

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.

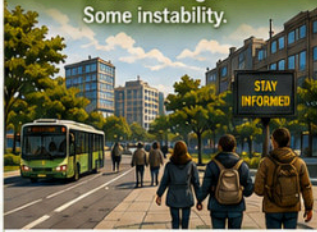
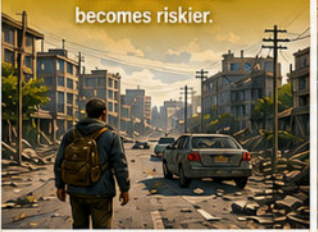
LEAVING LATE OFTEN MEANS LEAVING UNDER WORSE CONDITIONS.



NZWAR
BE PREPARED. STAY SAFE.

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?

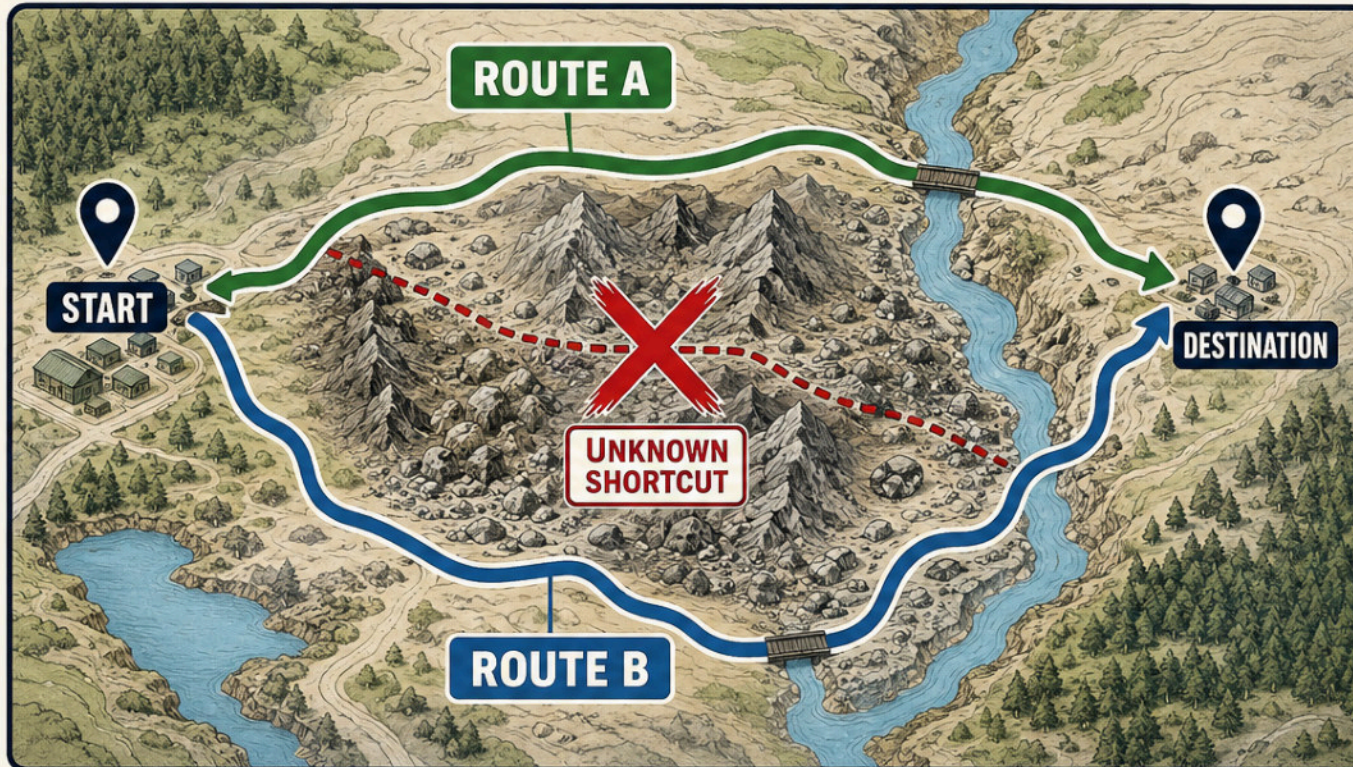
- ▶ Your first choice may be blocked.
- ▶ Roads can close. Conditions can change.
- ▶ A backup gives you options and time.
- ▶ Two safe destinations protect your plan.



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



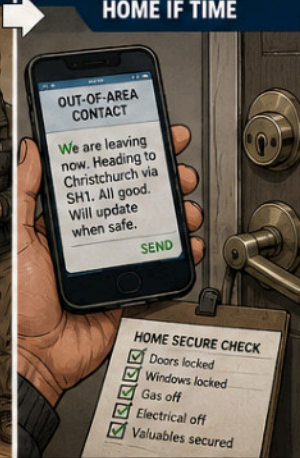
3 COLLECT DOCUMENTS, MEDICINES, AND PHONES



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.



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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.

PET KIT

- Carrier
- Lead
- Food
- Water
- Medicine
- Records

PET RECORDS

- ☒ VACCINATION RECORDS
- ☒ MICROCHIP DETAILS
- ☒ OWNERSHIP DETAILS

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.

