

ONE WEEK. ONE PERSON. ONE MISSION: SURVIVE.



BEL W ZER



RULEBOOK

INTRODUCTION

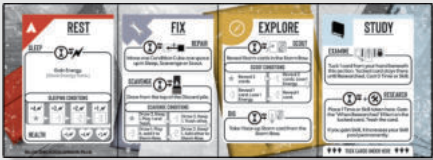
When a global snowstorm strikes without warning, you find yourself stranded inside a remote research outpost with few supplies and little hope of rescue.

But in this darkest hour, the radio crackles to life. Through the heavy static, you hear a faint voice say:

"Seven days. Help will arrive in seven days."

It's all they say. It's all you need. Someone is coming. Now, all you have to do is survive until they find you.

COMPONENTS



1 PLAYERBOARD (OUTPOST)



54 STORM CARDS



9 THERMOMETER MINI CARDS

- 3 Top
- 3 Middle
- 3 Bottom



9 RADIO MINI CARDS



5 TIME TOKENS



10 SKILL TOKENS



15 ENERGY TOKENS



3 HEALTH TOKENS



3 CONDITION CUBES



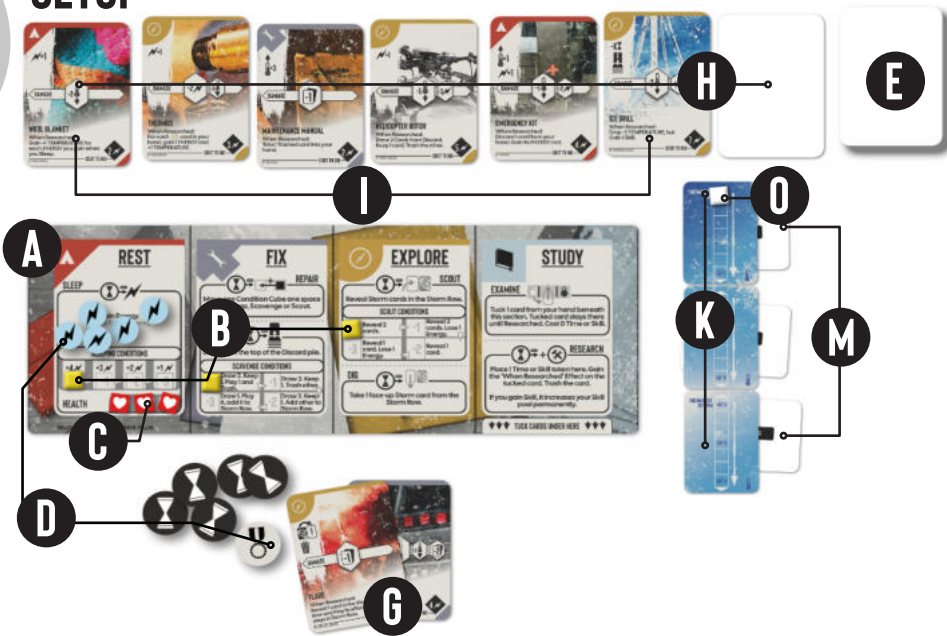
1 TEMPERATURE CUBE



1 DAY TRACKER DICE (OPTIONAL)

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SETUP



1. PREPARE THE OUTPOST

- **A)** Place the Playerboard (Outpost) before you.
- **B)** Place the three Condition Cubes on their starting ★ spaces.
- **C)** Place 3 Health tokens on the 3 slots (+5, +4, +3 Energy).
- **D)** Take: 5 Energy () , 5 Time Tokens () , 1 Skill Token ()

2. PREPARE THE STORM

- **E)** Shuffle all the Storm cards into a face-down Storm Deck.
- **F)** Put 3 Storm cards unseen back into the box.
- **G)** Draw 2 Storm cards into your hand.
- **H)** From the deck, deal 7 cards face-down to form the Storm Row.
- **I)** Reveal the leftmost 6 cards.

3. PREPARE THE THERMOMETER & RADIO CARDS

- **J)** Take: 1x **Top** Thermometer card, 1x **Middle** Thermometer card, and 1x **Bottom** Thermometer card.
- **K)** Stack them face down, and align the track on the back of the card.
- **L)** Shuffle the Radio cards. Take 3. Do not look at them.
- **M)** Tuck 1 Radio card (face down) beneath each Thermometer card.
- **N)** Return the 6 remaining Radio cards to the box.
- **O)** Place the Thermometer Cube at -20°C .

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! **Note:** For your first game, you may want to try out Hope Mode (details on page 12).

