough fuel, no comms, or unclear plan.
You could run out of options.

IMPORTANT



DO THIS

- ▶ Wait for better information or organized support.
- ▶ Reconfirm the route and destination.
- ▶ Protect vulnerable people and reassess.



AVOID THIS

- ▶ Do not walk into active fire or drone observation.
- ▶ Do not improvise through unknown roads or fields.
- ▶ Do not leave without support if your family cannot sustain the trip.



SET OUT ONLY IF...

- 📍 Route is confirmed and safe.
- 🏠 Destination is confirmed and reachable.
- ☀️ Movement conditions are acceptable.

IF CONDITIONS ARE WORSE THAN YOUR PLAN, DO NOT START THE JOURNEY.



NZWAR

CIVILIAN SURVIVAL HANDBOOK

WHAT TO CARRY IN THE VEHICLE

PRINT CARD

The car should support safe movement, not become your only plan.



WATER

At least 3 litres per person per day for drinking and basic needs.



READY-TO-EAT FOOD

Nutritious, non-perishable options for at least 2–3 days per person.



DOCUMENTS

ID, insurance, vehicle papers and emergency contact list in a waterproof pouch.



MEDICINES

Regular prescriptions, pain relief, allergy meds and any essential medical items.



PAPER MAP

Local and regional maps in case GPS or networks are unavailable.



VEHICLE KIT

- ✓ Water (3L+ per person per day)
- ✓ Ready-to-eat food (2–3 days)
- ✓ Documents in waterproof pouch
- ✓ Medicines and medical items
- ✓ Paper map
- ✓ Phone charger / power bank
- ✓ Flashlight and spare batteries
- ✓ Warm layers for all
- ✓ Basic first aid kit
- ✓ Child supplies (if needed)
- ✓ Emergency fuel / vehicle essentials



EMERGENCY FUEL / VEHICLE ESSENTIALS

Keep fuel above half when possible and carry basic items to stay mobile.



PHONE CHARGER / POWER BANK

Keep devices charged and stay in contact when you need it most.



FLASHLIGHT

Reliable light source with spare batteries or a rechargeable option.



WARM LAYERS

Extra clothing, beanies, gloves and socks for all passengers.



BASIC FIRST AID

Treat minor injuries and manage health needs on the go.



CHILD SUPPLIES

Items for comfort, entertainment and care for children on the journey.



DO THIS

- ▶ Keep essentials accessible.
- ▶ Distribute critical items between people and vehicle.
- ▶ Keep documents and medicine reachable.



AVOID THIS

- ▶ Do not bury medicine under luggage.
- ▶ Do not rely only on the car.
- ▶ Do not overload until movement becomes difficult.

PACK THE VEHICLE TO SUPPORT MOVEMENT, NOT TO REPLACE THE GO-BAG.



NZWAR

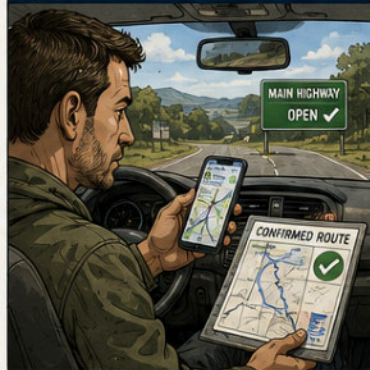
CIVILIAN SURVIVAL HANDBOOK

HOW TO MOVE ON THE ROAD

PRINT CARD

Use confirmed roads, keep moving calmly, and do not turn movement into extra exposure.

1 CHECK A CONFIRMED ROUTE



Check official updates and choose confirmed roads. Plan your route and fuel stops before you leave.

2 STAY ON THE ROAD



Stay on main roads and marked highways. Do not enter fields, tracks, or unknown areas.

3 KEEP MOVING, AVOID STOPS



Keep your vehicle moving. Stop only for fuel, safety, or official instructions.

4 TURN BACK IF UNSAFE



If the road ahead is blocked, damaged, or unsafe, turn back. Do not try to go around.

5 KEEP DISTANCE FROM MILITARY ACTIVITY



Keep distance from military sites, checkpoints, or large gatherings. Stay on the road and keep moving.

✓ DO THIS

- ▶ Use confirmed roads.
- ▶ Keep movement steady and calm.
- ▶ Turn back if the road becomes unsafe.
- ▶ Keep away from military targets or crowds.

✗ AVOID THIS

- ▶ Do not explore shortcuts through fields or ruins.
- ▶ Do not stop to watch events.
- ▶ Do not follow rumors or strangers without verification.

⚠ ROAD RULES



STAY VISIBLE AS CIVILIANS – Follow normal traffic rules and drive a standard vehicle if possible.



MINIMIZE DELAY – Plan ahead, move efficiently, and avoid unnecessary stops.



PROTECT CHILDREN / OLDER ADULTS – Keep them comfortable, informed, and safe at all times.

SAFE MOVEMENT DEPENDS ON THE ROAD YOU USE AND THE DECISIONS YOU AVOID.

How to Behave at Checkpoints

IMPORTANT

Calm, visible, civilian behavior reduces the chance of dangerous misunderstanding.

1 SLOW DOWN AND STOP



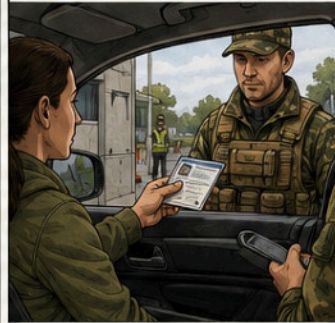
Slow down early. Stop where directed and stay in your vehicle until told otherwise.

2 KEEP HANDS VISIBLE



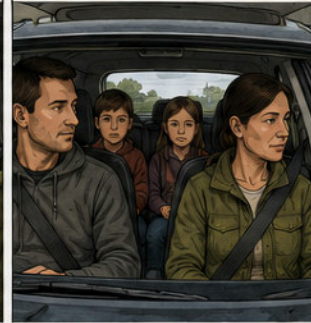
Keep your hands on the steering wheel and in sight. Do not make sudden movements.

3 HAVE DOCUMENTS READY



Keep ID, driver's licence, and vehicle documents ready. Show them when asked, not before.

4 ANSWER SIMPLY AND TRUTHFULLY



Answer questions clearly and briefly. Do not volunteer extra information.

5 FOLLOW INSTRUCTIONS CALMLY



Follow all instructions carefully. Wait for permission to leave and move on calmly.

✓ DO THIS

- ▶ Slow down and wait.
- ▶ Keep hands visible.
- ▶ Show documents when asked.
- ▶ Speak simply and follow instructions.

✗ AVOID THIS

- ▶ Do not make sudden movements.
- ▶ Do not film or argue.
- ▶ Do not reach into bags or pockets without warning.

! REMEMBER

-  Keep children calm and quiet.
-  Identify any medical needs if necessary.
-  Remain clearly civilian.

AT A CHECKPOINT, YOUR HANDS, MOVEMENT, AND TONE ALL MATTER.



**PREPARE.
ENDURE.
RECOVER.
TOGETHER.**

CIVILIAN SURVIVAL HANDBOOK

CIVILIAN CLOTHING: LOOK LIKE A CIVILIAN

IMPORTANT

Reduce misidentification risk by looking and moving like an ordinary civilian.

✓ RECOMMENDED: LOOK LIKE A CIVILIAN



✓ Ordinary
outerwear



✓ Simple,
non-military bag



✓ Practical
walking shoes



✓ Weather-
appropriate layers

✗ AVOID: LOOK LIKE A COMBATANT



✗ Full
camouflage



✗ Tactical-style
gear



✗ Military-style
pack or gear



✗ Militarized
appearance

✓ DO THIS

- ▶ Wear ordinary civilian clothing.
- ▶ Use practical walking footwear.
- ▶ Keep bags simple and non-military in appearance.
- ▶ Choose weather-appropriate layers.

✗ AVOID THIS

- ▶ Do not wear full camouflage.
- ▶ Do not use tactical-style gear if you can avoid it.
- ▶ Do not carry yourself like an armed person.

i WHY IT MATTERS

- ▶ Clear civilian appearance may reduce misidentification risk.
- ▶ It helps others recognise you as a non-combatant.
- ▶ It is not a guarantee of safety.

LOOK LIKE A CIVILIAN, AND ACT LIKE ONE TOO.

High-Visibility Markings Can Help, but Are Not a Shield

Civilian markings may reduce misidentification. They do not guarantee safety.



PRINT CARD



CAN HELP

- ▶ May improve recognition at close range
- ▶ Useful during organised evacuation
- ▶ Keep clothing and behaviour clearly civilian



CANNOT GUARANTEE

- ▶ Not visible in darkness, smoke, or at distance
- ▶ Not protection from blast or unlawful attack
- ▶ Seek solid shelter first during an attack



DO NOT MISUSE PROTECTED SYMBOLS

Do not falsely use Red Cross, Red Crescent, UN, medical, rescue, or other official humanitarian markings.



Use civilian markings to reduce misidentification. During an attack, seek solid shelter first.



BE RECOGNISABLE AS A CIVILIAN — BUT NEVER TREAT A MARKING AS ARMOUR.

Encountering Armed Personnel: Identify Yourself as a Civilian First

Make your status, hands, and movements easy to understand.



DO THIS

- ▶ Keep both hands visible at all times.
- ▶ Use simple, calm phrases.
- ▶ Explain before reaching for medicine, documents, or a child.



AVOID THIS

- ▶ Do not run.
- ▶ Do not reach suddenly into pockets, bags, or vehicles.
- ▶ Do not argue, film, or touch military equipment.

PRINT CARD

1



STOP

Stop at a safe distance.
Do not walk or drive past.

2



HANDS VISIBLE

Keep both hands
where they can be seen.

3



I AM A CIVILIAN

Say clearly: "I am a civilian."
Show you and any children
are not a threat.

4



I AM UNARMED

Say clearly: "I am unarmed."
Do not make any
sudden movements.

5



MOVE SLOWLY

Follow instructions.
Move slowly and calmly
when told to approach
or search.

MAKE YOUR IDENTITY, HANDS, AND MOVEMENTS CLEAR.



When Told to Put Items Down or Leave Shelter

! IMPORTANT

Slow, visible, predictable movement is safer than sudden action.

1 LISTEN FIRST



Stop where you are.
Look, listen, and follow
instructions.

2 PUT ITEMS DOWN SLOWLY



Place bags and carried items
on the ground where
you are told.

3 HANDS VISIBLE AGAIN



Raise empty hands to
shoulder height. Keep palms
open and visible.

4 WAIT FOR THE NEXT INSTRUCTION



Do not move until you are told.
Wait. Watch. Follow.



DO THIS

- ▶ If you do not understand, stop and indicate you need the instruction repeated.
- ▶ Explain before reaching for medicine, documents, or a family member.



AVOID THIS

- ▶ Do not throw bags.
- ▶ Do not spin around.
- ▶ Do not suddenly reach inside clothing.
- ▶ Do not rush toward family or a vehicle.
- ▶ Do not carry weapons or military equipment for someone else.



DO NOT LET A PANIC MOVEMENT LOOK LIKE A HOSTILE MOVEMENT.

After Being Controlled, Searched, or Temporarily Detained

Stay clearly civilian. State medical and care needs early and simply.



PRINT CARD



CIVILIAN STATUS

Clearly identify yourself as a civilian and follow instructions.



MEDICAL NEEDS

State urgent medical needs and current medications simply and early.



CHILDREN / CAREGIVERS

Keep children close. Tell staff if a child is missing or if you care for someone.



REMEMBER

Be calm, patient and consistent. Details can be clarified later.



CONTACT

Use offered channels for family contact or updates when available.



DO THIS

- ▶ Keep identity papers and medicine information available.
- ▶ Speak briefly and calmly about health and care needs.
- ▶ Use medical or humanitarian contact if it is offered.



AVOID THIS

- ▶ Do not threaten or provoke.
- ▶ Do not seize equipment.
- ▶ Do not destroy identity papers.
- ▶ Do not abandon children in a crowd.
- ▶ Do not volunteer tactical target information.

STAY CIVILIAN. MAKE LIFE-SAVING MEDICAL NEEDS CLEAR.



How to Use a Transit / Evacuation Centre

REFERENCE

A transit centre restores your ability to continue — it is usually not the final destination.

1 REGISTER



On arrival, register with staff. Provide ID, contact details, number of people, medical needs, and your last known location.



2 WATER & FOOD



Refill your water bottles and collect food rations. Follow staff directions and take only what you need.



3 MEDICAL



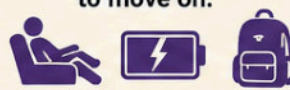
Visit the medical area. Report injuries, ongoing conditions, or medication needs. Collect or refill prescriptions if available.



4 REST & CHARGE



Rest if you need to. Use charging points for devices and power banks. Keep your belongings close and be ready to move on.



5 CONFIRM NEXT MOVE



Check updates and instructions for your next leg. Confirm your transport option, departure time, and any requirements.



DO THIS



- ▶ Keep registration papers, family details, and medicine information together.
- ▶ Use the stop to refill water, medicine, power, and information.



AVOID THIS

- ▶ Do not drift away from the organised flow and lose contact with the evacuation chain.
- ▶ Avoid unnecessary long waits in exposed outdoor gathering areas.



A TRANSIT POINT IS WHERE YOU RECOVER CAPACITY AND PREPARE FOR THE NEXT LEG.

After Reaching a Non-War Zone

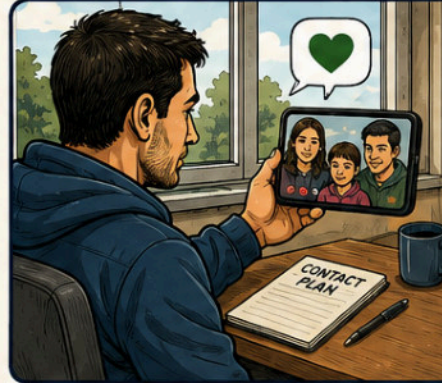
COMMON SENSE

Reaching safety is not the end of the process. Stabilise first.



1 REGISTER

- ▶ Register with local authorities or aid organisations.
- ▶ Provide accurate information about your group.
- ▶ Ask about available services and support.



2 TELL FAMILY YOU ARE SAFE

- ▶ Contact family as soon as possible to confirm your safety.
- ▶ Share your location and status.
- ▶ Agree on how to communicate going forward.



3 RESTORE MEDICAL CARE

- ▶ Get any urgent medical needs assessed.
- ▶ Refill or replace essential medications.
- ▶ Seek mental health support if needed.



4 STABILISE SHELTER

- ▶ Secure safe, suitable accommodation.
- ▶ Understand the rules and resources available.
- ▶ Settle in before making further decisions.



DO THIS

- ▶ Restore routines, medicine, communication, and accommodation.
- ▶ Record information about missing family members and keep contact details current.



AVOID THIS

- ▶ Do not immediately return to a dangerous city to retrieve property unless authorities confirm it is safe.

ONCE YOU REACH SAFETY, STABILISE BEFORE YOU DECIDE WHAT COMES NEXT.



First Minute After an Alarm

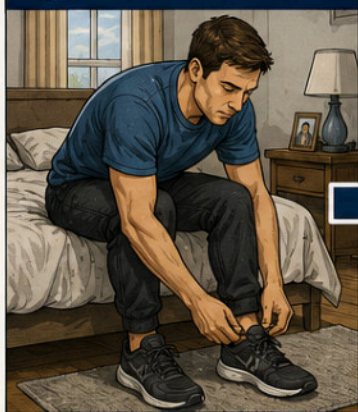
Train the first minute into a fixed survival routine.



An alarm is not
a command to observe.
It is a command to shelter.

PRINT CARD

1 PUT ON SHOES



Protect your feet.
You may need to
move quickly.

2 GRAB GO-BAG



Take your essentials
in one bag.
Don't overthink it.

3 CALL THE FAMILY



Call out clearly.
Get everyone moving
together.

4 MOVE AWAY FROM WINDOWS



Stay away from glass
and outside walls.
Head to interior spaces.

5 GO TO SHELTER



Go to your planned
shelter or the safest
place available.



KEY IDEA

Fixed actions reduce
hesitation and
forgotten essentials.



DO THIS

- ▶ Keep shoes and go-bag in the same place.
- ▶ Help children, older adults, and anyone who needs support.
- ▶ Move immediately.



AVOID THIS

- ▶ Do not go to the balcony.
- ▶ Do not look out the window.
- ▶ Do not stop to post on social media.



Prepare. Protect. Survive.

AN ALARM IS A SHELTER COMMAND, NOT AN OBSERVATION COMMAND.

First 10 Minutes After an Alarm

Move people first. Follow the plan, not panic.



In the first 10 minutes, correct actions matter more than bringing everything.



PEOPLE FIRST. ESSENTIALS SECOND.



DO THIS

- ▶ Take necessary medicine and essential items only.
- ▶ Keep the hallway and stairs moving.
- ▶ Follow your family plan.



