***Town & Tavern Commodities***

Master list of goods and services a town or city may provide. Prices are general and could vary.

### Common ***Services***

##### Bath - *(Cold 2 CP) (Hot 6 CP) (Public 2 SP to 1 GP)* Cold baths usually involve someone else's used soapy bath water. A hot bath is a one-person wash tub filled with hot water one pot at a time. A public bath is usually offered at a nice bathhouse or fancy resort. They include: hot water, soap, cologne or perfume, and may offer a spa, pool, massages or other services for an additional cost.

##### Book Rental - *(5 SP to 1 GP per month)* Some books are unique items that take a significant amount of time to copy due to their length, complexity, or condition. Libraries and private collectors may loan out a book for a duration of up to twelve months, which gives the borrower time to peruse the tome and to make one copy (for which he may also need to hire a scribe).

##### Combat Instruction - *(Simple 10 GP, Martial 50 GP, Advanced 100 per month)* Includes tutoring in the use of simple or martial weapons; defensive techniques with armor and shields; and possibly advanced fencing techniques. This tutoring is considered a downtime activity. It can take up to twelve months to complete the training or less with a better trainer. Once complete, grants proficiency with two weapons or a shield.

##### Doctor - *(Common 1 GP per day) (Good 5 GP per day) (Excellent 10 GP per day)* Skilled in non-magical healing and medicine, a normal doctor (3rd lvl Cleric +4 Medicine), and knowledge in other valuable skills for healing is employed in a facility or for double the cost can make house calls. Good (6th +6 Medicine) and Excellent (9th +9 Medicine) doctors are in high demand and are often employed full-time by nobility or royalty.

##### Escort - *(Poor 5 CP) (Common 2 SP) (Good 1 GP) (Fine 4 GP) (Excellent 10 GP) (Noble +20 GP)* Whether a brazen strumpet, gigolo, saucy tart, expensive doxy or company for the evening, these services can be made available if the coin is there. An hour's diversion includes the price of the room.

##### Inn Stay - *(Poor 2 CP) (Common 5 SP) (Good 2 GP)* Price for a single night's stay at an inn. Poor accommodations at an inn amount to a place on the floor near the hearth. Common inns may offer a place on a raised heated floor, providing a blanket and pillow. Good inns consist of: a small private room with one or two beds, some amenities, and a covered chamber pot down the hall.

##### Inn Suite - *(Small 4 GP) (Average 16 GP) (Luxurious +32 GP)* Only available in larger and more expensive inns, suites provide a rented bedroom and an attached private room. Small suite includes: a good bedroom, basic attached room with a fireplace and good lock on the door. Average suites offer: a fireplace, superior lock on the door, and either two good bedrooms or one larger great bedroom. Luxurious suite includes: a large fireplace, superior lock on the doors, and two great large bedrooms or three to four good bedrooms, plus servants on call to clean, cook, send messages, and help with clothes or equipment.

##### Laundry - *(1 item 3 CP) (4 items 1 SP) (Magical 1 GP)* Items such as pants, undergarments, shirts, jackets, vests, cloaks and boots can be finished on the next day or early if brought in at dawn. Magical laundry service is a mage (usually an apprentice wizard), magically and instantly cleaning a two cubic ft of laundry or what is already equipped.

##### Lawyer - *(Novice 5 SP) (Competent 3 GP) (Experienced 10 GP)* A normal lawyer is knowledgeable with the law of their region and possibly of related topics or other locations with different laws. Able to: write and interpret contracts, represent clients or organizations in civil and criminal trials, give legal advice, and preside over arguments as a judge. Successful experienced lawyers usually keep full-time schedules having their services on retainer and can charge higher prices than normal.

##### Messenger - *(Common 2 CP per mile) (Experienced 5 SP per mile)* A messenger can carry a written or verbal message to its intended target. Verbal messages must be short enough for the messenger to memorize (about 25 words). Some messengers have exceptional memories and charge more for detailed messages (up to 300 words). Can pay a return fee for the messenger to wait for a reply from the recipient just in case. Most messengers are only willing to travel to locations within the city or outlying areas. They may be mounted but mostly running in the city, if you can find one already traveling to a place, they may charge only half the cost.

