

CHAPTER 7: USING ABILITY SCORES



SIX ABILITIES PROVIDE A QUICK DESCRIPTION of every creature's physical and mental characteristics:

- **Strength**, measuring physical power
- **Dexterity**, measuring agility
- **Constitution**, measuring endurance
- **Intelligence**, measuring reasoning and memory
- **Wisdom**, measuring perception and insight
- **Charisma**, measuring force of personality

Is a character muscle-bound and insightful? Brilliant and charming? Nimble and hardy? Ability scores define these qualities—a creature's assets as well as weaknesses.

The three main rolls of the game—the ability check, the saving throw, and the attack roll—rely on the six ability scores. The book's introduction describes the basic rule behind these rolls: roll a d20, add an ability modifier derived from one of the six ability scores, and compare the total to a target number.

This chapter focuses on how to use ability checks and saving throws, covering the fundamental activities that creatures attempt in the game. Rules for attack rolls appear in chapter 9.

ABILITY SCORES AND MODIFIERS

Each of a creature's abilities has a score, a number that defines the magnitude of that ability. An ability score is not just a measure of innate capabilities, but also encompasses a creature's training and competence in activities related to that ability.

A score of 10 or 11 is the normal human average, but adventurers and many monsters are a cut above average in most abilities. A score of 18 is the highest that a person usually reaches. Adventurers can have scores as high as 20, and monsters and divine beings can have scores as high as 30.

Each ability also has a modifier, derived from the score and ranging from -5 (for an ability score of 1) to +10 (for a score of 30). The Ability Scores and Modifiers table notes the ability modifiers for the range of possible ability scores, from 1 to 30.

ABILITY SCORES AND MODIFIERS

| Score | Modifier | Score | Modifier |
|-------|----------|-------|----------|
| 1 | -5 | 16–17 | +3 |
| 2–3 | -4 | 18–19 | +4 |
| 4–5 | -3 | 20–21 | +5 |
| 6–7 | -2 | 22–23 | +6 |
| 8–9 | -1 | 24–25 | +7 |
| 10–11 | +0 | 26–27 | +8 |
| 12–13 | +1 | 28–29 | +9 |
| 14–15 | +2 | 30 | +10 |

To determine an ability modifier without consulting the table, subtract 10 from the ability score and then divide the total by 2 (round down).

Because ability modifiers affect almost every attack roll, ability check, and saving throw, ability modifiers come up in play more often than their associated scores.

ADVANTAGE AND DISADVANTAGE

Sometimes a special ability or spell tells you that you have advantage or disadvantage on an ability check, a saving throw, or an attack roll. When that happens, you roll a second d20 when you make the roll. Use the higher of the two rolls if you have advantage, and use the lower roll if you have disadvantage. For example, if you have disadvantage and roll a 17 and a 5, you use the 5. If you instead have advantage and roll those numbers, you use the 17.

If multiple situations affect a roll and each one grants advantage or imposes disadvantage on it, you don't roll more than one additional d20. If two favorable situations grant advantage, for example, you still roll only one additional d20.

If circumstances cause a roll to have both advantage and disadvantage, you are considered to have neither of them, and you roll one d20. This is true even if multiple circumstances impose disadvantage and only one grants advantage or vice versa. In such a situation, you have neither advantage nor disadvantage.

When you have advantage or disadvantage and something in the game, such as the halfling's Lucky trait, lets you reroll the d20, you can reroll only one of the dice. You choose which one. For example, if a halfling has advantage on an ability check and rolls a 1 and a 13, the halfling could use the Lucky trait to reroll the 1.

You usually gain advantage or disadvantage through the use of special abilities, actions, or spells. Inspiration (see chapter 4) can also give a character advantage on checks related to the character's personality, ideals, or bonds. The DM can also decide that circumstances influence a roll in one direction or the other and grant advantage or impose disadvantage as a result.

PROFICIENCY BONUS

Characters have a proficiency bonus determined by level, as detailed in chapter 1. Monsters also have this bonus, which is incorporated in their stat blocks. The bonus is used in the rules on ability checks, saving throws, and attack rolls.

Your proficiency bonus can't be added to a single die roll or other number more than once. For example, if two different rules say you can add your proficiency bonus to a Wisdom saving throw, you nevertheless add the bonus only once when you make the save.

Occasionally, your proficiency bonus might be multiplied or divided (doubled or halved, for example)

before you apply it. For example, the rogue's Expertise feature doubles the proficiency bonus for certain ability checks. If a circumstance suggests that your proficiency bonus applies more than once to the same roll, you still add it only once and multiply or divide it only once.

By the same token, if a feature or effect allows you to multiply your proficiency bonus when making an ability check that wouldn't normally benefit from your proficiency bonus, you still don't add the bonus to the check. For that check your proficiency bonus is 0, given the fact that multiplying 0 by any number is still 0. For instance, if you lack proficiency in the History skill, you gain no benefit from a feature that lets you double your proficiency bonus when you make Intelligence (History) checks.

In general, you don't multiply your proficiency bonus for attack rolls or saving throws. If a feature or effect allows you to do so, these same rules apply.

ABILITY CHECKS

An ability check tests a character's or monster's innate talent and training in an effort to overcome a challenge. The DM calls for an ability check when a character or monster attempts an action (other than an attack) that has a chance of failure. When the outcome is uncertain, the dice determine the results.

For every ability check, the DM decides which of the six abilities is relevant to the task at hand and the difficulty of the task, represented by a Difficulty Class. The more difficult a task, the higher its DC. The Typical Difficulty Classes table shows the most common DCs.

TYPICAL DIFFICULTY CLASSES

| Task Difficulty | DC |
|-------------------|----|
| Very easy | 5 |
| Easy | 10 |
| Medium | 15 |
| Hard | 20 |
| Very hard | 25 |
| Nearly impossible | 30 |

To make an ability check, 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—the creature overcomes the challenge at hand. Otherwise, it's a failure, which means the character or monster makes no progress toward the objective or makes progress combined with a setback determined by the DM.

CONTESTS

Sometimes one character's or monster's efforts are directly opposed to another's. This can occur when both of them are trying to do the same thing and only one can succeed, such as attempting to snatch up a magic ring that has fallen on the floor. This situation also applies when one of them is trying to prevent the other one from accomplishing a goal—for example, when a monster tries to force open a door that an adventurer

is holding closed. In situations like these, the outcome is determined by a special form of ability check, called a contest.

