

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.

Ten Core Survival Principles

Simple rules to remember under pressure

PRINT CARD



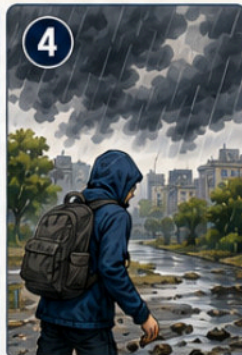
1
Leave early
if danger
is rising.



2
Get into solid
shelter fast.



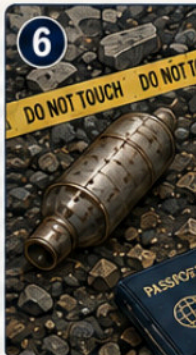
3
Stay away
from windows
and glass.



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.



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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.

FIVE-LEVEL RISK ESCALATION

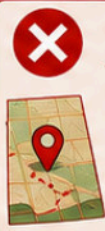
Use civilian conditions — not only military distance — to judge what to do next

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.

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?

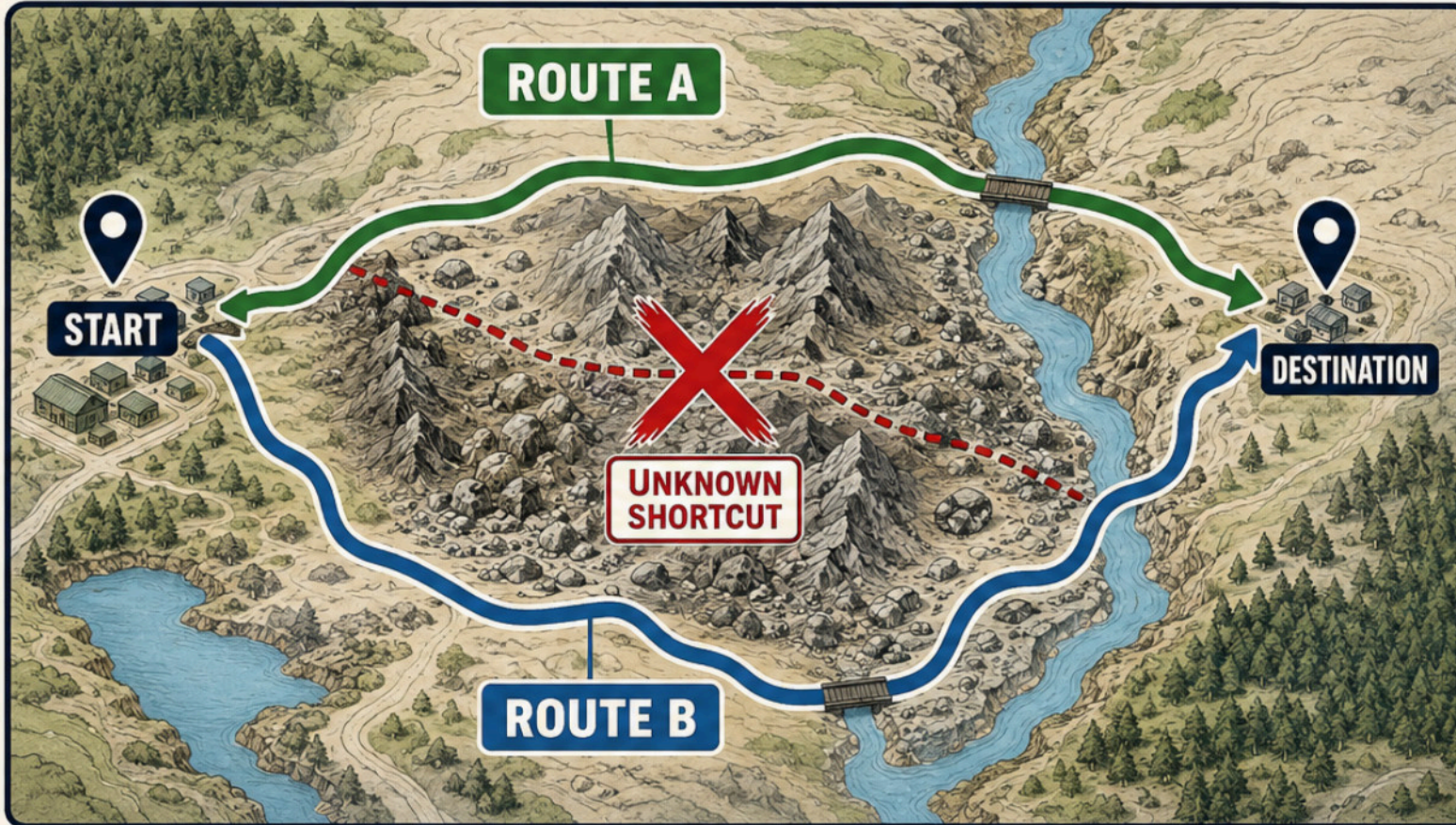
- ▶ Your first choice may be blocked.
- ▶ Roads can close. Conditions can change.
- ▶ A backup gives you options and time.
- ▶ Two safe destinations protect your plan.