AVOID THIS

- ▶ Do not go back for non-essential items.
- ▶ Do not block stairs or exits.
- ▶ Do not delay in dangerous areas to shut down every device.



IMPORTANT

WHAT MATTERS MOST



Keep exits clear.



Take essential medicine.



Use the planned route.



Help vulnerable people first.



If it is safe and local guidance allows, deal with utilities only if it does not delay evacuation.

DOING THE RIGHT THINGS FAST MATTERS MORE THAN CARRYING EVERYTHING.



Shelter Priority

Know the order of safer shelter options before the alarm sounds.

BEST
PROTECTION



FALLBACK
OPTION

1 FORMAL UNDERGROUND SHELTER



Engineered for protection.
Your best option.



2 CONFIRMED SAFE BASEMENT OR UNDERGROUND SPACE



Below ground. More central.
More protection.



3 SOLID INTERIOR SPACE IN A STRONG BUILDING



Away from windows and
exterior walls. Lower floors
are better.



4 TWO-WALLS FALLBACK



Use only if no better option
is available. Not ideal.

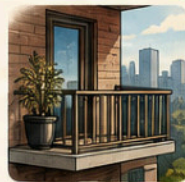


Usually, deeper underground,
more central, and more solid
means better protection.



BALCONY

Exposed to blast,
falling debris,
and shrapnel.



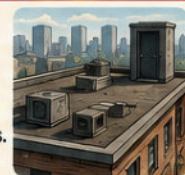
WINDOW

Glass can shatter.
High risk of injury
and overpressure.



ROOFTOP

Highly exposed
to blast, heat,
and flying debris.



STANDING BY EXTERNAL WALLS

Risk from collapse,
impacts, and debris.



PRINT CARD



KEY IDEA

A fallback is not the same
as the best shelter option.



DO THIS

- Identify 2-3 shelter
options in advance.



- Check whether
formal shelter
access is open.



- Move to the best
available option early.



AVOID THIS

- Do not treat the
two-walls rule as
the best solution.



- Do not stand near
windows or on
balconies.



- Do not wait until
every good option
is gone.



**IF YOU CAN REACH A FORMAL SHELTER,
DO NOT TREAT THE BACKUP PLAN AS THE FIRST CHOICE.**



NZWAR

PREPARE. PROTECT. GET HOME.

If You Cannot Reach a Formal Shelter



Use a simple indoor fallback. Move deeper inside the building.

CAN'T GO DOWN? GO DEEPER INSIDE.



✓ DO THIS

- ▶ Move low and quickly.
- ▶ Stay away from glass and outside walls.
- ▶ Protect the head and neck.

✗ AVOID THIS

- ▶ Do not wait in the doorway.
- ▶ Do not stand on the roof or balcony.
- ▶ Do not stay by the window to watch what is happening.



REMEMBER

A fallback room is not a safe room. Keep following official instructions.

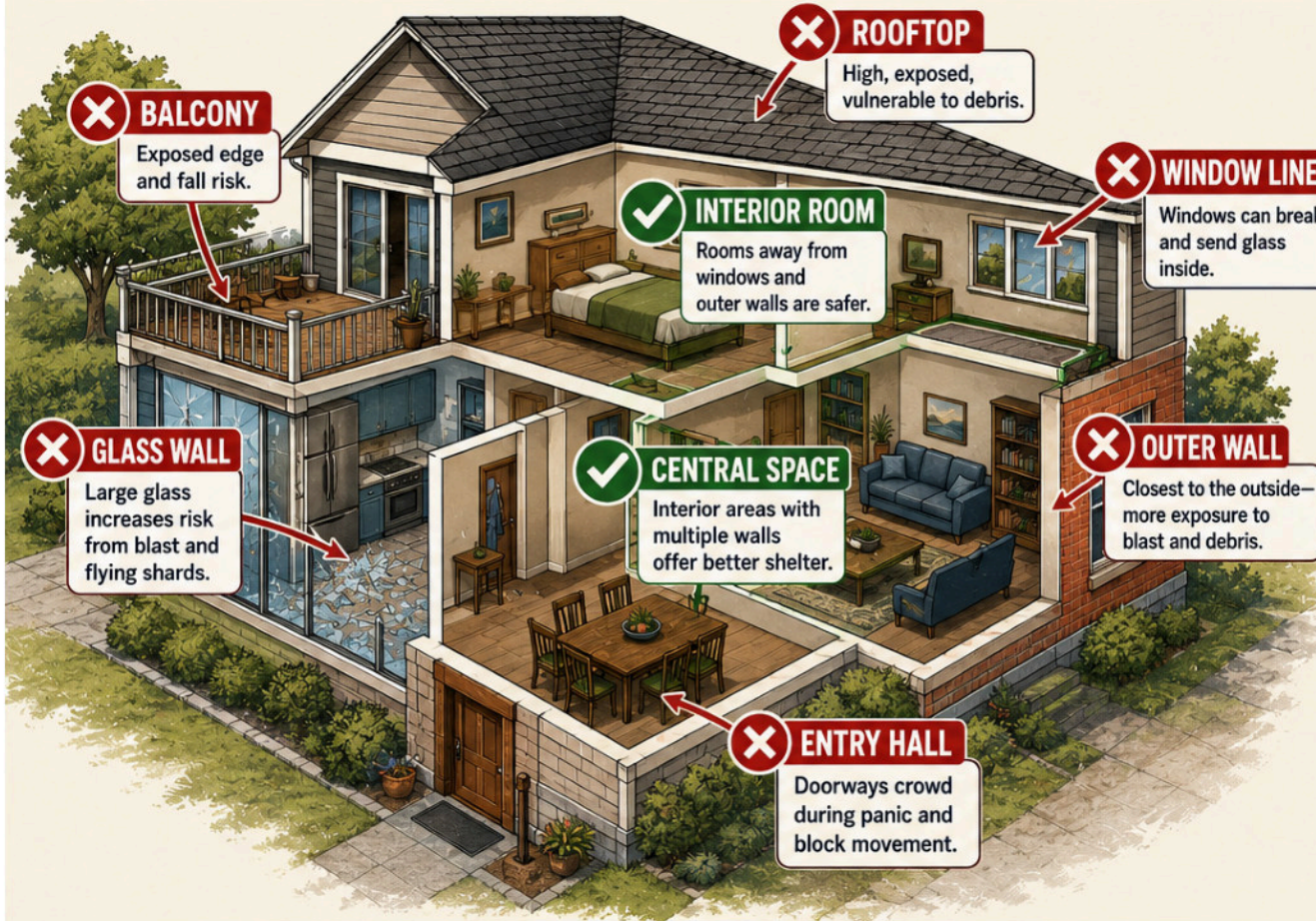
IF YOU CANNOT GO DOWN, MOVE FURTHER IN.



DANGEROUS PLACES INSIDE THE HOME

Know the risky spots before an emergency starts.

REFERENCE



! WHY THESE ARE RISKY



Blast pressure and flying glass.



Falling debris.



More exposure near outside surfaces.



Crowding at doors during panic.

✓ DO THIS

- ▶ Choose interior fallback areas in advance.
- ▶ Move away from glass.
- ▶ Keep the safest room clear and ready.

✗ AVOID THIS

- ▶ Do not watch from the window.
- ▶ Do not gather in the doorway.
- ▶ Do not go onto the roof or balcony.



» MOVE AWAY FROM GLASS. MOVE AWAY FROM THE OUTSIDE EDGE. »

If You Are on the Street

Do not stop to watch. Move into a solid building fast.

! IMPORTANT



Streets and open ground offer very limited protection.

✗ STOPPING TO WATCH



**GLASS BUS SHELTER
= NOT ENOUGH**

Glass can shatter.
It does not stop blasts
or flying debris.

✓ ENTER SOLID SHELTER



**DON'T LOOK.
GET INSIDE.**

✓ DO THIS



► Find solid walls and a real building.



► Keep moving to immediate shelter.



► Listen for official warnings.



✗ AVOID THIS



► Do not stop to film or watch.



► Do not stay in open ground.



► Do not shelter under glass-only structures.



ON THE STREET, THE MOST IMPORTANT ACTION IS TO GET INTO SOLID COVER.

If You Are in a Vehicle

A vehicle can move you. It is not a reliable shelter.

! IMPORTANT

1 PARK SAFELY



P Park at the roadside without blocking traffic.

2 MOVE TO A SOLID BUILDING



 Go inside a solid building. Stay away from windows.

**VEHICLE
≠
SHELTER**



Use the vehicle to move, not to protect.

THE CAR IS NOT THE SHELTER.

DO THIS

- P** ► Park without creating danger.
-  ► Move into a solid building if it is safe and permitted.
-  ► Listen for official instructions.



AVOID THIS

-  ► Do not stay in the car to watch.
-  ► Do not stop on bridges or at fuel stations.
-  ► Do not block roads or emergency access.



USE THE VEHICLE TO MOVE. USE A SOLID BUILDING TO SURVIVE.

At School, Shopping Centre, Office, or Hospital

Wherever you are, use that place's safety plan first.



**DO NOT RUSH
BACK HOME
THROUGH DANGER.**

PRINT CARD

1

AT SCHOOL



Follow staff instructions.
Move to the designated
safe area inside.
Do not block exits or doors.

2

AT SHOPPING CENTRE



Listen to centre staff.
Move to the safer area
away from windows.
Keep walkways and exits clear.

3

AT OFFICE



Follow the safety coordinator.
Move to the internal safe area.
Do not block stairs
or fire exits.

4

AT HOSPITAL



Follow hospital staff.
Move to the designated
safe area.
Do not crowd corridors
or exits.



STAY WITH THE LOCAL SAFETY PLAN.



DO THIS



- ▶ Follow staff or site instructions.
- ▶ Move to the designated safe area.
- ▶ Contact family after you are safe.



**HOME IS NOT
ALWAYS THE
SAFEST FIRST
DESTINATION.**



Wait for official
advice before
travelling.



AVOID THIS



- ▶ Do not run for the exit in panic.



- ▶ Do not block doors or stairs.



- ▶ Do not cross danger zones
to reunite immediately.



Prepare. Protect. Survive.

BEING AWAY FROM HOME DOES NOT MEAN BEING WITHOUT A PLAN.

Night-time Alarm

Darkness reduces visibility. It does not remove danger.

! IMPORTANT

PRINT CARD

✓ MOVE TO SAFETY INSIDE



Prepare at night. Move inside.
Stay away from windows.
Go to your planned shelter
or safest space.

**NIGHT
IS NOT
A SHIELD.**

✗ DON'T GO OUTSIDE



Outside at night, you cannot see danger.
You may be seen.
You may be hit.

✓ DO THIS



Keep shoes, torch, and bag ready.



Move when alarms or official
orders require it.



Keep light from spilling outside.



**BE READY
BEFORE YOU SLEEP.**



**SHOES. TORCH. BAG.
READY.**



AVOID THIS



Do not wait for darkness
as a fixed rule.



Do not go outside just to watch.



Do not assume night
travel is safer.

Darkness is not protection.



Open Cover Is Not Solid Shelter

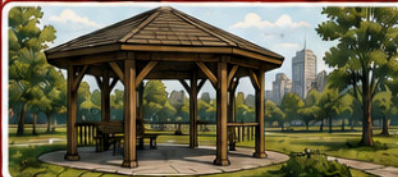
A roof over your head is not always a shelter.

PRINT CARD

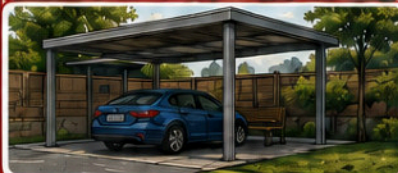
❌ OPEN COVER



- ❌ **GLASS BUS SHELTER**
Glass can shatter.
It does not stop blasts or flying debris.



- ❌ **GAZEBO OR PAVILION**
Open on all sides.
No protection from blasts.



- ❌ **OPEN CARPORT**
No walls.
No protection from overpressure.



- ❌ **THIN AWNING OR CANOPY**
Light cover only.
No protection from blast or debris.

OPEN
COVER

≠

SOLID
SHELTER

✅ DO THIS

- ▶ Choose solid walls or underground space.
- ▶ Move deeper inside and away from openings.
- ▶ Protect life first, everything else later.

! IMPORTANT
Make shelter
decisions early.
Seconds count.

❌ AVOID THIS

- ▶ Do not treat bus shelters or pavilions as real shelters.
- ▶ Do not stay outside to watch or film.
- ▶ Do not assume any roof means safety.

✅ SOLID SHELTER



- ✅ **PROPER UNDERGROUND SHELTER**
Engineered for protection.
Thick walls and earth cover
provide the best safety.



- ✅ **CONFIRMED BASEMENT OR UNDERGROUND SPACE**
Below ground. More central.
More protection.



- ✅ **INSIDE A SOLID BUILDING**
Strong walls and closed
structure offer much
better protection.



- ✅ **INTERNAL POSITION AWAY FROM WINDOWS**
Move to interior rooms,
away from windows,
doors, and exterior walls.

A ROOF OVER YOUR HEAD IS NOT ALWAYS A SHELTER.



When Normal Life Becomes Siege Life

Watch services, not only distance.



A city can go from normal to unstable faster than you expect.

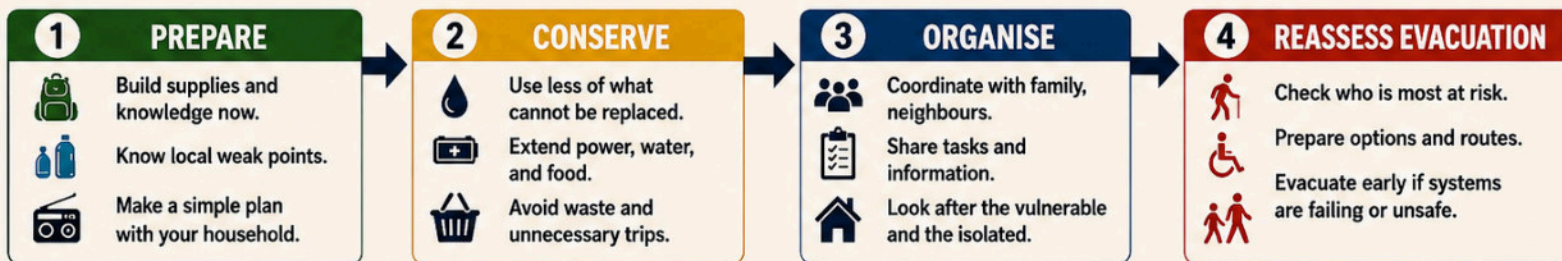
PRINT CARD

	FUNCTIONING Reliable services	UNRELIABLE Disruptions, delays, shortages	FAILED Unreliable or no service
HOSPITAL & HEALTH	✓ Hospitals open. Medicines and staff available.	⚠ Longer waits. Some shortages. Non-urgent care delayed.	✗ Critical care only. Patients turned away.
PUBLIC TRANSPORT	✓ Buses and routes running. Timetables mostly reliable.	⚠ Reduced routes. Irregular timetables.	✗ No service or extremely limited. Travel dangerous or impossible.
WATER SUPPLY	✓ Taps run. Water safe to drink.	⚠ Low pressure or rationing. Boil water advisories.	✗ No running water. Supply points only.
ELECTRICITY POWER	✓ Power on. Outages rare and brief.	⚠ Frequent outages. Unpredictable duration.	✗ No electricity. Generators only.
COMMUNICATIONS & INTERNET	✓ Mobile and internet working. Emergency alerts available.	⚠ Spotty service. Slow, intermittent, or limited.	✗ No service. Cannot call or connect.
SHOPS & SUPPLIES	✓ Shops open. Good variety of goods.	⚠ Shortages of staples. Limited hours or lines.	✗ Shops closed or empty. No predictability.
WASTE COLLECTION	✓ Regular collection. Streets clean.	⚠ Irregular collection. Overflowing bins.	✗ No collection. Health and pest risks rise.

IS THE CITY STILL FUNCTIONING?



Services can change quickly.
Know the signs. Act early.



OBSERVE DAILY

- ▶ Check water, power, transport, and shops daily.
- ▶ Shift early into conservation mode.
- ▶ Reassess evacuation for vulnerable people first.



AVOID THIS

- ▶ Do not wait for total collapse.
- ▶ Do not treat one open shop as proof of safety.
- ▶ Do not look only at front-line distance.



KEY PRINCIPLE

A city enters survival mode
when its systems stop being reliable.

NZWAR

PREPARE. PROTECT. GET HOME.

Siege Economy: Value Changes With Need

In a prolonged crisis, usefulness often matters more than prestige.



REMEMBER

Scarcity changes.
Value changes.
Plan for both.

PAGE 5_12
of the Handbook

PRINT CARD

PEACETIME VALUE

Prestige, luxury, and appearance
have high value.



Desirable. Status. Discretionary.

VALUE CHANGES



SIEGE VALUE (USEFUL NOW)

Function, practicality, and reliability
have high value.



