

ESCAPE FROM TARKOV UNOFFICIAL HANDBOOK

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Hey folks. My name is Bobby and I'm a history and politics teacher from Germany. I will be your guide and take you through all aspects of Escape from Tarkov gameplay.

My goal is to provide a comprehensive guide covering both general advice as well as details. This won't be as easy to digest as a short 15min video from one of the well-known content creators, but this way I can go deeper into details.

My experience comes from having more than 3300h ingame and roughly 600h+ of them while coaching other players. This gives me a unique insight into what most players struggle with.

If you enjoyed my guide or you just don't like to read, please consider visiting my [Fiverr profile](#) where I offer coaching sessions for Escape from Tarkov. I really enjoy doing these sessions and I've got quite some experience with it. Regarding donations: I do have a [Paypal account](#), but there is no requirement to pay anything, of course. This guide is and will be a free, common resource.

Credits and useful links:

1. For this guide, I used the EFT Gamepedia extensively, especially for pictures of items/gear. They are quite fast, which is awesome when a new patch/wipe hits and their data is basically always correct. All credits go to their editors.
[Link to the Escape from Tarkov Gamepedia](#)
2. I very often use NoFoodAfterMidnights Eft Ammo and Armor charts. All links are the same, they're just backups due to high traffic. [Link #1](#) [Link #2](#) [Link #3](#)
There's also a [Ballistics page on the Eft wiki](#) with similar data.
3. For a less in-depth ammo chart use the "[noob friendly](#)" one by Runemaster
4. A simple website helping you with looting and quest item collection:
[eft-loot.com](#).



Wallpaper made by 5pecfox ([LINK](#))

Important Disclaimer: There are multiple ways to have fun and be profitable in Tarkov!

My way isn't necessarily for everybody and I will try to write as neutral as possible. Here are some personal preferences, so experienced players are better able to interpret my thoughts:

- My playstyle usually is a bit more on the safe side, focusing on a high survival rate while still having fun and taking gunfights.
- Most of the time I'm playing in a group of two to three people, but I regularly play solo or 4+ PMC group as well.
- A lot of times I prefer weapon setups with clear advantages. Because of this, I commonly use hard-hitting 7.62 weapons or CQB guns like machine pistols or P90 / MP7.

Gameplay, gear, and map advice is my own, with the great and invaluable help of my long-standing gaming buddies. Special thanks to:

- crush-rs for playing my very first raid with me while I was awfully drunk
- Oneiros for teaching me the holy way of playing the "battering ram" on factory
- Dr3cks4ck for helping with Shoreline loot and gameplay advice
- ClearyXx for teaching me Interchange and Labs
- Polaris32 for proof-reading my guide in a meticulous way

Another Disclaimer: Many aspects of the game are subject to change. Especially flea market values tend to change often, please take my ruble values as rough estimates. As soon as any large patch hits, I will update this guide.

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Chapter I: INTRODUCTION

1. Why is Tarkov unique in many ways?

Did you wreck whole servers in Battlefield? You're a demigod in Battle Royal games? You're carrying your bronze mates against Diamond players in R6 Siege? Welcome to Escape from Tarkov. **The learning curve in Eft is incredibly steep. You are going to suffer. A lot.**

No in-game maps, no spotting aid even for teammates, huge gun customization options, very distinct gunplay with pretty in-depth armor, and ammo system. You will need to keep a cool head, even if **we all fail** at that sometimes.

Fear is very popular amongst many players, which leads them to play objectively worse. More specifically, gear fear is an issue, too. It describes the fear of trying out more expensive gear or playing super intimidated when having it equipped. But let me tell you: The moment you take a piece of gear out of your stash and put it on your character, it's basically lost. The only question is when!

What keeps many of us playing Tarkov are the extreme emotions this game creates.

Laughter, fear, arrogance, stress, and relief - they're all on another level compared to any FPS game I've played before.

2. How to approach learning and improving in Tarkov

In this segment you're going to learn which mindset will help you in improving your game as quickly as possible.

Let me start things off with a memorable anecdote. Enjoy the read...

I joined in customs with three experienced squadmates. We played in a 2+2 split, with one split looting and the other one guarding. The raid began near Big Red on Customs. The spawn area itself seemed to be clear, so I spearheaded towards big bridge to watch the land bridges. Just barely was I able to spot two geared players rushing over southern land bridge, towards RUAF Roadblock. Split-second decision making, I took the risk and set chase.

Since they were still cautious about the Big Red Area behind them, my left flank took them off guard and I got my first two juicy PMC kills. While looting, one of my mates called players at the trains. No idea what their intention was, but they remained undetected until now and pinned down the mentioned squad mate in one of the train cars. Backpack dropped, new magazine loaded, I rushed there to raise the siege. My heroic mate just managed to kill one of them before his raid found an early end only to get avenged by my backside push shortly after. One mate lost, but another two mouth-watering kills for us to loot. Time to breathe, we thought, but Tarkov had different plans with us. Suddenly, one of us shouted he was being sniped at and heavily wounded. Looting was by no means finished over there, so in an attempt to shut him down I flanked again towards Garages / Roadblocks. It took us minutes to figure out that while my mates were taking cover and I opened up the flank, they instead pushed over middle landbridge and were right next to them. My flank proved reasonable since I killed another PMC in close vicinity, but shortly before his body rolled down the slope I spotted him not having a silenced weapon. The sniper earlier was using a silencer, though. We concluded that there had to be another Tango, frantically checking every bush between Big Red trains and middle land bridge. Slowly but surely we came to know where he had to be. Explosions, shrapnels flying everywhere, we launched a proper grenade fest. No movement, nothing. Suddenly the silenced gun began to fire again and quickly downed mate #2. Although he was using a silencer, my gut feeling told me in which bush he was hiding. He just prayed to every unholy god out there during our grenade clearing and by some lucky chance was still alive. Not anymore, as apparently .308 is a rather effective tool to shoot through bushes and scrubs. Six tangos dead, two squadmates lost. After looting thoroughly and hiding our dudes' gear we advanced to fortress. It was late in to the raid and already pretty dark. Nobody turned the power on to extract ZB-13. Since my endurance was the highest, I figured I could do the sprint to Old Gas and Power Building the quickest. My last mate stayed at Fortress as I entered Old Gas area. An AI scav was hiding in a bush to my right and shot my arm before being sent to his creator. Reload, health check, perimeter check. Five minutes left. I was dead. Somewhere at Old Gas there has to have been a shotgun AI scav I failed to spot. It's not a good thing when your face catches several buckshot pellets. Profit of about 2mil+ Rubles not earned.

Why am I telling you this? **Because it is incredibly hard to stay focused on the big picture and not draw any premature conclusions.** One might conclude I was not cautious enough and we should've dropped backpacks at fortress to hit the power together, especially in these low light situations. And you'd be right. Another player may think it was just unlucky, Tarkov giveth, Tarkov taketh. And y'know what, he'd be right as well. In each and every raid of Tarkov, there are thousands of constantly changing parameters. If the shotgun spread had been a tiny bit different, I would have lived.

But at the end of the day, you're not playing one raid. You're playing hundreds of raids. And I absolutely should've been more cautious at the end. And yes, buckshot scav are suprisingly world beaters sometime. But still, there are situation where all veterancy can't save you. **Think about being more cautious right there as a +2% survival chance applying to every raid.** And all the small things really do add up, because often times it's just a small thing that gets you killed.

Coming from a competitive background, I advise every player to take responsibility for your actions. Even if you know deep down inside you, it probably was incredibly unlucky, you should think about what you could've done to reduce the probability of something like that happening. If you're always the one getting ambushed, getting one-tapped or having super unlucky timing, start adjusting your playstyle.

In order to be successful in Escape from Tarkov, you need to follow these rules:

- I. Prepare yourself very carefully for every raid.
- II. Stay calm-headed, down-to-earth and be self-aware.
- III. Set yourself a goal for each and every raid.
- IV. Trust your knowledge and creativity, not your aim.
- V. Play in a clever and economically viable way.

3. First steps: Before the first raid

a) Starting the game and learning the characters

In this segment I'll guide you through the PMC/Scav mechanic and how you should approach these two interconnected game modes.

The first time starting EFT, you need to choose a Nickname and decide to be either a BEAR or USEC. Besides customization options, the only difference is the language your character's going to speak. BEAR = Russian, USEC = American English. Depending on your Edition (Standard, EOD, etc) you have received some starting gear and money. Before you take anything into the raid, visit the traders. Examine every single item available! You can use the (default) middle mouse button click to examine.

When visiting each of the traders (Jaeger and Peacekeeper will be locked for a while), make sure you **accept the first missions from Prapor and Therapist.**

Before jumping into the action, some general clarifications: You can either play as your PMC main character or a scavenger = Scav. Scavs have random gear, spawn at a mostly random time into the raid and when you extract or die, there is a cooldown. If you extract with your scav, you can keep everything and transfer to your stash. If you die, it's all lost, but you have no risk at all. The only downside is: You could have played a PMC raid and done some quest and XP progress.

Therefore I advise you to use scavs primarily for...

1. **Getting to know the map better.** If you get a new quest on a completely unknown map (Woods for instance), play a scav or two over there to get to know the place better.
2. **If you need money/gear pretty badly,** play some scavs in between your PMC raids.

I have had a decent amount of players asking me for coaching **who've played like 5x the amount of scav raids than PMC raids. They often were multi-millionaires, but were to afraid to even use these rubles on their PMC. This often results in immense gear fear,** a lack of quest progress which again results in not being able to compete against other

players due to no reliable access to good gear or ammo. You see the pattern emerging right there. Scav raids are a key part of Tarkov right now, just don't overdo it. I'd recommend a maximum 1:1 ratio of PMC - scav raids.








b) Accessing higher trader loyalty levels (LL)


This segment will explain how to level up your traders.

When first starting the game, you have lvl1 access to all traders except Jaeger, who's unlocked through a separate questline from Mechanic. Access to higher loyalty levels is dependant on three factors:

1. Player level
2. reputation with a said trader
3. required sales (buying and selling counts towards these thresholds)

Each trader has different LL requirements, but LL4 is the maximum. You can check this by hovering your mouse over the small question mark next to their faces.

	Prapor: Soviet / CIS-Country weapons and ammo.
	Therapist: Medicine and later in the game, cases as well.
	Fence: Pretty much useless most of the time, buys everything but at the worst rate.
	Skier: Attachments and some western import gear. Also trades Euros.
	Peacekeeper: Provides western weapons, their ammo, and some of their attachments. Buys and sells in Dollars \$.
	Mechanic: Attachments, weapon mods, and rare magazines, etc.
	Ragman: Everything you can wear. Armor, Rigs, Backpacks, Helmets.

	<p>Jaeger: Hunting equipment, Shotgun stuff, some optics. He also sells fuel for your hideout.</p>
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These traders can be a bit picky in what they want to buy from you and the money they offer can differ significantly as well. You need to forgo a little bit of extra profit in order to produce the sales with all of the traders, but when only looking at the raw cash return, you should sell to Therapist (valuables and excess medicine), Jaeger (Hunting equipment) and Mechanic (weapons, attachments) exclusively.



Please forgive me, but I'm unable to show you a non-maxed trader below LL4...

Reputation is gained by completing quests from each trader individually. Some quests make you lose reputation with another trader, especially if you can complete a certain quest with multiple traders. It is possible to have all traders maxed out at player level 40.

If you bought the Edge of Darkness edition, your starting trader reputation will be 0.2 instead of 0. This makes leveling up traders a bit easier since you can delay some annoying quests and level up to lvl40 more freely.

It is very important to level up your traders. The more you progress through stash value and gear level, the more you want to use new guns, better ammo, better attachments and high tier body armor. Most of these items, especially ammo and attachments are horribly overpriced on the flea market. This is because all the supply on the flea market has to be

- found by a player,
- successfully extracted with and
- not be used by the player who looted it in the first place himself.

Leveling your traders is therefore tremendously important, mostly regarding economical aspects.

c) How looting works

At its core, this section should go to looting. **But considering how difficult it can be for new players to reliably make a profit in your raids, I'm going to provide some ideas.**

There are two main ways to make material progress. They never are fully isolated from each other, but it's important to make sure so you know what you're aiming for. **One the one hand, you can aim to loot gear. This means you want to obtain usable pieces of equipment like weapons, body armors, helmets, attachments, bigger backpacks etc.** This is usually done by actively engaging in PvP. Obvious benefits are access to already modded weapons hopefully loaded with good ammo and such, the harsh downside is the high risk. I know a lot of players whose stashes are full of weapons and gear, but they basically only have enough rubles to insure their next gear. Don't get me wrong, this is fine as long as you experience a losing streak and want to actually buy gear. If that happens, you should switch it up until you're not in danger of being bankrupt anymore. The problem if you're only looting gear is that the traders provide only a reduced cash return compared to the initial price of let's say, a weapon. For this method, you want to make active use of the insurance system. If you find something better than your insured gear, throw yours away and take the enemy's. Just keep in mind you should never downgrade gear, always side-grade or upgrade when doing insurance fraud.

Now on the other hand, there is loot. Loot that you can't shoot with and you can't wear. Loot that has no direct immanent use. I'm talking about stuff like PC parts, industrial loot, gunpowder or a pack of screw nuts. You have to decide to either sell it on the flea market (I'll call it FM from now on) or directly to the trader. There are some items whose prices settle down at the trader buying price. But most of the loot items are worth way more on the FM. This is because it might be needed to upgrade your hideout, for a profitable craft recipe or for a barter trade at one of the traders. The great benefit of this money-making method is that neither toolboxes nor PC blocks shoot back. The drawback, at least for some people coming from aggressive FPS games, is that they might find it boring. And at the end of the day, you still have to fight at these loot spots.

You see, practically, these two perspective are closely intertwined. The way Tarkov works right now, looting actual "loot" is more efficient than looting gear. You can do everything with the rubles you got from selling your CPU fans, but you can only use the gun you looted or sell it for a often reduced return. **At the end of the day, you'll be doing both, but since looting is more reliable you want that to be your safe comfort zone, your foundation how to approach your raids and make in-raid decisions.**



This screenshot is from Reserve, and most items are found in raid. I engaged actively in PvE = killing raider scavs, but tried to stay under the PvP radar for the most time.



This one's from Dorms / Customs, and a lot of player loot. You can see that most items aren't found in raid. Also notice I already threw away 95% of my originally insured gear to get it back from insurance.

A quick mention of keys. There are hundreds of different keys in Tarkov, some of them worth just a few Rubles, other being worth over five or even ten million Rubles. **Therefore I advice you: Pretty much every key you don't know the rough value goes into your safe container.** You will start to remember the very common and cheap/useless keys. Even if you die and you're unable to sell it on the flea market, most of the high-value ones still give you pretty good money at Therapist - or use it yourself, if you will.

4. Essential game mechanics



a) Movement

I want to mention some key bindings you might not be used to in other FPS games. There are several useful key bindings (standard) to remember:

- | | | |
|----|------------------|--|
| a. | alt+d / alt+a | smooth leaning right/left |
| b. | alt+e / alt+q | sidestep right / left or if prone → hard lean to the floor |
| c. | mouse scroll | change movement speed |
| d. | mouse scroll+alt | change pose |
| e. | double tap "o" | check time and exits |
| f. | free look | mouse wheel button |
| g. | double tap "r" | quick reload a mag, the previous one gets dropped |
| h. | "b" | fire mode |
| i. | Alt+b | check fire mode (no "click" sound!) |
| j. | alt+t | check ammo count in currently loaded mag |
| k. | ctrl+t | switch tactical device mode (when using lasers etc) |
| l. | ctrl+RMB | switch scopes |
| m. | alt+RMB | switch magnification / optic reticle style |

Keep in mind that for most Tarkov players I have talked to, Aim toggle was the preferred option (versus aim hold). This is probably because you have to rebind all scope-connected controls if you're playing on aim hold and the control/alt+RMB combination feels natural for many players.

To give you some context - I actually do use most of these keybinds in most raids.

Especially the sidestep is critically undervalued. This is useful when you want to peek hard angles like a concrete corner. Don't overdo it though, because the snappy sidestep loses its surprise advantage if done multiple times on the same angle.

b) Gunplay

In this segment you will learn what to pay attention to when choosing a weapon, an ammo type, learn how to reload and have a well prepared setup.

I still vividly remember looking at weapon statistics in other FPS-Games like Rainbow Six and Battlefield. "Hm yea interesting, the Scar-H does 35 damage while the MP7 does only 27 damage." But this isn't how it works in Tarkov. You have to differentiate between factors determined by the weapon and those by the ammo.

The weapon itself and its modifications are responsible for:	
Ergonomics	How fast you can ADS and how loud it is
Recoil	the vertical and the horizontal recoil
Base Accuracy	Usually barrel length is the relevant factor here
Base Muzzle Velocity	(m/s) attachments like barrel length are a factor
The ammo is responsible for:	
HP Damage	How much damage each hit can inflict theoretically
Penetration capability	How likely a round is to penetrate certain levels of body armor
Armor Damage Ratio	How fast a round destroys body armor, especially if it doesn't penetrate yet
Modifiers to Recoil	Some rounds do have noticeable changes on recoil
Modifiers to Accuracy	Usually not worth paying that much attention to, except for the most popular 5.56NATO round (M855A1) with its -10% accuracy debuff.
Modifiers to Muzzle Velocity	This is most noticeable when using subsonic ammo.

There are a few important things to be aware of when reloading. **If you hit "R" for reload, you'll need a free magazine slot in your tactical rig.** If this isn't the case, the magazine is dropped on the floor. You can pick it up afterwards, but most reloading is done while fighting, which means you probably lost track of it. Easy way to check how many magazines you can bring with a certain rig: Check the total amount of magazine slots your rig has. This is the exact amount of magazines you can bring, because one will be in your weapon and therefore you have at least one magazine slot empty! **Double-Tapping "R" performs a combat reload, where your character doesn't even attempt to put the old magazine back in the rig** but drops it on the floor. In a pinch, the slightly faster animation can sometimes save your life.

Now you're probably asking yourself - But how many magazines should I bring? Boy oh boy this is a discussion right here. **I'd recommend to bring more mags if you want to play aggressively and/or your weapon has a high rate of fire.** The higher the recoil and expected damage output of your weapon is, the less magazines you need. This is because you usually should end up single tapping at higher distances and killing people in less hits/shots fired. To give you an example: A budget loadout for the AK74 in 5.45x39 is good with four 30-rounders, if you're just looking to defend yourself. Same line of thought with an AKM in 7.62x39, you should be good with three 30-rounders. Choose your tactical rig accordingly.

Magazine checks need to be performed manually, there is no counter on the bottom right like in CoD or Battlefield. You need to fill them manually, preferably in your stash but sometimes in raid, too. Thankfully, the game magically picks the fullest magazine you have equipped in your rig when reloading. This works in absolute numbers, so a 60-rounder with 31 rounds left has will always have priority before full 30-rounders. **Be well prepared and then there will be no need fiddling about with your inventory in the midst of a gunfight!**



To be really blunt here: **In EFT, almost only the ammo matters.** You can use the very same weapon with the same attachments either with hollow-point ammo = very high flesh damage or high penetration ammo = low flesh damage. Generally speaking, flesh damage and penetration chances are inversely proportional within different ammo types for the same caliber.

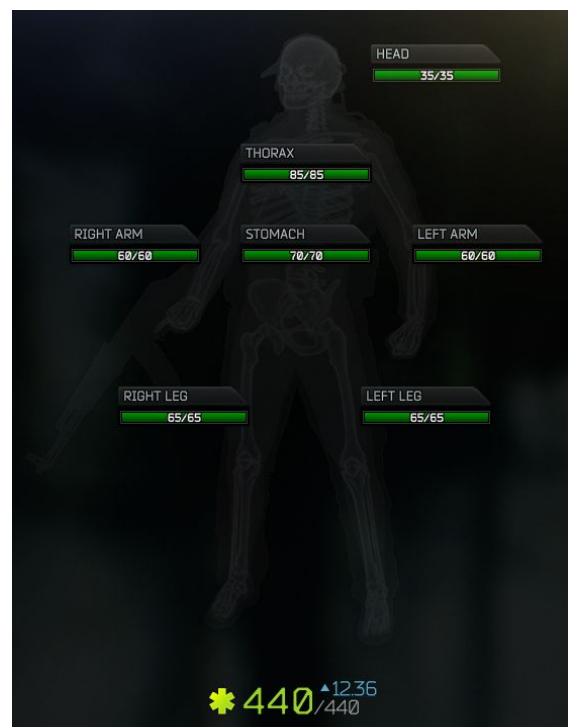
If you are too close to a wall / another person with a long and bulky weapon, it can throw you out of aiming down your sights, forcing you to hip fire. Sometimes it even prevents you from hitting the enemy when extremely close (below 1 meter), making you hit the ceiling instead.

Many weapons, especially short-barrelled SMGs and such do have insufficient accuracy to fight on long range. Unless you want to go for crazy long shots, an MOA of 2.0 or less is absolutely fine for gunfights up to 100m.

c) Health system

In this segment you will learn how the health system works and what items you should bring into a raid.

Your total health of 440HP is split up between your seven body parts. You can check the HP pool of every body part on the right. Losing a limb or the stomach gives you penalties, which are pretty noticeable when playing, especially if you're not used to them. I'll explain them a bit later. It is crucial knowledge to understand what has to happen in order to die in Tarkov, but also what is needed to kill a player.

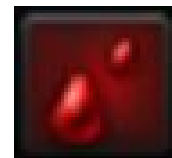


Death cause a) Your thorax or head drops to zero. This will be the majority reason for you to die. A headshot against an unprotected head or a penetrating headshot will result (at 99%) in death. If bleeding is the cause for your thorax or head to drop to zero, you'll be alive still, albeit playing a sudden death game from now on. Have you seen players scream madly at their screen because they touched barbed wire? I have, please don't risk your own mental health and sanity because of a slip-up like that.

Death cause b) Your total HP pool drops to zero.

This is a bit more difficult to explain. Imagine you're taking cover but one of your arms or elbows sticks out and is targetable by the enemy. He shoots you once and for the sake of simplicity we assume he's inflicting 60 damage per hit. After one hit, your arm will be blacked (375HP). He hits you a second time, inflicting 65 damage but since your poor leg is already done for (this is commonly called blacked out), the damage gets evenly distributed to your remaining body parts. Blacked arms only distribute at a $0.7 = 70\%$ rate, which means you're now at $375 - (65 * 0.7) = 330\text{HP}$. This goes on the same way assuming he hits the same leg again and and again. Three hits = 290HP, four hits 245HP, five hits 200HP so on so forth. This is especiall important because with high recoil guns, a moving target and you being on excuse me under fire, it's not that uncommon to shoot in circles around the targeted center mass. **I guarantee you that you'll be looking at the post-raid reports in sheer unbelief and yell "I hit him seven times with Igolnik! This is ****!". But your hits weren't fatal,** because you could've hit his limbs twice and therefore not produce enough stopping power to actually kill your target. Also keep in mind that most intermediate calibre rounds used by most people do way less raw damage than the 60 we assumed in our example. 5.45x39mm Igolnik is extremely capable against body armor, but the raw HP damage you're going to inflict is just 37HP.

