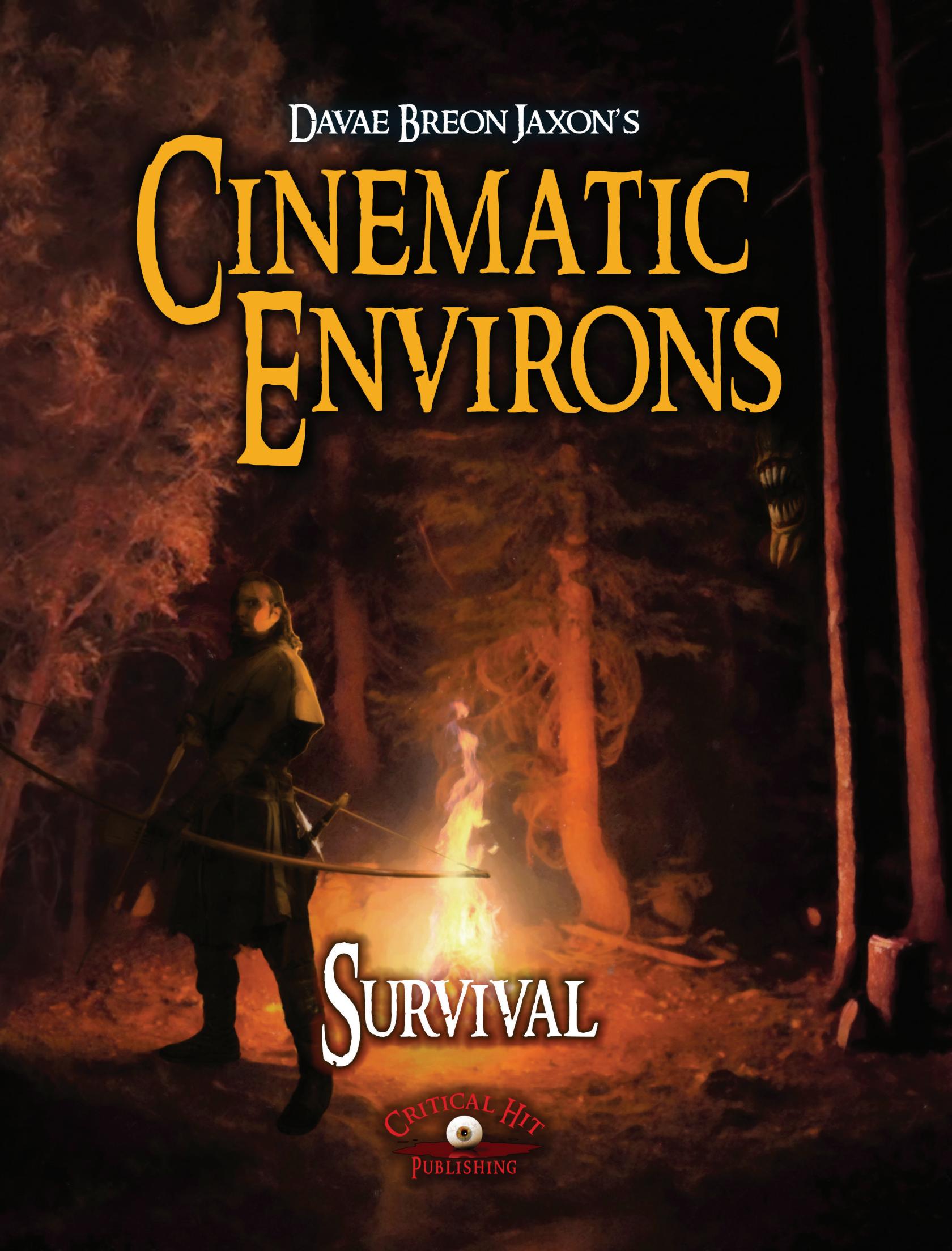


DAVAE BREON JAXON'S

CINEMATIC ENVIRONS



SURVIVAL

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INTRODUCTION

"The one thing I can tell you is that you wont survive for yourself. I know because I would never have come this far. A person who had no one would be well advised to cobble together some passable ghost. Breathe it into being and coax it along with words of love. Offer it each phantom crumb and shield it from harm with your body. As for me my only hope is for eternal nothingness and I hope it with all my heart."

— *The Road*, Cormac McCarthy



A scout scrambles down hill, panicked that the hunters on her trail will hear the cries of her fallen pack lizard. A squire sneezes, farts, and belches his way back to his tent, dropping handfuls of half eaten exotic nuts. A group of starved and thirsty explorers pass around a small cup of gray water with single bites of rabbit meat floating in it.

In a fantasy world with vast expanses of wilderness between islands of civilization, the limits of the player characters (PCs) are often tested when undertaking the simplest journey. This can mean dealing with some of the most basic daily needs including food, water, and shelter, as well as dealing with illness, poisonous creatures and wild beasts.

The question then becomes, how do we make basic survival exciting without the necessity of adding bandit ambushes or troll attacks? While these random events can be fun if used sparingly, the players can become jaded to these contrived encounters if they are used every time they travel.

By making the very acts of passing through a forest, setting up camp, building a shelter, making a fire, gathering food, and finding water an adventure, the DM can transform even the simplest journey into a grand adventure.

This book will provide some creative options to keep what is often the least interesting part of the game – getting from point A to point B – interesting and memorable. These will include the use of more evocative descriptors for rations such as salted pork, dried mushrooms, and hardtack instead of rations. It could include finding potable water, building a shelter against the coming rain, or caring for mounts.

Additionally, the book will cover a variety of threats from hungry predators to hypothermia to venomous insects. There can also be natural solutions to these threats, such as, herbal remedies, pest repellents, and securing a campsite.

The most important tool in running a survivalist adventure is “buy in”. Every player and the DM must be willing to record supplies, count rations and make the act of finding food and water a fabulous treasure. This is not to say that the survival campaign can’t have high action, but by adding survival aspects like starvation, weakness, injury and dehydration, the intensity and grittiness of the setting can be cranked up.

THE RULE OF THREE

There is a rule in survival called *The Rule of Three*. It says that, in general, humans can only live for three minutes without air, three hours without shelter, three days without water, three weeks without food, and three months without hope.

Naturally these are only guidelines, but they do illustrate the priorities in any survival situation. As each basic need is met, the characters can address the next, though actual circumstances may not be as straight forward.

Please note that, while this book does contain some practical information that could help in real life survival situations, it is impossible to include enough detail to use them safely. It is therefore highly recommended that the reader does more research before attempting any survival skills described herein. The writers and publishers of this book accept no responsibility if the reader does something stupid. In other words, do not try these things at home.

LEVEL OF REALISM

When starting a new campaign, the group will want to determine the level of realism that they want in their game. There are three basic styles of realism.

Cinematic. A cinematic campaign will tend to be like a Hollywood blockbuster, with emphasis more on exciting scenes and one-liners than realism. When running a cinematic campaign, the DM might want to do some or all of the following techniques.

1. The DM maintains a very liberal attitude about the rules, allowing players to use abilities or spells for unintended but creative purposes. For example, a spell caster might use a Burning Hands to clear snow from a campsite or Mage Hand to catch a fish for dinner.
2. Short rests are no less than 1 hour, and long rests are at least 8 hours.
3. Hit points are a kind of combat stress, where a creature will have no visible injuries until half of their hit points are gone. After that they will show only minor cuts and bruises until the last hit point is lost and their opponent deals, possibly, a lethal blow.
4. Rations and other consumables should be tracked in a more general or relaxed manner. Rations are tracked in days of food rather than specific number of meals.

Gritty. A gritty setting still has some cinematic aspects, but is balanced with a bit more realism. When running a gritty campaign, the DM might want to do some or all of the following techniques.

1. The DM should stick to the written rules as much as possible, erring on the side of realism, when necessary.
2. Short rests are no less than 2 hours, and long rests are at least 16 hours.
3. Hit points can be recovered by using only 1 Hit Die (if available) during a short rest, and only half of the remaining hit points are recovered following a long rest.
4. Rations and other consumables should be accurately tracked, particularly when they matter. So the player will keep track of how many rations their character has and how many she has used. When an arrow is used, they have only a 50% chance of recovering it.

Realistic. As the name implies, the realistic setting strives to make things as brutally real as possible without becoming too complex. In other words, a realistic campaign is intended to feel real without attempting to simulate reality. When running a realistic campaign, the DM might want to do some or all of the following techniques.

1. The DM should add realism as needed to the rules based on the situation. For example, even if the rules say that the character can make a particular jump, you as a DM may decide that, due to various factors, they can't do it or may do so at an increased difficulty. Spell casters should be required to keep track of all components and how they access them during stressful situations.
2. Short rests are no less than 8 hours, and long rests are at least 7 days.
3. Hit points represent physical, but mostly superficial damage. By the time a character reaches half of their hit points, they have many cuts and bruises. From half to one, they suffer deep wounds and minor fractures to bones. When they reach zero hit points, they get one death save to see if they stabilize or die.
4. Rations and consumables are tracked precisely. Food may be measured in fractions of meals or even by calories if survival is the point of the game. Only 25% of arrows will be recoverable.



DEFINITIONS

ADVANTAGE

Having *Advantage* means that you roll a second d20 when you make the roll. You then use the higher of the two rolls. For example, if you have *Advantage* and roll a 17 and a 5, you use the 17.

BLINDED

A *Blinded* creature can't see and automatically fails any ability check that requires sight. Attack rolls against the creature have *Advantage*, and the creature's attack rolls have *Disadvantage*.

BURNING

Although many fantasy role playing games have rules in place to deal with burning damage, most of them tend to use the same hit points as those used in combat. This doesn't really make sense though, since hit points are intended to represent a kind of combat stress. Otherwise, it would make no sense to increase hit points with an increase in level.

The fact is that no amount of martial art training is going to prepare a character to better survive the extreme heat from a fire or similarly dangerous level of heat. These could include white hot metal, boiling water, or even lava.

For this reason, this book offers an alternative to the standard burning damage. Some may feel that this is unnecessary or too brutal, and so the DM should feel free to disregard these burning rules if they wish.

Please note that these rules are not meant to provide a precise simulation, but to better approximate the lethality of burning.

Contact Time. The amount of damage inflicted by extreme heat is directly related to the amount of time it is in contact with the victim's flesh.

The following chart should be used to determine injuries to the creature. As always, the GM should take any extenuating circumstances into account.

Seconds	Damage
6	1 CON and Major Pain [Minor Burn]
12	1d4 CON, Severe Pain and Minor Scarring [1st Degree Burn]
18	2d4 CON, Extreme Pain and Major Scarring [2nd Degree Burn]
24	3d4 CON, Crippling Pain and Permanent Scarring [3rd Degree Burn]
60+	Dead and Charred

Any pain resulting from the burns will remain until healed through natural or magical means. Any scarring, except permanent, will disappear if the burns are healed through magic. Otherwise, any non-permanent scarring will remain for many months or even years.

CLIMBING

While climbing, each foot of movement costs 1 extra foot (2 extra feet in difficult terrain), unless a creature has a climbing or swimming speed. In extreme conditions (such as scaling a mountain), each foot of movement costs 3 extra feet.

DESPAIR

Spending enough time under extreme conditions is enough to wear anyone down. After enduring extreme conditions for 3 days + WIS modifier, you must make a successful Wisdom save (DC 10) or lose 1 point of Wisdom. The DC increases by 1 for each level of *Exhaustion* you have suffered.

DIFFICULT TERRAIN

The characters move at half speed in difficult terrain – moving 1 foot in difficult terrain costs 2 feet of speed.

DIFFICULTY CLASS

For every ability check or saving throw, the DM decides which of the six abilities is relevant and the difficulty of the task or save, represented by a Difficulty Class, usually called the DC. The more difficult a task, the higher its DC. The table below shows the most common DCs.

Task Difficulty	DC
Very Easy	5
Easy	10
Medium	15
Hard	20
Very Hard	25
Nearly Impossible	30

To make an ability check or save, roll a d20 and add the relevant ability modifier. As with other d20 rolls, apply bonuses and penalties, and compare the total to the DC. If the total equals or exceeds the DC, the ability check is a success, otherwise, it's a failure.

DISADVANTAGE

Having *Disadvantage* means that you roll a second d20 when you make the roll. You then use the lower of the two rolls. For example, if you have *Disadvantage* and roll a 17 and a 5, you use the 5.

EXHAUSTION

Some special abilities and environmental hazards, such as starvation and the long-term effects of freezing or scorching temperatures, can lead to a special condition called *Exhaustion*.

Exhaustion is measured in six levels. An effect can give a creature one or more levels of *Exhaustion*, as specified in the effect's description.

Level	Effect
1	<i>Disadvantage on ability checks</i>
2	<i>Speed halved</i>
3	<i>Disadvantage on attack rolls and Saving Throws</i>
4	<i>Hit point maximum halved</i>
5	<i>Speed reduced to 0</i>
6	<i>Death</i>

If an already exhausted creature suffers another effect that causes *Exhaustion*, its current level of *Exhaustion* increases by the amount specified in the effect's description.

A creature suffers the effect of its current level of *Exhaustion* as well as all lower levels. For example, a creature suffering level 2 *Exhaustion* has its speed halved and has *Disadvantage* on ability checks.

An effect that removes *Exhaustion* reduces its level as specified in the effect's description, with all *Exhaustion* effects ending if a creature's *Exhaustion* level is reduced below 1.

Finishing a long rest reduces a creature's *Exhaustion* level by 1, provided that the creature has also ingested some food and drink.

FALLING

As with burning (see above), many fantasy role playing games similarly use the same hit points used in combat to reflect the damage taken from falling.

Unfortunately, no amount of martial art training however is going to prepare a character to better survive an 800 foot fall onto solid stone.

For this reason, this book offers an alternative to the standard falling damage. Some may feel that this is unnecessary or too brutal, and so the DM should feel free to disregard these falling rules if they wish. It will not affect any other features of this environ either way.

Please note that these rules are not meant to provide a precise simulation, but to better approximate the lethality of falling.

Free Fall. When a creature falls through the air without anything to get in their way or slow them down, this is free fall. Assuming the setting has normal Earth gravity, a falling creature or object will reach terminal velocity (the fastest rate at which they can fall) in about 3 rounds (18 seconds).

The following chart should be used to determine injuries to the creature. As always, the DM should take any extenuating circumstances into account.

Seconds	Distance	Damage
1	0-30 feet	1 CON and Stunned for 10 minutes.
3	30-60 feet	1d4 CON and a Broken Bone
6	60-90 feet	2d4 CON and 1d4 Broken Bones
12	90-120 feet	3d4 CON and 2d4 Broken Bones
18+	120+ feet	Death is Almost Certain (see below)

The DM should roll randomly to determine which bones are broken, and determine if they want to limit breaks to limbs and ribs, or if there is a chance of head or spinal injury. These latter breaks can result in conditions like paralysis or brain damage and so should be considered carefully before going that route.

Any creature that falls over 120 feet has a very slight chance of survival. They can roll percentile dice + their current Constitution modifier, and if they get a modified 100, they miraculously survive, though they are critically injured. Inspiration can be used to get an *Advantage* on this roll.

If they manage to survive, they are left with countless broken bones and will be in a coma for 3d4 days. Additionally, there may be long term lingering effects, such as a permanent limp, reduced dexterity, memory loss and so on.

The DM can discuss any lasting damage with the player, and any lingering effects should be reflected in their ability scores. For example, it might be that they have a permanent loss of Dexterity points or their movement rate might be reduced by 5 feet.

The DM must also decide what effect any magical healing would have on the injuries. It is recommended that, at a bare minimum, the bones would have to be set with multiple Medicine checks. It could also take many consecutive healing sessions over several days to get the creature's body in order.

Unfortunately, no amount of magic will bring them out of their coma. When they finally do wake, they will be at a *Disadvantage* on all actions for 8 hours afterwards.

If a character has any means of mitigating the damage from a fall, the DM can decide to apply other modifiers as they see fit. For example, a monk of 4th level or higher might be able to reduce their damage level by 1 distance category or perhaps add their level to their roll to survive a fall over 120 feet.

Unless the spell states otherwise, casting or maintaining a spell while falling requires a *Concentration* check (DC 15).

Inclined Fall. Not all falls will be as simple as falling straight down. In some ways, falling down a steep, or even gradual slope can be almost as deadly. For the purposes of this section, a gradual slope will be defined as being between 35 and 45 degrees, while a steep slope will be 45 to 80 degrees.

When a creature begins to fall, they must make a Dexterity saving throw each round. The save DC is 10 for a gradual slope

and 15 for a steep slope. A failed save means that they continue to fall and suffer 1 point of Constitution damage. A successful save means that they manage to slow and stop their fall at the beginning of the next round.

The distance they tumble down the incline each round is erratic, ranging from 10-40 feet (1d4 x 10) on a gradual slope and 20-80 feet (2d4 x 10) on a steep slope.

In addition to Constitution damage, they can suffer more serious injuries the longer they fall. After losing half of their Constitution, they break a bone. If they get below a Constitution of 4, they are unconscious and tumble like a rag doll until something stops them.

If the character has any sort of acrobatics or monk training, then they can have *Advantage* on their rolls.

Except for reaction spells like Feather Fall, casting under these conditions is nearly impossible.

Unintended Consequences. With any sort of falling, a lot can happen that the characters do not intend. For example, a character might reach out in desperation to grab a friend to stop their fall, but risk taking their companion with them instead.

If there are companions below them, they could collide with them, potentially taking the whole party with them.

If the cliff is crumbling or littered with loose stone, the character's unfortunate fall could trigger falling rocks or even a full blown rock slide.

The DM should consider all these possibilities, and go with whatever would be logical, interesting, and above all cinematic.

HALLUCINATIONS

Suffering from hallucinations means having visions of things that are not there and an inability to differentiate between fantasy and reality. All mental ability checks are at *Disadvantage*.

HYPOTHERMIA

This is a state of deep cold where the body begins to shut down, and the creature's core body temperature begins to drop.

A creature with hypothermia has *Disadvantage* on all Dexterity and Intelligence checks, and they suffer 1 level of *Exhaustion* for minor hypothermia and 2 levels of *Exhaustion* for severe hypothermia.

Additionally, the creature's movement rate is reduced by half.

INCAPACITATED

An incapacitated creature can't take actions or reactions.

INVISIBLE

An invisible creature is impossible to see without the aid of magic or a special sense. For the purpose of hiding, the creature is heavily obscured. The creature's location can be detected by any noise it makes or any tracks it leaves.

Attack rolls against the creature have *Disadvantage*, and the creature's attack rolls have *Advantage*.

PAIN

There are four levels of pain that are considered beyond the normal pain that is regularly encountered by the characters. These include Major, Severe, Extreme, and Crippling.

Major Pain. This level of pain is experienced when a character endures serious injuries such as sprains, minor burns, a broken nose, and so on. A character suffering major pain gains a level of *Exhaustion* until the pain is relieved; either through some sort of pain relieving medicine or healing.

Severe Pain. Characters experience severe pain when they suffer a broken leg, a 1st degree burn, a deep cut, and so on. The victim suffers a level of *Exhaustion* and is stunned while the pain remains.

Extreme Pain. This level of pain is experienced with 2nd degree burns, severed limbs, deliberately exacerbating existing wounds (such as sticking a finger into a stab wound), and so on. The victim gains two levels of *Exhaustion*, screams uncontrollably and is incapacitated.

Crippling Pain. This amount of pain is almost unbearable. Some causes include 3rd degree burns, being dissolved by acid, frostbite, and so on. Anyone unfortunate enough to experience this level of pain suffers three levels of *Exhaustion*, is incapacitated, and must make a Constitution saving throw (DC 20) or fall unconscious for 3d6 hours.

PARALYZED

A paralyzed creature is incapacitated (see above) and can't move or speak. The creature automatically fails Strength and Dexterity saving throws. Attack rolls against the creature have *Advantage*. Any attack that hits the creature is a critical hit if the attacker is within 5 feet of the creature.

PRONE

A prone creature's only movement option is to crawl, unless it stands up and thereby ends the condition.

The creature has *Disadvantage* on attack rolls. An attack roll against the creature has *Advantage* if the attacker is within 5 feet of the creature. Otherwise, the attack roll has *Disadvantage*.

PASSIVE PERCEPTION

A passive perception check is a special kind of ability check that doesn't involve any die rolls. Such a check can be used when the DM wants to secretly determine whether the characters succeed at something without rolling dice, such as noticing a hidden threat. The character's total for a passive check is equal to 10 + all modifiers that normally apply to the check. If the character has *Advantage* on the check, add 5. For *Disadvantage*, subtract 5.

RESISTANCE

If a creature or an object has *resistance* to a damage type, damage of that type is halved against it.

RESTRAINED

A restrained creature's speed becomes 0, and it can't benefit from any bonus to its speed. Attack rolls against the creature have *Advantage*, and the creature's attack rolls have *Disadvantage*. The creature has *Disadvantage* on Dexterity saving throws.

SAVING THROW

A saving throw — also called a Save — represents an attempt to resist a spell, a trap, a poison, a disease, or a similar threat.

SCARRING

Some wounds are likely to leave permanent scars. These tend to be particularly deep wounds or burns, or any major wound that was not healed by magic.

Minor Scarring. Characters with minor scarring that is visible will be memorable, and will be at *Disadvantage* if trying to blend into a crowd, go unnoticed, or disguise themselves in some non-magical way.

Major Scarring. These scars cause the same *Disadvantage* as minor scarring, while additionally making many social interactions more difficult. The character with major scars will have *Disadvantage* to any Charisma-based skill check when the scars are visible and appearance is a factor (DM's discretion).

SHAKEN

You are momentarily gripped by fear and doubt. You cannot use your ability score bonuses and have a *Disadvantage* to do anything related to that which has shaken you. This condition remains until you take a full round to gather yourself.

Those who are immune or resistant to fear cannot be shaken.

STUNNED

A stunned creature is incapacitated (see above), can't move, and can speak only falteringly. The creature automatically fails Strength and Dexterity saving throws. Attack rolls against the creature have *Advantage*.

UNCONSCIOUS

An unconscious creature is incapacitated (see above), can't move or speak, and is unaware of its surroundings. The creature drops whatever it's holding and falls prone. The creature automatically fails Strength and Dexterity saving throws.

Attack rolls against the creature have *Advantage*. Any attack that hits the creature is a critical hit if the attacker is within 5 feet of the creature.



SURVIVAL BASICS

While each environ presents its own unique challenges, there are some aspects to survival that are universal, even if the specifics vary. This section will cover some of the general issues related to creating and running a survival-based adventure or campaign.

RESOURCE MANAGEMENT

There are many schools of thought about how and to what degree players should keep track of their character's resources during the game. Some prefer to mark off every sip of water and expended arrow, while others simply hand wave their resources with the understanding that they have enough to complete the adventure.

The truth is that there isn't a right or wrong way to manage resources in a game, since it tends to be determined by personal preference and the overall mood of the game.

All that being said, if the intent is to run a game that has significant survival aspects to it, then how the players handle resource management becomes very important. In the Introduction this book discussed the three levels of realism that can be used during a survival-based campaign: Cinematic, Gritty and Realistic. Each of these requires different levels of resource management.

Cinematic Resource Management. In a cinematic game, keeping track of the minutia of every day resource use isn't the point. The goal in this game is to instill the physical and emotional stress of survival through evocative descriptions alone, and while the lack of resources is addressed, it is done in a way that doesn't require a lot of book keeping.

For example, the DM might inform the players that their characters have 3 days worth of food, and as the days wear on,

the DM describes their diminishing food, the lightness of their water skins, and the despair of taking that last sip of water as a hundred miles of shifting sand still lays before them.

In terms of mechanics, the players should note the resources themselves and keep track of them in terms of time rather than amounts. In other words, the food and water would be measured in days instead of meals, and the water would be measured in hours. If the characters manage to forage for resources, the DM would simply describe how much time they have been able to extend their food and water.

Gritty Resource Management. Food and water should be accurately tracked in terms of rations, with the characters using 3 rations per day. When describing the results of foraging, the DM should describe the results in terms how many rations have been supplemented.

If the characters decide to use strict rationing to extend their food and water, the rations should be measured in terms of half rations.

Realistic Resource Management. The most brutal level of realism, this kind of resource management requires that the characters keep accurate track of their food and water in terms of calories of food and pints of water. Each character will have their own specific needs calculated, and they will have to deal with the consequences of hard rationing.

Even within the bounds of strict resource management, it will be up to the players and DM to decide exactly how they want to measure the resources.

The goal of this degree of realism is to immerse the players in as realistic a survival situation as possible within the bounds of a table top role playing game.

In addition to basic calorie intake and hydration, the DM may introduce other challenges such as vitamin deficiency, lack of personal hygiene, and other physical stress such as blisters.

SURVIVAL COMPLICATIONS

Under survival conditions, even the most minor difficulties can become inflated into major or even lethal problems. Particularly with those characters who are accustomed to having easy access to apothecaries, fresh water, warm beds and plentiful food, the challenges of even the most basic survival situation can lead to intense stress, hopelessness and finally despair.

Preeexisting Conditions. There are people who have had the misfortune to be yoked with some sort of chronic medical condition. In most cases, these conditions can be kept in check with medicines and other treatments, but what happens when those temporary remedies are not available?

There are far too many possible conditions to list here, but here are a few examples:

Arthritis – The character is suffering from arthritis due to a significant injury some time ago, and since then, their knees always trouble them. They normally use a daily alchemical salve to ease the pain, but it has run out, and these extended periods of walking, carrying heavy gear and extreme cold has elevated the pain to an unbearable level.

Bad Back – A few months ago, the character was buried under an avalanche, and ever since then, their back has been causing mild discomfort. After a week of sleeping on hard ground, cold temperatures and sustained hiking however, this minor inconvenience has turned into torturous agony.

Low Blood Sugar – The character has never been able to go long without food, but as a city dweller, it has never been a big issue until now. The rations they brought ran out a day ago, and the few berries they have managed to foraged are just not doing the trick. Their temper becomes short and they are finding it hard to concentrate.

Poor Eyesight – A character is missing one eye due to a critical hit sustained some months ago. While it might not be a significant handicap under most circumstances, the lack of depth perception has made long distance navigation much more challenging.

Concentration. When a character needs to concentrate for some reason, attempting to do so in a survival situation can be very difficult. Some examples where concentration might be needed include spell recovery, prayer, meditation, studying a tome, examining a new magic item, and so on.

Wounds. The party of adventurers is returning from the tomb of the crooked wizard, and while the journey to get there was challenging, the return journey is proving to be brutal. Besides underestimating their rations, the wet season has come early and so it has been raining for days.

Under these conditions, regaining hit points during a short or long rest can be very difficult if not impossible. The DM should take resting conditions into account when deciding if and how many hit points can be recovered while traveling in the wilderness.

TAKING A REST

Comfort and shelter is quite important when trying to recover during a short or long rest.

Short Rest. A short rest only requires a place to relax the large muscles in the back, legs and arms, as well as providing a bit of down time for the heart, lungs and brain.

Resting the brain involves eliminating any fear, panic, aggression, or stress currently affecting the character. Activities such as reading, studying, meditation or even a small talk around a campfire will allow the mind to release its burdens.

Mechanically, a short rest is at least an hour (using the standard rules), but in real life one doesn't need to rest that long to prevent *Exhaustion*. The general rule says that resting during a long trek should be 5 to 10 minutes or over an hour. Any rest that falls in between these two times can actually defeat the purpose of a rest.

It is recommended that the DM allow the characters to take 10 minute rests to avoid gaining levels of *Exhaustion*, but they must take at least an hour to gain the full benefits of a short rest, such as using Hit Dice to restore hit points.

Naturally, any strenuous activity or stress during a rest will negate any benefits of that rest. For example, hiding from an enemy or foraging for food does not count as a rest.

The DM may rule that any lingering wounds, untreated injuries, or even recent emotional trauma (such as the death of a companion) will prevent the benefits of a short rest.

Any creature under the effects of any mental intrusion will find it difficult to rest at all. The DM should determine the effects based on the type and level of intrusion.

Long Rest. While a short rest can be done almost anywhere, a long rest requires a location that is a bit more comfortable and secure. A long rest can involve clearing the area of debris, hauling water, building shelter, starting a fire, foraging for food, and even hunting.