##### Nurse - *(Common 7 SP per day) (Experienced 2 GP per day)* A typical nurse (1st Cleric +3 Medicine) is familiar with healing, medicine, bedside care, and being a midwife. More experienced (4th +5 Medicine) nurses are in high demand and are normally employed full-time by those who can afford them. Most nurses are knowledgeable in other topics and local magical healing.

##### Scribe - *(Text 1 GP) (Map 10 GP)* Service for one day, scribes are normally literate in four languages, have clear handwriting, and can take dictation or transcribe text documents. Price does not include ink and materials, but scribes may find them for half price. A scribe who can accurately copy a map is rare and demands a higher wage. They cannot copy magical writing.

##### Valet - *(Common, 1 GP per day) (Experienced, 2 GP per day)* This title includes: valets, butlers, handmaids, ladies-in-waiting, secretaries, stewards, concierges, majordomos, manservants, bodyservants, and other skilled trusted employees. Price can vary but generally works for all servants that work with an employer, run a household or business sometimes without direct supervision.

### Common Meals

##### Meal - *(Poor 1 SP) (Common 3 SP) (Good 5 SP) (Excellent 1 GP)* Enough food to fill a belly for a few hours. Poor meals might consist of: stiff breads, cheap vegetables, and water. Common meals might be: bread, a little meat stew, fresh vegetables, and watered-down wine or ale. Good meals may have: fresh bread or pastries, prepared meats with grilled vegetables, and a glass of mead or wine. Excellent meals should include at least two or more drinks with: fine baked confections, well prepared meats, fruits and vegetables, along with either appetizer or dessert.

##### Banquet - *(Per person 10 GP)* Includes several meal courses, good drinks, and servants to bring the food and take plates. Some places may not offer such service but those that do can provide excellent service and expect tips.

##### Blessed Food - *(+1 GP per meal)* Many rituals and ceremonies require the participants to share in a meal. These meals mark an important point in religious services, often calling down the blessings of their patron for those who partake in this specially prepared and blessed food. The food depends on the religion in question.

##### Garlic Bread - (*1 SP)* Vampires and Vampire spawn that use their Bite attack on a creature that has eaten garlic bread within the last 4 hours, regain no hit points from their attack.

##### Hearty Broth - *(Single bowl 2 SP)* An extremely nutritious combination of vegetables, white meats, and soup stock. Mixed, preserved, packaged, and sold for later cooking, a single serving provides a complete meal for a Medium creature. In addition, there is some truth to the idea that a good soup can help relieve colds and other common ailments. While it can not cure sickness, if eaten while being treated it provides advantage against non-magical diseases.

##### Travel Bread - *(Loaf 3 GP)* A high-energy food, providing much the same nourishment as trail rations. In addition, it does not produce any of the distinctive smell jerked beef is renowned for, which may aid in avoiding predators who come looking for easy meat. A loaf will feed the same as a unit of rations.

##### Travel Cake Mix - *(Jar 1 SP)* Mixture of flour, powdered milk, natron, sugar, and salt lasts for months in a sealed container. When mixed with water (eggs optional), it creates a batter that can be used to make biscuits (or other quickbreads like pancakes, waffles, scones, or muffins) or a cake. One portion of the mix makes a dozen biscuits.

##### Universal Rations - *(20 servings 1 GP)* A strange, dark-brown foodstuff that comes in long, thick strips like dried beef and has a slightly salty smell. Made from a mixture of plants and flavored with spices and a touch of meat fat. Universal rations have a property that makes them very valuable to carry, almost anything can eat them. Any humanoid, animal, or beast can derive sustenance from these chewy, stripes of vegetable protein, even if no one enjoys doing so. Requires two per meal for medium creatures.

##### Wandermeal - *(Cake 1 SP)* Tough dried cake is a halfling invention made from flour, water and spices. It keeps for months without spoiling, travels well, and fills the belly. However, eating it for over a week without anything else can make a person sick.

### ***Common Foodstuffs***

##### Bread - *(1 Loaf, 1 lb., 2 CP)* Crackers, flatbread, sliced, or rolls all come in various grains and flavors but most breads cost around the same.

##### Butter - *(1 lb., 5 SP)* A dairy product with high butterfat content, it is made by churning fresh or fermented cream or milk to separate the butterfat from the buttermilk.