But enough of health pools and damage distribution, let's have a look at bleedings. There are two type of bleedings, the light and the heavy bleedings. Light bleeding drains 0.8HP every 6 seconds in every non-blacked body part. **This results in an effective HP loss of less than 1HP per second for light bleeding.** Speaking out of experience, if you're having a bleeding, at least one body part is usually already blacked out. This means it's even less effective loss of HP per second most of the time. Don't panic when you've got a light bleeding. I'd rather just directly heal my thorax or my head if they're low on HP and reload my weapon during a gunfight than panic treat the light bleed.



Speaking of heavy bleedings, this one drains 0.9HP per non-blacked body part and ticks every 4 seconds. Again, **this results in a 1,6HP drain per second with no blacked limbs**, and just 1,35HP drain per second if one limb is blacked. This is not a catastrophe, but you want to treat it (pun intended) more seriously. I'd still reload my gun first, but probably treat the heavy bleeding before healing my vital body parts. You'll also leave a trail of blood splatters behind you, so if you always wanted to roleplay as Tarkov Detective, go for it!



One last thought about bleedings, though. In theory, they are not that severe. And most of the time, they won't be. But once you have a look at a lot of the most commonly used rounds

in Tarkov, you see them having between 40 and 50 flesh damage. This means that often times, especially if your body armor is able to absorb a little bit of the incoming damage, people will need a third hit on your thorax to kill you, even though your thorax HP after two hits may be less than 10HP. **And that's where bleedings come in mercilessly, they can just inflict enough HP loss in order for you to be dead in one hit less. This is massive.**

A very important topic are blacked out body parts. Logically, body parts are destroyed = blacked out if they get hit for more damage than their base HP provides. **You cannot heal blacked out body parts back up with regular medkits.** Keep in mind there are rounds in Tarkov that can one-hit-black your legs and arms. I recommend not to panic because you've got a blacked arm, leg or stomach. Reload if necessary, treat bleedings and heal up Head+Thorax, and decide if you want to fight or flight. The show must go on, right?

But it really gets interesting when taking a closer look at the status effects of blacked limbs. Starting with the arms, they being blacked out significantly increases your time to ADS and reload (between 60-65% increased). This is annoying but not deciding most of the time. Looting and searching containers taking longer isn't a big deal either. **They aim shake will be the effect most noticeable with blacked out arms.**

Blacked out legs on the other hand are a problem. Trust me, mobility is key. Losing one or even both legs reduces your walking speed. Even more, it makes you unable to sprint anymore. **So if you don't want to have your mobility reduced to that of a stranded whale, make sure you have a painkilling item hotkeyed at any given time.** Although you can sprint again with the painkiller effect, sprinting on your wretched 'n bloody stumps that once were your legs inflicts significant damage on your remaining body parts. My recommendation would be to simply ignore this damage if you just need to save your life, but walk normally if the situation isn't critical.



A shot in the stomach is unpleasant. **Having a blacked out stomach means losing hydration and energy at an increased rate.** Instead of having half an hour to finish a raid, you now have 5-10min to finish it, depending on if you brought / found provisions. Additionally, a destroyed stomach distributes damage at a 1.5 = 150% rate. For the veterans reading this, there will be a paragraph discussing the pros and cons of stomach protection or thorax only protection. I can simply tell the less experienced players to not worry about this that much. Use whatever protection you have. I feel like I'll be attacked by some safe sex advisors for the last sentence. Let's not jump deeper into that topic here, or shall we?

Fractures can occur on arms and legs. Since there are no Thai restaurants in the Norvinsk zone, your stomach can't fracture. **Anyways, fractured limbs behave the same way as if they were blacked.** The key difference is you can heal them up anytime and once you've used a splint, they're fully operational again.



It wouldn't be Tarkov if it didn't get more complicated. **There is the option to repair blacked limbs with either a CMS kit or a Surv12 surgery kit.** The animations are long (15sec+), easy to hear if nearby and you can't move at all. Keep in mind this procedure just restores one HP, so you need to use regular healing methods to heal them fully afterwards.

In addition, the individual HP pool of the restored limb will be reduced to 50-75% of its original value. I think these surgery kits are important once you go in with mid-tier or high-tier gear. Don't bother too much with them on pistol runs etc. **The priority in which order you should take care of blacked out limbs is Stomach → Legs → Arms.** Make sure you are in easy to defend and safe position and you have've removed any bleedings beforehand!

If you have played any survival oriented games in the past, you should be familiar with hydration and energy. If you knew how often I saw one of my coachees die because they forgot to drink and eat between the raids, you'd probably laugh. But I can't, it's utterly tragical especially when they've been playing well otherwise. Long story short, **check your hydration and energy levels before hitting the next PMC raid and make sure they're at least 90% each.**





I wanted to really be in-depth especially for the rookies reading this. This is why here's a TLDR of the most important information:










1. **You have 440 max health in total.** This is divided in between the seven body parts as displayed above. Healing each limb requires a separate healing animation.
2. **If you lose your head or thorax, you're dead.** There are rare situations where these body parts can bleed out without you actually dying, causing any further damage to be fatal.
3. **You can have blacked out limbs and stomach and live and fight on.** The negative effects are mild for blacked out arms and severe for destroyed legs and stomach. You cannot heal blacked out limbs without a surgery kit / CMS kit.
4. **If you get shot in a blacked-out limb, all incoming damage gets distributed evenly** to all remaining body parts. If your head or thorax reaches zero this way, you die.
5. **A CMS/surgery kit can restore a blacked-out limb** (except thorax/head) to 50-70% of its original HP pool. This removes any negative effects.
6. **To have zero hydration is a severe problem**, but can be controlled by eating your medkits like if they were candy and immediately heading for the extract.
7. On the other hand, **having zero energy is a disaster.** Since you'll be unable to regenerate stamina, you won't be in any position to look for something edible. Having it experienced myself I can say it is a death sentence.
8. **You need a painkilling item hotkeyed 100% of the time**, no matter the level of gear.
9. You can only hotkey an item if it is in your pockets or your tactical rig.
10. Only considering health points, each HP of a medkit heals one HP on your body (1:1 ratio).
11. **You can interrupt all healing animations by clicking the left mouse button.** All healing done by that point in the animation will still apply normally, but you need to wait out the animation end to cancel bleedings, fractures etc.

I'll give you two examples, one being a budget loadout regarding medical supplies and the other one high-tier loadout. The splint in the second picture can be put in the tactical rig / pockets and instead of a Surv12 you can use the smaller two slot CMS kit.










There are a ton of different medical items in the game. You can see the amount of uses / the healing HP pool in the bottom right of each icon. The advanced medkits are able to treat bleedings as well, but this removes a set amount of its HP resource.

Item	Function	Use time	Comment
BANDAGES, MEDKITS AND SPLINTS			
 	- light bleedings	2sec	Better than nothing. Cheap.
	- heavy bleedings	5sec	Better than nothing. Cheap.
	- heavy bleedings	3sec	Recommended item to treat heavy bleeds with.
	- healing	2sec	Cheap and a nice addition to give you some additional, quick and rather silent healing.

 Car 220/220	- light bleedings (-50HP) - healing	3sec	Decent budget option. Beef it up with an AI-2 for additional raw healing HP.
 Salewa 400/400	- light bleeding (-45HP) - heavy bleeding (-150HP) - healing	3sec	My go-to medkit these days. Reasonable price, can be used to treat heavy bleeds if necessary and is more silent than the IFAK.
 IFAK 300/300	- light bleeding (-30HP) - healing	3sec	What I usually bring in my safe container as a backup medkit. Compact with just one slot.
 Grizzly 1800/1800	- light bleeding (-40HP) - heavy bleeding (-130HP) - fracture (-50HP)	5sec	Big, bulky, but potent. Depending on the current price, I sometimes bring them into the raid in my rig. Can be used from the secure container. More cost-effective healing than what Therapist offers post-raid.
 Splint	- fracture	5sec	One splint is usually enough per raid.
 Alu Splint 5/5	- fracture	3sec	Premium splint, use this if you're going for crazy jumps or just want some extra.
PAINKILLING ITEMS			
 Painkillers 4/4	- painkiller for 100sec each use	3sec	Stock standard painkiller, does the job. Comparably cheap.
 Morphine	- painkiller for 300sec	2sec	Premium version of the regular painkiller (the blister ones). Solid item.
 Vaseline 10/10	- painkiller for 300sec each use	6sec	Cheapest option of these long-term painkillers. Does the job if you want to preemptively take a painkiller. It's what I use.

 GoldenStar 10/10	- painkiller for 400sec each use	7sec	Most expensive option for long-term painkillers. You can/should use it to craft Propital when it has just one use left.
 Ibuprofen 12/12	- painkiller for 280sec each use	5sec	Decent option for long-term painkilling. You can/should use it to craft Propital when it has just one use left.
 Augmentin	- painkiller for 150sec	5sec	Not worth using unless you're forced to. Sell it or use it for crafting instead.
STIMULANT INJECTORS (Worth using imho)			
 Propital	- painkiller for 240sec - health regen for 1HP/sec for 240sec	2sec	Awesome item. It's like an enhanced morphine. Worth every ruble!
 SJ6 TGLab	- max stamina +30 - increases stamina recovery	2sec	Also called stamina / endurance stim. If you're a veteran, consider using this to rush hotspots on the map.
 M.U.L.E	+50% weight limit, -0,1HP per second and +9% damage received for 15min	2sec	The go-to stim to help you haul 120kg of loot out of a single raid. If possible, combine with a propital. Use only at the end of the raid!
 Zagustin	- stops any bleedings - prevents any bleedings for 180sec - drains hydration	2sec	Can be situationally useful as a premium counter to heavy bleedings. Bring something to drink!
 eTG-c	+6,5HP per second for 60sec. Drains endurance and energy.	2sec	Let's be frank, this is a propital on stims (funny, ain't it?). Insane healing, but short duration and harsh penalties on energy.
STIMULANTS (not worth using imho except for cheeing/abusing)			
 SJ1 TGLabs	For 180sec great buffs to endurance, strength and stress resistance. Drains a lot of energy and hydration.	2sec	The duration is too short and the investment into provisions too relevant for it to be worthwhile.

	+4HP/sec for 15sec, Painkiller for 60sec. Drains energy and hydration.	2sec	Duration too short, negative effects too grave.
	For 15min: -10% damage taken (except head) Buffs to strength and endurance. Mild but long drain to energy and hydration.	2sec	If any of these second category stims are worth using, it's probably this one. At the end of the day, I don't think that -10% are worth the base price and provision price.
	Buffs health stat and prevents bleedings for 60sec Drains hydration.	2sec	I don't see the point in it with many gunfights taking longer than 60sec and the buff not being that significant.
	Buffs attention, perception and strength for 240sec. Drains energy.	2sec	Without any significant changes to these skills, not worth it.
	Painkiller for 120sec, Buffs max stamina, strength and endurance. Big debuff to hydration and energy.	2sec	Strength and stamina sounds good for the final way to the exit when being overweight. But 2min aren't enough to make it worthwhile.
	For 60sec: -10% damage taken except the head, extreme buffs to stress resistance, health and vitality. Debuffs stamina.	2sec	Again, one minute just doesn't do it.
	Lasts a whopping 30min. Buffs endurance, strength and stress resistance. Slowly drains hydration and energy. Increases damage taken except the head by +20%. Can randomly inflict bleedings on you.	2sec	After researching the effects just to be sure, I'm confused. Why would I use it except for plain entertainment or a even harder challenge?

d) Stamina system

In this rather short segment you'll learn how your two stamina bars work.

In Tarkov, you have two stamina bars.

The blue one is your arm / upper body stamina, while the green one is your legs / lower body stamina.



Sprinting, jumping, walking overweight and the impact of projectiles drain your leg stamina.

You should always keep a little bit of stamina as a backup and not empty it completely. There are situations of course, where it's less risky to do that and is absolutely fine, for example at the last meters to the extract at the very end of the raid. If you have to travel overweight, sprint from cover to cover / from bush to bush and crouch between these sprints.

Aiming down your sight, throwing grenades and using melee weapons drains your arm stamina. The most relevant conclusion to this is: You can't hold an angle forever.

Once your stamina is depleted, your aim will start to shake. Also, the heavier your weapon is the higher the drain on your arm stamina while ADS. The difference between light and heavy weapons is very noticeable. Trust me, I love my SA-58 (FAL) as much as I love my MP5s and MP7s, and that's like night and day.

e) Weight system

In this segment I'll sum up the most important effects of Tarkov's weight system.

Here's a very informative video on that topic by [J Dog th3 Wise](#) which is still up to date as far as I know.

1. Until you hit **40kg, no penalties will take effect.**
2. Between **40kg and 50kg** you make more noise while moving and you take more fall damage. You also move a little bit slower while walking and **your overall stamina drain is increased.**
3. **Once you hit 50kg+, your stamina will only regenerate while not moving,** and going prone / standing up takes like 15-20% of your total stamina. You have to calculate +50% time needed to head for the extract. I usually sprint from cover to cover regenerating my stamina in between while being crouched.
4. **In between 60-75kg, your walking drains stamina.** Your sprinting will need to build up momentum first, so you're as agile as a freight train.
5. When you're carrying **75kg+ with you, you start to walk at a snail's pace** and are unable to sprint. It'll take an eternity (like 5x as usual) to get to the extract compared to a normal below 50kg weight situation.
6. **Having a higher strength level than lv1 increases these thresholds.** Temporary increase can be achieved by using the MULE stimulant, and if you're not heavier than +75kg the SJ6 Stamina stim can be very useful, too. Of course, there are other strength-increasing stims you can use as well, but the MULE is the best one.

CHAPTER II: THE BEGINNER GUIDE

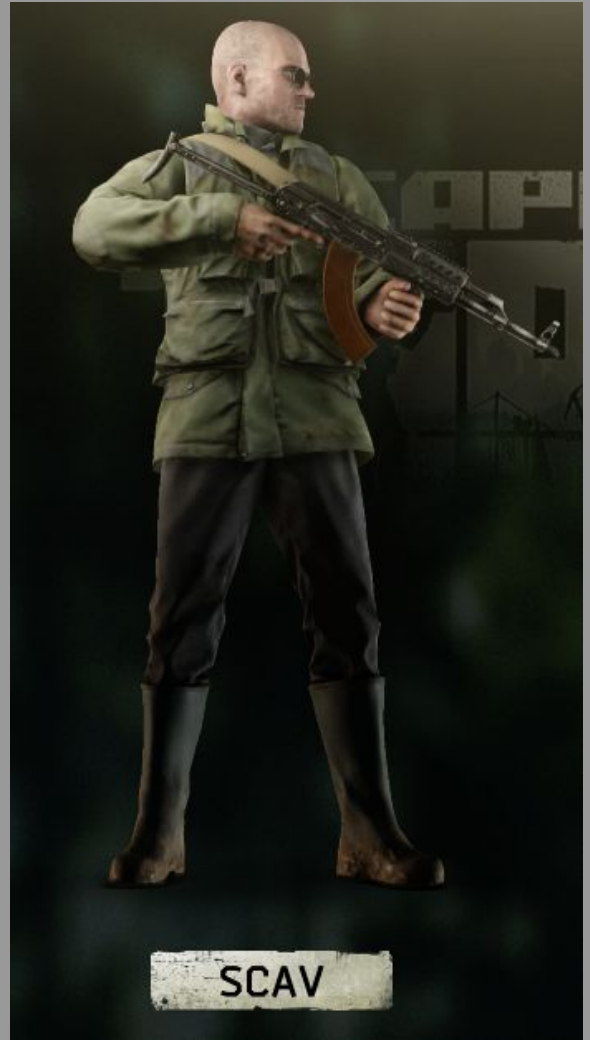
1. The different game modes: PMC, Scav and offline raids

This segment will show you the differences between Scav and PMC raids.

One of Tarkov's most unique features is the distinction between PMC and Scavenger raids. PMC simply means Private military contractor, which is your main character. All quests you'll be working on are PMC quests, and technically your stash and hideout belongs to your PMC as well. The skill points and levels are completely independent from one another and yes, your scav actually levels his skills like a persistent character, too. But in my eyes scav raids are a complement, not the fundament.

So what's the difference between normal raids and scav raids then? Well, if you spawn in as a scav, there will be a lot more random factors. Most importantly, you have random low-tier equipment, although you can get lucky from time to time with an SVD or something comparable. Secondly, the time of the instance you're spawning in is random as well as your position on the map. You can be lucky and have a car medkit and a morphine injector already in your backpack when you spawn in, or you don't even have a backpack and a Makarov with one magazine. You get it, right? It's random. Scav raids also have a timer attached, so you can't spam them (should be 20min). It doesn't matter if you extracted or not in the scav raid before. **The ultimately redeeming aspect of every scav raid is - you don't lose anything if you die. By contrast, if you die with your PMC everything will be lost unless you get lucky with your insurance.**





spawns with full raid time left	spawns in at a random time
can bring whatever equipment / gear he desires (theoretically)	you can't choose, it is what it is
loses all items that have been looted or aren't insured after death	loses all items, too, but no investment was required
access to quests, hideout, stash	No quests etc. Only loot transfer if extracted successfully to your PMC stash available
set spawn / extract zones	a lot more and more random spawn / extract points
AI scavs will shoot on sight	AI scavs will be friendly until you open fire on another scav (AI or player-controlled!)

TLDR: PMCs are a more predictable element. Scavs are characterized by randomness.

All of the following pieces of information only refer to playing as a PMC. Player scav have pretty random spawns and different exits. When playing as a PMC, do not try to exit “Sniper Roadblock” or “Warehouse 17” for example, these are scav-only exits!

You will either spawn on the west side (left) or the east side (right). The small yellow arrows indicate where possible PMC spawn points are. The green/blue labels indicate a PMC extract, while orange labels are scav extracts. There usually are 12 PMC players on customs, roughly 6 on each side of the map. You need to extract on the opposite end. There are three fundamentally different types of extracts on almost all maps. Once you understood that, you can always apply it to other maps, too. Check out this table:

Standard extraction point	Optional extraction point	Conditional extraction point
100% open = all the time	randomly open or not	always open, no matter which side you spawned on
no visual indicators needed	visual indicator like green smoke or floodlights	depends on your action + preparation
EXAMPLES		
ZB-011 if you spawned on the left side	Old Gas Station if you spawned left side → Green smoke = open	Dorms V-Ex You need to bring 7k rubles, max 4 players and wait 1min → is gone if somebody used it already
Crossroads + Trailerpark if you spawned on the right side	Smuggler’s Boat if you spawned right side → Visible campfire = open	ZB-013 in stronghold Requires the power lever in Warehouse 4 to be pulled and the Factory Exit Key.

If you die, all gear and loot items will be lost except your safe container and its contents. You also lose all the quest items you might have found this raid. All items you looted but were in your secure container lose their found in raid (FiR) status. This means you can only sell them to the traders, not sell them on the flea market.

If you have a second monitor, **you should have a picture of the map you’re playing open while playing.** This is possible with a tablet or smartphone of course, too.

Let’s get started! **Don’t equip your finest gear or something that just looks cool.** If this is your first raid ever, follow these steps: Take a MP443 Grach / P226 (depending on your character choice), a magazine or two and some ammo to fill up the mags if needed (9x19 PSO or PST). You’ll also need sufficient medical supplies. Our Mission is to kill 5 Scavs and fet some budget gear. That’s all you need for now, no body armor, no helmets etc.



When you spawn, **try to orientate yourself**. The rails and large factory buildings indicate you spawned at the east side of customs. In this example, you just spawned near the entrance to old gas.

Good positions to kill scavs are: Customs and Storage (Garages) on the west side; Silos, Checkpoint and gas station on the east side. There usually are some scavs at the dorms nowadays, too, but it's a high traffic area you might want to visit later on. Stay below the radar and take the scavs seriously. You might not be able to distinguish AI from players, which is totally normal in the beginning. Scavs yell in Russian and have certain preset paths.

After Scavs have spotted you, you usually have 0,5-0,8sec before they open fire. If you have cover nearby, hunker down and let them reset their "aggro", which usually takes about 3 seconds. Re-peek them, now knowing where the scav is, and kill them with headshots if possible. When looting scavs, **laying on the ground while searching a body usually is preferable**. Don't be picky, a semi-auto shotgun = MP153 can be a deadly weapon. Put on their gear and fight your way to the exit. Take the largest backpack and rig you find.

A safe route doesn't touch hotspots unless it's late into the raid. Also, you have to understand that for Customs, the loot is distributed very unevenly. This results in the Big Red area (left on the map) having little loot but the industrial area (bottom right) has a ton of loot. The consequence often is that you tend to leave Big Red rather fast and try to cross into the right half of the map while having the opposite spawn it often can take 10-20min before even thinking about leaving the spawn area.

Here are two examples of possible safe routes.



For this second route you need the Factory exit key, which is a worthwhile investment 100% of the time. You can always skip that and go past stronghold to RUAF Roadblock / Trailer Park exit, although your backpack usually is filled up nicely already by that point.



If you extracted successfully, take a deep breath. Time to play tetris = filling up your stash. There are very little items that aren't valuable enough to make them worth looting. I could provide you with a list of them, but this list would be outdated quickly. Simply check the price on the flea market and you'll get a feel for how it works.

If you died, evaluate your experience. What went well? Which aspects could I improve on? Only pick one or two things on which you'll be focusing the next raid, don't overburden yourself. Keep a level head, dying is a core experience when playing Escape from Tarkov.

3. Preparing low-level gear sets

In this segment you'll learn how to combine the rather isolated pieces of knowledge into a viable gerset for your first raids.

Keep your **loadout balanced**. It's not logical to carry a PM pistol with your only tier4 armor and a PACA might not be enough to keep you alive while carrying your freshly looted and highly modded AK. Check the picture below for a few examples of cheap and balanced low-gear loadouts.



EARPIECE GSSh-01

HEADWEAR SSh-68 30/30

FACE COVER Momex

ARMBAND

BODY ARMOR PACA 50/50

EYEWEAR 6B34

ON SLING 2 AKMSN 762x39 30/30

HOLSTER

ON BACK

SCABBARD

TACTICAL RIG Bank Robber Ak55 30/30 Ak55 30/30 4 Car 220/220

POCKETS RGD-5 PS 20 6 AI-2 100/100 5 Inkillers 4/4 Compass

BACKPACK Berkut Esmarch

POUCH Kappa Splint PS 60 IFAK 8/12 300/300

23.3 KG / 88 * 440 ^{▲12.41}/₄₄₀ 100 ^{▲184}/₁₀₀ 110 ^{▲193}/₁₁₀

EARPIECE GSSh-01

HEADWEAR SSh-68 30/30

FACE COVER Momex

ARMBAND

BODY ARMOR PACA 50/50

EYEWEAR 6B34

ON SLING 2 590A1 12g 8/8

HOLSTER

ON BACK

SCABBARD

TACTICAL RIG Bank Robber 6.5x12c 20 6.5x12c 9 6.5x12c 20 4 Car 220/220

POCKETS RGD-5 Esmarch 5 AI-2 100/100 5 Inkillers 4/4 Compass

BACKPACK MBSS

POUCH Kappa Splint PS 60 IFAK 8/12 300/300

22.1 KG / 88 * 440 ^{▲12.41}/₄₄₀ 100 ^{▲184}/₁₀₀ 110 ^{▲193}/₁₁₀



These are examples and recommendation based on my other explanations. There are a ton of possibilities to adjust these very early game setups to your liking and budget. Keep in mind these examples are very low-gear and super budget-oriented.