Once camp preparations are made, characters can take time to unwind and perform any personal activities they might want to do such as examining that strange tome they've been carrying or looking over their newly found sword.

This basically means that, while the rules state that a long rest is 8 hours, in practical terms a long rest can take between 9 and 12 hours depending on the conditions, resources available, and the goals the characters wish to accomplish.

TRAVELING THROUGH THE WILDERNESS

The very act of moving from one place to another can present a variety of challenges, whether traveling through the wilds or along major highways. Of course there is always the risk of running into bandits, beasts and a wayward troll, but these are certainly not the only risks for the wayward traveler.

Roads. In a fantasy setting, even travel along an

established road can be challenging to the ill-prepared adventurer. While some of the major trade routes may have a roadhouse or traveler's inn, most roads have little to offer those who use them. In fact, the well used roads tend to be rather depleted of resources due to the sheer number of travelers collecting fire wood, foraging for food and hunting the local game.

Occasionally, there will be well established campsites that are maintained by merchant's guilds for the benefit of the trade caravans that regularly use the road. These sites will have a few basic needs like cut firewood and a deep well. Some even have stocked larders with hard tack and dried meats which are understood to be available to all travelers on the honor system. The truth is that, for some of the larger trade guilds, the loss of a few barrels of pickled beets does little to effect their bottom line.

If a road is of critical importance to the region, it will often be patrolled by local authorities who's job is to deal with bandits and criminals, and see to the safety of honest travelers. In most cases, these are good and helpful individuals, but occasionally these patrolmen are little better than the highwaymen they are supposed to be stopping.

Some of the maintained roads will require a tax for traveling along them. Sometimes called "turnpikes," these highways are quite safe, but at a cost. The tax or toll can range anywhere for a few copper for a peasant traveler to several hundred gold for a large trade caravan.

Trails. A trail is an unofficial or informal path that has been established over time by many travelers using the same path. These may have started as game trails, smugglers' routes, or local ranger paths, but they are always very small and usually difficult to find unless one knows where to look.

The average trail is big enough for a horse or perhaps a small cart, but nothing larger. Parties are limited to traveling single file, and the chances of running into another traveler is low. The chances of running into wild beasts or worse however is higher.

The advantage to using a trail over simply trudging through the wilderness is speed. These ways have been cleared over centuries or even millennia of use, and so there are likely to be few terrain hazards.

The Wilds. By far the most difficult way to travel is through the wilderness. Without any sort of paths, the traveler is forced to blaze their own trail which can make going rather slow, particularly if the region is heavily wooded, wet or rocky.

Without expert guidance, travel times can be as much as triple what they would be under normal circumstances. This turns a two week trip into a six week journey, and that's without taking into account any additional delays such as foraging for food, hunting, bad weather, unforeseen natural barriers, injuries, wild beasts, and getting lost.

One upside to wilderness travel is that resources, such as fire wood and wild edibles, can be more plentiful in all but the most barren environs, as long as someone in the group has a bit of basic survival knowledge.

Another advantage to traveling the wilds is that, if stealth is desirable, a party can pass unseen for hundreds of miles without encountering a soul. Of course if an enemy is bent on finding the party, there are option for tracking them if they have the means to do so.

Navigation. This problem of becoming lost is most common with unexperienced wilderness travelers, and can mean lengthy delays or even death for the hapless adventurer.

The trained navigator can find their direction from the sun, stars, magnetic north, and even the patterns of plant growth. They are aware of the movement of beasts, how to note and remember landmarks, and how to maintain a true heading when no clues are visible.

If one is trained in the appropriate gear, there are many tools that can aid in navigation. These can include an accurate map, compass, sextant, sun stone, and spyglass.

Even on well traveled roads, basic navigation can be beneficial. Without the ability to discern directions, one can easily become turned around on a wooded road on an overcast day and end up backtracking miles before recognizing the error. Parties can wander off the trail to make camp or forage for food, and lose their way back because they didn't leave trail marks. Coming to a fork in the road where the signs have been lost or destroyed, a party can end up going in the completely wrong direction, finding themselves in a hostile land.

When a party is traveling any significant distance, and there is a chance of becoming lost, the DM should consider the likelihood of it happening based on the weather conditions, local terrain, visible landmarks, familiarity with the area, and any other circumstances that might cause the party to become disoriented. The base DC for navigation checks is 10 +/- the following modifiers (use all that apply):

Navigational Conditions	DC Mod
Clear Road or Trail	-5
Familiar Territory (home turf or a return journey)	-5
Unique Landmarks	-5
Inclement Weather (overcast, light rain or snow)	+1
Confusing Terrain (everything looks the same or there are no distinct landmarks)	+3
Dense Foliage (forest, swamp, jungle, etc.)	+5
Poor Visibility (moonlit night, light fog, heavy rain, or snow)	+8
No Visibility (complete darkness, heavy fog, sandstorm, thunderstorm, or blizzard)	+10



WEATHER

The most significant factor in determining success or failure in a wilderness survival situation is the weather. Between extremes of temperature, rain, snow, wind and storms, it can feel as if the weather is actively working against those who find themselves at its mercy.

When it comes to role playing games, the weather can add tension, set the mood, increase pressure, and heighten intensity in a campaign.

For example, arriving at an ancient tomb on a warm sunny day doesn't have quite the same impact as arriving during a thunderstorm with the rain pouring down, flashes of lightning behind it and thunder rolling into the distance.

While many DMs simply choose the weather that best suits

the moment, in a survival-focused campaign, this wouldn't be advisable. Weather, especially for a fantasy setting, is rather unpredictable, and so by keeping it random, it will feel more organic. Another benefit of rolling for the weather is that the players will have no reason to blame the DM for their current suffering, and will then focus more on the problem.

Below a basic weather table that can handle most situations, though the DM should always use common sense when the dice come up with an unlikely result.

For example, while it might be possible to have a late blizzard in the spring followed by an early tornado, it is not very likely.

When using the chart, the DM should feel free to adjust the results to suit their climate. Alternatively, the DM could

Weather Conditions	Winter or Arctic	Temperate Spring	Temperate Summer	Temperate Autumn	Subtropical or Tropical	Hot Desert
Sunny and Clear	01-30	01-25	01-35	01-40	01-20	01-80
Partly Cloudy	31-35	26-30	36-45	41-50	21-35	81-90
Mostly Cloudy	36-40	31-40	46-50	51-60	36-40	—
Cloudy	41-45	41-50	51-55	61-70	41-50	—
Fog or Whiteout	46-50	51-60	56	71-73	51-53	—
Drizzling, Freezing Rain or Snow Flurries	51-55	61-65	57-60	74-75	54-55	—
Rain or Snow Showers	56-65	66-70	61-65	76-80	56-60	—
Rain or Snow	66-70	71-80	66-67	81-90	61-75	91-96
Heavy Rain or Snow	71-75	81-95	68-70	91-96	76-90	97
Thunderstorm, Snowstorm or Sandstorm	76-80	96-97	71-80	97	91-95	98
Severe Thunderstorm or Blizzard	81-95	98	81-90	98	96-98	99
Deadly Storm	96-99	99	91-99	99	99	—
Storm of the Century	100	100	100	100	100	100

Temperature	Winter or Arctic	Temperate Spring	Temperate Summer	Temperate Autumn	Subtropical or Tropical	Hot Desert
Deep Freeze	01-20	01-15	01-05	01-15	—	—
Colder than Normal	21-30	16-30	06-15	16-35	01-05	01-10
Normal	31-85	31-80	16-75	36-85	06-70	11-70
Warmer than Normal	86-95	81-90	76-85	86-95	71-85	71-85
Heatwave	96-100	91-100	86-100	96-100	86-100	86-100

include the strange weather and associate it with some significant event in their world. For example, if the DM rolls a very unusual thunderstorm, she could make note of how strange it is, and in a later session have an NPC mention that a powerful wizard is reported to have died at the same time.

Using the Weather Chart. The DM should roll on the charts (p.11) at the end of each day to see what the next day will bring. She should first roll to determine the temperature and then the weather conditions, since the temperature can determine the specific conditions. For example, if it's raining and the temperature suddenly drops below freezing, it could turn to freezing rain, sleet or snow.

When deciding if the weather is appropriate, the DM should consider the previous weather, current weather, and trends for that time of year, and if it doesn't seem to fit, then alter it as needed or roll again.

Once the upcoming weather is determined, the DM can then foreshadow it for the characters by describing subtle changes in the current conditions. For example, suppose it's summer in the game world and the weather has been sunny with normal temperatures. The DM rolls on the chart and determines that there is going to be a severe storm that night. She could describe the wind picking up, the sound of distant rumbling, and the temperature dropping. That night, the storm hits with heavy rain, high winds and lightning.

The DM should note that if the temperature changes dramatically, then that is likely to produce inclement weather. In this case, it would be completely appropriate for the DM to choose a storm for the next day.

When it comes to making the adventure more cinematic, then as always, go with the "rule of cool". If the characters have been traveling for weeks, and for cinematic reasons the DM wants it raining when they arrive at the town, then don't roll. Just have it raining or whatever would be cool.

The important thing to keep in mind is that role playing isn't about the DM verses the players, and so the DM should never want the weather to be a certain way to simply make the characters suffer. In other words, as long as the weather is random, realistic, and cinematic, the DM is doing it right.

Weather Conditions. While there are many types of weather and many ways to describe it, these should give a good starting point off which to build.

Sunny and Clear — This is about the best situation you can expect under most circumstances. While it still may be extremely cold or hot, at least it won't be terribly wet.

Partly Cloudy — This weather is still fairly nice, but could signal a change coming.

Mostly Cloudy — Assuming it hasn't already done so, it's likely to rain soon.

Cloudy — The sky is overcast and dreary.

Fog or Whiteout — In a warmer environ, a temperature change creates a heavy fog throughout the area. Roll a d6 to determine the density of the fog: 1 = Light Mist (visibility 120 feet), 2 = Mist (visibility 80 feet), 3 = light fog (visibility 60 feet), 4 = moderate fog (visibility 30 feet), 5 = dense fog (visibility 15 feet), 6 = pea soup (visibility 5 feet).

If it is a cold climate, then it is a white out. The wind blows the powdery snow to the point where everything is just pure white. Visibility drops to 1 foot, and everyone is effectively blind beyond that.

Drizzling, Freezing Rain or Snow Flurries — Drizzling and snow flurries will simply add insult to injury, but freezing rain is another matter. In conditions where the temperature is right around the freezing mark at ground level but warmer in the clouds, rain will fall and freeze on all surfaces. During a freezing rain, everything becomes encased in a layer of ice, making all surfaces extremely slippery.

If a character is moving no faster than half of their movement rate, then that character can walk around without falling prone. If the character is moving faster than half of their movement rate, the character must succeed on a Dexterity save (DC 10) or fall prone. Moving at full speed increases the DC to 15, and any sort of incline increases it to 25.

If a character is taking another action while moving (such as engaging in combat), then that character has *Disadvantage* on any saves to remain on their feet.

Rain or Snow Showers — There are bouts of intermittent precipitation, making everything damp or coating everything in a thin white blanket. The type of precipitation should be based on the temperature.

Surfaces may become slick, so it could become difficult to perform certain actions. Performing any action requiring tools are at *Disadvantage* in the rain or snow.

Rain or Snow — The precipitation has increased to a steady pace. Rain soaks everything and snow begins to accumulate. Anyone trying to track a creature or perform an action that requires tools is at *Disadvantage*.

Finding dry wood to burn becomes difficult, with any search being at *Disadvantage*.

Heavy Rain or Snow — The rain is coming down in heavy sheets soaking everything through. If it's below freezing, the snow is piling up rapidly. In both cases, visibility drops to a mile or so during the day, and a few yards at night.

All actions (including attacks) are at *Disadvantage*, and there may be other penalties or hazards depending on the situation.

Thunderstorm, Snowstorm or Sandstorm — It's best not to travel during these storms. Thunderstorms and Snowstorms bring heavy rain, winds, and reduced visibility. Thunderstorms bring the additional hazards of hail and lightning to worry about, while blizzards bring deep snow and drifting.

In both cases, all outdoor activity becomes close to impossible, with all actions at *Disadvantage* and increased difficulty (DM's discretion).

Sandstorms are a bit different in that there is no precipitation as such. The winds blow the desert or drought-plagued land into massive clouds of fine dust that can all but blot out the sun. Visibility drops to 5 feet, and all actions are at *Disadvantage*. See *Cinematic Environ: Desert Wastes* for more information on sandstorms.

Severe Thunderstorm or Blizzard — When major cold fronts move into an area to combine with moist air, the region will experience severe weather. The severe thunderstorm will turn the sky dark with clouds before the rain comes down in buckets and the lightning begins to strike. In the case of a blizzard, it is nearly impossible to survive outdoors for very long without significant protection, conditioning and training. The snow piles up as much as 6 inches per hour, and the winds make seeing or hearing nearly impossible.

In both cases, all outdoor actions are at *Disadvantage*, if they are possible at all (DM's discretion). During a blizzard, movement drops to 10 feet, visibility drops to 5 feet, and frostbite is a real risk. See *Cinematic Environ: Arctic Lands* for more information about blizzards.

Deadly Storm — Every so often, a storm will be so intense as to be called "deadly". In these cases, anyone exposed to the weather has a short time to seek shelter or risk injury and death.

In arctic environs or temperate lands in the grips of winter, this will be a once-in-a-century blizzard that will drop several feet of snow in a matter of hours. Trees will crumple under the weight and house roofs may collapse.

If anyone is unfortunate enough to be out in this storm, they will have only minutes to seek shelter or it is unlikely that they will survive. The air is filled with blinding snow and the wind is physically painful. Visibility is reduced to 5 feet. All ranged combat and perception checks are impossible. Launching any ranged attack with a physical weapon is negated by the winds and snow.

Hearing is near impossible, and communication is only possible by talking in someone's ear. An enemy greater than 5 feet away is treated as if invisible.

Moving faster than half speed requires making a successful Wisdom or Dexterity save (DC 15) or the creature falls prone. Creatures must make Constitution saves (DC 10) every hour or suffer 1 level of exhaustion.

If the storm is in a temperate environ, it could be a thunderstorm with deadly lightning, a supercell that produces tornadoes, or fist-sized hail.

In a sub-tropical or tropical environ, the storm will be a hurricane. Threats from a hurricane include winds in excess

of 75 miles per hour, torrential rain, and a storm surge that is likely to flood coastal areas.

The impact of these storms is extensive and complex, and so the DM should focus on the situation in which the characters find themselves and how the storm is likely to impact them.

For example, if they are in a tavern that is a few miles inland, they could experience severe damage to structures, uprooted trees, roofs being torn off, loose objects being hurled around, and small structures leveled.

The DM can take these opportunities to describe the extensive devastation around them, and the scope of the storm's effect of the people.

These events can be excellent motivators for player characters and so the DM may decide to include such an event as part of the greater narrative. If it happens randomly, then take this as an opportunity to weave it into the story and decide how this event might influence the overall plot of the adventure. For example, if the characters are meant to infiltrate a bandit's camp, then the hurricane could provide cover, but if they are meant to start an urgent journey, then the storm could delay their travel by days.

If necessary, the DM can adjourn the session for a bit to consider her options and decide what's going to happen outside the scope of the characters.

Storm of the Century — These are storm written about in folk tales and shared by sailors in dark taverns. The impacts of these storms is likely to have repercussions beyond a few day's inconvenience.

A blizzard of this magnitude will shut down travel, close whole cities, trap people wherever they happen to be when it hits, and essentially bury the region in four or more feet of snow.

If a tornado, it will be spoken of in times to come with awed whispers of the mile wide swath of destruction that wiped out whole villages.

If a hurricane, it will have a name and will be responsible for changing the coastline, sinking capital ships, and destroying cities.

Adding such a catastrophe to the campaign will make a lot of work for the DM since they will have to basically rewrite this part of their world. No matter how one looks at it, this storm is going to kill many people and alter the lives of countless others for the foreseeable future.

As such, it is recommended that the DM find a good stopping point before the storm hits so that they can consider the options and begin working out the impact on their world. In some ways, this result can be a game changer for the adventure, and indeed the whole campaign.

Of course, if the DM does not wish to redesign their world or spend this much time on rewriting it, they can simply choose another option from the list.



BEASTS & VEHICLES

Domesticated animals are often ignored in role playing games, treating them as just another piece of equipment. We forget that they are living, breathing creatures with needs of their own as well as feelings and moods.

Animals need to be fed, watered, rested, brushed, dried, sod, sheltered, and comforted as an every day routine. Most characters would have a basic understanding of their needs, even without any proficiency in Animal Handling.

Food and Water. In many cases, the food and water can be found along the way, but in arctic or desert environs, these things must be prepared and brought along with them.

Mounts and similar work animals are usually large creatures, and as such require much more food per day than an average humanoid. Young mounts require a minimum of 6 pounds of food and 6 gallons of water per day, while a mature mount requires a minimum of 12 pounds of food and 12 gallons of water per day. Most mounts are natural grazers and hunters (depending on the species), and can find or kill their own food if left loose in a suitable environment for at least an hour per day.

Care. Most domesticated beasts require maintenance beyond food and water. Grooming chores could include cleaning hooves, brushing them down, sharpening their beak, and so on.

Animal maintenance can take anywhere from 15 minutes to an hour per animal depending on their needs, so it is generally considered polite for everyone to pitch in to get the job done.

This activity, combined with securing the beasts and maintaining the riding gear can add as much as 2 hours to a long rest, making a total of at least 10 hours, not including any other activities or chores.

ANIMAL HANDLING SKILL

This skill covers a wide array of functions when dealing with pets, mounts and familiars. This skill can be divided as follows: Healing, Training and Riding (covered in its own section).

Healing. Magic can be used to restore a mount's hit points like any other creature. Mounts may also fully regain hit points and vitality through rest and recuperation. A character trained in Animal Handling can use this skill in place of Medicine to tend

the wounds of a mount, pet or herd animal, using their hit dice to restore hit points during a short rest.

A wounded animal can be difficult to handle due to pain and fear. If the animal has lost more than half its hit points, make an Animal Handling check (DC 10) to keep it calm during treatment.

If a wounded animal has suffered a condition such as *Blindness*, *Poisoned*, or *Shaken*, or it has lost more than half its hit points, the DC is 15. If they have suffered a *Critical Hit* the DC is 20. The character can use Charisma in place of Wisdom when making this skill challenge.

Familiars or mounts gained from level advancement do not require a roll and succeed automatically. In any result, the handler must remain with the wounded animal during the healing and care process.

Roll	Result
Failed by 5 or more	The animal panics and lashes out. Even the Odds on who is the target of its rage and fear. The animal is uncontrollable and resists care and instructions for $1d4$ rounds before another Animal Handling skill check can be made. The DC increases by 5.
Failed by 1-4	The animal is in distress and refuses to calm down. Another roll to calm the animal can be made only after $1d4$ rounds have passed.
Success from 0-4	The animal will calm down in $1d4$ rounds at which time care can be given.
Success by 5 or more	The injured animal calms down immediately and responds to care and instructions. The caregiver may walk away as the animal trusts the guiding hand and voice.

Training. Tricks are simple tasks, maneuvers, or stunts your mount can perform if properly trained to do so. Note that basic actions such as running and attacking are things all mounts naturally understand, regardless of their training. You can teach your mount a specific trick with one week of consistent work and a successful Animal Handling check, the DC of which is indicated by the trick. You may train a mount to perform tricks equal to your current Animal Handling skill plus your Proficiency score.

Trick	Description
Come (any animal) <i>Training DC: 15</i>	The mount comes when called if it can hear you. They can also be trained to come at the call of a distinct sound (like a whistle or horn) from a distance.
Guard (predators only) <i>Training DC: 15</i>	The mount stays in one spot, defending its position. It can also be ordered to guard a specific creature or object.
Help (predators only) <i>Training DC: 20</i>	The mount helps in combat by distracting the enemy, granting advantage to a single roll in combat as one would with the help action.
Fetch (any animal) <i>Training DC: 20</i>	The mount finds a specific object it is familiar with, or a random one within a mile of its current location. The object cannot exceed 200 pounds.
Deliver (any animal) <i>Training DC: 20</i>	The mount travels to a specific destination or finds a particular person it is familiar with.
Patrol (predators only) <i>Training DC: 15</i>	The mount patrols a specified area, and will alert its rider to perceived threats or any unusual activity.
Scavenge (predators only) <i>Training DC: 20</i>	The mount moves around a specified immediate area, keeping an eye out for items that might be useful or informative to its master.
Perform (any animal) <i>Training DC: 15</i>	The mount performs simple tricks, such as rolling over, standing on its hind legs, beating its wings, or screeching or roaring on command.

Note that a mount can operate with the Animal Handler's skill level after a successful skill check (DC 12). For example, a mounted rider wants the horse to remain as quiet as possible as it travels around a castle tower. The rider has the Stealth skill.

Using Animal Handling will offer the horse the same Stealth skill on a successful check (DC 12). This is a general rule and should be modified if the skill and animal have drastically different motives, it is distracted, or it has a body type unable to duplicate the current skills of the handler.

CARRYING CAPACITY

The specific carrying capacity varies from beast to beast, but the basic calculation is as follows: STR x Size Multiplier. The multiplier for various sized creatures can be found below.

Creature Size	Multiplier
Medium	x15
Large	x30
Huge	x60
Gargantuan	x120

These calculations apply to walking creatures. The multipliers for flying creatures would be half of that listed.

VEHICLES

Carrying capacity can be greatly increased by employing carts, wagons, carriages, or similar vehicles. Beasts will still be necessary to pull them in most cases, but fewer will be required.

Once again, the specific carrying capacity for any given vehicle can vary greatly, but an easy way to calculate is to multiply the carrying capacity of the beasts used to pull it by 4.

For example if two horses can carry 540 lb. each, then they can pull a wagon that weighs about 4320 lb. fully loaded. A traditional wagon weighs around 400 lb., so the party can load up to 3920 lb. on it.

The drawback to using land vehicles is speed and the terrain. Wagons and carts simply cannot move as fast or go cross country as easily as riders on horseback.

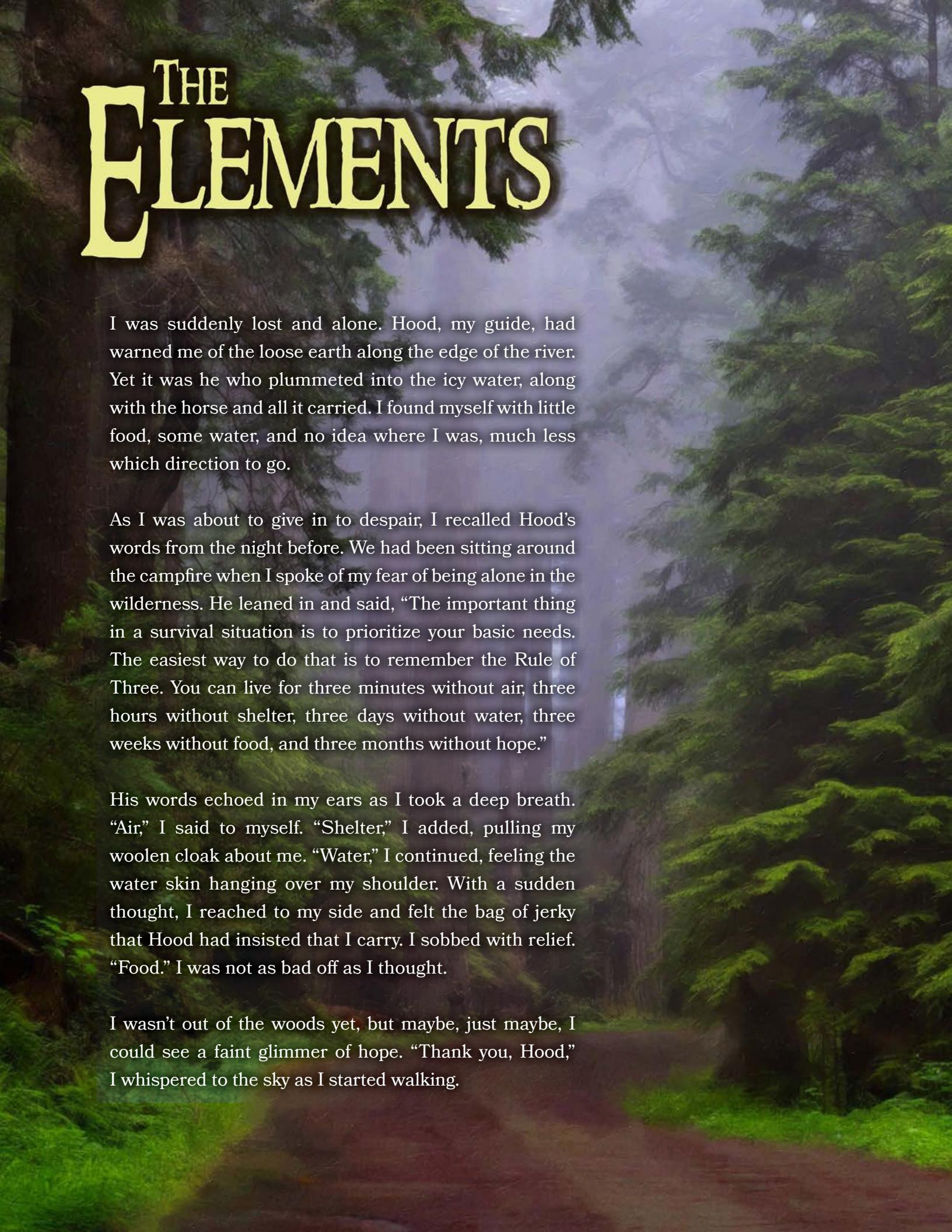
The benefits of a vehicle include increased carrying capacity, the ability to carry people, and the cover it can provide against the weather or even attacks.

If a character is riding a vehicle, they may be able to perform other tasks not possible while riding in a saddle, such as crafting, studying, or meditating if someone else is driving.

Vehicle Proficiency. If you have proficiency with a certain kind of vehicle, you can add your proficiency bonus to any check you make to control that kind of vehicle in difficult circumstances.

Water and Airborne Vehicles. In most cases, vehicles that travel by water or through the air interact less with the wilderness, and so survival skills become less necessary. Exceptions include canoes, row boats, rafts, coracles, and so on. Since these methods of travel are often dependent on the speed of the water or wind, the DM will have to deal with them on a case-by-case basis.

THE ELEMENTS



I was suddenly lost and alone. Hood, my guide, had warned me of the loose earth along the edge of the river. Yet it was he who plummeted into the icy water, along with the horse and all it carried. I found myself with little food, some water, and no idea where I was, much less which direction to go.

As I was about to give in to despair, I recalled Hood's words from the night before. We had been sitting around the campfire when I spoke of my fear of being alone in the wilderness. He leaned in and said, "The important thing in a survival situation is to prioritize your basic needs. The easiest way to do that is to remember the Rule of Three. You can live for three minutes without air, three hours without shelter, three days without water, three weeks without food, and three months without hope."

His words echoed in my ears as I took a deep breath. "Air," I said to myself. "Shelter," I added, pulling my woolen cloak about me. "Water," I continued, feeling the water skin hanging over my shoulder. With a sudden thought, I reached to my side and felt the bag of jerky that Hood had insisted that I carry. I sobbed with relief. "Food." I was not as bad off as I thought.

I wasn't out of the woods yet, but maybe, just maybe, I could see a faint glimmer of hope. "Thank you, Hood," I whispered to the sky as I started walking.



AIR

Moments after I heard the first tumbling pebbles, the entire slope to my left broke loose and began to slide down on top of me. While I frantically dodged the larger rocks, I was unable to escape the wave of dirt and gravel that swept me down the hillside. Before I knew it, I was in darkness being crushed beneath tons of earth.

We all take breathing for granted until we can't do it. I was gripped by a moment of panic, and I might have become hysterical had it not been for the small pocket of air around my face that had been formed by a flat bit of stone above me. As I exhaled slowly the dirt settled, and I knew that I would not be able to take another breath.

"Three minutes." I thought to myself as I pushed my hand through the dirt. I was rewarded with a single point of daylight at my fingertips and a hint of fresh air.