Both participants in a contest make ability checks appropriate to their efforts. They apply all appropriate bonuses and penalties, but instead of comparing the total to a DC, they compare the totals of their two checks. The participant with the higher check total wins the contest. That character or monster either succeeds at the action or prevents the other one from succeeding.

If the contest results in a tie, the situation remains the same as it was before the contest. Thus, one contestant might win the contest by default. If two characters tie in a contest to snatch a ring off the floor, neither character grabs it. In a contest between a monster trying to open a door and an adventurer trying to keep the door closed, a tie means that the door remains shut.

SKILLS

Each ability covers a broad range of capabilities, including skills that a character or a monster can be proficient in. A skill represents a specific aspect of an ability score, and an individual's proficiency in a skill demonstrates a focus on that aspect. (A character's starting skill proficiencies are determined at character creation, and a monster's skill proficiencies appear in the monster's stat block.)

For example, a Dexterity check might reflect a character's attempt to pull off an acrobatic stunt, to palm an object, or to stay hidden. Each of these aspects of Dexterity has an associated skill: Acrobatics, Sleight of Hand, and Stealth, respectively. So a character who has proficiency in the Stealth skill is particularly good at Dexterity checks related to sneaking and hiding.

The skills related to each ability score are shown in the following list. (No skills are related to Constitution.) See an ability's description in the later sections of this chapter for examples of how to use a skill associated with an ability.

Strength

Athletics

Dexterity

Acrobatics

Sleight of Hand

Stealth

Intelligence

Arcana

History

Investigation

Nature

Religion

Wisdom

Animal Handling

Insight

Medicine

Perception

Survival

Charisma

Deception

Intimidation

Performance

Persuasion

Sometimes, the DM might ask for an ability check using a specific skill—for example, "Make a Wisdom (Perception) check." At other times, a player might ask the DM if proficiency in a particular skill applies to a check. In either case, proficiency in a skill means an individual can add his or her proficiency bonus to ability checks that involve that skill. Without proficiency in the skill, the individual makes a normal ability check.

For example, if a character attempts to climb up a dangerous cliff, the Dungeon Master might ask for a Strength (Athletics) check. If the character is proficient in Athletics, the character's proficiency bonus is added to the Strength check. If the character lacks that proficiency, he or she just makes a Strength check.

VARIANT: SKILLS WITH DIFFERENT ABILITIES

Normally, your proficiency in a skill applies only to a specific kind of ability check. Proficiency in Athletics, for example, usually applies to Strength checks. In some situations, though, your proficiency might reasonably apply to a different kind of check. In such cases, the DM might ask for a check using an unusual combination of ability and skill, or you might ask your DM if you can apply a proficiency to a different check. For example, if you have to swim from an offshore island to the mainland, your DM might call for a Constitution check to see if you have the stamina to make it that far. In this case, your DM might allow you to apply your proficiency in Athletics and ask for a Constitution (Athletics) check. So if you're proficient in Athletics, you apply your proficiency bonus to the Constitution check just as you would normally do for a Strength (Athletics) check. Similarly, when your half-orc barbarian uses a display of raw strength to intimidate an enemy, your DM might ask for a Strength (Intimidation) check, even though Intimidation is normally associated with Charisma.

PASSIVE CHECKS

A passive check is a special kind of ability check that doesn't involve any die rolls. Such a check can represent the average result for a task done repeatedly, such as searching for secret doors over and over again, or can be used when the DM wants to secretly determine whether the characters succeed at something without rolling dice, such as noticing a hidden monster.

Here's how to determine a character's total for a passive check:

10 + all modifiers that normally apply to the check

If the character has advantage on the check, add 5. For disadvantage, subtract 5. The game refers to a passive check total as a **score**.

For example, if a 1st-level character has a Wisdom of 15 and proficiency in Perception, he or she has a passive Wisdom (Perception) score of 14.

The rules on hiding in the "Dexterity" section below rely on passive checks, as do the exploration rules in chapter 8.

WORKING TOGETHER

Sometimes two or more characters team up to attempt a task. The character who's leading the effort—or the one with the highest ability modifier—can make an ability check with advantage, reflecting the help provided by the other characters. In combat, this requires the Help action (see chapter 9).

A character can only provide help if the task is one that he or she could attempt alone. For example, trying to open a lock requires proficiency with thieves' tools, so a

character who lacks that proficiency can't help another character in that task. Moreover, a character can help only when two or more individuals working together would actually be productive. Some tasks, such as threading a needle, are no easier with help.

GROUP CHECKS

When a number of individuals are trying to accomplish something as a group, the DM might ask for a group ability check. In such a situation, the characters who are skilled at a particular task help cover those who aren't.

To make a group ability check, everyone in the group makes the ability check. If at least half the group succeeds, the whole group succeeds. Otherwise, the group fails.

Group checks don't come up very often, and they're most useful when all the characters succeed or fail as a group. For example, when adventurers are navigating a swamp, the DM might call for a group Wisdom (Survival) check to see if the characters can avoid the quicksand, sinkholes, and other natural hazards of the environment. If at least half the group succeeds, the successful characters are able to guide their companions out of danger. Otherwise, the group stumbles into one of these hazards.

USING EACH ABILITY

Every task that a character or monster might attempt in the game is covered by one of the six abilities. This section explains in more detail what those abilities mean and the ways they are used in the game.

STRENGTH

Strength measures bodily power, athletic training, and the extent to which you can exert raw physical force.

STRENGTH CHECKS

A Strength check can model any attempt to lift, push, pull, or break something, to force your body through a space, or to otherwise apply brute force to a situation. The Athletics skill reflects aptitude in certain kinds of Strength checks.

Athletics. Your Strength (Athletics) check covers difficult situations you encounter while climbing, jumping, or swimming. Examples include the following activities:

- You attempt to climb a sheer or slippery cliff, avoid hazards while scaling a wall, or cling to a surface while something is trying to knock you off.
- You try to jump an unusually long distance or pull off a stunt midjump.
- You struggle to swim or stay afloat in treacherous currents, storm-tossed waves, or areas of thick seaweed. Or another creature tries to push or pull you underwater or otherwise interfere with your swimming.

Other Strength Checks. The DM might also call for a Strength check when you try to accomplish tasks like the following:



- Force open a stuck, locked, or barred door
- Break free of bonds
- Push through a tunnel that is too small
- Hang on to a wagon while being dragged behind it
- Tip over a statue
- Keep a boulder from rolling

ATTACK ROLLS AND DAMAGE

You add your Strength modifier to your attack roll and your damage roll when attacking with a melee weapon such as a mace, a battleaxe, or a javelin. You use melee weapons to make melee attacks in hand-to-hand combat, and some of them can be thrown to make a ranged attack.