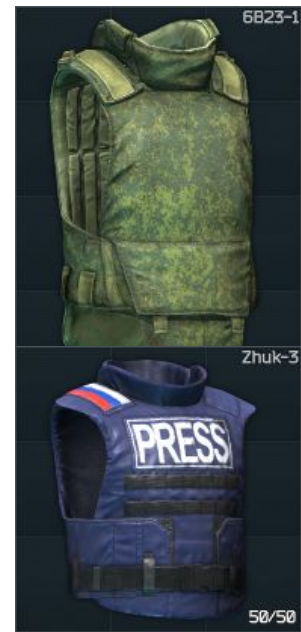
You can go in with no helmet, the SSh-68 / Penis helmet or the modernized Russian army helmet 6b47. NEVER USE CLASS 2 HELMETS like the Kolpak, Djeta and such.

There is a reference book for all gear items at the end of the handbook. Talking about headsets, it doesn't have to be this one. Many players don't like its sound, but it's cheap and comes in handy to generate cashflow with Ragman. It's always up to you to use any other headset available. Not bringing a headset isn't an option in my opinion, Tarkov is too reliant on audio. Always has been, as far as I'm aware.

Facecover and glasses are not that important, although I think a facecover like the Momex or balaclava is slightly useful to conceal your rather bright face. On maps like woods, I like to even go in without a helmet to reduce my profile further and pick a face cover like the green shemagh. But that's very niche, of course. Glasses are just there to slightly reduce the raindrops on your screen if there is rainy weather. Nothing spectacular.

The options regarding body armor are plentiful. Unless it's two weeks or less into the raid, armor class 2 and 3 only protect you from scavs. The jump to class 4 with 6B3TM

rig in the last screenshot is way more effective, because it can tank one hit of most medium pen rounds before it breaks. **At the end of the day, use whatever body armor you've got.** A basic PACA serves two key purposes: Not getting killed by cheeky buckshot scavs so quickly and upping your cashflow on Ragman until you can buy better stuff. Cheap class 3 body armor like the Zhuk3 or the 6B23-1, maybe a looted Kirasa can do the job as well. But everything lower than class 4 is unreliable and meant to protect you from low penetration ammo only.






4. What weapons low-level players should use

In this segment you will learn which weapons combined with what ammo are recommended options until level 25 or even further.

Since you should be aware by now that ammo and calibre is more important than the weapon itself, we start with viable calibres to be used without flea market access (lower than lvl 10). My recommendations start with what I ultimately think is the most reliable option available. The further you go down the list, the more “hipster” they get. Success depends on your playstyle, veterancy and the potential aim you have.

a) 7.62x39mm options

	<p>Vepr/AKM VPO-136. Civilian AKM. Cheap, 30 round magazines, but only semi auto. Is an insurance boomerang when unmodded / slightly modded.</p>
	<p>AKM with it's variants (AKMS, AKMN, AKMSN). Folding stock variants are cheaper, they use the letter S in the weapon name. Best option in that calibre, but demands the highest setup investment.</p>
	<p>SKS and OP-SKS. Requires the least setup because you don't need magazines. Ability to top-load, even with 20-round magazines. Only the OP-SKS can mount scopes and dovetails, which is the brighter variant.</p>

Best bang for your buck option - my recommendation early on!			
7.62x39mm PS Prapor LL1 <90 Ruble per shot	57 dmg	32 Penetration → safely penetrates class 3 protection → can spray down class 4 armor with multiple hits	High armor damage and no negative ballistical effects
High investment option to be able to fight geared players			
7.62x39 BP Prapor LL3 but requires significant Quest progress 800-1000 Ruble per shot on the FM	58 dmg	47 Penetration → burns through everything except rare class 6 armor	Extremely high armor damage, very small negative effects on accuracy and recoil.

Pros	Cons
<ul style="list-style-type: none"> • Can double tap most scavs on the thorax • Almost 100% penetrates class 3 faceshields and helmets. This gives you confidence because you know that a headshot in the face can kill most PMCs. • Very cheap PS ammo • High flesh damage means even hits on limbs while panicking still hurt a lot • High armor damage means you can spray down higher tier (class 4 or even class 5) armor without needing to invest in expensive ammo. 	<ul style="list-style-type: none"> • High recoil on all weapons • 30-round magazines are unaccessible until lvl1 Prapor or Flea Market access • 20-rounders for the SKS are a key upgrade, one is enough usually. Needs to be bought from the FM.

b) 5.45x39mm options

Please note you should under no circumstance use any ammo with lower penetration than PP. This means SP, HP, PRS, US, FMJ, T and PS variants are NO TOUCHY!





AK74s and the variants like **AK74M**, **AKS-74** etc are rather cheap and available. You can buy 30-rounders from Prapor directly. Dovetail-scopes can be mounted on variants with the letter M or N in their name.



AKS-74U, also called Krinkov. Worst option for this calibre. Its best feature is - it shoots. Everything else leaves much to be desired. A last-ditch option.

It is usable, but not recommended			
5.45x39mm PP Prapor LL2 (lv15) 155 R/shot, but cheaper when bought on the FM or crafted	46 dmg	30 Penetration → reliably penetrates class 3 protection → can't spray down higher tier armor	Low armor damage
5.45x39mm BP Prapor LL3, isn't really worth the price imho.	48 dmg	32 Penetration → safely penetrates class 3 protection	medium armor damage
Recommendation: Very balanced and still affordable			
5.45x39 BT Buy it from the FM. Prices vary, but are usually <400R/shot	44 dmg	37 penetration → quickly penetrates class 4 armor after one or two hits → ability to spray down class 5	High armor damage

Pros	Cons
<ul style="list-style-type: none"> Offers acceptable controllability Many players enjoy the low rate of 	<ul style="list-style-type: none"> Usable ammo needs to be bought on the flea market

<ul style="list-style-type: none"> • fire and jack-of-all-trades layout • Magazines and basic attachments are available at LL1 traders 	<ul style="list-style-type: none"> • Rather low stopping power, which results in more hits needed
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c) 12gauge / 12x70mm

I'm probably going to provoke some players by saying this, but shotguns are absolutely viable weapons as of patch 12.8. **One pellet hitting the face hitbox results in an instant death. Make sure you always use one of the buckshot variants!** It doesn't matter which one. Don't use slugs unless it's AP-20, which is only sold by Jaeger LL4 and therefore hard to gain access to. It can also be crafted with the Workbench lvl3. Using shotguns requires a lot of creativity to manipulate the gunfight in such way you're not fighting on distances longer than 20m. Important disclaimer: It's practically impossible to penetrate any body armor with buckshot. Shotguns are viable because of their unbelievable flesh damage up close. Make sure you try to hit the face or the legs.



Trust me when I tell you, a lot of players I've coached in the past have been using shotguns as one of their mainstay weapons for medium tier loadouts to great success!

	MP-133. Weakest of these options. Found plentifully on scavcs. I can't prove it, but the spread seems to be bugged and is too inaccurate.
	Mossberg 590. Decent spread, but only pump-action. Regularly found on scavcs.
	MP-153. Very stronk because it's semi-auto. Try to get one with a 6-, 7- or 8-round magazine.

Pros	Cons
<ul style="list-style-type: none"> • Strong against unarmored targets • Lethal up close... • Insanely cheap ammo, requires no additional setup due to not needing any magazines 	<ul style="list-style-type: none"> • Requires ambushes or CQB fights • But useless on range • Fighting players with a faceshield requires split-second decision making and aiming for the legs.

d) 9x19mm Parabellum

Using 9mm without having access to higher tier ammo choices like AP 6.3 and 7n31 requires some fast paced decision making as well as good muscle memory and aim. You need to click heads! This is made easier with high rates of fire and high controllability. I recommend using Pst gzh from Mechanic LL1 until you get better ammo types.

	MP5. LL1 trader obtainable. 800rpm. 30-rounders. Nuff said. Magazines aren't that cheap, though.
	PP-19-01 Vityaz. Cheap. Weak but can do the job. A lot of AK attachments actually fit on it. Watch out you're not accidentally picking a semi-auto civilian Saiga-9.
	MPX. Best option and easy to modify, but flea market or Peacekeeper LL2 needed.

5. How to modify a gun for dummies - early game gun modding

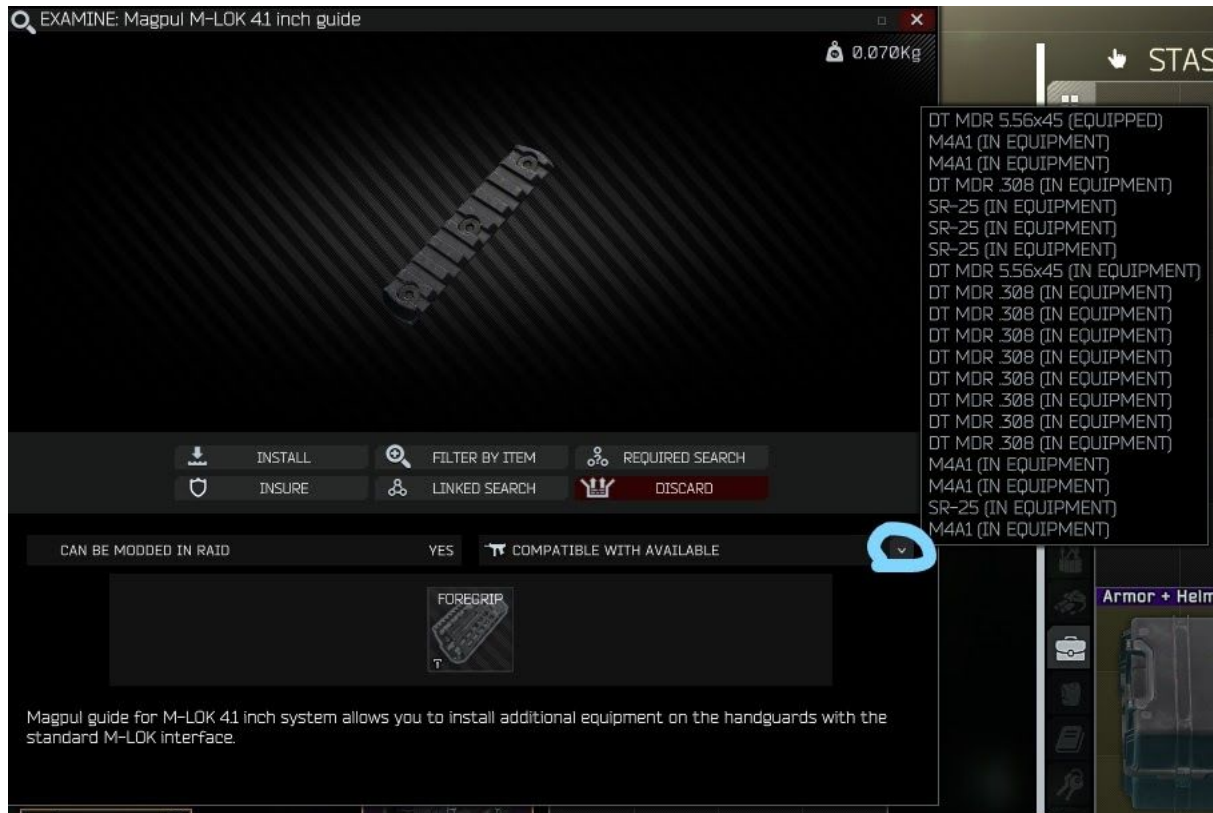
In this segment you'll learn how to approach early-game modding and why you shouldn't overinvest in your guns.

First and foremost, you should stick to what you can buy at a reasonable price. This means best-in-slot items are a no-go and selling them when you find them in-raid instead of using them is also perfectly fine. Many players are used to having a red-dot or comparable sight attached to their guns, as it is the case in other FPS games. This can prove somewhat tricky in Tarkov, but I'm going to show you how to do that. To really get it through your head again, **you want to invest as little as possible with the highest positive effect possible.**

Don't think of your weapons as something special. **They are workhorses, pieces of metal that are 100% replaceable as is the money you spend on them.** Especially players playing their first wipe are expected to lose more of their guns in the process of leveling up. Getting emotionally attached to your weapons will affect your gameplay in a negative way. I

can't even remotely count how often I told newer players: "Once you equip a weapon it's gone. You just don't know when it'll happen."

If you're unsure, which attachment can fit where double click it before buying. You'll see a drop-down menu looking like this:



Note that 'equipped' → on your character while 'in equipment' means the weapon is in your possession, but stored in a weapon case, a backpack etc.

The essential modding slots, which most weapons share, are:	
Stock	Important source of recoil reduction
Dust cover	Important on AKs or the SA-58 to mount an optic on it
Pistol grip	Important source of ergonomics
Front / rear sights	Used for aiming when no optic is attached
Handguard	Provides slots for front grips, lasers and sometimes even optics. Some of them have nice boosts to ergo/recoil
Muzzle brake	Important source of recoil reduction

Especially early on, **recoil reduction** is the most important. Focus on upgrading your stock and muzzle brake modding slots to improve recoil. An **optic** is a very useful attachment as well. Your problem is, you don't have the necessary trader levels for most of these items and

want it cheap and easily accessible. You want to loot every optic from scavs/players and might even put them into your safe container.

a) modding an AK

One of the more common problems Tarkov novices face is how to fit a scope on an Avtomat Kalashnikova (also called AK). There are several difficulties when trying to attach an optic to an AK. You have essentially three options:

1. **adding a dust cover with a top rail** (somewhat common on scavs) like the “Akademia Bastion” dust cover. Alternatively, you can add a small rail with the TT01 rear sight adapter (sold by Prapor LL2 or somewhat cheap on the flea market).
2. **adding an optic with a dovetail mount**, either integrated (EKP-8-02 from Prapor LL1) or via dovetail rail mount (Axion Cobra mount from Jaeger LL1). This will only work with AK-100 series, AK74M and AK(S)74N or AKM(S)N! The other variants do not have the dovetail adapter!
3. **adding a handguard with a top rail** (like the B10M) and attaching an optic there. This is the worst possible because placing an optic this far away from your eyes feels weird and you have no reliable way to get these handguards.

After that, you’re good to go. If you can get one cheap from Prapor LL2 or the flea market, buy a **GP-25 Recoil Pad** and slap it onto the standard stock. This is absolutely sufficient modding early on.

But how do I know whether my AKMSN or my AKS-74 can fit a dovetail mount or not? The following variants can equip a dovetail optic: Everything with an “N” in its designation as well as the AK-100 series and the AK74M.

Here’s an overview of the many different AK variants in the game.

AKM	<i>in 7.62x39 caliber</i>	Especially good for low-levels!
AK-74	<i>in 5.45x39 caliber</i>	Well-rounded gun, but lacks raw DPS or high-end controllability unless high-end attachments are used.
letter S like in AKMS or AKS-74	<i>equipped with a default folding stock. Higher recoil and no options to attach high-tier stocks in case of the AKMS. GP-25 Recoil pad fits, though.</i>	Inferior stats make it very cheap on the flea market. Budget options in my eyes.
letter N like in AKMN or AK-74N	<i>can fit dovetail optics and scopes</i>	One of the easiest options to mount a sight for low levels
letter U like in AKS-74U	<i>shortened version with more recoil and worse accuracy. The same pattern applies to the other shortened versions like AK-105, AK-102, and AK-104.</i>	Completely inferior to the long versions in my opinion.



Akademia Bastion dust cover often found on scavs. Remember to remove the rear sight!



B10m handguard, sometimes found on scavs or scav guards. Probably the worst option considering price, availability and the weird position of the optic.

6. Risk-assessment and common mistakes

In this segment you'll learn how to approach maneuvering, positioning and pathing.

Tarkov isn't a Battle Royal game! I'd even go further and state that Tarkov isn't even a pure PvP game. It's a survival game where looting is essential and PvP is important. Although some gameplay mechanics are similar, you can disengage many fights with a bit of map knowledge and still "win". Avoiding a gunfight with a quest item in your pockets, already good loot or against superior enemies is nothing to be ashamed of. If we use that approach to set ourselves a goal for each and every raid, it is to get out alive. A "boring" raid with no PMC encounters often results in a safe way to make profit and quest progress. They'll naturally come to you most of the time. **Don't actively jump into each and every gunfight** unless you've got nothing else to do than lose your stuff or prove your manliness.

So in order to accomplish that paramount goal of surviving as many raids as possible, you must know when taking risks is feasible and when it isn't. Logically, the next question is "but how can I know that?" Short answer, you can't. You can only judge and guess. The direction of this causal chain is intelligence (which I'm going to call intel from now on). Even without any experience, knowledge about other players positions, their recent actions, their gear or their group size can be used to accomplish great results.

In short, produce as little intel as possible which can be used against you and gather as much intel as you can about the other players in your raid. **The most important mistake I see when coaching and spectating other players is sprinting.** The raid times are long enough, take your time. Sprinting is incredibly loud and can be heard over long distances. If you're not being shot at or standing in the middle of the road, walk normally. And please, do not do these small sprint steps that result in quickly tapping the sprint key over and over again. Sprint or walk, make up your mind!

But - if intel and audio in particular really are as important as I say - you might ask yourself why I don't recommend sneaking as a default stance? There are situations where being quiet is crucial. But they are too rare to sacrifice your own mobility that much. And let's be honest, **there is no point in sneaking without you having tangible intel on enemies nearby.** Also, the movement sound increase between moving normally and sprinting is way more relevant than when we compare walking and sneaking.

The same mentality applies to camping as well. Camping is frowned upon by many players, but we have to face the truth that Tarkov doesn't care about moral opinions like that. There are a lot of patient players out there. **Still, I am under the impression that a lot of waiting is done without a purpose by newer players and therefore isn't more than wasting your precious time.** Waiting, camping, lurking, however you want to call it, is viable only if you've got valid intel on an enemy's position. The better your intel and general knowledge, the more effective your ambush is going to be. To give you an example: Imagine you're slowly making your way to Big Red on Customs after you spawned at Trailer Park. You don't hear anything, but once you enter Big Red you notice that the office door on top is unlocked. Since it's probably just two, three minutes into the raid, chances are high they've just opened it and are still looting. Switch to sneaking, and position yourself to counter them

when they go down the stairs. This is a very clear example, mainly because you a) have 99% intel accuracy because of the default locked door, b) there is only one way out and c) your camp spot is easily defensible against other threats. If you want to ambush somebody, ask yourself these questions:

1. **How accurate is my intel** on the enemy?
2. **How many escape routes do they have**, can I cover them? How likely is it that they take the route where I established overwatch?
3. How likely is it that I'll be sandwiched inbetween a third party and the enemy I initially wanted to ambush? **Is my position concealed and easily defensible?**

Another extremely important topic is the debate how important high-value loot is.

High-value loot can be found on most maps: Custom - Dorms marked room, Reserve - various rare electronic spawns + two marked rooms, Interchange - KIBA, Emercom and ULTRA medical store, and basically the whole Resort on Shoreline. I'd say that Shoreline is the outlier here, because you have to travel long distances just to get mid-tier loot scattered around a large map, so you're more dependant on actually going for the resort. But this is not a binary perspective, of course!

Especially those players, who started playing Tarkov because they had been enjoying Tarkov streamers and content creators, are focused a lot on copying how their ingame idols play. Since these Streamers most likely have a ton of experience, you think "Yea let's do it like Pestily or Lvndmark do it, let's hit Dorms for some PvP and the marked room!" And I'll be brutally blunt, that's an absolutely crap idea for newer players. Streamers have more experience and they play to entertain their audience. This is a different situation.

On every map, you can make a decent profit without hitting high-tier loot areas. There are two key problems with high-tier loot spots like dorms:

1. **It is dangerous.** While you're coughing on your own virtual blood next to half a dozen other still warm bodies in front of marked room, there is a ton of nice barter items in tool boxes and medbags that cry in vain, because nobody looted them again. Because of this hotspot-nature it's likely you have to win multiple player engagements, many of them versus squads.
 - a. To give you some context, when I play solo customs and I do it without dorms and drug lab, my survival rate is 70-75%.
 - b. Same factors, but I hit dorms and drug lab, my survival rate drops down to 50%.
2. **It is unreliable and not worth the risk** (for solo players / newbies). You can loot designated LEDX-rooms 10 times in a row and not find a single one. But you have exactly the same risk every time you go there.

Let's say you survive 10 out of 25 raids making it a 40% survival rate when rushing dorms. And this is generous compared to the survival rates of many decent and experienced players. Most of the time, the marked room doesn't have anything spectacular, but for the sake of simplicity let's assume the spawn chance of one of the 200k+ cases is 10%. This leads to a $0,4 * 0,1 = 0,04 \rightarrow 4\%$ likelihood of you extracting with a meds case, for example. Assigning a rather high theoretical value of 300k and multiplying that with your 4% chance of

getting this high-tier loot, we get an average extra amount of loot value of 12k rubles per raid. If you survived 50% of the time but without dorms, you'd have significantly more rubles on average per raid.



[\(source\)](#)

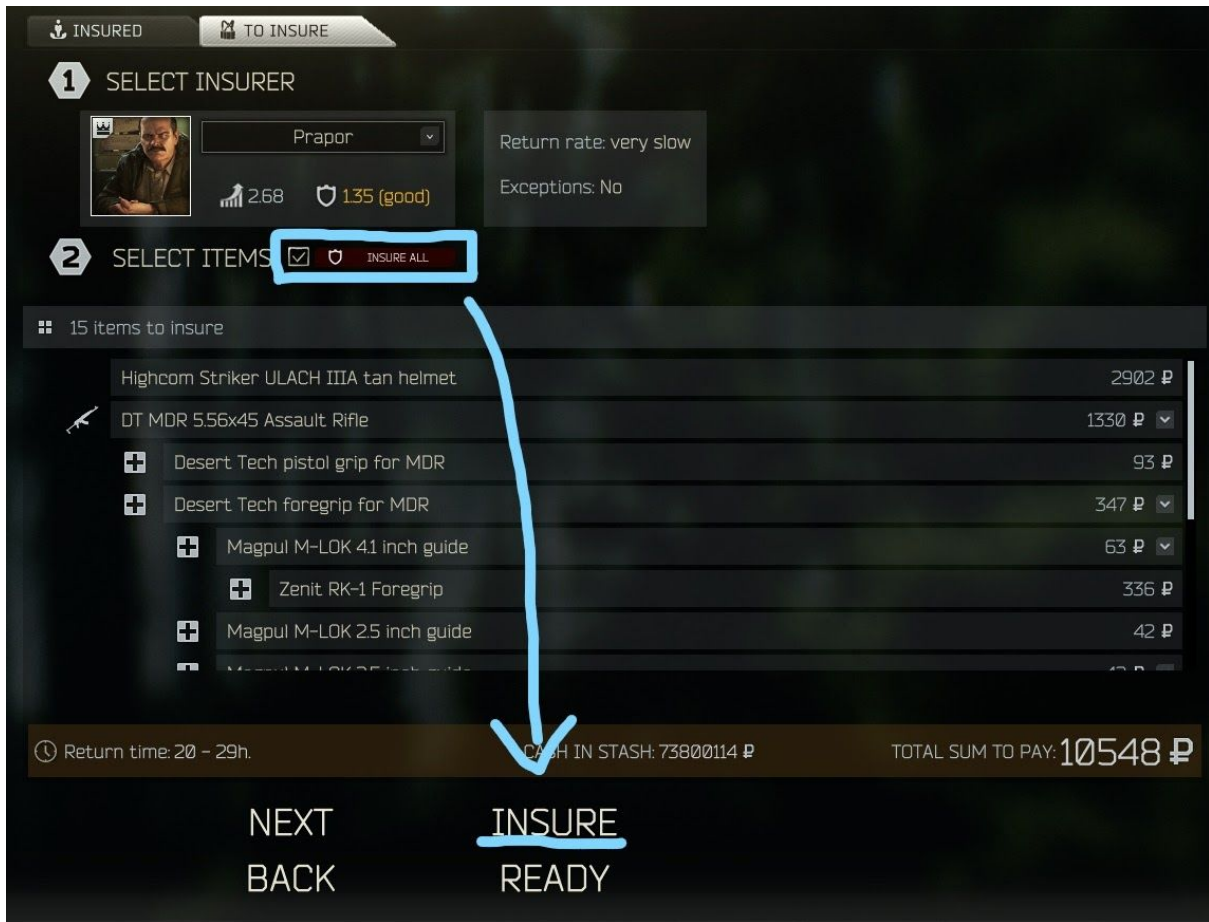
If you are trying to run dorms marked circle for money, you are risking your life for an extra 12k per raid, which isn't more than a grenade, an item of bolts or just one of the unremarkable cheaper red-dots. **I can't stress this enough: Learn how to loot reliable, accessible and less dangerous mid-tier loot** like industrial and electronical barter items.