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.



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

WHAT TO CARRY IN THE VEHICLE

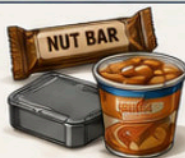
PRINT CARD

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.

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.

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.



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.



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.

MAKE YOUR IDENTITY, HANDS, AND MOVEMENTS CLEAR.



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.



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.

Shelter Priority

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



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

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.



BEST PROTECTION

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.

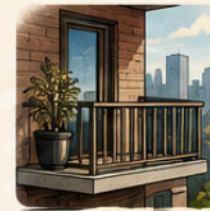


FALLBACK OPTION



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.



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



NZWAR

PREPARE. PROTECT. GET HOME.

Open Cover Is Not Solid Shelter

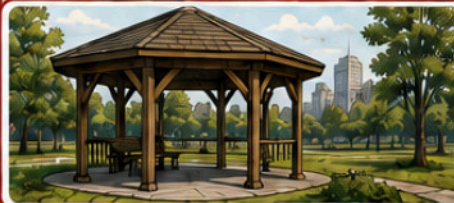
A roof over your head is not always a shelter.

PRINT CARD

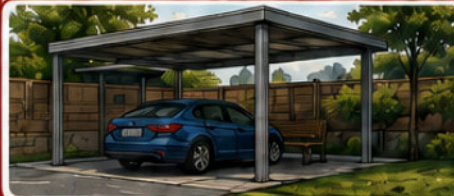
❌ OPEN COVER



- ❌ **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

✅ 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.

✅ 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.

A ROOF OVER YOUR HEAD IS NOT ALWAYS A SHELTER.



When Normal Life Becomes Siege Life

Watch services, not only distance.

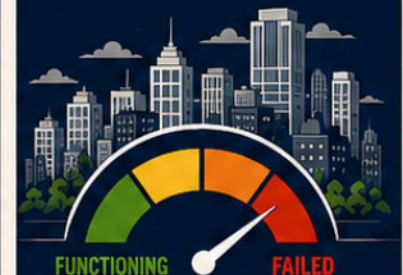


A city can go from normal to unstable faster than you expect.

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.

1

PREPARE



Build supplies and knowledge now.



Know local weak points.



Make a simple plan with your household.

2

CONSERVE



Use less of what cannot be replaced.



Extend power, water, and food.



Avoid waste and unnecessary trips.

3

ORGANISE



Coordinate with family, neighbours.



Share tasks and information.



Look after the vulnerable and the isolated.

4

REASSESS EVACUATION



Check who is most at risk.



Prepare options and routes.



Evacuate early if systems are failing or unsafe.



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.