LIFTING AND CARRYING

Your Strength score determines the amount of weight you can bear. The following terms define what you can lift or carry.

Carrying Capacity. Your carrying capacity is your Strength score multiplied by 15. This is the weight (in pounds) that you can carry, which is high enough that most characters don't usually have to worry about it.

Push, Drag, or Lift. You can push, drag, or lift a weight in pounds up to twice your carrying capacity (or 30 times your Strength score). While pushing or dragging weight in excess of your carrying capacity, your speed drops to 5 feet.

Size and Strength. Larger creatures can bear more weight, whereas Tiny creatures can carry less. For each size category above Medium, double the creature's carrying capacity and the amount it can push, drag, or lift. For a Tiny creature, halve these weights.

VARIANT: ENCUMBRANCE

The rules for lifting and carrying are intentionally simple. Here is a variant if you are looking for more detailed rules for determining how a character is hindered by the weight of equipment. When you use this variant, ignore the Strength column of the Armor table in chapter 5.

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.

DEXTERITY

Dexterity measures agility, reflexes, and balance.

DEXTERITY CHECKS

A Dexterity check can model any attempt to move nimbly, quickly, or quietly, or to keep from falling on tricky footing. The Acrobatics, Sleight of Hand, and Stealth skills reflect aptitude in certain kinds of Dexterity checks.

Acrobatics. Your Dexterity (Acrobatics) check covers your attempt to stay on your feet in a tricky situation, such as when you're trying to run across a sheet of ice, balance on a tightrope, or stay upright on a rocking ship's deck. The DM might also call for a Dexterity (Acrobatics) check to see if you can perform acrobatic stunts, including dives, rolls, somersaults, and flips.

Sleight of Hand. Whenever you attempt an act of legerdemain or manual trickery, such as planting something on someone else or concealing an object on your person, make a Dexterity (Sleight of Hand) check. The DM might also call for a Dexterity (Sleight of Hand) check to determine whether you can lift a coin purse off another person or slip something out of another person's pocket.

Stealth. Make a Dexterity (Stealth) check when you attempt to conceal yourself from enemies, slink past guards, slip away without being noticed, or sneak up on someone without being seen or heard.

Other Dexterity Checks. The DM might call for a Dexterity check when you try to accomplish tasks like the following:

- Control a heavily laden cart on a steep descent
- Steer a chariot around a tight turn
- Pick a lock
- Disable a trap
- Securely tie up a prisoner
- Wriggle free of bonds
- Play a stringed instrument
- Craft a small or detailed object

ATTACK ROLLS AND DAMAGE

You add your Dexterity modifier to your attack roll and your damage roll when attacking with a ranged weapon, such as a sling or a longbow. You can also add your Dexterity modifier to your attack roll and your damage roll when attacking with a melee weapon that has the finesse property, such as a dagger or a rapier.

HIDING

When you try to hide, make a Dexterity (Stealth) check. Until you are discovered or you stop hiding, that check's total is contested by the Wisdom (Perception) check of any creature that actively searches for signs of your presence.

You can't hide from a creature that can see you, and if you make noise (such as shouting a warning or knocking over a vase), you give away your position. An invisible creature can't be seen, so it can always try to hide. Signs of its passage might still be noticed, however, and it still has to stay quiet.

In combat, most creatures stay alert for signs of danger all around, so if you come out of hiding and approach a creature, it usually sees you. However, under certain circumstances, the Dungeon Master might allow you to stay hidden as you approach a creature that is distracted, allowing you to gain advantage on an attack before you are seen.

Passive Perception. When you hide, there's a chance someone will notice you even if they aren't searching. To determine whether such a creature notices you, the DM compares your Dexterity (Stealth) check with that creature's passive Wisdom (Perception) score, which equals 10 + the creature's Wisdom modifier, as well as any other bonuses or penalties. If the creature has advantage, add 5. For disadvantage, subtract 5.

For example, if a 1st-level character (with a proficiency bonus of +2) has a Wisdom of 15 (a +2 modifier) and proficiency in Perception, he or she has a passive Wisdom (Perception) of 14.

What Can You See? One of the main factors in determining whether you can find a hidden creature or object is how well you can see in an area, which might be **lightly** or **heavily obscured**, as explained in chapter 8.

ARMOR CLASS

Depending on the armor you wear, you might add some or all of your Dexterity modifier to your Armor Class, as described in chapter 5.

INITIATIVE

At the beginning of every combat, you roll initiative by making a Dexterity check. Initiative determines the order of creatures' turns in combat, as described in chapter 9.

CONSTITUTION

Constitution measures health, stamina, and vital force.

CONSTITUTION CHECKS

Constitution checks are uncommon, and no skills apply to Constitution checks, because the endurance this ability represents is largely passive rather than involving a specific effort on the part of a character or monster. A Constitution check can model your attempt to push beyond normal limits, however.

The DM might call for a Constitution check when you try to accomplish tasks like the following:

- Hold your breath
- March or labor for hours without rest
- Go without sleep
- Survive without food or water
- Quaff an entire stein of ale in one go

HIT POINTS

Your Constitution modifier contributes to your hit points. Typically, you add your Constitution modifier to each Hit Die you roll for your hit points.

If your Constitution modifier changes, your hit point maximum changes as well, as though you had the new modifier from 1st level. For example, if you raise your Constitution score when you reach 4th level and your Constitution modifier increases from +1 to +2, you adjust your hit point maximum as though the modifier had always been +2. So you add 3 hit points for your first three levels, and then roll your hit points for 4th level using your new modifier. Or if you're 7th level and some effect lowers your Constitution score so as to reduce your Constitution modifier by 1, your hit point maximum is reduced by 7.

INTELLIGENCE

Intelligence measures mental acuity, accuracy of recall, and the ability to reason.

INTELLIGENCE CHECKS

An Intelligence check comes into play when you need to draw on logic, education, memory, or deductive reasoning. The Arcana, History, Investigation, Nature, and Religion skills reflect aptitude in certain kinds of Intelligence checks.

Arcana. Your Intelligence (Arcana) check measures your ability to recall lore about spells, magic items, eldritch symbols, magical traditions, the planes of existence, and the inhabitants of those planes.

History. Your Intelligence (History) check measures your ability to recall lore about historical events,

legendary people, ancient kingdoms, past disputes, recent wars, and lost civilizations.

