

Subnautica Any% Survival Guide

This is an updated (as of 18/01/2022) guide to the Subnautica Survival Any% category. The format doesn't lend itself very well to explaining the map, and how to navigate it, so I recommend also watching a current run alongside reading the document.

Here's the link to the current WR:

<https://www.youtube.com/watch?v=rSw2QNLERt8>

This guide is also not currently complete, but please do message me on discord: HurricaneSYG in the speedrunning server, if I'm missing anything, anything is wrong, or you just feel like something's not clear enough (I'm not exactly the best writer, and making this was more of a tool to help me learn the run than anything else).

A lot of this guide is derived from this video by L30nh4rd: https://www.youtube.com/watch?v=aZN_YlaaycIg

I will reference the above video and other ones a lot, especially when it comes to navigating the map, as it's especially difficult to explain something like that in this format.

I decided to write this as it's a lot easier to keep a document up to date, and that old guide is now 6/7 months old and missing some quite useful new strats.

I've split the run into various sections, each with a few subsections within them. How they're split is honestly pretty arbitrary, but typically most of the larger sections could correspond to a split.

Thanks to GladePixie's [Subnautica note maker](#) for allowing me to make all the inventory images.

Finally, *huge* thanks to Eclypsed and Yoshie for having the patience to read through this whole document and give me loads of feedback - as well as basically answering all the questions I needed answered to make this thing!

TODO (for me writing it)

- link all videos and images
- create some videos of specific navigating (sandstone loops, glide to mountain, wreck to LR clip, Sandstone backups)

Information for before the run

Scroll wheel

You may notice watching other runs that we break materials a lot faster than normal. That's because we bind the scroll wheel to the left and right-click actions. So a single scroll down gives multiple of that input. That allows us to scroll when breaking a rock, giving the 4 required clicks in one motion.

This also allows us to transfer items between inventories a lot faster. When you regularly move an item between lockers, all the items are shifted up so the empty space is at the end. This means that you can simply scroll over a spot in an inventory to transfer it and as many items after it really quickly.

[Insert screenshot of keybinds.]

Downpatching

Some of the parts of this run require you to be on an older patch.

I will provide alternative strats, and playing on current patch loses about 40 seconds.

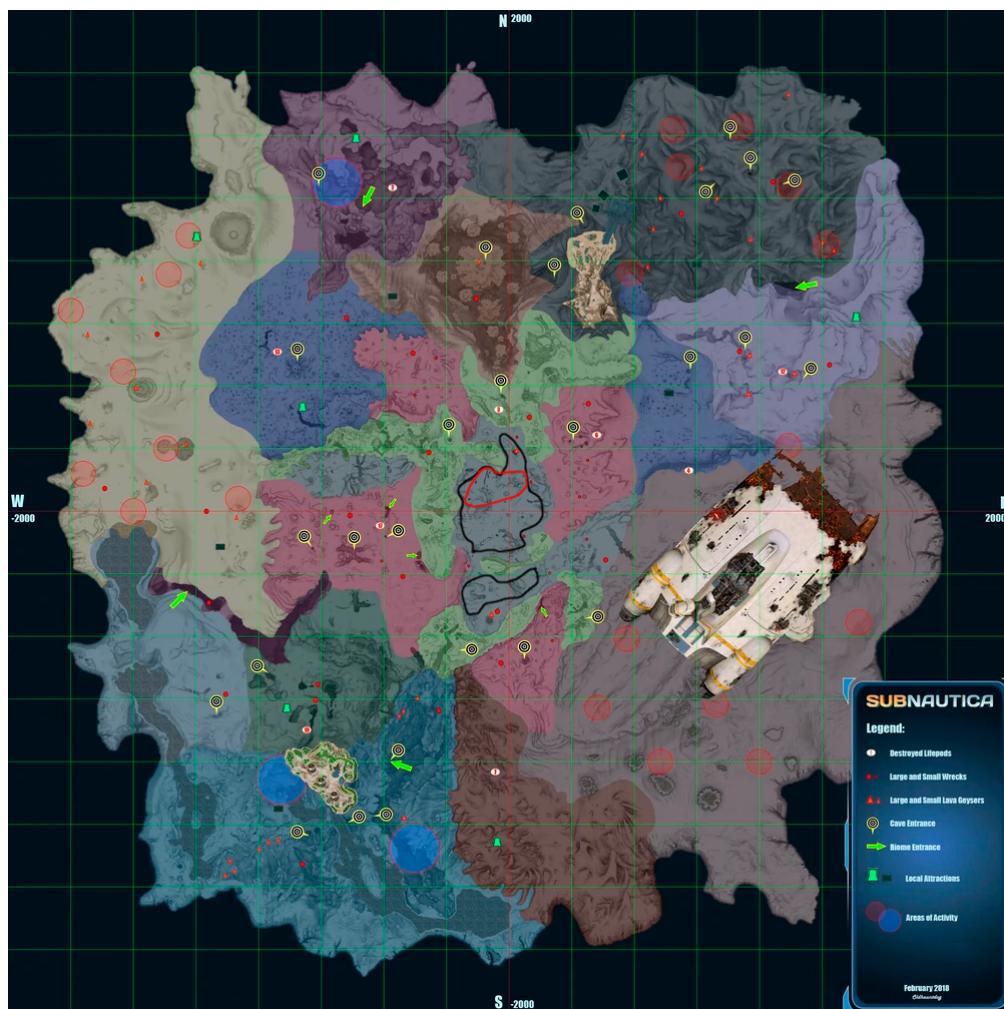
Here is a very useful video by Rubiks37 explaining the most up to date method for downpatching:

<https://www.youtube.com/watch?v=w-LFlq6-iDI>

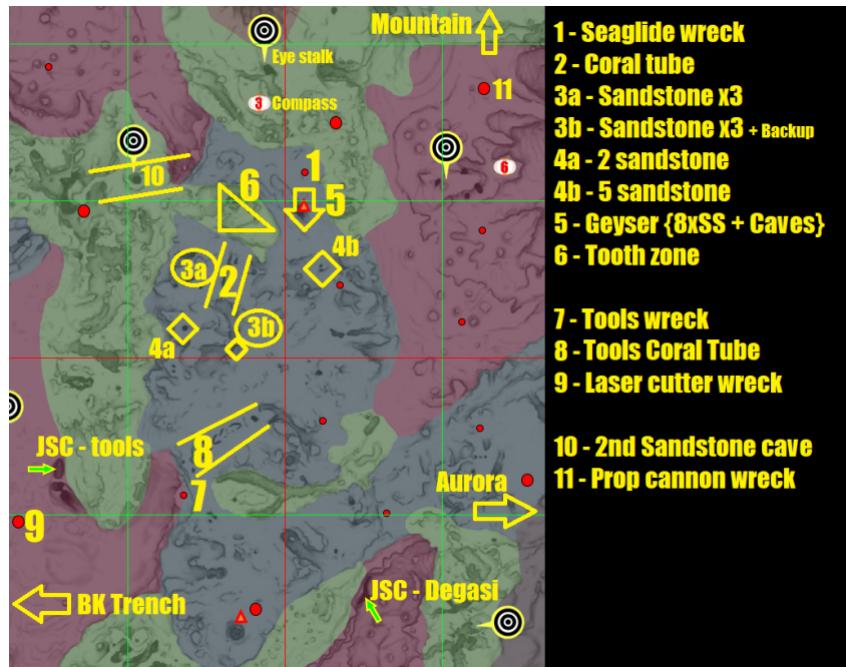
Shallows/Kelp Forest

A side note about good spawns

One of the first and most important things to learn for this run is where the spawns that you want are. In the picture below, you can see all the possible spawns marked in black, and the good spawns marked in red (update this image when I have my mouse and not just the trackpad on my laptop to draw with):



Here is an annotated map of the safe shallows - compare this with the picture above to get an idea of where we want to be spawning. (You'll notice it's pretty much centred about the Good Coral tube (#2 in the picture)):



It's quite hard to explain the shallows and good spawns in text, but luckily Rubiks has put together a really great video about navigating the shallows and the different spawns. It's slightly out of date, but it's still very useful (especially in conjunction with the above maps):

<https://www.youtube.com/watch?v=Ulmo9pWTtOw>

Spawns --> Clips

Where you spawn has an affect on some later parts of the run. Specifically, when you clip out of bounds in the Lava zone, you want do it in a way that your MVB ends up as close to your base as possible (it floats up to the surface after we leave it in the lava zone).