4. PREPARE THE DAY TRACKER DICE (OPTIONAL)

- The Dice tracks what day you are currently on. It also indicates how many cards you keep face-down for the current round.
- Set it to '1' for Day 1. Increase the number for each passing day, '2' for Day 2, '3' etc.
- When you get to Day 7, put the dice away and deal out all the remaining cards from the deck without flipping any over.

The game is set up.

OBJECTIVE

YOU WIN IF:

The Storm Deck and Storm Row are both empty. Rescue has arrived.

YOU LOSE IF:

Your Health and Energy are both reduced to 0.

GAME OVERVIEW

Below Zero is a solo game about surviving dwindling time, resources, and information as you try to run out the Storm Deck.

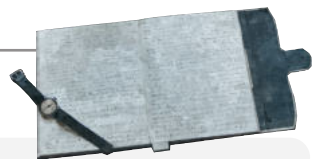
The game is divided into 2 phases: **Day** and **Night**.

During the Day, spend Time and Skill Tokens to take actions - gaining cards, Energy, and raising Temperature. Time Tokens are your remaining daylight. When you use your final Time Token, Night begins.

Night is when the Storm strikes, dealing Damage you spent the Day preparing for.

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YOUR RESOURCES



⌚ TIME

You begin each Day with up to 5 Time Tokens (⌚). You may start with less due to Thermometer Penalties. Once you spend your final ⌚ for the round, the Day ends.

🧠 SKILL

Skill is a WILD for Time. It represents experience and efficiency. Whenever an Action would cost 1 ⌚, you may spend 1 Skill Token (🧠) instead.

You start with a limited amount of 🧠, but Study lets you gain more.

! **Note:** Unspent Skill Tokens 🧠 will not prevent the Day from ending once you run out of Time Tokens ⌚.

At the Start of each Day, you get back all your accumulated 🧠. However, Thermometer Penalties may remove them every round, shrinking your supply until you remove the Penalty, or have no 🧠 left.

ENERGY

Energy Tokens () represents physical stamina. You gain Energy from Sleep, and playing cards with this icon (+X). (*Icon explained pg. 15*).

Digging cards from the Storm Row requires . Some Storm card damage hits your  as well. **Energy can NEVER go below 0.**

If you lose more Energy than you currently have, immediately remove 1 Health Token () from 1 Health slot to gain the amount of Energy hidden underneath (e.g. +4). Then continue resolving the Energy loss.

You may also choose to remove a  during the Day Phase.

HEALTH

Health is your reserve. When you remove a Health Token () from a slot on your Outpost, reveal & receive that much  from that slot, (+3, +4, or +5). You may choose which slot you reveal.

If both  AND  ever reach 0, you immediately lose. You do not ever recover Health Tokens.

KEY WORDS

DISCARD means to put a card on top of the Discard Pile. It is still part of the game, and can be retrieved with the Scavenge action.

TRASH means to put a card back in the box. It is out of the game, unless special actions return them to the game.

DRAW means to take a card from the top of the card pile or deck.

TAKE means to take a RANDOM card from a card pile.

CHOOSE means you can look at the card pile to take the card you want.

KEEP means to put the card in your hand.

PLAY means to use the card immediately, then Discard or Trash the card.

SWAP means exchange a card between two places (i.e. Trash & Hand).

THE STORM ROW

The Storm Row represents the snow and debris surrounding the outpost. All cards remaining in the Row at Night, becomes Damage you receive.

Every Day (round), the Storm gets worse. Visibility (number of face-up cards) in the Storm Row decreases until 0.

During the day, you may remove cards from the Storm Row, with the 'Dig' action. You may only 'Dig' face-up cards.

To turn a card in the Storm Row face-up, use the 'Scout' action.

Day	Face-up cards
1	6
2	5
3	4
4	3
5	2
6	1
7	0

Cards removed from the Storm Row are not replaced.

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DAY PHASE

During the day, you may use the Actions on your Outpost. To activate an Outpost Action, place a ⌚ (or 🕒) on the action you wish to perform.

You may perform actions in any order, the same action multiple times, as often as you can afford it, as long as you still have ⌚.

You may also play the cards in your hand during the Day Phase, gaining their effects (left of card). Cards played from your hand do not trigger damage (unless stated otherwise).

OUTPOST ACTIONS

There are four Outpost sections: **Rest**, **Fix**, **Explore**, **Study**.

REST

Rest is where you Sleep to recover Energy.

SLEEP

Place 1 ⌚ (or ⚙️) on the Sleep action. The amount of Energy gained is based on the Condition of your Outpost. You start at ★.

Condition	Energy
★	+4
-1	+3
-2	+2
-3	+1

FIX

The Fix section contains two actions: Repair, and Scavenge.