Investigation. When you look around for clues and make deductions based on those clues, you make an Intelligence (Investigation) check. You might deduce the location of a hidden object, discern from the appearance of a wound what kind of weapon dealt it, or determine the weakest point in a tunnel that could cause it to collapse. Poring through ancient scrolls in search of a hidden fragment of knowledge might also call for an Intelligence (Investigation) check.

Nature. Your Intelligence (Nature) check measures your ability to recall lore about terrain, plants and animals, the weather, and natural cycles.

Religion. Your Intelligence (Religion) check measures your ability to recall lore about deities, rites and prayers, religious hierarchies, holy symbols, and the practices of secret cults.

Other Intelligence Checks. The DM might call for an Intelligence check when you try to accomplish tasks like the following:

- Communicate with a creature without using words
- Estimate the value of a precious item
- Pull together a disguise to pass as a city guard
- Forge a document
- Recall lore about a craft or trade
- Win a game of skill

SPELLCASTING ABILITY

Wizards use Intelligence as their spellcasting ability, which helps determine the saving throw DCs of spells they cast.

WISDOM

Wisdom reflects how attuned you are to the world around you and represents perceptiveness and intuition.

WISDOM CHECKS

A Wisdom check might reflect an effort to read body language, understand someone's feelings, notice things about the environment, or care for an injured person. The Animal Handling, Insight, Medicine, Perception, and Survival skills reflect aptitude in certain kinds of Wisdom checks.

Animal Handling. When there is any question whether you can calm down a domesticated animal, keep a mount from getting spooked, or intuit an animal's intentions, the DM might call for a Wisdom (Animal Handling) check. You also make a Wisdom (Animal Handling) check to control your mount when you attempt a risky maneuver.

Insight. Your Wisdom (Insight) check decides whether you can determine the true intentions of a creature, such as when searching out a lie or predicting someone's next move. Doing so involves gleaning clues from body language, speech habits, and changes in mannerisms.

Medicine. A Wisdom (Medicine) check lets you try to stabilize a dying companion or diagnose an illness.

Perception. Your Wisdom (Perception) check lets you spot, hear, or otherwise detect the presence of something. It measures your general awareness of your surroundings and the keenness of your senses.

FINDING A HIDDEN OBJECT

When your character searches for a hidden object such as a secret door or a trap, the DM typically asks you to make a Wisdom (Perception) check. Such a check can be used to find hidden details or other information and clues that you might otherwise overlook.

In most cases, you need to describe where you are looking in order for the DM to determine your chance of success. For example, a key is hidden beneath a set of folded clothes in the top drawer of a bureau. If you tell the DM that you pace around the room, looking at the walls and furniture for clues, you have no chance of finding the key, regardless of your Wisdom (Perception) check result. You would have to specify that you were opening the drawers or searching the bureau in order to have any chance of success.

For example, you might try to hear a conversation through a closed door, eavesdrop under an open window, or hear monsters moving stealthily in the forest. Or you might try to spot things that are obscured or easy to miss, whether they are orcs lying in ambush on a road, thugs hiding in the shadows of an alley, or candlelight under a closed secret door.

Survival. The DM might ask you to make a Wisdom (Survival) check to follow tracks, hunt wild game, guide your group through frozen wastelands, identify signs that owlbears live nearby, predict the weather, or avoid quicksand and other natural hazards.

Other Wisdom Checks. The DM might call for a Wisdom check when you try to accomplish tasks like the following:

- Get a gut feeling about what course of action to follow
- Discern whether a seemingly dead or living creature is undead

SPELLCASTING ABILITY

Clerics, druids, and rangers use Wisdom as their spellcasting ability, which helps determine the saving throw DCs of spells they cast.

CHARISMA

Charisma measures your ability to interact effectively with others. It includes such factors as confidence and eloquence, and it can represent a charming or commanding personality.

CHARISMA CHECKS

A Charisma check might arise when you try to influence or entertain others, when you try to make an impression or tell a convincing lie, or when you are navigating a tricky social situation. The Deception, Intimidation, Performance, and Persuasion skills reflect aptitude in certain kinds of Charisma checks.

Deception. Your Charisma (Deception) check determines whether you can convincingly hide the truth, either verbally or through your actions. This deception can encompass everything from misleading others through ambiguity to telling outright lies. Typical situations include trying to fast-talk a guard, con a merchant, earn money through gambling, pass yourself off in a disguise, dull someone's suspicions with false assurances, or maintain a straight face while telling a blatant lie.

Intimidation. When you attempt to influence someone through overt threats, hostile actions, and physical violence, the DM might ask you to make a Charisma (Intimidation) check. Examples include trying to pry information out of a prisoner, convincing street thugs to back down from a confrontation, or using the edge of a broken bottle to convince a sneering vizier to reconsider a decision.

Performance. Your Charisma (Performance) check determines how well you can delight an audience with music, dance, acting, storytelling, or some other form of entertainment.

Persuasion. When you attempt to influence someone or a group of people with tact, social graces, or good nature, the DM might ask you to make a Charisma (Persuasion) check. Typically, you use persuasion when acting in good faith, to foster friendships, make cordial requests, or exhibit proper etiquette. Examples of persuading others include convincing a chamberlain to let your party see the king, negotiating peace between warring tribes, or inspiring a crowd of townsfolk.

Other Charisma Checks. The DM might call for a Charisma check when you try to accomplish tasks like the following:

- Find the best person to talk to for news, rumors, and gossip
- Blend into a crowd to get the sense of key topics of conversation

SPELLCASTING ABILITY

Bards, paladins, sorcerers, and warlocks use Charisma as their spellcasting ability, which helps determine the saving throw DCs of spells they cast.

SAVING THROWS

A saving throw—also called a save—represents an attempt to resist a spell, a trap, a poison, a disease, or a similar threat. You don't normally decide to make a saving throw; you are forced to make one because your character or monster is at risk of harm.

To make a saving throw, roll a d20 and add the appropriate ability modifier. For example, you use your Dexterity modifier for a Dexterity saving throw.

A saving throw can be modified by a situational bonus or penalty and can be affected by advantage and disadvantage, as determined by the DM.

Each class gives proficiency in at least two saving throws. The wizard, for example, is proficient in Intelligence saves. As with skill proficiencies, proficiency in a saving throw lets a character add his or her proficiency bonus to saving throws made using a particular ability score. Some monsters have saving throw proficiencies as well.

The Difficulty Class for a saving throw is determined by the effect that causes it. For example, the DC for a saving throw allowed by a spell is determined by the caster's spellcasting ability and proficiency bonus.