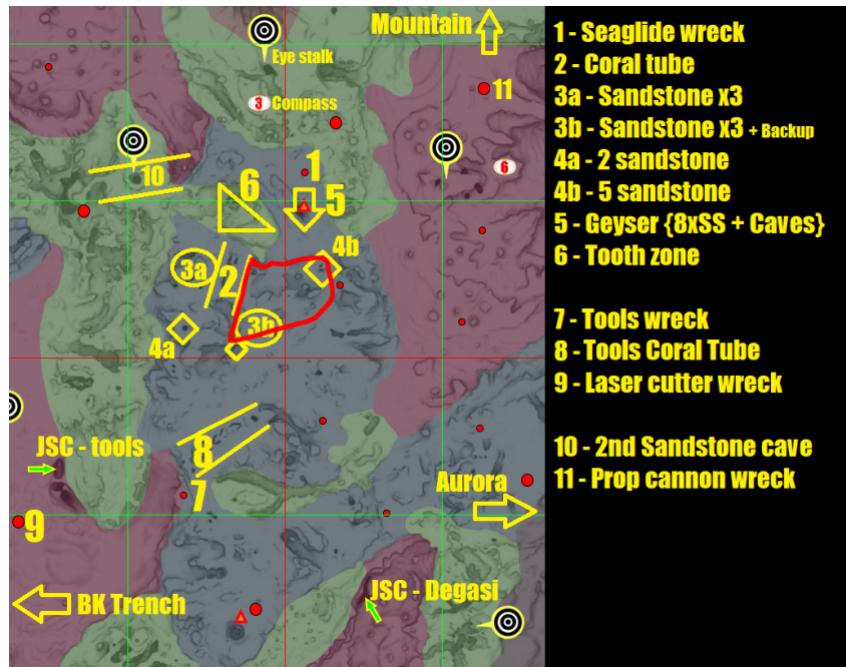
There are only a few good places in the lava zone to clip OoB, so we effectively categorize spawns by which of the two clips they relate to: Clip A, or Clip C.

We have two different base setups depending on whether you get Clip A or Clip C, and each clip also has a relevant Cave where there is guaranteed enough Sandstone to get the remaining two after the 6 you get on the first Sandstone cycle.

There used to be a Clip B but it's kinda trash and is never used.

Clip A

I've marked on the map below which spawns we categorize as Clip A:



You can see that it's effectively everywhere to the right of the good coral tube (if you're facing the entrance).

This is where you will setup your base for Clip A:



<https://youtu.be/SYv79xjzH4w?t=22>

The sandstone cave for Clip A is marked on the above map as 4b.

[Insert video]

A side note - the Clip A cave actually has 5 guaranteed sandstone spawns, compared to the 2 of the Clip C cave. When you go to collect the remaining 2 Sandstone, if you have a Clip A spawn, you should also get the extra 3 sandstone as well (remembering to count it). Because there is 3 more sandstone, there is about a 74% chance of getting the 3rd gold here, which allows you to make the second fabricator slightly earlier.

There are several advantages to this, including the following:

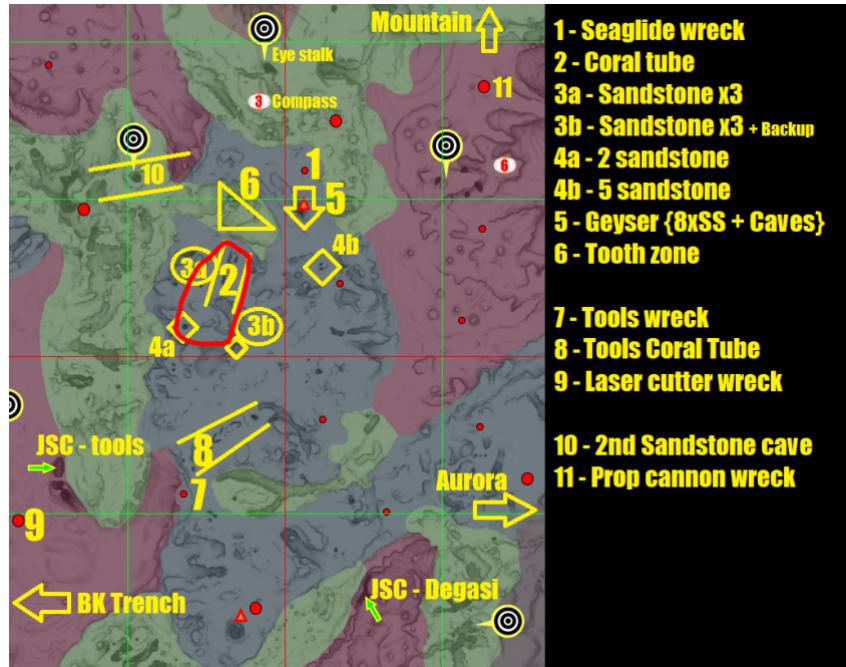
- Speeds up crafting of the resources after returning from teeth
- Gives you another opportunity to collect any quartz you may be short on (the Clip A cave tends to have a good amount of Quartz)
- There also tends to be lots of limestone in said cave, which means on average you won't have to collect as much copper from the geyser.

- Also, getting three sandstone earlier is nice, as there's less searching for random sandstone later.

For these reasons, a lot of runners prefer Clip A to Clip C, although Clip C is 100% fine.

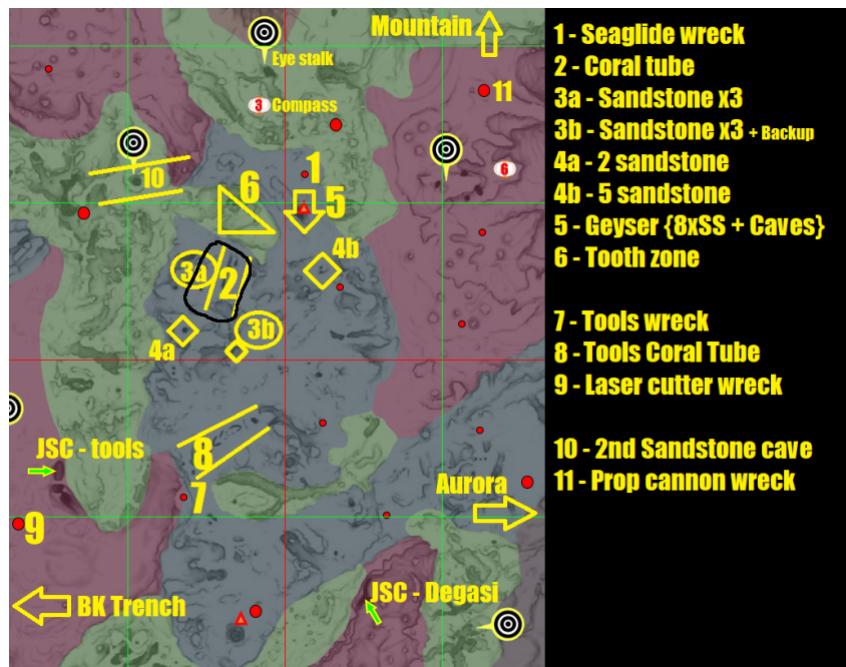
Clip C

I've marked on the map below which spawns we categorize as Clip C:

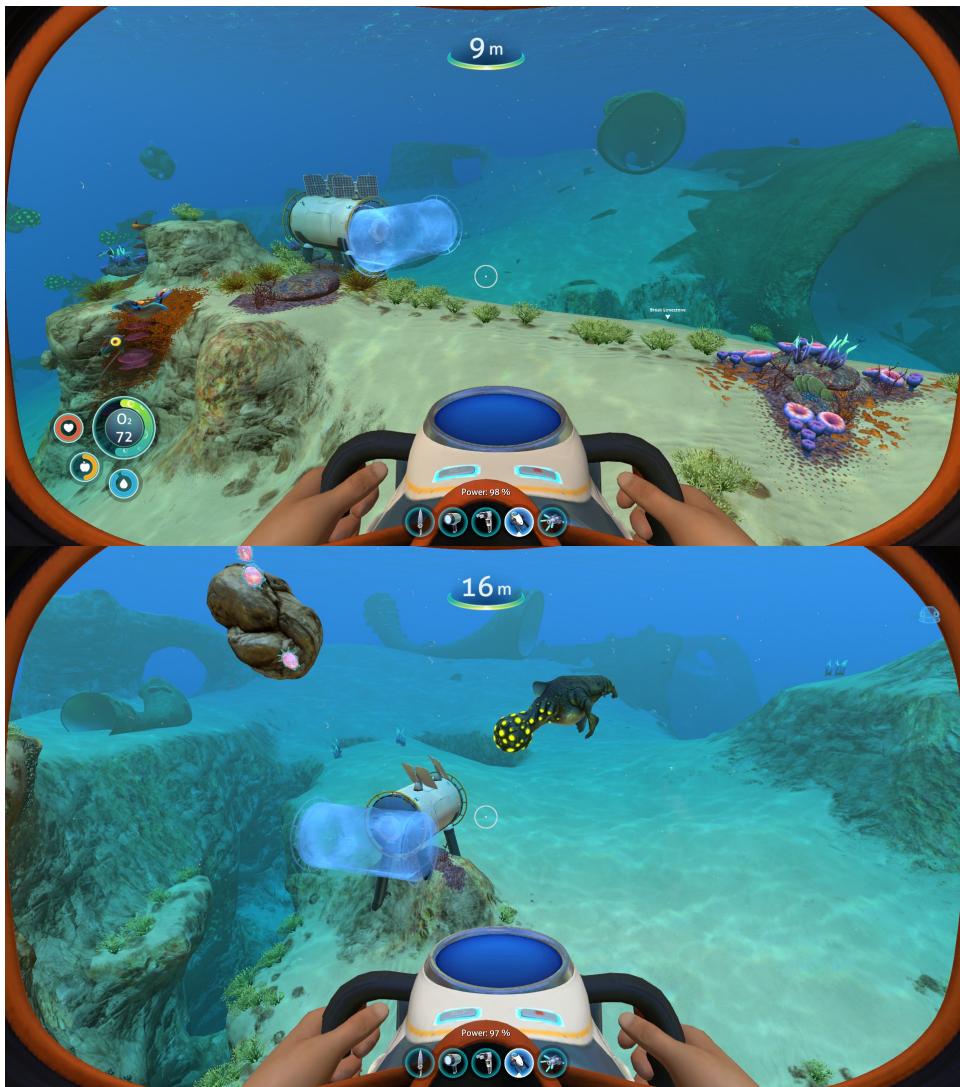


You can see it's pretty much everything to the left of the good coral tube, and any spawns above/aligned with the coral tube.

I've included some spawns closer to the Clip C cave (4a), that are on the verge of being bad spawns. If you're going for really competitive times, it's probably better to go for something like this:



There are two places you can setup your base for Clip C:



<https://youtu.be/SYv79xjzH4w?t=95>

The sandstone cave for Clip C is marked on the above map as 4a. It only has 2 sandstone in it, compared to the 5 at Clip A.

[Insert video]

A sidenote about metal salvage

During the entire shallows and kelp sections, you will need to keep track of metal salvage you pick up. There are multiple places where I say you can collect salvage, and all of them you will need to count. By the end of the last resource loop, you will need to have collected a total of 9 metal salvage.

Now to the actual run.

Spawn + Scanner

Scanner

The first thing you want to do is grab the medkit and leave through the hatch. Once you've left, if you have a spawn outlined by the previous section, you can continue. Note whether your spawn is Clip A or Clip C - this is very important to remember.

Firstly, grab two limestone and 6 acid mushrooms. The first two limestone are *always* one titanium and one copper. If you see a metal salvage, get that as well, as it will let you also make an O2 tank. If you get the salvage (remember to count it), and your first limestone is copper, you don't need to grab a second one.

Return back to the lifepod, and craft the following: 1 battery, and then the scanner.

If you get a metal salvage, in addition to the battery and scanner, make the salvage into titanium and the titanium into the O2 tank, but be sure to make the O2 tank last and activate ghost storage and leave immediately as you don't want to collect it until after the seaglide deathloop.

Coral tube + seaglide fragments

The first thing to do in this section is activate a glitch called Ghost Storage.

Ghost Storage

Ghost storage is quite an easy glitch to do. Simply click the locker in the lifepod, and immediately click the hatch to exit. You can also scroll while moving your mouse from the lifepod to the hatch, effectively doing the same thing, but maybe a bit easier. This overrides the animation where you actually open your PDA to access the storage with the animation to leave the lifepod. This leaves your PDA in a state where it has access to the lifepod storage. This lets us effectively access our lifepod storage from anywhere on the map, with the caveat that after you open your PDA and close it again, ghost storage is lost. This means that when you have ghost storage enabled you should be careful to not accidentally open your PDA before you need to.

You can see L30nh4rd explain/demonstrate ghost storage at the linked timestamp in his video.

<https://youtu.be/aZNYlaaycIg?t=1195>

Actual route for this section

So, first, activate ghost storage and swim to the large entrance of the coral tube (not the side that leads to the kelp forest), making sure to get full air. Swimming on top of the water is about 33% faster than swimming underwater when you don't have the seaglide, so on your way to the coral tube stick to the surface

You'll have space to grab 22 items + 2 creepvine seeds, which you will dump in the ghost storage before scanning the seaglide and dying.

Go into the coral tube, and collect all the quartz and limestone you can off the sides, preferably swimming in a "helix-like" motion to cover the maximum surface area. Once you're out, fill your air, then swim through the forest, getting two creepvine seeds on the way through. As you're leaving the kelp forest, open your PDA and dump everything you grabbed (2 creepvine seeds and all the titanium, copper and quartz you can fit) into ghost storage. With ghost storage open, you should grab and eat the all of the nutrient blocks and waters to save space. If you're a newer runner, you may want to keep them in case your food/water gets low, but you won't be able to fit all 22 items then.

Scan two seaglide fragments at the wreck, and wait to drown. There's a chance there won't be two seaglide fragments at this wreck. You can try to find one in the kelp forest before you drown, and if you're not too worried about getting a fast time yet, there is always a guaranteed Seaglide at Lifepod 3 (you can get some air and get the seaglide and then drown). When dying in Subnautica, you get to keep one random item you picked up after leaving your base - so you can grab a metal salvage before dying and still keep it. Remember to add this metal salvage to your count.

Respawn at lifepod.

If you have a spawn that's closer to the seaglide wreck than the coral tube entrance, it's faster to do the wreck first and drown at the end of the coral tube (just the same route in reverse).

[Insert seaglide fragment picture + different seaglide box variations]

Seaglide + sandstone loop 1

Sandstone Loop

In this section, you will go on a loop through the shallows, collecting 6 Sandstone, 3 Table Coral, and as much Limestone and Quartz as you can get your hands on. Below is a video showing you the route through the loop - I do explain it in the relevant part, but it's hard to convey something like this in text.

[Insert video link]

One thing to note - you can choose which end of the loop (Ok, it's not actually a full loop - we just call it that) to start at, and just go through it in the opposite direction depending on which end your spawn is closer to.

Sandstone Cycles

Sandstone drops, like every other resource in this game, are effectively grouped into buckets. Limestone is a simple example, with a bucket of size 2. This means that every 2 limestone you break, you will always get 1 limestone and 1 copper, not necessarily in that order.

Sandstone works in a similar way, except its bucket has a size of 8. You will get 3 Silver, 3 Lead and 2 Gold from every 8 Sandstone you break, though once again, not in that order. This is why we do most of our Sandstone counting in multiples of 8 - in the first loop you collect 6, and then get 2 more during the [stroll](#). After those 8, you get 8 more at the geyser, then collect a total of 24 (plus 1 gold, but I'll go into that in the relevant section)!

We can easily know how many of each resource we get just from how many sandstone we collect - I hope this make it clearer as to why we have to keep such good count of your Sandstone.

Actual Route

Now you're back at the lifepod, craft 1 Silicone Rubber, 1 Lubricant, 1 Copper wire, 1 Battery, 1 Knife, 1 O2 Tank (if you didn't make it before), and a seaglide.

You'll need to make a total of 6 glass before the first proper crafting section, 2 of which are necessary after teeth, so make at least 2 here, and then the rest later.

Before you leave, dump all the resources on you, except the 2 acid mushrooms, into the lifepod locker, and count your quartz. If you have made some glass, count 2 quartz for each glass. Remember how much quartz you have.

Before you leave, activate ghost storage again.

You'll now start the [Sandstone loop](#). In the above section, I have a video showing this route. You can actually start the loop at whichever end of it is closest to your spawn, but here I am only going to explain it as if it were a good Clip A spawn - if you have a spawn closer to the other end, you effectively have to do the following in reverse order.

Swim to the low ceiling cave, and start collecting all the sandstone, quartz and limestone you can see. You will need a total of 21 quartz, so start counting at how many you counted before leaving, and keep track of how much you pick up. Once you reach 21, you can stop collecting quartz.

There are 3 guaranteed sandstone in this cave - get them all. Swim out of the other end of the cave, and round to the closest exit/entrance of the cave that cuts through the Coral tube. Slash 3 table coral and pick up the 3 pieces you get before you enter the cave. Continue collecting quartz and limestone. Swim through the middle of the Coral tube, and through to the other side. There are 3 sandstone in this cave also, so collect them all. Leave out the left of the two exits, and grab any Quartz or Limestone you see here.

If you have a spawn closer to this end ("the exit," as it were), you can start this loop there and go through it in reverse order. It doesn't make a difference which way you go through, so pick the entrance closest to you.

By this point, you'd like to have 2 gold, but it's possible the first 6 sandstone don't give you that. You'll be able to get it during a later section.

If by the end of this loop, you're still short by a couple of quartz, you can grab the rest on one of the later resource loops.