LIGHTING



HYGIENE



REPAIR



CHARGING



EVERYDAY
ESSENTIALS



WATER
& FILTERS



WARMTH
& SHELTER



PRACTICAL
SKILLS

Useful. Reliable. Essential.



USEFULNESS

Items that solve real problems
hold the most value.



SCARCITY

The harder something is to get,
the more value it holds.



TRUST

Trusted people, skills, and services
are more valuable than things.

✓ DO THIS

- ▶ Keep family essentials first.
- ▶ Expect value to change with conditions.
- ▶ Treat reliable skills and services as resources.



**VALUE
FOLLOWS
NEED.**



✗ AVOID THIS

- ▶ Do not rely on one miracle barter item.
- ▶ Do not trade away core household needs.
- ▶ Do not sacrifice evacuation ability for speculation.

USEFULNESS OFTEN MATTERS MORE THAN PRESTIGE.

Barter Without Exposing Everything You Have

PRINT CARD

Trade to fill a gap, not to reveal your whole household supply.

KEEP YOUR SURVIVAL FLOOR

Protect the items your household must have.



KEEP

- ✓ Medicine
- ✓ Drinking water
- ✓ Child or elder essentials
- ✓ ID / documents
- ✓ Core food

CAN TRADE

- ▶ Limited spares
- ▶ Non-essential extras
- ▶ Items you can replace

**DO NOT
REVEAL
ALL STOCK**

**DO NOT
TRADE AWAY
YOUR LAST
ESSENTIALS**

TRADE ONLY WHAT YOU CAN SPARE

Carry a small amount. Trade calmly and keep it simple.



Barter can help close shortages, but the trading location, queues, strangers, and exposure of resources all add risk. Decide in advance what is never traded away. Medicines, minimum drinking water, child and elder essentials, documents, and evacuation needs should stay protected first.



DO THIS



- ▶ Define a non-tradeable core reserve first.
- ▶ Carry only the small amount you plan to trade.
- ▶ Re-check your household stock after trading.



AVOID THIS



- ▶ Showing your full stock.
- ▶ Trading away your last medicine, water, or food.
- ▶ Revealing where your household supplies are kept.

TRADE TO CLOSE A GAP – NOT TO CREATE A NEW ONE.

One Necessary Trip, Several Essential Tasks

PRINT CARD

If you must go out, combine essential tasks and return directly.

BEFORE YOU GO

Plan your tasks and check off what you need.



MEDICINE

Prescriptions and medical needs



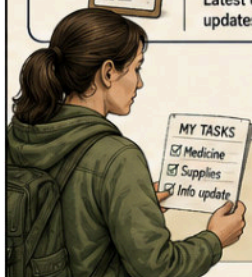
ESSENTIAL SUPPLIES

Food, water, hygiene, and other essentials



OFFICIAL INFORMATION

Latest official updates and advice



Take a simple list and only what you need.

ONE CONFIRMED ROUTE

Plan one sensible trip. Do your tasks. Return the same way.



MULTIPLE UNPLANNED TRIPS = MORE RISK



ONE NECESSARY TRIP · SEVERAL ESSENTIAL TASKS

In a prolonged crisis, reducing unnecessary trips is usually safer than searching for a perfect moment. Planning several essential tasks into one necessary trip can reduce repeated exposure, but it must never justify entering unknown roads, ruins, fields, or dangerous areas.

RETURN WHEN DONE

Go straight home using the same confirmed route.



One trip.
Tasks done.
Home safe.



DO THIS

- ▶ List tasks and priorities before you leave.
- ▶ Use confirmed civilian roads only.
- ▶ Return once the essential tasks are done.



AVOID THIS

- ▶ Do not make multiple unplanned trips.
- ▶ Do not enter unknown areas just to combine tasks.
- ▶ Do not turn planning into shortcut exploration.

Reduce repeated exposure by planning – not by taking shortcuts.



NZWAR

NEW ZEALAND WIDER AWARENESS
AND RESILIENCE HANDBOOK

Small Trusted Groups Survive Better Than Isolated Individuals

PRINT CARD

Trust, shared tasks, and rest rotation improve survival resilience.

ISOLATED & OVERLOADED



ONE PERSON
MUST DO
EVERYTHING.
A GROUP CAN
ROTATE AND
RECOVER.

TRUSTED SMALL GROUP



In a prolonged siege or urban crisis, small trusted groups are usually more resilient than isolated individuals. The point is not to gather the biggest crowd, but to build a reliable core: family, close relatives, long-trusted friends, or proven neighbours who can share care, information, supplies, and rest. Civilian 'watchfulness' means ordinary observation and entry awareness — not turning the group into a combat unit.

DO THIS

- ✓ Build a small core team with highly trusted people.
- ✓ Share care, information, supplies, and rest rotation.
- ✓ Make sure key tasks have backups.
- ✓ Include children, older adults, and sick people in the plan.



AVOID THIS

- ✗ Do not assume doing everything alone is safer.
- ✗ Do not chase numbers and ignore trust.
- ✗ Do not load every task onto one person.
- ✗ Do not turn a civilian team into a fighting unit.



A trusted group can rotate, recover, and keep functioning.



NZWAR

NEW ZEALAND WIDE ASSISTANCE & RECOVERY

Neighbours and Skills Are Resources Too

PRINT CARD

Resources are not only stored things. People and practical skills also strengthen survival.



SKILLS CAN BE SHARED WITHOUT BEING CONSUMED



Trusted neighbours can complement each other.

In a prolonged crisis, practical skills often last longer than individual supplies. First aid, care, cooking, repair, translation, charging, information checking, and organising ability can strengthen both households and communities.

Trusted neighbours may share help and knowledge, but that does not mean every stranger becomes part of your core team. Cooperation still needs privacy, boundaries, and resource rules.

✓ DO THIS



- ▶ Learn which trusted neighbours have practical skills.
- ▶ Set simple mutual-help rules.
- ▶ Make sure important skills have a backup person.

✗ AVOID THIS



- ▶ Do not assume every stranger is a trusted core member.
- ▶ Do not expose your full household reserves.
- ▶ Do not let one capable person do everything alone.

People and skills are part of the survival system.

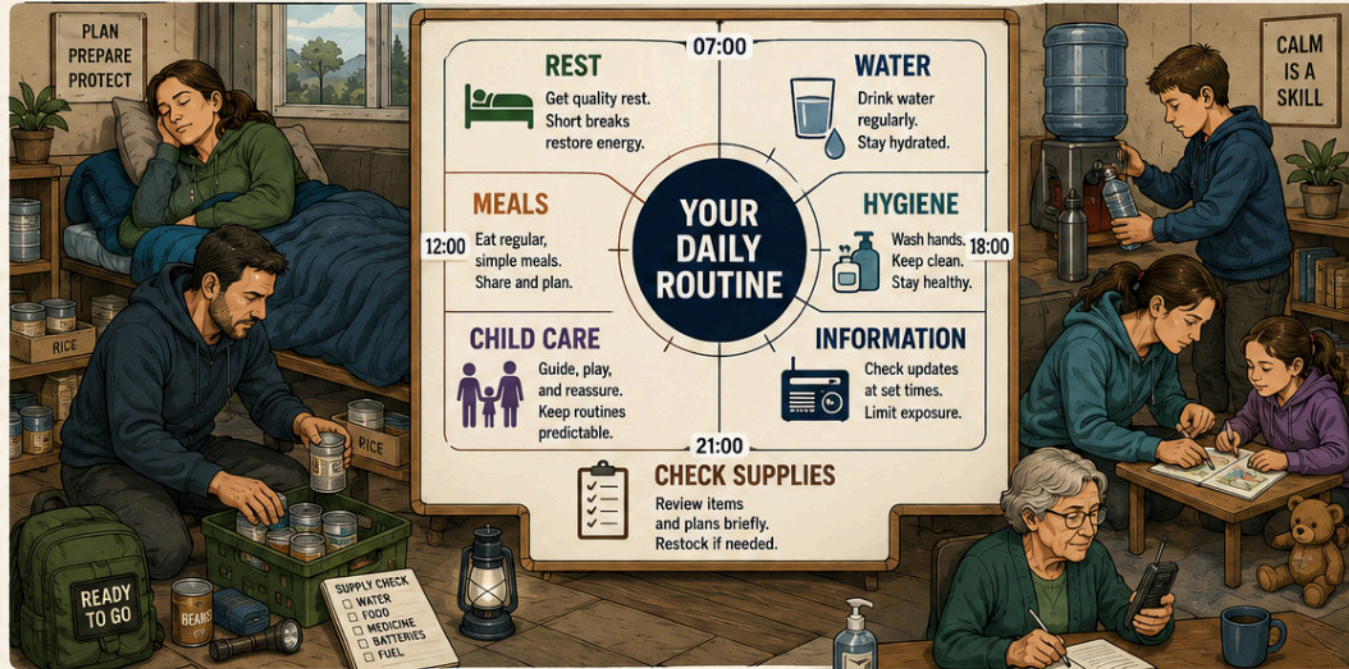


NZWAR
NEW ZEALAND WIDE
ASSISTANCE & RECOVERY

Routine Keeps People Functional

PRINT CARD

In a prolonged crisis, small routines reduce fatigue, conflict, and bad decisions.



A prolonged crisis cannot be sustained by constant high alert. Without rotation, over-vigilance quickly drains strength and judgement.

Families and small teams need predictable times for drinking, eating, resting, care, information checks, and brief supply review.

Routine is not weakness — it protects decision-making.

ROUTINE REDUCES CHAOS

Small routines protect judgement.



DO THIS

- ▶ Set regular times for water, meals, and rest.
- ▶ Rotate care and information tasks.
- ▶ Check supplies and plans briefly each day.



AVOID THIS

- ▶ Do not keep everyone awake all the time.
- ▶ Do not rely on shouting tasks in the moment.
- ▶ Do not spend the whole day refreshing information.



In a prolonged crisis, routine protects judgement.

Concept of Passive Civilian Screening

PRINT CARD

Screening can support a shelter plan, but solid structure remains the core protection.



KEY IDEA

Passive screening may help with line of sight, minor debris control, and space organization.

But it does not replace underground or solid shelter, fire safety, ventilation, and multiple exits.

**SCREENING IS SUPPORT.
STRUCTURE IS PROTECTION.**

✓ DO THIS



KEEP EXITS CLEAR

- ▶ Follow official or engineering guidance.
- ▶ Keep fire exits and evacuation routes clear.
- ▶ Use screening as a support layer, not the main protection.



PLAN. PREPARE.
PROTECT.

✗ AVOID THIS

- ▶ Do not build complicated structures that block escape.
- ▶ Do not assume add-ons can stop drones.
- ▶ Do not turn the entrance into a trap.



ADD-ONS ARE SUPPORT. THE BUILDING ITSELF IS PROTECTION.

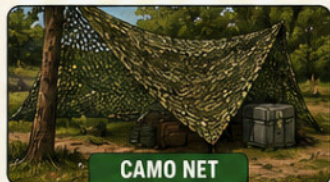
Nets, Curtains, and Ropes Are Not Blast Walls

PRINT CARD

Soft materials may help with screening or space division, but they are not primary protection.

SOFT MATERIALS: HELPFUL IN SOME WAYS, BUT NOT PROTECTIVE.

VISUAL SCREENING



CAMO NET

SPACE DIVISION



TEMPORARY DIVIDERS



CURTAINS



HABITABLE ZONES



ROPES



TO ORGANISE SPACE

**NETS
AND
CURTAINS
ARE NOT
BLAST
WALLS.**



Soft barriers can have limited supportive use, but should never reduce the priority of evacuation or entering a proper shelter.

SOLID STRUCTURES: REAL PROTECTION FROM BLAST, SHOCK, AND DEBRIS.



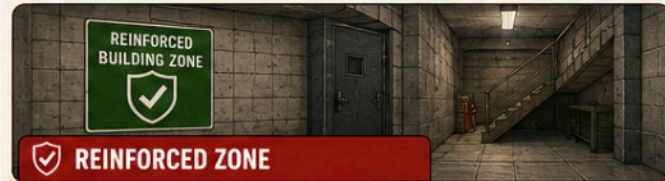
SOLID WALLS



BASEMENT ROOM



REINFORCED ZONE



DO THIS



- ▶ Label their use honestly.
- ▶ Keep moving to real shelter when needed.
- ▶ Use soft screening only as a helper.



AVOID THIS

- ▶ Do not claim a few layers can stop FPV drones.
- ▶ Do not delay evacuation because of temporary screening.
- ▶ Do not confuse concealment with protection.



SOFT BARRIERS CAN HELP — THEY CANNOT REPLACE SOLID SHELTER.

Building Features That Matter Most

PRINT CARD

When choosing a shelter space, check the whole building — not just one temporary material.



UNDERGROUND | SOLID | MULTIPLE EXITS | FIRE SAFETY | VENTILATION



DO THIS

- ▶ Check exits first.
- ▶ Maintain ventilation and fire safety.
- ▶ Choose the safest whole building layout.



AVOID THIS

- ▶ Do not seal the only exit.
- ▶ Do not use dangerous indoor burning devices.
- ▶ Do not focus on one material and ignore the rest.



FIRST, DO NOT GET TRAPPED. THEN IMPROVE SCREENING.



Temporary Civilian Window Protection

PRINT CARD

Move people first. Add materials second.

POSITION FIRST / MATERIAL SECOND

✗ BEFORE

People and furniture too close to windows.



Closer to broken glass and injury.



Higher risk from blast and debris.



Exits and movement can be blocked.

✓ AFTER

People moved back. Paths and functions clear.



Greater distance reduces risk.



Ventilation and functions still work.



Exit routes and movement stay open.



MOVE PEOPLE FIRST. ADD MATERIALS SECOND.

Temporary window measures can be supportive, but must not block fire escape, ventilation, or movement.



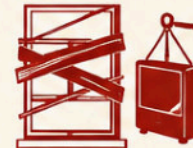
DO THIS

- ▶ Move beds and seats away from glass.
- ▶ Keep exits and fire functions clear.
- ▶ Use compliant products or professional advice when available.



AVOID THIS

- ▶ Do not trap people with temporary boards.
- ▶ Do not hang unreliable heavy objects.
- ▶ Do not claim ordinary tape or curtains are blast proof.



POSITION IS YOUR FIRST LAYER OF PROTECTION.

What Household Materials Can – and Cannot – Do

PRINT CARD

Household items can support safer positioning, but they do not replace a solid structure.



CAN HELP

Household items can add a **SUPPORTING LAYER** to help reduce risk when used wisely.

PRIMARY PROTECTION

Solid walls and parts of a building provide the best protection.



SUPPORTING LAYER

Can help block line of sight, slow debris, and improve safer positioning.



BOOKCASE
Filled with books.



THICK MATTRESS
Stands upright against wall.



HEAVY FURNITURE
Place low and steady.



CANNOT PROMISE

Household items can fail, fall, or create new dangers. They do not replace a solid structure.



BLOCKED DOORWAY

Blocked doors slow escape and put lives at risk.



EXCESSIVE HEAVY WEIGHT

Overloading can cause collapse or damage floors.



HOUSEHOLD MATERIALS SUPPORT A PLAN – THEY DO NOT REPLACE STRUCTURE



DO THIS

- ▶ Use furniture to improve safer positioning.
- ▶ Anchor tall cabinets.
- ▶ Keep doors and paths usable.



AVOID THIS

- ▶ Do not block exits.
- ▶ Do not treat furniture as a bulletproof wall.
- ▶ Do not overload floors with heavy piles.



USE HOUSEHOLD MATERIALS TO SUPPORT SAFER POSITIONING – NOT FALSE CONFIDENCE.

Why Entrances Are Vulnerable

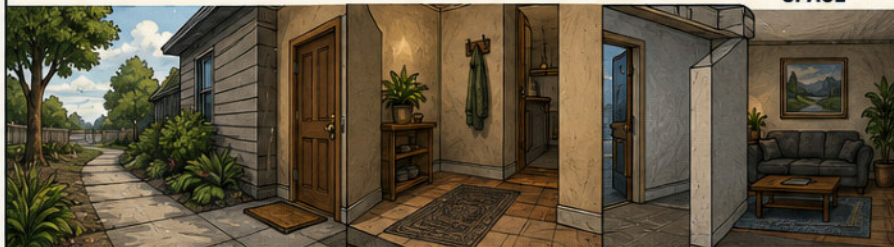
PRINT CARD

A safer entrance reduces exposure without becoming a trap.



GOOD ENTRANCE

OUTSIDE AREA → DOOR → BUFFER ZONE → TURN OR OFFSET → INTERIOR SHELTER SPACE



The entrance is not in direct line of sight from outside. People have space to move inside before turning or entering the main shelter area.



EXPOSED ENTRANCE

OUTSIDE AREA → DOOR → DIRECT VIEW PATH → INTERIOR SHELTER SPACE



The entrance is in a direct line of sight. Hazards can travel straight in with no barrier or time to react.

