



# 7 Days to Die

Accessibility Score: ★★☆☆☆

7 Days to Die is an open-world survival horror crafting game, notorious for its relentless hordes, environmental dangers, and long-term planning. For blind players, it's all about turning sound into strategy, creating reliable routines, and labeling essential elements. Here's how to build your shelter—and your momentum—without sight, one day (and night) at a time.

## Sound Setup – Forge Your Sensory Shield

- **Headphones Are Essential:** With tremor effects, guttural undead groans, tool scraping, base alarms, and crackling fires, audio is your vision in this world.
- **Cut Back on Background Audio:** Muffle wind and ambient music so alarms, door creaks, crafting sounds, and horde cues cut through clearly.
- **Narrate Your Moves:** Be your own guide: “Harvested wood,” “Placed shoddy frame,” “Reinforced with wood,” “Zombie pull outside wall,” “Cooked meat,” or “Generator running.” Each of these spoken cues cements your orientation.

## Day-Night Rhythm – The Tower of Persistence

Each in-game day progresses through a familiar arc you can narrate:

1. Daytime—Scavenge & Build
2. Inventory Check & Craft
3. Secure Perimeter
4. Nightfall—Defend Against Hordes
5. Dawn—Assess Damage & Rebuild

Repeated verbal framing builds what we call your Survival Rhythm—just say “Daytime: scavenging,” “Nightfall: defending,” etc.

## Tool & Defense Tags – Label by Purpose, Not Name

Assign straightforward role tags to your gear as soon as you use or craft them:

- **Harvest Tools** → “Stone Axe,” “Pickaxe,” “Wood Club.”
- **Weapons** → “Bow,” “Shotgun,” “Spear,” “Pipe Bomb.”
- **Fortification Materials** → “Wood Frame,” “Reinforced Wood,” “Concrete.”
- **Utilities** → “Campfire,” “Generator,” “Barbed Wire.”
- Verbalizing this builds instant familiarity with your toolkit.





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## Five-Step Base Routine – Erect Your Fortress with Confidence

1. Scavenge Start → “Entering town—they’re inside.”
2. Loot & Gather → “Picked 20 wood, 10 steel fragments, gunpowder.”
3. Defense Prep → “Upgraded walls to wood; barbed wire around perimeter.”
4. Power & Defense → “Generator active; turret firing too close.”
5. Nightfall Alarm → “Night 4 ended; walls held. Health 90%. What’s next.”

Reinforces situational clarity throughout horde nights.

## Horde Hearings – Sound as Your Radar

- Zombie Proximity → Footsteps, groans, creature shambles—label their location as you hear them: “Zombie at perimeter west,” “Runner behind base.”
- Gun & Trap Cues → Explosions, trap snaps, gun cracks—all serve as location and action markers: “Bow shot—target down,” “Trap triggered—safe.”
- Wall Integrity → Creaks or wood breaks mean action; immediately say “Wall failing at east side,” so you can respond.

## Resource & Inventory Tracking—Audio Clarity in Chaos

- Loot Logging → Always say what you collect: “Stone x50,” “Food x3 cans,” “Medkit x1.”
- Storage Tracking → Label bins as you deposit/withdraw: “Placed wood in storage box,” “Ammo retrieved from locker.”
- Health & Hunger → When taking damage or eating: “Health now 75%,” “Hunger satisfied for 30 minutes.”

Prevents resource anxiety during critical moments.

## Practice Drills

- Audio-Only Runs — Silence visuals entirely and rely on your verbal routines to scavenge, build, and survive.
- Sound Recognition Training — Capture zombie groans, door creaks, weapon fire, and generator hums, then commit to labeling them from memory.
- Routine Repetition — Practice your Survival Rhythm: “Scavenge—Inventory—Build—Defend—Assess” until muscle memory takes over.