THREE MINUTES

The first, and most basic, need for survival air. Most complex land creatures will not last long without it, and in the case of humanoids such as humans, elves, dwarves, and so on, the amount of time they can live without air is about 3 minutes.

NO AIR

There are any number of situations where the characters might find themselves without air or simply unable to breath.

Choking. This can happen to just about anyone and can result from eating too quickly, becoming surprised while swallowing, or attempting to ingest something too large.

The DM could use this option if the character attempts to eat a living creature or tries to swallow an unknown fruit with a hidden pit. In some cases, a mysterious food could cause a reaction that closes the character's windpipe. Whatever the case, the DM should take care when using this option, lest the character suffer a very ignoble death.

Burial. Perhaps one of the most terrifying death scenarios is to be buried alive. This could happen as a result of an avalanche, land slide, cave in, or sink hole. However it happens, the character suddenly finds themselves unable to breath, and this may even be exacerbated by the crushing pressure of the material on top of them. Extracting themselves may be impossible without help.

Drowning. A more common risk in a survival situation is drowning. Maybe the character was trying to cross a swift moving river, swim through a flooded cave, or perhaps they fell through a patch of unexpectedly thin ice. However it happened, the character finds themselves struggling to get air under difficult or even impossible circumstances. Others might have to risk their own lives to get to them, but they had better hurry.

Gases and Vapors. The air itself can become contaminated with poisonous gases or vapors. These could include smoke from a forest fire, volcanic ash, or the fine dust of a sandstorm. While some air might be available, breathing will likely become extremely difficult until they can get someplace where the air is clear of contaminants. In some cases, the problem can be mitigated through the use of some kind of filtration, such as a wet rag over the face.

If air contamination is light to moderate or if they are using some sort of filter, the DM should increase the amount of time before the character(s) succumb to the lack of air.

Light contamination would include a forest fire or weak sandstorm. Instead of minutes before becoming unconscious, it will become hours. In other words, a creature can remain conscious under these conditions for a number of hours equal to $1 + \text{its Constitution modifier}$ (minimum of 30 minutes). If using a filter under light conditions, the contaminants have little or no effect.

Moderate contamination would include volcanic ash or a severe sandstorm. The DM should triple the survival time under these conditions. So a creature would remain conscious for a number of minutes equal to $3 + 3 \times \text{its Constitution modifier}$.

RESUSCITATION

Once a creature has stopped breathing, they will need help to start breathing again. This can be facilitated in a number of ways, both mundane and magical.

Non-Magical Resuscitation. The simplest way is to make a Medicine check (DC 10) to breath for them. This involves the creature placing their mouth over the mouth of the other,

pinching the nose closed, tilting the head back to open the airway, and blowing air into their mouth. In most cases, this will get them breathing on their own if there are no obstructions.

Magical Resuscitation. There are several magical options to resuscitate a creature who has stopped breathing. Unfortunately, many of the traditional spells for healing damage such as Cure Wounds and Healing Word will not work since these are intended to heal physical damage and not restart the body's systems. The following spells will in fact aide a creature who has stopped breathing:

Feign Death – While this spell does not restore breathing, it will suspend all other bodily functions to give companions the time to think about a more permanent solution.

Lesser Restoration – This will cause the creature to cough out any foreign matter and begin breathing on their own, though it will have to be cast again to remove any other existing conditions (if any).

Revivify – Although the creature may not yet be dead, they are close enough for this spell to restore their breathing.

Shocking Grasp – While this spell will indeed get someone breathing again, it will also cause some physical damage, and so should only be used as a last resort.

Spare the Dying – Whether the creature is dying yet or not, this spell will cause them to expel any foreign matter from their lungs and begin breathing again.

Tasha's Hideous Laughter – It sounds crazy, but it works. In this case, laughter really is the best medicine.

Water Breathing – This spell will only work if the creature has stopped breathing as a result of drowning. The water in their lungs will begin providing them oxygen and they will start breathing on their own.

DMs should take note that the point of these rules is not to kill a character, and so they should be very lenient when adjudicating the rules, and remain open to creative magical options, as long as the player can sell their idea.

Air Rules

A creature can remain conscious without air for a number of minutes equal to $1 + \text{its Constitution modifier}$ (minimum of 30 seconds), after which it falls unconscious. Once unconscious, the creature will remain stable for a number of rounds equal to its Constitution modifier (minimum 1 round), after which, its hit points drop to 0 and it begins to die. If they still have no access to air, their death saves are made at *Disadvantage*.

For example, a creature with a Constitution of 14 can hold its breath for 3 minutes. If it starts suffocating, it has 2 rounds to reach air before it drops to 0 hit points.



FIRE

The temperature was dropping fast. All the cold weather gear, including the tent, had been on the horse when it had plummeted into the river that morning, and while it might be possible to find the gear somewhere downstream, I would never find it before nightfall.

I felt warm at the moment, but I was sweating, and I knew that as soon as I stopped, I'd lose body heat rapidly. I needed to build a fire soon, and if possible, a shelter.

Feeling around in my belt pouch, I nearly cut my finger on a sharp bit of stone. It was the flint that Hood had given me when he was showing me how to make sparks. Pulling out the bit of dark stone and my knife, I nervously struck the flint against the spine of the steel blade. A few small hot sparks flew out in front of me.

With my hands shaking, I started gathering bits of the dry moss called 'Old Man's Beard' by the rangers. After finding a small armful of small, dead branches, I laid down a small circle of stones and arranged the wood into a tipi-like shape. Finally, I stuffed the inside of the structure with smaller twigs and dry bark.

I placed the moss in a bundle on a flat stone and started striking sparks into it. I had to adjust my position a number of times, but after a half hour or so, one of the embers finally caught.

Gently picking up the bundle, I started to blow into it as I had seen Hood do a dozen times before, and to

my amazement, the single ember grew into more. About the time I started feeling lightheaded from the all the blowing, the bundle erupted into flame.

In my surprise I nearly dropped it, but managed to keep my head long enough to get it to fire tipi. I nearly wept when I saw the flames catch to the twigs and then the sticks. I sat down with a heavy sob, flexing my hands to ease the strain I had just inflicted upon them.

It was a full ten minutes before I realized my mistake. Panic rose in my chest when I looked for more wood to place on the fire. There was none.

"Shit!" I exclaimed and leapt to my feet. I started running around like a madman gathering sticks from the immediate area and tossing them frantically into the waning fire. It felt like a losing batter, for no sooner would I return with firewood, I would have to go find more to keep it going.

By the time I finally had enough pieces of large fire wood, I was exhausted and the sun had set. With the last light of day quickly fading, I said "No shelter tonight then."

I sat down on my small pack with my back against a tree closest to the fire. I pulled my woolen cloak around me which seemed to be enough to keep the worst of the chill out of my bones. If I could manage to keep the fire going, I might just make it through the night, though I didn't expect to get much sleep.

THREE HOURS

The second most critical survival priority is the ability to maintain one's core body temperature, which for humans is 98.6 degrees Fahrenheit. This is accomplished by having adequate shelter, appropriate clothing, and in colder climates, a warm fire.

Hypothermia. This occurs when an endothermic (warm blooded) creature loses too much body heat (see definitions). The most common ways to lose heat include: *conduction, convection, evaporation, radiation, and respiration.*

Conduction – This means the transfer of heat through bodily contact, such as sitting directly on cold ground or stone with little or no insulation.

This can be avoided by avoiding prolonged contact with cold surfaces, wearing insulating clothing, and by adding insulating material (such as pine boughs, straw, or dried leaves) to the floor of a shelter.

Convection – Heat loss through convection happens when the wind blows, pulling heat away from every surface. This is most often called "wind chill," and can make even moderate temperatures feel twenty degrees colder.

Heat loss through convection can be minimized by finding shelter, building wind breaks, and having wind-proof clothing.

Evaporation – One of the worst things someone can do in a survival situation is to sweat. Not only does sweating cause dehydration, but in the cold, it draws off valuable heat from the body as it evaporates, and is one of the primary causes of hypothermia. This is a secret killer since one can feel warm or even hot while exerting themselves, but when they stop the deep cold sets in.

The best way to prevent hypothermia by evaporation is to avoid sweating in the first place. This can be done by limiting extreme exertion or removing clothing to keep them dry. If sweating is unavoidable, then the person must find a way to dry themselves and their clothes off as quickly as possible.

Radiation – Heat is constantly radiating from warm blooded creatures that generate their own heat and maintain a constant body temperature. These include most of the major races and all mammals. Heat can radiate from any exposed parts of the body, though hair can reduce this heat loss a bit.

The easiest way to limit heat loss through radiation is by wearing insulating clothing that covers as much of the body as possible, while allowing for the escape of moisture.

Respiration – Although it might not be the first thing that comes to mind, the body can lose heat through breathing. For that reason, you want to keep your breathing as slow and relaxed as possible. It is also desirable to breath in and out through the nose if possible, limiting the amount of heat lost.

A simple way to limit heat loss through respiration is by covering the face and trapping the heat. The risk here is that one can also trap moisture which can cause the same problem as evaporation. So the face cover should be somewhat porous to allow moisture to pass through.

Hyperthermia. At the other end of the spectrum, we have hyperthermia, which happens when the body absorbs too much heat. This is most likely to happen in extreme heat, and can be compounded with severe humidity.

The same five methods of heat loss are also the methods by which a creature can gain too much heat.

Conduction – When it's already hot, sitting or laying on a hot surface will dramatically increase the amount of heat conducted into the body.

The easiest way to avoid hyperthermia by convection is to insulate yourself from the hot surface. If you must lay down on a rock or patch of sand, make sure to put something between you and the surface, even if it's only a few layers of cloth. Every little bit helps.

Convection – One would think that a nice breeze in the desert would be welcome, but this isn't always the case. If you manage to find shade, the excess heat can be blown across your body, and can negate any benefits the shade might have provided.

Creating some sort of wind break can help, even if it's only a hanging blanket or a few bushes.

Evaporation – As far as hyperthermia is concerned, evaporation isn't much of a risk, though without sufficient water, rapid dehydration is a serious risk. In situations of extreme heat, the danger occurs when the sweat stops. This means that heat stroke is imminent.

Radiation – The danger from radiation comes not from heat radiating from the body, but from external heat radiating on the body. In most cases this is the sun, but can include being in proximity of any extreme heat source like a lava flow or hot spring.

The most obvious way to alleviate the danger is to get away from the source of radiation, but if this isn't possible, then putting something between you and the radiation will help. In the sun, this can mean finding shade, carrying an umbrella, or wearing a wide-brimmed hat. In the case of lava, placing something between you and the heat can block some of the heat.

Humidity will compound heat risks significantly, making any shade or barrier almost useless.

Respiration – While breathing does not exacerbate hyperthermia very much, hot and humid air can make breathing difficult, and will accelerate dehydration.

Unfortunately, the only solution here is to stay as hydrated as possible (see water).

Hypothermia/Hyperthermia Rules

While these things can be difficult to quantify, an easy rule of thumb is to increase any related DCs by 5 for each type of heat transfer that is affecting the character. For example, suppose there is a character in the mountains when a freak blizzard catches them by surprise. They are ill prepared and far from shelter. If they have to make a saving throw to avoid hypothermia, the base DC would be 5, and would be increased by 15 (5 for convection, 5 for radiation, and 5 for respiration) for a total DC of 20. This assumes that they are not yet sweating or sitting on a cold rock of course.

These would be modified by factors such as clothing, shelter, access to a heat source, magical resistance, and so on.

CLOTHING

This is the first line of defense against the elements. Being properly dressed for the environmental conditions can make all the difference.

When discussing proper clothing, there are many things to consider, but all of them boil down to maintaining one's core body temperature and regulating moisture.

Specific clothing choices depend on the temperature and humidity of the environ, and to what degree those things can change. In an environ like a desert where the conditions can change drastically between night and day, one's clothing must be able to adapt to those changing conditions.

Cold Temperatures/High Humidity. These conditions are likely to be found in early or late winter or on a mountain when there is the tendency to have wet snow, freezing rain, and freezing fog. Cold and wet is a deadly combination and is the most likely scenario to develop hypothermia.

Clothing for these conditions should be water resistant, breathable, and easy to dry. The outer layers should be wool while the inner layers should be a softer, breathable material like cotton or similar fabric. The outer layer is often sealed against moisture with an oil like lanolin which is naturally found in wool.

Perhaps the most important aspect to the cold/wet clothing is the footwear. Like the other clothing, it should be water proof on the outside and breathable on the inside. In colder climates, fur-lined boots are common.

The major threats in these types of environs include hypothermia, fungus, and dehydration.

Cold Temperatures/Low Humidity. These are the sorts of conditions that one might find in arctic regions, the dead of winter, and deserts at night. In these cases, the threat of moisture does not come from the environ, but from the traveler's own sweat.

For this reason, making the inner layers breathable is even more crucial. In many respects, the optimal clothing is similar to the cold/wet climate, though it is desirable to bring extra sets of the inside layers. For example, bringing extra pairs of socks and underwear is advised.

In the case of non-arctic deserts, the layers should be designed in such a way as to make them easily removable and portable since the temperature during the day can climb by as much as 90 degrees.

The major threats in these types of environs include hypothermia, frostbite and dehydration.

Hot Temperatures/High Humidity. These environs include rain forests and jungles, and have more than their share of both blessings and curses.

On the up side, they tend to have a bounty of resources, such as building materials, food, and water, and on the down side, they tend to have many predators, venomous creatures, diseases, and countless biting insects.

While it may seem that the easiest solution is to wear as little clothing as possible, this is not always the case. In areas where there are significant risks from snake bites, venomous spiders and disease-carrying mosquitoes, one may need clothing as a defense against these threats.

If venomous snakes are around, then leg protection is recommended, which can include baggy canvas pants or high leather boots. If biting or disease-carrying insects are the concern and no repellent is available, then covering as much of the body with sheer cloth is best. This allows air to pass through while keeping insects from reaching the skin.

The major threats in these types of environs include hyperthermia, dehydration, and disease.

High Temperatures/Low Humidity. These are the conditions found in the classic hot, dry desert. There are few if any clouds, and the sun is relentless.

While it might seem intuitive to wear few articles of clothing, that can lead to serious sunburn and heat stroke. It is better to have some kind of hat, light, loose-fitting clothes, and some kind of foot protection.

The major threats in these types of environs include hyperthermia, sun burn, and dehydration.

Moderate Temperatures/High Humidity. These environs can be deceiving. While the outside air temperature feels comfortable, one can still develop hypothermia if they become wet. When this happens, they can lose body heat through convection and evaporation every time the wind blows. This is a particular danger in high humidity since even the slightest exertion can make one sweat.

The best option for these conditions is to have multiple sets of light, breathable clothes that are easy to dry. When performing any significant exertion, it is best to remove any unnecessary clothing until the body is dried.

The major threats in these types of environs include hypothermia and dehydration.

Moderate Temperatures/Low Humidity. This sort of environ is the sweet spot for most humans and similar species, as long as it's not too dry. These conditions can be fleeting in most places, lasting for a day or perhaps even a few hours. They are most common in temperate regions in the late summer.

The moderate/dry environ presents little threat for the traveler, except that it could lull them into a false sense of security, leaving them ill-prepared for when the weather changes for the worse.

Clothing Rules

In most cases, it is safe for the DM to assume that characters are wearing environ appropriate clothing. Clothing only becomes an issue during a long journey or during a survival situation where they may have been caught unprepared.

If a character is wearing climate appropriate clothing, then any temperature related survival rolls are made normally.

If they are wearing clothing that is not appropriate for the climate or has been compromised by becoming wet or damaged, any temperature related survival rolls will be made at *Disadvantage*.

If a character's clothing has been designed for a specific climate, then all temperature related survival rolls will be made at *Advantage*, in addition to any other benefits imparted by the clothing.

The players should keep track of their character's clothing as well as any required maintenance such as drying it out or making repairs to maintain its protective integrity.

FIRE

One of the earliest technologies of any intelligent species is the mastery of fire. It can also be critical in survival situations, particularly when losing heat is an issue.

Beyond staving off heat loss, there are many other benefits of a camp fire including the ability to dry clothes, purify water, keep insects and predators away, provide light, signal for rescue, and boost morale.

Building a fire can be quite challenging, especially under less than ideal circumstances, even with the help of magic. When preparing to make a fire, it is important to remember something called "the fire triangle." Each side of the triangle represents something that must be present to start and maintain a fire. The sides are: air (oxygen), fuel, and heat (ignition).

Making a fire is as much art as craft, and while all fire styles vary a bit, most will follow this basic procedure:

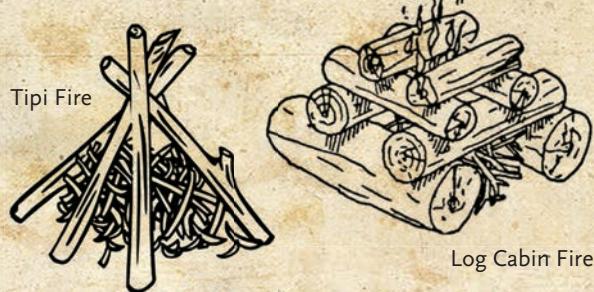
Gather Tinder, Kindling and Firewood – Tinder is the material that is used to catch and start ignition, kindling is the small, fine material used to get the fire going, and firewood is the larger fuel that maintains the fire.

It is vital to gather enough firewood to maintain the fire before starting it. One should ideally have enough firewood to last the night, with two hours being the bare minimum, which would give time to find more.

If any of the fire wood is wet, it should be placed near the fire to dry it out as much as possible before burning.

Prepare the Fire Pit – The next step is to prepare the place for the fire. This is often a fire pit dug into the ground and surrounded with rocks to contain the fire. Into the pit is placed a structure of firewood and kindling with an opening to introduce the tinder bundle. The most common structure for the firewood is a tipi shape with the larger wood on the outside and kindling on the inside. If an accelerant like wax or oil is available, it would be added to the kindling.

FIRE STRUCTURES



Another option for containing a fire is the in-ground fire hole. There are several advantages to this sort of fire. The first is that it's difficult to see at a distance since the fire is below ground level. The second benefit is that the fire is easier to maintain under harsh conditions because the chimney shape creates a

IN-GROUND FIRE HOLE



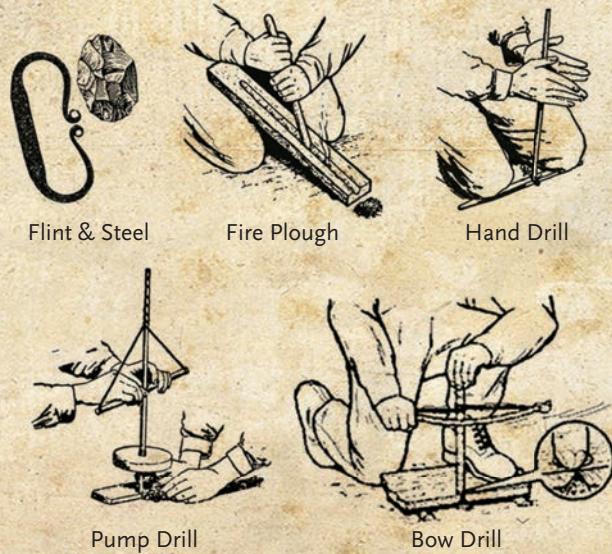
steady air flow that keeps the fire burning hot. The third benefit is that it makes very efficient use of fuel, harnessing more of the heat and even warming the ground around the fire. The final advantage to this fire is that it can be built safely inside a structure without the risk of setting the place on fire or producing much smoke.

The disadvantages of the in-ground fire hole is that it takes a half hour longer to set up and it is very difficult to make when the ground is frozen solid.

Prepare the Tinder Bundle – One of the most critical parts of the fire making process is preparing the tinder bundle. The tinder bundle can be made of anything fine enough to ignite easily, including cotton fluff, pre-charred cloth, finely shaved wood, and even hair. The important things are that the material be very flammable, very fine, very dry, and able to remain lit until it can be placed in the fire.

Ignition – A fire can be ignited in a variety of ways. The most common way is to use a flint and steel. The flint is a stone that, when struck against steel produces small, hot sparks that are caught in the tinder bundle. The other

IGNITION METHODS



method is to use friction to create a small coal that is introduced to the tinder.

The friction method basically involves the rapid rubbing of organic material together. The most common friction fire starters include the hand drill, bow drill, fire plough, and pump fire drill. These all require some preparation if one doesn't already have the tools prepared. For the skilled fire starter, preparing a fire kit takes about 15 to 30 minutes if the materials are readily available.

Whichever method is used, the result will be a small, fragile coal of fine glowing dust that must be carefully transferred to the tinder bundle.

Once the spark or coal is introduced to the bundle, the fire starter must blow into it to cause it to ignite. Once flames appear, the tinder bundle is quickly placed on the prepared fire structure. With any luck, the fire should ignite.

Fire Rules

Building, igniting and maintaining a fire takes time, skill and resources. The skill used is Survival with a base DC of 10, presuming ideal conditions and ample materials. The base amount of time required to make a fire is 30 minutes.

The DC and required time is modified by various factors including current local conditions, the resources available and the complexity of the fire being made. The following charts the most common modifiers.

Conditions and Resources	DC Mod	Time Mod
Prepared Fire Pit	-5	-10 Minutes
Prepared Materials	-5	-10 Minutes
Less than Ideal Resources	+2	+5 Minutes
Sparse Resources	+3	+10 Minutes
Damp Conditions	+5	+15 Minutes
Dark Conditions	+5	+15 Minutes
High Winds	+10	+15 Minutes
Wet Conditions	+10	+30 Minutes
Rain or Snow	+15	+60 Minutes

Ignition Type	DC Mod	Time Mod
Use of Magical Fire	-10	-15 Minutes
Use of Flint & Steel or Matchsticks	-5	+0 Minutes
Hand Drill or Fire Plough	+0	+15 Minutes
Bow or Pump Drill	+5	+30 Minutes

Fire Complexity	DC Mod	Time Mod
Emergency or Uncontained Fire	-5	-15 Minutes
Standard Campfire	+0	+0 Minutes
In-Ground Fire Hole	+5	+15 Minutes

The required time is for the first attempt. Each following attempt increases the time by 15 minutes.

The DM may introduce other modifiers based on the specific situation or the level of realism they prefer. As a rule of thumb, the base DC will decrease by 5 for a more cinematic game, remain at 10 for a gritty game, and increase by 5 for a realistic game.

When considering whether or not to use fire making mechanics in an adventure, the DM should ask themselves if it will add drama, tension, and/or enhance the cinematic feel of the scene.

Drama Example – It is the parties first night of traveling together and the young ranger is eager to prove his value to the group by making the perfect campsite. He realizes that everyone is watching with anticipation as he prepares to light the campfire.

Tension Example – The party was traveling in the winter when they were forced to cross a frozen river to escape a pursuing band of hill giants. Several of them broke through the ice, and although the others managed to rescue them from the frigid water, they are becoming dangerously hypothermic. Their only chance to survive the night is to get a fire going as soon as possible.

Cinematic Example – The party prepares to sit down with a wild hermit to question him about an urgent matter. The hermit insists on a formal council ritual and the characters help him to prepare the space which includes the starting of a ritual fire in the center of the circle.

SHELTER

As anyone who has traveled more than a day or so from their home will tell you, finding adequate shelter is a priority. Without appropriate shelter, rest may be impossible.

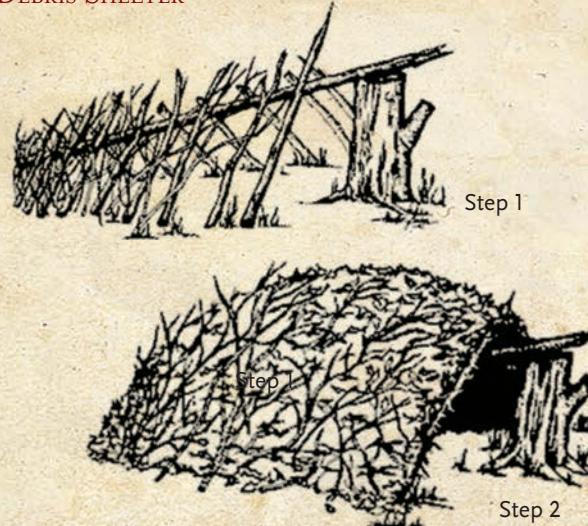
While clothing is critical while traveling, it may not be enough when the time comes to rest. After a long day of walking, climbing, and foraging, the value of a comfortable place to sleep cannot be overestimated.

Emergency Shelters. When an individual or group finds themselves lost without their gear or taken off guard by bad weather, they may need to find shelter very quickly. In these circumstances, they will have to come up with something quick and dirty from the surrounding landscape.

If they are fortunate enough to find a ready made shelter, such as a cave or rock overhang, the majority of their work is done, though these options are not without risk. After all, the same features that make them appealing for the lost traveler also makes them desirable to all manner of critters from snakes to bears.

Even then, there will likely be some work to prepare a cave for habitation including clearing debris, adding floor insulation,

DEBRIS SHELTER



building a wind block, and/or setting up some sort of defense against predators.

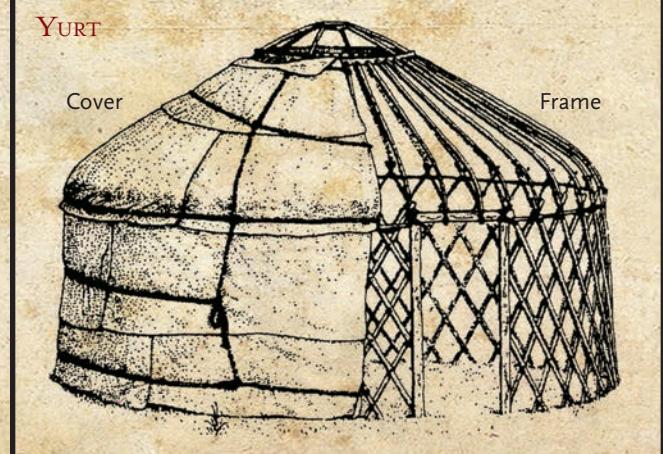
The next best option is a debris shelter. These are down and dirty, but they will fulfill the basic requirements of a shelter. They will block the wind, get one off the ground, and keep the rain or snow out. The simplest debris shelter consists of a single wooden pole propped against something to lift it off the ground with smaller sticks, leaves, moss, twigs, and any other debris at hand leaned up against it. In the end, it is indistinguishable from a big pile of debris with an opening on one side.

If little or no materials are at hand, one can simply dig a hole as deep as possible and climb down into it. At the very least, this will keep the wind at bay.

Portable Shelters. These are the most desirable options for a shelter, since they are designed to protect those within from the elements.

The most common kind of portable shelter is the tent. They can come in a variety of styles, shapes and sizes, from a simple fly

YURT



tent to larger wall tents. The size is based on the number of people using it, their carrying capacity, and the purpose of the tent.

Some nomadic peoples use sturdier shelters, like yurts, tipis, and wigwams. These incorporate native materials such as wool, felt, hide, bark, and bone. The trade off for being stronger is that they are considerably heavier. This is generally not a problem for nomads since they only move two or three times a year.

Snow Shelters. These unique shelters can be built for emergencies or they can be semi-permanent depending on the environ. For example, in arctic regions, a snow shelter can be used for eight months out of the year.

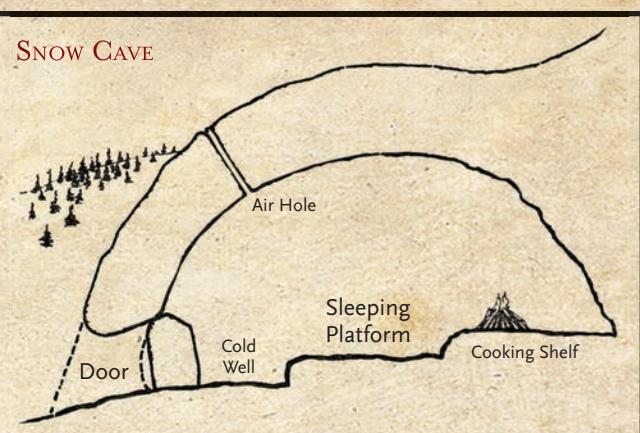


In emergency conditions, the quickest and easiest snow shelter is to find a tree or rock formation that has created a natural hollow to serve as protection from the wind. These can most likely be found beneath pine trees, rock overhangs, or gullies. In these cases, simply throwing in a bunch of insulation and climbing in is enough to make a difference. If one has the means, a fire can be started as well, which can increase the odds of survival significantly.