The result of a successful or failed saving throw is also detailed in the effect that allows the save. Usually, a successful save means that a creature suffers no harm, or reduced harm, from an effect.



CHAPTER 8: ADVENTURING

DELVING INTO THE ANCIENT TOMB OF HORRORS, slipping through the back alleys of Waterdeep, hacking a fresh trail through the thick jungles on the Isle of Dread—these are the things that DUNGEONS & DRAGONS adventures are made of. Your character in the game might explore forgotten ruins and uncharted lands, uncover dark secrets and sinister plots, and slay foul monsters. And if all goes well, your character will survive to claim rich rewards before embarking on a new adventure.

This chapter covers the basics of the adventuring life, from the mechanics of movement to the complexities of social interaction. The rules for resting are also in this chapter, along with a discussion of the activities your character might pursue between adventures.

Whether adventurers are exploring a dusty dungeon or the complex relationships of a royal court, the game follows a natural rhythm, as outlined in the book's introduction:

1. The DM describes the environment.
2. The players describe what they want to do.
3. The DM narrates the results of their actions.

Typically, the DM uses a map as an outline of the adventure, tracking the characters' progress as they explore dungeon corridors or wilderness regions. The DM's notes, including a key to the map, describe what the adventurers find as they enter each new area. Sometimes, the passage of time and the adventurers' actions determine what happens, so the DM might use a timeline or a flowchart to track their progress instead of a map.

TIME

In situations where keeping track of the passage of time is important, the DM determines the time a task requires. The DM might use a different time scale depending on the context of the situation at hand. In a dungeon environment, the adventurers' movement happens on a scale of **minutes**. It takes them about a minute to creep down a long hallway, another minute to check for traps on the door at the end of the hall, and a good ten minutes to search the chamber beyond for anything interesting or valuable.

In a city or wilderness, a scale of **hours** is often more appropriate. Adventurers eager to reach the lonely tower at the heart of the forest hurry across those fifteen miles in just under four hours' time.

For long journeys, a scale of **days** works best. Following the road from Baldur's Gate to Waterdeep, the adventurers spend four uneventful days before a goblin ambush interrupts their journey.

In combat and other fast-paced situations, the game relies on **rounds**, a 6-second span of time described in chapter 9.

MOVEMENT

Swimming across a rushing river, sneaking down a dungeon corridor, scaling a treacherous mountain slope—all sorts of movement play a key role in D&D adventures.

The DM can summarize the adventurers' movement without calculating exact distances or travel times: "You travel through the forest and find the dungeon entrance late in the evening of the third day." Even in a dungeon, particularly a large dungeon or a cave network, the DM can summarize movement between encounters: "After killing the guardian at the entrance to the ancient dwarven stronghold, you consult your map, which leads you through miles of echoing corridors to a chasm bridged by a narrow stone arch."

Sometimes it's important, though, to know how long it takes to get from one spot to another, whether the answer is in days, hours, or minutes. The rules for determining travel time depend on two factors: the speed and travel pace of the creatures moving and the terrain they're moving over.

SPEED

Every character and monster has a speed, which is the distance in feet that the character or monster can walk in 1 round. This number assumes short bursts of energetic movement in the midst of a life-threatening situation.

The following rules determine how far a character or monster can move in a minute, an hour, or a day.

TRAVEL PACE

While traveling, a group of adventurers can move at a normal, fast, or slow pace, as shown on the Travel Pace table. The table states how far the party can move in a period of time and whether the pace has any effect. A fast pace makes characters less perceptive, while a slow pace makes it possible to sneak around and to search an area more carefully (see the "Activity While Traveling" section later in this chapter for more information).

Forced March. The Travel Pace table assumes that characters travel for 8 hours in day. They can push on beyond that limit, at the risk of exhaustion.

For each additional hour of travel beyond 8 hours, the characters cover the distance shown in the Hour column for their pace, and each character must make a Constitution saving throw at the end of the hour. The DC is 10 + 1 for each hour past 8 hours. On a failed saving throw, a character suffers one level of exhaustion (see appendix A).

Mounts and Vehicles. For short spans of time (up to an hour), many animals move much faster than humanoids. A mounted character can ride at a gallop for about an hour, covering twice the usual distance for a fast pace. If fresh mounts are available every 8 to 10 miles, characters can cover larger distances at this pace, but this is very rare except in densely populated areas.

Characters in wagons, carriages, or other land vehicles choose a pace as normal. Characters in a waterborne vessel are limited to the speed of the vessel (see chapter 5), and they don't suffer penalties for a fast pace or gain benefits from a slow pace. Depending on the vessel and the size of the crew, ships might be able to travel for up to 24 hours per day.

Certain special mounts, such as a pegasus or griffon, or special vehicles, such as a *carpet of flying*, allow you to travel more swiftly. The *Dungeon Master's Guide* contains more information on special methods of travel.

TRAVEL PACE

| Pace | Distance Traveled per . . . | | | Effect |
|--------|-----------------------------|---------|----------|--|
| | Minute | Hour | Day | |
| Fast | 400 feet | 4 miles | 30 miles | -5 penalty to passive Wisdom (Perception) scores |
| Normal | 300 feet | 3 miles | 24 miles | — |
| Slow | 200 feet | 2 miles | 18 miles | Able to use stealth |

DIFFICULT TERRAIN

The travel speeds given in the Travel Pace table assume relatively simple terrain: roads, open plains, or clear dungeon corridors. But adventurers often face dense forests, deep swamps, rubble-filled ruins, steep mountains, and ice-covered ground—all considered difficult terrain.

You move at half speed in difficult terrain—moving 1 foot in difficult terrain costs 2 feet of speed—so you can cover only half the normal distance in a minute, an hour, or a day.

SPECIAL TYPES OF MOVEMENT

Movement through dangerous dungeons or wilderness areas often involves more than simply walking. Adventurers might have to climb, crawl, swim, or jump to get where they need to go.

CLIMBING, SWIMMING, AND CRAWLING

While climbing or swimming, each foot of movement costs 1 extra foot (2 extra feet in difficult terrain), unless a creature has a climbing or swimming speed. At the DM's option, climbing a slippery vertical surface or one with few handholds requires a successful Strength (Athletics) check. Similarly, gaining any distance in rough water might require a successful Strength (Athletics) check.

JUMPING

Your Strength determines how far you can jump.

Long Jump. When you make a long jump, you cover a number of feet up to your Strength score if you move at least 10 feet on foot immediately before the jump. When you make a standing long jump, you can leap only half that distance. Either way, each foot you clear on the jump costs a foot of movement.