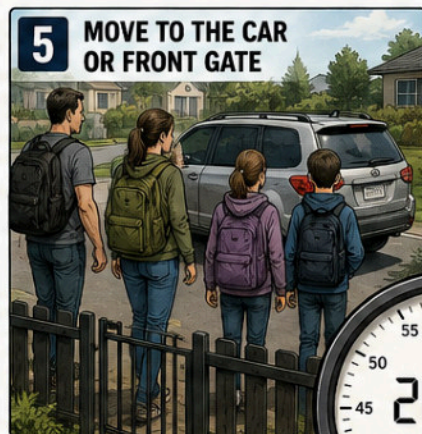
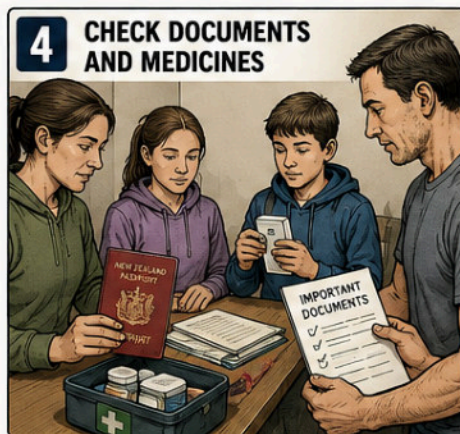
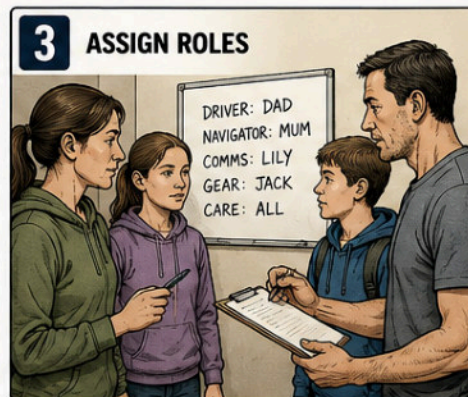
AVOID THIS

- ▶ 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

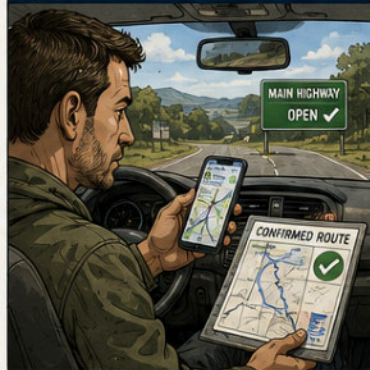
CIVILIAN SURVIVAL HANDBOOK

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



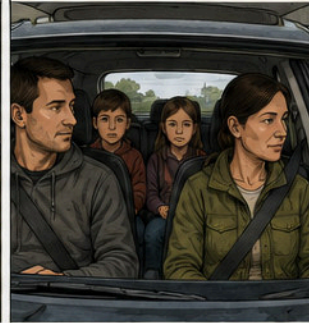
Keep your hands on the steering wheel and in sight. Do not make sudden movements.

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.



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



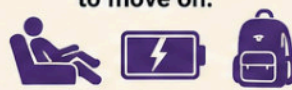
Visit the medical area. Report injuries, ongoing conditions, or medication needs. Collect or refill prescriptions if available.



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

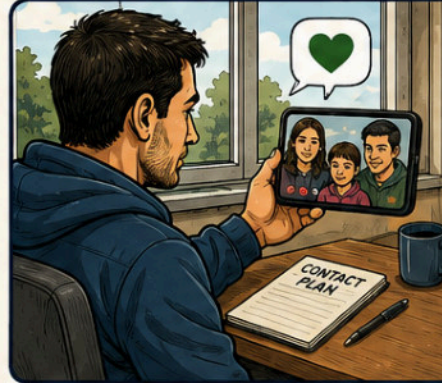
COMMON SENSE

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.

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.

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.

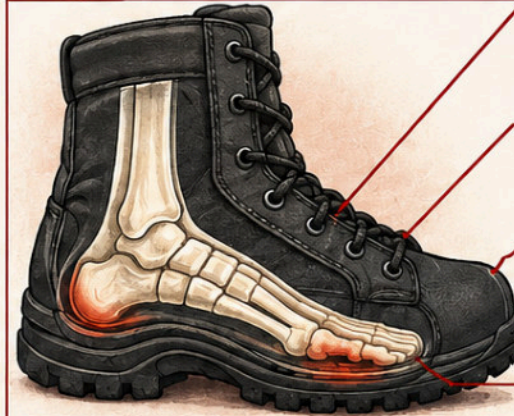


TOE ROOM
Space for toes reduces
pressure and black toenails.



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.



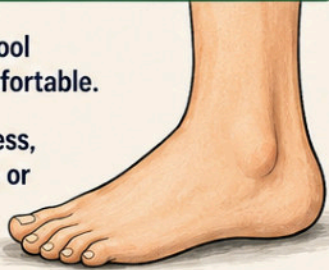
SOCKS, BLISTERS, AND HOT SPOTS

PRINT CARD

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

1 NORMAL FOOT

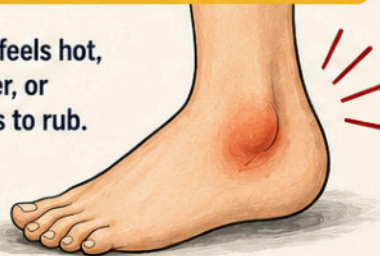
- ✓ Skin is cool and comfortable.
- ✓ No redness, swelling, or pain.



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 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.