REPAIR

The Storm can deteriorate your Outpost's actions. The Repair action helps restore Sleep, Scavenge and Scout if they get damaged.

To Repair, place 1 ⌚ (or ⚙️) on the Repair action of your Outpost. Move the Condition Cube of either Sleep, Scavenge or Scout back one level.



SCAVENGE

Place 1 ⌚ (or ⚙️) on the Scavenge action to draw cards from the **top of the discard pile**.

Your Scavenge Condition may worsen with damage.

Condition	Effect
★	Draw 2 cards. Keep 1. Play and Trash the other.
-1	Draw 2 cards. Keep 1. Trash the other.
-2	Draw 2 cards. Keep 1. Add other to Storm Row.
-3	Draw 1 card. Play it, then add it to Storm Row.

! **Note:** You only draw cards from the top of the pile, so discard order can be very consequential.

Designer Tip: You may choose to put your Discard Pile face-up or face-down. The tougher experience is face-down.

EXPLORE

The Explore section contains two actions: Scout, and Dig.

SCOUT

Put 1 ⌚ (or ⚙️) on this Action to turn face-down cards in the Storm Row, face-up.

Condition	Effect
★	Reveal 2 cards in the Storm Row.
-1	Reveal 2 cards. Lose 1 Energy.
-2	Reveal 1 card.
-3	Reveal 1 card. Lose 1 Energy.

Scouted cards remain face-up, unless stated otherwise.



DIG

Dig lets you take 1 face-up card from the Storm Row into your hand. Place 1 ⌚ (or ⚙️) on the Dig action, then pay the card's cost, to keep the card in your hand.

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Cards in your hand are 'gear' which you can use to survive. As capable as you are, you may only hold a maximum of 7 cards (gear) in your hand.

! **Note:** If you have more than 7 cards, discard down to 7 immediately. Thermometer Penalties may reduce this limit.

When you take a card from the Storm Row, do not refill the Row. Storm cards are not replaced during the Day phase (unless stated otherwise).

FIRST AID

STUDY

Study allows you to trigger the Special Ability of a card.

The Study section contains two actions: Examine, and Research.



EXAMINE

Examining is equivalent to dismantling a piece of gear to learn how it works.

✗ You **DON'T** need to spend ⌚ / ⚙️ for this action. Simply tuck 1 card from your hand beneath the Study section. Once tucked, the card abilities are no longer available.

You must always Examine (tuck) a card before you can Research it.



RESEARCH

Research is equivalent to stripping apart the dismantled gear to find new solutions.

Place 1 ⌚ (or ⚙️) on the Research action to gain the card's "When Researched" benefit shown (e.g. *Ignore ALL Damage from 1 card in the Storm Row, Gain 2 energy, etc.*) Gain the benefit immediately.

Each card may only be researched once. Once researched, the card is 'Trashed' (a.k.a: *put the card back in the box*).



! **Note:** Skill Tokens gained get added to your Skill token pool for the rest of your game (e.g. +1 Skill token added to pool of 2 Skill = 3 Skill from now on).

Designer Tip: When a Researched card tells to 'Ignore Damage' of one Storm Row card, I suggest pushing the card to 'Ignore' up slightly in the Row. Why not just discard it? You may, but remember, Discard order matters.



SPECIAL CARDS

There are 2 Special cards in the game - Ultra Low Frequency Radio, and Rescue Beacon.

RADIO: If the Radio is in your hand, CHOOSE: Tuck it under the Rest section of your Playerboard, OR Trash the card. If Tucked, when you Sleep, take 1 Radio mini card from the box, resolve it and return it to the box.



BEACON: If the Beacon is in your hand, immediately put it face down at the bottom of the Storm Deck, then Discard the top card of the Storm Deck.

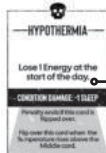
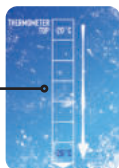


THERMOMETER

The Thermometer tracks the temperature around your outpost. Thermometer cards are double sided. There is the Track on one side, and a Penalty on the other.

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Thermometer Track



Penalty Card

TEMPERATURE DROP

Some Storm card damage have this icon ($-X \downarrow$). This lowers the temperature on the Thermometer track. Move the Thermometer Cube down the indicated number of spaces. (E.g. -3 = move 3 spaces down).

Whenever the cube moves off one Thermometer card, flip that card over to reveal the penalty card. Apply the penalty immediately.

If there is a Radio card tucked under the penalty card, reveal and resolve the Radio card immediately as well. Put the Radio card back in the box.