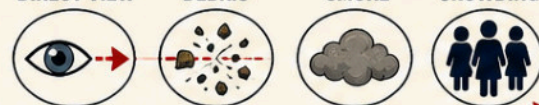
DIRECT VIEW DEBRIS SMOKE CROWDING



Hazards travel through a straight, exposed entrance.

AN ENTRANCE MUST REDUCE EXPOSURE WITHOUT TRAPPING PEOPLE

DIRECT VIEW DEBRIS SMOKE CROWDING



Hazards enter quickly and overwhelm the space.



DO THIS

- ▶ Use a buffer or turn inside the entrance.
- ▶ Keep lighting and passage clear.
- ▶ Move fuel, baggage, and clutter away from the doorway.



AVOID THIS

- ▶ Do not seal the only entrance.
- ▶ Do not store fuel or heavy luggage at the door.
- ▶ Do not create tripping or crowding hazards.



A SAFER ENTRANCE REDUCES EXPOSURE WITHOUT BECOMING A TRAP.



Entrance Buffering and Visual Screening

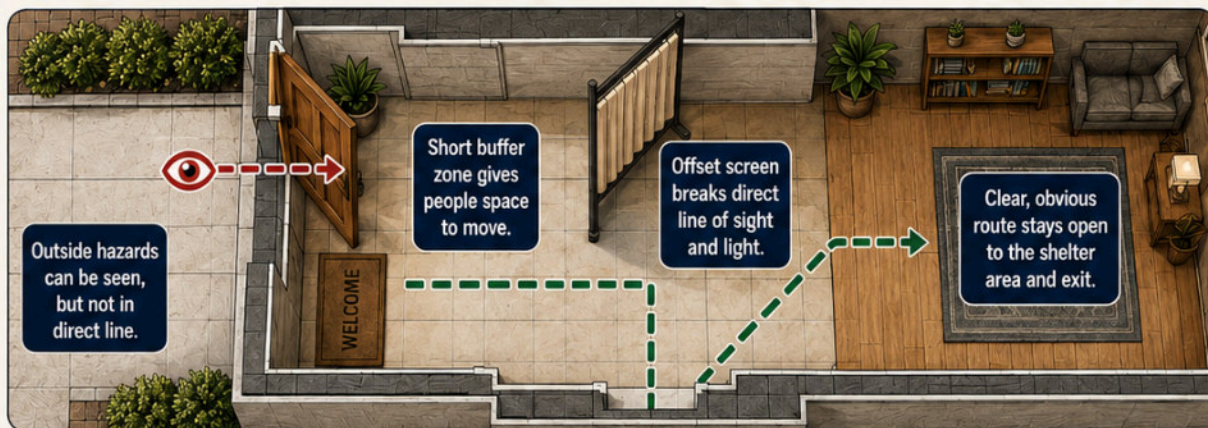
PRINT CARD

Reduce direct view. Keep the exit clear.

Use a turn, offset screen, curtain, or removable divider to break direct line of sight, reduce light spill, and reduce some debris paths.

Keep it safe, ventilated, and easy for everyone to move.

1 OUTSIDE AREA → 2 DOOR → 3 BUFFER ZONE → 4 OFFSET SCREEN OR CURTAIN → 5 CLEAR ROUTE INTO INTERIOR SHELTER AREA



DO THIS

- ▶ Use simple removable screening.
- ▶ Keep the route wide and obvious.
- ▶ Check that doors and airflow still work.



AVOID THIS

- ▶ Do not create entangling barriers.
- ▶ Do not block wheelchair or stretcher access.
- ▶ Do not turn screening into a trap.



**BREAK DIRECT
LINE OF SIGHT –
KEEP THE EXIT CLEAR**



EXIT CLEAR

Clear, obvious route to the exit.



WHEELCHAIR

Wide, open route for wheelchair access.



STRETCHER

Space for stretchers and carried loads.



VENTILATION

Airflow moves through. Avoid sealed spaces.

Screen the view, not the escape route.



NZWAR

NEW ZEALAND WIDE
ASSISTANCE & RECOVERY

Sandbags, Earth-Filled Barriers and Heavy Mass

PRINT CARD

Heavy mass can help — if the building can safely carry it.

✓ CAN HELP



FRAGMENT / DEBRIS REDUCTION

Use heavy mass at ground level or where the building can safely carry it.

Heavy mass can reduce some fragment and debris hazards.

Benefits depend on design, placement, and building capacity.



USE WITH OFFICIAL OR PROFESSIONAL GUIDANCE

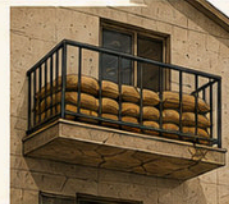
Follow official or professional guidance. Heavy mass must match your building and location.

✗ CAN CREATE NEW RISKS



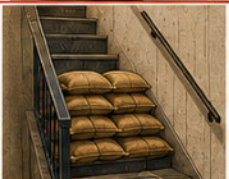
CONCENTRATED LOADS WHERE THE BUILDING CANNOT CARRY IT.

Heavy mass upstairs or on balconies can overload the structure and cause collapse.



BLOCKED STAIRS ARE DANGEROUS.

Obstructed stairs can trap people and slow evacuation.



BLOCKED EXITS COST LIVES.

Blocked doors and escape routes prevent safe, quick evacuation.



DO THIS

- ▶ Check load, drainage, and exits first.
- ▶ Use official or professional guidance.
- ▶ Keep stairs and fire routes open.



AVOID THIS

- ▶ Do not guess “how many layers stop what”.
- ▶ Do not overload upper floors or balconies.
- ▶ Do not use heavy mass to seal off escape routes.



ENGINEERING & ESCAPE FIRST

Heavy mass is a support measure, not a replacement for strong construction, safe design, and clear escape routes.

MASS CAN REDUCE SOME HAZARDS, BUT WEIGHT CAN CREATE NEW ONES.



NZWAR
NEW ZEALAND WIDE
ASSISTANCE & RECOVERY

Do Not Create a Second Hazard While Reinforcing

PRINT CARD

Low-risk changes first. Complex structural work belongs to professionals.

❌ OVERLOADED FLOOR



⚠️ Too much weight can collapse floors and trap people.

❌ BLOCKED EXIT



⚠️ Blocked exits cost time and put lives at risk.

❌ REMOVED STRUCTURAL PART



⚠️ Removing beams, walls, or posts can collapse the structure.

❌ HANGING HEAVY OBJECT



⚠️ Heavy objects can fall during quakes and injure people.

✅ LOW-RISK CHANGES (YOU CAN DO THESE)

✅ CLEAR WALKWAYS



Keep paths to exits clear of clutter.

✅ ANCHOR TALL FURNITURE



Secure shelves and tall furniture to the wall.

✅ IMPROVE LIGHTING



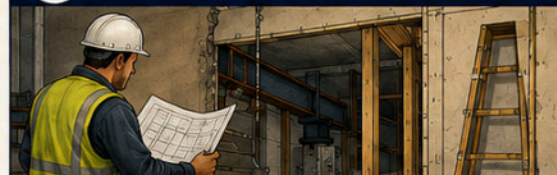
Add lights so exits and paths are visible.

✅ MOVE PEOPLE INWARD



Move people away from windows and outside walls.

⚠️ PROFESSIONAL WORK (GET EXPERT HELP)



Structural changes, load-bearing work, and complex repairs require professional assessment and skills.

✅ DO THIS

- ▶ Clear escape routes first.
- ▶ Secure unstable furniture.
- ▶ Ask professionals about structural work.



❌ AVOID THIS

- ▶ Do not cut or alter structural elements.
- ▶ Do not trade escape for extra shielding.
- ▶ Do not hang or stack heavy objects dangerously.



A REINFORCEMENT THAT BLOCKS ESCAPE IS NOT AN IMPROVEMENT.

Do not solve one risk by creating another.



NZWAR
NEW ZEALAND WIDE
ASSISTANCE & RECOVERY

A Shelter Must Still Have a Way Out

PRINT CARD

A shelter that protects you must still let you leave.



FIVE-QUESTION CHECKLIST



1. MAIN EXIT?

Is the main exit clear and usable?



2. OTHER BUILDING EXIT?

Is there another existing exit route?



3. LIGHT?

Do exits and paths have working light?



4. SMOKE?

Could smoke block the way out?



5. BLOCKAGE?

Could anything block the exit path?



DO THIS

- ▶ Keep the main route clear.
- ▶ Prepare lighting and know the exits.
- ▶ Make sure everyone knows the way out.



AVOID THIS

- ▶ Do not seal the only door.
- ▶ Do not store supplies beside the exit.
- ▶ Do not damage the structure to make a 'secret tunnel'.



**A SHELTER WITHOUT
AN EXIT PLAN
CAN BECOME A TRAP.**

A SHELTER MUST PROTECT YOU – AND STILL LET YOU LEAVE.



NZWAR
NEW ZEALAND WIDE
ASSISTANCE & RECOVERY

Fire and Smoke Can Become the Next Threat

PRINT CARD

A safe shelter can stop being safe.

1 SHELTERING



You are in a **safe shelter**.
Blast danger has passed.

2 SMOKE / FIRE APPEARS



Conditions have changed.
New dangers are present.

3 FOLLOW PLAN / MOVE TO SAFER AREA



Follow your fire plan and
move to a **safer area** now.

! SHELTER FROM BLAST — BUT DO NOT STAY IN FIRE OR TOXIC SMOKE



SMOKE

Smoke spreads fast
and can be deadly.



LOW VISIBILITY

You may not see
hazards or exits.



BLOCKED EXIT

Debris, fire, or damage
can block your way out.



DO THIS

- ▶ Know extinguisher and exit locations.
- ▶ Keep flammables away from heat.
- ▶ Follow the fire plan and local guidance.



AVOID THIS

- ▶ Do not stay in obvious smoke or fire.
- ▶ Do not rely on open flame lighting.
- ▶ Do not ignore new immediate dangers.



6/11

A SAFE SHELTER CAN STOP BEING SAFE.

NZWAR
NEW ZEALAND WIDE
ASSISTANCE & RECOVERY



Living in Shelter for Hours or Days

A shelter must support life, not just block danger.

PRINT CARD



NEW ZEALAND WIDE
ASSISTANCE & RECOVERY

WATER

Store clean water off the floor.
Keep containers closed.



MEDICINE

Keep medicines dry, secure, and easy to reach.



REST

Set up sleeping areas with space and privacy.



TOILET & WASTE

Use toilets.
Keep waste contained.



CHARGING

Charge devices safely.
Keep cables tidy.



CHILDREN

Create a safe space for play and activities.



SPACE SUPPORTS ROUTINE



Clear spaces make daily tasks easier.



Everyone knows their place.



Less stress.
Better decisions.



Detailed water, food, hygiene and fuel rules:
SEE CHAPTER 10

DO THIS



Fix key items to clear locations.



Give vulnerable people proper space.



Keep the main route and exit open.



ESSENTIALS FIRST



WATER



HYGIENE



MEDICINE



REST



LIGHT



INFORMATION

Keep these available and easy to reach.



AVOID THIS



Do not pile supplies in walkways.



Do not block doors or exits.



Do not duplicate Chapter 10 rules here.

A SHELTER MUST SUPPORT LIFE, NOT JUST BLOCK DANGER.

Sharing Shelter With Other Civilians

PRINT CARD

Shared space needs shared rules.

SHARED SPACE NEEDS SHARED RULES



CLEAR WALKWAYS



Keep paths open.
Nothing in the way.
Everyone moves safely.



QUIET ZONE



Lower voices.
Phones on silent.
Respect rest.



VULNERABLE PEOPLE



Look out for children,
older adults, and
people with
medical needs.



POSTED NOTICES



One place for updates,
rules, and information.
Everyone stays
informed.



SHARED RESOURCES



Use fairly.
Return when done.
Leave enough
for all.



HYGIENE MATTERS



Wash hands.
Clean shared areas.
Stop germs
spreading.



DO THIS



Keep entries and
routes open.



Create zones for quiet
and vulnerable people.



Post important
notices in one place.



AVOID THIS



Do not store bags
by the exit.



Do not use risky open
flames in crowding.



Do not place children or
patients in busy traffic routes.



ORDER MAKES A CROWDED SHELTER MORE SURVIVABLE.

NZWAR
NEW ZEALAND WIDE
ASSISTANCE & RECOVERY



Quick Shelter Check

PRINT CARD

Official shelter guidance comes first.

1 SOLID STRUCTURE



Strong walls, roof, and foundation.
No major damage.

2 AWAY FROM GLASS



Avoid windows, glass doors, skylights, and mirror walls.

3 INTERIOR OR UNDERGROUND



Lower levels or interior rooms give better protection.

4 EXIT



Know and keep a clear path to at least one exit.

5 FIRE



Keep away from stoves, heaters, fuel, candles, and electrics.

6 SMOKE



Avoid areas where smoke could enter or build up.

7 FLOOD



Avoid low-lying areas, basements, and stormwater flow paths.

8 GAS



Avoid gas leaks, fuel storage, and propane or gas appliances. If you smell gas, leave.

9 ACCESS



Can you get there safely now and after the event?

10 VULNERABLE PEOPLE



Ensure children, older adults, and anyone with mobility needs are protected.



DO THIS

- ▶ Check structure, glass, exits, and fire risk.
- ▶ Think about children, older adults, and mobility needs.
- ▶ Prepare primary and backup shelter options.



SOLID?
INTERIOR?
EXIT?
FIRE?
SMOKE?
ACCESS?



AVOID THIS

- ▶ Do not assume 'looks strong' means safe.
- ▶ Do not ignore smoke, gas, flood, or damage.
- ▶ Do not stay without an exit plan.



A QUICK CHECK CAN REDUCE RISK – OFFICIAL SHELTER GUIDANCE COMES FIRST.

NZWAR
NEW ZEALAND WIDE
ASSISTANCE & RECOVERY



OVERVIEW OF BATTLEFIELD HAZARDS

REFERENCE

If you cannot identify it safely, treat it as dangerous.

1 LANDMINE



Keep away. Do not touch.

2 GRENADE



Keep away. Do not touch.

3 ARTILLERY SHELL



Keep away. Fire / explosion risk.

4 ROCKET OR MORTAR ROUND



Keep away. Fire / explosion risk.

5 DRONE WRECKAGE



Keep away. May explode.

6 DAMAGED BATTERY



Keep away. Fire / explosion risk.

7 SUSPICIOUS WIRE / CABLE



Keep away. Do not disturb.

8 AMMUNITION CRATE OR LOOSE AMMUNITION



Keep away. Fire risk.



If you cannot identify it safely, treat it as dangerous.



DO THIS

- ▶ Recognize hazards from a distance.
- ▶ Keep away and warn others.
- ▶ Report from a safe position.



AVOID THIS

- ▶ Do not touch or test it.
- ▶ Do not take close photos.
- ▶ Do not try to move or open it.

**YOU DO NOT NEED TO IDENTIFY THE MODEL.
YOU ONLY NEED TO STAY AWAY.**

 **NZWAR**
CIVILIAN SURVIVAL HANDBOOK

BUTTERFLY MINE / PFM-TYPE HAZARD

REFERENCE

Small, plastic-looking objects can still be deadly.



Small,
plastic-looking,
and still
dangerous.



DO THIS

- ▶ Move away immediately.
- ▶ Keep children back.
- ▶ Report from a safe place.



AVOID THIS

- ▶ Do not pick it up to identify it.
- ▶ Do not take close photos.
- ▶ Do not treat it like a toy or scrap plastic.

SMALL DOES NOT MEAN **SAFE.**



NZWAR

CIVILIAN SURVIVAL HANDBOOK

ANTI-PERSONNEL MINES AND TRIPWIRE RISK

PRINT CARD

Not seeing a mine does not mean the ground is safe.



If the road is unknown, the grass is not a shortcut.



DO THIS

- Stay on known roads or paths.
- Go back the way you came if you are unsure.
- Warn people behind you.



AVOID THIS

- Do not step into grass or brush to go around obstacles.
- Do not cross suspicious wires.
- Do not improvise shortcuts through unknown ground.

**YOU MAY NOT SEE THE DANGER,
BUT IT CAN STILL BE THERE.**

 **NZWAR**
CIVILIAN SURVIVAL HANDBOOK

ANTI-TANK MINE RISK

Large suspicious ground objects near roads or ruins should be treated as dangerous.



Civilians do not need to confirm the model.
Distance is the safe choice.

EXAMPLES OF DANGEROUS UNKNOWN OBJECTS



Large round object



Large box-like object

WARNING



Large or small,
unknown ground
objects are still
dangerous.



DO THIS

- ▶ Stop and keep your distance.
- ▶ Reverse or retreat only on known safe ground if needed.
- ▶ Report the location.



AVOID THIS

- ▶ Do not drive around it through unknown shoulders or fields.
- ▶ Do not probe it with a stick.
- ▶ Do not walk up for a better look.