##### Caviar - *(Serving 50 GP) (Tin, .5 lb., 400 GP)* Translucent, salty fish eggs are a delicacy regarded by the upper crust and those who enjoy their particular taste. They can spoil quickly and are rare outside of coastal or areas with rivers.

##### Cheese - *(.5 lb. Hunk, 1 SP) (10 lb. Wheel, 1 GP)* A 5 in.hunk of aged cheese encased in a tough rind, which keeps the interior fresh.

##### Cheesecake - *(4 oz Slice 1 SP)(1 lb. Pie 1 GP)* A sweet dessert consisting of one or more layers. The main, and thickest layer, consists of a mixture of soft, fresh cheese (typically cream cheese or ricotta), eggs, and sugar. A crust or base lower layer made from crackers or pastry. Cheesecake is usually sweetened with sugar and may be flavored with vanilla, spices, lemon, chocolate, pumpkin, etc. May also have toppings of fruit, whipped cream, nuts, cookies, fruit sauce, chocolate syrup, etc.

##### Chocolate - *(Bar 5 GP)* Dark, milk and white chocolate all are very popular with the nobles of the land and are a favorite treat of children everywhere.

##### Cookies - *(Single 1 CP) (Dozen 1 SP)* Cookies made fresh from a bakery or inn. Usually contains flour, sugar and some type of oil or fat. It may include other ingredients such as raisins, oats, chocolate chips, nuts, etc.

##### Fortune Cookie - *(Single 1 CP) (Dozen 1 SP)* A twist of hard baked pastry surrounds a slip of paper that often contains cryptic or worthless advice.

##### Fruit Tart - *(8 oz. cup, 2 GP)* A small dessert pastry made with cream and berries or fruit slices.

##### Garlic, Baked - *(Blub 3 CP) (Vial of oil 6 GP)* A bulb of garlic baked in a clay oven and eaten whole, minced, chopped, or spread over food to add its unique flavor. Can take the oil from it and use it as a potent dressing or ward against vampires.

##### Honey - *(Jar, .5 lb., 1 GP)* A jar of golden liquid is used as a sweetener, and naturally resists spoilage if placed in a container. It can be used as a preserver of fruits, nuts, meat, and even leather for decades.

##### Ice Cream - *(Scoop 1 SP)* Exotic dessert made with milk and cream, often flavored with fruit or mint. Because it melts so quickly at room temperature, it must be made fresh or preserved at freezing. These limits make it a rare treat in most places or only available during cold seasons.

##### Maple Syrup - *(Jar, .5 lb., 1 GP)* Jar of sweet, gooey liquid comes from tapping and draining the sap of maple trees early in the spring. Boiled down into a syrup and thickened, it is commonly added to sweetened breads.

##### Meat - *(Depending on Quality, 3 SP to 2 GP, 1 lb.)* A chunk of meat big enough to be a meal. Depending on location it could be: fish, seafood, bacon, ham, pork, lamb, mutton, chicken, quail, duck, goose, goat (chevon), rabbit, venison, beef, or horse. In some places it could even be moose, seal, whale, walrus, caribou, reindeer, dog, cat, alpaca, snake, rat, lizard, frog or insect.

##### Noodles/Pasta - *(1 lb., 2 SP)* Dough shaped into thin shapes, usually served with some form of broth or sauce.

##### Pie - *(Slice 1 SP) (Pie 1 GP)* A baked dish usually made of pastry dough that contains a filling of various sweet or savory ingredients. Sweet pies may be filled with fruit (as in an apple pie), nuts (pecan pie), brown sugar (sugar pie) or sweetened vegetables (rhubarb pie). Savory pies may be filled with meat (as in a steak pie), eggs and cheese (quiche) or a mixture of meat and vegetables (pot pie).

##### Pipeweed - *Good (Pouch 5 CP)(Sack 2 GP) Excellent (Pouch 4 SP)(Sack 16 GP)* Dried flowers and leaves when smoked give off thick flavored smoke. Often known as Halflings' Leaf, can be grown in many soil types and inherits some flavor of the minerals within. Bred from a wild plant with sweet-scented flowers, many different types of pipeweed exist, as varied as ales and mead.

