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The turtling guide

ELIMINATIONS / TEAM PLAYBOOK

REVIVES OFF. STAY COVERED. MOVE TOGETHER.

Protecting yourself from repeated attacks matters just as much as attacking. Turtling is the defensive half: denying opponents targets while your team prepares its next push.

01 / What turtling actually is

Turtling is a team-wide order to make yourself unhittable. Not quiet. Not careful. Unhittable. When leadership calls turtle, every member stops being a valid target and stays that way until the call is lifted.

Here is how the main player states affect your availability as a target:

State	Attackable?	Notes
Okay	YES	You are a target. Every second you sit here during a turtle call, you are a liability.
Hospital	No	The main turtle state. A hospital bed is armour, not a punishment.
Jail	No - temporarily	Works, until somebody undoes it. You cannot stop another player busting you out, and the second they do you are standing at Okay and hittable again - usually a helpful teammate who has no idea you were hiding on purpose. You do not own this timer. Anyone can end it for you.
In the air	No	The hardest cover in the game. Nobody can reach you - not an attacker, not a reviver, not a bounty.
Abroad, on the ground	YES	Anyone standing in that country can hit you. Landing is the dangerous part of flying.

That is the whole mechanic. Turtling is nothing more than the team agreeing to sit in column two, all at once, on purpose, until leadership says otherwise.

TURTLING IS A LEADERSHIP CALL - NOT YOURS. You do not decide to turtle because you feel outgunned, and you do not decide to break turtle because you feel brave. Leadership reads who is online on the enemy side and with how much energy, and makes the call for all of us. Your job is to execute it within minutes, both directions: turtle when told, and come out swinging when told.

The reason is not obedience, it is arithmetic. A team is dramatically more effective when all of it is doing the same thing at the same time. Fifty people in beds is a wall; forty-nine people in beds and one person at Okay is not a wall with a small hole in it - it is a funnel. Every enemy with energy and nothing to swing at now has exactly one target, and they will all swing at it.

That is how one freelancer bails out the other team. An enemy roster that is stalled - no targets, energy piling up, momentum draining - is a roster that is losing. Handing them a body at that exact moment gives them somewhere to put the energy, tickets to collect and a reason to stay logged in. You did not just feed one hit. You restarted their attack momentum. The same is true in reverse: if you sit in a bed through a push call, you are the hole in our offence. Same call, both directions, everybody at once.

02 / Tickets, lives and staying alive

Elimination uses tickets and lives. There is no fixed points target or required winning margin. The goal is to protect your tickets, avoid last place and survive until only your team remains.

12 TEAMS. 1,000 TICKETS AND 50 LIVES PER TEAM.

Every successful attack on a player from another team transfers exactly 1 ticket: the attacking team gains 1 and the target's team loses 1. Stalemates, escapes and defends do not transfer tickets.

For example, a successful attack by a team with 1,000 tickets against a team with 900 changes their totals to 1,001 and 899. It is one ticket transferred, not a variable respect or points payout.

Stage	When and what happens
Voting	7 September 2026, 12:00 TCT. Voting runs for 24 hours; each player gets one vote for Captain.
Attacking	10 September 2026, 12:00 TCT. Successful attacks transfer tickets. No team lives are lost during this first day.
Elimination	11 September 2026, 12:00 TCT. The team with the fewest tickets loses 1 life every 15 minutes.

At 0 lives, a team is eliminated and its remaining tickets leave the competition. The last team standing wins.

WHY TURTLING MATTERS

Every successful enemy attack against you costs your team 1 ticket and gives the attacker's team 1 ticket. Staying covered during a turtle call denies those transfers. It does not automatically win the event: leadership must also watch the rankings and coordinate attacks to keep the team out of last place.

Follow the team's current targets and push instructions in Discord. Do not choose random opponents or decide to turtle on your own. If your team is at the bottom, remaining covered without a coordinated attack plan will not stop life losses.

03 / Six ways to get into cover

Section 01 told you which state you need to be in. It did not tell you how to get there on purpose, and that is the gap that makes new players sit at Okay throughout the event - not defiance, just not knowing that self-hospitalising is a thing you are allowed to do. It is. It is the core skill of turtling. Here are six methods described in the original guide. Prices below are historical examples.

CHECK YOUR OWN TIMERS. Hospital-time reductions can shorten your stay. Watch the timer shown on your account and plan around it.