**A LARGE UNKNOWN OBJECT
IS STILL A KEEP-AWAY OBJECT.**

 **NZWAR**
CIVILIAN SURVIVAL HANDBOOK

UNEXPLODED ORDNANCE

No explosion yet does not mean no danger.

PRINT CARD



Did not explode
does not mean safe.



ARTILLERY
SHELL

MORTAR
ROUND

ROCKET

GRENADE



Shells, rockets, grenades,
and other ammunition may
remain dangerous long
after impact.



DO THIS

- ▶ Keep away and keep others back.
- ▶ Stop children from approaching.
- ▶ Report from safety.



AVOID THIS

- ▶ Do not move it to the roadside.
- ▶ Do not throw it into water or fire.
- ▶ Do not test whether it is active.

IF IT DID NOT EXPLODE, DO NOT ASSUME IT NEVER WILL.

DRONE WRECKAGE AND BATTERIES

REFERENCE

Wreckage can carry fire, electrical, chemical, or explosive risk.



Drone wreckage is not a souvenir.



DO THIS

- ▶ Keep your distance.
- ▶ Warn others away.
- ▶ Report from a safe location.



AVOID THIS

- ▶ Do not take it home.
- ▶ Do not remove the battery or wires.
- ▶ Do not film it up close.

WRECKAGE CAN STILL HURT YOU AFTER IT FALLS.

 **NZWAR**
CIVILIAN SURVIVAL HANDBOOK

STOP – BACK – WARN – REPORT

PRINT CARD

The four-step rule for any suspicious battlefield object.



Stop moving toward it.



Go back the way you came.



Keep others out of danger.



Describe landmarks and report from safety.



Do not go back closer just to mark it.



DO THIS

- ▶ Use known safe ground.
- ▶ Describe landmarks clearly.



AVOID THIS

- ▶ Do not touch it.
- ▶ Do not self-clear it.

STOP. BACK. WARN. REPORT.

 **NZWAR**
CIVILIAN SURVIVAL HANDBOOK

SOMEONE IS INJURED IN A SUSPECTED MINE AREA

REFERENCE

Do not turn one casualty into two.



**CALL
PROFESSIONAL
RESCUE AND
EOD SPECIALISTS.**

In a suspected mine area, the first task is to stop additional people from entering. Professional rescue is safer than instinctive rushing.



**Help by calling
and warning —
not by rushing
in blindly.**



DO THIS

- ▶ Call professional rescue and explosive ordnance specialists.
- ▶ Talk to the casualty from a safe position if possible.
- ▶ Keep other people back.



AVOID THIS

- ▶ Do not run into the area.
- ▶ Do not assume the injured person made the ground safe.
- ▶ Do not create a second casualty.

SAVE THE FIRST CASUALTY BY NOT CREATING A SECOND ONE.



NZWAR

CIVILIAN SURVIVAL HANDBOOK

FIRST 30 SECONDS AFTER AN EXPLOSION

Protect yourself first. Then move away from immediate hazards.

⚠ IMPORTANT
Do not rush to the window.
Do not go outside to look.

1 CROUCH AND PROTECT



Drop low immediately.
Crouch down and protect
your head and neck
with your arms.

2 MOVE AWAY FROM WINDOWS AND BROKEN GLASS



Stay low and move away
from windows, glass,
and anything that could
fall or break.

3 QUICK SELF-CHECK FOR SERIOUS INJURY



Check yourself and others.
Look for heavy bleeding
and breathing problems.
Get help if needed.

4 MOVE TO A SAFER INTERIOR SPOT



Move deeper inside
the building to a safer
spot away from windows
and exterior walls.

✓ DO THIS

- ▶ Protect head and neck.
- ▶ Move away from glass.
- ▶ Check breathing and major bleeding.

✗ AVOID THIS

- ▶ Do not stand up just to watch.
- ▶ Do not run toward the blast.
- ▶ Do not touch unstable debris or hanging wires.

i If you can move,
get low, think clearly,
and guide others.

AFTER THE BLAST, PROTECT YOURSELF FIRST.



NZWAR
PREPARE. PROTECT. GET HOME.

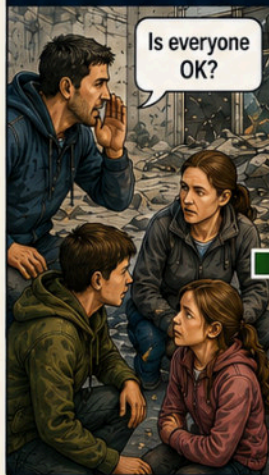
FIRST 5 MINUTES AFTER AN EXPLOSION

People first. Life threats first. Fire and collapse second.

! IMPORTANT

In the first 5 minutes,
do not panic and do not scatter.

1 ACCOUNT FOR PEOPLE



Call out. Look and listen for others. Check those near you.

2 CONTROL MAJOR BLEEDING



Apply direct pressure with a clean cloth or bandage. Keep pressure until bleeding stops.

3 CHECK FIRE / SMOKE



Look for fire, smoke, gas, or sparks. Feel doors for heat. Stop if it's getting worse.

4 CHECK STRUCTURE / EXIT ROUTE



Check for falling debris, cracks, or unstable parts. Identify the safest clear route.

5 MOVE OR WAIT BASED ON RISK



If it is safe to move, leave carefully. If staying is safer, shelter away from hazards.

✓ DO THIS

- ▶ Call out and locate everyone.
- ▶ Stop severe bleeding first.
- ▶ Leave if fire, smoke, or collapse risk is growing.

✗ AVOID THIS

- ▶ Do not return for possessions.
- ▶ Do not use damaged lifts.
- ▶ Do not crowd doors or windows.

SUMMARY



If the building is not safe, leave by the safest clear route. If outside is worse, move to the safest protected spot.

THE FIRST FIVE MINUTES DECIDE WHETHER CHAOS GROWS OR STOPS.



NZWAR

PREPARE. PROTECT. GET HOME.

WHY YOU MUST NOT GATHER TO WATCH

Curiosity creates casualties. Move away, not closer.

✗ CROWDING PUTS LIVES AT RISK



Do not stop to film.
Do not gather to watch.



MOVE AWAY TO STAY SAFE



SECONDARY STRIKE



BROKEN GLASS



UNSTABLE DEBRIS



FIRE AND HAZARDS



BLOCKS RESCUE ACCESS

1 CROWDS DELAY RESCUE.



Blocked access means lives are at risk.

2 VISIBLE CROWDS ATTRACT DANGER.



Enemies look for crowds. You become a target.

3 DEBRIS AND SECONDARY BLASTS STILL THREATEN.



What you see now can still kill you later.



DO THIS

► Move away from the scene.



► Warn others to keep moving.



► Keep routes clear for rescue.



AVOID THIS

► Do not crowd the blast area.



► Do not pick up fragments.



► Do not return for a better view.



REMEMBER

The danger is not over when the noise stops. Get out. Stay out.

DISTANCE SAVES LIVES. CROWDS COST TIME.



NZWAR
PREPARE. PROTECT. GET HOME.

FIRST AID PRIORITIES

Treat life threats in the right order: safety, airway, bleeding, breathing, warmth, help.



IMPORTANT

Do the most life-saving actions first.

1 SCENE SAFETY

- ▶ Check for danger to you, the patient, and others.



- ✓ Make the scene safe before you help.

2 RESPONSIVENESS

- ▶ Check if the person is awake and can respond.



- ✓ Tap their shoulder and call out. Look for any response.

5 POSITION & WARMTH

- ▶ Place in the recovery position if breathing. Keep warm.



- ✓ Supports the airway. Reduces choking. Prevents heat loss.



3 AIRWAY & BREATHING

- ▶ Open the airway and check breathing.



- ✓ Open the airway, look, listen, and feel for normal breathing.

4 SEVERE BLEEDING

- ▶ Control any heavy bleeding right away.



- ✓ Apply firm, direct pressure. Use a dressing or clean cloth.

6 CALL / GET HELP

Call for help early. Give clear information.

- 📍 Your location
- 🗨️ What happened
- 👥 How many injured
- 📞 What help is being given

- ✓ Stay with the patient and keep them updated.



DO THIS

- ▶ Make the scene safer first.
- ▶ Check breathing and major bleeding.
- ▶ Keep the injured person warm and observed.



AVOID THIS

- ▶ Do not give food or drink.
- ▶ Do not move the injured person without reason.
- ▶ Do not ignore signs of shock or airway trouble.



NZWAR

PREPARE. PROTECT. GET HOME.

THE RIGHT ORDER SAVES MORE LIVES.

SEVERE EXTERNAL BLEEDING

Apply direct pressure fast. Life can be lost in minutes.

1 EXPOSE THE WOUND



Remove or cut away clothing to expose the bleeding area.

2 APPLY FIRM DIRECT PRESSURE



Place a clean cloth, dressing, or bandage on the wound. Press hard with both hands.

3 ADD MORE LAYERS



Add more pads or cloth on top without lifting the first pad. Keep steady, firm pressure.

4 SECURE PRESSURE BANDAGE



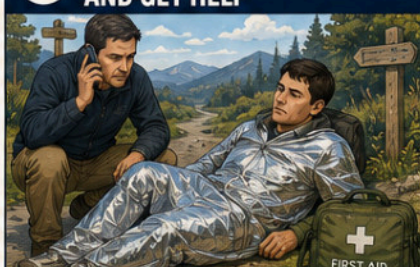
Wrap a pressure bandage tightly over the pad. Keep pressure firm and the bandage tight.

5 IF BLEEDING WON'T STOP: USE A TOURNIQUET



Apply a tourniquet high and tight on the limb, above the wound. Tighten until bleeding stops. Note the time it was applied.

6 MONITOR FOR SHOCK AND GET HELP



Keep the casualty warm and calm. Check their breathing and response. Call for urgent medical help.



IMPORTANT

Severe bleeding is a first-minute emergency.



DO THIS

- ▶ Press hard on the wound.
- ▶ Use clean cloth, dressing, or bandage.
- ▶ Keep pressure on and watch the casualty.



AVOID THIS

- ▶ Do not keep checking by removing the pad.
- ▶ Do not waste time on minor cleaning first.
- ▶ Do not use a tourniquet unless severe limb bleeding needs it.



**TOURNIQUET:
SEVERE LIMB
BLEEDING ONLY;
RECORD TIME IF USED.**



PRESSURE FIRST. CONTROL THE BLEEDING.



NZWAR

PREPARE. PROTECT. GET HOME.

BURNS, GLASS INJURIES, AND FRACTURES

Three common injuries. Three simple priorities.

BURNS



- 1** Cool with clean running water for 20 minutes.
- 2** Remove rings or tight items if easy.
- 3** Cover with a clean, non-stick dressing.

GLASS INJURIES



- 1** Control bleeding first.
- 2** Rinse only minor dirt if bleeding is controlled.
- 3** Cover the wound and protect it.

FRACTURES / SPRAINS



- 1** Keep still.
- 2** Support or splint as found if safe.
- 3** Use a cold pack over cloth if available.



IMPORTANT

Do not make a manageable injury worse.



DO THIS

- ▶ Cool burns.
- ▶ Control bleeding.
- ▶ Immobilize suspected fractures.



AVOID THIS

- ▶ Do not pop blisters.
- ▶ Do not pull out deeply embedded glass.
- ▶ Do not force a broken limb straight.



NZWAR

PREPARE. PROTECT. GET HOME.



COOL IT. COVER IT. KEEP IT STILL.

WHEN NOT TO MOVE AN INJURED PERSON

Movement can save a life — or worsen an injury. Move only for the right reasons.

REASONS NOT TO MOVE

unless there is immediate danger

✗ SUSPECTED SPINAL INJURY

Movement can cause further damage and paralysis.



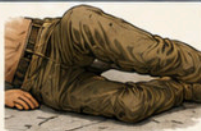
✗ SEVERE PAIN ON MOVEMENT

Pain is a warning sign. Movement can make the injury worse.



✗ DEFORMED LIMB OR PELVIS

Movement can cause bleeding and more serious injury.



✗ ALTERED CONSCIOUSNESS

Do not move unless they are in immediate danger.



✗ TRAPPED UNDER UNSTABLE DEBRIS

Do not move unless there is immediate danger (e.g., fire).



IMPORTANT

If there is no immediate danger, protect and observe rather than drag.



WAIT FOR HELP



Call emergency services.



Stay with the casualty and keep them calm.

✓ DO THIS

- ✓ Keep the head, neck, and body aligned.
- ✓ Control bleeding and keep warm.
- ✓ Move only if staying is more dangerous.

✗ AVOID THIS

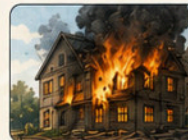
- ✗ Do not pull by arms or legs.
- ✗ Do not sit the casualty up suddenly.
- ✗ Do not force someone to stand or walk.

REASONS TO MOVE IMMEDIATELY

for safety

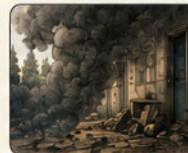
✓ FIRE

Move away from flames, heat, or risk of fire.



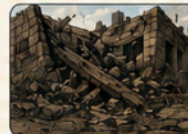
✓ SMOKE

Thick smoke can quickly cause unconsciousness or death.



✓ COLLAPSE

Risk of a building, wall, or structure collapsing.



✓ FLOODING

Rising water can trap or sweep you away.



✓ ACTIVE SHOOTING / EXPLOSION DANGER

Move to cover and get to safety.



MOVE FOR DANGER. OTHERWISE PROTECT IN PLACE.



NZWAR
PREPARE. PROTECT. GET HOME.

Priority Order for Obtaining Supplies

Use the lowest-exposure method first. Do not spend risk to gain convenience.

LOWER
EXPOSURE

1 USE WHAT YOU ALREADY HAVE

Check home stock first.

HOME STOCK CHECKLIST

- ☒ Food
- ☒ Water
- ☒ Medicine
- ☒ Hygiene
- ☒ Fuel
- ☒ Other



2 OFFICIAL OR HUMANITARIAN SUPPORT

Aid points, delivery, or approved pickup.

AID POINT
HERE →



3 REGULAR SHOPS / PHARMACIES

Use nearby formal suppliers if conditions are acceptable.

PHARMACY

SUPERMARKET



4 COMMUNITY COLLECTION

Combine needs and reduce repeat trips.

NEIGHBOURHOOD COLLECTION

- ☒ Combine needs
- ☒ Plan together
- ☒ One trip
- ☒ Less risk



5 INDIVIDUAL HIGH-RISK OUTINGS

Last option only.
Highest exposure.



HIGHER
EXPOSURE

COMMON SENSE

✓ DO THIS

- ▶ Combine needs into one trip.
- ▶ Watch official distribution times and locations.
- ▶ Choose the lowest-risk supply source first.

✗ AVOID THIS

- ▶ Do not go out repeatedly for non-essential items.
- ▶ Do not choose the most dangerous option just because it is faster.
- ▶ Do not expose the whole family for small gains.



LESS EXPOSURE =
BETTER SUPPLY DISCIPLINE



NZWAR
NEW ZEALAND WIDE
ASSISTANCE & RECOVERY

One less trip is one less exposure.

Medicines: Prepare Early and Resupply Safely

PRINT CARD

Write it down before stress begins. Refill through trusted medical or humanitarian channels.

PREPARE EARLY



CHECKLIST

- ✓ Medicine name
- ✓ Dose
- ✓ Schedule
- ✓ Allergies
- ✓ Prescription
- ✓ Backup contact

Do not rely on memory alone.

RESUPPLY IN A WAR ZONE



CLINIC / DOCTOR

Visit a qualified health professional. Get assessed.



PHARMACY

Use registered pharmacies. Get correct medicine.



HUMANITARIAN MEDICAL SUPPORT

Access reliable aid groups and medical teams.



DO THIS

- ▶ Record exact names and doses.
- ▶ Keep original packaging if possible.
- ▶ Use trusted formal channels first.



AVOID THIS

- ▶ Do not swap unknown pills.
- ▶ Do not use unlabeled or expired medicine.
- ▶ Do not hoard more than your family needs.

COUNT IT. PLAN MEALS.



Use what will spoil first.

WATER FIRST. RATION.



Ration and protect it.

ASSESS THE AREA. HIGH RISK = STAY IN.



Assess the area. High risk = stay in.

PLAN TOGETHER. ONE TRIP, MANY NEEDS.



Plan together. One trip, many needs.



A MEDICINE SHOULD HAVE A NAME, A DOSE, AND A SOURCE.

When medicine matters, clear records save time and risk.



NZWAR
NEW ZEALAND WIDE
ASSISTANCE & RECOVERY

WHEN FOOD IS NOT WORTH THE RISK OF GOING OUT

IMPORTANT

If basic food and water are still enough, do not spend danger for preference or convenience.



**SAFER CHOICE:
STAY SHELTERED**



WHAT YOU HAVE
= SAFETY

WHAT YOU RISK
= DANGER

**DO WE HAVE
ENOUGH BASICS
TO WAIT?**

YES ✓

NO ✗

**RISKY CHOICE:
GO OUT**



DO THIS

- ▶ Count what you already have first.
- ▶ Stretch basics before taking a risk.
- ▶ Combine needs with neighbors if a trip is necessary.