If you spot metal salvage as well, you can pick it up here. Remember to keep adding these to your count, as, by the end of the last resource loop, you will have needed to collect a total of 9 salvage.

If your inventory gets full, you can open your PDA and dump anything you can into ghost storage to give you some extra space. You can use that as an opportunity to double-check your quartz if you weren't counting/forgot your count.

Return to the lifepod, and start crafting: one copper wire, a battery, a computer chip, and a wiring kit. With that, you can craft a habitat builder. The old route required you to craft 4 glass here, but as I said earlier you just need to have made a total of 6 by the time you leave for teeth. So, with the remaining power in your lifepod, instead make any metal salvage you picked up into titanium to be sure you have enough to complete the base. If you still have power left, you can make as much glass as you can as well.

Base placement/mushroom flood

You will need 8 titanium, 1 Table Coral, 1 Gold (If you didn't get enough gold, that's fine, it isn't necessary right now), 7 Quartz and 2 Copper in your inventory. You will probably have more Quartz and Copper than that in your inventory already, so just fill the rest of your inventory with titanium (you might not have enough to finish the lockers and such, if/when this happens just pick up the rest from ghost storage).

Your inventory should look somewhat like this:



Activate [ghost storage](#), then leave. Build your base in the correct place for your spawn and mushroom flood. It's really hard to explain this in a document, so I will rely on Eclypsed's video explaining it all:

<https://www.youtube.com/watch?v=SYv79xjzH4w>

When you build your base you should have one compartment, one hatch, and two solar panels. You will also need to build a "ghost glass compartment" to allow you to skip exit animations. All you need to do is start build a glass compartment in front of the hatch, and perpendicular to the way the other compartment is facing (while not having any glass in your inventory):



On the inside, place a fabricator (don't worry if you can't finish it) and two lockers. While you're making the lockers, you can take this opportunity to also craft the rest of the glass, to make your total to 6 assuming you were able to finish the fabricator. I hope you were keeping track!

If you got pretty unlucky during your first loop, and you don't have enough resources, you don't *need* lockers and fabricators at this point. You can just flood, get SSG, and then get the remaining stuff you need during the [stroll](#), and build everything later.

I'd highly recommend making at least one locker to dump stuff into though, otherwise you'll probably run out of space during the stroll. Of course, if you do have the resources to make everything, do so.

Finally, begin making a second fabricator next to the first. You won't have the resources to finish the second fabricator, that's fine, you'll be able to finish it later.

The inside of your base should look something like this (These are placeholder images till I can actually load up subnautica and take some better ones):



Dump everything in the right locker, and leave. Now swim under your base and perform mushroom flood as outlined by the [video I linked earlier](#). The reason we do mushroom flood is to allow for probably the most useful glitch in this whole run, Super Seaglide, or SSG for short. When we're in a base as it floods, or partially deconstruct and reconstruct the hatch of a flooded base we're in, the game gets confused and decides that after we leave the base, we're both swimming and walking at the same time (only while holding out our seaglide). This means that we can swim much faster than we would be able to normally. If you accidentally leave the water or enter the lifepod/an unflooded base, you lose SSG and will have to get it again to go fast.

You'll respawn inside the base, and once again you should leave to go for a mini stroll.

Stroll

Your base will have flooded by the time you respawn and now you have SSG. Next, collect 2 sandstone (If you're at [Clip A](#), you can grab 3 extra sandstone in the cave there. If you're lucky, you can get a gold and make the second fabricator early. But remember to count the extra sandstone you get!), grab 4 acid mushrooms, and 10 table coral. If you want, you can also get more metal salvage here too. But remember to keep count of your salvage! If you're missing any other resources to finish anything else in your base, you can also grab them now.

Go back to your base, and grab two copper. Finish the first fabricator if necessary. Craft two batteries and if you couldn't before now is an optimal time to make the rest of your glass. Dump all resources in the right locker, and head out for teeth.

Teeth

SSG over to the kelp forest by the exit of the good coral tube. Teeth are annoying and dull, but necessary. The general strategy for getting teeth is to pick up metal that you find, and drop it near Stalkers (who I will now refer to as "dogs", from here on out). When dogs pick up metal, there is a chance that a tooth is dropped, so our job is basically to bring as much metal as we can to the dogs.

There is one slight caveat - one of the types of metal has a *0% chance* of dropping a tooth! Remember which is the bad metal and don't drop them, try and pick them up yourself, so the dogs don't get them. The following image is what bad metal looks like:



The good metal salvages are as follows:



You need a total of four teeth before leaving this section, so it's usually a couple of minutes of basically just managing metal. If you spot any MVB during the teeth section, make sure to scan them.

[Insert MVB box image]

Another tip usually given is to try and keep the metal floating, instead of just sitting on the ground. A lot of the time, when a metal is on the ground, it's because a dog has put it in his nest. Dogs won't pick up metal again unless you move it out of the nest area.

As well as this, teeth can sometimes fall through the map if the dogs poker their head through the ground when picking up the metal, so it's a good idea to keep them floating for this reason as well.

Once you have all four teeth, slice the creepvine twice to get two samples, and then grab three creepvine seeds. Fill the rest of your inventory up with metal salvage as you swim back to base. You should have space for 3 extra metal salvage, and have a couple space left over for any limestone or sandstone you find. Remember to keep counting your total metal salvage, and counting any extra sandstone you've collected.

Flare storage + Sandstone loop 2

During this section, you will need to use a glitch called flare storage, so I will explain it before I go through the actual route.

Flare Storage

Flare storage is quite similar to ghost storage, in that we're overlaying animations in order to access a locker elsewhere. The difference is that we can use flare storage on any locker, including the ones in our base.

To do it is very simple:

First, take a flare out in your hand. Then, right-click to start the flare animation, and left-click on the locker.

You won't see the locker open, but if done correctly the next time you open your PDA you should have access to that locker.

This works in the same way as ghost storage, once you open your PDA and access it once, after closing your PDA you will no longer have access to flare storage, and will have to do the glitch again.

Actual route

Return to your base, and craft one fiber mesh, one silicone rubber, and two lube to make inventory space. Take out 2 glass and a silver, and take off your O2 tank. Craft the metal into titanium, then make a high capacity O2 tank. Then dump all your resources into the right locker.

I would recommend also crafting all the salvages you have into titanium here - while not necessary, it *can* lead to power problems later if you don't and are unlucky.

Grab a flare from your locker (if you don't have one on you already), and count how much copper you have left in your locker - remember this number.

Now activate flare storage on the left locker, which should be empty currently, and leave the base. It's time for the final sandstone loop.

Glide over to the geyser (to the right of the seaglide wreck), and start collecting limestone and sandstone. You want to leave the geyser with a total of 10 copper, including the ones you counted earlier, so start your count there. If you have any quartz you still need, get it here.

Collect the 8 sandstone in the guaranteed spawns around the middle layer of the geyser.

[Insert video]

Now you need to start counting sandstone as well. Start your count at 0 + any extra you collected outside of the 6 you collected in the low ceiling cave loop and the 2 from the other caves, and start collecting the random sandstone spawns.

You will need a total of 24 sandstone + enough to get an extra gold, but you can get more in another cave in a second, so don't worry if you leave the geyser area with less.

Once you've reached 10 copper, you can stop collecting limestone.

Once you've got what you can from the walls around the centre, go off to the side cave with the stingers in them. You can't be hurt by them with SSG so don't worry about that. Directly in front of you, below some stingers are about 5 guaranteed sandstone.

[Insert video or link to leons tutorial at that spot.]

At some point in this cave, you will likely fill your storage. When this happens, open your PDA, and dump all your copper (you can double-check your count here), all your lead, silver, gold and all your titanium except 2 (If you already have got all MVB fragments, you can dump the two titanium). Close your PDA, and continue collecting/counting.

Once you've got all you can from the geyser cave, head up out the end, and over/round to the left. You can follow along/over a ridge, and you will see a pillar with red grass on it, in part of the red grass biome that's almost jutting into the kelp forest.

[Insert video or clip or whatever]

There may be sandstone on the pillar, but if not, there's will be in the cave beside it your about to go in.

Go into the cave next to the pillar. It's very easy to spot, and it goes under the kelp forest. Continue collecting your sandstone. Once your count reaches 24, you need to keep breaking sandstone until you get a gold. It might confuse you during crafting if you have extra sandstone materials here, so there's certainly some validity in remembering the extra you get (aside from the gold) and dropping them. You could also just not pick them up at all if they aren't gold. Once you've either got all your sandstone or can't find anymore in that cave, continue out and round to the left.

[Insert video or clip or whatever]

You will see a small wreck and the entrance to a small cave beside it.

This is why we kept the two titanium. Make a compartment that sticks halfway into the wreck. Once you finish it, the walls of the wreck will disappear, and there will be MVB fragments inside, hopefully enough to unlock the blueprint. If necessary, you can keep searching the kelp forest.