Method	Example cost	Time down	What it needs	Verdict
Ipecac Syrup	$46,200	60-90 min	Nothing	Your default. Start here.
Wrong blood bag	$16,750	~1 hour	28 days of education	Cheapest - but gated
Small Explosive Device	$7,100,000	5 h 00	An Empty Box - $435	Longest lock, brutal price
Mercenary hit	Ask leadership	Attacker-dependent	An arrangement, and the money	Zero energy, real money - leadership's call
Bounty on yourself	~$500,000	Whenever it's claimed	Nothing but the money	Offence: AFK cover. Defence: no.
Fly out	Ticket · from $6k	Air time only; 0 on the ground	Attention, or an alarm	Best cover there is - while you're in it

01 / Ipecac Syrup

Item 1363 · Medical · no requirement · found in city

The one you want. It is the only method on this list a brand-new player can use today, with no education, no favours, and no second party. You drink it, you throw up spectacularly, you wake up in hospital. That is the entire skill.

EFFECT (Torn API, verbatim): “Increases hospital time to 60-90 mins. Increases medical cooldown by 30 mins.”

Keep several Ipecac Syrups in your inventory before the event starts. Check current prices and buy enough for the time you expect to cover.

The bit nobody tells you: that +30 minute medical cooldown is not a downside during a turtle - it is the feature. It means you physically cannot med out for half an hour even if you get twitchy. Ipecac enforces the turtle call on you. And because 30 minutes of cooldown always expires inside a 60-90 minute hospital stay, you can re-dose in the bed, on the tail of the stay - cooldown clear, under an hour left, drink, and the timer goes back up into the band. You never stand at Okay for a second, and a long hold is just ipecac, wait, ipecac.

One trap that catches almost everybody. Ipecac raises your hospital time into the 60-90 minute band. It is a floor, not a setting. It will never lower a timer you already have - if you are sitting on three hours from a beating, drinking one does nothing at all except burn $46,200 and add 30 minutes of medical cooldown you did not want. Ipecac is a way into the bed, never a way out of one. Drink it at Okay.

02 / The Wrong Blood Bag

Items 731-739, 1012 · Medical · requires Intravenous Therapy

Transfuse blood your body rejects and you go straight to a hospital bed. It is the cheapest method there is - and the one most people get wrong, because they buy the wrong wrong bag.

Do not buy O-negative. O- is the universal donor: compatible with every blood group alive. It will heal you, not hospitalise you. It is the single most expensive mistake on this page because it does the exact opposite of what you wanted, in the middle of a turtle call.

Buy AB+. Torn's own item description says it plainly: AB+ blood is only compatible with recipients in group AB+, and only 3.4% of people are AB+. So for roughly 96 players in 100, an AB+ bag is a guaranteed rejection - and at $16,750 a unit with 9,687 units on the market it is the cheapest hospital bed in the game.

If you are AB+, or you don't know your type, take Blood Bag : Irradiated instead ($30,990 in the original price snapshot). Its effect is “causes low-level radiation poisoning” - it does not care what is in your veins.

Bag	Heals these groups	Rejects (= hospital) for
AB+	AB+ only	96.6% of players
AB-	AB-, AB+	Everyone else
A+	A+, AB+	Everyone else
B+	B+, AB+	Everyone else
A-	A-, A+, AB-, AB+	The B and O groups
B-	B-, B+, AB-, AB+	The A and O groups
O+	O+, A+, B+, AB+	The negative groups
O-	Everyone - universal donor	Nobody. Never buy this to turtle.
Irradiated	Nobody	Everyone, regardless of type

Check your hospital timer after using an incompatible bag. Do not assume it gives you the same window as an Ipecac Syrup.

The catch, and start fixing it today: blood bags need the Intravenous Therapy course (BIO2127) - and that course itself requires Introduction to Biochemistry first. That is 7 days + 21 days = 28 days of education before your first bag, for $3,500 total. If you are new and reading this in peacetime, go and enrol in Biochemistry now. In a month this becomes your cheapest turtle.

Until then, you are on ipecac.

03 / Small Explosive Device

Item 380 · Special · no second party needed

EFFECT (Torn API, verbatim): “Can be hidden inside a parcel to hospitalize someone for 5 hours upon opening.”

The longest single lock available, with no education and no re-dosing - and read that effect carefully, because almost everyone reads it wrong. The SED hospitalises whoever opens the parcel. There is nothing in that sentence about a second player. You can package it yourself and open it yourself.

Buy an Empty Box - $494, with 81,038 on the market, the cheapest item in this entire guide - hide the SED inside it to make a parcel, and leave the parcel unopened in your inventory. When the turtle call drops you open your own parcel and put yourself in a bed. No arrangement, no favour, nobody else's timezone. It is a bed you package in peacetime and carry.

An SED is an expensive option for a longer hospital stay. It needs less frequent attention than repeated short stays, but check your actual timer and whether the duration fits the team’s plans.

04 / Have Someone Hit You

Mercenary arrangement · costs money, not energy

The oldest method, and the only one that takes nothing off your own energy bar, your meds or your inventory. A paid attacker who is not participating in Elimination puts you in a hospital bed on demand - at the minute you asked for, for as long as their hit is worth.