AVOID THIS

- ▶ Do not go out daily for better food.
- ▶ Do not panic-buy in dangerous periods.
- ▶ Do not trade safety for convenience.



**CHECK
FOOD STOCK**



Count it. Plan meals.
Use what will spoil first.



**CHECK
WATER STOCK**



Water first.
Ration and protect it.



**CHECK
OUTSIDE RISK**



Assess the area.
High risk = stay in.



**COMBINE NEEDS
IF TRAVEL IS NECESSARY**



Plan together.
One trip, many needs.



**BASIC FOOD NOW
IS WORTH MORE THAN
VARIETY AT HIGH RISK.**



NZWAR
NEW ZEALAND WIDE
ASSISTANCE & RECOVERY

First count what you have. Then decide if the trip is worth the risk.

COMMUNITY COLLECTION AND DISTRIBUTION

COMMON SENSE

Organize collection to reduce repeated trips and avoid exposed crowding.



BETTER: ORGANIZED PICKUP



TIME SLOTS

Stagger pickups to spread demand.



CENTRAL LIST

One place to record needs.



CLEAR WALKWAYS

Keep routes open and easy to follow.



SMALL GROUPS

Limit the number of people at once.



WORSE: EXPOSED MASS QUEUE



CROWDING

Large queues increase exposure risk.



PUBLIC POSTS

Sharing locations brings more people.



BLOCKED ACCESS

People or bags can block exits and help.



DO THIS

- ▶ Register needs in one place.
- ▶ Use staggered collection times.
- ▶ Keep doors, exits, and routes clear.



**ORGANIZED COLLECTION
SHOULD REDUCE EXPOSURE,
NOT CONCENTRATE IT.**



AVOID
THIS

- ▶ Do not form a large exposed queue.
- ▶ Do not post live crowd locations publicly.
- ▶ Do not block entrances with people or bags.

FEWER TRIPS HELP ONLY IF THE PICKUP ITSELF STAYS LOW-RISK.



NZWAR
NEW ZEALAND WIDE
ASSISTANCE & RECOVERY

Cash, Paper Records, and Network Outages

PRINT CARD

When the network stops, paper and a little cash still work.



CASH

Carry a small amount in mixed notes.



CONTACTS

Keep key phone numbers on paper.



ADDRESSES

Write meeting points and safe destinations.



MEDICINE LIST

Record names, doses, and allergies.



DO THIS

- ▶ Keep paper backups updated.
- ▶ Split small cash into separate places.
- ▶ Store critical records where you can reach them quickly.



AVOID THIS

- ▶ Do not rely only on your phone.
- ▶ Do not carry large visible cash.
- ▶ Do not keep every backup in one bag.



**PAPER KEEPS WORKING
AFTER BATTERY, SIGNAL,
OR PAYMENT SYSTEMS FAIL.**

When the network goes down, paper still works.



NZWAR
NEW ZEALAND WIDE
ASSISTANCE & RECOVERY

72-Hour Essential Supplies

PRINT CARD

Prepare the first 72 hours with items you can use now, carry easily, and find quickly.

72 HOURS: WATER • MEDICINE • POWER • FOOD • WARMTH • HYGIENE

☐ 1. WATER Stored drinking water  3 LITRES PER PERSON PER DAY	☐ 2. FOOD Ready-to-eat food  NO COOKING OR REFRIGERATION NEEDED	☐ 3. MEDICINE Prescription medicine + basics  AT LEAST A 72-HOUR SUPPLY	☐ 4. LIGHT Torch / batteries  EXTRA BATTERIES ESSENTIAL	☐ 5. POWER Power bank + charging cable  CHARGE DEVICES STAY INFORMED
☐ 6. HYGIENE Soap, wipes, toilet supplies  STAY CLEAN, STAY HEALTHY	☐ 7. WARMTH Dry warm layers  LAYERS TRAP HEAT AND KEEP YOU SAFE	☐ 8. FIRST AID Basic first-aid kit  TREAT INJURIES, PREVENT INFECTION	☐ 9. DOCUMENTS ID, contact list, key information  WATERPROOF POUCH OR ZIP BAG	DON'T FORGET  Family-specific needs: baby, elderly, medical, pets.  Include what keeps your family safe and comfortable.



- ▶ Adjust for your household.
- ▶ Rotate food and medicine.
- ▶ Keep essentials together and easy to grab.





AVOID THIS

- ▶ Do not overpack heavy items.
- ▶ Do not bury essentials in storage.





➡ Prepare three days of essentials you can use, carry, and find fast. ➡

Supplies Beyond 7 Days

COMMON SENSE

Build longer-term reserves without losing the ability to evacuate.

Store more at home. Carry only the essential layer.

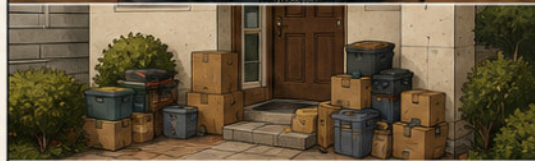
❌ OVERLOADED = NOT READY



OVERLOADED HOME
Too much stored in living spaces creates hazards and slows you down.



OVERLOADED BAG
Heavy bags are hard to carry and hard to move fast.



BLOCKED DEPARTURE
Blocked exits can trap you in an emergency.

If everything is heavy, nothing is ready to move.

✅ LAYERED = READY TO GO



GO-BAG —
critical items for immediate departure
Light, portable, and ready at the door.



HOME ESSENTIALS —
daily-use reserve
Supplies for everyday needs kept in an accessible location.



LONGER-TERM RESERVE —
extra supplies stored separately
Bulk items stored out of the way and off essential routes.

THE 3 LAYERS



1 GO-BAG
Grab and go.



2 HOME ESSENTIALS
Use every day.



3 LONGER-TERM RESERVE
Store separately.



DO THIS

- ▶ Use layered storage.
- ▶ Keep the go-bag light and ready.
- ▶ Separate daily supplies from long-term reserve.



AVOID THIS

- ▶ Do not pack all supplies into one bag.
- ▶ Do not block exits with storage.
- ▶ Do not confuse quantity with readiness.



You can store more at home — but you must still be able to leave.

Drinking Water and Water Treatment

PRINT CARD

Clear water is not automatically safe water:

BEST
OPTION

1



STORED OR CONFIRMED SAFE WATER

- ✓ Use stored sealed water first.
- ✓ Check expiry dates and container seals.
- ✓ Keep containers clean and covered.

NEXT
OPTION

2

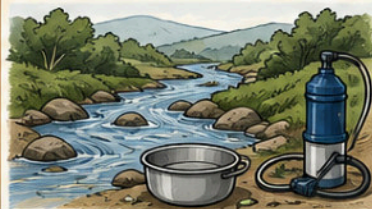


OFFICIAL SUPPLY POINT

- ✓ Use water from official taps or stations.
- ✓ Follow any posted instructions.
- ✓ Report damaged or unsafe points.

LAST
RESORT

3



NATURAL WATER ONLY AS A LAST RESORT

- ✓ Collect from streams, lakes, or rainwater.
- ✓ Treat all natural water before drinking.
- ✓ Use boiling, filtration, or approved tablets.

! CLEAR DOES NOT MEAN SAFE



Germs, chemicals, and other hazards cannot be seen. Unsafe water can make you and your whānau very sick.



Follow local public-health guidance for boiling or treatment.



DO THIS

- ▶ Protect stored drinking water.
- ▶ Use official guidance for treatment.
- ▶ Keep drinking water separate from cleaning water.



AVOID THIS

- ▶ Do not drink unknown surface water.
- ▶ Do not assume a clear stream is safe.
- ▶ Do not mix dirty containers with drinking water.



WATER THAT LOOKS CLEAN CAN STILL MAKE YOU SICK.



Food Safety During Power Outages

When power fails, food safety changes quickly.

COMMON SENSE



KEEP COLD AIR IN:
Open the fridge as little as possible.

1. EAT FIRST

Use the most perishable safe food first.



Perishables first

Meat, poultry, seafood, eggs, dairy, cut fruit, leftovers, deli foods.

2. SHELF-STABLE NEXT

Rely on dry or shelf-stable food when possible.



Shelf-stable foods

Canned goods, pasta, rice, oats, biscuits, nut butters, dried fruit.

3. KEEP WATCH

Trust your senses. When in doubt, throw it out.



Check for unsafe signs

Off odours, strange colours, slimy texture, mould, bloating cans.

4. THROW AWAY

Discard food that is doubtful, spoiled, or high-risk.



Do not risk it

High-risk foods can cause serious illness and slow recovery.



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

DO THIS

- ▶ Keep fridge and freezer closed.
- ▶ Use easy-to-spoil food first.
- ▶ Switch to safer shelf-stable food when needed.



AVOID THIS

- ▶ Do not gamble with questionable food.
- ▶ Do not keep high-risk food after repeated warming.
- ▶ Do not create illness on top of the emergency.



Food poisoning makes evacuation and recovery harder.

Toilets, Waste, and Hygiene

Poor hygiene becomes a health threat fast.

COMMON SENSE



SEPARATE DRINKING WATER



WASHING WATER



WASTE



DRINKING WATER



Store in clean, covered containers.



Use only for drinking and cooking.



Keep containers clean and off the floor.



HAND WASHING



Wash hands before handling food and after the toilet.



Use soap and clean water.



Dry hands with a clean towel or disposable wipes.



TOILET / WASTE



Use the toilet area only. Keep it clean and dry.



Use toilet paper and dispose of it in the toilet.



Cover waste when not in use. Ventilate if possible.



RUBBISH STORAGE



Bag waste and tie it closed.



Keep covered and off the ground.



Remove regularly to reduce odours and pests.



Keep rubbish away from sleep and food areas.

ESSENTIALS
TO KEEP ON HAND



Soap



Wipes



Toilet Paper



Rubbish Bags



Clean Containers



DO THIS

- ▲ Keep hand-cleaning supplies ready.
- ▲ Seal rubbish and separate dirty areas.
- ▲ Protect food and water from contamination.



AVOID THIS

- ▲ Do not pile waste near beds or cooking areas.
- ▲ Do not mix clean water with dirty tools or containers.
- ▲ Do not let hygiene supplies run out.



Hygiene problems can quietly become health emergencies.

Heating: Warm People Before the Whole Room

COMMON SENSE

Protect core body temperature first, then use space and fuel wisely.



DRY LAYERS

Layer up with dry clothing to trap heat and stay comfortable.



HATS AND BLANKETS

Most body heat is lost from your head and under blankets.



SMALLER SHARED ROOM

A smaller space is easier and cheaper to keep warm.



KEEP CLOTHING DRY

Wet clothes steal heat. Change out of damp gear as soon as you can.



WARM PEOPLE FIRST

People are harder to heat than spaces.



HEATING THE WHOLE HOUSE IS LESS EFFICIENT



Harder to heat. Uses more fuel. Still leaves you cold.



People get chilled while waiting for rooms to warm.



Wastes fuel you may need for other essentials.



DRY, LAYERED, AND PROTECTED IS BETTER THAN HEATING THE WHOLE HOUSE.



DO THIS

- ▶ Use dry layers and blankets.
- ▶ Gather in a smaller safe room.
- ▶ Keep people and bedding dry.



AVOID THIS

- ▶ Do not waste fuel heating the whole house first.
- ▶ Do not use unsafe flames in dangerous rooms.
- ▶ Do not trade all ventilation for warmth.



FIRST KEEP THE PEOPLE WARM – THEN THINK ABOUT THE ROOM.

Carbon Monoxide and Combustion Devices

! IMPORTANT

Invisible heat hazards can kill.

! YOU CANNOT SEE OR SMELL CARBON MONOXIDE

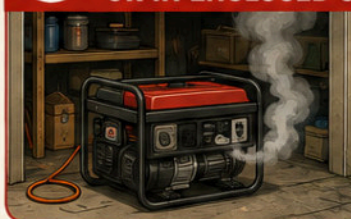
✗ CHARCOAL INDOORS



Burning charcoal indoors produces carbon monoxide.

DEADLY.

✗ GENERATOR INDOORS OR IN ENCLOSED SPACES



Generators give off carbon monoxide. Never run them inside homes, garages, sheds, or enclosed areas.

DEADLY.

✗ SLEEPING NEXT TO UNSAFE COMBUSTION



Heaters, stoves, or other fuel burning devices can fill a room with carbon monoxide while you sleep.

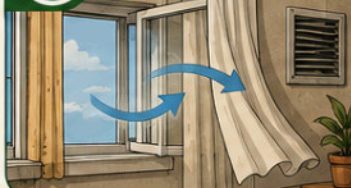
DEADLY.

✓ USE ONLY SUITABLE DEVICES AS DIRECTED



Use devices that are designed and approved for indoor use. Follow the manufacturer's instructions.

✓ KEEP AIRFLOW



Ensure good ventilation. Keep vents and air inlets unblocked.

✓ FOLLOW FIRE AND HEALTH GUIDANCE



Install smoke and CO alarms. Maintain devices. Follow local fire and health advice.

! WARMTH IS NOT WORTH SILENT POISONING. !

DO THIS

- ▶ Use approved devices correctly.
- ▶ Keep ventilation and airflow.
- ▶ Follow manufacturer and local fire guidance.



AVOID THIS

- ▶ Do not burn charcoal indoors.
- ▶ Do not run generators inside or in enclosed spaces.
- ▶ Do not seal a room and burn fuel.



» WARM UP — BUT WAKE UP ALIVE. »

Winter Evacuation Kit

Dry, warm, and light is better than bulky and wet.

PRINT CARD



DRY



WARM

LIGHT



REMEMBER:

Dry feet and wind protection matter more than one bulky coat.

LAYER UP SMART

BASE LAYER

Wicks moisture away from your skin.



e.g. Merino wool or synthetic

MID LAYER

Traps warm air and adds insulation.



e.g. Fleece or insulated layer

OUTER SHELL

Blocks wind and rain while letting you move.



e.g. Waterproof and breathable

HAT



Warm beanie or wool hat.

GLOVES



Insulated, water-resistant gloves.

NECK WARMER



Scarf or neck gaiter keeps warmth in.

DRY SOCKS



Pack at least one spare pair.

WATERPROOF LAYER



Lightweight rain jacket or poncho.

COMPACT BLANKET OR BIVVY



Retains body heat. Small and light.

HAND WARMERS (Optional)



Small extra warmth can help a lot.

HEADLAMP



Keep hands free and stay visible.

WATER BOTTLE



Insulated bottle prevents freezing.

WINTER-READY GO-BAG



Light, durable, and easy to carry.

✓ DO THIS

- ✓ Keep spare dry socks.
- ✓ Use layered clothing.
- ✓ Pack wet and dry items separately.



✗ AVOID THIS

- ✗ Do not rely on one heavy coat.
- ✗ Do not stay in soaked cotton clothing.
- ✗ Do not overload the bag with bulky duplicates.



Dry and wind-protected people can keep moving.

NEW ZEALAND WAR ENVIRONMENT: ADVANTAGES AND CONSTRAINTS

New Zealand is not just flat coasts and mountains in the middle.

REFERENCE

1. ADVANTAGES



LONG COASTLINE

Extensive coastline supports movement, access, and resources.



MANY WATER SOURCES

Rivers, lakes, and streams are widespread across both islands.



SPARSELY POPULATED AREAS

Large rural and native areas offer space, privacy, and flexibility.



KEY IDEA



**THINK IN TRANSPORT
CORRIDORS, NOT
STRAIGHT LINES.**



WHAT SHAPES OUR MOVEMENT



Mountain Ranges



Main River Valleys



Main Transport Corridors



Key Bridge / Strait Bottlenecks



Sparse Population Areas



Communication Blind Spots



SOUTHERN ALPS
High ranges limit crossing points and create weather barriers.

MAIN CORRIDORS
A few roads and highways connect major towns and regions.



COOK STRAIT
A major bottleneck—few ferry routes when weather limits travel.

COMMUNICATION GAPS
Hills, valleys, and weather can block radio, mobile, and data coverage.



LOW POPULATION DENSITY
Wide areas with small communities—greater distance between support and services.

DO THIS



Plan around corridors, terrain, and season—not just destinations.



Check bridges, weather, and road status before you move.



Keep alternate routes and contingency plans ready.



AVOID THIS



Don't assume remote means safe or easy to reach.



Don't treat the map as simple—terrain changes everything.



Don't assume short distance means short travel time.



NORTHERN STRAITS
Limited crossings points to the upper North Island.



RIVER SYSTEMS
Rivers run long and fast, especially after heavy rain.



2. CONSTRAINTS



MOUNTAINS

Rugged ranges limit routes and slow movement in all seasons.



RIVERS & FLOODING

Rivers can cut roads, rise quickly, and isolate communities.



BRIDGES & STRAITS

Few key crossings—damage or closure causes major delays.



FEW MAIN ROADS

Limited corridors mean bottlenecks and longer detours.