TEMPERATURE RISE

Some cards have this icon ($\uparrow +X$). If used, it lets you move the Thermometer cube up the Thermometer track. If the cube moves over an existing Penalty card, flip the penalty card over and move the cube until it reaches its correct slot. The unexposed Penalty ends immediately.

HAND LIMIT

You may **never** hold more than 7 cards in your hand. If you do, discard down to the limit immediately. Tucked cards do not count towards your hand limit.



Note: A Thermometer penalty may reduce this limit to 6.

Whenever a card is played from your hand, discarded, or resolved during the Day or Night phase, put it into the Discard Pile.



NIGHT PHASE

When your **final**  is spent, Night Phase begins.

During the Night Phase, you cannot use your Outpost (Playerboard).
i.e. you cannot tuck cards under Study, use the Radio, or Repair etc.

You may only use the cards in your hand to survive. If you play a card that lets you perform an action normally associated with a Playerboard action (e.g. *Repair, Gain Energy etc.*), you can use that card action. The card's damage is not triggered.

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NIGHT PHASE GOES IN THIS ORDER:

- 1) **Reveal** every remaining Storm card in the Storm Row.
- 2) Each Storm card **strikes one-by-one**, in order from left to right.
- 3) **Resolve** the card's damage (unless an 'Ignore damage' card effect blocks it).
- 4) **Play** any number of cards from your hand before, during or after a Storm card's attack (e.g. *Storm card will deal -4 energy damage. You play a +2 energy card. You get Energy before damage hits.*)
- 5) Once a Storm card Damage passes, put it in the Discard Pile.
- 6) **Cards you played** also go into the Discard pile when they are played, in the order they are used.
- 7) Once the Storm Row is empty, congratulations, you survived the Night. Night Phase ends.

RESET FOR NEXT DAY PHASE:

- A) Refill the Storm Row with 7 new cards from the Deck. Setup the Row depending on the next Day's visibility.
- B) Retrieve **ALL**  &  from the Outpost.
- C) Begin the next Day Phase.

EXTRA DAMAGE

TEMPERATURE DROPS PAST THE TRACK

If all Thermometer Penalty cards are revealed, that means you have gone past the Bottom Thermometer. In this case, if you get additional temperature damage, for every -2 Temperature, lose 1 . (e.g. -1 Temperature = -0 , -2 Temperature = -1 , -3 Temperature = -1 , -4 Temperature = -2 , etc.).

If you increase the Temperature after this point, track the temperature rise as normal, +1 Temperature = Flip the final penalty card over (ending the penalty), put the cube back on the track.

NO CARD TO DISCARD

If you have no cards in hand, and are told to Discard or Trash a card, lose 1  (or ) from your current supply if during the Day Phase. You will get it back in the next Day Phase.

However, if this happens during Night Phase, put 1  back in the box immediately. It is permanently gone.

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NO ENERGY TO LOSE

If you lose more Energy than you currently have, immediately remove 1 Health Token () from 1 Health slot. You may also choose to remove it, even if you still have energy.

OTHER GAME MODES

Sometimes the cold won't kill you. Sometimes it wants you to suffer first.

ADVENTURE MODE (DEFAULT)

This is the default game setting.

HOPE MODE (BEGINNER)

At the start of each Day, before taking any actions, receive 1 automatic radio transmission. Draw one random Radio card from the box. Resolve its effect immediately. Return the Radio card to the box.



Note: You may draw the same Radio card multiple times during a game.

CASUAL MODE (SHORTER & EASIER)

This mode finishes in 5 (instead of 7) Days, and each Day, you only face 6 Storm cards. At setup, remove 20 Storm cards. **Note:** Start with 5 ⌚, 4 cards in hand, 3 ❤️, 2 ⚡, and 1 ⚙️. Also only use the Middle & Bottom Thermometer Penalty Cards. The rest is like Adventure mode.

RADIO SILENCE MODE (HARSH)

Play any of the Game Modes without Radio cards. During setup, do not tuck any Radio cards under the Thermometer cards. When discarding three cards at the start, discard the Radio card with two random cards.

AVALANCHE MODE (CHALLENGING)

Setup: Instead of dealing the Storm Row into a single row, deal 4 cards first, then deal 3 cards overlapping the four, pyramid style.



EXAMPLE SHOWN:
Avalanche Mode
Day 1 Setup.

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Gameplay: You must remove the cards above before you can Scout or Dig the cards below. The rest of the game is played like Adventure Mode.

EXPERT DAMAGE MODULE (+ DIFFICULTY)

For experienced players. Compatible with all game modes - Adventure, Hope, Casual, Radio Silence, Avalanche.