##### Sea Salt - *(Flask, 1 lb., 6 SP)* Collected from salt water, it is preferred over other forms of salt because of its association with water, the element of life. Used in many different ways, it is most often called upon to cleanse the dark energies from ceremonial tools and spaces, or as a delicious seasoning. Enough to cover a 5 ft. square.

##### Spicy Peppers - *(three peppers, 2 SP)* Consuming one of these peppers, a creature must roll a Constitution DC 18 saving throw or vomit and become sickened for 1d4+1 rounds from the extreme spicy flavor. Add +2 to the DC for every additional pepper eaten. Sometimes used when going up against huge beasts that can swallow an adventurer whole, the peppers can cause the giant beast to regurgitate them.

##### Tea Leaves - *(Pouch, 1 lb., 2 SP)* Herbal leaves, chopped and dried, produce a refreshing drink when added to hot water.

##### Tobacco - *(Pouch, .5 lb., 5 SP)(Sack 4 lbs. 20 GP)* An exotic leaf that produces a thickly flavored smoke when burnt. Often used in pipes instead of pipeweed by those who seek a bolder flavor. Grown in only some areas making it a prime cash crop.

##### Wakeberries - *(Bean 1 CP) (Pouch, .5 lb., 2 SP) (Sack, 1 lb., 4 GP)* More rightly called beans, the name wakeberries has stuck due to common usage. They are crunchy, bitter and not particularly tasty, but few eat them for their flavor. The dark beans grant the consumer a sudden, wakeful burst of energy, seemingly sharpening the mind and revitalizing tired muscles. While the effects do not last long, they can be very useful for keeping one's energy levels up. Each bean chewed will heal 1 Hp non-lethal damage up to 5 per day. They can also be ground up and served as Coffee.

##### Yogurt - *(Cup 1 SP) (Pint, .5 lb., 4 SP)* Thick fermented milk has a tangier taste than unprocessed milk and may be sweetened with fruit, honey, or jam. Can be blended with chopped herbs and oil to create a sauce; or mixed with water, salt, sugar, fruit, or mint as a drink.

### ***Uncommon Foodstuffs***

##### Alebread - *(Loaf, 2 lbs., 5 GP)* A dwarven specialty item, ale bread is baked with a heavy, potent ale that retains a good deal of its alcoholic content when exposed to heat. This makes for a dark brown bread that tastes heavily of yeast, strong grains, and powerful ale. One inch-thick slice of alebread is as intoxicating as a mug of human brewed ale, which means most dwarves have to eat seven or eight slices to feel any level of intoxication at all. One loaf yields twelve slices.

##### Bouldard - *(Jar, 1 lb., 500 GP)* This is one of those substances whose great popularity is utterly incomprehensible by anyone that has tasted it. To say that boulard is an acquired taste is like saying orcs are homely. Boulard is a disgusting, malodorous black paste made from the putrid secretions of a particular fungal sprout. It is incredibly acrid and concentrated; so that even the slightest amount utterly changes the taste of anything it is spread on – usually plain bread or crackers with as little flavor as possible so as to not saturate the diner’s palate. Whatever the reasons, boulard has become a kind of fashion statement among nobles and other high-class people, who have turned the habit of swallowing this disgusting muck into a delicate art. Therefore, boulard can be found at every elegant and even royal banquet, as a manifestation of the rich people’s refined tastes. At such gatherings, everybody thinks everyone else likes boulard, so they all must pretend they enjoy it or face contempt and ridicule.

##### Champion’s Breakfast - *(6 inch bar, .5 lb., 4 GP)* This high protein, high carbohydrate breakfast bar must be broken down with a knife and soaked in milk before being deemed edible by most intelligent species. Dwarves and orcs will sometimes tough it out to ‘prove they can be champions.’ When consumed, the herbs and protein in the mix give the character a euphoric feeling as well as increased energy. For the next 4 hours the character has an advantage against the frightened condition. And +1 to Constitution saving throws.

##### Dwarven Rock Candy - *(1 piece, 7 GP)( 12 piece pouch, .5 lb., 72 GP)* This sweet treat is a favored delicacy of the dwarven race, though too potent and heady for most other races. It consists of rock-like pieces of concentrated caramel and other high-energy ingredients, sweet enough to raise the spirits of a dwarf – and that means sweet. Eating a piece of dwarven rock candy is a full-round action for a dwarf; any other humanoid must chew at the stuff for 2d6 minutes before being able to swallow even the smallest piece. Any creature eating even a small piece of dwarven rock candy gains 1 temporary HP, lasting one hour. No creature can benefit from more than one piece of dwarven rock candy at the same time. Any creature that eats the candy daily for more than one month has its Constitution score reduced by one point, which may not be restored by any normal or magical means until the creature stops consuming dwarven rock candy for at least one consecutive month.