The next best emergency snow shelter is a snow cave. This involves tunneling into the side of a snow bank, hill, or mound, and hollowing out a place to get out of the wind and cold. If no mounds are available, it is possible to make one simply by piling snow and packing it down well. While this may seem easy enough, there are a few critical features to the snow shelter.

The most important is the air hole, which is basically a small hole of no more than a couple inches in diameter in the roof of the shelter. This lets air in and carbon monoxide out (see Air). The next important feature is to build a sleeping platform. Since cold air sinks, creating a "cold well" can mean staying as much as 10 degrees warmer. Those ten degrees can make all the difference in a survival situation. The last important feature is insulation on the floor and bed. This can be anything from pine boughs to animal furs to blankets. It must prevent the loss of heat through conduction.

Once the entrance is closed with a pine bough or a bit of snow, it is actually possible to make a small fire in the shelter.



This can include a small camp fire or even a candle. The smallest amount of heat can bring the temperature inside the snow shelter to a bit above freezing. This may still seem cold, but when the temperature outside is well below zero, it will feel as cozy as any village inn.

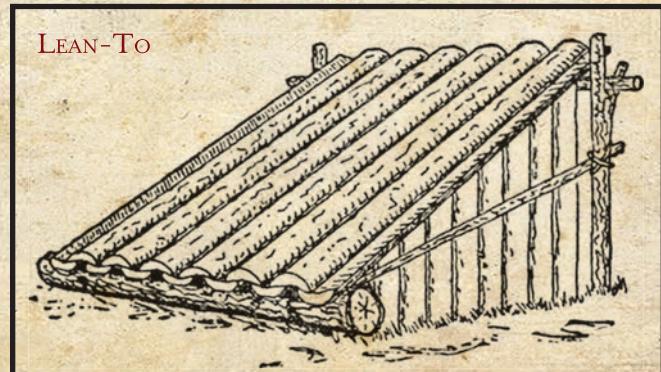
A more permanent snow shelter is often called an igloo, though there are many different styles. These require a bit more skill to build as well as a tool to cut and shape the snow.

Essentially, the snow is cut into blocks which are first taken from the area where the igloo will sit to create a circular hole in the snow. The blocks are then shaped and stacked in a spiral around the circle, with each turn getting smaller to form a dome. Once complete, the doorway and air hole is cut. The igloo may appear fragile, but when built by an expert, they can support the weight of an adult human on the roof.

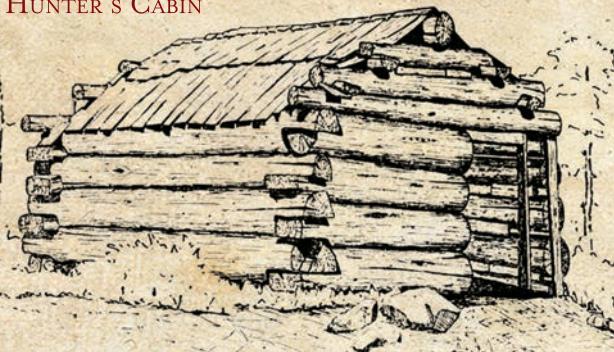
With a fire in the center, the temperature inside an igloo can be brought up to 40 degrees without compromising the integrity of the structure.

Temporary Shelters. Like the emergency shelters, these are made from the raw materials that can be found in the vicinity. The only difference is the time, tools, and skills required to make it.

A temporary shelter is necessary if one plans to stay put for several days to rest and recuperate or even months to wait for the mountain pass to open in the spring. These shelters can be as simple as a lean-to, which can be set up



HUNTER'S CABIN



in a couple hours, or as complex as a hunter's cabin, which might take a day or two to build.

A lean-to is one of the simplest of temporary shelters. It is built by leaning logs up against an upright frame set into the ground. The spaces between the logs are filled with water proof material like clay or birch bark, and then covered over with other material like sheets of moss, dirt or sod. Once a fire is built in front of a lean-to, they can be kept quite warm as long as the fire is going.

When there is no other option but to settle in for a while, then a hunter's cabin may be necessary. Reasons for staying put could include waiting for bad weather to break, creating a rendezvous point for a group of people, or setting up a camp from which hunters or trappers can cover the area in search of game. These types of cabins can remain in tact for many years after they have been abandoned, and so it is not uncommon to stumble across an old hunter's cabin when following game trails.

Shelter Rules

In an emergency situation, getting a shelter up quickly can mean the difference between life and death. Use the chart below to determine if a character succeeds in preparing a shelter and how long it will take.

Shelter Type	Base DC	Time to Set Up
Tent	5	30 Minutes
Debris or Snow Shelter	10	30 Minutes
Snow Cave, Yurt or Tipi	15	60 Minutes
Lean-To	15	2 Hours
Hunter's Cabin	15	4 Hours

Local Conditions	DC Mod	Time Mod
Sparse Resources	+5	+30 Minutes
Wet Conditions	+10	+30 Minutes
Dark Conditions	+5	+45 Minutes
High Winds	+10	+60 Minutes
Heavy Rain or Snow	+15	+90 Minutes

Once the character has shelter, they are considered to be protected from the elements to some degree, and if they have fire, they can regulate their temperature.

Assuming the shelter is set up properly and is appropriate to the environ, being inside will give the character a +5 bonus on all rolls related to hypothermia and hyperthermia.

Combining Rules

The ideal temperature for a human is around 68 to 70 degrees Fahrenheit, and each of these – clothing, fire and shelter – is intended to achieve that.

Appropriate clothing for an environ assumes that they will maintain a comfortable temperature for the wearer, especially if they are active, and that moisture will not collect within.

Appropriate shelter for an environ will reduce heat loss from conduction, convection, and radiation.

Appropriate fire will add heat as needed.

Each individual protection method adds to the character's chances of survival, whether it's gaining Advantage from clothing, the ability to regulate temperature with fire, or the bonus provided by a shelter.

This means that if a character is wearing environ-appropriate clothing, is in a shelter, and has built a fire, they can be considered to be completely protected from the elements as long as the situation is maintained and the conditions don't change.

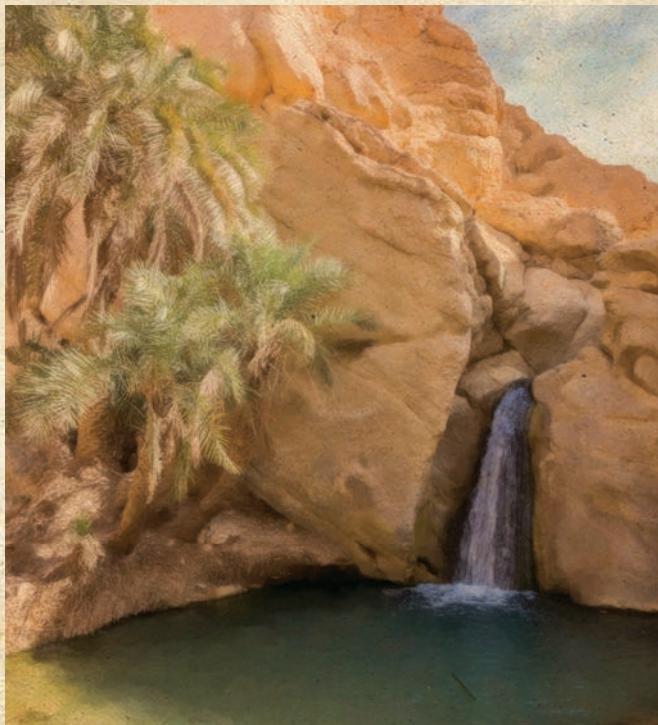
In a survival game, the DM will have to use their best judgment when it comes to combining survival techniques. In many cases one or two techniques will be sufficient, but in some cases, such as in a harsh arctic environ, all three will be required.

Remember that, although it's always possible to succumb to the elements, the point isn't for the characters to die of exposure. The point is to help viscerally immerse the players in the adventure while applying additional pressure and tension in the story.

It is therefore recommended that the DM remain fairly flexible with the rules by offering options and rewarding clever ideas.

Additionally, the DM should not expect their players to be survival experts. The DM is therefore encouraged to impart information of which their characters would be aware. For example, a ranger who has traveled in the wilderness for many years would not need to roll to make a shelter except under difficult circumstances.

That being said, greater knowledge and understanding of real wilderness survival techniques can certainly enhance any role playing experience where survival is the focus.



WATER

The pain in my head was nearly unbearable. About an hour before, I had seen a small, rat-like creature enter an opening in the rocks, only to emerge a few minutes later with wet fur.

Hood had told me to watch the creatures around us while we traveled. He said that they would speak to us if we have ears to listen. The animals can warn of predators, approaching storms, and lead us to water.

Crawling over to the three foot opening I could already smell the water. I got down on the ground and began to make my way into the darkness. Sure enough, after a few seconds I could hear echoing drips ahead.

The tunnel began to slope downward slightly. I was about to turn back when my hand caught a patch of cold slime as I was putting all of my weight on it. I lurched forward and slid inexorably for what seemed like minutes.

Suddenly I was in mid air, tumbling head first into an unknown blackness. I managed to avoid gasping when I plunged head first into the ice cold water.

I gently touched the bottom, pushed off, and broke the surface in a fit of coughs and gasps. My body was numb from the deep cold of the aquifer. Looking up, I could just make out a faint shaft of light that presumably marked the tunnel from which I had emerged fifty feet above.

Water wouldn't be a problem, but if I couldn't get warm soon, hypothermia was a serious danger.

THREE DAYS

The third basic requirement for survival is water, and it can be one of the most difficult things to acquire, even when water seems plentiful. This is because it's not just a matter of finding water, but making sure that it is fit to drink.

Even in water sources that appear clean, there is always the risk that it will contain harmful bacteria, parasites and toxins that can be far more dangerous than going without for a short time.

FINDING WATER

The methods used to find water will depend greatly on the environ that one finds themselves in. The search for potable water often requires all senses, as well as a deep understanding of the land and the life that calls it home.

Arctic Environs. These are perhaps some of the easiest environs to find water because there is often plenty of snow and ice to be found, even in an arctic desert.

The difficulty is in making the water drinkable, since it must first be melted. While it's true that one can simply melt the snow or ice by eating it, this isn't necessarily a great idea since it can lower one's core body temperature. The only time eating snow or ice is advisable is when one is performing intense physical labor such as extended walking, chopping wood, building a shelter, and so on.

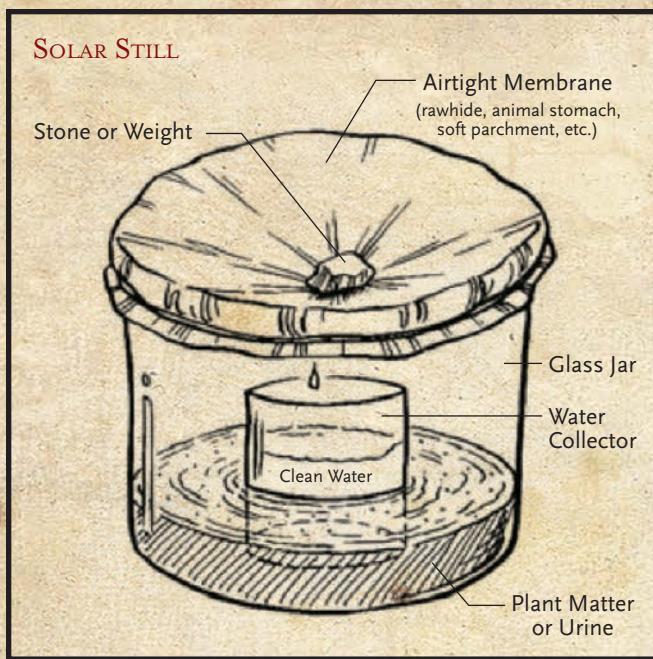
The best way to melt the snow and ice is to put it in a water proof container near the fire. If one can make tea from the water, this is even better since drinking warm liquids will help maintain the core body temperature.

When collecting frozen water, it is advisable to get ice rather than snow if possible. This is because when ice is melted, one will end up with close to the same volume of water, but when snow is melted, the volume is reduced by more than half. So gathering ice is simply a more efficient use of time and energy. Of course if snow is all that is available within a reasonable walking distance, then snow will do.

Desert Environs. Dry, hot deserts are by far the most challenging environs in which to find water. The very definition of a desert is any environ where there is little or no rainfall, and while arctic deserts keep any precipitation that does fall on the surface, hot deserts do not.

There are a number of signs that a desert traveler can look for to find potential water sources. The first option is to look for any signs of vegetation. Even low shrubs or grasses must get their water from somewhere, and spotting an area of slight green can be enough to lead one to water.

Even if there is no surface water, it may be possible to dig a small well by hand. Simply find the highest concentration of plants and start digging. If one hits moist earth, then keep digging a couple feet more if possible. If there is water, it will start to seep into the well. Then it's just a matter of waiting a



little while for the dirt to settle. The water will be brown and gritty, but it will keep one alive.

Another way of finding water is to locate a dry river bed. Many desert areas are prone to flash floods, and these places can retain water long after the flash flood has passed. The trick here is to find the lowest point where the water can drain, and if there is no surface water, dig a well as mentioned above.

One technique used by many desert natives is to follow other animals. If one can find a burrow of a small mammal like a mouse or groundhog, then it may be possible to follow them or their tracks to a hidden water source. Some people have even been known to trap an animal, feed them something salty, wait for a couple hours, and then release them. The animal will most likely make directly for a water source to quench their thirst.

While one may be tempted to drink water from plants such as cacti, this can be dangerous if one doesn't know what they're doing. Some of these plants can make one very sick, hallucinate, or even kill them.

If one is fortunate enough to have a large glass container, it may be possible to make a solar still to extract water from plants by putting the plant matter into the vessel and making it so the evaporating moisture is captured for drinking. This can be labor intensive and produce little water, so this is often a last resort.

Then again, there is always the chance that one can stumble across an oasis, desert spring, or underground aquifer. While these are extremely rare, they are not impossible to find. The important thing is to keep an eye open for the signs. For example, finding a road of some kind could mean finding a

water source somewhere along it. Looking for vegetation that seems particularly lush green can be a strong indicator of plentiful water. Spotting or following a large animal herd can indicate a significant water source as well, though it's important to remember that where there are herd animals, there are predators.

After being without water for a long period of time, some say that it's even possible to smell water, and while this method may not be terribly reliable, it's vital not to ignore such a sign.

Forest and Jungle Environs. These regions are teeming with life, and where there is life, there is water. This means that finding water will be relatively easy, but making sure that it's drinkable is harder.

Water sources in these environs tend to be rife with bacteria and parasites, and while these are mostly harmless to the local fauna, they can be deadly to a traveler.

There are a few sources of safe drinking water in most of these environs. Certain vines can be cut, and the water can be drunk right from the end. Some plants naturally collect and store rainwater.

Of course one can always set up their own method of catching rain, which can include laying large green leaves in a hole in the ground or laying out sheets of waxed leather and channeling the water into a vessel of some kind. In a pinch, water can be caught in absorbent material and wrung out into a container.

Savanna and Plain Environs. The vast, open grasslands of these environs teem with life, from great herds of herbivores to the predators who hunt them. The presence of so much life would suggest that there is a lot of water available, but that isn't always the case.

Some creatures get water from the grass that they eat, but most rely on large watering holes or ponds scattered throughout the region.

One would think that these ponds would make getting water easy, but these places are often tainted with bacteria from animal feces, urine and rotting organic matter.

Although the water can be made safe, these places are often watched by predators who wait for their prey to arrive. In the absence of their usual food source, they will certainly settle for a careless traveler who stops to fill their water skin.

The amount of precipitation in these environs is sometimes on the arid side. They aren't as dry as deserts, but the rains tend to be seasonal, and they are prone to cyclical droughts that can make finding water nearly impossible.

If one is fortunate enough to be traveling across a savanna during the rainy season, the collecting water may be an option, though speed is an issue. Rainstorms are often fast moving, and so by the time containers are unpacked and set up, the rain might be over.

PURIFYING WATER

There are 5 basic water purification methods: boiling, chemical sterilization, distillation, filtering, and magic.

Boiling. Water that has been tainted by bacteria or parasites can be purified by heating it to a rolling boil for at least 5 minutes. The extreme heat kills any organic containments, although solid particles will remain.

If boiling water is not possible, the water can be sterilized through pasteurization. This involves heating the water to about 150 degrees Fahrenheit for at least 30 minutes. This can be done by putting water in a sealed glass container on a dark surface in the sun. Assuming it's not terribly cold out, the water can be brought up to temperature in one to three hours depending on the amount of water and the starting temperature.

Chemical Sterilization. By using a few drops of a substance like iodine, chlorine, or some fantasy equivalent, all bacteria and parasites can be killed, making the water safe to drink. This will do nothing to neutralize inorganic poisons sometimes found in nature like cyanide of course, but these toxins are quite rare under most circumstances.

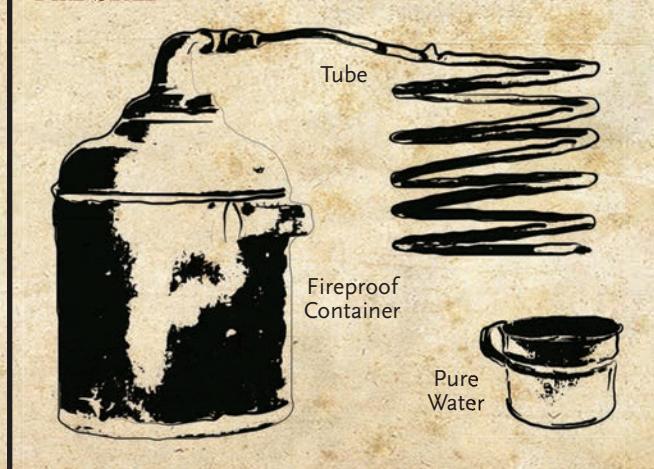
Iodine and chlorine will purify water in less than an hour. This is done by adding 6 to 8 drops of either chemical to a gallon of water, shaking it, and waiting for a minimum of 30 minutes before drinking.

Note that these chemicals can be toxic in large amounts, and so the user must be careful not to add too much.

Distillation. The best and most complicated method for purifying water is by using equipment or natural foliage to evaporate and condense water. This naturally occurs overnight when dew forms on plant surfaces, though this does not provide much water.

If one has access to alchemical or brewing equipment, it is possible to distill pure water from a tainted source or even moist material like plant matter. The problem is that most travelers will not have this sort of specialized equipment with

FIRE STILL



them, and so they will be forced to improvise with whatever materials they have at hand.

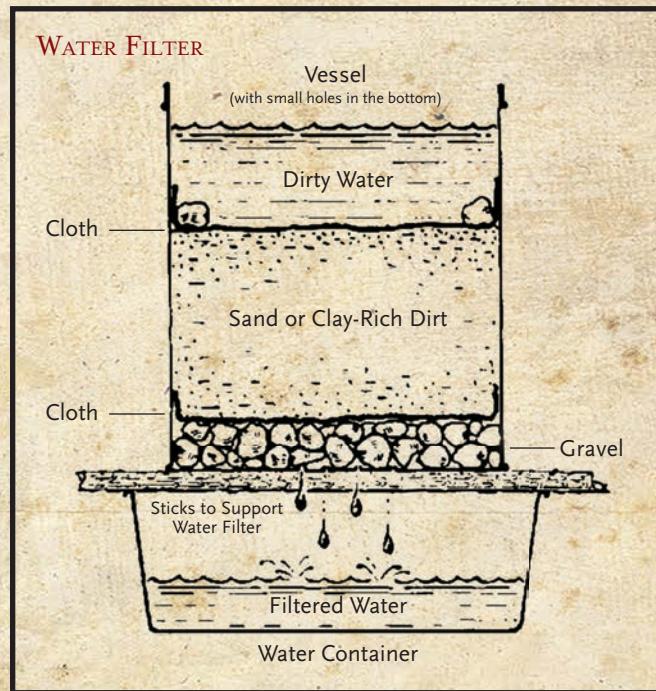
The simplest option is the solar still (seen previously). If a sealable fireproof container and a long tube is available, they can make a fire still.

The tube can be almost any material, but metal is preferred. Some have used hollowed sticks, bamboo, a smoking pipe, and even a rolled bit of rawhide.

The still is built by sealing the top of the fireproof vessel with the tube exiting the top, leading off to the side. The vessel is filled with dirty water and set on a fire. The heat will begin to boil, turning water into steam. When the steam enters the tube it cools and condenses, becoming liquid water. The water can then be collected from the end of the tube.

Filter. One can filter water using any combination of fine sand, clay-rich soil, charcoal, gravel, and fine cloth. Allowing the water to pass through one or more sandwiched layers of these materials will separate out most harmful particles, including larger, inorganic toxins.

The more layers the better. This gives the filter the greatest chance to remove any unwanted matter from the water. A tall, narrow cylinder works best, with the water being fed by gravity from a vessel at the top to a container below.



This is a slow process that can take many hours to process the water, so if the filter can be made to work while traveling, this is ideal.

Magic. The most obvious spell that can be used to make dirty water drinkable is *Purify Food and Drink*, but there are other spells that can be used to creatively purify contaminated water.

Prestidigitation – This cantrip can be used to heat water up to a pasteurization temperature, recasting as necessary for the required time.

Poison Spray – This druid cantrip can temporarily poison water to kill any potential pathogens that might be in it. The magic will fade quickly, leaving the water safe to drink.

Resistance – While this will not purify water exactly, it will make the drinker less susceptible to the bacteria and parasites in the water.

Shocking Grasp – Electrifying the water with this spell will kill off any pathogens. The caster must touch the water for this to be effective, though doing so will self-inflict 1 point of electrical damage.

There are of course other spells that could be used to purify water, but they are quite costly. Basically, any spell that can kill living things without damaging the water could be said to sterilize the water.

Water Rules

Dehydration – The average human requires about a half gallon of water per day under normal circumstances. When traveling, this amount doubles. If the characters are sweating more through additional labor, unexpected combat, and/or excessive heat, the amount triples.

This means that for a normal journey, a human would need about 7 gallons of water per week. When the

appropriate amount of water is not available, the characters will start to dehydrate.

Those who drink only half of the amount of water required must succeed on a Constitution saving throw (DC 15) or suffer 1 level of Exhaustion at the end of the day.

Without any water, the character will begin to dehydrate very quickly. At the end of the first day without water, the character must make a Constitution saving throw (DC 15) or suffer 2 levels of Exhaustion. Each day without water thereafter increases the DC by 5.

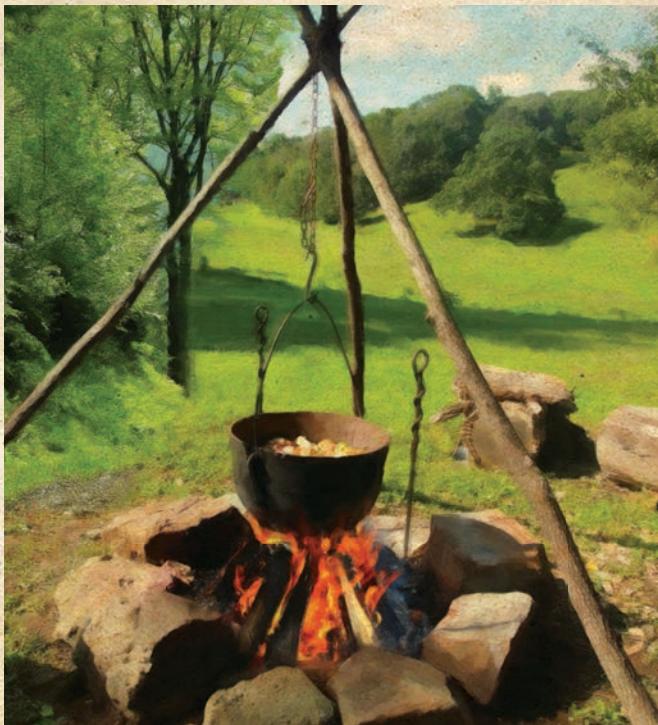
Exhaustion caused by lack of water can't be removed until the character re-hydrates.

In addition to exhaustion, the dehydrated individual will suffer headaches, dizziness and hallucinations. On the first day without water, the character will suffer a -2 penalty on Intelligence checks. On the second day, they suffer the a -2 penalty on Wisdom checks as well. By the time they reach the third day without water, they will begin to hallucinate, suffering a -2 to Wisdom checks.

When the character reaches 6 levels of Exhaustion, they will fall unconscious and begin making death saves. Since this is a slow process, death saves are made every hour after passing out. Only giving the character water will stabilize them at this point.

Using the Revivify spell on someone who has died of dehydration will only revive them for an hour. After that, they simply die without water. Revivify will not work a second time in these cases.





EARTH

Several hours after I managed to climb my way out of the underground aquifer, I was drying myself next to a warm fire beneath a small overhang of rock.

As I basked in the glory of my recent victory, my stomach reminded me that I wasn't done yet. After a long sigh, I pulled myself to my feet. Darkness was only a couple hours away at most, but with shelter, fire and water sorted, I decided to turn my attention to food.

It was too late to hunt or forage, but I might be able to set up a few small traps. There would be no food until morning, if there was any at all, but it would be better than nothing.

THREE WEEKS

Once all of the previous survival priorities of air, shelter and water have been addressed, it's time to look at the fourth: food. Most creatures can actually live for quite some time without eating, though their strength will wane as their body begins to feed on itself.

Although food is fourth on the priority list, it is important to eat whenever food is available to maintain strength, focus and morale. The only exception is when one has no water. This is because the process of digesting food requires the body to use more water which will accelerate the process of dehydration.

The specific amount of time it takes for a specific creature to starve depends on a creature's level of body fat, metabolism, outside temperature, and physical activity.

STARVATION

In a fantasy setting, there are a wide variety of species from which a player can choose, and each will have different caloric and nutritional requirements.

If normal rations are available, then this shouldn't be a problem, but when the rations run out, foraging, trapping and hunting becomes necessary, and there is no guarantee that sufficient edible food will be found.

In general, the creature's metabolic needs will be determined by their animal class (*mammals, birds, reptiles, amphibians, fish, and invertebrates*) and the environment in which they evolved. For example, a desert dwelling reptile will require much less food to survive than a jungle bird who expends a great deal of energy.

When it comes to fantasy species, there will be other factors involved as well, including the amount of magical blood in their heritage, unnatural hybridization, and extra-planar ancestry.

Starvation Rules

Most medium humanoid creatures will begin feeling hunger after just one day without food, though certain species will be able to endure hunger for more or less time (see below).

Once the food runs out, a character will begin to weaken. Every 2 days without food will cause the character to lose 1 point of Strength.

If a character attempts to make their food to last longer, they can eat half rations (half of what they would normally eat at each meal) and reduce their Strength loss to 1 point every 4 days.

A day of normal eating restores 2 points of Strength (up to their normal maximum) and resets the number of days without food to zero.

There are certain humanoid races that are better or worse at being able to cope without food than humans. These differences are usually to do with the environ in which they evolved or their ancestral bloodline.

Amphibious/Aquatic Humanoids – Creatures that spend most or all of their time in the water are usually cold blooded, and require only about one-tenth of the food of a comparable land dwelling mammal.

Aquatic and semi-aquatic humanoids are often mammalian or mammal/fish hybrids. As such, they only share some of their ancestral metabolism. Examples include Kuo-toa, Merfolk, Sahuagin and Tritons.

Amphibious/Aquatic Humanoids will lose 1 point of Strength every 3 days without food.

Avian Humanoids – Birds in general have a much higher metabolism and they do not store much energy in the form of body fat. For those reasons, they tend to eat small amounts almost constantly throughout the day. Examples include the Aarakocra and the Kenku.

Avian humanoids will lose 1 point of Strength every day without food.

Reptilian Humanoids – Reptiles have evolved a lower metabolic rate, and so they can go for much longer without eating. Of course most reptilian humanoids are hybrids with some mammalian characteristics, and so while they are not quite as resistant to starvation as their lesser kin, they do benefit from their heritage. Examples include Dragonborn, Kobolds, Lizardfolk and Yuan-ti.