This rule assumes that the height of your jump doesn't matter, such as a jump across a stream or chasm. At your DM's option, you must succeed on a

DC 10 Strength (Athletics) check to clear a low obstacle (no taller than a quarter of the jump's distance), such as a hedge or low wall. Otherwise, you hit it.

When you land in difficult terrain, you must succeed on a DC 10 Dexterity (Acrobatics) check to land on your feet. Otherwise, you land prone.

High Jump. When you make a high jump, you leap into the air a number of feet equal to 3 + your Strength modifier if you move at least 10 feet on foot immediately before the jump. When you make a standing high jump, you can jump only half that distance. Either way, each foot you clear on the jump costs a foot of movement. In some circumstances, your DM might allow you to make a Strength (Athletics) check to jump higher than you normally can.

You can extend your arms half your height above yourself during the jump. Thus, you can reach above you a distance equal to the height of the jump plus 1½ times your height.

ACTIVITY WHILE TRAVELING

As adventurers travel through a dungeon or the wilderness, they need to remain alert for danger, and some characters might perform other tasks to help the group's journey.

MARCHING ORDER

The adventurers should establish a marching order. A marching order makes it easier to determine which characters are affected by traps, which ones can spot hidden enemies, and which ones are the closest to those enemies when a fight breaks out.

A character might occupy the front rank, one or more middle ranks, or the back rank. Characters in the front and back ranks need enough room to travel side by side with others in their rank. When space is too tight, the marching order must change, usually by moving characters to a middle rank.

Fewer Than Three Ranks. If an adventuring party arranges its marching order with only two ranks, they are a front rank and a back rank. If there's only one rank, it's considered a front rank.

STEALTH

While traveling at a slow pace, the characters can move stealthily. As long as they're not in the open, they can try to surprise or sneak by other creatures they encounter. See the rules for hiding in chapter 7.

NOTICING THREATS

Use the passive Wisdom (Perception) scores of the characters to determine whether anyone in the group notices a hidden threat. The DM might decide that a threat can be noticed only by characters in a particular rank. For example, as the characters are exploring a maze of tunnels, the DM might decide that only those characters in the back rank have a chance to hear or spot a stealthy creature following the group, while characters in the front and middle ranks cannot.

While traveling at a fast pace, characters take a -5 penalty to their passive Wisdom (Perception) scores to notice hidden threats.

Encountering Creatures. If the DM determines that the adventurers encounter other creatures while they're traveling, it's up to both groups to decide what happens next. Either group might decide to attack, initiate a conversation, run away, or wait to see what the other group does.

Surprising Foes. If the adventurers encounter a hostile creature or group, the DM determines whether the adventurers or their foes might be surprised when combat erupts. See chapter 9 for more about surprise.

OTHER ACTIVITIES

Characters who turn their attention to other tasks as the group travels are not focused on watching for danger. These characters don't contribute their passive Wisdom (Perception) scores to the group's chance of noticing hidden threats. However, a character not watching for danger can do one of the following activities instead, or some other activity with the DM's permission.

Navigate. The character can try to prevent the group from becoming lost, making a Wisdom (Survival) check when the DM calls for it. (The *Dungeon Master's Guide* has rules to determine whether the group gets lost.)

Draw a Map. The character can draw a map that records the group's progress and helps the characters get back on course if they get lost. No ability check is required.

Track. A character can follow the tracks of another creature, making a Wisdom (Survival) check when the DM calls for it. (The *Dungeon Master's Guide* has rules for tracking.)

Forage. The character can keep an eye out for ready sources of food and water, making a Wisdom (Survival) check when the DM calls for it. (The *Dungeon Master's Guide* has rules for foraging.)

THE ENVIRONMENT

By its nature, adventuring involves delving into places that are dark, dangerous, and full of mysteries to be explored. The rules in this section cover some of the most important ways in which adventurers interact with the environment in such places. The *Dungeon Master's Guide* has rules covering more unusual situations.

FALLING

A fall from a great height is one of the most common hazards facing an adventurer.

At the end of a fall, a creature takes 1d6 bludgeoning damage for every 10 feet it fell, to a maximum of 20d6. The creature lands prone, unless it avoids taking damage from the fall.

SUFFOCATING

A creature can hold its breath for a number of minutes equal to 1 + its Constitution modifier (minimum of 30 seconds).

When a creature runs out of breath, it can survive for a number of rounds equal to its Constitution modifier (minimum 1 round). At the start of its next turn, it drops to 0 hit points and is dying.

SPLITTING UP THE PARTY

Sometimes, it makes sense to split an adventuring party, especially if you want one or more characters to scout ahead. You can form multiple parties, each moving at a different speed. Each group has its own front, middle, and back ranks.

The drawback to this approach is that the party will be split into several smaller groups in the event of an attack. The advantage is that a small group of stealthy characters moving slowly might be able to sneak past enemies that clumsier characters would alert. A rogue and a monk moving at a slow pace are much harder to detect when they leave their dwarf paladin friend behind.

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.

VISION AND LIGHT

The most fundamental tasks of adventuring—noticing danger, finding hidden objects, hitting an enemy in combat, and targeting a spell, to name just a few—rely heavily on a character's ability to see. Darkness and other effects that obscure vision can prove a significant hindrance.

A given area might be lightly or heavily obscured. In a **lightly obscured** area, such as dim light, patchy fog, or moderate foliage, creatures have disadvantage on Wisdom (Perception) checks that rely on sight.

A **heavily obscured** area—such as darkness, opaque fog, or dense foliage—blocks vision entirely. A creature in a heavily obscured area effectively suffers from the blinded condition (see appendix A).

The presence or absence of light in an environment creates three categories of illumination: bright light, dim light, and darkness.

Bright light lets most creatures see normally. Even gloomy days provide bright light, as do torches, lanterns, fires, and other sources of illumination within a specific radius.

Dim light, also called shadows, creates a lightly obscured area. An area of dim light is usually a boundary between a source of bright light, such as a torch, and surrounding darkness. The soft light of twilight and dawn also counts as dim light. A particularly brilliant full moon might bathe the land in dim light.

Darkness creates a heavily obscured area. Characters face darkness outdoors at night (even most moonlit nights), within the confines of an unlit dungeon or a subterranean vault, or in an area of magical darkness.

BLINDSIGHT

A creature with blindsight can perceive its surroundings without relying on sight, within a specific radius. Creatures without eyes, such as oozes, and creatures with echolocation or heightened senses, such as bats and true dragons, have this sense.