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



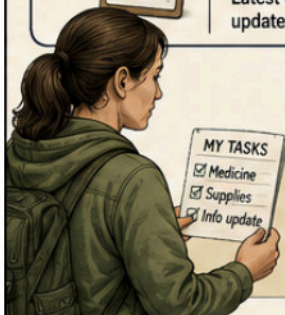
ESSENTIAL SUPPLIES

Food, water, hygiene, and other essentials



OFFICIAL INFORMATION

Latest official updates and advice



Take a simple list and only what you need.

ONE 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.

ONE CONFIRMED ROUTE

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



MULTIPLE UNPLANNED TRIPS = MORE RISK



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.

RETURN WHEN DONE

Go straight home using the same confirmed route.



One trip.
Tasks done.
Home safe.

Reduce repeated exposure by planning – not by taking shortcuts.



NZWAR

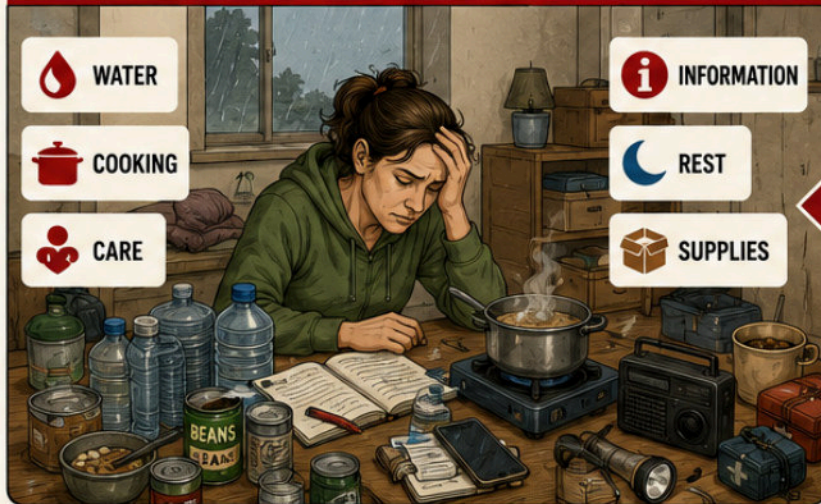
NEW ZEALAND WIDER AWARENESS
AND RESILIENCE HANDBOOK

Small Trusted Groups Survive Better Than Isolated Individuals

PRINT CARD

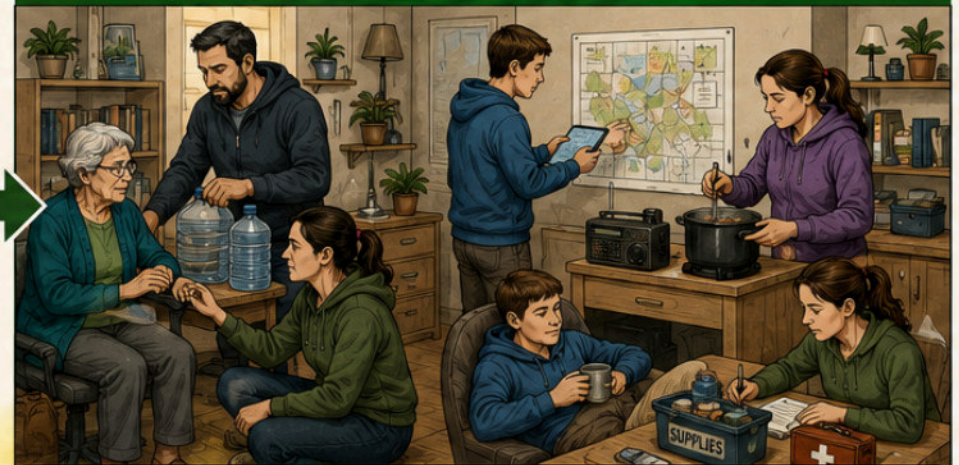
Trust, shared tasks, and rest rotation improve survival resilience.

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.

TRUST · SHARED TASKS · REST ROTATION · CARE · INFORMATION



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

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.