CHANGEABLE WEATHER

Conditions shift fast—affects travel, visibility, and safety.



COMMUNICATION GAPS

Terrain and weather block signals and limit information.



NZWAR
PREPARE. PROTECT. GET HOME.

NEW ZEALAND ISN'T LARGE, BUT DETOURS CAN BE LONG.

FIRST RULE FOR NZ EVACUATION ROUTES

PRINT CARD

A short line on the map is not always a usable route.



KEY IDEA



**MAP-SHORT IS
NOT ALWAYS
TRAVEL-POSSIBLE.**



DO THIS



Use confirmed highways and towns.



Carry paper map and offline maps.



Know backup bridges and roads.

BAD CHOICE

Shortcut across the mountains



MOUNTAIN
BARRIER

BETTER CHOICE

Usable route along identified corridors



AVOID THIS



Do not cross mountains on impulse.



Do not ford rivers without confirmation.



Do not chase the straightest line.



**THE CLOSEST LINE ON THE MAP MAY BE
THE WORST LINE ON THE GROUND.**



NZWAR

PREPARE. PROTECT. GET HOME.



SEASONAL EVACUATION RISKS IN NEW ZEALAND

REFERENCE

As seasons change, your gear and decisions should change too.



SUMMER



DEHYDRATION

Drink water regularly and carry extra.



STRONG UV

Use sun protection, hat, and sunglasses.



HOT, DRY CONDITIONS CAN LEAD TO DEHYDRATION, SUNBURN, AND HEAT STRESS.



AUTUMN



SHORTER DAYLIGHT

Days are shorter—plan early and allow extra time.



WET ROADS

Leaves and rain make roads slippery.



UNPREDICTABLE WEATHER AND WET ROADS INCREASE TRAVEL RISKS.



WINTER



COLD & WET

Expect cold, wind, and rain at any time.



SNOW OR ICE

Snow and ice can block tracks and roads.



COLD, SNOW, AND ICE CAN MAKE TRAVEL HAZARDOUS AND DELAY RESCUE.



SPRING



FAST-CHANGING WEATHER

Sun, rain, wind, snow—all in one day.



WIND & FLOODING

Heavy rain can cause flooding and road closures.



SUDDEN WEATHER CHANGES AND FLOODING CAN BLOCK ROUTES WITHOUT WARNING.



KEY MESSAGE

SEASON CHANGES MEAN GEAR CHANGES.

Check conditions, pack right, and adjust your plan.



DO THIS



Check official weather before leaving.



Carry layered seasonal clothing.



Plan for rain, wind, and darkness.



AVOID THIS



Do not use city weather to predict mountain weather.



Do not leave without rain gear.



Do not underestimate fast weather changes.



ONE OF NEW ZEALAND'S BIGGEST WEATHER RISKS IS HOW FAST IT CHANGES.



NZWAR

PREPARE. PROTECT. GET HOME.

LONG-DISTANCE WALKING: YOUR FOOTWEAR IS YOUR TRANSPORT

Fit, familiarity, and comfort matter more than a military look.

REFERENCE

✓ BROKEN-IN WALKING SHOE



FOOT COMFORT
Cushioning and support
reduce fatigue and strain.



HEEL LOCK
A secure heel prevents
slipping and blisters.

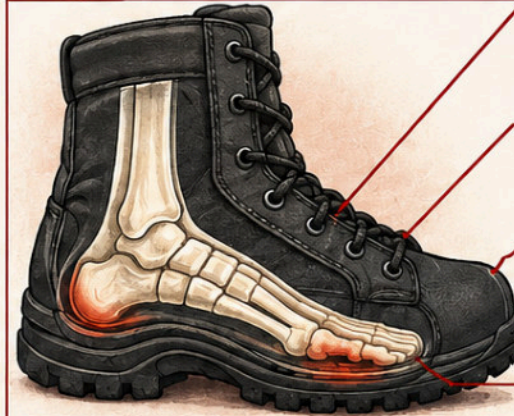


TOE ROOM
Space for toes reduces
pressure and black toenails.



BUILT FOR DISTANCE
Lightweight, flexible,
and proven over
many walks.

✗ BRAND-NEW HARD BOOT



STIFF & UNFORGIVING
Rigid materials cause
pressure points and
increase fatigue.



BLISTER RISK
New boots rub and
irritate before your
feet toughen up.



TOO TIGHT
Limited toe room
leads to pain, swelling,
and nail damage.



HEAVY & CUMBERSOME
Extra weight wastes
energy and slows
you down.

⚠ KEY IDEA



FIT MATTERS MORE THAN 'TACTICAL'.

Comfort and practicality
will take you further.



DO THIS



Wear shoes you have
already walked in.



Secure the heel with
proper lacing.



Test-walk before
a long move.



AVOID THIS



Do not start in brand-new
hard boots.



Do not wear shoes
that are too tight.



Do not choose style
over function.



THE BEST SHOE IS THE ONE THAT LETS YOU KEEP WALKING.



NZWAR
PREPARE. PROTECT. GET HOME.



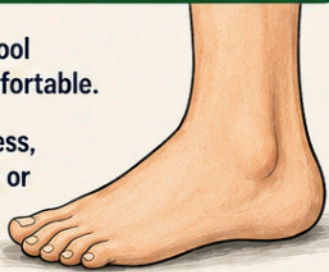
SOCKS, BLISTERS, AND HOT SPOTS

PRINT CARD

If your foot starts to rub or heat up, stop early.

1 NORMAL FOOT

- ✓ Skin is cool and comfortable.
- ✓ No redness, swelling, or pain.



Keep moving, check often.

2 HOT SPOT



Area feels hot, tender, or starts to rub.



THIS IS YOUR WARNING.
STOP NOW and treat it.

3 BLISTER



Fluid-filled blister forms.



Pain increases and risk of worse blisters or infection.



Longer recovery, more pain, may end your trip.



KEY IDEA

IF IT GETS HOT OR RUBS, STOP AND TREAT IT.



WHAT TO DO WHEN YOU REACH THE HOT SPOT STAGE



1. STOP.
Take off your shoes.



2. DRY.
Dry your foot and between toes.



3. CHANGE SOCKS.
Put on clean, dry socks.



4. PROTECT.
Apply protective tape or a blister dressing.

DRY SPARE SOCKS ARE GOLD.

Keep them dry in a waterproof bag.



DO THIS



Carry dry spare socks.



Stop at the hot-spot stage.



Protect the area before walking on.



AVOID THIS



Do not keep walking for hours with rubbing.



Do not cram in too many socks.



Do not ignore early foot pain.



NZWAR

PREPARE. PROTECT. GET HOME.



WHEN THE FOOT WARNS YOU, LISTEN EARLY.

LEG WRAPS / PUTTEES

TRADITIONAL LEG WRAPS FOR LONG-DISTANCE WALKING

Simple. Effective. Proven on long marches around the world.

REFERENCE

✓ WHY USE LEG WRAPS?



REDUCE FATIGUE & SORENESS

Support the muscles and soft tissues of the lower legs, reducing fatigue and soreness during long marches.



PROTECT THE LOWER LEGS

Helps shield against scratches, brush, thorns, and insect bites. May reduce the risk of snakebite by adding a barrier.



KEEP DEBRIS OUT

Helps keep dirt, sand, grass seeds, and small stones out of your footwear.



HEALTHIER LONG WALKS

Less irritation, fewer blisters, and better comfort over distance.



WHAT ARE LEG WRAPS?

Leg wraps (also called puttees) are long strips of cloth wrapped around the lower legs from the ankle to below the knee.

- ✓ Lightweight and packable
- ✓ Work with boots—not over them
- ✓ Used for marching, trekking, hunting, and fieldwork

⚠ KEY IDEA

WRAP FOR SUPPORT AND PROTECTION—NOT FOR FASHION.

Correct wrapping and fit deliver the benefits. Loose or uneven wraps can rub and cause discomfort.

✓ DO THIS



Wrap from just above the ankle to below the knee.



Use a breathable fabric (cotton or wool preferred).



Keep wraps flat, even, and snug—not tight.

HOW TO WRAP (BASIC METHOD)



Start above the ankle. Wrap upward with even tension. Secure the end and tuck it in.

✗ AVOID THIS



Don't wrap too loosely—wraps slip and rub.



Don't wrap too tightly—restricts circulation.



Don't ignore damp, dirty wraps—wash and dry to prevent skin irritation.

STRONG LEGS. LIGHTER STEPS. FARTHER TOGETHER.



FORAGING PRIORITIES WHEN FOOD RUNS OUT

IMPORTANT

Foraging must not destroy your evacuation.

! KEY IDEA

**DO NOT
TRADE YOUR
SAFETY FOR
A FEW
CALORIES.**

SAFEST
HIGHEST
PRIORITY



1



STORED FOOD AT HAND

Use what you already have first.
Save foraging for true shortages.

2



OFFICIAL OR COMMUNITY AID

Use relief supplies, rations, and
community support when available.

3



SHOPS OR LAWFUL FARM SUPPLY

Obtain food through legal purchase
or authorized farm outlets.

4



KNOWN FRUIT OR VEGETABLES WITH PERMISSION

Gather only what you can identify,
with landowner or authorized permission.

5



COASTAL LAWFUL GATHERING OR FISHING IF SAFE

Harvest seafood and gather coastal foods
only where legal and conditions are safe.

6



SMALL INTRODUCED ANIMALS ONLY IF LEGAL AND LOW RISK

Consider small game or pests only if legal,
ethical, and can be done with minimal risk.

7



REMOTE HUNTING — LAST RESORT

Highest risk, highest time cost, lowest priority.
Do this **ONLY** if survival is at immediate risk
and no other options remain.

HIGHEST
RISK
LAST
RESORT



DO THIS



Keep evacuation
moving.



Choose low-risk
lawful food sources.



Protect time,
energy, and
route security.



AVOID THIS



Do not travel far
for small calorie
gains.



Do not enter
remote dangerous
terrain.



Do not get trapped
while looking
for food.



NZWAR

PREPARE. PROTECT. GET HOME.

COASTAL FOOD RESOURCES

Opportunity and risk—know what to collect and how to stay safe.

REFERENCE



COASTAL FOODS THAT CAN SUPPORT YOU



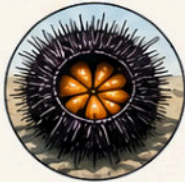
MUSSELS

Common on rocky shores and in estuaries.
High in protein and iron.



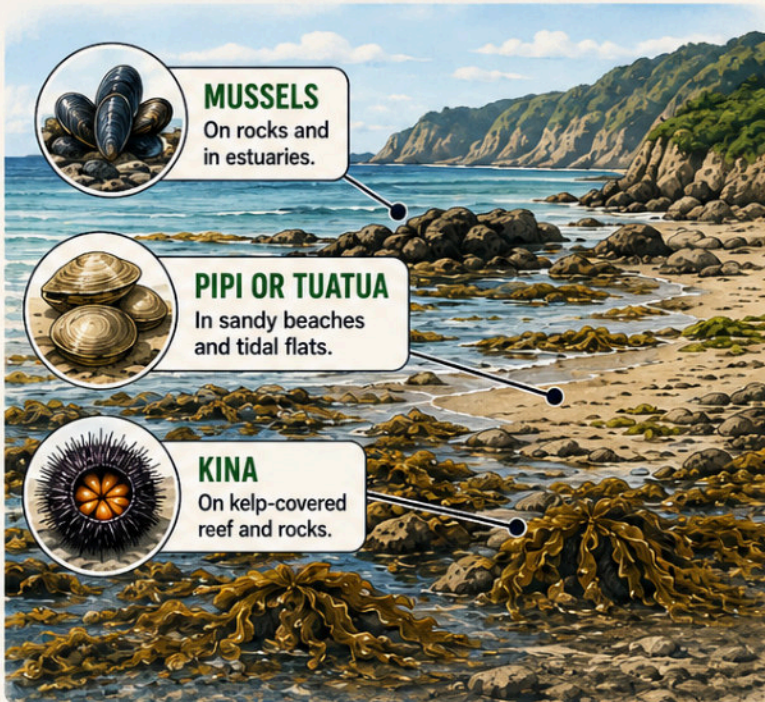
PIPI OR TUATUA

Found in sandy beaches and shallow flats.
Nutritious and sustainable.



KINA

Grazes on kelp in rocky areas.
Rich in nutrients when in season.



MUSSELS

On rocks and in estuaries.

PIPI OR TUATUA

In sandy beaches and tidal flats.

KINA

On kelp-covered reef and rocks.



RISKS TO BE AWARE OF



TOXINS

Natural biotoxins (e.g., PSP, DSP) can build up in shellfish. You cannot see, taste, or cook toxins out.



POLLUTION

Runoff, sewage, and farm discharge can contaminate shellfish with harmful bacteria and chemicals.



TIDES & CONDITIONS

Tides change quickly. Stranding, strong surf, and wind can create dangerous situations.



LOCAL RULES & REGULATIONS

Areas may be closed year-round or seasonally. Rules protect public health—follow them.



HAVING SEAFOOD NEARBY DOES NOT MEAN IT IS SAFE TO EAT TODAY.

Risks change. Always check before you collect.



DO THIS



Check current warnings and local rules.



Gather only from lawful safe areas.



Treat tides and contamination seriously.



AVOID THIS



Do not assume cooking removes all toxins.



Do not collect dead or doubtful shellfish.



Do not ignore pollution or closure notices.



THE SEA MAY OFFER FOOD—OR A POISON YOU CANNOT SEE.

BE AWARE. BE PREPARED. STAY SAFE.



NZWAR

PREPARE. PROTECT. GET HOME.



WHAT IF YOU HAVE NO FISHING ROD?

PRINT CARD

A tiny legal handline kit is more useful than trying to improvise on the spot.



**A FEW
GRAMS OF
PREPARED
KIT BEAT
RISKY
IMPROVISATION.**



DO THIS



Pack a small lawful fishing kit.



Know local rules before use.



Keep it simple and lightweight.



AVOID THIS



Do not build dangerous improvised gear.



Do not rely on illegal nets or traps.



Do not treat fishing as your main food plan.

TINY LEGAL HANDLINE KIT



HANDLINE WINDER
OR LINE BOARD



FISHING LINE
(MONOFILAMENT)



A FEW HOOKS



A FEW SMALL
SINKERS



COMPACT POUCH
LABELED HANDLINE
(LEGAL & RESPONSIBLE)

PLANNED SMALL TOOLS BEAT LAST-MINUTE GAMBLING.



NZWAR

PREPARE. PROTECT. GET HOME.

NZ INTRODUCED SMALL ANIMALS: DISTRIBUTION GUIDE

REFERENCE

Environmental knowledge is not the same as permission or safety.



RABBITS / HARES

Common in open country, grasslands, and dry lowland areas. Often in farmlands, river terraces, and semi-arid basins.



POSSUMS

Widespread in forests, scrub, and shrubland from lowlands to montane areas. Thrives where trees and cover are present.



HIGH ALPINE & SUBALPINE

Extreme alpine environments have fewer shelter and resources. Introduced small mammals are less common.

SCHEMATIC HABITAT ZONES



Rabbits / Hares
Open country, grasslands, dry lowlands



Possums
Forests, scrub, and shrubland



High Alpine
Less common in extreme alpine



WEST COAST
Rainforest and dense bush: possums widespread.



NORTHLAND

Coastal plains and farmland: rabbits common. Forested ranges: possums common.



CENTRAL NORTH ISLAND

Forests and hill country: possums widespread. Open basins and plateaus: rabbits common.



SOUTH ISLAND INTERIOR

Dry basins and tussock lands: rabbits common. Forest edges and valleys: possums common.



SOUTHERN ALPS

High alpine and subalpine zones: fewer animals, limited habitat.



IMPORTANT: SCHEMATIC ONLY

This map shows broad habitat patterns for education and awareness only.

It is not a precise density map. Local conditions vary greatly across short distances and over time.



KEY IDEA

KNOWING WHERE THEY MAY LIVE DOES NOT MEAN YOU SHOULD CHASE THEM.



DO THIS



Use this as broad environmental knowledge.



Respect land access and wildlife law.



Keep safety and evacuation first.



AVOID THIS



Do not enter risky terrain to pursue animals.



Do not assume presence means permission.



Do not turn this into a hunting map.



KNOWLEDGE OF HABITAT IS NOT A LICENSE TO PURSUE.



NZWAR

PREPARE. PROTECT. GET HOME.



TRAPPING AND SNARES: LEGAL AND SAFETY BOUNDARIES

NZ GUIDE

The law does not automatically disappear in an emergency.

LEGAL BOUNDARIES YOU MUST RESPECT



DOC / PUBLIC CONSERVATION LAND

Trapping is not allowed without permission. Rules protect native species and habitats.



PRIVATE LAND

You must have the landowner's permission. Respect boundaries and property.



PERMISSION / PERMIT

Permits may be needed for introduced animals and certain tools. Check first.



ANIMAL WELFARE

Minimise suffering. Use humane methods and avoid unnecessary harm.