If you still need sandstone, you can go into that cave to the right of that wreck, where there are 6 guaranteed sandstone spawns, plus some extra random ones.

[Insert video or clip or something]

If you still haven't got all 9 metal salvage, now's your chance to grab the rest on the swim back to your base.

Crafting Section

You don't have to do the inventory/locker management exactly as I explain - I've simply chosen the simplest way to do this section. With practice, you can definitely do this section faster/more efficiently.

If you have not already finished the second fabricator, pick up a table coral and finish it. Then, follow the next steps to make all the necessary items, alternating between fabricators to craft at double the speed.

Collect your metal salvage and craft it into titanium. You'll then need to create 3 titanium ingots (one ingot is 10 titanium). These ingots/titanium are something you could make during earlier crafting sections too, but if you're starting, I'd recommend doing them all now for simplicity sake, and so you don't confuse your count.

Collect all the copper, all but one of the table coral, and four gold from the lockers. Craft 5 copper wire, then 4 computer chips.

Put them in the right locker, and take out the fiber mesh and 8 silver.

Craft 4 wiring kits, and with one of them, craft a rebreather. Put one of the remaining 3 wiring kits in the right locker, and take out two computer chips and 4 gold.

With those, craft two advanced wiring kits and put them in the right locker.

Once you've made the ingots, open the right locker and dump 2 ingots. Take out 2 batteries, one lube and one silicone rubber as well.

Before you craft anything, change out the two batteries for the ones in your seaglide and habitat builder, so they are both full.

You can do some quick locker management here - clear out the left locker and put everything you can fit in the right (except the 2 ingots, 2 batteries, lube and rubber you just took out, and the tools + flare). Get SSG, any medkits you want (if you're not confident with aurora strats yet), and start crafting the MVB.

Leave your base while the MVB is crafting.

You're done with by far the worst part of the run.

Aurora + Glide to mountain

Maintenance Hatch + Rocket blueprint

Old patch

Head to the tail end of the aurora, and find the maintenance hatch. On your way to the aurora, pick up a metal salvage. When you die, you keep one random item, as well as anything you had in your inventory when you were last in the base, so you'll keep the salvage. Scan any cyclops engine/bridge if there any & your health allows for it (or you brought a medkit).

https://www.youtube.com/watch?v=uN41z5_tkk0

Swim into the rocket, being careful to not go too high up. Swim to roughly the centre, until you see rooms loading in. If you look up you can see the quarters, and you should be able to see a weird underwater pipe room in front of you. Line yourself up with the left of the three pipes, far enough back that they are just loaded in in front of you. If you look directly up, you should see the floor of the room you're going to jump into. Then, jump straight upwards through the floor. If you turn right and run as far down the hallway as you can, you'll find the Captains' quarters on the right. Input the code on the pad to the left of the doorway:

2679

The door will open, and you can grab the rocket blueprints and kill yourself in the fire.



You can also jump directly in front of the Captain's Quarters, it just is a bit harder to find the lineup. Basically just look up when you're under the quarters/hallways area, and line yourself up with the furthers part of the hallway from your lifepod.

Current patch

The way to get into the aurora on current patch is quite similar, except instead of jumping through the ceiling, you jump onto a balcony and parkour over some boxes. This takes about 20 seconds longer than a fast old patch jump, and as I'm not too familiar with it myself, I'd recommend watching the following clip where aqua demonstrates the clip.

Once again, make sure to grab a metal salvage on your way, and scan any cyclops fragments you see, health permitting.

https://www.youtube.com/watch?v=3v_LWCobVOg

Once you've done the clip, jump up the boxes and head down the corridor. Turn left, and the farthest room on the right is the Captain's Quarters.

Then input the code:

2679

The door will open, and you can grab the rocket blueprints and kill yourself in the fire.

Inventory management + flare storage

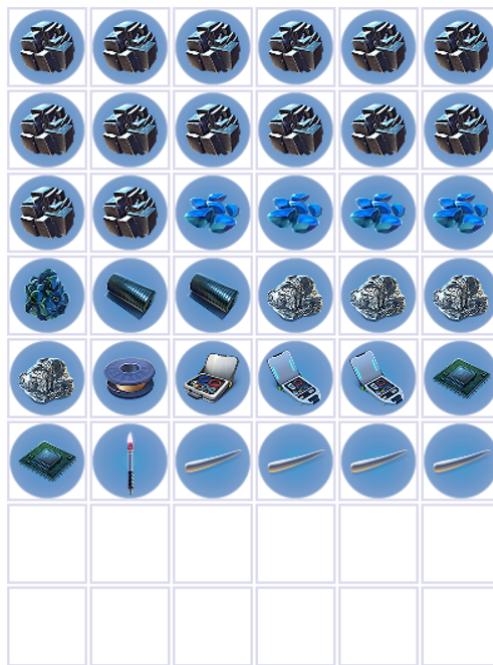
Back at base make the salvage into titanium, and collect the following resources from the right locker: 2 Quartz, 2 Lead, 2 Titanium Ingots, 1 extra titanium, 1 Lube, 1 Table Coral, and 1 Flare (may already have this - make sure it's the flare you have already uncapped and used for flare storage previously).

Put MVB (currently on fabricator), in the left locker and activate [flare storage](#) on the locker with the MVB in it.

Your inv + left locker should look something like this:



Your right locker should look something like this (there can be 4 or 5 silver, as long as you have 4, you're good)):



Leave base (with flare storage + SSG activated). Deconstruct the majority of the 2nd Solar panel you constructed when you initially made the base. Deconstruct it for everything except the final quartz, which should leave it a bit below 20% completion. This will keep the power in it stored so we can still use it later. Head to the mountain. To get there, go through the kelp forest where you did teeth, past the seaglide wreck, and into the kelp forest past that.

Eye stalk + Fish

Going through the kelp forest, and round to the left a bit, you'll find the following cave:

[Insert image]

If you need any extra titanium to reach the 5 you should have, now is your chance to get it. You can break limestone your spot, or if you see any seaglide/mvb fragments you can overscan them to get two titanium.

Slash the eyestalk, and continue in the same direction to go the mountain island. You'll end up following a sort of ridge, with the underwater islands on your left. If you can, grab a fish on your way, which you will use to fish skip the tablet animation.

Mountains/Bulb/Mushroom

When you arrive at the mountain, go to the surface to get full air, and go round to the left. Swim down, basically hugging the side of the mountain, until you come to the following cave:

[Insert image]

Enter the cave, and you'll see a purple tablet on the floor. If you see any cyclops or moonpool fragments on the way, scan them.

Tablet + Fish skip

When you go into the cave, go up to the tablet and hold out the fish. Release the fish and immediately pick up the tablet, then change to seaglide. This overlays the animations so you can get back your seaglide sooner. Continue in the cave off to the left, then round to the right to exit.

Here's a link to the timestamp in a video Krooka made, showing fish skip with all the keyboard and mouse inputs:

<https://youtu.be/NRnThiGyoZg?t=344>

This video also explains the [duplication glitch](#), the [aurora clip](#), [Ghost Storage](#), [SSG](#) and [SSC](#) so it's probably worth just watching the whole thing.

Lithium and Gold

[Insert video of spire/cave nav?]

Once you leave the cave, start collecting lithium and shale from the spire directly in front of you. You're aiming for 14 lithium + **(5|4) gold. Keep count, as you can't open your inventory to check due to flare storage. Once you've got all the lithium and gold you can see, or are running out of breath (if you're aiming for one breath mountain, you need to start building the base with 85-90 O2 *latest*), swim to the spire opposite the portal, and do the mountain setup.

You can get away with only getting *(4|3) gold here, as you can grab one more in the lava zone. You can also get away with getting at minimum 10 lithium as you *can* get backup at the sparse reef, although this isn't really recommended.

Different gold options

I just want to explain the different options you have, depending on how much gold you are able to collect. I'll touch back on this later in the relevant points, but I just want to clarify here in its own section as it's easy to gloss over this when skimming the previous paragraphs.

While collecting resources at the mountain, you should be hoping to get 5 gold, but can get away with 3 or 4.

If you collect 5, then when you open your flare storage [later](#), you should dump 4 and you're done for collecting gold.

If you collect 4, then when you open your flare storage [later](#), you should dump 3 and during the [final crafting section](#), you will need to deconstruct a fabricator at the end to get the gold to craft the polyaniline (I will explain this again in that section). In theory, you could also dump all 4, and then hope to find a shale (with gold in it) in the lava zone, but this is way more rng, and not

recommended.

If you collect 3, then when you open your flare storage [later](#), you should dump all 3 and during the [final crafting section](#), you will need to deconstruct a fabricator at the end to get the gold to craft the polyaniline (I will explain this again in that section). You will also need to get a gold from a shale in the lava zone.

