

STRENGTH BENCHMARKS

ATHLETICS • CLIMB

- Easy (DC 10)** Scale a cliff with plenty of handholds
Moderate (DC 15) Climb a rough stone wall
Hard (DC 20) Climb a sheer surface with scant handholds
Formidable (DC 30) Climb an oiled rope

ATHLETICS • JUMP

- Easy (DC 10)** Jump a few feet farther than you normally could
Hard (DC 20) Throw a grappling hook in the middle of a long jump

ATHLETICS • SWIM

- Easy (DC 10)** Tread water in rough conditions
Hard (DC 20) Swim in stormy waters
Formidable (DC 30) Swim free of a vortex

IMPROVISED TASKS • BREAK AN OBJECT

- Easy (DC 10)** Force open a stuck wooden door
Hard (DC 20) Break open a solid locked door; break rope bonds
Very Hard (DC 25) Break open a solid barred door or elaborate lock
Formidable (DC 30) Break open a heavy door held by a metal bar or masterwork lock; break chain bonds or manacles

IMPROVISED TASKS • MIGHTY STRENGTH

- Moderate (DC 15)** Push through an earthen tunnel that is too small
Hard (DC 20) Hang on to a wagon while being dragged behind it
Very Hard (DC 25) Tip over a large stone statue; keep a boulder from rolling
Contest (vs. STR) Push a door open when someone else is holding it

DEXTERITY BENCHMARKS

ACROBATICS • BALANCE

- Easy (DC 10)** Walk across an icy surface
Moderate (DC 15) Walk on a narrow ledge
Hard (DC 20) Cross a wildly swaying rope bridge
Very Hard (DC 25) Walk across a tightrope; surf down staircase on a shield

ACROBATICS • TUMBLE

- Moderate (DC 15)** Swing from a chandelier
Very Hard (DC 25) Somersault over a creature of the same size

SLEIGHT OF HAND • CONCEAL AN OBJECT

- Easy (DC 10)** Perform simple feats of sleight of hand
Contest (vs. WIS) Palm an object while under close observation

STEALTH

- Contest (vs. WIS)** Hide in an obscured area

IMPROVISED TASKS • DISARM A TRAP*

- Easy (DC 10)** Keep a pit trap from opening when it's triggered
Moderate (DC 15) Keep a scything blade trap from triggering
Hard (DC 20) Prevent a poison needle or gas trap from springing
Very Hard (DC 25) Disarm an intricate trap
Formidable (DC 30) Disarm a magic trap

IMPROVISED TASKS • DRIVE

- Moderate (DC 15)** Control a heavily laden cart on a steep descent
Hard (DC 20) Steer a chariot around a tight turn or around an obstacle

IMPROVISED TASKS • OPEN A LOCK*

- Moderate (DC 15)** Pick a simple lock
Hard (DC 20) Pick a typical lock
Very Hard (DC 25) Pick an elaborate lock
Formidable (DC 30) Pick a masterwork lock
Formidable (DC 30) Pick a magical lock (requires feat)

* *Requires proficiency with thieves' tools*

CONSTITUTION BENCHMARKS

IMPROVISED TASKS • HARDY ENDURANCE

- Easy (DC 10)** Quaff an entire stein of ale in one go
Moderate (DC 15) March overland for CON+5 hours in a row (save); roll down a steep slope without taking damage (save)
Hard (DC 20) Swim for 1 hour without rest
Very Hard (DC 25) Swim for 3 hours without rest
Formidable (DC 30) March overland for CON+20 hours in a row (save)

INTELLIGENCE BENCHMARKS

ARCANA, HISTORY, NATURE, RELIGION • RECALL LORE

- Easy (DC 10)** Recall widely known facts; identify a common symbol
Moderate (DC 15) Recall specific details about widely known facts; recall vague information about slightly obscure facts; identify an uncommon monster
Hard (DC 20) Recall specific details about obscure facts; recall vague information about truly esoteric facts; identify a spell as it is being cast (higher-level spells might be harder); understand a dialect of a known language
Very Hard (DC 25) Recall specific details about truly esoteric facts known only to a few; identify an especially rare monster; decipher a simple message in an unfamiliar language; identify the persistent effects of a spell
Formidable (DC 30) Identify a unique monster