7. Insurance and its benefits

In this segment you will learn why it is important to insure as many items as often as you can.

Speaking of insurance: If you can spend the few roubles, **insure everything!** Even if just a MBSS backpack, or a few Mosins come back by dubious means (Prapor, I'm looking at you...), it has already paid off. Remember though, that medicine, ammo and grenades can't be insured and will never come back.

To make sure you'll never forget to insure something, **click on the insure all button right before heading into a raid.** Don't forget to click insure at the bottom to confirm it, too!



You can either insure with Prapor or Therapist.

return time: 24-36h	return time: 12-24h
standard price	1,75x more expensive than Prapor
3 days to collect items	6 days to collect items

Prapor is cheaper and the better option, if you're playing regularly (every 2nd day or more often). Otherwise, If you have the funds consider insuring via Therapist, because she keeps the items for longer after recovering them. Remember she costs 2.5x more than Prapor, though.

Insurance fraud is an excellent way to make money / prevent gear loss. If a body has better body armor, just throw your insured one into the bushes and equip the looted one. The same goes for Helmets, Rigs, backpacks. Sometimes when playing low / budget

weapons, you can even throw away your Mosin to finish the raid with the wonderful HK416 you just acquired. Only make sure you have enough ammo to fight your way to the extract.

One last explanation regarding the insurance paradoxon: Most people tend to insure their high gear, but not their low gear, since they think it's not worth paying the insurance for. But in reality it should be the other way round. The probability of even a player scav not taking your cheap shotgun or unmodded AK is very high. **Ensuring even super cheap gear results in a situation where you have a basically never ending insurance cycle of low gear** full of unremarkable weapons, penis helmets etc once you invested in these setups.

8. Philosophizing about popular general misconceptions

I couldn't find a better heading for this segment, although I found it incredibly important to add. When writing this, I've spent about 140 full days in Tarkov playing approximately 7.000 raids. Let me take you through a few of my thoughts.

a) A short evaluation of the "hatchling topic"

Some people play as hatchlings, which is Tarkov slang for PMC players playing only with their (unlootable) melee weapon equipped. To each his own... from rags to riches can surely be fun. But forgoing the realistic ability to compete even against AI scavs is idiotic in my opinion. You need to get a feel for the gunplay and every cheap pistol can kill with a headshot. You better believe me, I have been clapped by pistolings a fair amount of times. Additionally, BSG added a penalty for players entering the raid without a weapon: If they die, they need to heal up all HP instead of only 60%. **The short conclusion is: Bring a gun and do yourself as well as every other player in the same raid a favor.**

b) A not so short evaluation of the Chad - Rat dichotomy

According to the cambridge dictionary, a dichotomy is a difference between two completely opposite ideas / things. And this is spot on regarding the Chad - Rat talk that has emerged over the year 2020 in Tarkov. I have no intent in disrespecting content creators propagating this template, but the idea of having two pretty much set-in-stone playstyles for Tarkov is not only completely missing the point, but also a major negative influence for lesser experienced players.

So in theory, a chad is running only premium gear, meta weapons / loadouts, and is actively trying to end every digitally living creature that happens to join his raid. A rat player is somebody who completely tries to minimize risk. He's ambushing exclusively, camping and picking up the scraps. Rat gear is often displayed as cheap or extremely budget effective. Examples are the cheap 6b3TM class 4 armored rig and the Vepr Hunter in 7.62x51mm.



[\(source\)](#)

New and inexperienced players strive to have a role model because it simply is a very difficult game. But, dear reader, let me tell you, these two easy-to-grasp role models are not appropriate at all. I personally switch between Rat and Chad behavior multiple times a raid, heck, even multiple times in a single engagement. We're not talking about fun, we're talking about efficiency - welcome to a very "German" perspective. And efficiency-wise, full-throttle Shift-W gameplay is as stupid as roleplaying a scared sewer rat is boring and still inefficient.

Think about it - if you lack the funds to buy expensive meta-gear, you assume you're forced into not taking fair gunfights because you are having the disadvantage. But truth be told, you shouldn't take fair fights any time, no matter your gear level. Additionally, many chads will try to hunt you down even harder the more defensive you are. The thing is, the more aggressive and purely PvP focused the chads play, the more rats will be there to counter them. This in return forces the Chad to adapt, but he most likely will start to rant on the reddit or BSG's twitter. Adapting is hard, because you have to admit that you were doing something wrong. Most stereotypical Chad players will just try to play even more aggressively. The problem stabilizes itself and recreates Chad vs Rat situations consistently.

At the end of the day, you have to find out what is fun for you and what works for you! Don't force yourself in to one of these mental blueprints. There are situations to be aggressive and go full-throttle, and situations where patience and conservative decision-making is key. I often imagine having a big red button written 'violence of action' on it. And when I'm disturbed minding my own business and have enough tangible intel on the enemy, I hit that button. People assume they got killed by another sweaty level 60+ chad again, but what they saw was just the tip of the iceberg.

Trying to sum it up, I'll leave that reminder for you: **"Fight like chad, loot like a rat"**.

9. Managing your stash early on

In this segment you'll get a basic understanding of stash management and key quest items.

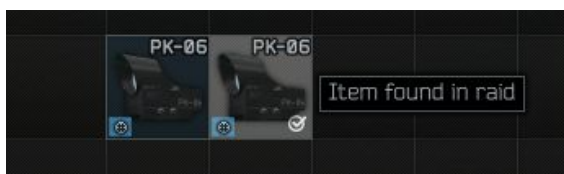
Proceed on **using the gamepedia-wiki for your quests**. After reaching lvl10, you can use the flea market for quest or hiedout items that are not required to be found in raid. Each time you extract = survive a raid, you receive bonus XP. This is very valuable and you should focus on completing your quests instead of running to every gunfire you hear. Surviving will aid you greatly in getting precious rubles and XP to rush to lvl10 as fast as possible.

You will not have access to cases in the early game. **Bigger tactical rigs like the AVS and Blackrock actually generate space** and are excellent to store many smaller items. You'll be storing many cheap weapons (like ADARs and AKSUs or Mosins). Always remember to remove the pistol grip and the magazine of the stored weapons. In the example picture, you could even sell the magazine and the pistol grip, since you can buy both for just a few rubles at Prapor LL1. Thats a difference right there, a 4 slot weapon compared to a 10 slot weapon.



If you extracted with the gear of another player, always check their magazines. If you looted a few 60rounders with expensive high-tier ammo like M995, 5.45BS / IgoInik or 7,62x39BP, you really should use this ammo instead of selling it off to a trader. Some not very knowledgable players use practically unusable ammo, and you want to double check everything. After one raid is before the next, and preparation is key.

Remember to keep important quest items. In theory, you could just get every item needed for quests on the flea market. That's how I personally approach all quest items that don't have to be found-in-raid. But many key quest items require the "found in raid" condition. Do you notice the small white checkmark at the bottom right corner of the 2nd item? This item was generated with the instance of the raid. But once you bring this item into a raid yourself, it will lose the found-in-raid status forever.



You have to find these items yourself, either as a PMC, as a scav or by crafting them in your hideout. Items with the little white checkmark are found in raid. Most important in-raid items you need at the very beginning of some questlines (at the 0.12.8 patch) are:

- **2x gas analyzers** (three in total for Therapist, but only two have to be found in raid).
- **8x morphine injector** (Therapist quest after the gas analyzers)



- **5x secure flash drives** (2x for Skier early on and 3x for jaeger quite soon...)

You're able to find great, excuse me, frickin' awesome image guides on the Tarkov Wiki showing what quest items you'll be needing in a full quest playthrough. [This one](#) is a full list, while [that one](#) is filtered to in-raid only items. There's also a pretty neat overview of all the questlines for each trader [right here](#).

10. Using the flea market

This segment will explain everything that's necessary to know in order to use the flea market efficiently without getting scammed.

The flea market was a great addition to the Tarkov experience. **It's unlocked once you hit lvl10 with your PMC. I personally use it a ton to get the most money out of my looted barter items.** The most important thing about the FM is that you can only sell something if it has the found in raid status (FIR in short). FIR means the item was generated with the instance of the map, it has never been in the stash of another PMC. Scav / Scav boss items are found in raid unless they've been looted in another raid and have been brought back in as equipment by a fellow PMC.

If you die with let's say a valuable LEDX in your safe container, the FIR status is lost. It is lost upon death which means **surviving with important key quest items is really impactful, even if they are in your pouch!** You can also lose a lot of money in said example, because you probably don't need any LEDXs for your quests/hideout anymore. In that case, you're forced to give it to a buddy for his quests / hideout upgrades or sell it to a trader for way less profit.

Even if you have regular trader access to a certain item, let's say an SKS 20round magazine, you still should loot it if it's found in raid. You sell it to those who lack the necessary trader unlocks for a significantly higher price and if you want to use the exact item yourself, just use the non-FIR ones you can buy from the trader directly.



Let's get to the selling and buying itself. **Always sort by price ascending**, so you get to see the lowest offers first. I'm going to risk some hostile reactions, but **always exclude bartering offers** since 99,9% of them are only there to scam other players. These scam offers often appear to be the cheapest, but the flea market uses the trader value of the required items instead of the flea market value. Check the rough value of the required items first, before accepting any barter trade!

You add requirements for the potential buyer by clicking on the small plus icon. You then have to choose a currency or one / several items you've already examined. For every offer you place, you will need to pay a tax / commission in rubles. It is automatically withdrawn from your stashed money and basically disappears.

The money you get from the flea market is received by Ragman, accessible via the messenger menu in-game. Don't forget to collect your cash, though, because it will disappear after a few real life days if not collected.

If you want to buy a document's case for instance, and a poor soul forgot a zero (15k instead of 150k) and you see the countdown ticking down... relax. **You absolutely can try to snag the extremely cheap offer, but I guarantee you, you're one of thousands.** The chance you receive it is just pure luck because everyone will be spam-clicking on it. I personally do not try to camp extreme undercut offers, because statistically, it's simply a waste of time.

The flea market is also a great way to get hold of some quest items that don't have to be found "in-raid". Example: Since I'm not a fan of the labs gameplay, I played normally to generate some money and bought the LedX needed for a quest on the flea market. Not a single labs raid needed. Suddenly need 12x wires and 10x light bulbs for your hideout? Just buy them on the flea market.

The thing is, looting items - especially rare ones, is RNG based. Making money in Tarkov isn't. Unless I need something special to be found in-raid, I won't adjust my proven playstyle just to rush to certain loot spots like a maniac. If you enjoy the roleplaying aspect and want to feel a sense of accomplishment by finding a certain item (like 25 CPU fans for the bitcoin lvl3 upgrade) yourself, absolutely do so! But from a purely pragmatic point of view, playing economically efficient on a map you're confident on and just buying what you need on the flea market is the way to go. The same goes for the gunsmith tasks, where you basically have to use the flea market unless you get LL4 with all the traders.



Especially in the early wipe cycle, keep an eye out for the items you'll be needing next. Maybe the demand and therefore the prices are yet pretty low. **Buy them in advance.** Example: Realising I would need 50 graphic cards for the bitcoin farm lvl3, I bought them in advance as soon I had the financial backing to do so. I paid 180-220k per GPU, while I would have been paying 30-50% more at a later point in time.

At first you only have two offers available at the same time. This is because your trader reputation is 0. You gain reputation by actually selling stuff on the flea market. 0.1 increase on your reputation equals to 100k rubles gained from deals. You lose reputation if your offer

runs out without being sold or you remove it after the countdown. Withdrawing an offer before the countdown ends does not result in reputation loss.

Reputation from	to	Number of offers
<-2	-2	1
-2	0,2	2
0,2	10	3
10	30	4
30	50	5
50	70	6
70	100	7
100	150	8
150	250	9
250	500	10
500	750	12
750	1000	14
1000	>1000	1000

Chapter III: TIPS FOR INTERMEDIATE AND VETERAN PLAYERS

1. A general perspective on infantry tactics in EfT

This section was heavily inspired by [1AmTh3Brut3Squad's Reddit post](#), 08.01.2020. "Direct Quotations" are indicated as such.

1. ***"Every noise you make is a piece to the puzzle of your location. Not just shooting, but also walking."*** If you've been fighting Reshala and his goons and there were massive gunfire and grenades for minutes, many curious players will investigate this, often leading to your death. The same thing applies when you're passing the dorms area near the map border, triggering all of the nearby bushes and sprinting. Any player inside the dorms will take a look out of the window and probably kill you.
2. ***Full auto is good in CQB, precise semi-auto shots are good for gunfights over 50m.*** This also depends on the weapon you're using, its muzzle velocity and whether you're prone (reduced recoil) or not. Use it as a general guideline.
3. ***"Violence of action: When you push, push hard. In for a penny, in for a pound."*** This means fully commit to any action you decided to do. Don't half-arse two things.
4. ***If any sudden engagement happens, always know the nearest cover.*** Shoot at the enemy and try to kill him, but don't just stand there in a Mexican standoff. Retreat while backing off towards cover. This way, in theory, both outcomes are positive for you: Either you killed him, or you're in cover. In short: Don't overcommit to gunfights unnecessarily.
5. ***"It's said the infantry can survive on just beans and bullets. It's all we need. Implied is water, as you can't make beans without water... [...] Nothing sucks more than viewing the rising sun over the bodies of your enemies on an empty stomach".*** ***Don't save expenses when it comes to provisions (water+food). Same goes for ammo,*** two 30round magazines for an unmodded AKSU-74 are not even enough to do some scav kills on customs, I can assure you that. Every good loadout, even budget ones, have a tactical reserve of provisions, medkits and ammo.
6. ***"Cover vs concealment: This is a simple concept that's often misunderstood. Cover means the object will, in theory, stop whatever's coming my way. Concealment just means it will block line of sight and obscure my position. Hiding in concealment does NOT mean you can't be shot, it's just harder. Hiding on cover will generally also be concealment but don't trust in that. Your duck walk may lead to a rifle barrel poking out. You're covered, not concealed."***
7. ***"For the cardinal rule: Slow is smooth, smooth is fast."*** Handle decisions and actions with care and be thoughtful. In the end, you'll be faster than acting hastily. This also helps to keep a cool head in any dangerous situation.

2. Entering the midgame: How to compete

a) defining your goal - composing your gear

I will divide the level of gear into four categories and provide examples for each one.

As mentioned before, loadouts need to be balanced. They also need to be reasonable for your goal. Adjust your gear to your goal.

Please note that general-purpose assault rifles like the AK can basically fit any level of gear, depending on how modded they are and the ammo loaded.

very low gear - you probably can defend yourself...	
<i>Suits these goals:</i>	learning the map, killing scavs, fast loot runs / quest item runs.
<i>Body-Armor & Helmet:</i>	none, maybe a PACA
<i>Weapon:</i>	pistol, SKS, Mosin
<i>Backpack:</i>	none, Slingbag / T-Bag, duffle bag.
budget gear - you can defend yourself, but be wary.	
<i>Suits these goals:</i>	loot runs, safer quest item runs, scav kills, opportunistic PvP engagements.
<i>Body-Armor & Helmet:</i>	Class 3 armor + army helmet, cheap class 3/4 armored rig.
<i>Weapon:</i>	slightly modded AK, any 9x19MP, SKS, ADAR, Vepr.
<i>Backpack:</i>	MBSS, Scav BP or Berkut
effective high gear - you can fight anyone but may have problems with juggernauts	
<i>Suits these goals:</i>	everything above, playing for fun
<i>Body-Armor & Helmet:</i>	large class 4 armored rig, 6b47 helmet or class 4 helmet without faceshield
<i>Weapon:</i>	modded AK and mid-tier ammo, P90, SVD or slightly modded M1A. Depending on your playstyle, you can also upgrade your 5.45 / 5.56 ammo choice to

	be a more cost-efficient juggernaut killer.
<i>Backpack:</i>	TriZip, Beta or Mechanism.
full juggernaut gear - you can challenge anyone, but may not be profitable!	
<i>Suits these goals:</i>	everything above, playing labs, actively looking for PvP engagements
<i>Body-Armor & Helmet:</i>	class 5-6 body armor in good condition
<i>Weapon:</i>	M4/HK416, modded AK with high tier ammo, AS Val / VSS, MP7, any 7.63x51Nato DMR or the FAL.
<i>Backpack:</i>	Pilgrim, Attack2, Paratus, Blackjack50

b) Learning the other maps

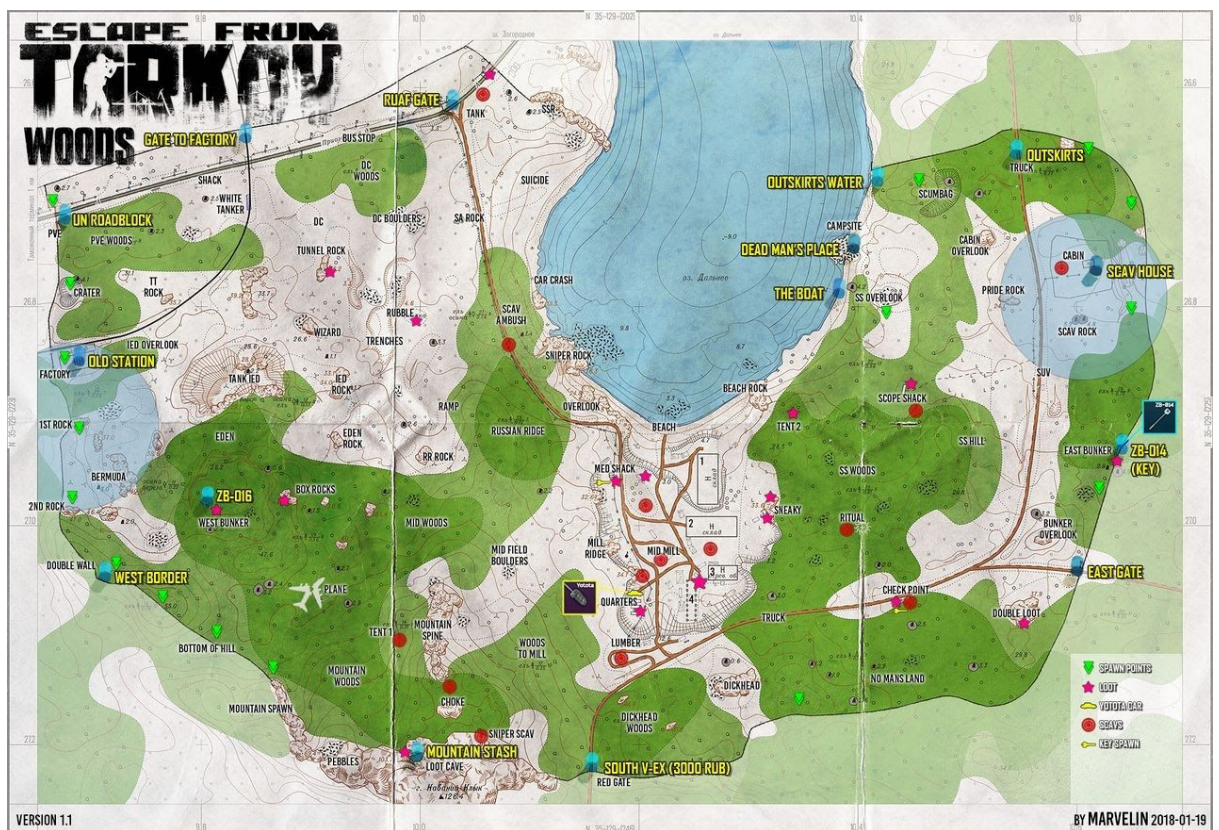
This part of the guide will provide you with a baseline of knowledge regarding the maps after you got to know customs in the Beginner's guide.

Depending on your progress at the different quest lines, you have to visit some other maps. This means you will need to leave your comfort zone, which customs may have already provided. I will give a short overview regarding the map layout, hot spots, looting and general strategy. Reserve still is new and the map optimization is pretty poor, which is why I haven't played it more than 80-100 raids. It will be added later on at an unknown date. Labs is covered in the late game section.



I. Woods

- **Description:** Horseshoe-shaped map with a sawmill in the middle. The gameplay is focused on mid-long range combat. No keys are needed to access loot, although the ZB-014 key can be useful as well as bringing the needed 7k roubles for the V-Exit. For end-game raids a red rebel icepick and paracord combination can open another exit.
- **Scavboss (35% chance): Shturman** with 2 heavily armed guards (named Svetloozersky). They patrol around the sawmill and you'll probably hear the very distinct rapid SVDs fire indicating that Shturman actually spawned.
- **Looting:** Pretty scarce. ZB-016 and ZB-014 have industrial loot. There is a marked location (ritual), where high-value items like document cases or keytools can spawn. The scope shack can have scopes (Cpt. obvious here!) and provisions, and there is a duffle+permanent dead scav body at Dead man's place worth checking out. You can find various weapon chests and boxes in the sawmill as well as a bunch of jackets and a safe in the quarters. Tent2 near the beach rock has a high chance to spawn secure flash drives, often more than one.



- **Strategy:** Taking the first 10 minutes or so to stay below the radar and possibly ambush another player / squad is a working strategy for me. If you're not silenced, try to avoid scav in this time period. Most of the time, you'll see them coming and will be able to maneuver accordingly. Be aware of the favorite sniper locations: Beach rock & sniper rock, bunker overlook, dickhead and mountain spine. Take your time to scan the area before closing the distance, especially when you need to go to the sawmill. Always remember that many players playing woods for fun do bring a lot of patience and tend to wait things out.