Mountain Setup

Build a compartment with a solar panel on it, and a hatch. You can also build a ghost glass compartment in front of this base too if you'd like, in the exact same way you do for your shallows base. Start building a compartment next to it, and stop before halfway. This will store a single titanium. If you're not able to one breath mountain, go up to the surface for air when you need it, but don't open PDA unless you've collected all the lithium and gold you need.

You have a choice here. You can collect a second purple tablet here, and save you having to do it later. But, if you do choose to get it now, there is a [glitch you should also do later](#), which tends to be quite finicky/difficult (You can only do the later glitch on old patch, so if you're on current path you can ignore the second tablet). If you don't get the extra tablet, the glitch later is impossible, and if you don't want to do the glitch later, it's not worth getting this extra tablet. Personally, I choose not to get it, but if you would like to here is what you do.

Below the platform with the portal in it, there is actually a tablet that is out of bounds. To get it, you basically have to swim at the surface full speed with SSG, and scroll on the tablet as you clip through - hopefully, one of the mouse inputs will grab the tablet.

[Insert video]

If you do get this tablet, when you do your inventory management in a minute, you will also need to dump one of the tablets in flare storage.

Wreck (Engine + Moonpool)

If you're facing your compartment, swim down to the left, round the side of the mountain. You'll pass a geyser where you can collect the rest of your lithium and gold. Continue down past there, and you'll see a large wreck. Here you need to scan 3 engine fragments and two moonpool fragments.

[Insert video/clip of navigating that]

The moonpool fragments come in different shapes:

[Insert pictures]

As do the engines:

[Insert pictures]

Wreck -> MVB Clip + Flare storage

After getting the fragments and resources, continue around the mountain, past the wreck, and you'll see the following structure in the landscape:

[Insert picture]

I've linked the video below, as it's a lot easier to understand how to navigate this part with a visual guide.

<https://www.youtube.com/watch?v=M6GSB8STKSM>

Head up the steps, and you'll come to a ridge next to a little "U" shape.

[Insert picture]

You basically want to follow the ridge upward, and also go up for air at this time. Once you're at the surface, you can open your PDA to do some more inventory management.

Dump all the diamonds and lithium you have into flare storage. Grab the MVB and dump *(4|3) gold, + any extra random items you may have besides the following: 2 Lead, *(0|1) Gold, 2 Titanium Ingots, 1 Lubricant, 1 Purple tablet, 1 Table coral, and an eyestalk seed. Your flare inventory and flare storage should look somewhat like this:



If you chose to get the second OoB tablet, you should also put that in your flare storage, leaving you with just one in your inventory.

Bulb sample + mushroom sample

Once you've filled your air and sorted out the inventory, swim back down underwater. You'll see a bridge-like structure, with mushrooms on one side and bulbs on the other. Swim up to a bulb on the top, and slash it. Then swim down to the left, and slash a mushroom.

[Insert video or relevant image/clip]

MVB Clip

After getting the mushroom sample, swim under the bridge/arch. Then you'll need to do the MVB lineup as indicated by this:

[Insert video or image]

Rubiks also explains it really well in the following

<https://youtu.be/M6GSB8STKSM?t=137>

Release MVB and climb out of bounds. Grab MVB from out of bounds, and swim down (holding C), till you see the lost river.

Lost River + Lava zone

Ghost Weed

Swim back in bounds to the lost river and slash the ghost weed you see in front of you.

[Insert picture]

Continue to the left (deeper into the lost river) and you'll see a big hole in the ground that leads you down to the lava zone.

Pray Casper blesses the run.

If you're a bit more experienced in the run and can one breath nickel, you should probably try and manage your health so that you die in one jump at the thermal plant. To help, you can swim in the brine (the green water in the lost river) for a few seconds to take enough damage to bring you down to around 60-70 health (usually 4 ticks of damage). While you're in the brine, you can also collect any free sulfur that could spawn here.

If you aren't going for one breath nickel, you can still take damage (4 ticks) from the brine. Your oxygen will run out faster than your health anyway, so if you have to two breath nickel, this won't make any difference. But, if you do get lucky with nickel, you'll have the right amount of health to do one breath strats anyway.

Nickel

As you descend the lava zone, look around the lava pools for nickel. You need 3, and it's stupidly hard to find due to how tiny it is.



1 Extra gold (if necessary)

If you need to grab an extra gold, you should be able to find some Shale in the lava zone. Don't pick up anything except one gold.

Moonpool backup

If you're doing nickel and either a) can't find the nickel fast enough, or b) haven't got enough breath to make it to the thermal plant due to a rough MVB clip, you can build a moonpool in the lava zone to make a portable spawn point and get air.

You have to be below 1100/1200m as if not, it won't flood and you won't be able to get SSG.

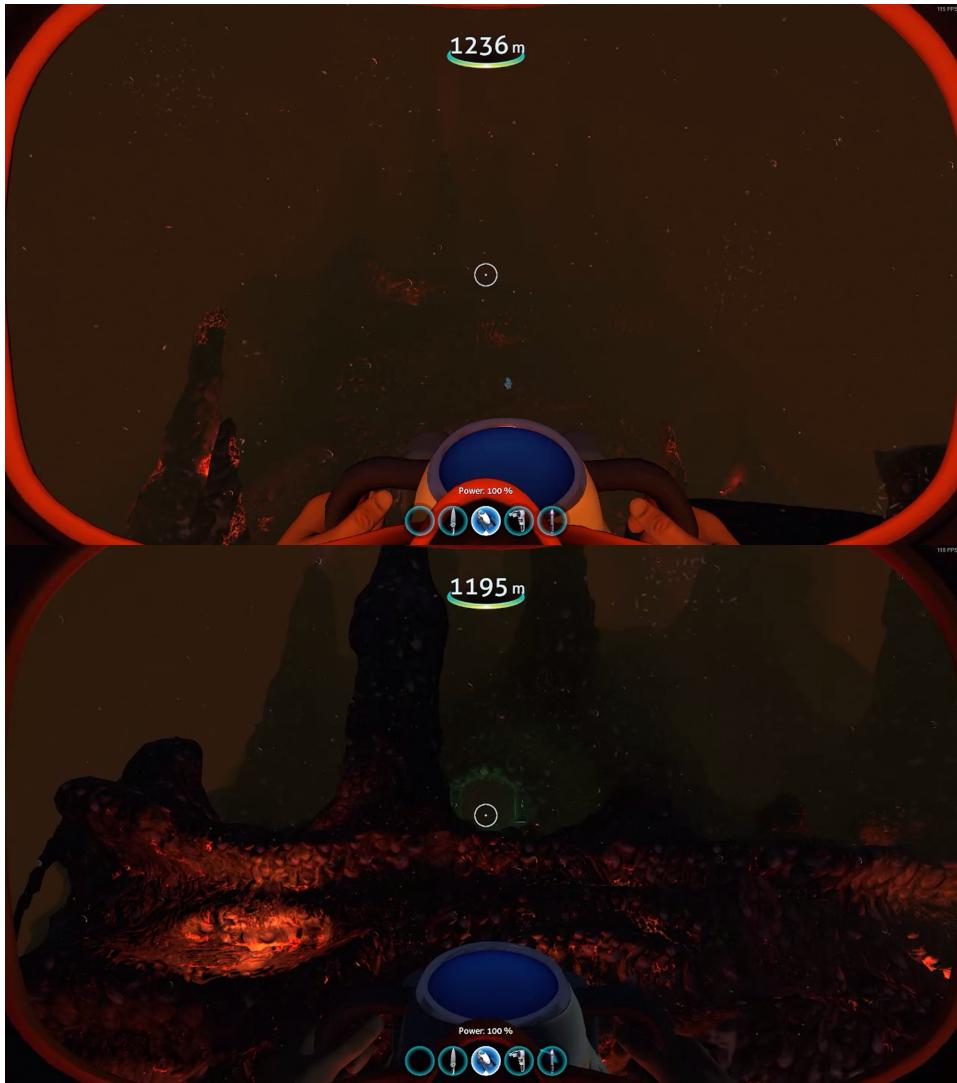
Once you've built the moonpool, you need to go up into it to set your spawn. You will lose SSG but will get it back in a second after you respawn. You can now go out and look for the last nickel, and if you still have O2 left after finding that, you can die on the lava if it's quicker.

You'll respawn in the moonpool.

If you want to manage your health properly, it's a little trickier without one breathing nickel. Before getting SSG from the moonpool, you can swim out and take some lava damage - you'll have to judge it based off how far you are from the lava castle, but around 50 health should be a reasonable amount. Then you can take different options later depending on how much health you have left at the thermal plant. If you respawn and the moonpool is already fully flooded, so you can't *not* get SSG, you can also take damage on the lava inside the lava castle.

Swim right up to the ceiling of the moonpool to get SSG, then leave and deconstruct the moonpool.