SEARCH

- Easy (DC 10)** Find a simple tripwire or a pit covered with branches and leaves
Moderate (DC 15) Find the signs of a creature passing across dry ground and deduce its nature and the direction of its travel; find a hidden compartment in a chest
Hard (DC 20) Find a typical secret door; find a typical pressure plate in the floor; locate a tripwire
Very Hard (DC 25) Find a particularly well-hidden secret door or well-disguised pressure plate

IMPROVISED TASKS • CLEVER SOLUTIONS

- Easy (DC 10)** Communicate a simple idea to a creature that doesn't share your language
Moderate (DC 15) Deduce what kind of weapon caused an injury; estimate the value of a piece of jewelry; pull together a disguise to help an ally pass as a city guard
Hard (DC 20) Determine how to cause part of a tunnel to collapse; estimate the value of a gemstone
Very Hard (DC 25) Estimate the value of a rare, antique, or exotic item
Contest (vs. INT) Pass off a forged document as real

RESTING

SHORT REST (AT LEAST 1 HOUR)

You can spend any or all of your Hit Dice during a short rest. For each HD you spend in this way, roll the die and add your CON modifier to it. You regain hit points equal to the total. You can decide to spend an additional HD after each roll. Once you have spent a HD, you must complete a long rest to regain it.

LONG REST (AT LEAST 8 HOURS)

Sleep or perform light activity: reading, talking, eating, or standing watch for no more than 2 hours of the rest period. If the rest is interrupted by strenuous activity—such as attacking, taking damage, or casting a spell—you must start over unless the interruption lasted less than 1 hour. You must have at least 1 hit point to take a long rest. At the end of the rest, regain all your hit points and half your maximum number of HD (round up). You can't benefit from more than one long rest in a 24-hour period.

WISDOM BENCHMARKS

ANIMAL HANDLING

- Moderate (DC 15)** Get animal to keep moving while tired
Hard (DC 20) Train animal for a task; calm aggressive wild animal
Very Hard (DC 25) Calm panicked animal; rear wild animal
Formidable (DC 30) Tame wild animal

INSIGHT • SENSE MOTIVE

- Moderate (DC 15)** Discern who among a cagey group is the leader; read a person's motives or attitude.
Hard (DC 20) Interpret enemies' hand signs
Very Hard (DC 25) Sense an outside influence on a person, such as an enchantment spell
Contest (vs. CHA) Recognize a lie; see through a disguise

MEDICINE • ADMINISTER FIRST AID

- Easy (DC 10)** Identify a common ailment or poison from its symptoms; stabilize a dying creature
Hard (DC 20) Identify a rare ailment or poison

PERCEPTION • LISTEN

- Moderate (DC 15)** Eavesdrop on a conversation through a door
Very Hard (DC 25) Eavesdrop on a whispered conversation through a door
Contest (vs. DEX) Hear someone who's trying to be silent

PERCEPTION • SPOT

- Hard (DC 20)** Find a tiny item such as a gem in a pile of other items
Contest (vs. DEX) Spot a creature that is hiding

SURVIVAL • TRACK (REQUIRES FEAT)

- Easy (DC 10)** Track a creature through snow or mud
Moderate (DC 15) Track a creature through a forest.
Hard (DC 20) Track a creature across dirt or grass
Very Hard (DC 25) Track a creature across bare stone
Formidable (DC 30) Track a creature across dirt or grass after a rainfall

SURVIVAL • WILDERNESS SURVIVAL

- Easy (DC 10)** Hunt/forage for food while traveling in the wilderness
Moderate (DC 15) Avoid natural hazards, such as quicksand
Hard (DC 20) Keep from getting lost while traveling in the wilderness

DAMAGE AND DYING

- Instant Death** You die if the remaining damage after 0 equals or exceeds your hit point maximum.
- Unconscious** At 0 hit points you fall unconscious. You become conscious if you regain any hit points.
- Death Saves** Whenever you start your turn with 0 hit points, you must make a CON save (DC 10). Third success, you become stable; third failure, you die. Successes and failures don't need to be consecutive, and the number of both is reset to 0 when you regain any hit points or become stable.
Natural 1: Counts as two failures.
Natural 20: You regain 1 hit point.
- Damage at 0 hp** Each time a creature with 0 hit points takes damage, it suffers a death saving throw failure. If the damage equals the creature's hit point maximum, it dies.