##### Fresh Fruit Parfait - *(1 cup serving, 5 GP) (Quart, 1 lb., 20 GP)* This sweet, fresh fruit-based blend of magical and non-magical fruits, sugar and ice tastes so good it actually refreshes the eater, taking away fatigue and bad moods. Any creature that eats a full serving counts as having rested 1 hour for the purposes of fatigue and exhaustion. It also reduces the duration of non-magical harmful effects such as nausea or stunning by one round per serving.

##### Halefast Bread - *(Loaf, 25 GP)* This delicious brown bread has a light, crispy crust. A slice of the bread will keep an adventurer nourished for one day and grants a +1 bonus to Constitution saves vs exhaustion for 4 hours after consumption. The special nourishment and saving throw bonus affects a person only once per day –eating two or more slices has no effect and actually makes one feel bloated. A loaf of bread keeps fresh for one month and slices into ten portions. Once stale, its special nourishment fades, and it essentially becomes normal but tasty stale bread. The recipe for making halefast bread is a secret of the elves, but a few enterprising alchemists have gleaned the recipe over the centuries.

##### Starberry Fruit - *(3 fruit, .5 lb., 2 GP) (Jar, .5 lb., 5 GP)* Palm-sized crimson and orange fruits that have a thick, edible rind and are extremely juicy and sweet. Even their core can be eaten though most discard it, and its name comes from the star-shaped marking around the top where the stem is attached. Eating three of the fruits in a day provides all the food and water needed for a Medium creature. A jar of starberry preserves satisfies a creature's food needs but not water, and has enough for 12 servings.

##### Sugar Lemons - *(1 fruit, 3 SP) (Jar, 1 lb., 1 GP)* Sugar lemons are extremely sweet and typically used to make prized preserves that when ground, salted, and sealed in jars, adds an intense citrus flavor when sprinkled atop other foods. If, within 8 hours of consuming a meal seasoned with Sugar lemons, you gain the confused condition, you can roll 1d6 and subtract the result from the result of your d% roll to determine what action you take for the first round in which you are confused. This benefit does not stack with itself. The price and weight listed as a jar contains enough preserved lemons to season 20 meals.

### ***Common Beverages***

##### Ale - *(Mug 4 CP) (Gallon, 8 lbs., 2 SP) (Keg 3, 162 lbs., GP)* Type of beer brewed from malted barley. It has a sweet, full-bodied and sometimes fruity taste.

##### Cider - *(Tankard 1 SP)* An alcoholic beverage made from fermenting apples, can be bought spiced usually around the fall or winter seasons.

##### Clean Water - *(Glass 5 CP) (Gallon, 8 lbs., 5 SP)* Purified, filtered pure water. A must for most alchemy and medical uses, taverns make quite a bit of money from purifying water by the gallons every hour.

##### Coffee - *(Cup 1 SP) (Gallon, 8 lbs., 2 GP)* A drink brewed from crushed, roasted wakeberries that is slightly bitter but highly addictive over time. Two cups may reduce Exhaustion by 1 level a day.

##### Dwarven Stout - *(Mug 5 CP) (Gallon, 8 lbs., 3 SP) (Keg, 162 lbs., 4 GP)* More a family of beers than one single drink, dwarven stout is known by different names in human lands. Characterized by a slightly burnt flavor and a foamy head, they are said to be as filling as a meal. Most dwarven clans use a recipe unique to their clan and family rivalries over the best brew date back hundreds of years.

