

The Art of the No Damage Walkthrough in The Last of Us Part II

I have spent hundreds of hours inside the ruined cities of The Last of Us Part II. After countless deaths, resets, and quiet moments of frustration, I finally learned to move through Seattle without taking a single hit. A no damage walkthrough is not just about being careful. It demands a complete rethinking of how you approach every encounter, every resource, and every enemy type. The satisfaction of finishing a section without a scratch is something that stays with you long after the credits roll.

Why a No Damage Run Changes Everything

Playing on Grounded difficulty is punishing enough. One mistake and Ellie or Abby goes down fast. But a no damage run takes that pressure and turns it up. You cannot afford to trade blows. You cannot rely on health pickups to bail you out. Every bullet, every bottle, every brick must be used with purpose. I have tried this approach on other games, but Naughty Dog's design in The Last of Us Part II makes it feel uniquely rewarding. The environments are dense, the AI is aggressive, and the stakes are personal.



The first time I attempted a [no damage walkthrough](#), I failed within the first ten minutes. A clicker caught me from behind while I was looting a drawer. That moment taught me something important: you cannot rush. You have to treat every room like a puzzle. The game gives you tools, but it never tells you the one correct solution. That is where the real learning happens.

Reading the Environment and Enemy Patterns

One of the biggest shifts in mindset is learning to read the environment before you act. In the early Seattle sections, stalkers patrol in unpredictable loops. They react to sound, light, and movement. A no damage walkthrough forces you to memorize those patterns. I spent an entire evening just watching a single group of stalkers move through a flooded hotel lobby. I noted when they paused, where they looked, and how long it took for them to double back. That knowledge became the foundation of my approach.

The same principle applies to human enemies. They communicate with each other. If you alert one, the whole group changes behavior. A clean run means you never alert them in the first place, or you eliminate them so fast they cannot react. This is where the workbench upgrades

become essential. Silencers, better grips, and improved scopes give you the edge you need to take out enemies from a distance without drawing attention.

Collectibles and the No Damage Walkthrough

Many players assume that a no damage run and a completionist run are at odds. They think you have to choose between speed and thoroughness. But I have found the opposite to be true. When you know the exact location of every artifact, trading card, coin, and supplement manual, you can route your path to minimize exposure. You pick up a training manual here, a safe code there, and you never wander into open ground without a plan.



Collectible locations are often tucked away in corners that enemies rarely patrol. By learning these spots, you can move through the level with purpose. A no damage walkthrough rewards this kind of preparation. You are not just surviving. You are executing a route that someone designed with care. Naughty Dog placed those collectibles intentionally. They reward players who pay attention to the world.

One of my favorite moments came when I found a trading card behind a counter in a convenience store. I had passed that same store five times before, always fighting through clickers and runners. This time, I approached from the roof. I dropped down quietly, grabbed the card, and slipped out through a back alley. No damage taken. That is the kind of satisfaction that keeps me coming back.

Abby's Sections and the Shift in Playstyle

Abby plays differently than Ellie. She is heavier, stronger, and her moveset reflects that. Many players struggle with her sections during a no damage run because they try to use the same tactics. That is a mistake. Abby can take more punishment, but you are still avoiding damage entirely. Her encounters in the later half of the game are some of the most demanding. The rat king fight, the descent into the hospital, the confrontation in the theater. Each one requires a different rhythm.

I remember the first time I cleared the hospital sequence without taking a hit. It took me three days of attempts. I had to learn exactly when to dodge, when to use the environment, and when to simply run. The AI in that section is relentless. But once you understand the flow, it becomes almost like a dance. A no damage walkthrough for Abby's chapters is about patience and timing, not brute force.