CREATURE SIZES

Creatures can squeeze as if one size smaller; see "Conditions" for Squeezing. "Surround" and "Fills" are given as multiples of Medium creatures.

SIZE	SPACE (FT.)	SURROUND	FILLS
Tiny	2½ × 2½	8	1
Small	5 × 5	8	1
Medium	5 × 5	8	1
Large	10 × 10	12	1½
Huge	15 × 15	16	2
Gargantuan	20 × 20*	20	2½

* or larger

CHARISMA BENCHMARKS

DECEPTION

- Contest (vs. WIS)** Fast-talk or con someone; adopt a disguise; impersonate someone's voice; give false assurance to dull suspicion; tell a convincing lie

INTIMIDATION

- Hard (DC 20)** Get an unruly crowd to move out of the way; badger allied soldiers into a fighting mood; goad a person to act

- Contest (vs. WIS)** Pry information out of a prisoner

PERFORMANCE • ORATORY

- Easy (DC 10)** Entertain a crowd with a tall tale
Easy (DC 10) Give a pleasing speech
Moderate (DC 15) Give a rousing or inspiring speech

PERSUASION

- Moderate (DC 15)** Calm and comfort a distraught person
Contest (vs. WIS) Persuade someone to do something; convince someone to back down from a confrontation

IMPROVISED TASKS • GATHER INFORMATION

- Easy (DC 10)** Gather the common gossip in a town or neighborhood; learn about the local power figures
Moderate (DC 15) Find what you need in an unfamiliar city; find out who's really in power
Hard (DC 20) Suss out local information only a few other people know
Very Hard (DC 25) Dig up obscure community news or lore

NPC REACTIONS

Influencing a creature generally requires a CHA check.

FRIENDLY NPC

- Default** The NPC will do as you wish for requests that don't involve risk or sacrifice
DC 10 The NPC accepts a minor risk or sacrifice to do as you wish
DC 20 The NPC accepts a significant risk or sacrifice to do as you wish

INDIFFERENT NPC

- Default** The NPC offers no help or harm
DC 10 The NPC will do as you wish without taking risks or making sacrifices
DC 20 The NPC accepts a minor risk or sacrifice to do as you wish

HOSTILE NPC

- Default** The NPC opposes your actions and may take risks to do so
DC 10 The NPC offers no help or harm
DC 20 The NPC will help you as long as there are no risks or sacrifices involved

RANDOM ENCOUNTERS

Dungeon 10 min; Wilderness 1 hr

POPULATION DENSITY	D20
Densely Inhabited	16–20
Typical Dungeon	18–20
Mostly Uninhabited	20

Encounter Distance 1d20+20 ft; outdoors ×5 normal; ×10 difficult

SURPRISE DCs

Surprise is a WIS saving throw with a DC based on creature alertness.

Paranoid	0
Vigilant	5
Disinterested	10
Unfocused	15
Distraacted	20

TRAVEL PACE

Use the Readiness DC during exploration in place of the Surprise DC.

Difficult terrain halves the maximum distance covered.*

TRAVEL PACE	READINESS DC	MAX DISTANCE PER		
		5 MINUTES	1 HOUR	1 DAY
Cautious	0	225 ft.	½ mile	5 miles
Slow	5	450 ft.	1 mile	10 miles
Moderate	10	900 ft.	2 miles	15 miles
Fast	15	1,800 ft.	3 miles	25 miles

* Difficult terrain includes forest, jungle, mountain, and swamp; normal terrain includes desert, hills, plains, road/path, and tundra