What limits this is the price, and nothing else. A merc is a fee, paid every time, by every member who needs one. Every other method on this page is an item you buy once in peacetime and carry; this one is an expense that repeats. That is the entire reason it is not an everyday tool - not secrecy, not risk. It is simply the most expensive bed on the menu once more than one or two people need it.

Coordinate any paid hospitalisation with team leadership so it supports the plan and does not waste attack energy.

THIS IS LEADERSHIP'S CALL, AND IT IS A COST-BENEFIT ONE. Leadership incurs the expense when the team’s survival depends on it - a hold that has to land, on the people who have to be down for it to land. Any other time it is usually a waste of money for a bed you could have bought for $46,200. So: ask, don't arrange it yourself, and don't assume the answer is yes.

05 / Put A Bounty On Yourself

Offence: efficient AFK cover · Defence: don't bother

A bounty on your own head gets you hit by whoever claims it, and the hit hospitalises you. It needs no education, no arrangement and no second party you have to trust. The objection everyone repeats - that the enemy can claim it - is true, and it matters far less than it sounds.

YES, THE ENEMY CAN CLAIM IT. IT IS STILL USUALLY A WIN.

If a player from another Elimination team claims the bounty with a successful attack, your team loses 1 ticket and their team gains 1. A hospital stay may prevent later hits, but a bounty does not guarantee when you will be put down. Follow leadership’s plan rather than assuming that trade is worthwhile.

The distinction that actually decides it is whether your team is pushing or being targeted.

ON DEFENCE - A BOUNTY IS NOT PROTECTION.

When we are the ones being pushed, a competent enemy will not claim it. They hit you and leave you on the street - because a player standing at Okay is worth more to them hit after hit than one bounty and a hospital bed. Repeated ticket transfers may matter more to an opponent than bounty money, and the cover you paid for is cover the people you are hiding from get to decline. Under a defensive turtle call, drink the syrup. Do not buy a bounty.

ON OFFENCE - A SMALL BOUNTY BEFORE YOU GO AFK IS THE MOST EFFICIENT COVER THERE IS.

Momentum is ours, you are pushing, and you have to step away. Leave a small bounty on yourself before you go. If the momentum flips while you are gone you are not standing there as a free target - somebody, anybody, takes it and you wake up in a bed instead of in an enemy's attack log. Small is the whole point. You are not paying for attention or for timing; you are paying for a bed at some point in the next few hours, which is exactly what an AFK window needs.

What it costs. The hundred bounties the Torn API is serving as I write this run from $301,000 to $1,300,000, median $500,000 - but that is the market for bounties placed on other people, where the money has to buy a hunter's attention. You are placing one on yourself, and any claim at all does the job, so you do not have to compete on that board. The trade-off is honest: price it small and it may sit for hours before someone takes it. That makes it insurance for a window you are walking away from, not a way to put yourself down in the next sixty seconds. For that, it is still the syrup.

06 / Fly Out

High risk · high skill ceiling · high reward

Top line, and if you read nothing else in this section, read this. Flying is the only turtle state nobody else can break - there is no item, no perk, no favour and no enemy reviver in this game that reaches a player in the air. Done properly it is the strongest cover in Torn and it pays better than any bed. Done carelessly it is the only method here that leaves you worse off than doing nothing at all. The reason is one sentence: the safety is the air, not the trip.

YOU CAN ABSOLUTELY BE ATTACKED ABROAD.

In the air you are untouchable. Standing on the ground in Mexico, you are a normal target to every player who is also in Mexico - including any enemy who buys a ticket and comes looking. Torn does not protect you abroad; it just narrows the pool of people who can find you. An opponent can follow you abroad and attack you after you land.

An inactive traveller can give another team an easy ticket if an opponent finds and successfully attacks them. Parking overseas and going to bed is not turtling. It is bleeding with extra steps.

THE WHOLE METHOD, IN THREE LINES.

1. In the air > untouchable. On foreign ground > attackable, exactly like standing in Torn.

2. Every landing hands you a 15-second window where nothing can hit you. Board the next flight inside it and you are never attackable at all.

3. If you cannot promise you will be at the keyboard when you land, take a long flight and set an alarm - or drink an ipecac and skip flying entirely.

Get those three right and flying beats every other method on this page. Get the third one wrong and it is the worst thing you can do to your team.

Match the method to the window

How long is the hold?	What you take
Under an hour	Ipecac Syrup. Nothing else is worth the money.
2-4 hours	Ipecac re-dosed, or a mercenary hit, or a wrong bag
4-5 hours, one click, you're busy	SED - if you pre-packaged one into an Empty Box
Overnight / you're asleep	A long flight - UAE, China, South Africa - with an alarm set for the landing. Or a SED.
Hours, and you're at the keyboard	Short-hop cycling - Mexico / Cayman / Canada, re-boarding inside the 15s window
You have no idea how long	Ipecac. Short locks let you answer a push call fast.

