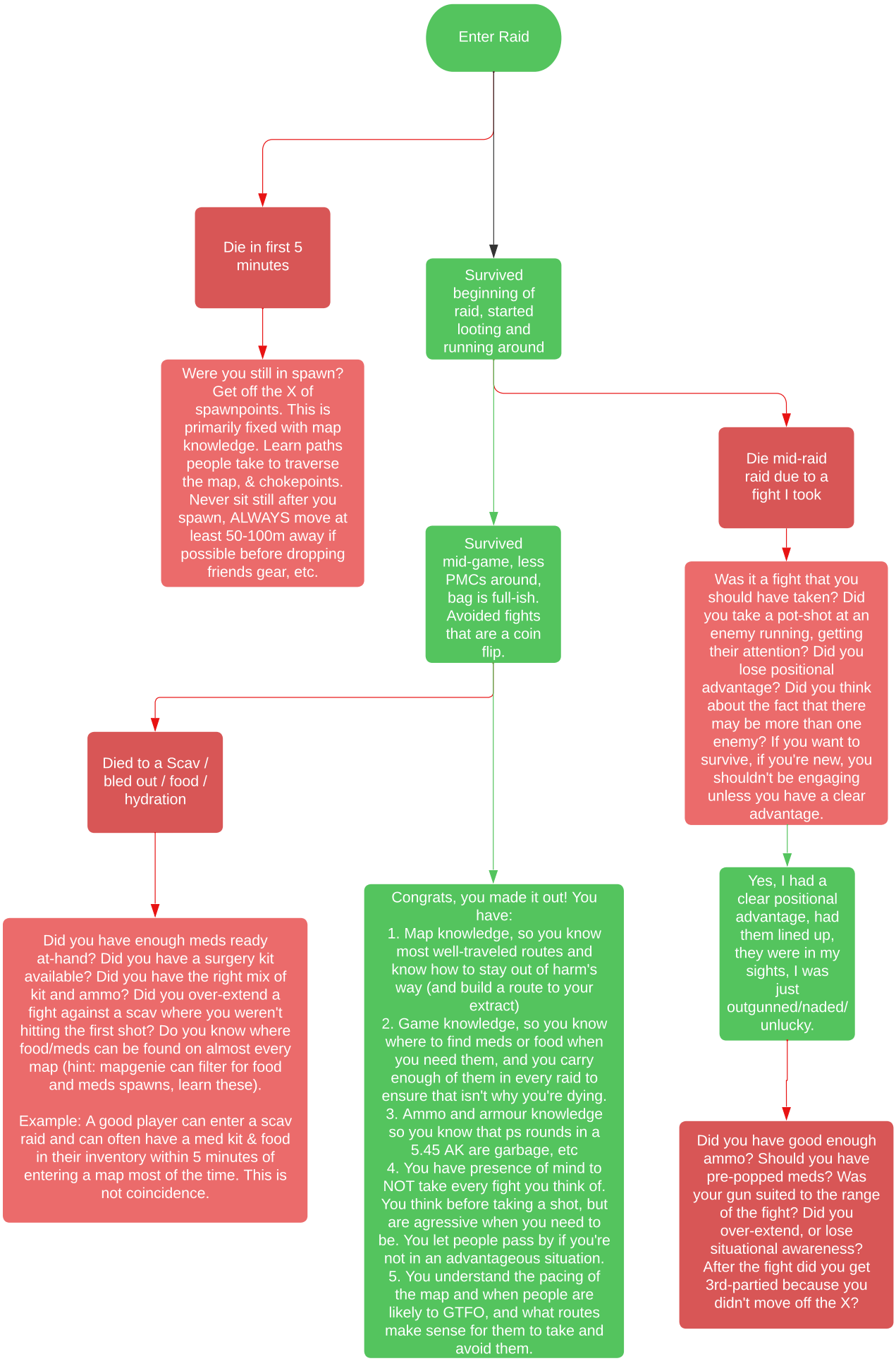How to die less in Tarkov