SPECIAL ACTIONS

Charge	Choose a target at least 10 feet away; move up to half your speed (to a position where the target is in your reach) and make a single melee attack.
Climb*	With sufficient handholds, you can climb at ½ your speed; without, make an Athletics check.
Coup de Grace	Attack an adjacent, unconscious creature. If you hit the creature and deal damage, the creature drops to 0 hit points. If the creature was already at 0 hit points, it dies.
Disengage	Move up to half your speed. If you leave a hostile creature's reach during this movement, you do not provoke an opportunity attack from that creature.
Dodge	Focus entirely on avoiding attacks. Until your next turn, attack rolls against you have disadvantage, and you make Dexterity saving throws with advantage. You lose this benefit if you cannot move or take actions.
Grapple	Using at least one free hand, try to grab and hold a creature no more than one size larger than you—contest your STR vs. the creature's STR or DEX (the creature chooses). If you win, the creature's speed becomes 0 and cannot increase until the grapple ends. <i>Moving a Grappled Creature.</i> If you move while grappling a creature, you drag or carry it, and every 5 feet costs you 5 extra feet of movement, unless the creature is two or more sizes smaller than you. <i>Restraining a Creature.</i> As a separate action, you can restrain a grappled creature—contest your STR vs. the creature's STR or DEX (the creature chooses). If you win, the creature is restrained. While you restrain it, attacks against you have advantage, your attacks have disadvantage, and you have disadvantage on Dexterity saving throws. You can stop restraining a creature at any time. <i>Ending a Grapple.</i> Release a grappled creature whenever you like (you must if you can't take actions or if you lose control of the grabbing limb). If a force removes a grappled creature from your reach, the creature is freed, unless the force also targets and moves you. A grappled creature can escape as an action by winning a contest of STR or DEX (its choice) vs. your STR.
Help	Aid another creature in the completion of a task, or aid another creature in one of its attacks against a creature within 5 feet of you. The creature you aid gains advantage for the next relevant ability check or attack roll it makes before your next turn.
Hinder	Distract or otherwise hinder another creature within 5 feet of you; describe the manner in which you do so. The creature has disadvantage on the next relevant ability check or attack roll it makes before your next turn.
Hustle	Use your action to move (again) up to your speed.
Jump*	<i>Long Jump:</i> Walk at least 10 feet to leap your STR score in feet; otherwise, ½ your STR score in feet. <i>High Jump:</i> Walk at least 10 feet to leap up 3 + your STR modifier in feet; otherwise, your STR modifier in feet (minimum 1). Total reach = jump height + 1 ½ height.
Knock Down	You knock a creature prone (no more than one size larger than you) by winning a contest of your STR vs. that creature's STR or DEX (the creature chooses).
Ready an Action	Choose a trigger event you'll be able to perceive and an action you want to take when that happens. When the trigger occurs, use your reaction to take the action you chose. This may interrupt another creature's action.
Swim*	You can swim ½ your speed.

* This action is a move

CONDITIONS

Blinded	Automatically fails any ability check involving sight. Attack rolls against blind creatures have advantage; a blind creature's attack rolls have disadvantage.
Charmed	Cannot attack charmer or target charmer with harmful abilities or magical effects. Charmer has advantage on any ability check to interact socially with the creature.
Crawling*	While prone, crawling movement costs double.
Deafened	Automatically fails any ability check involving hearing.
Exhausted*	See "Exhaustion" section.
Falling*	A creature who falls takes 1d6 bludgeoning damage per 10 feet fallen (maximum 20d6). The creature lands prone, unless it avoids taking damage from the fall.
Frightened	Disadvantage on ability checks and attack rolls while the source of its fear is within line of sight. Cannot willingly move to a position where it would end a turn closer to the source of its fear than where it started.
Holding Breath*	A creature can hold its breath for a number of minutes equal to its CON modifier (minimum 30 seconds). After that, if it can't breathe for a number of rounds equal to its CON modifier (minimum 1), it falls unconscious. If it still can't breathe, it loses all its hit points.
Incorporeal	Resistance against nonmagical damage; targets have resistance against its nonmagical damage. Can move through (but not stop in) objects or other creatures.
Invisible	An invisible creature is impossible to see without the aid of magic or a special sense. For 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.
Paralyzed	Cannot move, speak, or take an action not purely mental. Creature drops whatever it's holding and falls prone. The creature automatically fails STR and DEX saving throws. Attack rolls against the creature have advantage.
Prone	Prone creatures may crawl or stand up but otherwise can't move. Prone creatures have disadvantage on attack rolls. Attack rolls against prone creatures have disadvantage unless the attacker is adjacent, in which case attack rolls have advantage. A creature can drop prone by using 5 feet of movement, and must use its entire move to stand (but if its speed is 0, it can't stand).
Restrained	Speed becomes 0, and it cannot benefit from bonuses to its speed. Attack rolls against the creature have advantage, and the creature's attack rolls have disadvantage. The creature has disadvantage on DEX saving throws.
Squeezing*	Can move around as if one size smaller. Movement costs 5 feet extra for every 5 feet. Squeezing creatures have disadvantage on attack rolls and DEX saving throws; attack rolls against squeezing creatures have advantage.
Stunned	Cannot move or take actions. Automatically fails STR and DEX saving throws. Attack rolls against the creature have advantage.
Unconscious	An unconscious creature drops whatever it's holding and falls prone. The creature cannot move, take actions, or perceive its surroundings. The creature automatically fails STR and DEX saving throws. Attack rolls against the creature have advantage.