##### Grog - *(Mug 2 CP) (Gallon, 8 lbs., 1 SP) (Keg, 162 lbs., 1 GP)* A foul mix of different alcohols and whatever's handy. Grog was invented by pirates and sailors, never really meant to make its way onto land. Grog is hardly anyone's first choice but sometimes that's all a drunk can afford. *Grog!, The stuff that pirates drink!. Grog!, Makes you feel really sick. Grog!, Goes down good, Ends up bad. Grog!, Makes you feel like a dad. Grog!,Makes you feel strong and buffy!. Grog!, then makes you feel really stuffy!Grog!*

##### Mead - *(Mug 5 CP) (Gallon, 8 lbs., 2 GP) (Keg, 162 lbs., 40 GP)* Alcoholic beverages made by fermenting honey and water. It is normally flavored with spices, fruit and/or hops which can make many different tastes and varieties of this classic drink.

##### Milk - *(Glass 5 CP) (Gallon, 8 lbs., 2 SP)* Nutritious liquid created by mammals, in particular cows, goats, sheep, and horses. Fresh milk is thick and tends to seperate. Often, the cream is allowed to rise to the top and skimmed off with the remainder left as milk.

##### Powdered Milk - *(1 unit to 1 gallon, 1 SP)* Dry powder can be mixed with water to produce skim milk. It is dried by slowly adding millet flour into milk while heating it, cooking it down until it becomes thick, then allowing it to dry. Not as nutritious as fresh milk but much easier to transport as 1 unit weighs only 2 lbs.

##### Tea - *(Cup 2 CP) (Gallon, 8 lbs., 1 SP)* A popular beverage in many regions and households. Tea may be served in many flavors, colors, and textures depending on when and what kind of leaves are picked and how they are prepared. May be served unadorned, with milk, sugar, lemon and/or spices.

##### Whiskey - *(Cup 1 SP) (Bottle 1 GP)* A distilled beverage made from fermented grain mash (typically barley, corn, malt, rye or wheat) aged in a wooden cask. The longer the drink ages in the cask the smoother the final product.

##### Wine - *(Glass,Poor 2 CP) (Pitcher, Common 2 SP) (Bottle, Fine 10 GP)* A fermented fruit juice, usually made from grapes, but sometimes berries, apples or even rice (sake). Wine ranges in price for unremarkable common drinks to the finest wines from the finest vintages and years. In colder climates, wine is often mulled with fruit, spices, honey and nuts then served as a warming beverage during the winter.

### ***Uncommon and Rare Beverages***

##### Absinthe - *(Glass 3 GP) (Bottle 30 GP)* Green alcoholic drink made from wormwood, and is rumored to enhance creativity with its minor hallucinogenic effects. Making it a favorite of artists and eccentrics.

##### Applejack - *(Mug 8 CP) (Gallon 4 SP) (Keg 6 GP)* Strong hard apple cider is typically made by allowing hard cider to freeze over the winter, remove the ice and extract the water from the cider to concentrate the alcohol.

##### Baijiu - *(Mug 1 GP) (Gallon 10 GP) (Keg 165 GP)* This clear alcoholic beverage, distilled from sorghum, is extremely potent, and is often regarded as an acquired taste due to its corrosive flavor.

##### Bramble Hold - *(Glass 300 GP) (Bottle 3,000 GP)* This ultra rare, red-purple wine is brewed from a mixture of berries native to most temperate forests, but requires an extremely specific aging method to be considered as Bramble Hold. It has a strong, sweet taste and is used as a late evening drink for a select few spellcasters. Though not inherently intoxicating, the drink has strong magical connotations and is highly sensitive to the magic of the fey. If an enchantment spell of 3rd level or lower is cast upon the beverage, it will absorb the magical qualities of a single spell. It can hold the magic for up to 24 hours, any creature drinking it will be affected by the spell and receive all normal saving throws.

##### Dragonbite Bitter - *(Mug 2 GP) (Gallon 15 GP) (Keg 240 GP)* Exceptional dark beer that is very bitter but extremely hardy. The recipe for it is centuries old and said to be one of the first shared by civilization. A classic drink for those who love the deep bold flavor.

##### Dragonbreath Whiskey - *(Glass 2 GP) (Bottle 30 GP)* A fine dwarven-made aged whiskey infused with several spices that is well known amongst many for its strong aroma.

##### Dragonpunch Whiskey - *(Shot 20 GP) (Bottle 160 GP)* According to legend, the inventor of this dark and harsh liquor actually did attack a dragon bare handed (and presumably lived to pass on the recipe). Anyone who drinks 2 shots of this whiskey in the space of an hour, takes a -4 to Dexterity but gains advantage to fear effects for the next hour.