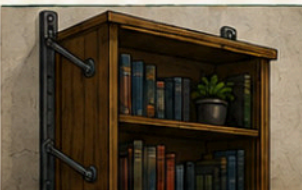
✅ LOW-RISK CHANGES (YOU CAN DO THESE)

✅ CLEAR WALKWAYS



Keep paths to exits clear of clutter.

✅ ANCHOR TALL FURNITURE



Secure shelves and tall furniture to the wall.

✅ IMPROVE LIGHTING



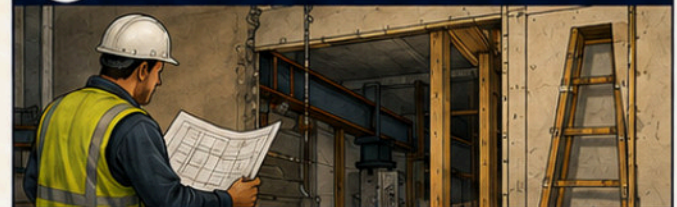
Add lights so exits and paths are visible.

✅ 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.

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

STOP – BACK – WARN – REPORT

PRINT CARD

The four-step rule for any suspicious battlefield object.

1. STOP



Stop moving toward it.

2. BACK



Go back the way you came.

3. WARN



Keep others out of danger.

4. REPORT



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

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

✓ 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.



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.

⚠ 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.

SEVERE EXTERNAL BLEEDING

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



IMPORTANT

Severe bleeding is a first-minute emergency.

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.



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.

4 SECURE PRESSURE BANDAGE



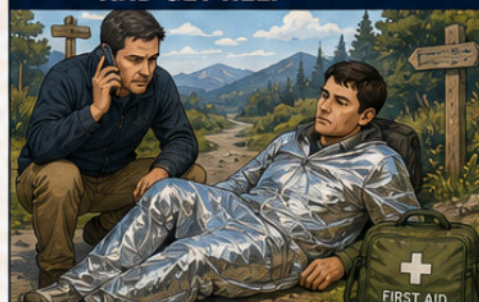
Wrap a pressure bandage tightly over the pad. Keep pressure firm and the bandage tight.

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.



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



PRESSURE FIRST. CONTROL THE BLEEDING.



NZWAR
PREPARE. PROTECT. GET HOME.

Medicines: Prepare Early and Resupply Safely

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

PRINT CARD

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

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
HRS

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. ➤

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.

✓ 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.

⚠ 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.



WATER THAT LOOKS CLEAN CAN STILL MAKE YOU SICK.



Carbon Monoxide and Combustion Devices



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.

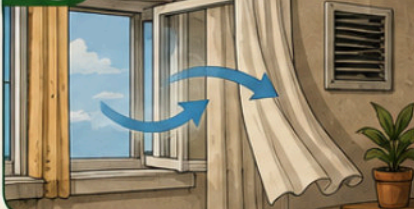
DEADLY.

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.



