

INTRODUCTION

Welcome to a basic Escape from Tarkov guide on how to move, fight and survive in Russia 2028.

This quick guide is intended for new players and some advanced players that want to learn a few tricks they might not have known on how to handle situations and maximize their survivability.

I've written these tips as a service to fellow players of EFT in the best way my knowledge can provide. I don't claim I know best but I want to share some things with the community on how to avoid dying and frustration plus maybe help you getting a thrilling experience out of the masterpiece that is Escape from Tarkov.

If you have any feedback feel free to contact me @ Discord – Hudson #6828

EQUIPMENT

A main focus about EFT is the progression through your combat and survival gear.

I will cover a few basics on how you can have a decent run without paying much rubles for your gear, or getting it with Scav runs.

LESS IS MORE

At the beginning it can be frustrating to lose your best gear to a hidden shooter or a lucky Scav shot.

I recommend bringing only gear that you can easily replace and hoard the good stuff you find until you have enough of it that it won't hurt if you lose it or until you can buy them at the trader.

For example the Vepr AKM and Vepr KM are basically full-fledged AK rifles, but lack the option of a full auto fire mode and also are not that easily mod-able in the beginning of your career as a PMC – generally I recommend using them as they are with a shoulder stock (if you find ones without a shoulder stock, just buy one from Prapor for a little cash).

Vepr rifles are often found on Scavs or in weapon crates. You can also trade barter items (horse figurines) for them.

They are an ideal mid to long range weapon for beginners, so make sure to take every Vepr you can find at first.

Shotguns are also easily found on Scavs and can be bartered for on traders for PM Makarov pistols

I generally recommend bartering or selling Pistols at the beginning to get money to invest in other gear. If you don't have the option to bring a Vepr or SKS for mid-long range engagements don't bother with a pistol as most pistol calibers in the current state of the game are too weak and accuracy will be a problem.

Rather bring a shotgun, avoid long range engagements and seek close quarter battle / ambush enemies on short range.

A basic cheapo loadout could be:

Vepr AKM with 30 round magazine (buy from Prapor and sell those 10 round magazines)

Scav Vest with a spare 30 round magazine and ~30 spare bullets to reload those.

Sling Backpack (so you have a bit more space for loot)

A "Car" medkit

MEDICAL

At the beginning you need to make sure you won't die to a bleeding wound.

I recommend getting the option to buy Car medkits from Therapist as fast as you can. Car medkits are cheap and able to heal and also stanch a bleeding wound.

Car medkits are purchasable at Therapist after completing the second of her quests https://escapefromtarkov.gamepedia.com/Sanitary_Standards_-_Part_1

If you are not able to bring them, make sure you have one or two basic bandages with you to stop a bleeding wound. Nothing is more frustrating then bleeding out while full of loot and only inches away from extraction.

HEADGEAR FACEGEAR AND GLASSES

I recommend you wearing tactical glasses (or looted glasses from scavs) at all times. Tactical glasses are cheap and can be bought for only ~1000 rubles from Ragman.

Reason for that is the weather in Tarkov. You might have noticed that it is raining very often and the rain effects on your POV can often be obstructing your view or play tricks on your mind ("was that a person just there?")

A comparison on the view with or without glasses can be seen here:

https://www.youtube.com/watch?v=1_hhBA4fwU8

For head and face gear I recommend picking up as many face masks or balaclavas as you can find and use them. Your pretty white bald head is a moon that will attract eyes of your enemies, so make sure to cover it up.

Bear caps are also a cheap camouflage item for your head.

Skip wearing a Kolpak helmet, it will not only enhance the shiny white moon of your head that will attract the enemies eyes, but will also reduce your hearing ability by a great amount. The armor level 2 of a Kolpak will not protect you against a rifle round and getting hit in the head with a shotgun from the front will most likely kill you anyways because of the face hitbox being hit by the spread of the buckshot.

CAMOUFLAGE AND STAYING OUT OF SIGHT

SHOOTING FROM COVER AND STAYING UNDETECTED

The biggest advantage of playing alone is the opportunity to remain undetected. A full squad of five PMCs has a theoretical five time bigger chance to be spotted than a lone wolf.

But engaging as a lone PMC places you at risk of being discovered and overwhelmed by enemies in bigger numbers.

A few basic tips on how to engage and staying out of sight:

When looking and shooting out of a window, door or any other opening to solid cover, make sure you are not standing directly at the opening itself – you will give yourself away with the barrel of your rifle or the muzzle flash. Rather try to shoot from inside the cover or structure. Ideal would be using cover inside your cover, but that's often not possible or practicable.



<- Yes

No ->



SILHOUETTES AND YOU

Detecting an enemy is easy if he stands out in his surroundings. Make sure to utilize this fact in terms of your own stealth.



Try not to bring yourself between your (possible) enemy and the daylight sky. Your silhouette will stand out against the sky and you will be easily spotted.

In urban or rural areas there will always be places where your body will stand out against your surroundings, make sure you don't stay in such positions for a longer time. The human eye is trained to detect human like figures.



FOLIAGE

Bushes and trees provide excellent camouflage but low cover from bullets. Make sure, when using them to hide yourself, to always think about your position and how to retreat quickly if needed.

Bushes and trees make a very loud rustling sound when you walk into them full speed. They also produce rustling sounds if you are inside them or next to them and turn too quickly.

When stalking around make sure to slowly walk or crouchwalk into them and only turn yourself very slow to avoid giving away your position.

