

## Ration Counting

**Setup.** Use a handful each of two counters (countable items), such as dry beans & coffee beans. Choose one to indicate a food ration and the other to indicate lack of food (hunger counter).

Food source cards. If area conditions don't allow the food source, draw one more card. If the card says "Gain 1 ration per person" that includes players, their partner/friends, and group joiners.

**Ration counting.** All players and partner/friends use up one ration at the end of each day (food ration counters). When supplies get low, you have to make decisions together about who gives up a ration that day. Anyone giving up their ration for the day gets a hunger counter. Place the hunger counter next to their card. It stays with them.

Travel. Your group members need one extra food ration per person per day if you are traveling.

**Low energy.** Partner/friends who got a hunger counter, the next day they can't offer their skills as a protective factor if it requires physical exertion. They also can't participate in food gathering the next day if a food opportunity gives your group rations per person. Each player can decide whether their partner is a self-sacrificing type or not. If they've already offered their skillset to help the group, it's less likely they will be called on again to save the day. You can allow your partner/friend to leave the group to see if they can survive better elsewhere, if you seem to be running too low.

**Starvation.** Most people can survive more than 2 weeks without eating, but you all have type 2 diabetes, so going without food for a day is exhausting and life threatening. No player can go without their ration or they die. If the group gets close to the point that there's no more food, you might decide that instead of reaching zero and potentially everyone starving, some partner/friends might give up their ration for one or more days so that others can stay functional. One player might decide to take on hunger points so that their partner can live and keep contributing their skills to the group, but that player will not be able to help gather food the next day if an opportunity comes up.

**Death.** Any time you have no food ration for the day for a player or partner, place a hunger counter on the card of your partner or next to the player going hungry. If players or partner/friends receive a fourth hunger point before the end of the 14<sup>th</sup> day, they die. Ghost players can still offer suggestions, but they don't need any more food.

## Details of the Game

### Separating the Group

You've agreed to stick together for safety. However, if your group simply can't agree on where to go or stay, you can divide up supplies and separate. Both groups will proceed according to the day situations drawn next. This is much more risky, because both groups will lack human skills and supplies. In a dire situation, some players may choose to leave the group to give it a better chance to survive, but a friend/partner will leave along with any player that leaves.

### Using Things on Hand

Step 2 describes that even if you have survival supplies, they were stolen. If you actually have supplies hidden in your non-game life, you can use those items in your game world if your group decides to stay where those items are located, or if they can be carried. If you have a propane tank too large to be stolen, that can count in your supplies. Household items can be used that would not be identifiable as valuable and are not on the game supply list. For example, normal kitchenware can be used if your group is not traveling in an area where such things could not be found or borrowed.

The following tips may help you in the game:

- You can disinfect water with 6 hours of sunlight in a PET plastic or glass bottle.  
Details here: <https://modernsurvivalblog.com/health/how-to-purify-water-with-sunlight/>
- You can create a solar still to purify water if you know how to and have the simple materials.
- If you have a magnifying glass and tinder, and know how to use it to start a fire, you can do so.
- "The more you know, the less you need." –African proverb