Once you have all the nickel required, swim up the big volcano looking thing (lava castle?) and find the entrance.



If you enter the lava castle with 9 O2 left, you *can* make it through to the thermal plant, assuming you don't grab any kyanite or sulfur.

Sulfur + Kyanite

As you navigate this cave, you need to collect 4 sulfur and 4 kyanite. You *can* get more kyanite in the main room, and you *can* get OOB sulfur if necessary, but it's recommended to get it all on the way through here. If you're running out of breath, you can leave the cave early to go get air from the thermal plant, and collect the rest after.

As this cave is already a bit tricky to navigate, explaining it is quite difficult. Thus, I recommend you watch the following video to get a good idea of how to navigate it.

Thermal Plant setup (Moonpool)

Once you've left the little cave, you'll see the thermal plant. Swim up to the right side of it, and you'll see the entrance. You want to build a moonpool right outside the door and set your spawn by swimming up into it (this will also make you briefly lose SSG).

If you *need* air you can of course go into the plant first to get air, then leave and make the moonpool.

If you want to properly manage your health to optimise for the jump, you can take some more damage here. To do so, swim through the thermal plant entrance at the top of it and fall to take a bit more damage. If your health is way too high, you can also swim down to the lava after losing SSG in the moonpool, take some damage, then enter the thermal plant as normal.

Thermal Plant blueprint + death

Once you've built the moonpool and set your spawn, you're good to head into the thermal plant.

Enter the thermal plant, taking damage in the door if you need. Turn right, then jump over the ledge in front of you. You want to be at about 25 health (a quarter visually) before you jump. The normal survival jump will do about half of that in damage, leaving you with enough to die after the blueprint. To do the survival jump, you simply land on the floor all the way at the bottom of the ramp.

[Insert video]

If you have less health than you are comfortable doing the survival jump with, you can instead do the hardcoded jump. This has you landing on a little ledge, then hopping down to the floor, so you take less damage.

[Insert video]

If you still have too much health, you can try to get a little robot spider thing to stab you, but this is quite rng heavy, so shouldn't be counted on.

After the jump, continue around the corner. Pick up the ion cube, then place the tablet on the pedestal to the right, to unlock the blueprint room. Run up one of the sides of the room and grab the blueprint in the middle. Then jump off the edge to die. An optimal jump will do about 17 damage, so try to have less than that. If you don't die, just run back up and do another.

You'll respawn in the moonpool.

Removing setup

Swim to the top of the moonpool to get SSG, then leave and deconstruct it fully. You can then drop two lead, but make sure you have good air before doing this as you can no longer build a moonpool to get more air (going in the thermal plant would lose SSG). Depending on how your inventory is, it may be *necessary* for you to drop the lead to get the remaining Sulfur and Kyanite. If you still need kyanite, now is the chance to get it. There should be some around the main area with the thermal plant in it, but you may also find some near where you do your clip.

MVB Clips

You need to choose the correct clip for your [spawn point](#).

No matter which clip you do, once you go out of bounds, do not pick up the MVB - leave it there. It will rise to the surface when this section becomes unloaded later.

The following video shows both Clip A and Clip C.

https://youtu.be/fMpjR_WmzY

Clip A

[Insert image or video]

Clip C

[Insert image or video]

OOB sulfur + swim to PCF

Once out of bounds, swim down and under the deep lava zone, making sure not to go back in bounds accidentally.

If you still need sulfur, you'll be able to grab some from out of bounds here. Just make sure to be careful not to go too close to the sulfur and poke your head through the floor.

Continue to swim down and head underneath the PCF (the big green cube). You'll see a cave under the PCF, and you want to aim for the part with the Sea crown + cube in it.



PCF + hatching

Sea crown + Ion cube

Swim back in bounds by the Ion cube, and pick it up. Slash the sea crown, and then turn around and head out of the cave.

[Insert clip or video of leaving cave.]

Hatching blueprint

Once you've left the cave, turn right and head over the platform with the eggs on it. Place the ion cube on it, this will start the voice lines to get you the hatching enzyme blueprint, but you can leave the PCF while that's happening. So turn around, and swim over the portal.

Portal + Hatching Enzymes + return (RIP KrazeyCane)

As you have SSG, you can clip through the sand in front of the portal enough to interact with the pedestal before the sand is blown away. To do this, simply swim full speed at the pile of sand in front of it, and click the pedestal during the moment your head slightly clips through. This will activate the portal, and allow you to go through.

On the other side of the portal, you'll be back at your mountain base. Deconstruct the half-built compartment to get your titanium back. Enter the base, build a fabricator and craft a hatching enzyme. Deconstruct the fabricator, leave the base and deconstruct the hatch.

Now head back through the portal to the PCF.

To get the right amount of oxygen, open your PDA as you enter the portal. This will let you use it while you load. Take off your oxygen tank. This should hopefully work out so that you have about 21 O2 left after cure clip, but if something goes wrong and your O2 starts getting close to 0 earlier than that, you can put the tank back on.

After taking off your tank, also drop the Quartz and Table Coral you have - you don't need them anymore.

Once you're back through the portal, swim over to the platform with the eggs, and click on where it asks for the enzymes. Turn around and go back out of the portal.

Cure + QEP

Cure clip

At the mountains, there will be little glowing cure balls. There's one guaranteed spawn by the spire your base is at. Knock into it so it glides against the wall. Swim above it, with your back to the wall and look down and click the cure. The animation will rotate you back down, clipping you through the wall.

https://clips.twitch.tv/SparklyTrustworthyTruffleArsonNoSexy-m3xsJyjm_Jp4mSm

If, for whatever reason, you miss cure clip, you can use [SSC](#) to clip into the spire/land behind the spire. I believe the chosen spot is the flat ground behind the spire you build your base at.

Once the animation ends, there are two different things you need to do to manage your Oxygen, depending on whether you chose earlier to get the extra tablet at the mountains, and subsequently will be doing the weird inventory oxygen gun glitch.

If you chose to get the tablet and do the glitch, wait until your oxygen reaches zero and then put your tank back on. If not, you want to put your tank back on at around 9 O2.

Turn around and swim up the side of the building, avoiding going back in bounds. You will approach the room you need to enter to disable the gun. There is a rectangle in the ceiling just past the entrance where you can swim in and out of this room.

[Insert video]

Once you're in, swim round to the right to find the gun.

Screenshot Clip (SSC)

SSC is not required for this run, but is a backup if you miss cure clip on old patch.

The basic idea behind SSC is that if you swim at a wall with your seaglide out (no SSG), and spam the screenshot button you're effectively able to skip the frame where you would be stopped by the wall. I believe this happens because something in the screenshot process stops rendering the world for a single frame.

It's a little tricky to get consistently - choosing a flat part of the surface to hit is usually pretty useful, and should help.

Getting SSC down is a mixture of practice, timing and RNG.

[Insert video]

Disable gun

Here is where your choice about the earlier tablet becomes relevant. If you didn't get the extra OOB tablet, simply interact with the gun as normal, and then take off your O2 tank once the animation ends.

Weird inventory oxygen glitch

If, on the other hand, you chose to grab the extra tablet, you're going to want to do this glitch. It allows you to take off your O2 tank during the animation, so you die immediately after it ends. Those who didn't get it earlier, need to get one now, hence the extra oxygen, and not doing this glitch.

To actually perform it is a little tricky and will probably require a decent amount of practice.

To start, to actually perform the glitch, there is a brief window after you open your PDA where you can still interact with the gun, so just open PDA and click to interact immediately after. As far as timing and the placement of the mouse, it's something you really just have to get a feel for. While the animation is playing, for some reason, there are only a few very short windows when you can interact with your PDA.

So you can start by moving the mouse down to the first spot, picking up the tank during the first window and HOLDING it. Then move the mouse to the next specific spot and drop the tank in your inventory when the camera jerks around (which places the mouse above the inventory section).

It's quite difficult to communicate through text alone so I really recommend watching the following video to get an idea for it.

[Insert video]

A really useful tip for practicing this glitch - set the game speed to 0.25, 0.5, 0.75 and then 1 using your console to practice at lower speeds, before going full pace.

A few notes about it, if you miss dropping the O2 tank in the actual inventory section of your PDA you'll end up just re-equipping the tank and fail the deathwarp. Secondly, I specify holding the O2 tank because if you just click to unequip it immediately (a logical idea) you'll drown too fast and the storyline flag won't be hit. You have to start the blackout during the second "window" in which you can interact with the PDA, which is why we hold it until then.

Collect purple tablet + optional ion cube

If you chose to not collect the tablet earlier, swim back out of bounds the way you came in, then go through the ceiling on the other side of the door. It's basically the same hole in the ceiling, just on the other side of the door.

Swim down between the stairs, and grab the tablet that's on the right. If you want/still have enough air, you can collect the ion cube at the bottom, but remember you collected it, as you will have to get one less later. Once you die, you should respawn in your lifepod, as you deconstructed the hatch at the mountain.