EQUIPMENT AND VISIBILITY

Peacekeeper is offering a good beginner vest and helmet at an early state in the game. Sadly the blue color of those will stand out and make you an easier target.

Make sure to cover up the UN vest with an AVS rig or at least a Scav vest. Also a Scav backpack can help cover up the backside of the UN vest, but has elements that will stand out by itself (the red pouch and the bottle on the top).

Personally, I recommend staying away from the UN helmets and cover yourself with a dark/greenish hat or a BEAR cap until you can get the [6B47 Helmet](#)

SHADOWS AND LIGHTING

At night, different rules for camouflage apply.

Staying away from light sources like fire or electrical light will help you stay hidden.

Sometimes when the nightsky is clear the moonlight can illuminate a street pretty good and you should stay in the shadow of the moonlight if possible.

Especially at night the rules for silhouettes should be considered even more. Standing or moving in the dark will not help you conceal yourself if you are doing it in front of a light source, even if the light source is far away.



MOVEMENT THROUGH TERRAIN AND BUILDINGS

FORESTS

Forest areas are the safest and at the same time the theoretically most dangerous areas you can move through.

As low visibility thanks to foliage will hide you, so will it hide the enemy.

When moving through forest at a quick pace make sure to stop from time to time and look around. Ideally do this from cover – a rock or a tree, or at least hide yourself with a bush. Also take your time and listen to any rustling coming your way and prepare to ambush anyone foolishly rushing into your path.

STREETS AND URBAN AREAS

Streets and urban areas can be difficult to navigate safely, especially if there is few cover available and almost no way to hide yourself. Avoiding open spaces as much as possible to reduce your chance of being discovered and using speed, rather than quietness to quickly move through bad positions.

Try to always have a way to retreat, but also keep to solid objects like big building walls or containers so you reduce or eliminate the chance to be seen and shot at from that angle.

BUILDINGS

Moving through large buildings often proves a difficult task on terms of staying in cover.

Try to move from cover to cover inside large rooms or halls and stay quiet as the footsteps and other noises you produce inside most buildings will be heard very clear by other players and can give away your position. Try to avoid corridors where you have one side permanently exposed to potential threats. Open doors should be avoided or at least take a quick peek inside to avoid being shot when you pass.

PLAN AHEAD AND REACT TO CHANGES

If you have a concrete goal for your raid, for example getting a quest item or looting a certain area you should always plan your route ahead. Stay smart and react to situations and changes in the raid. Hearing a lot of exploding grenades the way your moving? Better wait a bit or consider an alternate route. A lot of gunfire often poses a danger but also a looting opportunity when the shooting is done and the victor went off. Take your chances, but don't expose yourself to a fight you cannot win and beware of people camping chokepoints of the map you are playing.

GENERAL RULES WHEN ENGAGING AND LOOTING

Not every fight has to be fought and not every spotted enemy has to die. Think before you engage. Do you have clear shot to drop the enemy before he can react and return fire? Are there multiple enemies that could swarm you if you start giving away your position?

Making sure you have the tactical advantage over your opposing force is a key to determine the outcome of a firefight. It does not benefit you to shoot one guy, just to be killed by his friends moments later.

When you find something that has sparked your interest, might it be a dead body or a searchable container consider your safety first. Again it does not benefit you to loot that shiny AK if you die moments later.

Follow a basic rule when encountering a dead body or killing an enemy: *there is always one more.*

Make sure that there are no threats in your vicinity while looting by waiting one or two minutes and keeping watch. The dead won't run away, but you could either 1. Kill his friend that is still there 2. Kill a third party looter that got too eager to loot the body first.

When finally looting make sure to be quick in and out. Remember that searching makes sound and could give you away. Don't begin to play tetris with your inventory if you are not 100% safe while looting a body or container. Greed could kill you, so better take only the most valuable stuff that is quickly to stash in your bags.

GENERAL TIPS ON GAME MECHANICS

Some basic tips for beginners on how to progress quicker and stay alive

XP AND MONEY

You don't have to be a terminator to get some quick XP and money.

Every dead body you loot will give you XP – even if you just quickly take a glance at their inventory by pressing F – yes even the dead hatchling.

Dogtags provide a good source of income in the beginning, make sure to get them and stash them in your safe container. Therapist is paying good money for them.

Don't take simple barter stuff like bolts, lighters or food/drinks (if you don't intend to eat/drink them immediately), save your space for USB Adapters, PC-Parts or weapon magazines. Don't loot ammo if it is not a rare armor piercing variant as the sell value is often too low and you could always bring out an item that sells for the money you would have needed to buy that amount of the ammo and even more – taking up the same space in your bags like the ammo would have.

HEALTH SYSTEM

Always carry at least one painkiller with you. You can use it to counter a blacked out leg to slow you down. I always carry two painkillers in my safe container and switch them to pockets if I find something more valuable that should go inside the safe container instead.

When you are on painkillers and have a blacked out leg you can sprint again. This will hurt your other body parts as long as you sprint. It is not that much damage but you should consider if sprinting for a prolonged time in that state is a good idea. Always sprint if it is needed to survive i.e. fleeing from combat or rushing a reloading enemy. You can always heal the damage the sprinting caused afterwards, and that's a better alternative to being shot.

Painkillers also get rid of your PMCs grunts when he is heavily wounded, which helps you stay undetected.

THANKS TO

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iВолк for the EFT Font

<https://efto.club/> for being the most chill German community for EFT