Basic: Provides 10 Armor health; requires only 35% coverage, which should be in the form of jacket or coat. This armor may not be augmented. If the wearer would trigger a pressure plate trap, spend 5 Mind to move back enough that the trigger is no longer

move back enough that the trigger is no longer depressed - the trap is not triggered but is still active. **Avonturr:** May spend 20 Mind or 1 Resolve to pause a timer on an environmental effect for 1 minute. May extend this time by 1 minute per additional Resolve

spent.