In this module, Outpost Actions can be destroyed. If a Condition Cube moves past the lowest level (-3), remove the cube from the game.

This means the Action is permanently unusable. (e.g. Sleep cube is removed = Your sleeping quarters are destroyed. You can't recover ⚡ from Sleep). This cannot be undone or repaired.

ADDITIONAL EXPERT LOSS CONDITION (OPTIONAL):

If you lose 2 Outpost Actions, lose the game.

CARD ANATOMY

STORM CARD SUIT

CARD ABILITY

The benefit you gain from using this card.
Shown: Repair 1 Condition.

CARD DAMAGE

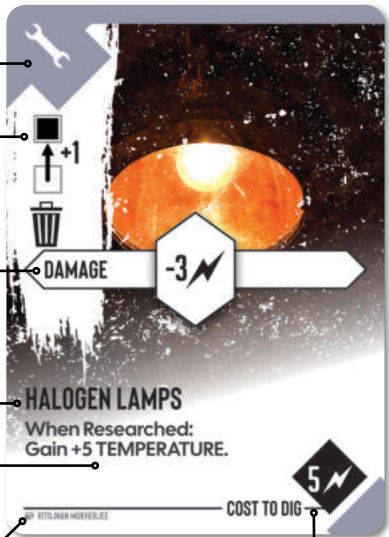
The damage this card will deal during Night Phase.
Shown: -2 Energy.

EQUIPMENT (GEAR) NAME

RESEARCH EFFECT

What you receive for using this card in Research.

PICTURE CREDIT



CARD COST TO DIG

How much Energy you spend to get this card from the Storm Row.

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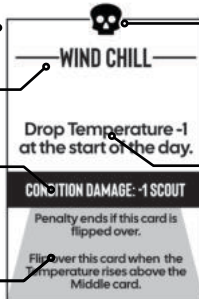
THERMOMETER PENALTY CARD

PENALTY NAME

CONDITION DAMAGE

Triggers each time revealed.

PENALTY END CONDITION



PENALTY SEVERITY

Ranges from 1 (mild) to 3 (severe)

PENALTY EFFECT

Penalty stays active until it is flipped face-down.

CREDITS

Game & Graphic Design - Adrian R. Pillai

Pictures - Unsplash.com

Playtesters - (ask how testers want to be credited).

FREQUENTLY ASKED QUESTIONS

ACTIONS

Q: Can I do the same Action several times in one round?

A: Yes, you can perform the same Action again and again in the same round, as often as you can afford it (1 Time/Skill token).

CARDS

Q: The icon on the left of a card (Card Ability) is the action I can perform when I play/discard the card. Can I play it Day or Night?

A: Yes, but once you play the card from your hand, it is discarded. It is also 'fodder' when you're asked to discard a card - either as part of Damage, or to trigger When Researched effects.

! Note: If you have 0 cards in hand and must discard a card, lose a Time Token for the next round instead (put Time Token aside).

ENERGY/ RESOURCES

Q: After Night Phase, I take back Time and Skill, but NOT Energy. I need to Rest for that, right?

A: Yes. That's 100% right. But you can also get back Energy by playing cards from your hand.

Q: What happens if Damage makes me lose energy I don't have?

A: If you run out of Energy, remove 1 Health Token of your choice from your Health bar. It will reveal an amount of Energy tokens you get. You may also do this to gain Energy to Dig. But remember, if you have 0 Energy AND Health, you immediately LOSE.

RESEARCH

Q: Am I allowed to Study more than one card (i.e. have more than one card tucked under the Study part of my outpost?)

A: Yes, you can Examine (Tuck) as many cards as you want. However, they give no benefit until you Research them. Research costs 1 Time/Skill token, and Researches 1 card only.

Q: Can I choose which one I Research, or do I have to go in Tuck order?

A: You choose which card is Researched.

ICONOGRAPHY

ICON	DEFINITION
	Gain (X amount) Energy.
	Lose (X amount) Energy.
	Gain (X amount) Temperature. Move Temperature Cube on Thermometer Track (X amount) spots up.
	Lose (X amount) Temperature. Move Temperature Cube on Thermometer Track (X amount) spots down.
	Repair, Move 1 Condition Cube up (X) Levels.
	Damage, Move 1 Condition Cube down (X) Levels.
	Lose/Spend (X amount) Time Token.
	Discard/Lose (X amount) cards from your hand.
	Draw (X amount) cards from the Discard Pile.
	Reveal (X amount) cards in the Storm Row.
	Remove (X amount) cards from the Storm Row.
	Trash this card.

ADRIAN R. PILLAI

BELOW ZERO RULEBOOK



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