Reptilian Humanoids will lose 1 point of Strength every 4 days without food.

Subterranean Humanoids – Those who live below the surface of the earth have evolved a unique metabolism, and as such, are much more hardy than their surface dwelling cousins. This makes them able to withstand extended periods without food.

While some races, such as dwarves, gnomes and drow do live underground for the most part, their ancestry with the surface dwellers has not given them the same advantages as others in their environ. Examples of true Subterranean Humanoids include Goblins, Troglodytes, Grimlocks, and Orcs.

Subterranean Humanoids will lose 1 point of Strength every 6 days without food.

Xenomorphic Humanoids – This broad category includes humanoids that are literally other-worldly. They include species from other planes of existence, extreme magical hybrids, and those of an utterly alien origin.

These can be difficult for a DM to adjudicate, especially when it comes to the matter of food. As such, the DM will have to consider their original environment, adaptability, unique food requirements, food availability in their native environ, and so on.

In most cases, it will be possible to find a real life parallel. For example, a creature that is vaguely like an arachnid would probably eat less frequently whereas a creature with mammalian features like hair and claws would eat with about the same frequency as a human.

TRAIL RATIONS

The most ideal situation when traveling is to have enough food for the desired journey. This can be challenging since one not only has to account for their caloric and nutritional needs, but also consider how much they can carry, planning for delays, and accounting for spoilage.

Traditionally when people describe a trail ration (simply called a “ration” by most), it is considered to be a single meal portion for one person. Most humanoids will eat three rations per day, but it could easily be divided up into more if many smaller meal portions are desirable.

WHAT'S IN A RATION?

The exact contents of a ration varies greatly between races and cultures, but basically it is any food that has been made to

handle the rigors of travel. Rations must be prepared in such a way that they will not spoil too quickly, require too much preparation, be too fragile, or be too encumbering.

PREPARING RATIONS

There are many ways to prepare trail rations. How a particular food is prepared depends on the type of food, the length of the journey, and the tastes of the person who prepared it.

Canned. This is a time consuming method of food preservation, but the results are much more palatable than most trail rations. Food is canned by heating it to kill all bacteria, putting it in some sort of airtight vessel of ceramic, glass or metal, and sealing it with wax. As the mixture cools, it seals by vacuum, making it nearly impossible for food spoiling bacteria to grow within.

The advantage to canned food is that one can preserve a wide variety of foods for a very long time while keeping them quite palatable or even tasty.

The disadvantage to canned food is that it tends to be very expensive (in time or money), bulky, and heavy.

Cold. While this is not always available during travel, in a magical world, anything is possible. Obviously in a wintry or arctic environ, keeping food cold is not only easy, it's practically impossible to avoid. This makes the transport of fresh food possible, and is one of the reason that many butchers make their shipments in the early winter.

Another mundane option for cold food storage is an ice box. These boxes are heavily insulated with straw and open from the top. Ice is placed in the bottom and the food is placed on top, followed by more ice. Of course this requires ice to be readily available. Some towns and cities in norther climates have massive ice houses where they store ice that was cut from rivers and lakes the previous winter for example.

The final option is magic, though it may not be available to everyone. If one is fortunate enough to have a magical container that will keep the contents cold, that is the best option, but even simple spells such as Ray of Frost could be used periodically to keep a few items frozen.

Cooked. Most food is naturally resistant to spoilage for short periods of time once cooked, and others can last for weeks depending on their moisture content.

The most popular types are baked goods such as breads, crackers, and hard tack, the latter of which can last for weeks if kept dry.

Other cooked foods, such as meats and stews, will generally last only two or three days before they start to go bad. Being kept cold can extend their shelf life by as much as a week.

Dried. One of the earliest preservation methods was drying. As the name suggests, it is simply the process of drying foods in a way that does not allow bacteria to grow.

Once the moisture is removed, and assuming they are kept dry, dried foods will remain safe to eat for many months.

The advantage to drying foods is that it can be done almost anywhere, even while on the road. This simplicity makes them very affordable. If dried under ideal conditions, dried rations can last up to a year or more.

The disadvantage to dried food is that it tends to be very tough and not terribly palatable.

Fermented. Fermenting is an age old technique for preserving food, and to the joy of most tavern patrons, a plethora of intoxicating beverages.

Although no one knows for sure, it is believed that fermenting was invented by accident after leaving food to spoil in just the right way.

Fermenting is an even longer process than canning, and can sometimes take months to achieve the correct balance of taste and preservation.

While some fermented foods are an acquired taste, many are a staple of every day life. Examples of fermented foods include cheese, kimchi, and sauerkraut.

The advantages to fermented foods is that they often add a lot of flavor to one's rations and that a wide variety of foods can be preserved in this way.

The disadvantages are that this process takes a lot of time, and since these foods must be stored in something that can hold liquid, they are often bulk and heavy.

Pickled. This is a similar process to fermenting, though it often takes less time to complete. Foods that are pickled include meats, fruits, eggs, and vegetables.

Pickling involves the immersion of food into brine (salt water) or vinegar, sealing it, and letting sit for some time. The resulting foods often have a very strong flavor.

The advantages of pickled foods are that they add a lot of flavor to trail rations, and if properly stored, they can remain edible for years.

The disadvantages to pickling is the preparation time and the fact that they must be stored in sturdy vessels that can seal and hold liquid, making them heavy and cumbersome.

Salted. This preservation method (also called "curing") is a very popular way to prepare meat and fish for travel. Often used in conjunction with various drying methods, cured foods will remain edible for years if sealed against moisture.

The simplest method for salting food is to immerse them in salt for a period of time. This will allow salt to infuse the outer surface, and moisture to be drawn out of the food.

The advantage to salting/curing is that it is extremely simple to do, even when traveling. It also adds much needed salt to the diet and makes for very flavorful food.

The disadvantage is that all that salt can make one thirsty, so if water becomes an issue, having too much salty food can make it much more difficult to cope.

Smoked. One of the quickest methods of preservation is smoking. It uses wood smoke to kill bacteria on food – usually meat or fish.

The process of smoking takes less than a day and can be done while traveling if one has the skill and resources. This quick technique for smoking food involves simply hanging the food over a fire that has burned down and placing fresh, aromatic plants onto the fire to create smoke.

This works even better if the smoke can be contained by building some sort of structure around the fire to trap some of the smoke within. The critical part is not to get the fire too hot. The object is not to cook the meat.

The advantages to smoked food is that they are quick and easy to make, and they are almost always delicious. Examples include bacon, sausage and salmon.

The disadvantage to smoked foods is that they don't tend to last nearly as long as other methods, lasting only days, or perhaps a week at most.

SAMPLE FOODS FROM VARIOUS CULTURES

Below are examples of common trail ration items for long journeys. The examples include those for dragonborn, dwarves, elves, goblinoids, halflings, and humans. Half-breeds will either lean towards food of the culture in which they were raised or they will blend the two into a unique style of their own. Drow rations are often a blend of elven and goblinoid foods, while tieflings usually blend human and dragonborn rations.

Dwarven Rations

1. Stone Ale – Made from fermented radish, barley and potatoes, a pint of this heavy alcoholic beverage is enough to replace a meal if necessary.
2. Beer Root – These starchy roots are soaked in beer for several weeks and dipped in wax to seal in the goodness.
3. Beer Battered Blind Fish – This has been described by humans as snake guts covered in hard tack, and for good reason. The Blind Fish is perhaps one of the most disgusting creatures ever eaten, which is why the dwarves soak them in whiskey for several weeks, cover them in a beer batter, and then deep fry them in boar grease. Most dwarves pretend to like it, but it most likely started as a dare to make the worst trail food ever.
4. Salted Onion – This is as simple as it gets. A roasted onion coated in a layer of salt.
5. Twice Baked Bread – The inch thick crust is a tough, while the inside of these dark loaves is moist and rich.
6. Dried Sweet Potatoes and Carrots – After being cut into slices, the potatoes and carrots are oiled, seasoned,

roasted, and then dried for travel. This is the most common ration for a dwarf to share with those who are not their enemies, since these are the least unpalatable.

7. Fossil Rock Soup – While not actually made from fossils, it does contain quite a few bones. It is made by pressure cooking beef bones for several hours and then adding in a complex mixture of fungi, mushrooms, lichens, and grubs. The soup is stored in a clay crock sealed with wax. The bones are just soft enough to be eaten.
8. Groundhog Jerky – Similar to other meat jerkies, groundhog jerky is particularly hard and salty. This is the ration they share with those that they wish would sod off.

Dragonborn Rations

1. Eggs – These are often hard boiled to prevent breakage, but the dragonborn will swallow them whole; raw, boiled or spoiled.
2. Pot o' Ants - This wooden box is in fact a portable ant colony. It is maintained by tossing in some organic matter from time to time. The dragonborn will use either their forked tongue or a small stick to snatch ants out.
3. Salt Fish – These are small, heavily salted fish that are often kept in a heavy leather bag.
4. Spiced Tartar Meat – This ration consists of raw beef, pork or bison that has been seasoned and tenderized.
5. Blood Oranges – A delicacy from their homelands, these are oranges that have been soaked in fermented blood.
6. Blood Glazed Bits – These are vegetables that have been brushed in salted animal blood and smoked for ten hours.
7. Turtle Stew – Made from live turtles that have simmered in broth for hours, they are kept in the shells and sealed with heavy wax for ease of transport. At meal time, they are simply cracked open and eaten.
8. Skinned Lizzies – These are skewers of frogs, lizards or snakes that are tightly bundled in large aromatic leaves. They are often eaten entirely, stick and all.

Human Rations

1. Hardtack – These are hard, dry biscuits than will not spoil for many months if kept dry. They are often packed with a small jar of garlic honey butter.
2. Grog – This alcoholic drink is sometimes infused with fruit and spices. It provides nourishment and fluids, though it should be used sparingly in the cold since alcohol promotes hypothermia.
3. Grains – These are often stored in a powder form and are used to make various quick breads, gruels and can be added to soups.

4. Dried Fruits and Vegetables – These are high calorie, light weight foods such as carrots, tomatoes, peppers, apples and berries.

5. Nuts and Seeds – Often kept in a waxed bag, this pouch of various nuts and seeds can easily be eaten while traveling. Some will add dried fruits to the pouch, making a kind of “trail mix.”
6. Permmican – Made from primarily fat and protein, the specific ingredients are often based on whatever is available. The meat is often bison, deer, elk, or moose. Fruits such as cranberries, dried dates, blueberries, cherries, choke berries, and currants are sometimes added as well. Once prepared, the mixture is rolled into a ball and wrapped in leaves.
7. Fowl – More common on short trips, cooked chicken, duck or geese is wrapped in a nest of rosemary inside a waxed cloth bag.
8. Smoked or Cured Meat – The most popular trail rations are bacon and sausage. The former is almost exclusively from pig bellies, the latter can be made from made from pork, beef, venison, veal, goat, or really any meat available.

Elven Rations

1. Field Chai – This drink is a blend of various herbal teas, cream, wine, and spice. It is often stored in tall, thin ceramic decanters. It appears to be a light blue milk with a very sweet taste and a scent of meadows.
2. Honey Draught – Carried in silver cylinders, this drink is a kind of spiced honey mead. It is clear gold in color and tastes like the summer sun.
3. Elvish Waybread – These are small, firm white cakes that taste of berries, flowers and cinnamon. They are often wrapped in soft white cloth or thin tissue. Each four inch square cake serves as an entire meal for an adult human. Eating one during a short rest, the character has advantage on their Hit Dice rolls to recover hit points. This means that they roll twice for each Hit Die used and take the better.
4. Bark Sap Chews – The sap of various related trees is boiled down into a syrup and then a chewy taffy. They are each a few inches long, and inch wide, and half and inch tall. They are a deep amber color and smell of honey and maple.
5. Nut Berry Mix – A simple mix of dried berries, seeds and nuts is coated with a fine pollen like dust, this trail food is a staple of most wayward elves. The flavors speak of trees, clearings, and gentle pools of clear water.
6. Sun Dried Fruits and Veggies – Bits of sun dried fruits and vegetables are usually threaded onto lengths of sting. These loops are sometimes worn as necklaces or hooked through a belt for easy access. Each piece is simply bitten off the string when wanted.

7. **Honeycomb** – These blocks of wax, honey and nectar are usually carried in a small cloth bag. The wax of these combs has nutritional value and is often just eaten along with the liquids inside.
8. **Rolled Forest Bread** – Thin bread dough is rolled around various kinds of herbs, vegetables and thick syrup. It is then baked three times over a two hour period. The result is an astonishingly tender meal that always seems to taste as if it were freshly baked.

Goblinoid Rations

1. **Bone Marrow Suckle** – This is a bundle of long bones that have been burned on a fire for short time. Eating them requires breaking the end and sucking out the gelatinous marrow. The bones themselves are usually smashed and gnawed upon.
2. **Blood Swill** – This vile drink is made from water, ale, and animal blood.
3. **Worm-Filled Hearts** – Earthworms are stuffed into a heart which is then boiled for several hours. It is as disgusting as it sounds.
4. **Charred Tongue** – The tongue of a large beast is smoked, heavily salted, and charred on a fire. It looks exactly as one might expect; a cracked and blackened tongue.
5. **Gut Sausage** – Made from the lower bowels of any creature, these awful sausages are stuffed with whatever its last meal had been. While one is forced to admire the utility of goblinoids, caution should be used when accepting food from them.
6. **Smash Rat Bites** – Not so much a prepared food as it is an easy way to carry dead rodents, this trail food consists of dried and flattened mice, rats and rodents.
7. **Crunch Beetles** – The beetles are roasted in a bone bowl for a number of hours. They are often carried in a large pouch carried at the waist.
8. **Live Maggot** – This is mainly a pouch with small bits of rancid meat covered in maggots. Every so often, a new piece of bad meat is thrown in to continue the colony.

FOOD REQUIREMENTS

To keep things simple, one ration is equal to about a half pound of food. If a character is carrying food has a high caloric density like Elven Waybread, the weight and space required will be half.

Under extreme circumstances, such as during a forced march or harsh environmental conditions, the amount of food needed will increase. For example, characters in an arctic environ will require more food to maintain their core body temperature.

Calories. While many will not want to “count calories” in a role playing game, there is a certain appeal playing a hard core survival adventure. For those who wish to do so, here are a few things that can keep things moving smoothly.

The simplest way to calculate the required caloric intake of a creature is to multiply its weight by its Strength score. For example, a 300 pound barbarian with a Strength of 18 would require 5400 calories a day with average activity. A 120 pound wizard with a Strength of 10 on the other hand would only need about 1200 calories per day.

The calories for food items should be very general, based on type and weight.

Food Type	Calories/Ounce
Fungi (lichens and mushrooms)	50
Protein (meat, fish, insects, milk, etc.)	100
Carbohydrate (grains, starches, sugars, etc.)	125
Fat (skin, brains, marrow, milk, etc.)	250

Any food or drink that is sufficient enough to represent one meal is considered to have 800 calories. High sugar foods such as honey or maple syrup have double the normal carbohydrate calories.

Please note that these calorie amounts are deliberately generalized to keep game play moving as smoothly and quickly as possible. The DM should feel free to make exceptions for strange, unusual or magical foods. For example, perhaps dragon meat has three times as many calories as other meat.

FORAGING

The process of foraging for food is a difficult one, particularly if speed is a goal. Foraging takes a lot of time since there is no way to know what's in the area.

The more time dedicated to foraging, the more likely one is to come up with wild edibles.

Foraging Rules

Foraging in an Area – Characters can stop for an hour or more to forage for food and water. The foraging character makes a Wisdom (Survival) check to determine if they find anything. The DC is 20 for the first hour, and diminishes by 5 for each hour after that. In some instances, the DC could be lower or higher depending on the environment and the resources available (DM's discretion). Multiple characters can forage together, making separate checks. A failed roll finds nothing, while a critical failure finds the searcher in trouble.

Foraging While Traveling – Characters can search for food and water when traveling at a normal or slow pace. The foraging

character makes a Wisdom (Survival) check to determine if they find anything. The DC is 20 when traveling at a normal rate and 15 at half of their normal rate. In some instances, the DC could be lower or higher depending on the environment and the resources available (DM's discretion). Multiple characters can forage together, making separate checks. A failed roll finds nothing, while a critical failure finds the searcher in trouble.

Successful Foraging – A success finds the equivalent of 1/2 ration + 1/2 ration per Wisdom (Survival) modifier. For example, a character with a Wisdom modifier of +2 finds 1-1/2 rations.

A separate forage roll is required to find water. Success means that they find 1/4 gallon of water, or if they succeed by 5 or more, they find a source sufficient to rehydrate the entire party and replenish their stores, assuming they have the containers to carry it.

Note that it is possible to find an abundance of food or water. A herd of bison or a crystal clear stream may be a godsend in such cases.

Foraging Result Examples	Calories
1. Bird Egg	100
2. Root or Tuber	125
3. Sweet Sap or Honey	200
4. Flower Nectar or Pollen	50
5. Wild Fruit	150
6. Raw Nuts	175
7. Starchy Stalks	125
8. Grubs, Slugs, or Earthworms	100
9. Bark Linings	50
10. Wild Greens	50
11. Predator Leftovers*	200 - 500
12. Roll twice or combine.	N/A

* There are certain dangers associated with scavenging a leftover carcass from a predator, including the risk of the meat being spoiled or the fact that the predator may still be nearby. The DM may consider this as an opportunity for an interesting encounter.

FOOD SAFETY

There will be many times when a food source will be in question. Whether the character is trying to determine if a strange, new plant is edible or if that pickled boar eye is still any good. There are many ways to analyze something to see

if it's edible, or if it will cause an allergic reaction, or if it's infectious, or if it's toxic to consume.

Observation. If one is familiar with the fauna in a particular environ, it is possible to learn from them, particularly when it comes to food.

When observing the local wildlife, notice what they are eating, where they get it, and pay particular attention to beasts that share a similar diet. For example, humans would want to watch other omnivores like bears and raccoons, while a dragonborn might be watching the local reptiles.

Sampling. This can be a risky option, but it is rarely lethal. It involves sampling a bit of the substance and then waiting 15 minutes or more to discover any reactions. If an unwanted reaction occurs, they should stop the process immediately.

There are four steps to sampling, depending on its intended use, and each must be done in turn. If it fails any test, it should be deemed unsafe to use.

Sampling Steps

1. **Place on Skin** – Rub some of the material on the small area on the underside of the arm. If there is no reaction after 15 minutes, proceed to step 2.
2. **Place in Mouth** – Touch a small bit of the substance on the lips, and if there is no immediate reaction, place in the mouth. If there is no reaction or disgusting taste after 15 minutes, proceed to step 3.
3. **Chew** – Gently chew the substance for a few minutes but do not swallow. If there is no reaction after 15 minutes, proceed to step 4.
4. **Swallow** – Ingest a small amount of the chewed material. If there is no reaction or nausea after 30 minutes, it may be safe to eat small amounts, but it's still safer to wait for 12 hours.

This process takes about an hour, and can be done during a short rest. Anyone that is doing this testing is not taking the time to eat or see to their wounds, and so will not benefit from a short rest in other ways. Only one substance can be tested per hour.

If there is no negative reaction after 12 hours, the substance should be edible. Whether it has any nutritional value or not is another question. Maybe it's a new food source or maybe it's only a temporary fix to stave off starvation until suitable food can be found. It's better than nothing.

Smelling. Utilizing the most primal of senses, this is one of the most reliable methods to determine if something is safe to eat or not. Does it smell bad? Yes. Then don't eat it!

Some creatures have better senses of smell than others, and so it is often a good idea to ask the elf: "Does this smell bad to you?"

This method of evaluating food safety is primarily used to detect spoiled food, though it can be used to indicate the edibility of other things. As a rule of thumb, anything that

smells sour, bitter, or rancid is generally not even worth testing, while a sweet taste is more likely to be edible.

Food Safety Rules

Observation – If a character spends at least an hour observing the local animals, they can have *Advantage* on their next foraging check.

Sampling – If a character takes time to sample a possible new food source, they can double the amount of edibles they are able to forage. Only one substance can be tested per foraging session. Testing happens after the foraging is complete.

The drawback to sampling is that there is always the chance that a substance can be dangerous, even in small amounts.

The character should roll a d20 when testing a substance. On a roll of 01, their luck runs out and they must make a successful Constitution saving throw (DC 15) or become poisoned, and gain one of the following additional conditions (1d4):

1. **Nausea** – The character becomes Incapacitated with violent bouts of heaving and vomiting. This continues for about 30 minutes. If they are already dehydrated, they suffer an additional level of Exhaustion. Lesser Restoration will end the nausea and eliminate the poisoned conditions.
2. **Inflamed Rash** – The character's skin is slowly covered in a maddening red rash that radiates out from the point where the substance touched. They have Disadvantage on all ability checks for the next 24 hours. If it was placed in their mouth, they must succeed on a Constitution save (DC 10) or begin suffocating (see Air section for rules on suffocation). The rash can be eliminated with a successful Wisdom (Medicine) check (DC 10) when using an Herbalism Kit.
3. **Hallucinations** – Whatever the character tested, it was some good shit. They begin having bizarre and terrifying hallucinations of the things that fear them most, instilling them with fear for the next 1d4 hours. All mental ability checks are at *Disadvantage* for the duration. Lesser Restoration will remove this condition.
4. **Diarrhea** – Everything seems fine for the first hour after testing, but then the cramps hit. For the next several hours, the character is Incapacitated with explosive diarrhea. In addition to the humiliation, if the character is already suffering from dehydration, they lose another level of Exhaustion. The diarrhea can be stopped with a successful Wisdom (Medicine) check (DC 15) when using an Herbalism Kit.

Smelling – Taking the time to smell a food or potential food carefully gives a character *Advantage* on their perception check to determine if it is safe to eat. Taking the time to smell the substance takes 15 minutes.

PREPARING FOOD

How food is prepared is often as important as what is prepared. In the case of foraged edibles, it is even more important still.

Some foods require additional steps to make them ready to eat. For example, a plant may be indigestible in its raw state, but delicious and nutritious when prepared properly.

If someone forages a wild edible, roll on the chart below to determine the best way to prepare it. While this will not necessarily have a mechanical effect (other than taking some additional time), creative preparation techniques can add an additional layer of immersion to an otherwise mundane activity.

Roll	Preparation Technique
1.	<u>Boil</u> – Most wild foods can benefit from a certain amount of boiling. Food can be boiled in almost any reasonably waterproof vessel by adding hot rocks to the water until it boils. [Time: 30 minutes]
2.	<u>Dry</u> – Food can be dried by hanging them near a fire for the better part of a day. This is primarily for preservation. Note that drying food like this can attract predators, especially if the site is unattended. [Time: 12 hours]
3.	<u>Smoke</u> – Used mainly for meats, this method of preparation will kill most surface bacteria, but not parasites. Small things can simply be smoked over a campfire by adding green material to the fire. For larger quantities, a covered wooden frame can be built to straddle the fire, smoking the things hanging within. [Time: 6 hours]
4.	<u>Salt</u> – This is another form of food preservation that is primarily used for meats. This technique requires a great deal of salt, though the food can easily be carried while the process is going on. If a beast of burden is available, a bag of salt can be carried so that meat bits can be put there. [Time: 2 days]
5.	<u>Raw</u> – Occasionally, a food can be eaten raw, so almost no preparation time is necessary. Many of these never make it back to camp, giving the foragers a bit of extra energy to forage more. [Time: 5 minutes]
6.	<u>Fry</u> – Foods can be fried on a pan (if available), suspended over a fire, or laid out on a flat rock in the fire. This is particularly effective with foods like fatty meats and fish. Note that frying food is very aromatic, and the scent of food can carry for miles. [Time: 45 minutes]
7.	<u>Crush</u> – Some plants become edible only after the inner fibers have been pulverized. This can easily be done between two heavy objects, like a pair of river stones. [Time: 15 minutes]

8. Peel – Some foods are really just that simple. If the outer layer of a fruit or whatever is bitter but the inside is sweet, peel off the bitter part. [Time: 10 minutes]
9. Simmer – There are root vegetables and tubers that require a bit more cooking than a simple boil. Obviously a sturdy, fireproof vessel is needed for this technique. In many cases, the simples option is to relax and make a nice stew. [Time: 2 hours]
10. Pit Roast – This is one of the best ways to cook meat, especially if there is a lot of it. The process involves digging a big pit to fit the meat to be cooked. A large fire is built in the pit. When it burns down to coals in the bottom, they are covered with a thin layer of dirt, a layer of plant matter, the meat, another layer of plant matter, and finally the whole thing is covered with dirt. It is dug up in a couple hours, revealing the tenderest meat ever eaten. This method is a bit labor intensive, but the ability to cook so much in so little time with so little fuel can make the effort worthwhile. [Time: 3 hours]
11. Liquefy – Turning something to liquid in the wild isn't easy, but it can be done. One of the most popular options is to put the substance into a hard container, add a bit of water, break it up and mix for some time. After some time and perseverance, the substance should liquefy into a kind of pale gruel. [Time: 30-60 minutes]
12. Steep – This process simply involves putting a substance into heated water for a certain amount of time. Tea or broth is often the result, depending on what was steeping. [Time: 45 minutes]
13. Grind – This technique is sometimes used for hard seeds or shells to make flour. The flour can then be added to other foods or used to make fire cakes. [Time: 1-2 hours]
14. Shred – Scraping food into shreds can be used to add unpalatable calories to a stew or to make a hard food easier on the teeth. [Time: 15 minutes]
15. Char – Charring was probably started by accident when a bit of food fell into one of the first campfires. This is a lazy technique, but its results are undeniable. It involves simply throwing the food onto the coals where the outside sears, and the inside is lightly cooked. If it is not eaten immediately, the charred outer surface will preserve meat for a few extra days. [Time: 15 minutes]
16. Marinate – For the adventuring foodie, there is nothing better than marinated meat cooked over an open fire. This method requires that the character be prepared with a marinade into which the food can be submerged. Often, the marinade is carried in a waxed leather sack or ceramic crock. When new food is foraged, it is simply put in the marinade until it's needed. These mixtures are often heavy with oil, vinegar, aromatic herbs, and garlic. [Time: 15+ minutes]
17. Soak – Similar to steeping, this is simply done in cold water that can either be fresh or with salt to make a brine. Soaking will leach unwanted elements from the food and soften it for eating. This method is not often used with meat except in preparation for smoking. [Time: 6 hours]
18. Tenderize – The barbarian says she can't cook? Nonsense. Let her take out her rage on that those tough manticore steaks with a heavy club or hammer. A little extra time can turn that leathery block of protein into a delicious treat. [Time: 15 minutes; 30 minutes with cooking]
19. Suckle – Some things like stems, certain roots, and long bones are ideal for suckling. This will draw out the nutrients without ingesting any of the undesirable stuff. [Time: 15+ minutes]
20. Roll Twice – If it makes sense, combine the results or roll again until the result is appropriate. The times of preparation stack.

FISHING

This method of acquiring food can be time consuming, but it is not very labor intensive. If one has the right gear and a favorable location, they can catch as many as 10 rations worth of fish in a day.

There are two basic types of fishing: active and passive. Active fishing is when the person takes an active role in fishing the whole time. These include pole, spear and thrown net fishing styles. Passive fishing means that, once the person sets up, they are free to do other things. These include various types of nets, traps and trotlines.

Active Fishing. Whether someone has actually gone fishing or not, they will likely be familiar with the basics. While an experienced fisherman will always outperform a novice, even first time fishermen can do quite well with a bit of patience.

At its simplest, a fishing pole is a stick with a fishing line and a baited hook on the end. These can be made in the wild using a found stick, a bit of thin twine, a bone hook or thorn, and any little creepy crawlies that can be stuck on it.

Spear fishing is a bit more active and can be done with any long piercing weapon, though a fish spear works best since it has barbs to hold the fish. Other options would be to use a bow and arrow, spear, javelin, atlatl, or even a polearm.

The thrown net is round and ranges between three and six feet in diameter. The outside edge is weighted. Of all the active fishing methods, this one probably takes the most practice to use.