EMERGENCY RULES

Emergency powers are limited. Local rules still apply. Stay informed.

LEGAL AND HUMANE PRIORITIES



Emergency does not erase land-access rules, permits, or animal-welfare duties.

Legal limits and humane choices still come first. Know the rules. Make responsible decisions.



DO THIS



Use legal, low-risk food options first.



Prepare only simple lawful tools.



Check official emergency rules and land access rules.



AVOID THIS



Do not set traps on public land without permission.



Do not make devices that could injure people, pets, or non-target animals.



Do not assume war cancels the law.



KEY REMINDER

**NEED FOOD,
NOT NEW DANGER.**

**LEGAL AND SAFE
COMES FIRST.**



NZWAR
PREPARE. PROTECT. GET HOME.



SURVIVAL MATTERS — BUT SO DOES NOT CREATING A NEW DANGER.



NATURAL WATER: PLENTY IN NEW ZEALAND, NOT AUTOMATICALLY SAFE

PRINT CARD

Looks clear. That does not mean it is safe to drink.

NATURAL WATER CAN LOOK CLEAN BUT STILL CARRY HIDDEN RISKS



MICROBES / GERMS

Bacteria, viruses, and parasites can make you sick.



FARM RUNOFF

Rain can wash animal waste, fertiliser, and chemicals into water.



FLOOD CONTAMINATION

Floodwater mixes sewage, waste, and chemicals into rivers and streams.



DIRTY CONTAINERS

Dirty or unclean containers can re-contaminate clean water.



FLOOD WATER = HIGH RISK

Avoid rivers and streams after heavy rain or flooding.



FARM AREAS NEED EXTRA CAUTION

Water near farms can pick up waste and chemicals.



**CLEAR IS NOT THE SAME AS SAFE.
LOOKS CLEAN. MIGHT STILL BE UNSAFE.**



CLEAR DOES NOT MEAN CLEAN. TREAT WATER BEFORE YOU TRUST IT.

SAFER OPTIONS



STORED WATER FIRST

Use clean, stored water before other options.



OFFICIAL WATER POINT

Use official or community water points if available.



TREAT BEFORE DRINKING

Follow official guidance to treat the water.



DO THIS



Use stored water first.



Use official water points if available.



Treat natural water by official guidance.



Keep containers clean.



AVOID THIS



Do not drink untreated river or stream water.



Do not assume mountain water is safe.



Do not use dirty containers.



NZWAR
PREPARE. PROTECT. GET HOME.

First Rule in a Nuclear or Radiological Event

! IMPORTANT

Get inside a solid building, stay inside, and keep listening for official instructions.

1 GET INSIDE



Move quickly into the nearest large, solid building.

Protection starts when you are inside and the door is closed.

2 STAY INSIDE



Go deeper inside and stay away from windows, doors, and outside walls.

More walls and distance mean more protection.

3 STAY TUNED



Keep listening for official updates on radio, mobile alerts, or other trusted sources.

Follow official instructions.



DO THIS



Go into the nearest large, solid building.



Move deeper inside for more protection.



Stay away from windows and outside walls.



Keep listening to official radio or phone updates.



AVOID THIS



Do not stop outside to watch or film.



Do not begin a long-distance escape right away.



Do not stand by windows or glass doors.



Do not spread rumors. Follow official guidance.



IN THE FIRST MINUTES, SHELTER FIRST.

TRAVEL LATER IF INSTRUCTED.

GET INSIDE. STAY INSIDE. STAY TUNED.

**PREPARE.
PROTECT.
PERSEVERE.**



Where Is Relatively Safer in a Nuclear Event?

During fallout, deeper and more central spaces usually give better protection.

 **REFERENCE**

4 AREAS NEAR WINDOWS, ROOF, THIN WALLS, BALCONIES, OR OUTSIDE – POOR OPTION

Least protection. Most exposed to fallout and debris.

2 CENTRAL INTERIOR ROOM IN A LARGE, SOLID BUILDING – STRONG OPTION

More walls and structure around you. More protection.

3 INTERIOR ROOM AWAY FROM WINDOWS AND EXTERIOR WALLS – FALLBACK OPTION

Some shielding, but less mass and more distance from protection.

1 BASEMENT OR UNDERGROUND SPACE – BEST OPTION

Most earth and concrete above you. Best shielding from fallout.



 **FALLOUT COMES DOWN FROM ABOVE. PROTECTION COMES FROM MASS AND DISTANCE. THE CENTER IS BETTER THAN THE EDGE.**

WHY THESE ARE SAFER

-  More mass above and around you blocks more radiation.
-  More walls between you and the outside increases shielding.
-  More distance from the outside means less fallout and radiation reaching you.
-  Fewer or no windows and openings means less fallout gets inside.

DO THIS

-  Move to the deepest, most central space available.
-  Close and latch doors. Seal gaps with tape or cloth if possible.
-  Bring water, food, a radio, and essentials with you.
-  Stay together and keep calm. Check on others.

AVOID THIS

-  Avoid windows, glass doors, skylights, and large openings.
-  Avoid roof, porches, attics, and spaces under thin roofs.
-  Avoid balconies, porches, and areas near outside walls.
-  Avoid being outside or in vehicles during fallout.

DEEPER INSIDE IS SAFER THAN THE OUTSIDE EDGE.

**PREPARE.
PROTECT.
PERSEVERE.**



Radioactive Contamination: Remove • Wash • Change • Isolate

Simple decontamination steps can reduce external contamination.

 **PRINT CARD**

1 REMOVE OUTER CLOTHING



Take off outer layer carefully. Remove hats, hoods, and gloves.



Turn clothing inside out as you remove it.



Remove shoes at the door or outside.

Do not touch face or exposed skin.

2 WASH GENTLY



Use lukewarm water and mild soap.



Wash exposed skin and hair gently.



Spend at least 2 minutes.



Rinse thoroughly.

**Gentle is effective.
Harsh scrubbing is not.**

3 CHANGE INTO CLEAN CLOTHES



Put on clean, loose-fitting clothing.



Use clean towels to dry off.



Towel dry hair gently.

Clean clothes help prevent recontamination.

4 BAG AND ISOLATE CONTAMINATED ITEMS



Place clothing, shoes, and washable items in a plastic bag.



Seal the bag securely.



Isolate outside or in a designated area away from living space.



DO THIS



Remove outer layer carefully.



Wash exposed skin and hair gently.



Use clean towels and clean clothes.



Isolate contaminated items away from living areas.



AVOID THIS



Do not scrub harshly.



Do not use conditioner or heavy creams.



Do not shake contaminated clothing.



Do not bring dirty shoes deeper inside.



REMOVE THE DUST. REDUCE THE SPREAD.

ACT CALMLY. PROTECT OTHERS.

REMOVE. WASH. CHANGE. ISOLATE.

**PREPARE.
PROTECT.
PRESEVERE.**



Nuclear Blast Injuries and Ordinary Trauma

⚠ IMPORTANT

Treat the life-threatening injury first, while limiting contamination spread.

SCENE: HELP SAFE. ACT FAST.

Check dangers. Ensure your safety.
Call for help if possible.
Then care for the injured.



BIGGEST IMMEDIATE CONCERNS — IN THIS ORDER

1 SEVERE BLEEDING



Rapid blood loss can cause death quickly.
Control bleeding right away.

2 BREATHING / AIRWAY PROBLEMS



Without air, the brain can be damaged in minutes. Open and support breathing.

3 BURNS



Large burns cause shock and fluid loss.
Cool if needed and cover to protect.

DECONTAMINATION STILL MATTERS



Contamination control helps protect everyone.
Do it as you provide care, but do not let it delay life-saving actions.



If available, wear gloves or use clean cloth.



Remove loose outer layers only if it is easy and safe to do.



Wipe exposed skin with clean damp cloths if possible.



Place removed clothing in a plastic bag or wrap to limit spread.

✓ DO THIS



Apply firm pressure to stop severe bleeding.



Open the airway and give rescue breathing if needed.



Cover burns with clean, dry material.



Move the injured person only if needed for safety.



Limit spread of dust and dirty clothing.

✗ AVOID THIS



Do not delay life-saving first aid to decontaminate.



Do not shake or brush off contaminated clothing.



Do not ignore breathing trouble.



Do not move the injured person unless necessary for safety.



SAVE LIFE FIRST. REDUCE CONTAMINATION SECOND.

LIFE-THREATENING INJURIES COME FIRST.

PREPARE.
PROTECT.
PERSEVERE.



When to Relocate After a Nuclear Event



Do not rush into long-distance travel before shelter, decontamination, and official guidance.

1 SHELTER NOW



- Get inside a strong building right away.
- Stay away from windows and outer walls.
- Shelter for several hours or as advised.

2 DECONTAMINATE



- Remove contaminated outer clothing.
- Shower or wipe down with soap and water.
- Clean pets and gear if needed. Bag or seal contaminated items.

3 LISTEN FOR OFFICIAL UPDATES



- Monitor official radio, mobile alerts, and trusted sources.
- Wait for information on hazards, fallout, and safe travel windows.
- Follow instructions from authorities.

4 CONFIRM ROUTE AND CONDITIONS



- Check road status, weather, hazards, and shelter options along the way.
- Plan multiple routes and fuel stops.
- Do not assume roads are open or safe.

5 MOVE ONLY WHEN ADVISED OR NECESSARY



- Travel only when officials advise it is safe.
- Use planned routes and drive cautiously.
- Check in along the way if communications allow.

DO THIS



Shelter first. Patience saves lives.



Reduce contamination before you move.



Wait for official road and hazard information.



Travel with a plan, supplies, and backup options.



Keep your family together.

AVOID THIS



Do not run blindly. It increases your risk.



Do not drive through unknown fallout areas.



Do not leave before checking route status.



Do not separate family in panic.



SHELTER FIRST. MOVE LATER.

Immediate long-distance escape is not the first move. Information, preparation, and timing keep you safe.

SAFE RELOCATION STARTS WITH PATIENCE AND INFORMATION.

PREPARE.
PROTECT.
PERSEVERE.



Special NZ Considerations for Post-Nuclear Relocation

In New Zealand, bridges, straits, mountains, wind, and limited corridors can shape safe movement.

REFERENCE



DO THIS

- Study local geography, bridges, straits, and alternate corridors.
- Check road status, closures, and contamination updates.
- Consider wind direction when planning movement.
- Plan ferry options and likely delays or disruptions.
- Keep maps, routes, and fuel plans up to date.

AVOID THIS

- Relying on a single route or main bridge.
- Travelling without checking current conditions.
- Ignoring terrain, weather, and seasonal road risks.
- Moving during peak congestion or with bad fuel margins.
- Assuming tomorrow will look like today.

PLAN A PRIMARY ROUTE AND A BACKUP.

PRIMARY ROUTE
Your best option based on today's information.

BACKUP ROUTE
A different path that avoids the same chokepoints.

FLEX OPTIONS
At least one more way out if both above fail.

STAY INFORMED
Conditions change. Update plans regularly.



**BRIDGES CAN CLOSE. STRAITS CAN STOP. WEATHER CAN SHIFT.
BUILD ROUTE FLEXIBILITY INTO EVERY PLAN.**

ROUTE CHOICE DEPENDS ON CONDITIONS, NOT HABIT.

**PREPARE.
PROTECT.
PERSEVERE.**



Nuclear and Radiological Event Action Card

A simple six-step card for the first hours.

 **PRINT CARD**

1 GET INSIDE



- Go inside the nearest solid building.
- Close the door.
- Shelter inside right away.

2 GO DEEPER INSIDE



- Move to an interior room or basement.
- Stay away from windows and outside walls.

3 REDUCE OUTSIDE AIR ENTRY



- Close windows, doors, and vents.
- Seal gaps with tape, towels, or clothing.
- Turn off fans and exhaust systems.

4 REMOVE-WASH-CHANGE-ISOLATE



- Remove outer clothing and shoes.
- Wash skin and hair with soap and water.
- Change into clean clothing.
- Bag and isolate contaminated items.

5 TREAT LIFE-THREATENING INJURIES



- Check for severe bleeding, breathing problems, or shock.
- Provide first aid.
- Call emergency services if safe to do so.

6 WAIT FOR OFFICIAL GUIDANCE BEFORE RELOCATING



- Stay where you are.
- Monitor official updates via radio, official apps, or trusted sources.
- Follow instructions before leaving or relocating.

DO THIS

-  Act quickly and calmly.
-  Listen to official sources and follow instructions.
-  Check on others who may need help.
-  Stay hydrated.
-  Keep pets inside and secure.

AVOID THIS

-  Do not go outside to look or take photos.
-  Do not travel unless instructed to do so.
-  Do not use mobile phones unless necessary.
-  Do not gather in groups or public places.
-  Do not smoke or use open flames.



REMEMBER:



SHELTER



CLEAN OFF



TREAT



WAIT FOR GUIDANCE

Simple actions taken early can save lives.

INSIDE. CLEANER. CALMER. INFORMED.

**PREPARE.
PROTECT.
PERSEVERE.**



Information Priorities During Network Outages

When the network is weak, source priority matters more than speed.

The closer it is to official action guidance, the higher the priority.

HIGHEST PRIORITY

1



Local Civil Defence / Police / Government

2



Red Cross / Hospitals / Emergency Services

3



UN / ICRC / Recognized Humanitarian Agencies

4



Major News Outlets

5



Verified Community Leaders / Neighbourhood Groups

6



Anonymous Social Media / Rumours

LOWEST PRIORITY



The more urgent the information, the more you must confirm the source.

REFERENCE



DO THIS



Write down official frequencies and phone numbers.



Check at least two trusted sources.



Keep paper notes when the network is unstable.



AVOID THIS



Do not change your route because of one forwarded message.



Do not trust anonymous posts as instructions.



Do not confuse virality with truth.



NZWAR

PREPARE. PROTECT. GET HOME.



Five Questions to Check Whether Information Is Reliable

PRINT CARD

Before you act on a message, check the basics.

1 Who sent it? 

2 What is the original source? 

DO THIS

-  Keep a screenshot with the time.
-  Check official sources before changing plans.
-  Confirm with one more reliable source.




**Verify first.
Then change
your route.**


3 When was it posted? 

4 Where exactly does it apply? 

5 Is there a second reliable source? 

AVOID THIS

-  Do not act just because many people forwarded it.
-  Do not treat "a friend said" as proof.
-  Do not change route or shelter without checking.

Check source, time, place, and one more source.



NZWAR
PREPARE. PROTECT. GET HOME.



Do Not Livestream Locations, Routes, or Gatherings

IMPORTANT

Sharing in real time can expose civilians, routes, and aid points.

❌ DON'T DO THIS




**Do not
livestream
where
people are,
where they
are going,
or where
aid is
gathering.**

✅ DO THIS INSTEAD



❌ AVOID THIS

- ▶ Do not share live location.
- ▶ Do not post route screenshots.
- ▶ Do not publish crowd counts or rescue points in real time.



✅ DO THIS

- ▶ Use private check-ins with trusted family.
- ▶ Delay photos or posts if they show sensitive places.
- ▶ Remove exact location details.



Sharing can wait. Safety cannot.



Long-Term Fear and Alert Fatigue

COMMON SENSE

You do not need constant panic to stay safe.



Meals

Eat simple, regular meals. Good nutrition keeps energy and mood steadier.



Sleep

Take turns resting. Even short sleep helps thinking and recovery.



Children's Familiar Activities

Keep up simple routines like reading, drawing, playing, or studying. It helps children feel safe and in control.



Limited News Time

Check news at set times only. Too much news increases fear and stress.

DO THIS

- ▶ Rotate rest and watch duties.
- ▶ Keep a simple daily routine.
- ▶ Give children small, controllable tasks.
- ▶ Seek help if panic or sleeplessness becomes severe.



AVOID THIS

- ▶ Do not stay on high alert all day.
- ▶ Do not replay explosions and bad news constantly.
- ▶ Do not make children responsible for protecting the family.



Fear is normal. The next useful step matters more.



NZWAR
PREPARE. PROTECT. GET HOME.

What Should I Do Now? Master Decision Tree

PRINT CARD

A simple fast decision tree for pressure situations.

? What is happening now?



i Official local instructions always come first.

Follow the instructions from emergency services and local authorities.

✓ DO THIS

- ▶ Keep the decision simple.
- ▶ Check your situation first.
- ▶ Act in the right order.

✗ AVOID THIS

- ▶ Do not read too much under pressure.
- ▶ Do not add unconfirmed shortcuts.
- ▶ Do not mix all situations together.



First decide which situation you are in.



NZWAR
PREPARE. PROTECT. GET HOME.



Final Ten-Point Action Card

PRINT CARD

A last-page summary of the most useful civilian survival actions.

i The more urgent the information, the more you must confirm the source. | **❤️** Fear is normal. The next useful step matters more.



nzwar.com



NZWAR

PREPARE. PROTECT. GET HOME.



Leave early • Hide well • Expose less • Stay civilian • Keep backups • Do not livestream.