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



KNOWN
CORRIDOR



TOWN
CHAIN



BRIDGE



TOWN
CHAIN



AVOID THIS



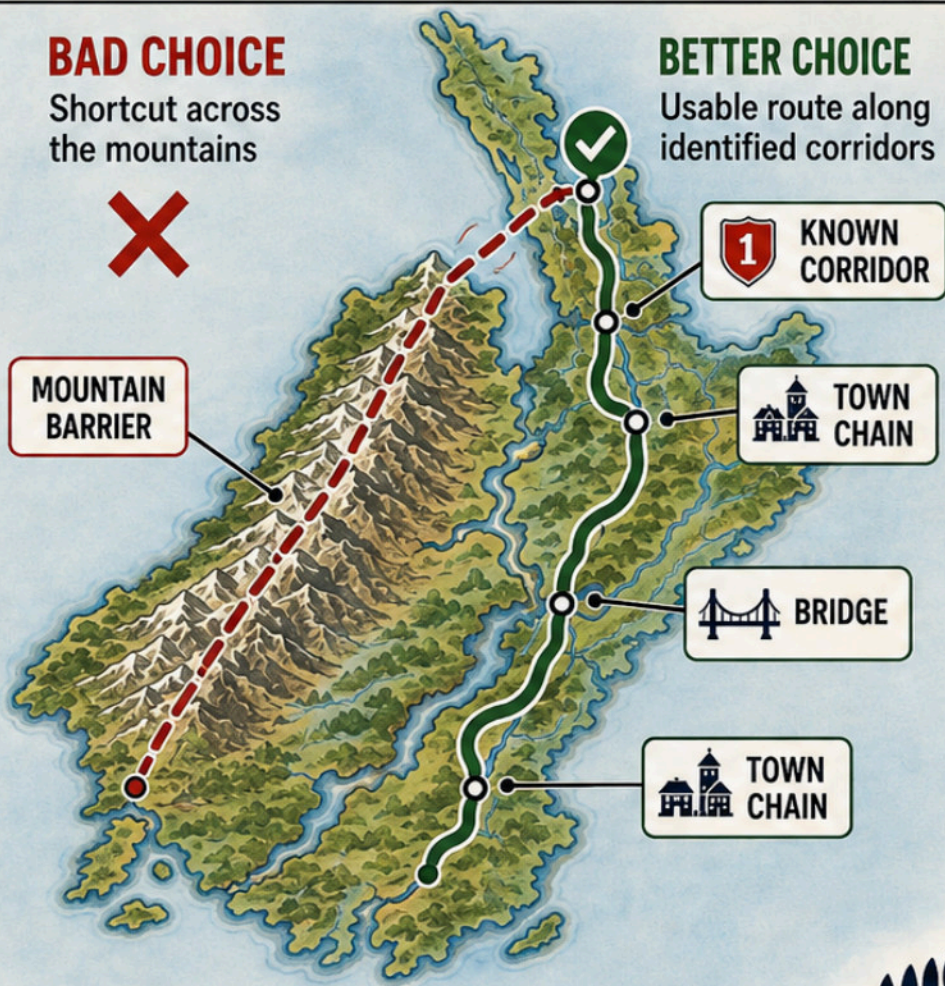
Do not cross mountains on impulse.



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.



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.

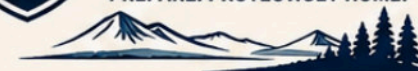


THE BEST SHOE IS THE ONE THAT LETS YOU KEEP WALKING.



NZWAR

PREPARE. PROTECT. GET HOME.



SOCKS, BLISTERS, AND HOT SPOTS

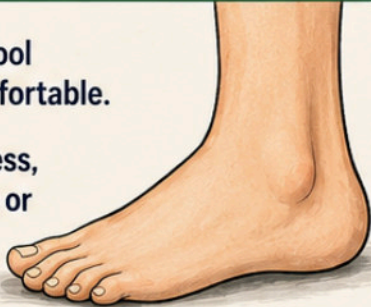
PRINT CARD

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

1 NORMAL FOOT

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

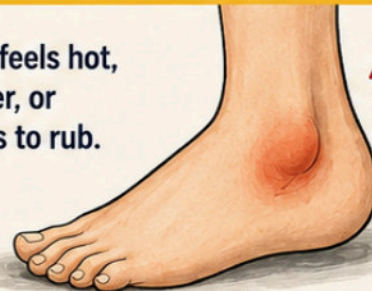
Keep moving, check often.



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.

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



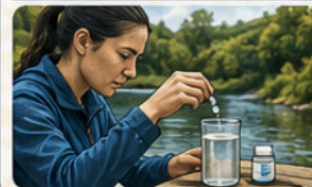
STORED WATER FIRST

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.**



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.