* Not a condition per se; more of a situation

DEFAULT DCs

Trivial	5
Easy	10
Moderate	15
Hard	20
Very Hard	25
Formidable	30
Nearly Impossible	35

DOOR/WALL HP

MATERIAL	DOOR	WALL*
Adamantine	120	60
Glass	5	5
Iron	60	30
Stone	60	30
Wood	10	10

* per inch of thickness

HIDE AND SEEK

STEALTH

A hidden creature has advantage on attack rolls against creatures that don't know it's there. To hide, make a DEX [Stealth] check, and contest against creatures who would sense you (WIS [Perception]) and/or creatures searching for you (INT [Search]). You must have cover or be obscured and you must remain quiet; otherwise, you can be seen or heard.

PERCEPTION

WIS [Perception] to notice (this is the default to use); INT [Search] to search. Searching should be reasonably specific. Contest notice or search roll against DEX [Stealth] of a creature trying to hide.

LANGUAGES

STANDARD	SPEAKERS	SCRIPT	EXOTIC	SPEAKERS	SCRIPT
Common	Humans	Common	Abyssal	Demons	Infernal
Dwarvish	Dwarves	Dwarvish	Celestial	Celestials	Celestial
Elvish	Elves	Elvish	Draconic	Dragons	Draconic
Giant	Ogres, Giants	Dwarvish	Deep Speech	Aberrations	Infernal
Gnomish	Gnomes	Dwarvish	Infernal	Devils	Infernal
Goblin	Goblinoids	Dwarvish	Primordial	Elementals	Dwarvish
Gnoll	Gnolls	Common	Sylvan	Fey	Elvish
Halfling	Halflings	Common	Undercommon	Underdark traders	Elvish
Orc	Orcs	Dwarvish			

DON/REMOVE ARMOR

You benefit from armor AC only if you take the full time to don it.

CATEGORY	DON	REMOVE*
Light	1 min.	1 min.
Medium	5 min.	1 min.
Heavy	10 min.	5 min.

* With help, reduce this time by ½

MAGIC ITEM RARITY

RARITY	MIN. LEVEL	ITEM VALUE
Common	2	50–100 gp
Uncommon	3	100–500 gp
Rare	5	500–5,000 gp
Very Rare	7	5,000–10,000 gp
Legendary	9	10,000–50,000 gp
Artifact	11	50,000+ gp

POTION MISCIBILITY (OPTIONAL)

If a character drinks a potion while under the effect of another, roll 1d100.

- 01** The mixture creates a magical explosion, dealing 6d10 force damage to the mixer and 1d10 force damage to each creature within 5 feet of the mixer.
- 02–03** The mixture becomes a *potion of poison*.
- 04–08** The mixture becomes a *potion of delusion* that appears to have one of the mixed potions' effects.
- 09–15** Both potions lose their effects.
- 16–25** One potion loses its effect.
- 26–35** Both potions work, but with half their normal effects. If an effect cannot be halved, at least in duration, it is instead lost.
- 36–90** Both potions work normally.
- 91–99** One potion has twice the normal effect. If no effect can be doubled, at least in duration, both potions work normally.
- 00** Only one potion works, but its effect is permanent. Choose the simplest effect to make permanent, or the one that seems the most fun. For example, a *potion of healing* might increase the drinker's maximum hit points by 4, or *oil of etherealness* might permanently make the user incorporeal. At your discretion, *dispel magic* or *remove curse* might end this lasting effect.