THREE WAYS TO GET THIS WRONG.

Do not overdose to put yourself down. Yes, an OD hospitalises you for hours. It also costs you stats and honour, and the damage outlives the event you were trying to help. Never trade permanent progress for a temporary bed.

Do not fail a crime for jail. Jail does block attacks, but you do not own the timer, and a well-meaning teammate can bust you out straight back onto the enemy's target list without ever knowing you were hiding on purpose.

Do not drink an ipecac on top of a long timer. It raises your hospital time into the 60-90 minute band - it never adds to a timer that is already above it. On a three-hour stay from a beating it changes nothing and you have thrown $46,200 away. The one dose in the bed that is right is the re-dose at the tail of a stay you want to extend: cooldown clear, under an hour left. Any other time, drink it at Okay.

If you remember one line from this section: buy four Ipecac Syrups before the event and enrol in Introduction to Biochemistry today. That is under $200,000 and one form - and it is the difference between a member who can execute a turtle call in thirty seconds and one who reads it in chat, has no idea what to do, and stays at Okay.

PRICE NOTE: Figures retained from the original text are historical examples from August 2026, not current market quotes.

04 / How to turtle, step by step

New player version. Do these in order the moment a turtle call drops in team chat or Discord.

1. Turn revives OFF. Right now, before the event starts.

Settings > Account > Revives. If revives are ON, an enemy reviver pulls you out of your hospital bed and hands you back to their team to hit again. You are paying for your own resurrection into a second beating. Leaving revives enabled can undermine a turtle call.

2. Stay in hospital. Do not med out.

No SFAK, no FAK, no morphine, no blood bag, no early discharge. Fast med-outs work against a turtle call. Let the timer run.

3. If you are sitting at Okay, put yourself down.

Sitting healthy in Torn during a turtle call is the problem. If you're already hospitalised, good - stay. If you're up and there's no push on, you are the target the call was trying to remove: drink an Ipecac Syrup and you are out of reach in seconds. Section 03 is the full menu - ipecac, wrong blood bag, SED, mercenary hit, bounty, flight - with what each one costs and how long it holds.

4. Save your energy for the coordinated push.

No gym, no chain hits, no cherry-picking "just one" target. The whole point of turtling is that the team comes out of it with full energy bars at the same moment. Energy you burn during turtle is energy missing from the push.

5. Hold your Xanax and boosters.

Follow leadership’s energy-stacking and booster instructions. Pre-stacking may be part of the plan; do not use items without checking the current call.

6. Do not attack. At all.

One hit from you puts your name in an enemy's attack log, and retaliation finds you at Okay. A single "I couldn't resist" hit can restart the bleed for your whole section of the roster.

7. Say so in chat.

"Down, revives off, 100E banked." Leadership cannot time a push around people who never report.

8. Stay reachable and wait for the push call.

Turtling is not going offline. It is loading the gun. When the call comes, you med out, you come up, and the whole team swings inside the same ten minutes.

05 / Your readiness checklist

☐ Revives are OFF on my account.

☐ I know where the turtle call gets posted - team chat and Discord - and I check both.

☐ I have meds in my inventory for the push, and I know not to use them during turtle.

☐ I understand that hospital time is the strategy, not a punishment.

☐ I will not attack anyone while turtle is called, no matter how easy the target looks.

☐ I will report my status in chat instead of going silent.

☐ I will be reachable for the push call and swing within ten minutes of it.

☐ I am carrying at least four Ipecac Syrups so I can put myself down the moment the call drops - and I've enrolled in Biochemistry to unlock blood bags.

☐ I check the event page and follow the team’s current instructions.

06 / Core principles

REVIVES OFF, ALWAYS

Revives ON can let opponents bring you out of hospital and attack again, risking another ticket.

THE BED IS ARMOUR

Hospital time can protect your team’s tickets by keeping you unavailable for attacks.

CARRY YOUR OWN BED

Four ipecacs in your inventory means you never have to ask anyone's permission to stop bleeding.

BANK THE ENERGY

Turtle is a loading phase. Full bars across the whole roster is what makes the push land.

ONE FIST, ONE MOMENT

Fifty people swinging in ten minutes beats fifty people swinging across ten hours.

NO CHERRY-PICKING

"Just one hit" puts your name in an enemy log and restarts the bleed for everyone near you.

NEVER MED OUT

Under turtle, a med-out makes you available for an attack that could cost your team a ticket. Wait for the call.

DON'T GO DARK

Turtling is not logging off. If you're unreachable, leadership cannot count you for the push.

DON'T FREELANCE

You do not call turtle and you do not break it. Leadership reads the enemy; you execute.