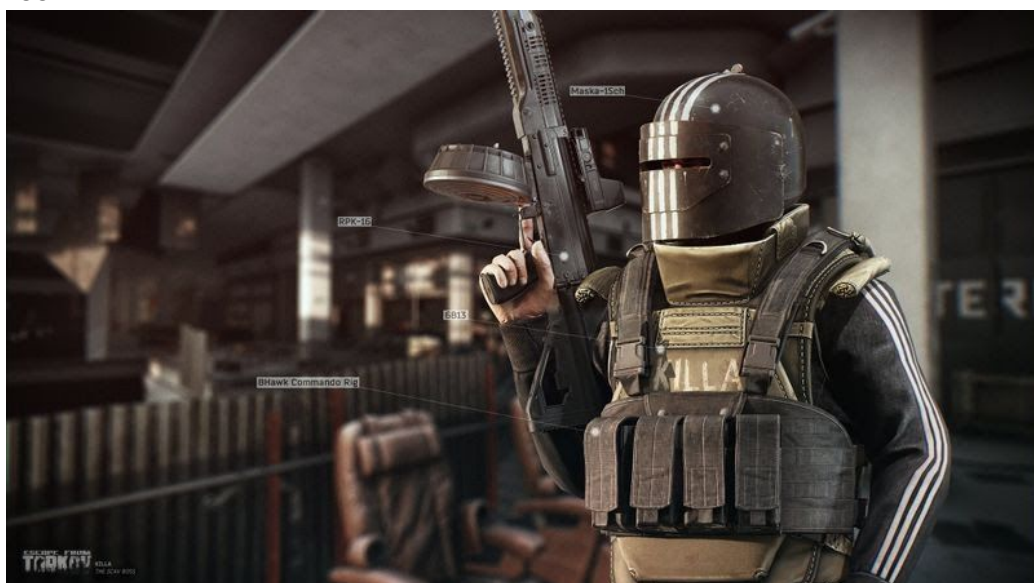
II. Factory

- **Description:** Small, close-quarter combat with only 5-6 PMCs, so count precisely. You need to absolutely learn the map layout. When breaking things down, it consists of tunnels below, the main floor, overhead walkways and the office/bathrooms area. Many scav players like Factory because you can easily extract after just one kill or even just with your starting gear. There is no scav boss and the only useful key is the Factory Exit key. It opens two (!) other exit possibilities, which will help your survival rate on factory greatly.
- **Looting:** Well... not much. There are a few green crates littered around, but the main hot spot is the office room with a safe, two jackets and two drawers. Don't forget to check the shelves in the office hallway. You can find medkits and general loot laying around sometimes, but usually, it's not worth looking for it. On factory, you're going to have to profit mainly by scav pockets&bags and PMC kills.
- **Strategy:** Learn the spawn points... The Gates 0, 1 and 3 can have PMC spawns as well as suicide (also called red light), garage or the S bend tunnels. Either rush or try to ambush the nearest possible spawn point. Bring enough mags (either size or quantity) and ammo to fill them up, I've been cornered in the bathrooms/office countless times and needed it badly. AI scav and player scavs tend to spawn in sometimes large quantities after 5min. If you have solid loot, it's absolutely OK to extract before the scav horde appears. Gate 3 is the only non-locked PMC extract, so many poor souls like to camp there. Be cautious all the way to the exit.

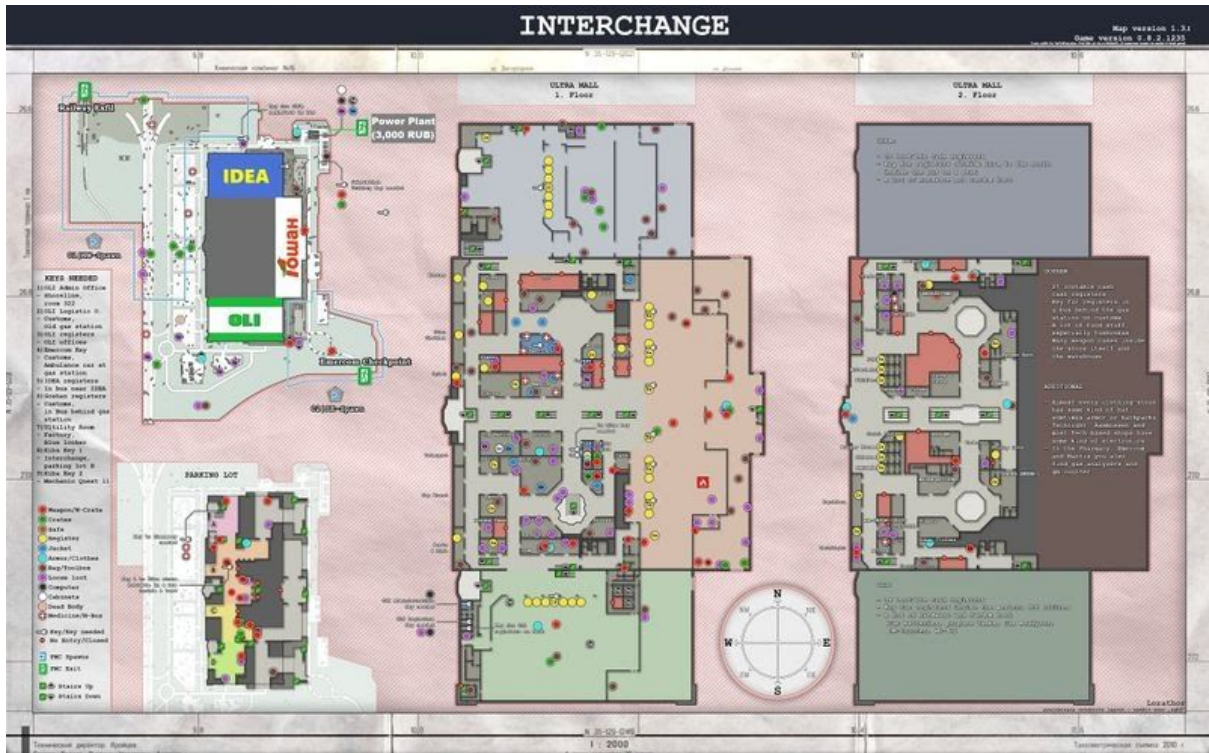


III. Interchange

- Description:** Very loot heavy shopping mall with 1-2 stories and a garage. Has a huge amount of high-value loot, most of it not locked behind keys. You can find most of the things you'll need for your hideout here. Beware, because there is a pretty deadly scav boss = Killa, a high amount of player scavs and usually many geared players on Interchange. I find it pretty difficult to learn the name of each shop, especially if you're not able to read the Cyrillic shop names.
- Scav Boss (38%): Killa.** He plays solo, carries excellent armor and has a light machine gun with 60round or 95round drum magazines. He uses high-end ammo and carries frag grenades. His helmet itself is armor class 4, but his faceshield is class 6, therefore being impenetrable for most ammo. Depending on your ammo/caliber, try to shred his armor or hit his helmet instead of his faceshield. If you manage to ambush him, legmeta might even work and preserve the valuable class 5 armor. Beware that he is very mobile and loves to charge if someone caught his aggro. He patrols around the KIBA, Mantis and Generic area.



- Looting:** Interchange consists of mainly 4 areas: IDEA, OLI, GOSHAN and the central small stores area. Please do me a favor and don't loot the cash registers, it's way too risky. There are PC rooms in southwest IDEA and northwest OLI. OLI has a large amount of industrial loot to use for your hideout or to sell for a small fortune. Techno&Techlight right northeast of OLI have very good electronic loot. The ULTRA Pharmacy is right next to them on 2nd floor and can spawn LEDXs. Emercom and Mantis have medicine loot. KIBA requires both keys and has good weapon and attachment loot, but is usually very risky and in the end not worth it often times. Many of the small stores like Rasmussen, ADIK, National or Brutal are somewhat safe to loot and can have valuable loose loot laying around.



[LINK](#) to the map (credits to Lorathor / Gamepedia)

- Strategy:** Many players have a certain route through Interchange. A silenced weapon can prove invaluable, since you may be focussing on looting instead of in-the-face PvP. I prefer to play Interchange in a very opportunistic way: I follow my loot route and avoid choke points early on since there are many dark corners for even lowly geared players to set up a deadly ambush. If I have intel on enemy positions, I try to locate a beneficial position. Usually, I don't chase players if the opportune moment has passed already. If you know the spawns well, you can rush some hot spots like Techno/Techlight or IDEA office pretty safely.

IV. Shoreline



- **Description:** Large map, with a village area, some cottages, a pier, and a large health resort. Shoreline has similar loot to interchange, but it's much more concentrated on the health resort. Additionally, you will need keys to play shoreline as a moneymaker. Shoreline has a unique mix of long-range combat around the open areas and deadly CQB at the spa.
- **Scav Boss (35%): Sanitar.** This guy is a bullet sponge. He has 1270 HP and makes heavy use of stimulants to increase his effective HP and healing even further. He and his two guards are found in both wings of the resort, the port / pier area and the cottages. While Sanitar is unarmored, his guards usually have class 5 body armor, decent weapons and high tier armor. This deadly trio doesn't roam that much, so be aware not to get ambushed by them. Sanitar and his goons are rather manageable to deal with when they spawn at the pier or the resort, but they are probably the scariest AI in the game when at the cottages. The backyards of the cottages are a messy terrain with bushes, greenhouses etc and Sanitar likes to hide in these bushes, while still being able to shoot at you at extreme distances.
- **Looting:** There is solid general loot with many duffle bags, jackets, and toolboxes in the village. If you have the two keys, the cottages (Villa) can provide valuable loot via safes and weapon boxes. Scav or loot island is a bit risky due to only one access route. The pier building has three drawers, two PCs and two safes, but also only one access way. Some valuable items can also be found in the weather station (radar tower), the power station or the bus terminal. The main loot, however, is located at the Spa/health resort. For quests use the Eft gamepedia, for looting / moneymaking guides one of the popular content creators like Tweak, Pestily, and many more. There are many solid guides ([like this](#), credit to Tweak) out there, providing you with an overview of the myriad of health resort rooms, their loot, and necessary keys. Many adjacent rooms are accessible via the balcony, so one key is often enough for



two rooms. All the precise pieces of information are online, please use the [Eft Gamepedia - Shoreline page](#).

- My keys for a full loot goblin resort run with a squad are (SICC case needed)
East Wing: 107, 205, 213, 226, 308, 310, 313, 314, 316, 328
West Wing: 104, 112, 203, 216, 218, 219, 220, 301, 306, Safe 321
- **Strategy:** Business as usual: Either rush when you have a good spawn... or take your time securing your spawn area and making sure you won't get ambushed. Sound and footsteps and even more so locating them precisely is a valuable skill at the health resort. You will need to learn the layout, which floors are blocked, which rooms are high traffic etc. For snipers and patient players, ambushing the main routes to and from the health resort can work pretty well. If your quest is to kill scavs, avoiding the high-risk area of the health resort is completely viable.

In general, most shoreline raids have two key player engagements:

- **Many times you'll meet the adjacent PMC spawn on your way to the health resort.** Always try to locate yourself wisely and try to get a clear overlook of your flanks.
- **The fight for the health resort itself.** Since the east and west wing are pretty much separated from each other, there could be a whole squad of juggernauts in the other wing at all times. The cinema/theatre/office building to the north towards the Rock passage has some mean line of sights on some balconies. Sometimes you'll be receiving a kind welcoming commando by an already fortified squad in the health resort when approaching, sometimes you'll seemingly out of a sudden hear enemy footsteps when already inside.



V. Labs

Insurance will not work on Labs. There are no scav players, and all AI scavs are raiders with mid- to high-tier gear and scav boss aim. You will need to activate most of the exits before using them, usually causing scav raiders to spawn.

You need an access card, costing between 160-220k. This is your entry fee. You can pretty easily make it back on labs, given you survive the slaughter. Labs is a great source of grenades, medkits, and high-tier weapons and magazines.

I personally do not enjoy playing labs so forgive if I can't give you more of an introduction.

Some general ideas:

1. Learn the valuable loot spawns and the exits + their activation method as well.
2. Audio intel is very, very important.
3. Raiders can always interrupt an ongoing PMC fight. Be very careful not to get sandwiched and play proactive and thoughtful.
4. If you try to budget run Labs without high tier ammo, try to farm raiders only. Keep yourself below the radar, avoiding the extreme high-value loot spawns and security arsenal area and therefore avoiding PvP fights against labs-only fanatics.
5. Ammo is more important than armor. Most players will be using extreme high-tier ammo that shreds any type of armor anyways.

c) Lone wolf gameplay: Playing solo

This segment will give you an idea on how to improve your solo experience.

Playing solo can be difficult until you realize you have distinct advantages, too. There is no need to coordinate with anybody, you're faster both while moving and when making split-second decisions. When playing lone wolf, you'll need to be both faster and slower compared to playing with squadmates, depending on the situation. Silenced weapons, if available, are important. If you have a good and pretty secured position and scored a juicy kill, wait until you loot. Either scan the surroundings and keep the body in sight or circle carefully around the body, clearing out any possible squadmates he might have had.

Summarizing, you need to use the following tactics when playing solo:

1. **Ambushing**, opportunistic ones as well as planned ones.
2. **Quick and efficient looting** techniques because nobody can cover you.
3. Using **audio queues** as de facto cover. You are not only more mobile, but more silent compared to squads, too.
4. Seemingly **erratic movements when being chased** or when trying to evade a gunfight, possibly re-engaging shortly after. Remember not to leave easy-to-spot traces behind, closing previously locked doors for instance (factory shortcut on customs)
5. **Always be self-sufficient**. A CMS kit, 1-4 grenades, enough ammo+mags to fight squads+approaching scavengers and enough medkits to heal 500-600 HP are a must in my opinion.

d) Playing with a squad

This segment will teach you some crucial rules to be a proficient team player in EFT.

Playing with often changing squadmates can be problematic. **Try to find a common ground between the different play styles.** If one has more experience or is a better player

on a certain map, appoint him the leader. He decides whether to engage distant gunfights etc. When playing as a duo, this is not necessary.

If you decide to split up to make pincer movements, always communicate clearly and never take fair fights in 1v1 situations, unless impossible to avoid. **Always try to enforce 2v1 engagements on your enemy.** When playing with 3+ persons, it can be beneficial to assign a pre-determined order. The second player being the Squad leader, while the last is the designated flank runner if possibly needing one.

Within my group, it has established itself that the player who kills another PMC has the right to loot him first unless communicated otherwise. This makes looting easier, clears the communication channel and prevents bad blood because of unfair loot share. The golden rule is also that **only one person loots one body at the same time** while the other person covers. The covering person mustn't expose themselves, because there is no benefit in wasting his virtual life and gear.

Summarizing, you need to use the following techniques and tactics to be a well-coordinated squad in Escape from Tarkov:

1. Make sure you have the **same callouts**. Always treat your squadmate's callouts as they were yours = take everything seriously, you have to trust each other.
2. Use a **similar level of gear**, if possible. This is necessary to have a realistic chance to recover your fallen comrade's gear.
3. If playing in a group of 3+, **assign a squad leader** and probably even some pre-determined roles for quicker pincer movements.
4. Never take a fair fight, use your **manpower advantage**.
5. **Don't cluster** yourselves up in a single hallway. If two guns can't kill it, you should work on your positioning or your aim.
6. **Communicate accurately and efficiently**. Stop any friendly banter or chitter-chatter when the action starts.
7. **Insure everything**. If you die, your squadmates can hide your stuff and your only loss will be the missed opportunity to make profit as well as the lost medkits, grenades and ammo.

e) Investing in the hideout... or not?

The hideout can be a large money sink. But the sooner you upgrade it, the sooner you'll get your money back via scav case runs, the bitcoin farm or clever crafting.

Basically, it depends greatly wherein the wipe cycle the game currently is. At the start of the wipe, either try to be the first before the main bulk of players all want the same items (with skyrocketing prices) or the last one forgoing the benefits for raw cash.

You may ask if it's worth to upgrade the hideout, or which upgrades are very useful. It is worth to upgrade, but you'll need some spare cash for necessary items. Most upgrades are interdependent, which means you'll need to upgrade everything anyway. Take a closer look at the benefits and costs of the hideout [here](#).

Everything produced/crafted in your hideout has the found-in-raid status! This means you can not only craft for your own needs, but also for profit by selling the product on the flea market.

Noteworthy upgrades with a comparably high impact:

1. **All stash upgrades** for non-EOD-players. The first upgrade increases stash size by 38% compared to the standard edition, the second one +77% and last one (EOD level) +153%. Taking the prices for the upgrades into consideration, the first one is very efficient, while the last two upgrades are only necessary late game. This also depends on your financial reserve and your level of hoarding. With the first upgrade done, you can survive with some item cases for a long time.
2. **Intelligence Center:** Very handy crafts at lvl2, where you can craft secure flash drives which count for your quests as they are FIR. Flea market commission -30% (at lvl3 upgrade) results in remarkably more profit, adding up over time.
3. **Lavatory:** Ability to craft corrugated hoses, magazine cases and even blue fuel canisters.
4. **Workbench:** Overall a good amount of solid crafting options for high-end ammo as well as a few electronics you'll be needing for quests, too.
5. **Lvl1 Medstation:** Ability to craft Salewa Medkits for the Therapist quest early in the wipe.
6. **Scav case:** A camouflaged way to roll the dice. Invest either 500, 7k, 85k or one Moonshine/folder of intelligence (rough value 200-250k) to get a roll on random items. Especially the 6k option is basically always profitable, making you a nice rouble on the side without lifting a finger. [Here's](#) a detailed Video by onepeg on the Scav Case runs.
7. **Bitcoin farm:** Very expensive, but the sooner you get a stacked bitcoin farm with 50GPU, the sooner you will get your money back. This is the reason Graphic cards are worth 250k+ at the moment. Each GPU added has a reduced effect on the bitcoin production time, you can look at the [exact data here](#).

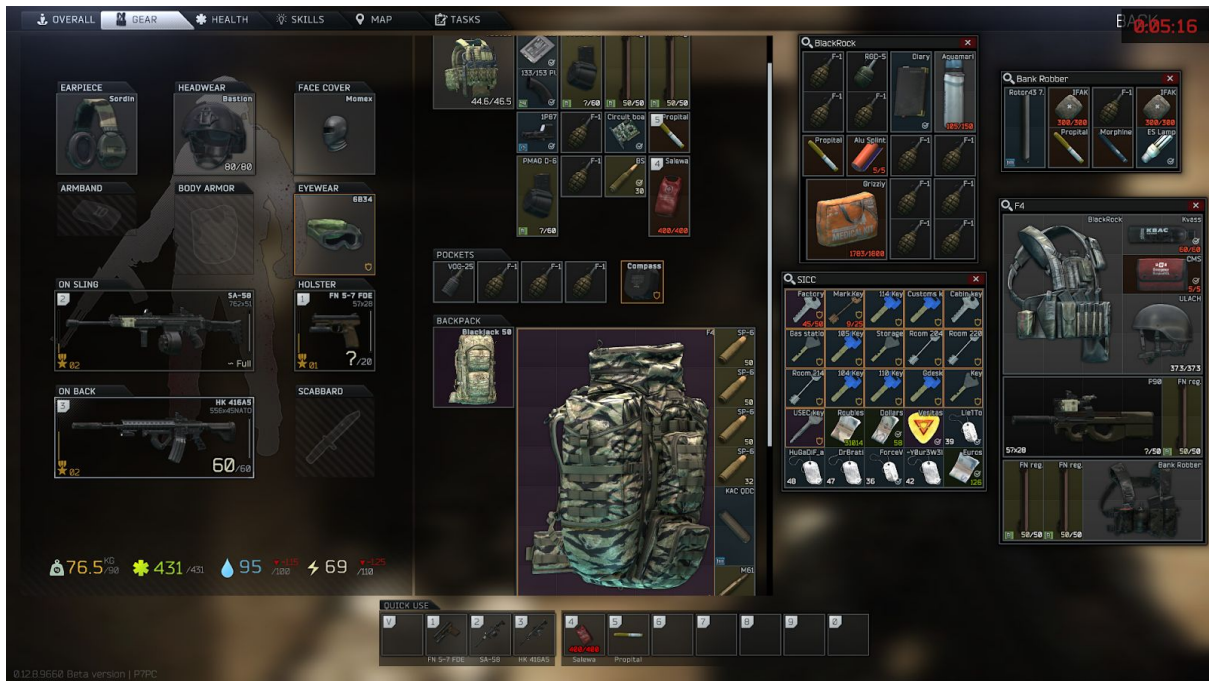
3. A general perspective at efficient looting

a) Value per slot approach

An easy rule of thumb: **Ideally each of your loot-assigned slots has a value of at least 10k rubles.** When looting in a rather empty raid, I'll be content with 6-7k per slot. Everything above is premium.

This means that looting weapons isn't that effective most of the time. Let's say you love playing SKS, and you have 2 of them in your Backpack since they're easy to store. But let's be honest, you assigned those two weapons 10 slots in your backpack. With each (OP-) SKS having a rough value of 30k, you're just making 6k per slot. Most of the time it's better to loot barter items, ammo, meds, and helmets. If you fill these slots with a circuit board, 2 HDDs, 3x Screw nuts, 1x Iskra Lunch box you'd make roughly 100k selling them on the flea market. That's way more efficient since you can buy yourself 2 OP SKS after the raid and still keep 30k.

Another example for good measure from early Nov '20:



3. Managing your stash efficiently

a) Weapon storage



Remove the Pistol grip and the magazine on most weapons to make them smaller.

The pistol grip + magazine space saving trick works well on weapons that have a typical assault rifle layout. As you can see with the P90, it can work with other weapon systems as well given you are a bit creative. Although storing pistol grips and optics is the most efficient in weapon cases, you should be using magazine boxes for magazines ideally (and obviously).





b) Backpack storage





Put all your Backpacks in a sweet little Matryoshka, since this way they won't need any space at all. Inside of this terrifying Frankenstein you can put quest items you'll need later, so you don't waste any space.






Some Backpacks like the Beta, the Blackjack50 or the 6SH118 Raid backpack actually create space, because they take up less space than they create inside. This can be used for smaller items or weapons you won't need very often.

c) Cases Overview

If you have the funds, invest in cases. Here's a quick overview of which items fit in which of the cases and how many you usually "need". Early on, the most important are a Scav Junkbox, an Ammo case, a Medcase and a Keytool/Documents case or even some magazine boxes.