DARKVISION

Many creatures in the worlds of D&D, especially those that dwell underground, have darkvision. Within a specified range, a creature with darkvision can see in

darkness as if the darkness were dim light, so areas of darkness are only lightly obscured as far as that creature is concerned. However, the creature can't discern color in darkness, only shades of gray.

TRUESIGHT

A creature with truesight can, out to a specific range, see in normal and magical darkness, see invisible creatures and objects, automatically detect visual illusions and succeed on saving throws against them, and perceives the original form of a shapechanger or a creature that is transformed by magic. Furthermore, the creature can see into the Ethereal Plane.

FOOD AND WATER

Characters who don't eat or drink suffer the effects of exhaustion (see appendix A). Exhaustion caused by lack of food or water can't be removed until the character eats and drinks the full required amount.

FOOD

A character needs one pound of food per day and can make food last longer by subsisting on half rations. Eating half a pound of food in a day counts as half a day without food.

A character can go without food for a number of days equal to 3 + his or her Constitution modifier (minimum 1). At the end of each day beyond that limit, a character automatically suffers one level of exhaustion.

A normal day of eating resets the count of days without food to zero.

WATER

A character needs one gallon of water per day, or two gallons per day if the weather is hot. A character who drinks only half that much water must succeed on a DC 15 Constitution saving throw or suffer one level of exhaustion at the end of the day. A character with access to even less water automatically suffers one level of exhaustion at the end of the day.

If the character already has one or more levels of exhaustion, the character takes two levels in either case.

INTERACTING WITH OBJECTS

A character's interaction with objects in an environment is often simple to resolve in the game. The player tells the DM that his or her character is doing something, such as moving a lever, and the DM describes what, if anything happens.

For example, a character might decide to pull a lever, which might, in turn, raise a portcullis, cause a room to flood with water, or open a secret door in a nearby wall. If the lever is rusted in position, though, a character might need to force it. In such a situation, the DM might call for a Strength check to see whether the character can wrench the lever into place. The DM sets the DC for any such check based on the difficulty of the task.

Characters can also damage objects with their weapons and spells. Objects are immune to poison and psychic damage, but otherwise they can be affected by physical and magical attacks much like creatures

can. The DM determines an object's Armor Class and hit points, and might decide that certain objects have resistance or immunity to certain kinds of attacks. (It's hard to cut a rope with a club, for example.) Objects always fail Strength and Dexterity saving throws, and they are immune to effects that require other saves. When an object drops to 0 hit points, it breaks.

A character can also attempt a Strength check to break an object. The DM sets the DC for any such check.

SOCIAL INTERACTION

Exploring dungeons, overcoming obstacles, and slaying monsters are key parts of D&D adventures. No less important, though, are the social interactions that adventurers have with other inhabitants of the world.

Interaction takes on many forms. You might need to convince an unscrupulous thief to confess to some malfeasance, or you might try to flatter a dragon so that it will spare your life. The DM assumes the roles of any characters who are participating in the interaction that don't belong to another player at the table. Any such character is called a **nonplayer character** (NPC).

In general terms, an NPC's attitude toward you is described as friendly, indifferent, or hostile. Friendly NPCs are predisposed to help you, and hostile ones are inclined to get in your way. It's easier to get what you want from a friendly NPC, of course.

Social interactions have two primary aspects: roleplaying and ability checks.

ROLEPLAYING

Roleplaying is, literally, the act of playing out a role. In this case, it's *you* as a player determining how your character thinks, acts, and talks.

Roleplaying is a part of every aspect of the game, and it comes to the fore during social interactions. Your character's quirks, mannerisms, and personality influence how interactions resolve.

There are two styles you can use when roleplaying your character: the descriptive approach and the active approach. Most players use a combination of the two styles. Use whichever mix of the two works best for you.

DESCRIPTIVE APPROACH TO ROLEPLAYING

With this approach, you describe your character's words and actions to the DM and the other players. Drawing on your mental image of your character, you tell everyone what your character does and how he or she does it.

For instance, Chris plays Tordek the dwarf. Tordek has a quick temper and blames the elves of the Cloakwood for his family's misfortune. At a tavern, an obnoxious elf minstrel sits at Tordek's table and tries to strike up a conversation with the dwarf.

Chris says, "Tordek spits on the floor, growls an insult at the bard, and stomps over to the bar. He sits on a stool and glares at the minstrel before ordering another drink."

In this example, Chris has conveyed Tordek's mood and given the DM a clear idea of his character's attitude and actions.

When using descriptive roleplaying, keep the following things in mind:

- Describe your character's emotions and attitude.
- Focus on your character's intent and how others might perceive it.
- Provide as much embellishment as you feel comfortable with.

Don't worry about getting things exactly right. Just focus on thinking about what your character would do and describing what you see in your mind.

ACTIVE APPROACH TO ROLEPLAYING

If descriptive roleplaying tells your DM and your fellow players what your character thinks and does, active roleplaying *shows* them.

When you use active roleplaying, you speak with your character's voice, like an actor taking on a role. You might even echo your character's movements and body language. This approach is more immersive than descriptive roleplaying, though you still need to describe things that can't be reasonably acted out.

Going back to the example of Chris roleplaying Tordek above, here's how the scene might play out if Chris used active roleplaying:

Speaking as Tordek, Chris says in a gruff, deep voice, "I was wondering why it suddenly smelled awful in here. If I wanted to hear anything out of you, I'd snap your arm and enjoy your screams." In his normal voice, Chris then adds, "I get up, glare at the elf, and head to the bar."

RESULTS OF ROLEPLAYING

The DM uses your character's actions and attitudes to determine how an NPC reacts. A cowardly NPC buckles under threats of violence. A stubborn dwarf refuses to let anyone badger her. A vain dragon laps up flattery.

When interacting with an NPC, pay close attention to the DM's portrayal of the NPC's mood, dialogue, and personality. You might be able to determine an NPC's personality traits, ideals, flaws, and bonds, then play on them to influence the NPC's attitude.

Interactions in D&D are much like interactions in real life. If you can offer NPCs something they want, threaten them with something they fear, or play on their sympathies and goals, you can use words to get almost anything you want. On the other hand, if you insult a proud warrior or speak ill of a noble's allies, your efforts to convince or deceive will fall short.

ABILITY CHECKS

In addition to roleplaying, ability checks are key in determining the outcome of an interaction.

Your roleplaying efforts can alter an NPC's attitude, but there might still be an element of chance in the situation. For example, your DM can call for a Charisma check at any point during an interaction if he or she wants the dice to play a role in determining an NPC's reactions. Other checks might be appropriate in certain situations, at your DM's discretion.

