

	Every value is balanced per 1 hour of work needed			
	Value of XP is not taken into account			
	Gas costs are not taken into account			
	Fishing	Value of fishing equipment is not taken into account		
	Item	per hour (activity)	hours (material)	per hour (total)
	Minnus	120	0	120
	Blekk	120	0	120
	Skrimp	120	0	120
	Feola	100	0	100
	Ancho	90	0	90
	Trout	72	0	72
	Rojja	60	0	60
	Bowfish	50	0	50
	Goldfish	45	0	45
	Mysty Blue	48	0	48
	Flitfish	50	0	50
	Razorfish	50	0	50
	Quaffer	48	0	48
	Roxa	45	0	45
	Azacudda	45	0	45
	Stoneclaw	45	0	45
	Cruskan	45	0	45
	Chodfish	36	0	36
	Doubtfish	36	0	36
	Rosefin	36	0	36
	Cooking	Cooking is balanced based on cook level 100		
	Item	per hour (activity)	hours (material)	per hour (total)
	Minnus	108	1	54.0

	Blekk	108	1	54.0	
	Skrimp	108	1	54.0	
	Feola	90	1	45.0	
	Ancho	81	1	40.5	
	Trout	65	1	32.4	
	Rojja	54	1	27.0	
	Bowfish	45	1	22.5	
	Goldfish	41	1	20.3	
	Mysty Blue	39	1	19.4	
	Flitfish	36	1	18.0	
	Razorfish	33	1	16.3	
	Quaffer	29	1	14.4	
	Roxa	26	1	12.8	
	Azacudda	23	1	11.7	
	Stoneclaw	21	1	10.6	
	Cruskan	18	1	9.0	
	Chodfish	14	1	7.2	
	Doubtfish	14	1	7.2	
	Rosefin	15	1	7.4	
	Mining	Value of mining equipment is not taken into account			
	Item	per hour (activity)	hours (material)	per hour (total)	
	Copper Ore	120	0	120	
	Tin Ore	120	0	120	
	Iron Ore	100	0	100	
	Sapphire	50	0	50	
	Coal Ore	90	0	90	
	Emerald	45	0	45	
	Mithril Ore	90	0	90	
	Ruby	40	0	40	

	Adamantine Ore	75	0	75	
	Amethyst	36	0	36	
	Rune Ore	72	0	72	
	Diamond	30	0	30	
	Titanium Ore	60	0	60	
	Dragonstone Ore	20	0	20	
	Orichalcum Ore	40	0	40	
	Bars	Value of mining equipment is not taken into account			
	Item	per hour (activity)	hours (material)	per hour (total)	
	Bronze Bar	240	4	48.0	
	Iron Bar	225	2	69.2	
	Mithril Bar	180	4	36.0	
	Adamantine Bar	150	7	18.8	
	Rune Bar	144	10	13.1	
	Titanium Bar	120	13	8.8	
	Orichalcum Bar	120	15	7.5	
	Equipment (smithing)	Value of lossuth scales & dragon scales not *yet* included!			
	Item	per hour (activity)	hours (material)	per hour (total)	
	Bronze Helmet	1	0.63	0.62	
	Iron Helmet	1	0.43	0.70	
	Mithril Helmet	1	0.83	0.55	
	Adamantine Helmet	1	1.60	0.38	
	Rune Helmet	1	2.29	0.30	
	Titanium Helmet	1	3.42	0.23	
	Orichalcum Helmet	1	4.00	0.20	
	Bronze Armor	1	1.04	0.49	
	Iron Armor	1	0.72	0.58	

	Mithril Armor	1	1.39	0.42	
	Adamantine Armor	1	2.67	0.27	
	Runite Armor	1	3.82	0.21	
	Titanium Armor	1	5.69	0.15	
	Orichalcum Armor	1	6.67	0.13	
	Bronze Tassets	1	0.63	0.62	
	Iron Tassets	1	0.43	0.70	
	Mithril Tassets	1	0.83	0.55	
	Adamantine Tassets	1	1.60	0.38	
	Runite Tassets	1	2.29	0.30	
	Titanium Tassets	1	3.42	0.23	
	Orichalcum Tassets	1	4.00	0.20	
	Bronze Gauntlets	1	0.42	0.71	
	Iron Gauntlets	1	0.29	0.78	
	Mithril Gauntlets	1	0.56	0.64	
	Adamantine Gauntlets	1	1.07	0.48	
	Runite Gauntlets	1	1.53	0.40	
	Titanium Gauntlets	1	2.28	0.31	
	Orichalcum Gauntlets	1	2.67	0.27	
	Bronze Boots	1	0.83	0.55	
	Iron Boots	1	0.58	0.63	
	Mithril Boots	1	1.11	0.47	
	Adamantine Boots	1	2.13	0.32	
	Runite Boots	1	3.06	0.25	
	Titanium Boots	1	4.56	0.18	
	Orichalcum Boots	1	5.33	0.16	
	Bronze Shield	1	1.25	0.44	
	Iron Shield	1	0.87	0.54	
	Mithril Shield	1	1.67	0.38	
	Adamantine Shield	1	3.20	0.24	
	Runite Shield	1	4.58	0.18	