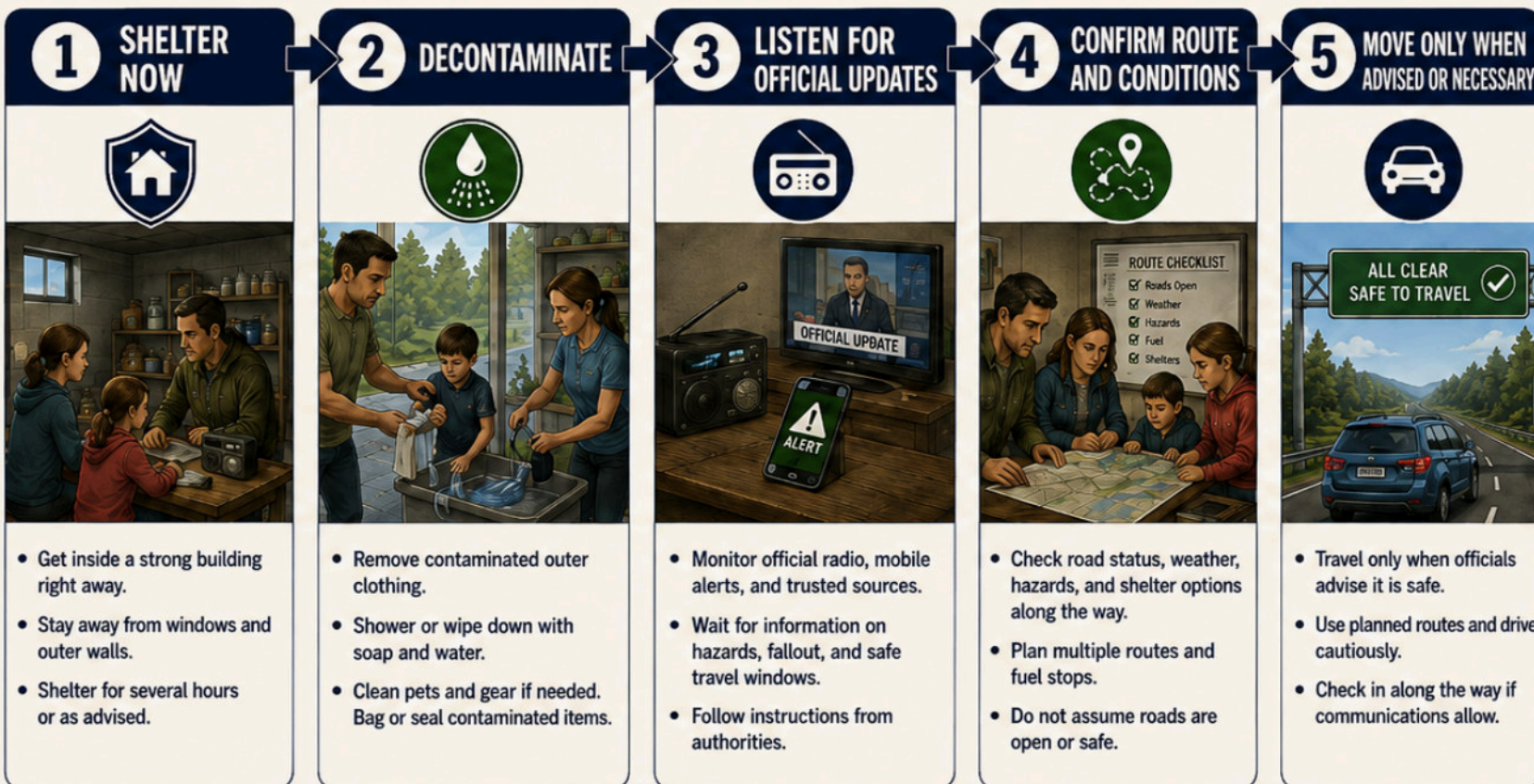
**PREPARE.
PROTECT.
PRESEVERE.**



When to Relocate After a Nuclear Event

 **PRINT CARD**

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



✓ 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.



Nuclear and Radiological Event Action Card

A simple six-step card for the first hours.

 **PRINT CARD**



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.**



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.



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.

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



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PREPARE. PROTECT. GET HOME.



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