Sparse

Flare Storage

After you respawn, reequip your O2 tank.

Go back to your base in the shallows, and if you need to swap out any batteries. Activate SSG. If you got the extra purple tablet at the mountain, it will be in the left locker here. You'll need that at sparse, so get it now.

You'll also need to need to grab 3 glass and 3 teeth, and craft 3 enamelled glass here. Store them in the right locker.

Activate flare storage on the left locker.

Glide to sparse

You now need to go to the sparse reef. I've linked a video that tehxenor made solely on getting to the sparse reef, so I will refrain from going into detail (this video covers pretty much everything you need to know). If you've been getting the right amount of titanium, you won't have enough to make the dupe base when you return from sparse, so you'll need to collect one on the way.

<https://www.youtube.com/watch?v=SmkzMXdB87w>

As the video tells you, once you get to Jeffrey the reefback, you can swim down to find the cave where you will collect your resources.

Resources (Gel Sacks, Rubies and Salt)

In this cave, you need to collect 2 Gel sacks, 2 rubies and any backup lithium you didn't get at the mountains.

You can't actually find salt in this cave, but you will definitely pass one as you navigate through the sparse. There are some around the cave, and some around the rest of sparse if you don't find one here.

Leave the cave and align yourselves with these holes in the ground you can see here.

[Insert picture]

Continue in that direction, and you will come across a little hill with a cave entrance on the left side of it. Head down, and pretty much all the way round to the left, and you will see the entrance to an ion cube cache.

Ion cubes

Unlock the cache with your tablet, and grab either 3 or 4, depending on whether you got one extra at the QEP.

Once you have the cubes, leave the cache way you came in - going left, then right, then left again. Once you're out, continue forward and you will find the wreck we use to get the remaining cyclops blueprints. On your way out, if you see a fish you can grab, pick it up.

Blueprints (Hull + Bridge + Shield gen)

Build a compartment that goes half into the wreck. When you make this, it'll make the outside of the wreck disappear, revealing all the fragments inside.

[Insert picture]

You'll need to scan 3 hull fragments and 3 bridge fragments.

[Insert picture of different fragment types]

You will also need to get the cyclops shield generator in this data box:

[Insert image]

We can actually do another fish skip here to save a second or so. Just like you did for the tablet, release the fish, then immediately click on the databox, except this time swap immediately to the scanner to allow you to scan another fragment earlier. This will overlay some animations and release you slightly earlier.

If you can't find all the fragments, have a look around the general area. There tend to be random spawns of hull and bridge fragments just around the sparse reef.

Once you've got all the required fragments, continue past the wreck. You will see a X-like formation in the ground, and the rightmost part of it has the entrance to the deep shroom cave.

[Insert image]

The [video](#) I linked earlier explains the navigation around the sparse really well, so if you still aren't sure from my instructions (they aren't amazingly clear), then this video should be very helpful.

Deep shrooms + death

In this cave, you need to collect 3 deep shrooms. Open your flare storage and dump anything you picked up since leaving your base. This is typically 1 salt, 2 rubies, 2 gel sacks, three deep shrooms, any backup lithium you needed to grab and the metal salvage you collected on the way to sparse.

Your inventory/flare storage should look something like this:



After doing this, close your inventory and slash the deep shrooms to commit toaster bath.

Final Section

You'll respawn back at your base, and it's time to do the final crafting section and build the rocket.

Dupe

Firstly, dump all almost all your stuff in the left locker and grab the metal salvage you put in flare storage. Make the salvage into 4 titanium, and while it's crafting open the right locker, and grab the following: 2 Lead (If you dropped the 2 you had in the lava zone), 1 Glass, 1 Copper wire and 2 Computer Chips. Deposit all Sulfur, Kyanite, Ion Cubes and Nickel in the right locker.

Now head out of the base, and get a *reasonable* distance away. Build two "I" compartments side by side, then partially build a window on the left one. Deconstruct the left compartment fully, then build an L compartment where the previous one was. Complete the window, then fully deconstruct it.

<https://youtu.be/aZNYlaaycIg?t=5583>

While doing this, you may encounter a situation where you created the dupe base correctly, but the moonpool is completely deconstructing without leaving a dupe behind. This will be because the moonpool is on the wrong side of the curved part of the dupe base - the side opposite the original tube.

You can see here where AJ discovered/figured this out:

<https://youtu.be/Uy4i6t1LAL4?t=1390>

Build a moonpool next to this base and dupe it. Deconstruct it fully, then deconstruct and reconstruct (by like 1%/1 click) the one left behind. Then deconstruct the new one fully and repeat. In total, you need to deconstruct 4 moonpools fully, and then deconstruct the last moonpool, till you get one titanium ingot. You should have 9 titanium ingots total in your inventory.

Finding the right spot to deconstruct the dupe moonpool is not very consistent - it's basically just a matter of guessing the right spot till you get it. Once you've finished duping, drop 3 lead and 3 lube.

Stage 1

Find your MVB from earlier - it will have floated to the surface while you were elsewhere and the map wasn't rendered. It should be very close by.

Depending on which spawn you're at (Clip A or Clip C), you will need to deploy the MVB in two different locations.

For Clip A, this is where you should do it:

[Insert Video]

And for Clip C, this is the lineup:

<https://youtu.be/TuC5hxjEGQA?t=63>

[Insert my own video recorded at day time to make clear.]

Construct the neptune rocket platform, and then return to the base.

Collect all lithium, all gold, all enamelled glass, 1 tooth and 1 advanced wiring kit from your lockers. Now make 6 Plasteel ingots, but leave the base before picking up the last 2.

Stage 2/Cyclops

Swim back to your MVB and pick it up and wait for the Platform to drop.

Dolphin Dive onto the platform. Construct the gantry, and get off the platform.

Now redeploy the MVB so that the cyclops will spawn slightly over the side of the platform with the screen on it. The MVB will be aligned so that if you were to make a line out from the front of the MVB, it would cut off the corner.

[Insert link to video]

Make the cyclops, and return back to your base. Pick up the two Plasteel you left there, and make the final Plasteel and the final Enamelled Glass.

While those are crafting, pick up all the Rubies, Gel Sacs and Deep shrooms from the left locker. Make 2 Aerogel.

While those are crafting, pick up all the Silver, Kyanite, Ion Cubes and Nickel from your lockers. Make 2 Ion Batteries, and exit your base before they finish crafting.

Stage 3

Swim back over to the platform and wait for the Cyclops to land on it, and push the platform underwater.

Start the construction of the first rocket section, and then return to your base.

Collect the batteries you left crafting, and make the remaining two Ion Batteries.

While those are crafting, pick up all the Sulfur and Silicone Rubber. Make 2 Ion Power Cells.

While those are crafting, pick up the salt and make hydrochloric acid.

If you only dumped 3 gold in your flare storage at the mountains, deconstruct the second fabricator until you get a gold from it.

Make a polyaniline, and leave your base while it's crafting. You can collect it from the outside by pressing up against the wall with the fabricators on it.

Stage 4

Swim back over to the platform and start the second rocket section.

Now enter the Cyclops (using Tehx clip if you want), and climb the ladder. Run into the left side of the back of the Cyclops, where you will see 3 Power Cells and fabricator on the wall.

Remove one of the Power Cells and make the Cyclops Shield Generator using the fabricator. You can get the shield gen anywhere on the cyclops so just immediately start leaving once you start the crafting of it.

Leave the Cyclops and start the final rocket section.

Swim/Run around on to the elevator on the gantry, and press the button on the left hand side of it to start it moving up. Enter the rocket, and you will see three different levers on the walls.

You should flare skip all three of them, by using the flare and immediately interacting with the lever.

[Insert video of flare skip maybe idk]

Actually getting these flare skips down smoothly can be a bit of challenge.

You should start by making sure the flare that hasn't been uncapped yet is the one you have in your hot bar, since that is the one you want to dispose of first. You will need to slow down to take out the second one after flare skipping the first lever, but letting go of sprint and pressing 5 can be done very quickly.

Then after skipping the second lever all you need to do is look straight ahead and scroll - if you're fast enough the flare won't have actually been "thrown" until after you skip the second lever and you can pick it up mid-air when it appears in front of you.

After that you don't need to slow down to take the flare back out again and you can simply skip the last lever.

The flare skips themselves don't take a lot to execute correctly, all you need to do is right click then left click back to back and it is skipped, meaning as long as your aim is good while sprinting, you never need to stop to skip it.

Eventually you'll get the 3 consecutive skips down to a fluid-like motion and will basically not have to slow down at all during this part.

Now climb the ladder, and interact with the left and right consoles. The time capsule is the one in the middle, but it isn't necessary to complete the run.

Turn around, and click on the chair as soon as it's available.

End timer.