	Titanium Shield	1	6.83	0.13	*
	Orichalcum Shield	1	8.00	0.11	*
	Bronze Sword	1	0.42	0.71	
	Iron Sword	1	0.29	0.78	
	Mithril Sword	1	0.56	0.64	
	Adamantine Sword	1	1.07	0.48	
	Runite Sword	1	1.53	0.40	
	Titanium Sword	1	2.28	0.31	
	Orichalcum Sword	1	2.67	0.27	
	Bronze AH	1000	4.17	193.5	
	Iron AH	800	2.89	205.7	
	Mithril AH	1000	5.56	152.5	
	Adamantine AH	1000	10.67	85.7	
	Runite AH	1200	15.28	73.7	
	Titanium AH	1600	22.78	67.3	
	Orichalcum AH	1600	26.67	57.8	
	Woodcutting	Value of WC equipment is not taken into account			
	Item	per hour (activity)	hours (material)	per hour (total)	
	Log	120	0	120	
	Oak Log	100	0	100	
	Willow Log	90	0	90	
	Maple Log	80	0	80	
	Redwood Log	75	0	75	
	Magical Log	72	0	72	
	Ash Log	60	0	60	
	Enchanted Log	40	0	40	
	Living Log	36	0	36	
	Firemaking	Value of WC equipment is not taken into account			

	Item	per hour (activity)	hours (material)	per hour (total)	
	Ash (From Log)	120	1	60	
	Ash (From Oak)	200	1	100	
	Ash (From Willow)	270	1	135	
	Ash (From Maple)	320	1	160	
	Ash (From Redwood)	375	1	188	
	Ash (From Magical)	432	1	216	
	Ash (From Ash)	420	1	210	
	Ash (From Enchanted)	320	1	160	
	Ash (From Living)	360	1	180	
	Arrow Shafts/Paper				
	Item	per hour (activity)	hours (material)	per hour (total)	
	From Log	400	2	150	
	From Oak	600	2	200	
	From Willow	800	2	248	
	From Maple	1200	3	343	
	From Redwood	1600	3	436	
	From Magical	2000	3	529	
	From Ash	2600	3	600	
	From Enchanted	3200	5	533	
	From Living	3800	6	580	
	Monster Loots	1) Damage fully mitigated,	2) max kills against monster,	3) overkill effectiveness not taken into account,	4) every material taken separately even though monsters drop multiple, 5) food cost based on goldfish consumption
	Item	per hour (activity)	hours (material)	per hour (total)	
	Feather (Uffinch)	500	0.048	477	

	Feather (Eagle)	500	0.095	456	
	Large Bones (Eagle)	50	0.095	46	
	Fletching	Arrow shafts cost is based on redwood logs, feather cost based on eagles			
	Item	per hour (activity)	hours (material)	per hour (total)	
	Bronze Arrow	200	1.930	68	
	Iron Arrow	200	1.869	70	
	Mithril Arrow	200	2.208	62	
	Adamantine Arrow	200	3.230	47	
	Runite Arrow	200	3.609	43	
	Titanium Arrow	200	3.869	41	
	Orichalcum Arrow	200	4.355	37	
	Bonemeal	"Item" shows where the bones are based of			
	Item	per hour (activity)	hours (material)	per hour (total)	
	Large Bones (Eagle)	1400	4.381	260	
	Alchemy	Paper cost based on redwood logs, Bonemeal cost based on Large Bones (Eagle)			
	Item	per hour (activity)	hours (material)	per hour (total)	
	Shadow Scroll	200	1.227	90	
	Nature Scroll	200	1.665	75	feather cost based on eagles
	Aqua Scroll	200	2.894	51	
	Hell Scroll	200	4.129	39	ash cost based on redwood
	Air Scroll	200	2.872	52	feather cost based on eagles
	Barrage Scroll	200	-	-	medium bone cost not yet found
	Freeze Scroll	200	7.146	25	large bones based on eagles
	Ancient Scroll	200	10.701	17	