Passive Fishing. These techniques tend to require more materials, gear and set-up time, but this is balanced by the fact that it can just be left for a long period of time to do their work. This leaves the fisherman free to gather firewood, build a shelter, find potable water, and all the other things that make be necessary for survival.

The easiest passive technique involves setting up a net in a place where fish are known to be. The passive net works best in rivers, streams, and brooks, though they can be set up in lakes or oceans as well. The net is anchored to two points and the weights at the bottom allow the net to open.

The next best passive fishing technique is the trap. These can be professionally made traps, such as those used by crab fishermen, or they can be made in the wild. Wild traps can include a crayfish trap made from small flexible sticks, making a fish corral in a stream by sticking branches into the mud, or making a tidal trap on a beach.



The last method is called the trotline. This is a heavy fishing line with baited hooks attached at intervals by means of branch lines attached to the main line using clips or swivels, with the hook at the other end. A trotline can be set so it covers the width of a river, stream or brook with baited hooks that can be left unattended. The line is often weighted to hold the cord below the surface of the water.

Magical Fishing. The DM will have to decide what sort of latitude to give to the players when using magic for fishing. For example, could the spell Mage Hand be used to grab an eel? Could Shocking Grasp be used to stun a nearby fish? Would a Magic Missile obliterate a fish, making it inedible?

How the DM chooses to adjudicate the use of magic depends on the kind of game being run. A grittier game would limit the use of magic, while a cinematic game would prefer to have the invisible hand lifting a fish from the water.

Active Fishing Rules

The character who intends to go fishing must first make a Wisdom (Survival) check (DC 10) to find a good location. This search takes 30 minutes for each attempt.

Once a spot has been selected, the character begins to fish. Whether line fishing, net fishing, or spear fishing, the character makes a Dexterity (Agility) check (DC 15) every hour. A success means that the character caught 1d4 fish, with each fish representing 1 meal or ration.

Passive Fishing Rules

Like active fishing, the character will have to search for a good location by making a Wisdom (Survival) check (DC 20). If the roll fails, they can still set their passive fishing gear, but they will only get half the amount of fish.

Setting up a passive fishing site takes about 30 minutes, and requires a successful Dexterity check (DC 15). Once set, it can be left to do its work. It is best to wait 8 hours.

The passive set-up should have 5d4 fish/meals at the end of the day. If the set-up is checked earlier, the DM should reduce the number of fish accordingly.

HUNTING

While this is a time and labor intensive way to get food, it can be a great boon if successful, since a larger game animal can feed a party of adventurers for a week or more.

Most adventurers will know how to kill things, but hunting is a very different endeavor. Hunting requires a lot of patience, skill and attention. A hunter will know where to find game and how to track it. They will know where to wait for them to show up and what time of day to expect them.



Hunting Rules

If a character is attempting to hunt, the DM should have them make a Wisdom (Survival) roll (DC 15), though this could be modified depending on how plentiful or not game might be (DM's discretion). Each attempt takes an hour.

Once successful, it means that they have found a good hunting ground. The character will then have to wait. Every 30 minutes, the DM should roll a d20. On a roll of 15-20, some game animal will arrive. The size of the game depends on the roll:

Roll	Game Found	# of Rations
15	squirrel, muskrat, snake, etc.	1
16	possum, raccoon, turkey, etc.	1d4
17	beaver, porcupine, snapping turtle, etc.	2d6
18	boar, seal, alligator, etc.	6d6
19	deer, buffalo, elk, etc.	8d10
20	something big (DM's discretion)	Special

One option to determine success is that the DM can simply have the character make a Wisdom (Survival) check to kill the beast. The DC should be 5 plus the beast's Armor Class. For example, a deer has an AC of 13, and so the DC to hunt is 18. If the hunter is working with a partner, each person rolls separately. If the hunter is working with a trained dog, they have *Advantage* on their roll. If they are going after fast moving herd animals like buffalo, riding a trained horse while hunting will also give the *Advantage* on their roll.

Another option is to role play it just like any combat encounter. There would be Stealth checks, Perception checks, Initiative rolls, attack rolls, and so on. Generally speaking, this is much more interesting when the beast can fight back.

While the yields from a big game hunt can be tempting, carrying a lot of meat has its challenges. The weight is of course an issue, but the meat must also be preserved and packed for travel, and once on the road, that much meat is likely to attract scavengers, or even an apex predator.

Something Big. Should the character(s) stumble on something big, the DM should consider this a great opportunity to have a meaningful encounter ready. This may be the time to introduce a new creature, throw the group a plot hook, slip in a clue related to current events, or anything else that might make the game more interesting.

For example, maybe the characters don't know that they are being tracked by assassins. While out hunting one day, one of

the characters accidentally run into a mysterious thug who has a piece of paper in his pocket with the character's name on it. Maybe they run into a large, yeti-like creature that was thought to be only legend. Or maybe they stumble upon a long forgotten tomb with a broken name above the entrance that reads only "ACERER..." with the rest broken off.

If the goal is to keep things moving however, the DM can simply choose a larger game animal from the list and move on. Even in cases like this, throwing in a detail like "It has a white spot on its fur shaped like a crescent moon." The DM needn't have any purpose behind it, but can use it later as a prophetic moment. For example, maybe the DM needs to get them into a specific shop in the next town. All they have to do is put a white crescent on the sign in a way that they make the connection. Maybe there is a goddess looking out for them.

TRAPPING

Like passive fishing, trapping is intended to acquire food while being able to focus on something else. There are far too many trap types to explore here, so this section will look at some of the most common professional and survival traps.

Professional Traps. The most used professional animal trap is the steel jaw trap. These are forged of high quality steel and have two curved jaws that will snap closed when something steps on it. The traps range in size from those suitable for rats to those that can hold a moose. They are often anchored to the ground with a deep spike and a length of chain.

Survival Traps. Making traps in the wilderness is challenging, and definitely requires some skill, as well as a few raw materials from the area. There are three basic types of traps that will be addressed here: twitch-up snares, pit traps, and dead-falls.

The twitch-up snare uses the energy of a bent branch to snare a creature. To set one up takes about 15 minutes and can be done with just a bit of twine assuming there is a flexible tree nearby. The trapper makes a loop on the ground that will trigger when stepped in. Once triggered, the branch jerks upward and hopefully snaring an edible creature.

The pit trap requires the least amount of skill, and simply involves digging a deep hole and covering it to hide

SURVIVAL TRAPS



its presence. Then when some creature walks over the pit, they drop in, trapping themselves. Pits are sometimes made without the spikes if they do not want the creature to die.

The dead-fall trap utilizes some sort of heavy object like a log or rock. The heavy object is propped up and held by a trigger with food on it. When something comes to eat the bait, the object falls on top of them.

All of these traps work equally well, and so the one that a trapper chooses depends heavily on the materials available and the size of the creature to be trapped.

Trap Rules

Regardless of whether the traps are professional or primitive, they function pretty much the same for the purposes acquiring food.

As a general rule of thumb, at least 1 in 10 traps will have caught something within a 24 hour period, assuming they were set properly.

The character should make a Wisdom (Survival) check (DC 12) to set each trap. A success means that the trap was set properly and in a good location, while a failure means that the trap will not catch anything.

For each trap set, the player should roll a d20 and add their Survival proficiency modifier. Any total roll of 20 or over means that the trap caught an animal that is enough to provide 1d4 meals.

If a trap is intended to catch an intelligent creature, more care will be needed to set and camouflage the traps. This increases the set-up DC to 18, which is also the DC for a victim to spot it if searching.

SIGNS

Anything to do with surviving in the wilderness will leave signs that something or someone has been there. This is particularly the case with food.

The smell of cooking food can carry over many miles under the right conditions. This scent can attract predators, annoying scavengers, or unwanted attention from those who might be looking for the party.

Opening fruits and butchering may leave stains on the characters or their clothing, leaving a scent to follow or even an indication of where they have been to the keen eye.

Even the waste left behind in the form of leftovers, butchery remains, and yes, even feces will leave a trail as clear as a road to those trained to pay attention to such things.

This knowledge can be used to enhance the tension by allowing a pursuer to follow the party using these signs, or perhaps it's the party using these kinds of signs to find a quarry of their own.

The DM may want to consider giving *Advantage* to a tracker who is pursuing someone who has not been careful of their waste. One option is to use opposed rolls.

Tracking at Speed

When one creature is tracking another, there is a simple way to track their progress or lack thereof.

The first step is for the pursuer to establish how far away their quarry is in hours or days. They can do this by making an Investigation check (DC 20) to read the signs, pick up their trail, and glean how much time has passed since the signs were left. Rolling below the DC doesn't mean complete failure, but their estimates are less reliable by half. For example, if they estimate that their prey has been gone for 6 hours, it's probably more like 12. A natural 1 will send them off in a completely wrong direction for at least a day before they realize their mistake.

Once the pursuer is on the trail of their quarry, both pursuer and quarry roll a d20. The quarry adds their Survival and Stealth modifiers, while the pursuer adds their Survival and Investigation modifiers. The higher roll is successful.

A successful roll by the quarry means that they have delayed their pursuer by 2 hours. A successful roll by the pursuer means that they are 30 minutes closer to their quarry.

Once the pursuer and quarry are within sight of each other, simply revert to normal chase rules.

For example, a bounty hunter has been pursuing an infamous rogue for several days. The hunter stumbles upon the remnants of a campsite. The rogue has gotten sloppy. The player rolls with *Advantage*, and gets an 18 for a total of 26 (18 + 4 for Survival + 4 for Investigation).

When breaking camp, the rogue made their roll and got an 8 for a total of 18 (8 + 3 for Survival + 7 for Stealth). So this means that the pursuer has gained on their quarry by 30 minutes.

These rolls should be made every hour for as long as the pursuit continues.

CARRYING CAPACITY

Due to the fact that a week's worth of food and water is rather heavy, most travel that takes longer than a week requires either expertise in survival or the use of a beast of burden to carry supplies. To keep things simple, this book will consider a single ration to be about 6 ounces. This means that a day's worth of rations is a little over 1 pound. This assumes that the travelers prefer to divide their day's ration into three parts, having the first meal in the morning, the second during a short rest, and the last in the evening. Of course there is no reason that it couldn't be split up into more portions, but it will require a bit more math on the part of the players.

Traditionally, a week's worth of rations is 7 days. It is also possible to pack "subsistence rations" which means only carrying 5 days worth of rations for a week to save on weight.

The intention is to supplement the other 2 days with hunting and foraging on the trail or by replenishing supplies in a known town, traveler's inn, or outpost.

Carrying Capacity Rules

To keep things simple, this book will consider a single ration to be about 6 ounces. This means that a day's worth of rations is a little over 1 pound (3 rations). Water weighs about 8 pounds per gallon, so between food and water, a week's worth of supplies would weigh over 60 pounds before figuring in any camping gears!

The DM can evaluate the characters' food choices and decide if their food will weigh more or less than normal based on what they have. Players should note that as food and water is used up, the weight carried diminishes. That should be reflected on their equipment list.

This will also be important information to have if one wants to calculate how much gold they'll be able to carry home with them.



SPIRIT

It's been so long since I wrote in this journal. Truth be told, I had forgotten that it existed. When I left Tal'Navashar three months ago, I had intended to keep a complete record of my journey, but when everything went wrong, it seemed less important somehow.

As I look back across these pages, I am ashamed. Just a short time before writing this, I stood on the edge of a cliff, intending to take my own life.

Even now I wonder why I considered it. I suppose that, for the briefest of moments, I was overwhelmed by the many weeks without companionship, the cold, dark nights, and of course the endless horizon that seemed to move ever farther away.

Each time I crested a new ridge, peak, or hill, I expected to see something familiar or at least someplace inhabited by intelligent creatures. Any would do. Each time I am met with disappointment and more wilderness.

I sat down on the edge of that cliff and looked out across the green valley, and I realized something. As uncomfortable as I was, this vast place was beginning to feel like home. I was beginning to recognize the songs of the birds, the tracks of the beasts, the rhythm of the wind in the trees, and the language of the stones.

I still wanted to make it home, but I no longer looked at my time in the wilderness as a torment to endure. On the contrary, I had been blessed to find myself.

THREE MONTHS

One of the deadliest killers in the wilderness isn't some apex predator, gut wrenching parasite, or even deep hypothermia. The primary killer in a survival situation is the loss of hope.

To lose hope is to give up and surrender to the elements. As soon as this happens, the survivor stops trying and is likely to die before reaching safety.

Despair. In order to survive, it is vital to have a reason to live. There are many sources for this inner strength, whether it's from a deep code of honor, a family waiting at home, dedication to a god or goddess, the desire for revenge, or simply the sheer stubbornness to not let go.

Keeping one's morale high is easier when there are others sharing in the adversity. In fact, in the most dire of survival circumstances, even mortal enemies can come to appreciate each other's company.

If things get bad, then over time anyone can lose hope and descend into despair.

Despair Rules

Despair is the condition that describes the loss of a character's morale. This is similar to Exhaustion, except that this is weariness of the spirit.

After enduring extreme conditions (deep cold, sweltering heat, starvation, dehydration, lack of sleep, etc.) for a number of days equal to $3 + \text{Wisdom modifier}$, the character must make a successful Wisdom save (DC 10) or gain 1 level of Despair. The DC increases by 2 for each level of Exhaustion they have suffered.

Despair Level	Effect
1	Confused or Shaken (choose randomly), and lose 1 point of Wisdom.
2	Distracted or Forgetful (choose randomly), and lose 1 point of Wisdom.
3	Numb, Paranoid, or Shocked (choose randomly), and lose 1 point of Wisdom.
4	Hallucinations and lose 1 point of Intelligence.
5	Frightened and lose 1 point of Wisdom.
6	Catatonic and lose 1 point of Wisdom.

MENTAL STRESS FROM DESPAIR

There are many levels of mental stress. It can help to think of it as mental exhaustion.

Catatonic. A catatonic character is incapacitated, unable to take any actions or reactions. It cannot move or speak. The creature automatically fails Dexterity, Intelligence and Wisdom saving throws. Attack rolls against the target have

Advantage. Any attack that hits the creature is a critical hit if the attacker is within 5 feet of them.

Confused. The confused character has *Disadvantage* on Initiative checks. They are finding it difficult to make decisions or understand what's going on around them.

Distracted. The distracted character has *Disadvantage* on Perception checks. Flashbacks, doubt, survivor's guilt, and visions of horror occupy their mind, clouding their thoughts.

Forgetful. The forgetful character has *Disadvantage* on Intelligence checks. This includes spell casting and class related abilities. Traumatic and horrifying events are best forgotten. Unfortunately, this can obscure short and long term memory temporarily.

Frightened. The frightened character must use every means to flee from the source of fear. If this is a result of despair, there may be no way to flee, and so they will likely find shelter or hide. If unable to flee or hide, they remain prone until the fear passes.

The frightened character has *Disadvantage* on any actions against the source of fear. Their fear could cause them to freeze up on a cliff face, refuse to enter a vast expanse of desert or they might be terrified by the darkness at night.

Hallucinations. The hallucinating character has *Disadvantage* on all mental ability checks. This includes all Intelligence, Wisdom and Charisma checks, as well as spell and class related abilities. Whether real or imagined, the mind creates visions the victim cannot ignore.

Numb. The numbed character has *Disadvantage* on Charisma checks, including spell and class abilities. They have *Disadvantage* when resisting mental influence and Charisma-based social interactions. Unless instructed to move faster, the numb character's movement is halved.

Paranoid. Anyone the paranoid character encounters, including a friend, is met with suspicion and mistrust. The character will try to avoid people if possible, placate them if they cannot be avoided, or harm them if, in their mind, they feel threatened.

The character must actively attempt to resist all beneficial spells or class abilities from others, including attempts to heal them. The character will not engage in helping others nor will they offer assistance to perceived enemies while paranoid.

Shaken. You are momentarily gripped by fear and doubt. You cannot use your ability score bonuses and have *Disadvantage* to do anything related to that which has shaken you. This condition remains until you take a full round to gather yourself. Those who are resistant or immune to fear cannot be shaken.

Shocked. The shocked character is unable to communicate by words or action. They are considered to be deaf. They will fail any attempt to hear a sound and will be unaffected by sounds or verbal instructions.

WHEN TO APPLY DESPAIR

Deciding when to inflict a level of Despair on a character is a challenging one for a DM. Assuming that they are adventurers, they will build up a tolerance for stress over time. This means that the things that might have caused stress when they were fresh off the farm will not likely bother them now that they are heroes of the realm.

One option is to decrease any stress-related DCs based on the character's level. For example, if a stress DC is 15, it would only be 10 for a 5th level character. This has problems though.

Just because a character has attained a high level of training doesn't mean that they've experienced everything. For example, a warrior who spent his whole life fighting in a desert might be stressed by the arctic weather of a high mountain pass.

Due to the infinite variations of character personalities, it will be up to the DM to consider all factors when deciding if a level of Despair is warranted.

Another point to consider is the realism of the game. This should be decided before game play. At each level of stress, one of two choices must be made. This takes place as one moves up or down the mental stress track.

The application of mental stress can be based on the genre.

Cinematic. The chances of mental stress are rare. In an epic high fantasy world, the DM may ask for a mental stress save only once every few game sessions or during extreme circumstances.

Gritty. In this style of game, mental stress rolls can come at the end of every game session or each day of in game time.

Realistic. This style of game can bring down the mightiest character. A mental stress check is made every 8 hours.

Sometimes mental stress can come unexpectedly and harshly. In these cases, a mental stress save can come whenever a natural 1 is rolled on a d20, for any reason, during a stressful situation. This is usually reserved for the more realistic genres.

Recovering. A character can eliminate levels of Despair by engaging in peaceful, meditative or relaxing pursuits. These pursuits must be done for at least an hour, and cannot be done in conjunction with any significant activities. For example, the time a wizard spends studying his spell book does not count towards this mental recovery.

These pursuits can involve sharing campfire tales, the writing of stories, meditation, prayer, talking with others about the situation, or anything else that eases the character's mental stress.

One hour of engaging in relaxing activities and a good night's sleep will remove 1 level of Despair and, if they have suffered any loss of Intelligence or Wisdom, restore 1 point to each. This can only be done during a long rest or once per day.

As a victim suffers mental stress, they will experience the current level on the table above. If circumstances alter the level

up or down, the victim will exchange the current mental state and suffer the effects at the new level of Despair.

Anyone who suffers 7 or more levels of Despair will lose 2d6 from INT, WIS and CHA. It will take 1 month per point of loss to recover, if given professional assistance.

Caution. When exploring themes of mental stress, depression, despair, and other dark psychological issues, it's important to be aware of how it could effect the players.

As always, it's a good idea for the DM to talk to the players ahead of time to find out if they are fine with the inclusion of the Despair mechanic and, if it is included, how realistic will it be.

For example, it would be very realistic for a player to decide that when their character suffers seven levels of Despair, it would make sense for them to become suicidal.

While this could, lead to some intense role playing, it could be completely inappropriate if one of the players has issues with such an intense subject.

Always make sure that the DM and players are all on the same page when it comes to the style and intensity of the game.



APPENDIX I

RANDOM EVENTS

Unlike random encounters, events are often less consequential and they can either be good, bad, or neutral. These are simply the sorts of things that can happen when attempting to survive in the wilderness for any length of time.

There are two lists depending on whether the party is traveling or resting/camping, though the DM should choose to ignore any options that make no sense for the current situation.

TRAVELING

Whether walking along a well traveled greenway or blazing a trail through an ancient forest, there is no telling what might be waiting around the next turn of the path.

Please note that some of these events will have to be adapted to fit certain environs or situations. For example, if an event from the list says that the party encounters a swarm of insects, but they are in an arctic environ, the DM can either create an arctic native insect for their world or they can roll again to get a more appropriate result.

Roll Event

1. A lone apex predator is hunting you and it's very hungry.
2. You stumble upon the carcass of some sort of herd animal that seems mostly in tact. A little searching can reveal a dead predator several yards away.
3. You see a small herd of shaggy sheep-like animals in the distance. Getting to them would take you off your current path.
4. Jutting out of the ground is a six foot tower of mortared stones. In the northern side is an alcove in which stands an ivory idol to some unknown goddess whose nude body is adorned in snakes. There is a pile of silver coins in front of her of many different shapes and designs.
5. You find the body of a traveler that seems to have been dead for some time. Perhaps he has something useful. If the it is an arctic environ, some extra work may be required to access the gear and supplies.
6. You or your beast twists an ankle on a hidden rock. Movement is going to be slower until you see to it.
7. Without warning, you are effectively blinded when the weather conditions change suddenly. Whether it's a whiteout in an arctic environ, a dust storm in a desert environ, or dense fog in a forest environ, you can only see for a few feet.
8. A pack or saddlebag comes loose, spilling its contents onto the ground. It will take at least half an hour to repack it. Perhaps this is a good time for a rest.
9. You have attracted a group of scavengers. Whether they are bold carrion birds, aggressive scavengers, or viscous biting insects, something about you has attracted their attention and other more dangerous beasts may not be far behind.
10. There is a ruin that you see about a mile off your current path. It looks like it would make a good shelter, if something else isn't already living there.
11. One of your group is bitten by a venomous creature, though it's difficult to tell much about it because it happened so quickly. The victim is going to be poisoned for the next 24 hours and suffers 1 level of Exhaustion.
12. You stumble upon a campsite that is only a few days old. There is a small wooden box that looks as if it were dropped accidentally nearby. It contains a vial of clear liquid.
13. A small mammal about the size of a groundhog darts across your path.
14. You see a pile of stones several yards off your path that might have been a trail marker at some point, though no road seems to go in that direction now.
15. You find a small cave opening in the ground. Inside is a spring with clean water. In an arctic setting, it is warm water from a geothermal vent.
16. You see a pack of wolves or similar predators in the distance. They have not noticed you yet, but you'll have to pass through their territory to continue on your path.
17. You find a pair of graves with a stone at the head of each. There was once names and dates carved on them, but time has all but erased them.
18. Something out of the ordinary on the ground catches your eye. The DM should roll for a random trinket (PHB p.160).
19. You find a rare plant root that has enough fresh water to hydrate 4 adults for one day. If it is a desert environ, 10 minutes of digging is required to get the root.
20. A small game animal comes into view 40 feet away. One hit point of damage will kill it. More than 6 hit points of damage will destroy it, making it inedible. The animal is the equivalent of 1 ration.

21. You find a massive nest of one inch long grubs. These edible insects are the equivalent for 2d4 rations. If you are unaccustomed to eating survival food, you may have to make a Constitution save (DC 10) to avoid vomiting (DM's discretion).

22. You are attacked by a swarm of insects (MM p.338).

23. You are blocked! Whether it's deep ravine, dense undergrowth, or cliff, something has interrupted your journey, and will require 1d4 hours to get around or over it.

24. You come upon a ruined stone house that can offer some protection from the wind. If on a well-traveled route, the ruin has only recently been exposed by wind, erosion, defoliation, or whatever seems appropriate.

25. You come upon a geologic anomaly. A massive shard of black obsidian is sticking out of the ground. It is nearly fifty feet tall and about ten feet in diameter at the base. It does not appear to be carved, but it looks like parts have been chipped off to make tools.

26. Half buried in the ground is a human skeleton draped in a few tatters of fabric. There are no items with it except a piece of parchment in the remains of a pocket. There are five words in some obscure language.

27. You find an empty water skin that still seems to be in tact and able to hold liquid.

28. Over the course of fifteen minutes of travel, you find 3d6 pieces of silver and 2d4 pieces of gold dropped on the ground. With the last few coins, you also find an empty coin pouch with old blood stains on it.

29. You discover a tall rectangular stone that turns out to be a grave marker. The name on it is Bret Farsen and the date on it is over 100 years before the present.

30. You must make a Dexterity saving throw (DC 10) or fall into a pit trap. Anyone falling into the 10 foot diameter pit suffers 1d4 puncture damage from the wooden spikes in the bottom. This trap looks like it was set some time ago and was then forgotten.

31. You are attacked by a swarm of tiny scavengers like rats (MM p.339) who are after any food you might have. If you have none, then the food is you.

32. There is a crater in your path. It is about 300 feet across and 40 feet deep. In the center is a roughly circular stone about the size of a human fist. It is glowing faintly blue. The DM can decide if it has any other effects.

33. As night is approaching, you see a shooting star arc across the sky near the horizon. Is it an ill omen or a message from the gods?

34. A herd of strange beasts begin thundering across your path from north to south. They are roughly the size of bison, and could provide enough nutrition to feed 4 medium humanoids for several weeks, if you have a way to preserve and carry the meat.

35. You find a small bush that bears a large number of small red berries. They pass all the tests for edibility. There is enough to provide 2 meals. Several weeks after eating them, there will be some strange but harmless side effect (DM's discretion).

36. The remains of a flint pit has been excavated from the ground. An obsidian short sword is sticking out of the pile of earth nearby. It functions as a normal short sword, except that it gets a critical hit on a 19 or 20, but if a natural 1 is rolled, it shatters.

37. The DM should roll a random traveler (DMG p.89) approaching from the opposite direction. They are neutral to start and they know nothing of your business.

38. A single flower is growing where there should be no flower. Any attempt to pick or harm it is met with pain and nausea in the person doing it.

39. You find a stone-lined well that is about 2 feet in diameter and goes down for hundreds of feet into darkness. There is definitely water at the bottom, but no obvious way to bring it up.

40. One of your water containers has sprung a leak. Half of the water is lost and the rest will be lost unless you drink it or transfer it to another container.

41. You or one of your party stumbles and falls prone, dumping gear and supplies onto the ground. It will take at least fifteen minutes to repack. If there were any breakables, the DM will check if any have broken (DMG p.246).

42. You veered off of your path a bit and stumbled upon the skull of a giant. The DM should select the giant type that it's most likely to be. Stuck in the eye socket is the broken tip of a bronze spear.

43. A short distance off your path is a tattered leather bag. Within is a cask of extremely strong and excellent quality whiskey. Neither the trade mark on the cask nor the taste is familiar to you.

44. On a clear patch of ground is a single gold piece. The clear patch is an almost perfect circle around the coin, about 6 inches across. As you are watching, a bug walks into the clearing and a small bolt of electricity jumps from the coin to the bug, vaporizing it. The gold piece will inflict 1 hit point of damage per round to anyone within 6 inches. Putting it in a pocket or pouch won't help. A glass container will insulate it.

45. You find a hunter's cabin. It has a sod roof, a crude fireplace, and is covered in moss. Inside is a barrel of clean water that seems to filter from the roof. There are three raised sleeping platforms. A successful Investigation check (DC 20) will reveal a hidden leather pouch with 15 pieces of platinum and a blurred, unintelligible note. Is that a spot of blood on it?

46. There is a small fishing boat half buried in the ground. There is no indication of how it came to be there, but it is very old. In the bottom of the boat is half of a torn tarot card with an image of an eagle on it.

47. There is a large ground Axe Beak nest with an egg about the size of a child's head. The egg is edible, and would provide two meals for an adult human. There is a 5 in 20 chance that the Axe Beak (MM p.315) is nearby.

48. One of the leather straps breaks on your pack or saddle bag, dumping everything onto the ground. The strap will take 30 minutes to repair, and the gear will take another hour to repack.

49. A loose section of ground causes one person in your group to stumble and fall. They suffer 1 hit point of bludgeoning damage and lose one item at random, as long as it makes sense.

50. The carcass of a massive creature blocks your path. It is a dragon. It looks like it has been dead for several days at least, and it seems to have crashed into the ground. Close examination will reveal a broken arrow point stuck in its neck. The point is coated with a powerful sleeping poison that is still extremely potent. The DM should choose a dragon appropriate to the environ and/or their world. [*Poison* – DC 25; *Victim will fall into a deep sleep for 3d6 days. Can only be awakened with a Lesser Restoration spell.*]

51. A large game bird is flapping nearby with a broken wing. It will take a Dexterity check (DC 20) to catch it. The turkey-like bird is enough for 6 meals for one person.

52. Standing six feet out of the ground is a strange mushroom. The stem is roughly three feet tall, and the top is an almost perfect sphere that is about three feet in diameter. The ball section is spongy and delicious, tasting very much like a sweet bread. It will provide 6d6 meals/rations.