	<p>Items cases: Anything, even most other smaller cases fits inside.</p>	<p>Sold at Therapist LL3 for 14k Euros, Barter trades at LL3</p>	<p>As many as possible. Currently most efficient way to store helmets, headsets and body armors / rigs.</p>
	<p>Dogtag case: Saves time and space when going for dogtag barter trades.</p> <p>Being just one slot, it can be brought into the raid.</p>	<p>Sold at Therapist LL2 for 435k.</p> <p>Can be found in marked rooms.</p>	<p>1x is sufficient, either in your stash or in your secure container when you don't have a SICC case</p>

	<p>Document case: Keys&Keycards, Currency, Flash drives. it's like a wallet and a keytool combined. If you're looting many safes, use this instead of a keytool. Otherwise, a keytool usually is better.</p>	<p>Barter at Therapist LL2 for 1x Cat, 1x Lion and 5x Horse Figurine.</p> <p>Can be found in marked rooms.</p>	<p>Depends on your key storage situation, but I'd say one is sufficient before upgrading to a SICC case.</p>
	<p>SICC case: Keys&Keycards, Currency, Dogtags, Flash drives, GP Coin / Bitcoin / Skull Ring. Its basically a document case merged with a dogtag case.</p>	<p>Barter only at Jaeger LL3, barter items are worth between 1,2 and 2,0 mio.</p> <p>No inraid spawns.</p>	<p>1x should be enough</p>
	<p>Keytool: Keys. Only Keys.</p>	<p>Barter at Therapist LL2 with items being worth between 500k and 650k.</p> <p>Can be found in marked rooms.</p>	<p>either 1x or upgrade straight to a SICC case. I like to use them as storage for my different map keysets.</p>
	<p>Medcase: Meds. Only meds.</p>	<p>Barter at Therapist LL2 with items beingt worth around 400k or more.</p> <p>Can be found in marked rooms.</p>	<p>1-3 Meds cases depending on your level of hoarding.</p>

	<p>Ammo case: Ammo. Only ammo.</p>	<p>Barter (LL1) and direct buy (LL2) at Mechanic, both cost around 180k.</p>	<p>2-4x to hoard ammo. This is useful because a lot of common ammo types have low per player limits per trader restock.</p>
	<p>Holodilnick Thermobag: Stores Provisions = Drinks and food.</p>	<p>FM value about 250k, barter at Jaeger LL2 costs around the same. (Subject to change pretty quickly...)</p>	<p>1-2x to store barter-provision items or just to conveniently store water/food.</p>
	<p>Magazine case: Magazines. Only Mags.</p>	<p>Can be crafted in the Lavatory. Value on the FM at around 180-200k.</p>	<p>As many as you want to organize your stash and get geared faster for the next raid, especially when playing with friends.</p>
	<p>Money case: Currency, GP coins, Bitcoins.</p>	<p>FM value around 500k, the barter at Therapist LL4 tends to cost a bit less.</p>	<p>1x is necessary, if you're a rich boy you might need to buy more of them...</p>
	<p>Scav Junkboxes: All loot. This means all things you can't shoot with, can't use, wear, eat or drink. → Barter items.</p>	<p>Barter for 100 dogtags (!) at Therapist LL2. Craft available in the hidout resulting in an investment of 700-800k.</p>	<p>1x or 2x to store barter items needed for the hideout /quests or for some good barter trades. I usually have 2x at the beginning of the wipe to keep quest items and sell one after a while.</p>

5. Weapon modding - designing your rifle

a) Regarding front grips

This short segment will show you the most effective choices regarding front grips.

Most front grips either favor Ergo and Recoil reduction. The more a grip favors recoil, the worse it gets ergo-wise. The most balanced grips are the RK-0 and the RK-1.

Ergo-king is the Fortis shift and its cheaper cousin, the SE-5. Recoil King is the RK-2.

Overall the most points are provided by the Hera Arms CQR grip, but it only fits on long rails (6inch+) and is incompatible with AKs and SA-58s. Front grips often times are your main customization option to tailor a weapon to your desires.

The following spreadsheet gives you an overview of every viable front grip in the late game, stats-wise. In the early game, use what's cheap and available.

Icon	Name	Recoil reduction %	Ergonomics
	Zenit RK-2 Foregrip	-5	-2 (!)
	Hera Arms CQR tactical grip <i>(doesn't fit anywhere)</i>	-4	+11
	Zenit RK-1 Foregrip on B-25U mount <i>(very expensive)</i>	-4	+4
	Zenit RK-1 Foregrip	-4	+3
	Zenit RK-0 Foregrip <i>(personally not a huge fan of this one)</i>	-3	+4
	Magpul RVG grip, <i>(decent budget option)</i>	-2	+7
	Fortis Shift tactical grip	-2	+11

My personal and provocative advice is, don't use the RK-2. Period. If you want to focus on Recoil, use the RK-1 (or if needs to be cheaper the RK-0). If you want max ergo, use the Shift or any other high ergo grips like the SE-5 or Cobra Tactical.

c) General guidelines

In this segment you'll learn where the modding mechanics limit your creativity when building guns. I will provide enough examples and explain my critique in-detail. There are negative examples at the end of this subchapter.

When speaking of Recoil values, I'm only looking at vertical recoil. Since I don't want to cluster everything with pictures, take a minute and have a look at the preset modding preview. You need the workbench lvl1, then you can test out various builds and get a feel for the different Ergo/Recoil balances. You can also check out [Virion's modding guide](#).

Generally speaking, you can mod almost any weapon to be an Ergo-build, a balanced / allround build or a recoil build. And honestly, everything in between. But there are some limitations of efficiency, created by the modding mechanics themselves. **I want to give you a veteran's perspective on reasonable weapon modding**, especially the highly subjective Ergo VS Recoil discussion.

Rarely do I see blatant mistakes when it comes to modding. My judgement is purely based on raw numbers, it's up to you if you want to go for the looks and deal with the downsides. **Can you imagine spending a small fortune on the modding of a gun and not improving any aspect in any significant way?** Check out these builds...

Just a small disclaimer: If I trash one of your weapon builds, that doesn't mean you're a trash player. If you're still having success with it, it could be that it's just you playing very well. That doesn't change the fact that some builds are straight up weaker than others.



[\(Full image\)](#)

Bloody hell. Yes, I've seen builds like this, enough of 'em to include it here. Builds like this one are both bad and expensive, giving you the worst from two worlds.

- **Silencer:** Bad. It's simply bad.
- **Gas Block:** The standard Gas block has fixed front sights, have fun aiming with a scope while the front sights obscure your vision right in the middle of your screen.
- **Valday 6x scope:** The scope ain't worth it when your accuracy is 2MOA resulting in a expected deviation of 6cm at 100m and 9cm at 150m. I don't see the point, although it's one of the less important mistakes here.
- **PK-06:** Yea that's fine. In this case, I'd put it on the main slot on the upper receiver and leave the long range scope in my stash.
- **Handguard:** Once you're investing so many rubles, buy a decent handguard. There are a lot of cheap and viable non-meta options available, like the URX 10,5, MK10, Geissele 13.5inch or the LVOA-S.
- **Frontgrip:** This thing costs 45k from the trader and 65k+ on the flea. I'm not criticizing somebody using it, although I think it's overpriced as hell. It just doesn't make sense investing that amount of money into a bad weapon.
- **Stock:** The stock isn't best in slot, but can do its job fine. Somebody forgot to buy the recoil pad for it, though. Without one, this stock is pointless.



[\(Full image\)](#)

Alright, somebody has to be a masochist. I mean, at least his right shoulder is masochistic because that recoil will rip the user apart.

- At first glance, decent attachments. Pistol grip, Frontgrip, muzzle brake and stock are fine.
- Why on earth though would you voluntarily use a **7.62x51 full auto weapon with a stubby 11' barrel?**
- Consequence of the short barrel is absolutely **crazy recoil and bad accuracy**. You're trying to force the SA-58 into a niche where it just doesn't fit into.
- I personally experimented a lot with SA-58s and came to the conclusion that **only long-barreled versions are usable**.



[\(Full image\)](#)

Another prime example of trying to force a weapon into a role which it can't fulfill.

- Stock and frontgrip are extreme recoil choices. And I totally get you, the kick on the AS Val is harsh, especially with 900rpm. But why on earth do you want to min-max a subsonic CQB weapon for such extreme recoil and lose a ton of ergo in the process?
- Just switch out the HK-E1 for a MOE Carbine+buttpad and exchange the RK-2 with an RK-1. Boom, now you've got a controllable and balanced AS Val.



[\(Full image\)](#) Kind of the same observation here.



[\(Full image\)](#)

This one makes me want to scream in pain.

- Alright, this weapon's accuracy is so bad, that the deviation on 50m is 12cm and 24cm on 100m. Why would you need the 4x scope, if you can't fight on these distances?
- And, you might've guessed it already, the RK-2 is completely ineffectual. Ergo-grips on MP7 and MP9, period.

6. Mastering the lategame: Being fully geared and still making profit

You just hit level 40, got most of the quests done, and wonder what to do. Well, the fun has just begun. You can play however you want, as long as you have the funds. With the help of the flea market, you can buy such a loadout yourself, but at an inflated price. Especially ammo and attachments are way too expensive to run these loadouts without direct trader access.

a) How I set up my loadout

In this segment you'll learn how to compose a balanced high-tier loadout and learn where to cut some costs and still be fully geared. I will give you a few examples how I gear myself.

A full set of high-end equipment can get pretty costly. We're talking about values of body armor being 200k+, weapon itself another 200k+, ammo with magazines another 100k+, grenades, meds+stims, helmet and backpack easily amount to another 150k+. Still

counting? Yeah, that's 650k Rubles, and we haven't even started talking about the real money sinks like Slick plate carriers and M995 / Igolnik ammo.

Naturally, players may ask if this serious investment is really needed. You have to answer this yourself, but I highly encourage you to try it out yourself! Generally speaking, you can save expenses in these ways when using high-tier gear:

1. **Use different ammo.** You don't always need to use the highest penetrating ammo. 7.62x51Nato is a good example - M61 and M993 are not worth it and you can stick to M62 for 5\$ per shot instead of spending four times that. What I've done a lot and still do late into the wipe to some extent, is to min-max my magazines. Common examples are:
 - a. 9mm drums for MP5 or MPX: Top half 7n31, bottom half AP6.3
 - b. FAL drums: 35x M62 and 15x M80.
FAL 30-rounders: 20x M62 and 10x M80.
 - c. 60-rounders for 5.56x45: 40x M855A1 and 20x M856A1. Tracers are a nice help to tell you once you're close to emptying your magazine. You tend to magdump a bit if your gun fires 800+ shots a minute, y'know.
 - d. 60-rounders for 5.45x39: 30x Igolnik or BS, 30x BT. Igolnik and BS are so overpriced and the mag itself is as cheap as BT is, so I just bring more magazines.
2. **Bring less magazines. Or more accurately, bring less expensive magazines.** You can always accompany a minimum of (like 3x min) AS-Val 30-rounders with a few 20-rounders if you really want to reduce your investment. Instead of being lazy and bringing three or four drum mags for a gun of your choice, you can bring 1-2x drum mags and a few 30-rounders.
3. **Use cheaper body armor.** With the high relevance of headshots and their extreme lethality, I don't see why an experienced player shouldn't be able to cut some rubles here. Budget class 5 options are the Korund-M and the GZHEL most notably, but running a Wartech110 plate carrier or a USEC body armor (both class 4) is absolutely fine, if you adjust your playstyle a little bit.
4. **Bring a cheaper helmet.** As you might have guessed by now, I don't give a damn about style or how something looks. Status symbols like the Airframe, FastMT or Exfil are not worth their money if you have to buy them yourself. When somebody explicitly asks me to play some chad raids with him, I deliberately use the Penis helmet while being fully geared, just to deliver a statement.
Let's do some math on the ULACH, the Penis helmet, the Altyn and the Exfil. The total gear investment in this example is 500k + helmet.
 - a. ULACH is 80k, which results in 14% of total investment cost. It's gotta save your life in roughly one of eight raids to be worth it. Judging by my personal experience as an avid ULACH user, that should be possible, although it might be slightly lower.
 - b. Penis helmet is 20k, which results in 4% of total investment cost. Having most of your head covered against pesky shotguns, pistols and most scav weapons is absolutely worth it. It just needs to save your life once every 25 raids. Plus it'll come back via insurance 90%+ of the time!

- c. Altyn is 170k, being 25% of total investment. But since it basically provides immunity (at least one hit) versus all scavs and not highly geared players, I conclude the Altyn can be worth it. It doesn't have to be, though, plus you lose crucial hearing capabilities.
- d. Exfil with side armor and faceshield is 220k, which is 30% of your total investment. You gotta ask yourself - does a meager class 3 faceshield and otherwise worse stats than an ULACH really save your life one out of three times everytime you use one?

Additionally, there will be maintenance costs. Even if you extract you might have to buy new meds, grenades, ammo and repair your armor.

If you manage to survive / die in a 1:1 ratio, you need to extract with gear/loot worth one loadout of yours just to break even. If you don't feel confident in doing so, but have the financial backup, go and try these loadouts! It's not the easy mode you may expect, but it has its own challenges and benefits.

Body armor: Since one month into the wipe, I've been using class 4 to 5 armored rigs and class 5-6 body armor exclusively. Depending on the repair ratio, I don't repair my armor too often, especially if the repair efficiency is on the bad end of things. If it takes a significant amount of damage afterward, I sell it and buy a new one. This way I ensure maximum protection even against high tier ammo. Always remember to do the good ol' insurance fraud when looting a good condition body armor. A single Scav player with a Mosin can turn a perfect raid into a financial disaster by damaging your armor badly. Roughly speaking, an armor with half of its max durability is as good as an armor of the lower class. A 30/32 Redut-M is about the same level of initial protection as a 55/55 level 4 armor. If a piece of armor is a financial write-off, sell it to fence and get a new one. With the Gen4 being a nice example, I repair my Gen4 HMKs until they have less than 50 max durability left. Then I use them for lower gear runs, gift it to my friends if they're needy or simply sell it to the trader. **Do not use any armor with a durability like 11/13 or similar, you're using garbage, no matter the theoretical armor class of said piece of equipment!**

Weapon: Most high tier weapons either have a high base price or need expensive modding to use them to their full capabilities. Don't forget the price of scopes/red dots and laser devices.

Helmet: 90% of the non-factory / non-labs raids I use the ULACH lvl4 helmet. Alternatives are the TC2002 with SLAAP lvl5 plate, Airframe w/ chops+faceshield or Wendy w/ ear covers+faceshield. Usually, I don't bring faceshields because of the loss of clear vision and lvl3 not being a good enough protection to leave my trusty and way more cost-efficient ULACH in the stash. I never repair faceshields, if they are damaged, they go straight to Fence's trash pile. Most helmets get repaired once or twice, depending on the repair ratio, with Mechanic only.

Now the promised examples...You can always change scopes, of course, that's mostly personal preference. Same thing with the backpack, I love compartmentalized backpacks

Two CQB oriented setups...

The screenshot displays a character's gear menu for a CQB setup. The character is equipped with the following items:

- EARPIECE:** Sordin
- HEADWEAR:** AFRICORE Tan (118/118)
- FACE COVER:** Romex
- ARMBAND:** (None)
- BODY ARMOR:** 6B13M (579/579)
- EYEWEAR:** 6B34
- ON SLING:** AS VAL (30/30)
- ON BACK:** (None)
- SCABBARD:** (None)
- TACTICAL RIG:** MPPV, SRM138 (38/38), SRM138 (38/38), SRM138 (38/38), SRM138 (38/38), SRM138 (38/38)
- POCKETS:** VCS-1P, F-1, F-1, F-1, Compass
- BACKPACK:** F4, Kappa (RP S007), SP-6 (50/50), SP-6 (50/50), SP-6 (50/50), Propriat (300/300), M.U.L.E., Surviv2, IFAK, Inupratin, SHC (14/15), Salvea, Hemostat

Character stats: 38.4 ¹⁰/₃₈ (Health), 440 ^{12/45}/₄₄₀ (Stamina), 100 ¹⁸⁵/₁₀₀ (Water), 110 ¹⁹⁴/₁₁₀ (Energy).

The right panel shows the AS VAL rifle details:

- WEAPON MASTERING (80):** 92.8/100 (100%)
- ERGONOMICS:** 58
- ACCURACY:** 8.63 MGA
- SIGHTING RANGE:** 280
- VERTICAL RECOIL:** 53
- HORIZONTAL RECOIL:** 74
- MUZZLE VELOCITY:** 331 m/s
- TYPES OF FIRE:** Single Fire, Full Auto, FIRE RATE: 900 rpm
- CALIBER:** 9x39, EFFECTIVE DISTANCE: 400 meters
- Attachments:** VAL Dust C, SRM138, Redip 43 C, STOCK, OH HANDLE, MOUNT, SV0 Low, Gear, SP-6, EPDSM, TACTICAL, S408, RK-1, MCE Stock, RBP, AFS-0, SP-6

AS VAL (Automat Specialny, Special Automatic Rifle) - silenced automatic rifle with integral suppressor designed for special forces units. Developed in TSN/TechMash on the VSS Vintez platform.

The screenshot displays a character's gear menu for a CQB setup. The character is equipped with the following items:

- EARPIECE:** Sordin
- HEADWEAR:** ULACH (38/38)
- FACE COVER:** Shemagh
- ARMBAND:** (None)
- BODY ARMOR:** Gen4 RMK (65/65)
- EYEWEAR:** 6B34
- ON SLING:** MP7A2 (40/40)
- ON BACK:** (None)
- SCABBARD:** (None)
- TACTICAL RIG:** MPPV, MP7 4B (48/48), MP7 4B (48/48), MP7 4B (48/48), MP7 4B (48/48), MP7 3B (38/38), MP7 3B (38/38)
- POCKETS:** VCS-1P, F-1, F-1, Compass
- BACKPACK:** F4, Kappa (RP S007), FMJ SX (70/70), AP SX (70/70), Propriat (300/300), M.U.L.E., Surviv2, IFAK, Inupratin, SHC (14/15), Salvea, Hemostat

Character stats: 36.8 ¹⁰/₃₆ (Health), 440 ^{12/45}/₄₄₀ (Stamina), 100 ¹⁸⁵/₁₀₀ (Water), 110 ¹⁹⁴/₁₁₀ (Energy).

The right panel shows the MP7A2 submachinegun details:

- WEAPON MASTERING (80):** 92.9/100 (100%)
- ERGONOMICS:** 67
- ACCURACY:** 8.54 MGA
- SIGHTING RANGE:** 300
- VERTICAL RECOIL:** 47
- HORIZONTAL RECOIL:** 153
- MUZZLE VELOCITY:** 775 m/s
- TYPES OF FIRE:** Single Fire, Full Auto, FIRE RATE: 950 rpm
- CALIBER:** 4.6x30, EFFECTIVE DISTANCE: 280 meters
- Attachments:** MP7 4B, MP7, RAC Front, RAC Rear, URH, TACTICAL, TACTICAL, UCI, AP SX, SP-6, Rotex 2, AP SX

The MP7A2 is a further modification of the MP7AL. The key feature of this submachine gun is the replacement of the standard folding foregrip for a "tactical" rail.



b) How to still make profit

This paragraph will give you some rather universal rules to maximize your profits so you'll be able to pay for your expensive gear.

That's all very well, but breaking down all the matter of expenses doesn't make it profitable. Here's some general advice which will aid you in making more profit, reducing maintenance costs and increasing survival chances:

1. **Watch your health:** Even when wearing lvl5+ armor, blunt damage by non-penetrating rounds can be significant. Always heal your thorax and head to the maximum of 85HP and 35HP respectively.
2. **Fill up your mags while looting.** This ensures you'll always be ready for the next enemy. Use half-used medkits you find in raid (AI2, CarMedkits etc), which you usually don't loot because of the poor per slot value.
3. **Learn the hidden caches** on Shoreline, Woods, and Customs. Especially important on woods since Customs loot has gotten much better and is pretty decent, but stashes are a nice addition.
4. **Wearing high tier gear doesn't make you invincible!** Take every AI scav and scav player very seriously. Never engage in a fair fight unless inevitable. This way you're ensuring that your armor stays in good shape for the important PMC fights.
5. Play determined, but not overly greedy. **Be confident in your skills, not in your gear.** There is no benefit trying to loot your fallen comrade in the middle of the road when there's the high possibility of an ambushing player nearby.
6. **Fight the Scav bosses with extreme caution**, especially their airburst grenades don't care so much about your armor...
7. Invest in a large temporary store to stockpile barter items in your stash. Alyonka or screw nuts are all great value per slot items, but you need to sell them on the flea market. This way you spend less time on the flea market because you can cluster /

stack your offers. Example: I always have a **THICC item case named sales depot** and sell its contents at the end of a sequence of raids.

8. Make deliberate use of the **V-Exits** and the RedRebel+Paracord exits and prepare yourself accordingly.
9. **Always know the current flea market value of most items.** This will ensure you always loot efficiently when it comes to barter items. It is a huge difference whether you fill up your Attack2 with medium modded AKs providing poor value per slot or with silencers, scopes, fuel canisters, and other high value per slot items.
10. **Be a hoarder.** Ammo and magazine cases are comparably cheap. Stockpile them for your favorite weapons. Stockpile some of the modded weapons and the attachments to modify them as well. Why? Because the flea market is crazy sometimes. It can easily happen that many people buy all the RK-2 grips or even some guides to put lasers/sights on your weapons. Since the trader is empty, they try to force you to buy these highly sought after items at a way higher price. An ammo box of your favorite gun's preferred ammo ensures you can play the gear you want. Check the traders in between each raid and keep the restock timers in mind to fill up your own storage.

c) Find your most efficient map and playstyle

You can play basically every map for late-game PvP and honestly, for your own pleasure. Especially when playing in a group, **it's a very cool feature to be that one guy that's just a badass with the 6th sense on a certain map**, knowing every nook and cranny. I have buddies who are total beasts on Interchange, Labs or Shoreline for instance... while I'd consider myself a Customs geek.

Get a feel for how other PMCs move through the map, keep an eye on the raid timer and **take educated guesses when and where most people are going to be.** You have to adjust your path through the map accordingly to either avoid engagements or be in favorable positions. Play in a preemptive way, you want to be the one acting in advance instead of reacting only to the occurring circumstances.

6. Armor Layout - why stomach protection doesn't matter

This'll be a rant and theory-heavy, so be prepared.

As of right now, a body armor can cover the thorax, stomach or the arms. When we're talking about class 4 protection, thorax body armor is superior, period. This is mainly because many thorax+stomach armors have a bad durability rating. Prominent examples of thorax only armor are the Trooper (class4) or the Slick (class6). Many armored rigs are thorax only as well. Beginning with the controversial aspect regarding class 5 and class 6, I have to say that on maps where extreme CQB is the exception, I personally prefer thorax only protection. The stomach is a non-vital body part, and since you can always bring a surgery kit, losing your stomach and then winning the gunfight is completely fine. I prefer my body armor to be in the best possible condition for the following fight and the thorax-only armors have the edge here. **I've done a lot of calculating, testing etc and I think the difference in effective survivability is not that drastic, although I personally would**

give the advantage to thorax-only protection. And since class 5 body armor isn't a bargain, you should use whatever you have available that's still in decent condition. At the end of the day, that's what I do.

On the other hand, the decision regarding arm protection, most notably the Gen4Assault, Gen4Full or Redut T5 is easy. They're significantly worse than protection without arm coverage, because their durability will suffer while protecting completely non-vital body parts. Sorry guys, but I despise these items. I've never deliberately bought one of these body armors. I'd take a Gen4 HMK over a Gen4 Assault any day.



(screenshot from a trailer for upcoming 'Streets of Tarkov' map)

Chapter IV: REFERENCE BOOK

1. Full list of weapons sorted by caliber with ammo choices

Ammo that isn't listed is so bad / niche, there's no point in mentioning it. Don't use high flesh damage+low penetration ammo if you're a beginner, unless you consider yourself a memelord using **legmeta**. Generally speaking, the more penetration a round has, the smaller the flesh damage. Legmeta means shooting for the legs first in any encounter since these are the only body parts that are always unarmored. It can be pretty effective when used correctly, but it's more of a last resort thing and requires very good map knowledge and a large amount of experience. You're basically forced to legmeta with buckshot loaded shotguns VS geared players, for instance.

Please do have a look at the raw data so you understand at least the general thoughts behind it. **In my opinion the most important breakpoint (threshold) regarding penetration is the insta-pen versus class 3 armor.** This will give you the certainty to kill with one hit in the face unless the enemy's wearing an Altyn / Rys-T, which is very rare overall. Look at the clear data here: <https://escapefromtarkov.gamepedia.com/Ballistics>

Thoroughly explained color legend:

extremely penetrating, but often times overpriced / unbalanced (low flesh damage).



top tier ammo with high penetration. Tends to be expensive and/or hard to obtain.





mid-tier ammo with solid penetration unless noted otherwise, usually budget effective





Lower mid-tier. Niche, but can be viable. It isn't recommended in most situations.