Pay attention to your skill proficiencies when thinking of how you want to interact with an NPC, and stack the deck in your favor by using an approach that relies

on your best bonuses and skills. If the group needs to trick a guard into letting them into a castle, the rogue who is proficient in Deception is the best bet to lead the discussion. When negotiating for a hostage's release, the cleric with Persuasion should do most of the talking.

RESTING

Heroic though they might be, adventurers can't spend every hour of the day in the thick of exploration, social interaction, and combat. They need rest—time to sleep and eat, tend their wounds, refresh their minds and spirits for spellcasting, and brace themselves for further adventure.

Adventurers can take short rests in the midst of an adventuring day and a long rest to end the day.

SHORT REST

A short rest is a period of downtime, at least 1 hour long, during which a character does nothing more strenuous than eating, drinking, reading, and tending to wounds.

A character can spend one or more Hit Dice at the end of a short rest, up to the character's maximum number of Hit Dice, which is equal to the character's level. For each Hit Die spent in this way, the player rolls the die and adds the character's Constitution modifier to it. The character regains hit points equal to the total. The player can decide to spend an additional Hit Die after each roll. A character regains some spent Hit Dice upon finishing a long rest, as explained below.

LONG REST

A long rest is a period of extended downtime, at least 8 hours long, during which a character sleeps or performs light activity: reading, talking, eating, or standing watch for no more than 2 hours. If the rest is interrupted by a period of strenuous activity—at least 1 hour of walking, fighting, casting spells, or similar adventuring activity—the characters must begin the rest again to gain any benefit from it.

At the end of a long rest, a character regains all lost hit points. The character also regains spent Hit Dice, up to a number of dice equal to half of the character's total number of them. For example, if a character has eight Hit Dice, he or she can regain four spent Hit Dice upon finishing a long rest.

A character can't benefit from more than one long rest in a 24-hour period, and a character must have at least 1 hit point at the start of the rest to gain its benefits.

BETWEEN ADVENTURES

Between trips to dungeons and battles against ancient evils, adventurers need time to rest, recuperate, and prepare for their next adventure. Many adventurers also use this time to perform other tasks, such as crafting arms and armor, performing research, or spending their hard-earned gold.

In some cases, the passage of time is something that occurs with little fanfare or description. When starting a new adventure, the DM might simply declare that a certain amount of time has passed and allow you to

describe in general terms what your character has been doing. At other times, the DM might want to keep track of just how much time is passing as events beyond your perception stay in motion.

LIFESTYLE EXPENSES

Between adventures, you choose a particular quality of life and pay the cost of maintaining that lifestyle, as described in chapter 5.

Living a particular lifestyle doesn't have a huge effect on your character, but your lifestyle can affect the way other individuals and groups react to you. For example, when you lead an aristocratic lifestyle, it might be easier for you to influence the nobles of the city than if you live in poverty.

DOWNTIME ACTIVITIES

Between adventures, the DM might ask you what your character is doing during his or her downtime. Periods of downtime can vary in duration, but each downtime activity requires a certain number of days to complete before you gain any benefit, and at least 8 hours of each day must be spent on the downtime activity for the day to count. The days do not need to be consecutive. If you have more than the minimum amount of days to spend, you can keep doing the same thing for a longer period of time, or switch to a new downtime activity.

Downtime activities other than the ones presented below are possible. If you want your character to spend his or her downtime performing an activity not covered here, discuss it with your DM.

CRAFTING

You can craft nonmagical objects, including adventuring equipment and works of art. You must be proficient with tools related to the object you are trying to create (typically artisan's tools). You might also need access to special materials or locations necessary to create it. For example, someone proficient with smith's tools needs a forge in order to craft a sword or suit of armor.

For every day of downtime you spend crafting, you can craft one or more items with a total market value not exceeding 5 gp, and you must expend raw materials worth half the total market value. If something you want to craft has a market value greater than 5 gp, you make progress every day in 5-gp increments until you reach the market value of the item. For example, a suit of plate armor (market value 1,500 gp) takes 300 days to craft by yourself.

Multiple characters can combine their efforts toward the crafting of a single item, provided that the characters all have proficiency with the requisite tools and are working together in the same place. Each character contributes 5 gp worth of effort for every day spent helping to craft the item. For example, three characters with the requisite tool proficiency and the proper facilities can craft a suit of plate armor in 100 days, at a total cost of 750 gp.

While crafting, you can maintain a modest lifestyle without having to pay 1 gp per day, or a comfortable lifestyle at half the normal cost (see chapter 5 for more information on lifestyle expenses).

PRACTICING A PROFESSION

You can work between adventures, allowing you to maintain a modest lifestyle without having to pay 1 gp per day (see chapter 5 for more information on lifestyle expenses). This benefit lasts as long you continue to practice your profession.

If you are a member of an organization that can provide gainful employment, such as a temple or a thieves' guild, you earn enough to support a comfortable lifestyle instead.

If you have proficiency in the Performance skill and put your performance skill to use during your downtime, you earn enough to support a wealthy lifestyle instead.

RECUPERATING

You can use downtime between adventures to recover from a debilitating injury, disease, or poison.

After three days of downtime spent recuperating, you can make a DC 15 Constitution saving throw. On a successful save, you can choose one of the following results:

- End one effect on you that prevents you from regaining hit points.
- For the next 24 hours, gain advantage on saving throws against one disease or poison currently affecting you.

RESEARCHING

The time between adventures is a great chance to perform research, gaining insight into mysteries that have unfurled over the course of the campaign. Research can include poring over dusty tomes and crumbling scrolls in a library or buying drinks for the locals to pry rumors and gossip from their lips.

When you begin your research, the DM determines whether the information is available, how many days of downtime it will take to find it, and whether there are any restrictions on your research (such as needing to seek out a specific individual, tome, or location). The DM might also require you to make one or more ability checks, such as an Intelligence (Investigation) check to find clues pointing toward the information you seek, or a Charisma (Persuasion) check to secure someone's aid. Once those conditions are met, you learn the information if it is available.

For each day of research, you must spend 1 gp to cover your expenses. This cost is in addition to your normal lifestyle expenses (as discussed in chapter 5).

TRAINING

You can spend time between adventures learning a new language or training with a set of tools. Your DM might allow additional training options.

First, you must find an instructor willing to teach you. The DM determines how long it takes, and whether one or more ability checks are required.

The training lasts for 250 days and costs 1 gp per day. After you spend the requisite amount of time and money, you learn the new language or gain proficiency with the new tool.