The stem is deadly. Any creature who eats the stem must make a successful Constitution save (DC 20) or become incapacitated by severe convulsions for 10 minutes before dying. Drinking a tea made from the ball section of the fungi will neutralize the poison if administered within the first 5 minutes.

A Nature or Survival check (DC 15) can be used to determine if a character knows its properties.

53. There is a bad smell coming from some of your food. 2d4 meals/rations have become infested with beetles. The smell when you open the pack is disgusting. Anyone within 10 feet must make a Constitution save (DC 12) or vomit. If already dehydrated, this could make the problem worse.

54. You find a pool of water of warm water with the partially decomposed body of a marmot-like creature in the bottom. The water is warm as it is bubbling up from an underground spring, and it is tainted with natural arsenic. The water will require boiling and filtering to become drinkable. Without purification, the water will poison the drinker and inflict 1 point of Constitution damage. This damage will go away after a week of not drinking the water. Lesser Restoration will repair the damage and remove the poisoned condition.

55. A sudden gust of wind causes everyone to make a Dexterity saving throw (DC 10) or fall prone. If they are carrying gear, it spills, requiring 20 minutes to repack.

56. A ten foot diameter sinkhole has opened up in the ground along the trail. A small wagon has fallen to the bottom, about eight feet down. It contains many bolts of exotic cloth. The bodies of a halfling merchant and a pony are underneath the wagon, and have been there for several weeks at least. The fabric ranges from light and wispy to heavy canvas. In all, the contents could be sold for about 500 gold pieces. All food and water has been ruined. The merchant has a money coffer with 120 gp, 150 sp, and 85 cp next to him if you want to loot the unfortunate fellow.

57. A patch of edible plants is near your path. They are low fern-like plants that can be eaten root and all. There are 2d4 plants, with each plant supplying 1 meal/ration and the equivalent of a pint of water. In a desert environ, the plants will likely have spines to be removed first.

58. A large calendar stone lays half buried in the ground. It appears to be quite old, but seems to be in tact. The calendar depicts the entire year, as well as marking solstices, equinoxes, and various astrological alignments. A successful Intelligence check will reveal that it also marks the upcoming eclipses (solar and lunar) and comet appearances for the next 500 years. The calendar stone is four feet in diameter and weighs nearly 2000 pounds.

59. You find an abandoned leather backpack. Inside is a full water skin and three days worth of rations for two people. There is a crudely scrawled note that says "May you have better luck than we did."

60. A massive two-handed sword is stuck in the ground. It looks remarkably preserved. A Strength (Athletics)

check (DC 20) is necessary to pull it out. If the environ is arctic, the DC goes up by 5. The sword is not magic, but the blade is forged from an extremely unusual alloy that makes it extremely light, hard, flexible, and resistant to oxidation. It is immune to any rusting (natural or otherwise).

61. You see a distortion in the air about thirty feet off the trail. It looks like a ball of water about 3 feet in diameter, hovering 2 feet off the ground. In reality, it is a portal to another place. It will close exactly one hour after someone steps through it. The portal can be seen from the other side, but since it opens into someplace out of the way, it does not seem to have been noticed. The exact location and nature of that place is up to the DM.

62. You spot a small round cabin of stone with a sod roof not far from your trail. The door is solid and the inside seems to have been emptied long ago. There is a usable fire place and even some wood stacked nearby. The DM may want to roll for a random trinket to be found hidden in the woodpile. Scrawled in common on the inside of the door are the words "Beware of the troll!"

63. An old road marker is sticking at an awkward angle out of the ground. The writing has long been worn off, but it has more recently been painted with a symbol that looks like a snarling dog's head.

64. A mouldering skeleton of a long dead storm giant is still clothed in a huge leathern hauberk, iron helm, and rotting linen. The giant's massive sword is wedged tightly in a boulder nearby. The edge is badly notched.

65. You come upon a hollowed out tree that is big enough to hold about 4 medium sized humanoids and their gear. The chamber goes up through the center of the tree. At night, a large spider is hiding near the top. If the environ is a desert, the tree is old and long dead as if from a distant past when the land was less dry.

66. An old woman is collapsed along your path. She is carrying a small pack, but seems to have no more water or food. She is near death, but after a day of normal water and food, she will recover much of her strength. If helped, she will give her rescuers a flat circle of clay with arcane symbols and she will vanish into thin air. When broken, the clay tile casts a Wish spell.
If you ignore or loot her, she will curse your group. Each person will suffer the effects of a Feeblemind spell, except that there is no psychic damage. Only Intelligence loss.

67. There is a large mound a short distance away that looks like some sort of insect nest. Inside are 4d6 large grubs about the size of a thumb. Three are enough for 1 meal/ration.

68. There is a large pit in the ground. It may have been used as a trap or as a shelter, but it is currently unused and would be suitable for either purpose.

69. A human farmer is camped for the night and offers to share a meal with you. It is clear that he doesn't have much, and he still has a few days travel ahead of him. Feeding everyone will deplete most of his food. He also offers you a place to stay at his farm if you're going that way.

70. There is a bloody dagger in the bushes near your path. It has probably been there for at least a week.

71. You find a camp of eight colorful and whimsical nomadic entertainers. Each has a similarly colorful tent, but they seem to have no beasts of burden, wagons, or much wealth. Each carries a tall yellow backpack that seems to hold plenty of food and they offer to provide a meal to your party. Later that night, they perform a series of plays that depict several local legends.

72. You are approached by a sobbing child who has been lost for almost a day. She is around five years of age and lives with her family at a nearby village. With her help, you can find the village which is about a half mile out of your way. The village consists of ten adults and six children. They offer to provide a day's worth of water and rations for everyone in your party.

73. A three foot round copper gong worth 800 cp hangs by a chain wrapped around a thick branch of a dead tree. There is a red bat crudely painted in the center. Under the gong is a collapsed blood stained sacrificial stone alter. Hidden in the rubble is a plain silver ring on the remains of a mummified hand. It seems to have a low level of magic, but defies identification. In reality it is an ancient ring that will curse the wearer with bat lycanthropy. This is old magic, so only two things will break the curse. Cut off the hand with the ring on the altar and ring the gong, or a Wish spell.

74. A vine covered marble statue of a young woman is down on one knee praying to a row of five wraithwood trees. Each tree has a natural knot in its trunk that looks like an eye staring at the woman. When the wind blows, a whispering sound emanates from the trees causing everyone within 120 feet to make a Wisdom save (DC 10) or become frightened for 1d12 minutes.

75. A decaying wooden wagon is partially buried in the ground. There is a blue gem worth 300 gp in a pouch under the seat. A giant scorpion or spider (depending on the environ) has made it's home in the ruined wagon and will attack anyone trying to grab the pouch.

76. The weather has recently uncovered part of a long forgotten cobblestone road that runs off to the north

east. About 200 yards away is the ruined remains of an ancient tower. Any supplies that may have been there are long gone. Hanging on part of a wall is a brass bullseye lantern that is about half filled with oil.

77. A tiefling skull is partially covered by webs and dust. Two black poisonous spiders hide in the webs (MM p.337).

78. The skeleton of a massive beast lies face down in a dry river bed. The remains of a once beautiful houdah is ruined on the ground next to it. This seems to have happened many years ago. Amongst the ruined houdah is a rectangular box containing a well preserved and ornate spyglass.

79. A dwarven hermit lives in a quaint little cottage in the middle of nowhere. He is constantly making clever and cunning toys that he stores in a stone warehouse below the cottage. He will not speak to anyone, but will offer food and drink to travelers. Each visitor leaves with a unique, and slightly magical toy. The DM can come up with something interesting.

80. A marble statue of a long forgotten Elven King has been defaced by orcs. The words carved on the plinth say: "Change in all things is sweet."

81. Inside the rotten trunk of a fallen tree is the backpack of an adventurer of long ago. It is crammed with old exploring equipment which includes a sextant, a small spyglass, a well made copper lantern, 6 iron spikes, a hammer, and a map of an ancient temple (no location).

82. In the middle of a small grove of trees is a wooden altar dedicated to an unknown earth goddess. It is covered with moss, and it obviously has not been used in many years.

83. A large stone that seems to have once been part of a larger structure is jutting out of the ground. On its surface is an intricately carved image depicting a great battle between dwarves and medium-sized humanoid rabbits wielding sickles.

84. Amongst a pile of recently burned gear is a glass vial of extremely strong acid. It will dissolve any non-magical material. Any non-legendary magic items must make a saving throw (DC 15) or be destroyed. If it comes into contact with a creature, they must make a Constitution saving throw (DC 20) or suffer 10d6 points of acid damage, or half damage on a successful save. Even when healed through magic, this acid will leave ugly scars.

85. The skeleton of a human covered in mouldering rags lays on the ground next to the tree he cut down years ago. His ax is laying nearby and is still in good condition once the rust has been removed. There is an elven arrow head stuck in his eye socket.

86. A burial mound stands three feet high and ten feet in diameter. The entrance is open and lined with cut stone blocks. Hanging above the doorway are dozens of strands of dried garlic. Inside is the broken stone door and a rotted wooden casket.

87. A two foot hole in the ground mark where some beast was digging for food. As it happens, they left 2d6 potato-like tubers behind in the hole. Two of these purplish tubers will provide the equivalent of 1 meal/ration.

88. A small pool of green stagnant water is surrounded by acres of mud. The water will definitely have to be purified before drinking, unless you prefer agonizing cramps and diarrhea.

89. A natural cave opens up into a hillside. It is big enough for quite a few medium and even large creatures. It goes back into darkness farther than you can see. How big is the cave? Does anything live here? That is up to the DM.

90. Water pours from a statue into a three foot circular pool. The statue depicts a young woman in a robe pouring from a jug, and it is from there the water streams. The pool is perfectly circular and is tiled with pale blue ceramic octagons. The top edge is made from pure white marble.

This sacred spring will not only offer an opportunity to rehydrate, but drinking from the water will give you Advantage on any healing dice rolled for the next 24 hours. Any attempt to desecrate the spring will inflict a terrible curse on the defiler (DM's discretion).

91. Perched atop rocky outcropping is a four-story watchtower made of stone. This was clearly built for a smaller race of people since the average ceiling height is only five feet. The tower has been abandoned for some time and yet has only a little debris in its rooms. The building is in excellent shape with only the outer door hanging from its hinges.

92. There is a small burrow in the ground with the tracks of some sort of small, pig-like animal (boar stats in MM p.327). There is a 40% chance that it's in the burrow. The pig will provide 5d4 meals/rations.

93. A nearly mummified corpse of an old man is impaled on large spear stabbed onto an old dead tree. He is upside down and seems once to have been finely dressed. Beneath him on the ground is scattered a number of gold and silver coins that presumably fell from his pockets. A search using Perception (DC 10) will find 3d6 gold pieces and 5d6 silver pieces.

94. There is a dead body in your path. It is a dwarven male that seems to have been dead for several days. A Medicine check (DC 15) will reveal that he died of dehydration. He has a water skin with half a day's water.

95. Moving across a section of open ground, you encounter some sort of border marker. It is about four feet tall and about ten inches square. The dwarven runes etched on its surface are worn but legible. The word is "TALANSUL" which doesn't make sense in dwarven or any other known language. The *Comprehend Languages* spell indicated that it's a proper name of some sort.

96. Near dusk, you come upon a camp fire that seems to be burning well. There is extra wood and three pieces of spiced meat roasting over the fire. There is a sitting log nearby with a full set of clothes draped over it and a pair of boots in front. There is a deck of ornate tarot cards scattered on the ground around the boots. The clothes and boots radiate slight magic, while the cards radiate significant magic.

97. Sticking out of the dirt is a small wooden box that is badly decayed, though it once was quite ornate. The box is locked, and inside is a signet ring belonging to a member of a major merchant's guild in the region. If the ring is removed from the box, a poisoned dart fires from inside the box. The victim must make a Dexterity save (DC 10) or take 1 hit point of damage. If hit, they must then make a Constitution save (DC 20) or fall asleep for 1d4 days. Lesser Restoration will neutralize the poison. Creatures normally immune to sleep are not immune to this.

98. Atop a small hill is a large altar block of black stone. The top has deep blood grooves and it has four loops of iron embedded in the surface at the outer corners. The altar is four feet wide, eight feet long, three feet

high and seems to be solid obsidian. If any blood touches the surface, the interior of the altar glows with a deep, crimson light for the next eight hours.

99. A stone tablet is mostly obscured by the bushes. Carved into its surface is a crude map of the area, and seems to indicate a location that could be a well or spring. The stone is too big to carry, but based on the scale, the well is no more than fifty yards away. Unfortunately, the well has been trapped.

The well is fashioned from a single piece of stone, and is carved with images of growing vines. On the back is a gargoyle-like face with water pouring into it from the mouth. If anyone gets within 5 feet of the well, a tripwire triggers a crossbow hidden nearby to loose one bolt. If you don't make a Dexterity save (DC 12) you are struck with the bolt for 1d6 hit points of piercing damage. You then have to make a Constitution save (DC 20) or become paralyzed for 2d6 hours. Lesser Restoration will remove the paralysis.

100. **Major Encounter** – This event will likely change the course of your life for some time to come. The DM can decide on the kind of encounter. Maybe it ties in with the current campaign, provides a hook for the next adventure, introduces a significant NPC, or simply provides a significant side adventure.

If the DM doesn't have an encounter in mind, they can roll something random or perhaps come up with something extremely memorable. For example, the party could come upon an ancient dragon who doesn't notice them, and is in the process of tearing apart an old tower trying to find something.



RESTING

If one stays in a place long enough, eventually adventure will come to you. These are the sorts of events that can happen when camping for a long rest, or taking a short break from the endless walking.

Please note that, like the traveling events, some of these events will have to be adapted to fit certain environs or situations. For example, if an event from the list says that the party is attacked by a bear, but they are in an desert environ, the DM can either create a desert native predator for their world or they can roll again to get a more appropriate result.

Roll Event

1. You or your food draws the attention of a large predator in whose territory you now find yourselves. It will wait until nightfall before attacking. If it manages to down one of your group, it will attempt to flee with its prize.
2. A rock or branch (depending on the location) falls into the middle of camp. Everyone must make a Dexterity saving throw (DC 10) or suffer 1d4 points of bludgeoning damage. If nothing is over their heads, perhaps something blows into them.
3. As you settle in to rest, your eyes spot a campfire in the distance. It is probably a half mile away. If you have a spyglass, you can make out three nude gnomes dancing around the fire covered in either blood or some sort of red pigment. The DM can decide what this means.
4. Sparks from the campfire ignite some of the nearby undergrowth. It is easily put out, unless everyone is asleep. Anyone awake should make a Perception check (DC 10) to notice the fire. If they notice the first time, they can put it out easily. If they don't notice, check again every minute. After the first check, they must make a successful Dexterity check to put out the fire. The DC starts at 5, but goes up by 5 every minute (assuming relatively dry conditions). Once the DC passes 30, the fire becomes uncontrollable and turns into a forest fire.
5. Somewhere in camp is a nest of biting insects, such as ants (MM p.338). Once the fire is going, they are drawn out and begin defending their territory with great ferocity.
6. The insects are bad enough, but the worst is yet to come. A swarm of bats is attracted to the insects, and the camp is soon being assailed by dozens of large bats (MM p. 337)

7. One of the plants you threw onto the fire turns out to have powerful psychotropic and telepathic properties. In the middle of the night, the smoke induces a horrific nightmare that is shared collectively amongst the group. There are no physical side effects, though many subconscious thoughts, fears, and secrets may be exposed. The effects last for about an hour.
8. The camp is raided by small, scavenger mammals like raccoons or martens. Everyone who is awake should make a Perception check (DC 10) to notice the intrusion. If you notice them, they can be driven off easily. If you don't, then in the morning you discover that you have lost 4 meals/rations and have to spend an extra 30 minutes packing.
9. A skunk wanders into camp. Everyone who is awake must make a Dexterity (Stealth) check (DC 10) to avoid startling the animal. If startled, everything gets sprayed with skunk musk. Everyone experiences nausea and must make a Constitution saving throw (DC 10) or vomit. All affected creatures will have a Disadvantage on Stealth checks for the next 24 hours if smell is a factor.
10. The weather changes suddenly. Whether a torrential rain comes out of nowhere or there is a rapid drop in temperature, the DM should pick something appropriate to the climate.
11. Your camp is approached by a desperate beggar looking for a bit of food and water. He claims to have become separated from his caravan a week ago and has been trying to survive ever since.
In truth, he's a scout for a small group of bandits a few miles ahead, and he's trying to see if the party has anything worth stealing. An Insight check (DC 20) will alert the characters that this person is not who he claims to be. If discovered, he will immediately surrender and claim that he was forced into it. The DM can decide how much (if any) of his story is true. Have fun with it.
12. A group of three travelers set up camp nearby. They are wandering craftsmen of some kind who take work where they can get it. The possible crafts include: *Alchemist, Apothecary, Blacksmith, Brewer/Distiller, Herbalist, Candlemaker, Cartographer, Carpenter, Cobbler, Cook, Glassblower, Jeweler, Leatherworker, Locksmith, Mason, Tinker, Tinsmith, Wheelwright, Weaver/Dyer, or Woodcarver.*
The craftsmen will be generally agreeable to sharing camp with the party, and even doing some business if the characters are in need of their crafts.
13. A lone predator cat has smelled food and or blood emanating from your camp and its hunger has overcome its caution enough for it to prey upon

someone in the party. The DM can use a re-skinned saber-toothed tiger (MM p.336) for this event or, if that seems too much for the party, it can be scaled down to a panther-like cat (MM p.333).

Any character who has proficiency in Survival can use Passive Perception (DC 15) to notice a sign of the cat's approach. This could be the horses getting restless, other animals going quiet or birds calling out warnings. If they know it's coming, they will have Advantage on their initiative roll.

14. A trained hawk arrives with a note tied to its leg. The message is in some sort of strange code. The DM can decide if it's meant for one of the characters or if it is for someone else far away.
15. Near the camp site is an ancient barrow. Buried within is a fallen warrior who betrayed her oath and is seeking forgiveness. At midnight, her ghost will step into camp and begin speaking in a strange language asking for forgiveness. If she is struck she will simply disappear and appear the next night if anyone is around. If anyone manages to understand her somehow and offers forgiveness, the ghost will smile and vanish forever.

An Investigation check (DC 15) of the area will reveal the tomb. If opened, you will find the remains of the knight in rusted armor and a broken sword. Her shield however is in perfect condition. The shield is magic that will give the wielder resistance to necrotic damage.

16. The ground trembles for about 3 minutes, waking up the party. Moments before this, the horse or other nearby animals will become agitated. The source of the tremor is unclear.
17. A wandering minstrel stops by the camp and offers to play music for the group in exchange for a bit of food. If they agree, he sits down merrily, pulls his bagpipes out of his pack, and plays for a couple hours unless he is stopped. In truth, the music is quite good. If the party has been hospitable to the minstrel, he will give each of them a singing coin.

The singing coin is small and silver with bagpipes on one side and the minstrel's grinning face on the other. If it is flipped, it will play his music for one hour. It can be stopped early by flipping it again. It can be used once every 24 hours.

18. A dog enters camp. He is scared and half-starved. He will hang around near the camp until someone either feeds him or shoos him away. If fed, he will bond with the party (particularly with the one who fed him) and will start following them. Even if they shoo him off after this, he will continue to follow at a distance and warn the party of danger.
19. A talking mouse stops by to warn the group that a terrible monster is approaching. In fact, there is no monster. The mouse is really a faerie dragon (MM p.133). She is in disguise to simply mess with strangers while trying to steal shiny baubles or yummy food. If anyone is openly displaying gems or small jewelry, the faerie dragon will try and take something while the characters are distracted. If it is found out, it will use its *Euphoria Breath* on the characters and try to escape.
20. The characters can feel the slight vibration of someone digging underground far below them. If they investigate the area for an hour, they find a mine entrance about a half mile away. The mine itself is a jumbled maze, of 5 foot high by 3 foot wide passages. Searching it thoroughly would take 3-4 hours, but eventually they find an old gnome prospector who is sure that there is a vein of pure gold around here somewhere. He has spent the last 10 years digging these tunnels and is quite mad. The DM could easily add a random encounter or a few lost trinkets to make it more interesting.
21. Some distance away the group sees an old beggar pulling a two-wheeled cart piled with dirty sacks. He is old, alone, and starving and will be extremely grateful to anyone who helps him. He will offer to be their servant for 1 copper piece a week. He also has extensive knowledge of the area that he will happily share.

If they do nothing, the characters will find him dead beside the trail in a day or two, which is as far as he could get without food and water. In his hand is a crumpled note that simply says: "Come home. We love you."

22. A star falls from the sky and hits the ground a short distance away. If the characters investigate, they find a 20 foot crater and a greenish-purple stone about the size of a fist. It is extremely hot to touch, but will be cool enough to pick up in an hour.

If anyone takes the stone, anyone who is within 60 feet for more than an hour will have to make Constitution saving throws (DC 20) or lose 1 Constitution point. There will be no indication that the stone is responsible except the coincidence of finding it. It does not radiate magic. Only Lesser Restoration will restore the Constitution points lost.

23. During the night, a deer or similar animal wanders within sight of camp. It would be enough to feed 6 to 8 humans for a week. Only a bow shot can take it down, and the arrow must inflict at least 6 hit points to take it down. Otherwise it bounds away and is lost. Tracking it may be possible at the DM's discretion.

24. While walking through camp, one of the characters notices a glint of white in the dirt. A little digging will reveal an ivory statue of grim-looking jester. The item is cursed, so while it is in someone's possession, they will have very bad luck. The DM should secretly roll a d4 every time the player rolls for that character and subtract that number from their total. The DM should drop hints like "You really think that arrow should have hit, but a breeze caught it at the last moment. The curse can be removed by burying the statue or selling it. It is worth around 10 gold pieces.

25. Anyone sleeping in this place experiences the same disturbing dream of being waylaid by bandits and being beaten to death. A search of the area will reveal the skeleton of a human woman who looks to have been bludgeoned with many broken bones. If the remains are buried, the dreams stop.

26. While searching the area for resources, the characters find a grave marker that says "Kirianne: Loving wife and mother." If they are heartless enough to dig, they will find the bones wrapped in a rotted cloak. They must make a Constitution saving throw (DC 15) or become infected with the parasites that killed her.

Victims will lose 1 Strength point per day, getting weaker and weaker. When their Strength reaches 3 they cannot move, and when it reaches 0, they die. *Lesser Restoration* will purge the parasites, and the Strength will return at a rate of 1 point per long rest.

27. One of the characters randomly gets a cold. The symptoms include coughing, stuffed nose, and fever. If the character rests, the cold will go away in 1d4 days. Without rest, the cold will linger for 2d6 days. While sick, the character will have *Disadvantage* on all actions. *Lesser Restoration* will cure it, though it will take an hour or so for the symptoms to abate.

28. While setting up camp, one of the characters finds a small patch of fresh earth. Buried there is a small wooden box with a rich, green carbuncle worth at least 5000 gold pieces. It previously belonged to a merchant who believed it to be cursed, though it is not. A small note inside simply reads "CURSED" in elven.

29. An entourage of 10 people on horseback approach the campsite. The group is composed of 6 body guards, 3 servants and Lord Olvin, the noble man who pays them. He is traveling to a distant city to settle the estate of his recently diseased brother. Lord Olvin is middle-aged and aloof, but friendly enough. If shown hospitality, he will offer to share several bottles of excellent wine.

30. A nearby shrub is covered with odd purple berries. If examined, they seem safe to eat, and indeed they are, though they will change the eater's eyes bright purple for 2d6 days. One berry is enough to achieve the effect. Otherwise, the berries provide the equivalent of 4 rations/meals.

31. An owl arrives at camp in the early evening and simply stares at the characters all night. It flies away just before dawn heading west.

32. Several ravens begin gathering near the camp making a racket for a few hours. Anyone who is superstitious in camp could see this as a sign of ill omen or even death. In truth, there is a dead animal stuck in a nearby tree that they have been feeding on.

33. A search of the area around camp will reveal a small well with a few inches of clean water in the bottom. It refills after a few minutes if drained. In the bottom is a silver piece with a picture of an unfamiliar wolf-like beast on it.

34. A comet appears in the sky during the night. It is rather fast moving for a comet, covering a quarter of the sky by morning. The next day the characters find a nearby farmhouse that has been very recently burned to the ground. Written in ash on a fallen beam are the words "The end is nigh!"

35. Far overhead, a large bat like creature circles the camp for about ten minutes before flying off to the south.

36. A very old man sees your camp and asks to join you. He is a story teller, and if the group is friendly, he will tell them stories into the night. If they shoo him away, he will leave peacefully enough, though he adds a new, unflattering story of rude travelers to his repertoire.

37. The characters hear a far off masculine scream in the middle of the night. When they begin traveling again, they find an abandoned camp a mile or so away. The coals are still warm and a backpack leans against a rock. It is a typical Explorer's Pack (PHB p.151) with 6 days of excellent rations for one person. A search of the area finds a scroll with a list of names. The DM can come up with details if necessary.

38. While burning a log, a yellow stone is exposed in the charcoal. The stone is unaffected by the fire, and has a value of about 100 gold pieces. It has a faint magical aura, and when the elvish word for "light" is spoken, it will begin to glow with the brightness of a torch for 4 hours. Doing so costs 1 charge.

39. The characters inadvertently burn a branch of peculiar wood in the fire, producing green smoke. It is not unpleasant, but anyone breathing in the smoke begins to Hallucinate. Their visions are based on recent events or people they've met. If more of the tree is found and the bark collected, it could be brewed into a powerful memory enhancement potion.

40. A dwarf wanders through camp, complaining about his life working in the mines. He seems to be unaware of the characters, and it quickly becomes apparent that he is a spirit. He vanishes after a few minutes. His body is buried somewhere nearby and looks to have been killed by a hard blow to the back of the head.
41. If the characters forage the area for food, water or firewood, they discover a blue glass bottle wrapped with a net of jute cord hanging from a tree branch. The bottle contains a strange alcoholic drink that tastes like a strange blend of wine and whiskey, but it works. Anyone drinking it must make a Constitution saving throw (DC 10) or become drunk after only 1 small sip.
42. A small fey creature appears in the middle of camp and begins asking the characters details about their lives. She seems intensely interested in stories associated with social behavior, and will even offer to pay for the stories in precious stones. If anyone tells her a truthful story about their life, she will give them an emerald worth 10 gold pieces.
43. Around midnight, someone in your group spots a bonfire in the distance. A circle of robed figures is murmuring in low, sonorous tones. If anyone investigates closer, they discover 9 cultists (MM p.345) chanting in a language that seems unintelligible unless the listener speaks Abyssal. They are attempting to summon a demon, but do not have the knowledge or power to do so. They have an ancient tome that they have mistranslated. In the right hands though, it might actually summon... something.
44. In the middle of the night, a group of 6 weasel-like creatures invade the camp and attempt to make off with any food they can get. If anyone is awake, they can make a Perception check (DC 10) to notice the thieves. They can be driven off easily, but if they go unnoticed, 2d6 rations/meals are stolen.
45. Sometime in the night, thunder is heard in the distance. A Nature check (DC 15) will inform the characters that the storm will not move through this area, but it is crossing their path. This means that they will likely encounter a great deal of mud, landslides, and swollen rivers in the near future.
46. A nicely dressed young man approaches the camp. He introduces himself as Verald, a merchant who became separated from his caravan earlier that day. He offers to pay the group 100 gold pieces for food, displaying a huge bag of gold coins that clearly holds much more.

If the group takes the money offered and feeds him, he will thank them gratefully and go on his way in the morning, heading in whichever direction they are not.

If the group feeds him without taking any gold, he will be clearly touched by their generosity. Verald will eat, chat for a bit, and go to sleep. In the morning he is gone and each character will find a beautiful thumb-sized yellow gem beside them. These gems are magical, giving the bearer *Advantage* on Insight checks.

If the characters are foolish enough to attempt to rob the Verald, he will look sadly at the characters and vanish in a flash of golden light, along with any non-magical wealth they have on them including coins, gems, and jewelry. The truth is that Verald is Veralorathex; an ancient gold dragon who is seeking to spread virtue in the world.