##### Drow Spiderblood - *(Glass 25 GP) (Bottle 150 GP)* A slight misnomer, this mushroom wine crafted by the drow includes a substantial dose of venom from poisonous spiders. Its taste is remarkable and unlike anything encountered on the surface world. Anyone not used to it must make a successful (DC 10) Constitution saving throw or be Poisoned and take 1d4 poison damage for 1d4 rounds.

##### Dwarven Garnet Wine - *(Glass 15 GP) (Bottle 90 GP)* This bold fine wine is made from grapes found high in the mountains, and includes at least 10 GP worth of ground Garnet for "flavor". Unexpectedly, it is ordered by some just to flaunt their wealth even if they don't enjoy the brash flavor.

##### Elven Aleeian Wine - *(Glass 34 GP) (Bottle 200 GP)* The grapes for this astounding wine are picked from the wild vines located deep in the Elven forests. It takes several months to find enough grapes to create even one batch. Often used as a highly valued gift for weddings and ceremonies.

##### Elven Mead - *(Mug 8 GP) (Gallon 60 GP) (Keg 1,000 GP)* Elves are not normally known for beers, but the exotic honey in their forest homes create this delightful mead. Even dwarves find its taste delicious, although they hate to admit it.

##### Elven Moondrop - *(Glass 22 GP) (Bottle 220 GP)* A spirit exquisite beyond comparison, this beverage can be produced only by a small group of elves. It is made through a bizarre process involving fresh dew and moonlight.

##### Frenzywater - *(Glass 10 GP) (Bottle 60 GP)* Extremely potent clear alcohol which is rumored to spontaneously catch fire when exposed to the right amount of sunlight, but it has never been proven. Served in very few places as anyone with a strong temper can be ready for a fight after a few shots. (Anyone with the Rage class ability must make a (DC 10) Wisdom saving throw to resist flying into a rage after drinking two shots of this liquor, increasing by +4 DC for each shot after. Can choose to fail this save with four successive shots.)

##### Frostwine - *(Glass 7 GP) (Bottle 40 GP)* Delicate white wine is created from an exotic blend of grapes that grow only in extreme cold climates. Frost worms in particular are drawn to the scent of the grapes in bloom, making them difficult to harvest.

##### Goldendew Liquor - *(8 oz. Flask, .5 lb., 125 GP)* This liquor is harvested from the buds of the extremely rare Goldendew flower, found only in the deepest glades of elven forests, making a very tasty strong, sweet alcohol. One ounce of this liquor is enough to lull the user into a dreamy euphoric state. If a whole flask of it is consumed straight, the drinker must make a Constitution save (DC 18) after one minute or fall into a deep, dreamy slumber for 1d12 hours. Each subsequent dose consumed within one hour of the last increases the saving throw DC by +2.

##### Golden Orchard Cider - *(Mug 5 SP) (Gallon 6 GP) (Keg 70 GP)* A famous spiced cider, that is a special favorite among Halflings. Rare to find around holidays, which there are many of in halfling tradition...

##### Gnome Golden Light - *(Mug 1 GP) (Gallon 10 GP) (Keg 160 GP)* A fine lightweight beer with floral accents, a favorite of gnomes brewed in their cellars for a nice bit of side profit. The recipe is rather simple but requires ingredients from summer months making it a seasonal favorite among some towns.

##### Thrudrud Goblin Grog - *(Mug 5 CP) (Gallon 4 SP) (Keg 7 GP)* Almost universally avoided by everyone except the craziest and strangest around. It has been described as having the taste and smell of "a rotting cow that caught fire". It is favored by some barbarians as the drink of choice.

##### Icebloom Rose Tea - *(Cup 125 GP) (Flask 650 GP)* Made from the pale white petals and bluish hips of the rare Icebloom rose, this tea imparts the ability to endure cold as if wearing a coat in the winter. Served warm, that warmth spreads throughout the body and blocks the nipping bite of chilled winds. For 1 hour after drinking, the creature gains advantage against environmental cold and resists the first 1 Hp of any cold damage per turn. A rare treat among nomad tribes who sometimes stumble upon the prized flower.

##### Kefir - *(Cup 2 CP) (Bottle 5 SP)* A slightly alcoholic drink from a rustic mountainous region. Kefir is milk fermented with grains, it has the consistency of thin yogurt and a sour taste.