The Role of Equipment and Upgrades

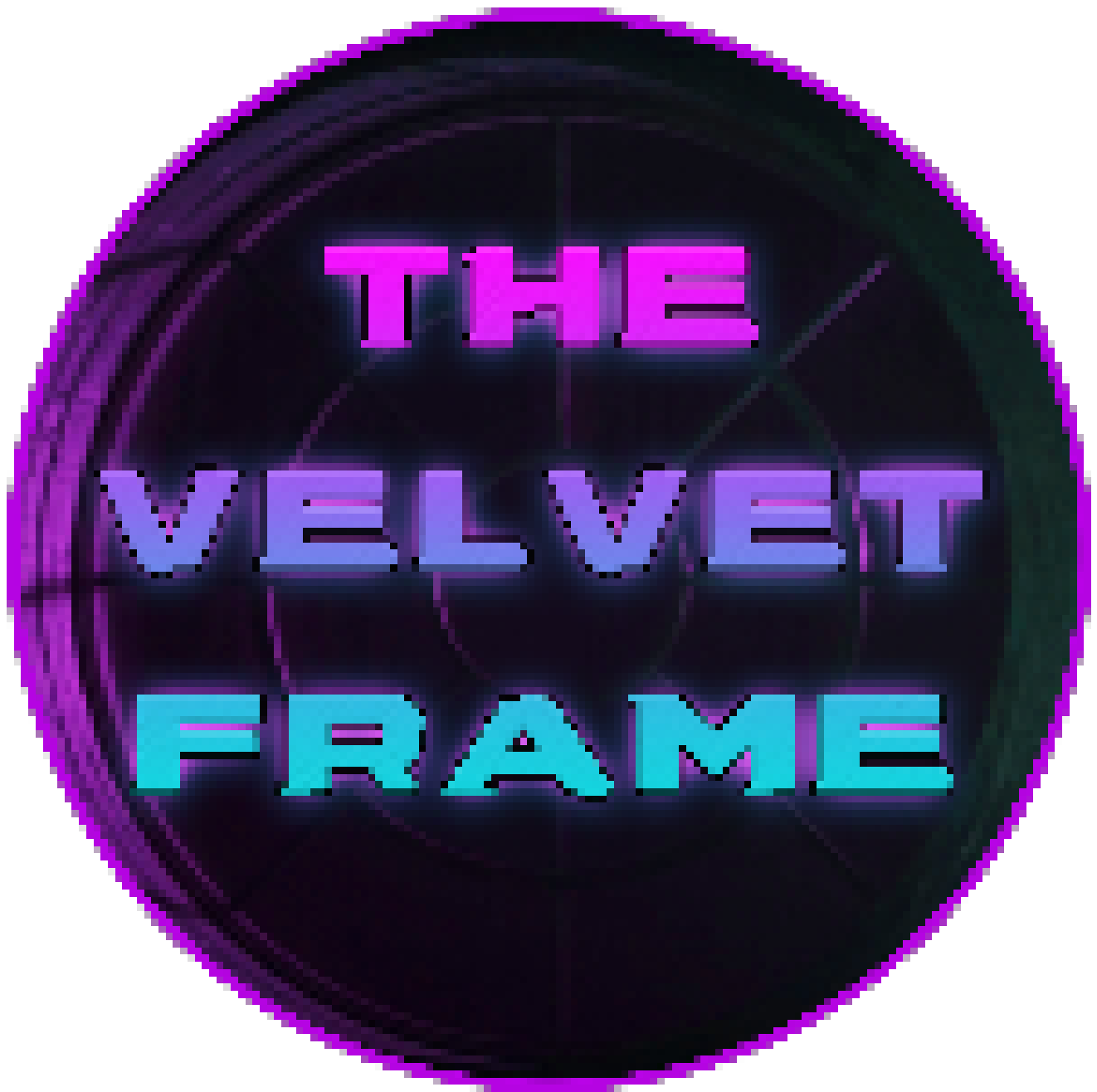
Your workbench upgrades are not just cosmetic. They directly affect your ability to complete a no damage run. A better holster means faster weapon swaps. Improved health lets you survive one mistake, though you still want zero mistakes. Supplement manuals increase your maximum health over time, but they also require you to find them. That means you have to explore, and exploring means risk. The trade-off is real.

I always prioritize the training manual that improves stealth takedowns. Being able to take out an enemy silently from a crouch is invaluable. It saves ammo, it saves time, and it keeps the rest of the group unaware. Safe codes and locked doors become secondary objectives. You learn which ones are worth the detour and which ones will get you killed. That judgment comes from experience.

Why PlayStation 5 Makes This Easier and Harder

Playing on PlayStation 5 with 4K HDR makes the world look incredible. You can see details that were lost on older hardware. That helps with spotting enemies early and reading environmental cues. But the higher framerate also means enemies react faster. Their animations are smoother and their attacks come quicker. A no damage walkthrough on a PS5 requires you to match that speed with your own reflexes. It is a fair trade.

The haptic feedback on the DualSense controller is a mixed blessing. You can feel the tension in the bowstring, the scrape of a clicker's claws on concrete. It immerses you deeper, but it can also startle you at the wrong moment. I had to disable some of the more aggressive feedback during my run because it made me flinch. That flinch cost me a clean section once. I learned to adapt.



Final Thoughts on the No Damage Walkthrough

There is no single right way to approach a no damage walkthrough of The Last of Us Part II. Some players prefer to memorize every enemy spawn. Others focus on perfecting their movement and aim. I have found that the best runs come from a blend of both. You need to know the map, the enemies, and your own limits. You also need to accept that failure is part of the process. Every death teaches you something. Every reset brings you closer to that perfect run.

If you are thinking about attempting your own no damage walkthrough, start small. Pick one section, like the supermarket or the forest, and practice it until you can clear it without taking a hit. Then expand. Build your knowledge piece by piece. The collectibles will help you map out

safe routes. The workbench upgrades will give you the tools you need. And eventually, you will find yourself moving through Seattle like a ghost. That feeling is worth the effort.

Naughty Dog created a world that punishes carelessness but rewards patience and skill. A no damage run is the ultimate expression of that design. It is not for everyone. It requires time, focus, and a willingness to fail. But for those who stick with it, the payoff is unforgettable. You come out the other side knowing you mastered one of the most demanding games ever made. And that is something no one can take away from you.