47. During the night, one of the group was stung by some sort of insect, giving them the *Poisoned* condition for 2d4 hours. During that time they sweat profusely and suffer a terrible headache.
48. The purple mushrooms in the vicinity of the camp produce spores that cause a mild feeling of euphoria. Anyone spending more than 2 hours there must make a Constitution saving throw (DC 10) or begin to suffer *Hallucinations* inspired by recent events.
48. There is a rare plant growing near the camp and, even more astonishingly, it is in bloom. This flower only blooms every 20 years and it is extremely valuable for certain alchemical potions. Anyone proficient with Arcana or Nature will recognize its value and know that, once cut, it must be processed by an alchemist within 4 hours. The one flower is worth 8000 gold pieces. If one of the characters has proficiency with Alchemical Supplies, they can process it with a successful check (DC 20).
49. Everyone in camp gets a very uneasy feeling. If they have animals, they become agitated. There seems to be nothing in the immediate area. A few minutes later the ground shakes violently for a couple minutes, after which it becomes completely silent. The earthquake is relatively harmless unless the party is camped beneath a cliff or similarly unstable ground. The DM can judge what happens based on the situation.
50. In the morning there are large clawed tracks near camp, though anyone keeping watch saw and heard nothing. By the size of the prints, the creature must have been enormous, and possibly draconic.
51. The party is accosted by an orc mime. He is dressed in shabby black clothes and his face is painted a splotchy white. Unfortunately, he won't stop pretending to be in an invisible box or walking into the wind, and seems very insistent that they watch him. If he is given a coin of any type, he will smile and run off.

52. The party is surprised by the appearance of someone they haven't seen in a while who happens to be traveling. Perhaps he or she has news from home? The DM can choose someone at random or based on the current adventure.

53. A single post of pure copper juts out of a large, mostly buried stone near the campsite. If anyone approaches it, their hair will stand up. If they get within 1 foot, an arc of electricity will jump to them, inflicting 1 hit point of damage. If they are foolish enough to touch it, with their hand or metallic weapon, they must make a Constitution saving throw (DC 15) or suffer 4d6 electrical damage. A successful save reduces the damage by half.

54. The wind picks up during the night, knocking down a dead tree or nearby rocks (depending on the terrain) into the middle of camp. Everyone in camp must make a Dexterity saving throw (DC 10) or suffer 1d6 points of bludgeoning damage.

55. It is an unnaturally cold night for the climate and season. The temperature drops suddenly by 4d6 degrees Fahrenheit once the sun has set. If it is below freezing, water and water-based liquids start to freeze, and the risk of hypothermia increases.

56. The camp is assailed by a swarm of tiny black flies. Every hour, the characters must make a Constitution saving throw (DC 10) or suffer 1d4 hit points of piercing damage. Failing the save will also wake the character if they are asleep. If they are awakened three consecutive times, they will gain a level of Exhaustion in the morning.

57. A middle-aged woman riding a small, two-wheeled vardo is passing by. She is dressed in bright colors and goes by the name "Mother Hannah". The vardo is being pulled by a brown pony. It is decorated with painted flowers and has a single lantern hanging at the front. If approached, she informs you that she is a purveyor of potions and tinctures. She has many non-magical potions for mild ailments like headaches and fevers, and a handful of magical potions for sale at half market value. The DM can choose what she has or roll randomly for them.

58. It turns out that one of the logs put on the fire was the home for some sort of small rodent, because after a few minutes of burning, the flaming creature leaps out of the fire and begins running around the camp shrieking in pain. It sets fire to any flammables including clothes, papers, books, and so on.

59. As they are looking for a place to settle in for the night, they stumble upon an old hunter's cabin. It is a crude but solid shelter with a functioning fireplace of stones and clay. It has a rough door that can be bolted from the inside. The cabin contains four rope hammocks, a shelf with large ceramic crocks of salt, a thick iron cooking pot, a tin ladle, and a barrel half filled with water. In the fireplace is a half burned map with the word "...EMERALD AMUL..." still legible at the bottom.

60. Just after sunset, a group of small pig-like animals wander near camp. If someone wants to kill one for food, they have one chance to hit one (AC 12) and inflict at least 8 hit points of damage. After the first attack, they all run off and are lost.

61. In the early hours of the morning, just before sunrise, a horrible shriek is heard. Searching about, the characters find the source. It's a raven or similar species. It screams again and says in common "NO! PLEASE DON'T KILL ME!" It also seems to know some bawdy limericks which it will recite if given food.

62. A cloaked figure arrives shortly after the characters set up camp. He does not approach, but sets up his camp a short distance away. If they approach the figure, they see a mass of dark purplish tentacles sticking out of the hood (MM p.222). The creature seems to be trying to ignore the characters, and if they are smart, they'll do the same.

63. Just after dark, the characters see the light of a campfire about a quarter mile away. If they investigate, they see an ornate carriage with four beautiful white horses parked. It is surrounded by a dozen well armed and armored knights (MM p.347), two of which are warming themselves by a fire. If the characters approach, the guards will warn them to keep their distance. A crest on the side of the carriage is a silver shield with a golden rose.

64. A pack of 10 wolves (MM p.341), or the equivalent for the environ, are howling nearby. They are heard circling the camp for most of the night. If anyone wanders into the dark alone, the pack will try to take them.

65. A severe storm moves through the area after midnight. See page 11 for weather information.

66. Sometime in the night, all of the normal nighttime noises stop for about an hour. During that time, heavy footsteps can be heard about fifty yards from camp. If the characters investigate, they will find massive humanoid footprints leading off to the north and the corpse of a large elk or similar beast.

67. A troop of four halfling bards set up camp nearby. If the characters seem friendly, they will invite the party to share in some excellent food, drink and song. These bards know many stories of the region, and will be happy to share them if asked.

68. Shortly before dawn, the characters hear very heavy footsteps approaching. After a minute, a 10 foot tall iron golem (MM p.170) walks through camp. It avoids stepping on anyone or anything, and will ignore all attempts to communicate with it. It is carrying a large iron box. If the characters try to stop it or seize the box, it will do what it must to get away with its cargo.

69. An arrow comes out of nowhere and sticks into the ground in the center of camp. If the characters go to investigate, they find 3 looted bodies about a quarter mile away. There is no sign of who did it.

70. Without warning, any fires in camp begin to burn bright green, bathing everything in emerald light. A deep, resonant voice from the fire says "She is born!" After a few moments, the fires return to normal.

71. One of the characters has a dream about digging up a box in camp. If they dig in the area they saw in the dream, they do indeed find a small rusted iron box. Inside is an Obsidian Scrying Stone. If used in conjunction with the *Scrying* spell, the target has *Disadvantage* on their Wisdom saving throw. The stone can also cast *Scrying* once a week.

72. In the morning, the camp is encircled by dozens of yellow toadstools. The characters will later discover that it's a day later than they thought it was.

73. A giant spider (MM p.328) is hunting in the area, and has discovered the camp. She will not enter camp while there is a fire, but will try to snag anyone at the edge of the fire light.

74. As a storm is moving through the area, the characters see a flash of lightning about a mile away, followed by a small fire and the crashing of a large tree.

75. The character on guard hears some digging sounds, not far from camp. If anyone investigates, they find a fox digging in the dirt to get at some mice.

76. The characters find a bush near camp with sweet berries. They find animal tracks that lead away from the bush to the dead carcass of an animal, berry juice on its maw and its stomach ripped open, seemingly from within.

77. A small split in a tree reveals a stack of nuts from a rodent or squirrel. They could be made edible with a little preparation. They will take an hour to process and will provide half a ration/meal.

78. A character leans against a tree, only to discover that it's rotted. Both fall over in a cloud of debris. The character is left laying in the crumbling trunk swarming with black ants. These are normal carpenter ants, and are not harmful, though if one takes the time to gather the ant eggs, it can provide 1 ration/meal.

79. A strong scent of urine marks a boulder near camp. The characters can make a Nature skill check (DC 12) to realize that this is the territory of some species of big cat.

80. A small tree mammal carries a trinket. It may have come from a character's backpack or it might have simply found it somewhere (DM's choice). It remains close unless threatened. Otherwise it plays with the tiny object on a limb or outcrop nearby.

81. The characters find an old campsite that looks like it was used by a group of 10 or 12 people a few weeks ago. No supplies are left, just a fire pit, tarps, and a circle of stumps or rocks.

82. Small animals are moving away from a loud buzzing sound. An investigation will reveal an agitated swarm of stinging insects like bees (MM p.338). Several dead animal lay in a circle around the disturbed nest. Inside the nest is about a pint of honey, if the characters can brave the swarm to get it. In addition to the delicious sweetness, the honey will provide the caloric equivalent of 3 rations/meals.

83. An elderly pig-like animal is dying in a small clearing near camp. Its death is from natural causes, so it is safe to eat, though not terribly tasty. It will provide 4d6 rations/meals if properly processed.

84. The night is filled with twinkling fireflies. It's hypnotic and beautiful, causing a pleasant euphoria to settle on everyone in the camp. This is because there are a few fairies flitting around with the fireflies, which is what's causing the heightened sense of well-being. If noticed, the fairies will flee.

85. A spongy moss near camp seems to be edible, and makes a great supplement to a meal, turning up to 3 rations/meals into 6. It does have one side effect though. Eating it will cause the characters to oversleep by a couple hours unless vigorously awakened. There are no other extraordinary effects. If more is found, it could be distilled into a modest sleeping draught.

86. A low point in the camp becomes damp overnight, meaning less rest for those sleeping in that area. They should make a Constitution save (DC 10) or gain a level of *Exhaustion*.

87. A strange whistling disturbs the party's rest. If they investigate, they find a clump of red conical flowers that faintly whistle as the wind blows across them.

88. The characters find a deposit of clay near camp that is suitable for making pots or other containers. Crude ones can be made in the campfire if a character has the right knowledge. Having a background in pottery will work, as will a successful Survival check (DC 15). Failure means that the object falls apart.

89. Some animal carcasses are found next to a tiny pond near camp. It is fed by an underground spring. Unfortunately, the water in this pond is contaminated with toxic minerals. It cannot be purified with boiling, but it can be harvested to make a mild ingestible poison. If a creature drinks the water, they will become *Poisoned* for 4d6 hours as they are gripped with stomach pains and nausea.

90. Foraging near camp will find 2d12 stones that are perfect for slings, granting a +1 to damage when used.

91. The characters find a large, obsidian boulder with about a third of it chipped away, presumably to make tools. Arrow heads can be flintknapped from it, with each arrow head taking 30 minutes. Each arrow head will inflict +1 damage when used, but will not be recoverable after being used since obsidian is very brittle.

92. A search of the area finds the burrow of an animal and a network of tiny tunnels. Inside the characters can find 1d4 trinkets or other minor items of note.

93. The characters spot a legendary animal spoken of in this region. It is an omen of good fortune. They will have amicable relationships with those who believe the story, and be ridiculed by those who do not.

94. A character finds a bloody, but otherwise unremarkable rock about the size of a fist. It is faintly warm but radiates no magic. After possessing it for 24 hours however, the possessor must make a Wisdom saving throw (DC 10) or become gripped by the urge to hit someone with the rock. Getting rid of it will eliminate the urge.

95. Despite the sound of nearby predators and scavengers, the camp remains safe for the night. The characters even observe small animals deliberately steering away from the area.

96. For no reason at all, this camp seems exactly like the past few camps. A strong sense of *deja vu* overcomes the party. An Investigation check of the site reveals a note under a log that simply says "IT IS HAPPENING AGAIN". It looks like it was torn from a journal.

97. A much needed or special object is missing. In the morning, it is found under a simple item in plain sight.

98. The characters find a grove of trees that is a perfect camping spot. Close inspection of the area reveals that each tree has grown out of the rib cage of a fallen warrior, weapons and armor long rusted beyond repair.

99. The characters have unknowingly camped near the edge of a deep sinkhole. Sometime in the night, a bit more collapses. One random character must make a Dexterity saving throw (DC 15) or fall into the depths. The sinkhole is about 40 feet deep, but has several feet of muddy water at the bottom, so falling in inflicts no damage. The problem is that it's very difficult to get out because the sides are soft and crumbling. If someone gets within 5 feet of the edge, the side crumbles and then they must make a Dexterity save (DC 10) as well. If anyone searches the mud at the bottom, they find the remains of dozens of animals. The DM can decide if there is any additional treasure.

100. The camp is surrounded by a group of 14 bandits (MM p.343) led by a bandit captain (MM p.344). One of the characters are informed that they are surrounded, and if they don't immediately surrender, they will be cut down. The bandits have long bows, and if the characters refuse, they will loose their arrows with *Advantage* on their first attack before any initiative roll. If the party surrenders all of their valuables (including magic items), the bandits will tie them up and leave them there with the remains of their gear and any beasts they had.

The bandits have a hideout in an abandoned watchtower a few miles to the northeast.

APPENDIX II

NEW BACKGROUND

SURVIVAL GUIDE

You have always been a wanderer. Whether you were born to it or adopted at a young age, you are an expert at traveling from one place to another.

You are able to navigate unexplored territory of nearly any environ and take care of all of your own basic needs in the wilderness around you.

Traveling as much as you have, you are at least a little familiar with various cultures and languages throughout the region. This means that you know basic local customs and enough of the language to access local goods and services.

Skill Proficiencies: Athletics, Survival

Tool Proficiencies: Navigator's Tools

Languages: Three of your choice.

Equipment: Navigator's Trunk, a light hunting knife, travel cloak, a path finder guild pin, leather clothing, and a belt pouch containing 8d4 gem stones worth 5sp each.

FEATURE: PRIMITIVE TOOLS

You are constantly gathering up useful items and materials in the wilderness, including bits of bone, sticks, stones, antler, sinew, special barks, and so on. The collected materials can then be utilized to make tools that can help with any listed skill in which you are proficient.

You can fabricate a number of tools equal to your Proficiency score with the materials you carry. Fabricating a single tool or small tool set takes between one and four hours depending on the size and sophistication (DM's discretion).

If it is a simple, single tool, such as a hammer, a stone ax, or a club, the tool will function indefinitely as long as it's maintained and isn't damaged.

If the tool is intended to perform a more complex task, it must make a successful saving throw every time it is used (DC 10) or break. Examples of more complex tools include lock picks fashioned from shards of bone, a rudimentary sextant fabricated from wood and sinew, or a set of carved soapstone dice.

The DM will have to decide on a case-by-case basis if a tool is too difficult or complicated to make, or if the materials needed are simply not available.

You replenish your materials by traveling and exploring for at least 8 hours.

SUGGESTED CHARACTERISTICS

As a mountaineer, you have learned that, although brutal and unyielding, even the mightiest stone can be shaped with time and patience. As such, you don't rush into any situation without thoughtful consideration, nor do you jump to conclusions before hearing all sides of an issue.

d8 Personality Trait

- I am cognizant of the value of nature; such as trapping, mineral deposit extraction, logging and other resources. I'm pragmatic, not uncaring.
- Civilization will end. Soon. And I'm prepared.
- Bad weather and natural disasters calm my nerves.
- I'm loud, obnoxious and wear my emotions on my sleeve.
- Although I like to travel alone, I cherish my time with others.
- I'm honest. To a fault.
- I love the finer things in life. I clean up as soon as I'm off the trail.
- I have great respect for naturalists and survivalists. Even those known as hated enemies.

d6 Ideal

- Tradition.** Come stranger, you tire. Sit by the fire. Tell a tale to inspire. To the bedroll retire. (Law)
- Faith.** The weather gives and takes. Either way, it was meant to be. (Chaos)
- Protection.** No one should die in the wild. Life is the gift of civilization. (Good)
- Pragmatism.** The wild is no place for sentiment or honor. Both will get you killed. (Evil)
- Duty.** Replace everything you take from the wild. (Neutral)
- Tranquility.** No matter the tasks, always take time to watch the sun rise and set. (Any)

d6 Bond

- I'm a warden of a series of distant trading routes.
- I serve the surviving families of the loved ones I lost to the elements.
- A lone figure living in isolation needs valuable supplies to survive and I'm the last of those who know her location.
- I can't help but return to my dysfunctional extended family, no matter how far I run away.
- I serve as a guide to a royal family. As have those before me. As it shall always be.
- There is a place that has no chart or map, whose weather changes daily, from blizzard to blazing heat. My last days will see my hand map this region.

d6 Flaw

- 1 I wear dirt like clothing, smell of dung and sleep under the stars.
- 2 I like wandering into places unknown, be it uncharted lands, dark alleys or closed doors.
- 3 I'm a hoarder. I over pack having at least two of everything.
- 4 I have complicated relationships spread across the countryside; debts, deep guilt, lost loves and favors owed.
- 5 There's no such thing as privacy or private property on the trail; if I need it I take it.
- 6 I can't control my anger when I see nature abused.

NEW EQUIPMENT & WEAPONS

Hemp Rope. Just about every seasoned world traveler will tell you that having at least some rope is absolutely essential to a successful journey. Whether it's used in setting up some sort of shelter, hanging a beast for slaughter, or scaling a high cliff, a coil of sturdy hemp rope will have countless uses.

The average thickness of traveling rope has a break strength of about 500 pounds and comes in 50 foot lengths. [Cost 1 gp; Weight 10 lb.]

Navigator's Trunk. These hard-walled trunks are about four feet tall by two feet wide and two feet deep. To the professional traveler, these bulky boxes are worth their weight in gold.

While standing upright, the trunk opens up in two parts, revealing the interior which looks like a miniature study. The two doors that open are lined with small books, journals and scrolls related to navigation and mapping. One side of the trunk has a small writing desk, and some even have a small folding stool stored beneath.

In the various drawers are all manner of navigation tools, including sextant, compass, telescope, dividers, pens, ink, parchment, and so on.

Occasionally, a traveler will store other things in the trunk, using it to store all of their gear in one place. Some even consider the Navigator's Trunk to be a sort of home away from home.

The Navigator's Trunk is sturdy, water proof, and can take quite a beating. They have been used for defensive cover, a flotation device, and they can provide an excellent place to sit.

In practice, the trunk provides 5 cubic feet of storage, and functions as a set of Navigator's tools, Calligrapher's supplies, and Cartographer's tools. [Cost 800 gp; Weight 80 lb.]

Towel. One of the most underrated bits of travel gear is the humble towel, which is just about the most incredibly useful thing any adventurer can carry. You can wrap it around you for warmth as you trek across glaciers; lie on it on brilliant white-sanded beaches; sleep under it beneath the stars near the edge of the Western Würal Desert; use it to sail a crude raft down the mighty Ansül River; wet it for use in hand-to-

hand combat; wrap it round your head to ward off noxious fumes; wave it in emergencies as a distress signal, and of course you can dry yourself off with it if it still seems to be clean enough. [Cost 1 gp; Weight 1 lb.]

Walking Stick. An excellent walking stick should be roughly 80% of the height of the humanoid using it. For an average human, this would be about 5-foot long. They are generally made from a hard but flexible wood, since you want it to give a little without breaking.

The shaft is most often made from willow or yew, and has a sturdy steel cap on the bottom. Many walking sticks have a leather wrapped section for a better grip and a lanyard to keep the user from dropping it.

The walking stick is useful for testing ground, pushing things out of the way, self-defense, and of course stability when walking on almost any terrain.

The walking stick gives Advantage on Dexterity checks and saving throws related to walking. This could include unstable ground, slippery surfaces, high winds, and so on. [Cost 5 sp; Weight 4 lb.; Use the statistics for a Quarterstaff when wielded as a weapon.]

Towel

Navigator's Trunk



Walking Stick

Hemp Rope

APPENDIX III

RECOMMENDED RESOURCES

While we have tried to add some realism to the survival experience in fantasy role playing games, this book was not intended to be any sort of survival manual.

However, if you are inspired to learn more about survival and wilderness skills (which we strongly encourage), there are some books we would like to recommend, keeping in mind that reading about these techniques is no substitute for a qualified teacher and personal experience. In other words, don't be a idiot. Make sure that you know what you're doing before heading out into the woods for a year.

SURVIVAL BOOKS

98.6 Degrees: The Art of Keeping Your Ass Alive
by Cody Lundin

How To Stay Alive In The Woods
by Bradford Angier

Naked Into The Wilderness: Primitive Wilderness Living & Survival Skills
by John and Geri McPherson

Outdoor Survival Skills
by Larry Dean Olsen

Survive!: Essential Skills and Tactics to Get You Out of Anywhere
by Les Stroud

Tom Brown's Field Guide to Wilderness Survival
by Tom Brown

U.S. Army Survival Handbook, Revised Paperback
by Department of the Army

WILDERNESS SKILLS BOOKS

Essential Bushcraft
by Ray Mears

Leather Makin
by Larry J. Wells

Out on the Land: Bushcraft Skills from the Northern Forest
by Ray Mears and Lars Fält

Peterson's Field Guide to Edible Wild Plants
by Lee Allen Peterson

Primitive Skills and Crafts
by Jamison, Richard



Primitive Technology: A Book of Earth Skills
by David Wescott

Primitive Technology II: Ancestral Skill
by David Wescott

Shelters, Shacks, and Shanties: The Classic Guide to Building
by D. C. Beard

Tom Brown's Field Guide to Nature Observation and Tracking
by Tom Brown

Tom Brown's Guide to Wild Edible and Medicinal Plants
by Tom Brown

Tom Brown's Field Guide to Living with the Earth
by Tom Brown

The Trapper's Bible
by Eustace Hazard

Wilderness Survival
by Gregory J. Davenport

Wildwood Wisdom
by Ellsworth Jaeger

INSPIRATIONAL BOOKS

The Art of Shen Ku
by Zeek

Life along the Silk Road
by Susan Whitfield

The Middle Ages: Everyday Life in Medieval Europe
by Jeffrey L. Singman

Mountain Men of the Rockies
by Frank Triplett

SURVIVAL VIDEOS & TELEVISION

Dual Survival

Discovery Channel

Man, Woman, Wild

Mykel Hawke Pierce and Ruth England

Survivorman

Les Stroud

The Woodsmaster Series (www.Survival.com)

Ron Hood

World of Survival, Bushcraft, Extreme Survival, Wild Britain

Ray Mears

INSPIRATIONAL VIDEOS & TELEVISION

The Donner Party [2010]

Crispin Glover, Clayne Crawford

The Fellowship of the Ring [2001]

Elijah Wood, Ian McKellen, Orlando Bloom, Viggo Mortensen

The Grey [2011]

Liam Neeson, Dermot Mulroney, Frank Grillo

The Hateful 8

Samuel L. Jackson, Kurt Russell, Jennifer Jason Leigh

The Revenant [2015]

Leonardo DiCaprio, Tom Hardy, Will Poulter

The Road [2009]

Viggo Mortensen, Charlize Theron, Kodi Smit-McPhee

CINEMATIC ENVIRONS

CHARACTER SHEET

PROFICIENCY BONUS	INSPIRATION POINTS
STRENGTH  <input type="text"/> MODIFIER  DAMAGE 	<input type="checkbox"/> STRENGTH SAVE <input type="checkbox"/> ATHLETICS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
DEXTERITY  <input type="text"/> MODIFIER  DAMAGE 	<input type="checkbox"/> DEXTERITY SAVE <input type="checkbox"/> ACROBATICS <input type="checkbox"/> SLIGHT OF HAND <input type="checkbox"/> STEALTH <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
CONSTITUTION  <input type="text"/> MODIFIER  DAMAGE 	<input type="checkbox"/> CONSTITUTION SAVE <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
INTELLIGENCE  <input type="text"/> MODIFIER  DAMAGE 	<input type="checkbox"/> INTELLIGENCE SAVE <input type="checkbox"/> ARCANA <input type="checkbox"/> HISTORY <input type="checkbox"/> INVESTIGATION <input type="checkbox"/> NATURE <input type="checkbox"/> RELIGION <input type="checkbox"/> <input type="checkbox"/>
WISDOM  <input type="text"/> MODIFIER  DAMAGE 	<input type="checkbox"/> WISDOM SAVE <input type="checkbox"/> ANIMAL HANDLING <input type="checkbox"/> INSIGHT <input type="checkbox"/> MEDICINE <input type="checkbox"/> PERCEPTION <input type="checkbox"/> SURVIVAL <input type="checkbox"/> <input type="checkbox"/>
CHARISMA  <input type="text"/> MODIFIER  DAMAGE 	<input type="checkbox"/> CHARISMA SAVE <input type="checkbox"/> DECEPTION <input type="checkbox"/> INTIMIDATION <input type="checkbox"/> PERFORMANCE <input type="checkbox"/> PERSUASION <input type="checkbox"/> <input type="checkbox"/>

ARMOR CLASS	INITIATIVE	SPEED	PASSIVE PERCEPTION	
HIT POINTS		HIT DICE		
Total	Current	Total	Current	
CONDITIONS				
EXHAUSTION	●	●	●	●
DESPAIR	●	●	●	●
<hr/> <hr/> <hr/> <hr/>				
DEATH SAVES				
SUCCESSES	●	●	●	FAILURES

EQUIPMENT, SUPPLIES & TREASURE

CHARACTER – CURRENT WEIGHT CARRIED

CHARACTER – CARRYING CAPACITY

STR x 15

PUSH, DRAG OR LIFT CAPACITY

STR x 30

BEAST – CURRENT WEIGHT CARRIER

BEAST – CARRYING CAPACITY

- "Other" means any method of carrying equipment and supplies. These can include a horse, pony, goat cart, etc.

If you carry weight in excess of 5 times your Strength score, you are **Encumbered**, which means your speed drops by 10 feet. If you carry weight in excess of 10 times your Strength score (up to your maximum carrying capacity), you are instead **Heavily Encumbered**, which means your speed drops by 20 feet, and you have Disadvantage on ability checks, attack rolls, and saving throws that use Strength, Dexterity, or Constitution.

SURVIVAL RELATED RULES

RUNNING LONG JUMP

Run 10 feet and jump forward a number of feet equal to your Strength score.

RUNNING DROP

Run 10 feet and jump down a number of feet equal to your Strength (Athletics) bonus + 10.

LUNG CAPACITY
Hold breath for a number of minutes equal to your Constitution modifier + Proficiency.

STANDING LONG JUMP
Jump forward a number of feet equal to half of your Strength score.

STANDING DROP
Drop a number of feet equal to your Strength (Athletics) bonus.

RESIST DEHYDRATION
You can go without water for a number of days equal to your Constitution modifier.

REACH UP
Reach up a number of feet equal to 1/2
of your Strength score + 10.

SWIMMING ENDURANCE

Swim a number of minutes equal to your Strength + Constitution + Proficiency.

RESIST STARVATION
You can go without food for a number of days equal to your Constitution modifier + 3.

RUNNING HIGH JUMP
Run 10 feet and jump up for a number of feet equal to your Strength modifier + 3.

STANDING HIGH JUMP
Jump straight up a number of feet equal to 2 times your Strength modifier + 2.

RUNNING ENDURANCE
Run for a number of minutes equal to your
Constitution score + Strength (Athletics)
minutes

RESIST DESPAIR
You can endure suffering for a number of days equal to your Wisdom modifier + days

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THE STORY OF DAVAE BREON JAXON

DAVAE BREON JAXON, A MASTER WIZARD AND COLLECTOR OF EXOTIC LORE, WAS APPRENTICED TO THE INFAMOUS MORDENKANE IN THE GREAT CITY OF TAL'NAVASHAR IN THE EAST.

AS SOON AS HE WAS ABLE, JAXON SET OUT INTO THE WORLD IN SEARCH OF ADVENTURE, SPENDING MORE THAN THREE DECADES TRAVELING THE ROADS AND WILD LANDS OF ANDÜN AND GREATER ARDA. DURING HIS WANDERINGS, HE MANAGED TO AMASS A VAST AMOUNT OF MAGICAL KNOWLEDGE AND AN EXTRAORDINARY NUMBER OF BOOKS. IN HIS LATTER YEARS, JAXON ESTABLISHED THE LARGEST AND MOST RESPECTED LIBRARY DEDICATED TO THE ARCANE ARTS THE WORLD HAD EVER SEEN.

DAVAE BREON JAXON HAS RECENTLY TURNED HIS ATTENTION TO THE INSTRUCTION OF ADVENTURERS IN THE FINE ART OF SURVIVAL IN EXTREME ENVIRONMENTS, AND THIS BOOK HAS BENEFITED GREATLY FROM HIS EXPERIENCE.