Leg-Meta. If you're not extremely calm under pressure and you know the maps very well, this won't be a viable long term option for 80% of the player base.


Bad ammo. Don't use it unless you're forced to. Isn't mentioned 99% of the time. Make sure you nail these headshots and pray the enemy hasn't got a faceshield.

<i>Russian pistol calibers</i>		
Here's the legend again: Extreme pen - high pen - medium pen - niche - legmeta - bad		
7.62x25 Tokarev		
TT pistol 	It's there, but it's bad because of weak caliber and small magazine size	Doesn't matter.
PPSH-41 	It's not really good, but it's fun with its high rate of fire.	LRNPC for legmeta and Pst gzh for at least some penetration vs Class 2 and 3.

9x18 Makarov		
PM pistol 	Big nope because of tiny magazine.	Doesn't matter.
Stechkin APS / APB 	It can work as a super budget full auto option. Try to get a stock for it.	PBM to be able to penetrate class 3. Alternatively PSV or SP7 for mean flesh damage.
PP91 Kedr / Klin 	It can fit a small red-dot and a scope with the Kedr RIS mount. Possibly works early wipe or as an emergency backup when sniping.	PBM (Klin) or PMM (Kedr) to be able to penetrate class 3. Alternatively PSV or SP7 for mean flesh damage
9x21mm Gyurza		
SR1MP (Shrimp) 	A really nice pistol overshadowed by the FiveSeven. Give it a try!	I'd go with SP13 all day due to its solid penetration capabilities.

<i>Western pistol calibers</i>	
Here's the legend again: Extreme pen - high pen - medium pen - niche - legmeta - bad	
9x19mm Parabellum	
Glock17 / G18 M9A3 (Beretta) P226R MP443 Grach    	Decent pistols, all of them having decent or even great magazine sizes. They're customizable as well. If I had to choose, I'd pick the Glock 17.
Pst gzh if you're on a budget, or with AP 6.3 , 7N31 if you've got access	



<p>HK MP5 and MP5SD</p> 	<p>A good budget to mid-tier option, especially the MP5SD due to its ridiculously low recoil.</p>	<p>Pst gzh if you're on a budget, or with AP 6.3, 7N31 if you've got access. The high fire rate enables it to be used with Luger CCI, Quakemaker or RIP.</p>
<p>B&T MP9 and MP9N</p> 	<p>Insane rate of fire for the MP9N. 30-rounders need LL4 access with Peacekeeper.</p>	<p>Pst gzh if you're on a budget, or with AP 6.3, 7N31 if you've got access. The high fire rate enables it to be used with Luger CCI, Quakemaker or RIP.</p>
<p>Vityaz PP-19</p> 	<p>Very cheap, but can do the trick. Lower rate of fire than other 9x19 SMGs.</p>	<p>Since it's budget only in my eyes, I'd stick to Pst gzh or AP 6.3 maximum.</p>
<p>SIG MPX</p> 	<p>A ton of customization options including a long barrel, making it a niche choice even for high-gear given you have enough 7N31 ready!</p>	<p>Pst gzh if you're on a budget, or with AP 6.3, 7N31 if you've got access. The high fire rate enables it to be used with Luger CCI, Quakemaker or RIP.</p>
.45 ACP		
<p>M1911 / M45A1</p> 	<p>Please don't hate me US gun enthusiasts, but this gun is worse than a Glock or a FiveSeven, main reason being the magazine capacity.</p>	<p>.45 AP from Peacekeeper LL3.</p>
5.7x28mm FN		
<p>FN FiveSeven</p> 	<p>Imagine a pistol being able to penetrate mid-tier body armor... That's why this thing is so popular.</p>	<p>SS190 or SB193 (subsonic)</p>
<p>FN P90</p> 	<p>One of my personal favorites. The long barreled variant improves the accuracy a lot (comparable to an assault rifle).</p>	<p>SS190. Alternatively, fill the gap with L191 or SB193 (subsonic) if you're running a short barrel since the accuracy isn't that great.</p>

HK 4.6x30mm		
MP7A1 / MP7A2 	Less balanced than the P90, but way more focused on CQB <50m and higher penetration ammo available.	FMJ SX or Subsonic SX . Don't bother with the subsonic, the accuracy is too bad to notice anyway. AP SX shreds like crazy.




Russian Rifle Calibers

Here's the legend again:
Extreme pen - **high pen** - **medium pen** - **niche** - **legmeta** - **bad**



5.45x39mm









AK-74 variants 	AK-74M and the AK-74N are the best vanilla variants to mod to the extreme. Good overall choice, but without a clear advantage.	For extremely low budget PP and BP (not recommended), otherwise BT (great!). For going balls deep into PvP BS and Igolnik are recommended.
RPK-16 	One of the best, if not the best option in this caliber.	<i>same as AK-74</i>




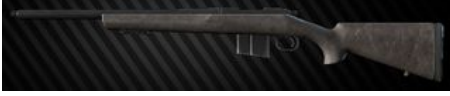
7.62x39mm



AKM 	Yes. I like. Can be used by low lvls and high lvls alike	PS < BP ...that's it. BP rocks and PS is very cheap and very reliable!
AK-103 / AK-104 	I like the caliber, but not the gun. It lacks the superior stock option (Zhukov-S) and therefore is way less controllable. OK for low lvls.	<i>same as AKM</i>
SKS 	A cheap DMR. Can scale well into solid mid-gear territory.	PS < BP BP is a bit more important than on AKMs since it's semi auto.


.366 TKM (The 'M' stands for meme)		
Vepr VPO-209 TKM 	This is not an AKM, not even a regular Vepr. This is some civilian gunlaw-bypassing dogcrap.	EKO < AP
VPO-215 TKM 	This is a hunting rifle in a bad caliber. Headshots are still deadly given the correct ammo choice.	EKO < AP
7.62x54mmR (R stands for rimmed, not Russian)		
Mosin 	The iconic chad-hunter. I'd personally recommend using the SV-98 if you want a bolt action. The mosin has terrible ergo.	LPS-Gzh < 7N1 < SNB / 7BT1 SNB is pretty cheap since it spawns in ammo packages abundantly. 7N1 is one of the extremely rare chest-one hit kills. <u>7n37</u> is waste of money.
SV-98 bolt action rifle 	cheaper than the mosin and superior in every aspect. Still a bolt action, though...	LPS-Gzh < 7N1 < SNB / 7BT1 (see above)
SVDs Sniper rifle 	A good DMR unless you get picky and want to go with NATO alternatives.	LPS-Gzh < 7N1 < SNB / 7BT1 (see above)





Western Rifle calibers		
Here's the legend again: Extreme pen - high pen - medium pen - niche - legmeta - bad		
5.56x45mm NATO		
ADAR 2-15 	A very accessible carbine, but only semi-auto in a caliber with low stopping power reduces it to being mid-gear only	M855 if don't have access to M856A1 or M855A1 Choose one of the latter otherwise.
Lone Star TX-15 DML 	Looks stunning, but has the same problem as the ADAR being semi-atuo. I'm not a huge fan.	You've got an excellent accuracy with the long barrel, the accuracy penalty with M855A1 doesn't




		matter.
AK-101 / AK-102 	<p>If you love AKs but want to run one silenced with still good recoil values, this is your pick. The AK-102 exists, that's it.</p>	M856A1 < M855A1 < M995
DT MDR 556 	<p>Comparably cheap because not a lot of modding required, but I prefer AK-101 for slow-firing 5.56 guns.</p>	M856A1 < M855A1 < M995
Colt M4A1 	<p>You need to invest a lot to bring the recoil down, talking 200k+ rubles. Once highly modded, is regarded as one of the premium meta-guns. Not budget viable imho.</p>	M856A1 < M855A1 < M995
HK 416A5 	<p>You need to invest a lot to bring the recoil down, talking 200k+ rubles. Once highly modded, is regarded as one of the premium meta-guns. Not budget viable either.</p>	M856A1 < M855A1 < M995
7.62x51mm NATO		
Vepr Hunter VPO-101 	<p>Another cheap chad-killer. Try to ambush, because the high recoil + 10rounders won't be lasting for long.</p>	TPZ-SP < M80 < M62 = M61 = M993 M61 / M993 aren't worth it.
Kel-Tec RFB 	<p>A completely average and affordable mid-tier option. Almost no modding needed.</p>	M80 < M62 = M61 = M993 M61 / M993 aren't worth it.
SA-58 (FAL) 	<p>Needs to be modded to the extreme regarding recoil control, but then it's one of the scariest weapons!</p>	M80 < M62 = M61 = M993 M61 / M993 aren't worth it.
DT MDR 7.62 	<p>An alternative for the SA-58 that is more affordable but requires more skill due to only having 20-rounders. Way higher Ergo.</p>	M80 < M62 = M61 = M993 M61 / M993 aren't worth it.

M1A (M14) 	Straight outta Vietnam and does the job fine. But once you get that SASS stock for it, it turns into an absolute monster. This is a meta weapon right here.	M80 < M62 = M61 = M993 M61 / M993 aren't worth it.
RSASS 	The mercedes benz of DMRs and you've got to pay for that unless late into the wipe.	M80 < M62 = M61 = M993 M61 / M993 aren't worth it.
SR-25 	Weaker than the RSASS, but not by much and also cheaper. An average DMR choice.	M80 < M62 = M61 = M993 M61 / M993 aren't worth it.
 DVL-10  Remington M700  Orsis T-5000		All of them being bolt-actions, stick to: M80 < M62 = M61 All of them are excellent, but the M700 modding options knock it out of the park.

Weird Russian calibers		
9x39mm		
AS Val 	900rpm, noticeable but manageable recoil, shreds armor like crazy and has high flesh damage. Downsides being very high ammo + magazine costs and being subsonic.	SP5 < SP6 < 7N9 SPP < 7N12 BP I usually run SP6 . SPP or BP are a "labs only" choice in my eyes due to insane price per shot and even higher recoil.
VSS Vintorez 	Literally the same as the AS Val, you just can't fit a custom stock. But the wooden one's fine, too. Don't get fooled by the "DMR" category, it's CQB	same as above.

	only.	
12.7x55mm		
ASh-12 	A monster in everything: Damage, recoil, weight, and all of that CQB only because it's subsonic.	P12B is the only usable option. You can't legmeta when your weapon is as controllable as a freight train. Hard to use, but very rewarding when it works.

Shotgun cartridges	
12x70mm / 12 Gauge	
Please do not use any Slug variant except AP-20 . The difference between the buckshot variants isn't that great, but I would recommend using 8.5mm Magnum or 6.5mm Express Buckshot. Magnum buckshot is preferable with pump-action shotguns. Flechette is a buckshot alternative, but I don't think it's a better option after all.	
Mossberg 590A1 	A reliable pump-action shotgun. High capacity. Cheap. Can be customized to be an ergo monster. Why you should do that is unclear, but you can do it.
Remington M870 	Nothing remarkable, Pump action + low default capacity makes it a bit questionable.
MP-133 	Something feels off with this weapon regarding the spread pattern. I'd stick to the other 12ga guns.
MP-153 	Semi-auto. It shreds. Since magazines are interchangeable with the MP-133, it's easy to get a 6-rounder. 8-rounders are a key improvement. The monster claw muzzle device reduces recoil by a lot
Saiga-12	Semi-auto. Can be modded significantly. Most importantly, there are 10-rounders and 20-round drum

	<p>magazines for this thing. “Saiga-12 - when memes meet effectiveness”</p>
20x70mm / 20 Gauge	
<p>TOZ-106</p> 	<p>This weapon is a big nope. 20ga buckshot is an even bigger nope, since one pellet doesn't zero the head hitbox. If you want to meme hard, pick Devestator Slug with 200 flesh damage and try to legmeta. Good luck, tovarish!</p>
23x75mm / 4 Gauge	
<p>KS-23M</p> 	<p>This is a beast. I wouldn't call it the best weapon, but you get the point. Both Shrapnel-10 and Shrapnel-25 are deadly buckshot options. Barricade is monstrous, but suffers from bad base accuracy. Use Star rounds to flashbang people and create reddit content.</p>

2. Body armor

Body armors have different armor classes = protection levels, ranging from 2-6. All of them cover the thorax and some of them cover the stomach or the arms as well. They are made out of different materials, which is reflected in their repair efficiency and combat durability. Do keep in mind that when the body armor level increases, it also protects from all the calibers/ammo mentioned earlier for the lower class armors.



Content creator “J dog th3 wise” made an excellent (almost) up-to-date guide on body armors, [click here](#). You can find a fantastic armor durability / repair graphic made by “Axxxy” [here](#).

The first number indicates how the condition of the armor is in the moment. The right number tells you the max durability. Each time you repair an armor, it loses max durability. This way, you can't just play the same unique piece of armor all the time. Repairing body armor is the least efficient with Prapor, balanced with Skier and the most efficient with Mechanic. It's the other way round regarding repair costs.




Obviously, **body armors are made out of a certain material type. Each material has its own benefits and drawbacks.** Those with mostly drawbacks are usually cheaper and/or more accessible. I will give easy-to-understand adjectives to grade the repair rating and durability efficiency of each body armor. An excellent repair efficiency results in even completely broken armor losing a very low amount of total durability points when repairing. A high durability rating means that this piece of equipment is able to absorb more hits before it is critically damaged. These grades are:



Excellent **Decent** **Average** **Subpar** **Terrible**


For the sake of simplicity, I'm going to include plate carriers / armored rigs in here as well. Unless noted otherwise, each piece of equipment covers thorax+stomach. Keep in mind that having only Thorax-protection isn't a large problem since you'll be bringing a surgery kit / CMS in most of the raids.





a) Class 2 protection	
Protection against: Cheap pistol ammo (especially 9x18 and 7.62x25 Tokarev) but most importantly, buckshot.	
 <p>3M TARBANK 40/40</p>	<p>Useful in the early game / wipe cycle and against shotgun / pistol scavs.</p> <p>Verdict: Don't waste your money unless early in the wipe. PACAs are usually bought to level up Ragman LL1 and that's it.</p>
 <p>PACA 50/50</p>	


 <p>6B2 80/80</p>	
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b) Class 3 protection		
Protection against: Low-tier 5.45 and 5.46 Ammo, all pistol ammo except 9x19 AP6.3 or 7n31, and except 5.7x28 and 9x21mm.		
 <p>MF-UN 45/45</p>	Repair: Decent Durability: Subpar	Heavy. Breaks rather easily. Comparably high ergo penalties. Verdict: It's bad, use it for the quests where it's required and don't use it otherwise.
 <p>Zhuk-3 50/50</p>	Repair: Excellent Durability: Excellent	Commonly found on scavs, low weight and high repair efficiency. Verdict: Useful class3 option.
 <p>Kirasa 70/70</p>	Repair: Average Durability: Decent	At the end of the day I'd prefer a Zhuk-3 or a 6b23-1, but the differences don't matter that much. Verdict: It's usable for sure, but the high investment in an already questionable armor class is debatable.

	<p>Repair: Excellent</p> <p>Durability: Subpar</p>	<p>Appropriate option. Since it takes up a bit more space than the average 3x3 armor, it returns more often via insurance.</p> <p>Verdict: Good, but the high investment in an already questionable armor class is debatable.</p>
	<p>Repair: Decent</p> <p>Durability: Decent</p>	<p>Bad, but not terrible option. I wouldn't choose it because insurance fraud is made harder since you've got to find a large enough unarmored rig in the same location.</p> <p>Verdict: Don't buy it, and if you don't have anything superior, use it.</p>
<p>Summary: Useful for cheap looting / quest runs. The first armor class really worth considering.</p>		

<p>c) Class 4 body armor</p>		
<p>Protection against: All pistol / PDW ammo except 9x19 7n31, 5.7x28 SS190 and 4.6x30mm FMJ and AP SX. Usually tanks one hit of 5.45 BT or 5.56 M856A1, both very common.</p>		
	<p>Repair: Terrible</p> <p>Durability: Terrible</p>	<p>Ceramic = repairs terribly and gets damaged quickly. Can be bought from Ragman LL3. If you think about buying one, buy the mountain pattern (6b23-2), because durability is really important with ceramic armor.</p> <p>Verdict: Not bad, not great. Requires a more defensive playstyle due to low durability.</p>

 <p>Trooper</p> <p>70/70</p>	<p>Repair: Excellent</p> <p>Durability: Excellent</p>	<p>ONLY THORAX Loot only and a bit pricey, but worth the cost. It's light, it repairs well and only protects the thorax (in this case a benefit).</p> <p>Verdict: Awesome. The only real competitor is the Wartech TV-110 in this category.</p>
 <p>6B3TM-01M</p> <p>40/40</p>	<p>Repair: Decent</p> <p>Durability: Decent</p>	<p>This one's called the Rat-rig. It's cheap. Nobody's going to loot it. Available for 50k at Ragman LL2. The stats are lackluster, but if you're focusing on budget it'll be fine.</p> <p>Verdict: Can do the job if you're playing it safely and focusing on ambushes or looting.</p>
 <p>6B5-15</p> <p>50/50</p>	<p>Repair: Terrible</p> <p>Durability: Terrible</p>	<p>This one's not called the Rat-rig, although the name would be fitting as well. Can be found on scavs and there's a trade for soap and toilet paper.</p> <p>Verdict: It's okay if you found one, but I'd rather buy the Rat-rig.</p>
 <p>M2</p> <p>60/60</p>	<p>Repair: Decent</p> <p>Durability: Decent</p>	<p>Completely average. Can't say more, I don't think the barter trades for it are too great.</p> <p>Verdict: Use it if you found one. I wouldn't actively look for it.</p>

 <p>M1 65/65</p>	<p>Repair: Excellent</p> <p>Durability: Subpar</p>	<p>Rated slightly above average because it has an easy trade with 4x Aquamari, which can be almost empty with one point left. Also, the magazine layout is way more flexible compared to its M2 cousin.</p> <p>Verdict: Can be comparably cheap for a class 4 protection. It's alright.</p>
 <p>A18 80/80</p>	<p>Repair: Average</p> <p>Durability: Decent</p>	<p>ONLY THORAX Huge amount of magazine slots. The trade for it ain't that great.</p> <p>Verdict: Using is better than selling if you've got one, but it's outshined by the Wartech TV-110.</p>
 <p>AVS 70/70</p>	<p>Repair: Average</p> <p>Durability: Decent</p>	<p>Again, nothing special. The layout is great and the barter trade at Ragman LL3 is decent. But I personally don't like it covering the stomach and it doesn't repair well enough in my eyes..</p> <p>Verdict: Repair them once, then sell 'em. Don't buy it unless it's a great deal.</p>
 <p>TV-110 85/85</p>	<p>Repair: Excellent</p> <p>Durability: Subpar</p>	<p>ONLY THORAX The flagship of class4 armored rigs. Top-notch magazine layout, the repair efficiency is nuts and it costs less than 100k directly from Ragman.</p> <p>Verdict: Awesome!</p>
<p>Summary: Best armor from a cost-efficiency point of view, the only real contestant being the Korund-M in class 5. It is important to repair them to an as high as possible condition in order to provide the protection you're looking for. Most people consider class4 the most balanced armor option. Useful as the go-to mid-gear armor. Even if it gets damaged pretty quickly, it often saves your life in the process by absorbing that one otherwise fatal hit.</p>		

d) Class 5 Body armor

Protection against: Everything except high grade penetrating ammo like 5.45BS / Igolnik, M995, M62/M61, 7.62x54R SNB.



Repair:
Excellent

Durability:
Subpar

The cheapest class 5 armor, 100k at Prapor LL3. Very available, but the stomach protections hurts due to low base durability. Repairs fairly well, though.

Verdict: This one and the next two armors (GZHEL and Redut-M) are what I consider budget class 5 options. I think, considering the low base price, this one wins the budget contest.


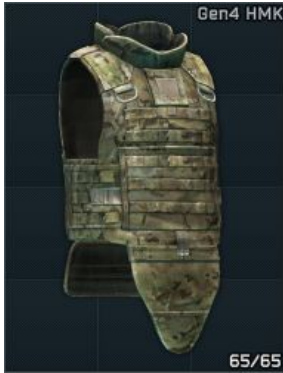







Repair:
Terrible

Durability:
Terrible

Still comparably cheap with 125k and a decent barter trade both at Ragman LL3. Don't get fooled by the rather high base durability, it's made out of ceramic and breaks almost like glass. Compared to the Korund, it has less negative factors.

Verdict: Still an 'okay' budget option, although outshined by the Korund.

 <p>Redut-M 60/60</p>	<p>Repair: Average</p> <p>Durability: Decent</p>	<p>Can be bought directly at Ragman LL4 for 230k, but it's usually way less at the FM. Nothing really noteworthy.</p> <p>Verdict: It's alright. I personally prefer the Gen4HMK, but the difference isn't very noticable.</p>
 <p>Gen4 HMK 65/65</p>	<p>Repair: Decent</p> <p>Durability: Average</p>	<p>Decent repair, alright durability. One of my favourite options in class 5. There's an okay trade at Ragman LL4.</p> <p>Verdict: Not cheap, not pricey and very balanced. Good class 5 option.</p>
 <p>Defender-2 70/70</p>	<p>Repair: Excellent</p> <p>Durability: Subpar</p>	<p>Excellent repair rate, but below average durability. A good armor, but a bit overpriced on the flea market due to people appearantly loving the repair rate.</p> <p>Verdict: Good option as well, though a bit on the pricey side if you want a good condition one.</p>
 <p>6B13M 60/60</p>	<p>Repair: Excellent</p> <p>Durability: Excellent</p>	<p>Excellent durability, excellent repair rate, comparably lightweight. Only found in-raid on Killa.</p> <p>Verdict: Good condition ones are expensive. This is the creme de la creme of class 5 body armors, but you've got to pay for it.</p>

 <p>Gen4 Assault 75/75</p>	<p>Repair: Decent</p> <p>Durability: Average</p>	<p>Boasts the same balanced stats of the Gen4 HMK, but I think that the arm protection is more of a downside than a benefit.</p> <p>Verdict: I wouldn't bother buying one, though looting is fine.</p>
 <p>Gen4 Full 95/95</p>	<p>Repair: Decent</p> <p>Durability: Average</p>	<p>Same useless arm protection like the Gen4 Assault, but has a ton of base durability. The trade for that is high negative multipliers on ergo and movement, insane weight and high price.</p> <p>Verdict: Unless you've got a really high strength level, you won't be competitive with it.</p>
 <p>Redut-T5 100/100</p>	<p>Repair: Average</p> <p>Durability: Decent</p>	<p>Practically identical to the Gen4 Full. Same core problem of movement penalties and high weight. The barter trade for it at Ragmann LL4 is kind of acceptable, just in case...</p> <p>Verdict: I wouldn't bother.</p>
 <p>Tactec 50/50</p>	<p>Repair: Excellent</p> <p>Durability: Excellent</p>	<p>ONLY THORAX Repairs and endures a beating like a champ. The only downside is the rather restrictive magazine layout, but that's not a problem most of the time. Three different barter trades at Ragman starting at LL2 (!).</p> <p>Verdict: Very good, although a bit outshined by the AACPC.</p>
 <p>AACPC 60/60</p>	<p>Repair: Excellent</p> <p>Durability: Excellent</p>	<p>ONLY THORAX Great durability and great repair rate. Awesome magazine layout. The only downside being the price, remember to barter at Ragman LL4.</p> <p>Verdict: A premium armored rig, 5 star performance with a manageable</p>

		price.
<p>Summary: Overall very reliable protection. Has budget and premium options. Is regarded as the standard high-tier armor. The chad's workhorse, if you will.</p>		

e) Class 6 body armor

Protection against: Multiple hits by every ammo except 5.45 Igolnik, 7.62NATO M61, 7.62x54R SNB. Can tank an incredible amount of mid-tier ammo.