WEATHER

TEMPERATE SPRING/FALL	D20	TEMPERATE WINTER	D20
No special weather	1–14	Cold	1–14
Storm (light rain)	15–18	Cold, storm (snow)	15–18
Storm (heavy rain)	19–20	Cold, storm (heavy snow)	19–20
TEMPERATE SUMMER	D20	DESERT	D20
No special weather	1–14	Hot	1–14
Hot	15–18	Hot, storm (dust)	15–18
Storm (heavy rain)	19–20	Hot, storm (heavy rain)	19–20
TUNDRA/ARCTIC	D20	TROPICAL SUMMER	D20
Cold	1–14	Hot	1–14
Cold, storm (snow)	15–18	Hot, storm (light rain)	15–18
Cold, storm (heavy snow)	19–20	Hot, storm (heavy rain)	19–20

WEATHER PHENOMENA

Cold Below 0°: CON save (DC 10) vs. exhaustion each full hour. Creatures without cold weather gear automatically fail this save.

Heat Above 100°: CON save (DC 10) vs. exhaustion each full hour. Creatures wearing medium or heavy armor or heavy clothing suffer disadvantage.

Storms: Reduce travel speeds to ½ (if combined with difficult terrain then ¼).

Dust Storm/Heavy Rain: Visibility reduced to 50 ft, creatures suffer disadvantage on saves against surprise.

Heavy Snow: As heavy rain, and reduce speed for 1d6 days after the storm.

FOOD AND WATER

Water: 1 gal. per character per day.*† *Half Ration:* CON save (DC 10) vs. exhaustion each full day (if the character is already exhausted, 2 levels of exhaustion). *Less than Half Ration:* One level exhaustion per full day (if the character is already exhausted, 2 levels of exhaustion).

Food: 1 lb. per character per day.* *Half Ration:* ½ day of starvation per full day. *Less than Half Ration:* 1 day of starvation per full day. *Result:* After 3+CON modifier days of starvation, one level of exhaustion per full day without food, or CON save (DC 10) vs. exhaustion per full day on half rations.

* Large ×4, Huge ×16, Gargantuan ×32 or greater † ×2 if hot weather

EXHAUSTION

Effects that apply exhaustion add levels of exhaustion. Effects that remove exhaustion subtract levels of exhaustion. 24 hours of full rations (food and water) that include 8 hours of rest remove 1 level of exhaustion.

Level 1. Disadvantage on all attacks and ability checks; cannot maintain concentration on spells. (Also applies to levels 2–5.)

Level 2. Speed reduced to ½. When attempting to cast a spell, make a DC 10 CON check or the spell is expended without effect. (Also applies to levels 3–5.)

Level 3. Speed is reduced to ¼, and maximum hit points reduced to ½.

Level 4. Speed becomes 0, and maximum hit points are reduced to ¼.

Level 5. Drop to 0 hit points and cannot regain hit points.

Level 6. The character dies.

SCROLL MISHAP (OPTIONAL)

If a character fails a spell scroll and a DC 10 magic ability save, roll 1d6.

- 1** A surge of uncontrolled magical energy deals 1d6 psychic damage per level of the spell to the caster.
- 2** The spell affects the caster or an ally instead of the intended target, or affects a random target nearby if the caster was the intended target.
- 3** The spell takes effect at a random location within the spell's range.
- 4** The spell's effect is contrary to its normal effect, but is neither harmful nor beneficial. For instance, a *fireball* might produce an area of harmless cold.
- 5** The caster suffers a minor but bizarre effect related to the spell. Such effects last only as long as the original spell's duration, or 2d10 minutes for spells that take effect instantaneously. For example, a *fireball* might cause smoke to pour from the caster's ears for 2d10 minutes.
- 6** The spell activates after 1d12 hours. If the caster was the intended target, the spell takes effect normally. If the caster was not the intended target, the spell goes off in the general direction of the intended target, up to the spell's maximum range, if the target has moved away.