 <p>6B43 6A 75/75</p>	<p>Repair: Average</p> <p>Durability: Decent</p>	<p>Veteran players still may call it the "Fort", now it's called the Zabralo. What can I say, it's extremely expensive, has horrible penalties and weighs 20kg. Is unplayable unless you stim yourself up or already have a very high (like 30+) strength level.</p> <p>Verdict: Nope unless you maxed strength and got deep pockets.</p>
 <p>Zhuk-6a 75/75</p>	<p>Repair: Terrible</p> <p>Durability: Terrible</p>	<p>Very low negative multipliers, only 9kg and no useless arm protection. Sounds good until you notice it's ceramic and it costs around 300k minimum.</p> <p>Verdict: Can be an alternative to the Slick if you're a veteran and manage to avoid every avoidable hit on your armor unless ultimately necessary. If you aren't able to do that,, the Zhuk6 just doesn't cut it.</p>
 <p>Slick 80/80</p>	<p>Repair: Excellent</p> <p>Durability: Subpar</p>	<p>THORAX ONLY</p> <p>The Slick has become the sweatlords' new favorite body armor. With reason, the thorax only is awesome and it repairs insanely well. Almost no noticeable negative penalties.</p> <p>Verdict: Overall the best body armor available, but that's why it's at 500k minimum.</p>

Summary: Very hard to play cost-efficiently, especially when headshots by other PMCs are a death sentence most of the time. But a Slick or a Zabralo is probably the biggest single factor increasing your survivability you can buy with cash.

4. Tactical rigs

Tactical rigs can be either unarmored or armored (unable to wear with body armor at the same time). Remember that with a Micro Rig with 4 Magazine slots means you can carry 3 mags inside and one in your weapon. The free 1x2 slot is used when switching, otherwise you'll drop a magazine to the ground.

Many tactical rigs actually generate space when put in a backpack. This is especially useful when looting many small barter items with 1 or 2 slots, because the value of the rig itself further increases your profit.

You can find a full overview of all tactical rigs [right here](#) (Gamepedia).

a) Small Rigs

Cheap and better than nothing. Often returns via insurance. Useful for non-automatic weapons. Scavs provide a steady supply, so you usually don't need to buy them.

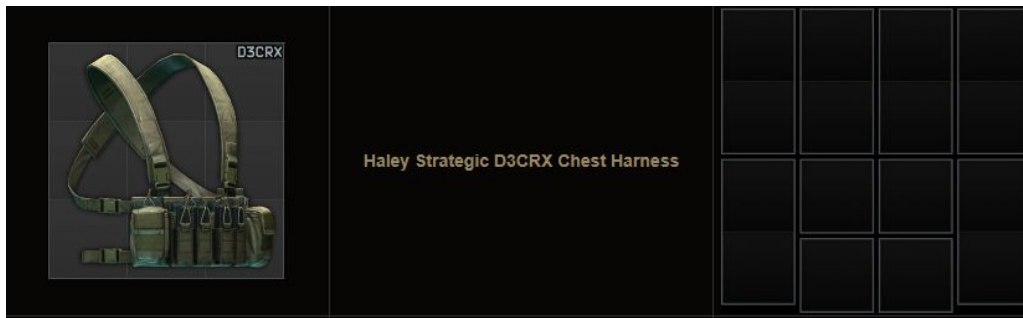
Examples are the Scav Vest, the Bank Robber Rig, the Micro Rig, or the Tarzan. They won't provide that many extra slots if used for loot storage.



b) Medium Rigs

These rigs are a good compromise between space and cost. They are nowadays commonly found on scavs (Triton). You can either use the space to fill up more 30round magazines instead of two 60rounders or use them for high rate of fire, mag hungry weapons like machine pistols. Their only real downside often is the lack of diverse options regarding the magazine layout.

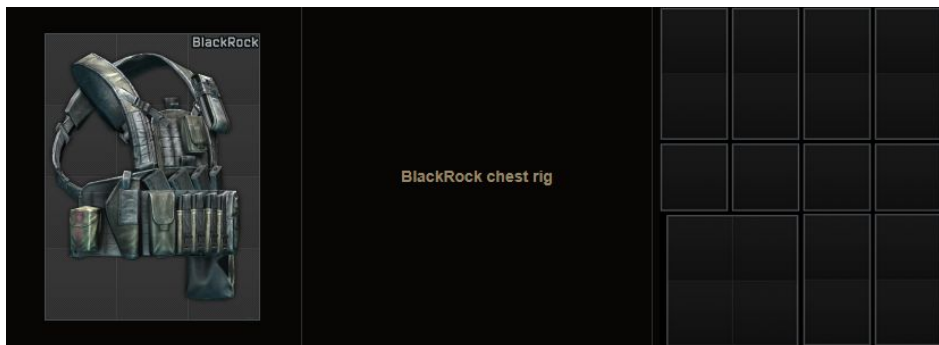
Examples are the Triton, the Commando, the Haley D3CRX or the Thunderbolt.



c) Large rigs

These rigs can function both as loot containers and tactical rigs. They provide plenty of space for normal 1x2 magazines, but depending on your setup can also offer 2x2 drum magazine slots or 1x3 40/45-rounder (banana mags) slots. Well, and then there's the Belt Rig, which is useless in my opinion. The Alpha Rig is the only unarmored rig able to carry 1x3 extra-large magazines. My personal go-to choice is the blackrock due to its balanced layout and the 2x2 slot which can be very handy for looting, bringing a single drum magazine or even a Grizzly Medkit.

Examples are the Blackrock, the Alpha or the LBT with its two 2x2 slots.



5. Helmets

Before we start with the overview and rating, let me tell you a few things about faceshields. **The overwhelming amount of faceshields is armor class 3.** This means it only protects you against most scav, pistolings and players either with insufficient funds or without any knowledge about ammo and penetration in EFT. Therefore when only taking PMC fights into account, you're basically relying on your enemy to make a mistake or to only have very low gear.




I already hear the comments about how often a Kiver has saved your life. **But wouldn't it be clever not to get hit in the first place and to actually use and practice your audio skills?** There is no way around, if you forgo hearing for only a class 3 protection, it's a bad decision on every map except maybe early game factory. Don't rely on your enemy to make critical mistakes in his preparation for the raid (bad ammo!).





This short rant leads us to these possibilities:


- Use cheap helmets with reduced hearing like the Kiver or the Zsh1.
 - I highly discourage you to forgo the ability to use audio intel reliably!
- Use very expensive helmets without sound penalties like the EXFIL or FastMT.
 - When taking the cost factor into account, I do not think that these helmets are worth it for 90%+ of the players.
- Use very expensive helmets with higher class faceshields like the Altyn or LSHZ.
 - All of them reduce your hearing, but provide good protection. Consider using them if you're somewhat experienced, in a good financial situation, and if you're playing CQB maps like Factory or Labs.
- **Don't use faceshields at all.** A simple class 3 helmet or even better, a class 4 helmet like the TC-2000 or the ULACH only lacks the safety net (a faceshield isn't more than that at its core), is cheaper, and doesn't block your hearing / earpiece slot.
 - This would be my recommendation for newer players and veterans as well.

Conclusion: Do not forgo your full hearing capabilities for a very unreliable source of protection, especially when you're new to the game!

Every helmet will be rated from **good** to **niche/situationally useful** to **bad/meme** level of effectiveness. This includes cost-efficiency, too. FS → Faceshield.

 <p>Tank helmet 100/100</p>  <p>Pumpkin 40/40</p>	<p>MEME Reason: Low armor class</p>	<p>Class1 // class2</p>	<p>BLOCKS EARPIECE</p> <p>No relevant protection, but the looks are noteworthy...</p>
 <p>TK Fast MT 40/40</p>	<p>NICHE Reason: Only SLAAP build semi-viable</p>	<p>Class1 + Extra armor class5</p>	<p>Class 1 is paper, but you can use the SLAAP additional armor class 5 on it, which makes it an affordable class5 helmet. Not recommended, though because it only protects your front.</p>

 <p>Kolpak 25/25</p> <p>SHPM 40/40</p> <p>Djeta 65/65</p>	<p>BAD Reason: No real protection and reduces hearing by a lot!</p>	<p>Class2 + FS: class2</p>	<p>BLOCKS EARPIECE</p> <p>Don't touch them. They are worse than useless because of the sound reduction. If you spawn in as a scav with one of these equipped, drop it instantly.</p>
 <p>UNTAR 25/25</p>	<p>BAD Reason: Blue color</p>	<p>class3</p>	<p>Have you ever asked yourself - 'how could I make my head stick out like god damn lighthouse?' No? Then don't use it.</p>
 <p>6B47 25/25</p>	<p>GOOD</p>	<p>class3</p>	<p>A good workhorse.</p>
 <p>SSh-68 30/30</p>	<p>GOOD</p>	<p>class3</p>	<p>An excellent workhorse. Increases your profile a little bit more than the average helmet, but that won't be a problem. It's also insurance proof!</p>

	<p>NICHE</p>	<p>class3</p>	<p>Just barely an acceptable option. Can fit the Fast MT class 3 Faceshields or a night vision, though.</p>
	<p>BAD Reason: Not worth sacrificing your hearing for a measly class3 protection.</p>	<p>Class3 + FS: class3</p>	<p>BLOCKS EARPIECE Hearing is more important than useless faceshields, the Kiver is bad because of that.</p>
	<p>MEME Reason: Really?</p>	<p>class3</p>	<p>BLOCKS EARPIECE Expensive, looks stupid or cool, depending on your preference. Useless, but meme-worthy.</p>
	<p>GOOD</p>	<p>class4</p>	<p>These are good workhorses. Comparably cheap.</p>

	NICHE Reason: You pay for the faceshield mount + the FS itself. Otherwise OK option.	Class4 + FS: class3	One of the cheapest class4+class3 faceshield helmets. That's it, I'm not a huge fan of this combo.
	NICHE Reason: At least it's cheap.	Class4 + FS: class3	BLOCKS EARPIECE One of the cheapest and most accessible ways to get a usable faceshielded helmet.
	GOOD	class4	Nothing fancy about it, and that's great about it. This is my go-to helmet in most of my raids.
	GOOD	Class4 + Extra armor: class6	Works like a other High-cut helmets like the TC series, but with the option to mount a incredible class 6 extra armor layer. The latter being pretty costly.
	NICHE Reason: Price	Class4 + FS: class3 + Chops: Class 3	High price, but offers compatible chops with faceshield, which means 360° protection with an earpiece.
	NICHE Reason: Price	Class4 + FS: class3 Or + Chops: Class 3 + class5 SLAAP	Chops and FS are mutually exclusive, but you can fit the SLAAP on it. You guessed it, high price, questionable outcome.

	NICHE Reason: Price	Class4 + FS: class3 + Chops: Class 3	The preimum option regarding the class4-helmet + class3-FS combos. Again, price is too high but good stats overall.
	NICHE Reason: Price	Class4 + Extra armor: class4 + FS: class2 + Chin: Class 2	Still pretty new, seems to be a rather fancy option than a real lifesaver. The high durability on the main helmet + addon armor is nice, though (80!).
	NICHE Reason: Hearing reduction	Class4 + FS: class4 + Nape: class5	BLOCKS EARPIECE Well, you get a class4 faceshield without any major drawbacks on visibility. That's its niche, nothing else.
	BAD Reason: No visibility	Class4 + FS: class6	BLOCKS EARPIECE The class6 FS sounds good, but the extremely small vision slit kills this helmet.
	GOOD	Class5 + FS: class5	BLOCKS EARPIECE A well rounded helmet considering the other options if you plan on playing like a human battering ram.
	GOOD	Class5 + FS: class5	BLOCKS EARPIECE Just a slight upgrade to the Altyn.

	BAD Reason: Negative multipliers + Price	Class6 + FS: class4	BLOCKS EARPIECE Very high price, and I think the comparably low armor class of the FS kills it. If not that, the insane mobility negatives will do.
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6. A specific look at the loot containers

In this segment I'll give you a brief overview of the different loot containers ready for you to loot on the different maps of Tarkov.

Legend:

Bad. Hands off, you better be watching the perimeter instead.

Mediocre. Loot them when nearby, but don't make a detour just because of a single one of them. Loot them when you're in their general area.

Good. Plan your routes along these spots. You may have to fight to get to them.

	Cash Register	Don't bother unless you badly need to take the V-Exit.
	Dead Scav	Permanent loot container, loot is pretty random, but usually worth checking. Spawns Barter items, Provisions and medical loot.

	Jacket	Since they can spawn most of the keys in the game, they nowadays are very valuable. Always loot them, because the quantity of searched jackets will provide you with valuable keys. They are very common on pretty much all maps.
	Drawers / Filing cabinet	Solid loot but with a very distinct audio signal while looting. Relevant items are some electronic items, which you need for some Mechanic quests.
	Medbag	Medicine is always good. Check them if you're in dire need, need Salewas for Therapist or your pathway is close to one. I wouldn't leave my planned route just to loot one or two of these alone.
	Toolbox	They spawn barter items of very varied value. Since many items are valuable for the hideout / flea market, check them when you're nearby.
	Wooden / green crate:	You can get lucky with a silencer, some army provisions or a medkit. Usually not worth checking out, if you're not standing right next to it.

	<p>Grenade box (green) Ammo Box (lighter tone)</p>	<p>Good. Grenades are useful and can be sold for about 10k+ each. Bad. Almost never spawns anything other than 5.45x39 or 9x18, which is most of the time of bad quality. If you're very lucky, you can find 30pcs of 5.45BS or Igolnik...</p>
	<p>Weapon box</p>	<p>Don't loot them for the weapons, but the attachments or gear items in there. Can also spawn optics, silencers. If you possess good knowledge about what many players need for their gunsmith quests at the moment, a rather unremarkable angled front grip or muzzle adapter (etc) can earn you up to 100k+ if sold at the flea market. They also spawn various other gear items, too.</p>
	<p>Duffle / sport bags:</p>	<p>Don't laugh at me, but these things are a real money maker. They can spawn all barter items, even pretty valuable things like Fuel Conditioner. One duffle bag won't make you a millionaire, but 25 of 'em surely are adding up. They are somewhat common on almost all maps.</p>

	PC block	Pretty useful. The only “worthless” items are DVD and HDD, everything else has a pretty neat value per slot. Plan your loot routes accordingly. Good places to farm them are Shoreline and Interchange. Always look for a secure flash drive that possibly sticks in the PC block and is looted “outside” the actual loot container.
	Safe	Always spawns currency (rubles, dollars, euros) which makes a wallet / docs case / SICC case in your secure container useful. They also spawn valuable barter items like antique vases / teapots, golden chainlets, cat / lion statues, and even bitcoins and GP coins. Always loot them, if you have the chance to do so. You can also find SSD drives and Flash drives.
	Ground cache / barrel cache	Very random, can pretty much spawn any item in the game. This means, that checking a few caches near your pathway is an excellent way to make some money. I loot them pretty often.

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Chapter V: Walkthroughs for key quests

Disclaimer: Please keep in mind that questing is greatly influenced by RNG because of spawns and seemingly random behaviour of other players. I'll do my best to share what's been working for me and what insights I've gathered in my coaching sessions so far.

In the following chapter, I'll be focusing on the more challenging quests only. Killing scavs on Customs doesn't need a guide written on it, does it? (Let me know if that's the case, hehe)

Last wipe (0.12.0) and this wipe (0.12.7) I managed to get to lvl 40 within seven days while still working full time (and sacrificing my social life, but hey, the pandemic kinda helped in that aspect). My hideout is usually fully upgraded with full bitcoin farm (pre-bought GPUs) in 14-16 post-wipe days.

Proof for this wipe:

1) Early Game Quests (until you hit lvl 20-25)

A. [Prapor - Checking](#)

- a. The construction site is a pretty dangerous area in the early wipe, because many players skip the dorms not possessing the essential dorms keys.
- b. If you have a good spawn, check the truck on construction early. If not, be patient and keep your head low while looting/farming scavs. Once most PMCs are dead / extracted when the raid time is less than 20min, go there and fetch it.
- c. Don't be afraid to make a detour and walk back, even if it means more walking.

B. The Rapist, excuse me, [Therapist - Sanitary Standards - Part 2](#)

- a. Gas Analyzers are somewhat common in Drawers / Filing cabinets, Toolboxes and in industrial spawns on Interchange.
- b. Don't bother looting it in the pumping station at the factory area, it's just stupid.

C. [Prapor - Delivery from the past](#)

- a. Possibly the most hated quest in EfT because you have to survive two times in a row on two different maps to accomplish all the goals.
- b. Play customs normally with the usual survival focus, and stash the quest item in your offline stash if you're not planning to go on the factory meatgrinder immediately.
- c. Once you go in the factory, bring as many buddies you have and at least somewhat decent gear. Don't do pistol runs or similar stuff. It's pretty safe to position one squadmate in the catwalk as overwatch and another one at the stairs leading to the office area.

D. [Prapor - Ice cream cones](#)

- a. The 60-rounders have a high Flea market value early on, you can wait on this quests until the prices drop or you can craft them yourself in the lavatory.

- b. Don't bother buying the ZB014 key for woods, the spawn chance is too low. If you have the key already and are playing woods for other quests, have a look, but it's far from mandatory.
- E. [Skier - Stirrup](#)
 - a. Three pistol kills are doable, but if you're unlucky it's really frustrating. I'd choose factory all day long for this quest. Pick a high capacity 9mm pistol-like P226, MP443, M9 or something like the Stechkin APS / APB automatic pistol.
 - b. If you hear another pistol shooting in the first minutes on the factory, rush their position and go for it. It's your best bet because the chance they're low gear themselves is pretty high.
- F. [Peacekeeper - Fishing gear](#)
 - a. Be bold but cautious at the same time. Make sure there are no scav patrols at the beach near the gas station. At least one squadmate covering the pier/gas station area is recommended.
 - b. If you've got balls of steel, you can even attempt to place WHILE there is a gunfight nearby, because it will provide a useful distraction from you, sitting there helplessly and placing the items.

2) Mid Game Quests (between lvl 25 and 40)

- A. [Prapor - The Punisher Part 4](#)
 - a. Bring an MP153 or Saiga12 with 10rounders/Drum and decent Slug ammo (AP20 if possible) for the Scav kills on woods.
 - b. The PMC kills are a little bit tricky because the scav west only allows for two standard magazines. SKS, Mosin or any DMR usually work fine. Don't go full berserk while chasing PMCs, rather focussing on clever opportunistic positioning and playing your own style on shoreline even with the quest.
- B. [Prapor - The Punisher Part 6](#)
 - a. 15 SVD Kills on any map - if you're a decent factory player, you can accomplish that in less than 10 raids. Slap a Laser and a red dot on it and start the rumble.
 - b. You can do the SVDs kills on other maps, too. I'd recommend Woods, Reserve or Shoreline, but at the end of the day it's up to you.
- C. [Prapor - Grenadier](#)
 - a. Simple advice - always bring at least one grenade and increase the amount up to 3-5 with higher levels of gear. It'll add up over time, don't focus too much on it.
 - b. Yes, VOGs with their short fuze time help a ton, but you basically need safe intel on the enemy position in a room or something comparable.
- D. [Therapist - Decontamination service](#)
 - a. The 3M armor is useless, even against most scav. I'd advise you to just take a pistol / Mosin / Shotgun or anything other cheap to farm the kills. Stay away from high traffic spots and focus on the garages, if possible. Avoid Player engagements as much as possible. You can even bring a 3x3 armor like the Trooper in a backpack with at least 6 rows. This way you can quickly switch to the 3m if you hear / spot a scav.

- E. [Skier - Silent Caliber](#)
 - a. I used to be a factory buff so killing 10PMCs using a gear I'm not really comfortable with is the easiest there for me. You can do it on all maps, but Factory or Customs, possibly even Interchange when done right will work due to their CQB heavy areas.
 - b. My go-to weapon is a modded Saiga12 with Drum Mags and AP-20. May not be meta, but fun as hell! A MP153 works fine, too.
 - c. If you're trying to do it low-budget and don't want to use slugs, go for Magnum Buckshot and Legmeta.
- F. [Peacekeeper - Lend Lease Part 2](#)
 - a. I don't really enjoy labs nor bum-rushing premium loot spots on reserve most of the time. I just crafted the items in my intelligence center lvl 2. Neat, isn't it? Our savior Nikita be blessed.
- G. [Ragman - Gratitude](#)
 - a. Ragman forces you to suicide, aight? Placing these items at the sawmill pier without any cover...
 - b. Do it late in the raid. Play a bit slower than you're used to, and once the raid timer hits 15 or even 10min, go down and finish it.
- H. [Ragman - Living High is not a Crime Part 1](#) and [Part 2](#)
 - a. All these items spawn in safes pretty often. I always had the best success on customs, because the safes there really add up: Big Red (1x), Dorms (5x) and New Gas Station (1x).
 - b. You can try the East 310 on Shoreline or farm hidden stashes with their very extensive loot tables, too.

3) Late Game Quests (later than level 40 for most players)

- A. [Skier - Bullshit](#)
 - a. The SV98 shouldn't be a problem, since it's pretty cheap in case you die.
 - b. The problem is, you're not allowed to kill scavcs during the whole raid, even after placing the items. The dorms area has the scavboss spawn and usually, there are scavcs in the 3story dorm, so you basically need at least one squadmate to fend off the scavcs.
- B. [Mechanic - Psycho Sniper](#)
 - a. I prefer Marksman rifles over sniper rifles, so my sniper skill is pretty low even with many raids played when I get this quest.
 - b. Use a Mosin to kill scavcs, you can even farm scavcs on factory for easy skill gain and some loot. Nighttime works, too.
 - c. If I'm cheesing this quest, I'll just bring a naked mosin on my 2nd weapon slot and keep reloading the cheapest ammo I can find all the time I can afford to do it. It adds up but surely is very tedious.
- C. [Mechanic - A Shooter Born in Heaven](#)
 - a. Clever positioning and patience. It really is based on luck and the given circumstances each raid.

- b. Make sure you're using optics with decent magnification. My go-to choice is the Eotech Vudu 1x/6x on a 30mm JP mount with a Deltapoint on top. I even use it on assault rifles like the M4. The Valday 1x/6x works fine, too.

D. [Peacekeeper - The Guide](#)

- a. Arguably one of the hardest quests in the game, if not the hardest. You really should sort the Maps by descending possibility of dying there.
- b. My List is: Labs, Reserve, Interchange, Customs, Woods, Shoreline, Factory. Yours can vary obviously, but I think Labs first is a safe bet because of the high probability of getting pushed by an army of sweatlords.
- c. Make sure you at least kill one scav and loot a body and a few containers so your XP threshold is high enough for it to count as survived. You gotta be 10min into the raid as well (except factory).
- d. I always bring one experienced squadmate who will sacrifice himself if necessary while I run for the hills.