##### King Street Brandy - *(Bottle 150 GP)* A very rare and expensive liquor that is only found in the fanciest establishments. Part of why it is so valuable is due to the fact that every bottle contains a rare blend of spices, as well as a drop of whale oil.

##### Kumis - *(Glass 5 CP) (Wineskin 5 SP)* Alcoholic beverage made from fermented horse milk and has approximately the same potency as typical beer. It is served cold for best taste.

##### Meditation Tea - *(Cup 8 GP) (Flask, 1 lb., 40 GP)* A cloudy, milky sweet tea that has a soothing effect which clarifies thoughts and helps focus. For 10 minutes after drinking, the user gains advantage on all Intelligence and Wisdom checks. If drinking while under a mind-affecting spell, the creature can roll another saving throw with advantage against the effect. Creatures may only gain these benefits once per day.

##### Mermaid's Tears - *(Cup 2 GP) (Bottle 20 GP)* A spiced rum infused with exotic flower petals and fruits. A morbid ritual among some sailors is to take a bottle out to sea and drink it when the inevitable seems likely...

##### Mushroom Wine - *(Glass 2 GP to 14 GP) (Bottle 20 GP to 140 GP)* Created by several different species of mushrooms that live below ground, there are many types of this wine from many different vendors. Its earthy, smooth, and cool taste is considered the most delicious of all.

##### Nevershiver Mead - *(Mug 4 GP) (Gallon 33 GP) (Keg 500 GP)* A blend of several different herbs and alcoholic ingredients, this mead has a bolstering effect on the drinker’s body temperature. A single glass makes the person consuming it immune to the effects of normal cold and the user is resistant to the first 2 points of cold damage for one hour after consumption. This effect is not cumulative and additional drinks only extend this duration up to four hours per day.

##### North Isle Gin - *(Glass 2 GP) (Bottle 20 GP)* A special type of Gin infused with North Isle mint and other fragrant botanicals.

##### Old-law Whiskey - *(Glass 2 GP) (Bottle 20 GP)* Single-malt whiskey is made with an age old recipe and is a favorite of soldiers everywhere. Made by continued aging in a barrel of different wood types, it has a proof of alcohol.

##### Pulque - *(Cup 4 CP) (Wineskin 4 SP)* Nutritious milk-colored alcoholic beverage is fermented from the heart of the agave or century plant. It is commonly made in dry, arid climates and is a local favorite there.

##### Pulsh Brown Ale - *(Mug 8 SP) (Gallon 8 GP) (Keg 130 GP)* A halfling creation, found among the few permanent halfling settlements that have acquired the taste for ale. It has a pleasant, nutty, robust flavor.

##### Quickenberry Tea - *(Cup 140 GP) (Flask 860 GP)* A uniquely bitter and pulpy tea made from a particularly rare tea leaf infused with a topical berry. Drinkers of the surprisingly tasty tea find that their reaction speeds and endurance are slightly improved. It improves the imbibers movement speed by 5 ft. and stacks with all benefits from classes or races, however, magical effects supersede this benefit. Lasts for 1 hour.

##### Rumboozle - *(Cup 1 SP) (Gallon 2 GP) (Keg 32 GP)* A potent drink featuring rum, wine, ale, eggs, sugar, and spices. Served warm in finer taverns or as a seasonal treat at parties.

##### Tepache - *(Cup 5 CP) (Gallon 8 SP) (Keg 14 GP)* Mildly alcoholic beverage made from beer, pineapple (or other tropical fruit), sugar and cinnamon. Then fermented for a few days and served cold with chili powder. It is sweet and pleasant but commonly only served in warmer climates.

##### Sleepy Tea - *(Cup 2 SP) (Gallon 1 GP)* An herbal mixture of peppermint, valerian and other soothing ingredients. This tea is normally sweetened with a hint of honey and brewed right before bedtime, just the smell of it while brewing can lull someone to restful slumber. Drinking a full glass of it in quiet conditions is an almost guaranteed trip to dreamland. If a creature is having trouble sleeping for any reason while drinking it will force a (DC 16) Constitution check, failure will cause them to fall fast asleep and have pleasant dreams. One gallon is enough for 12 medium creatures.

##### South Sea Port - *(Glass 3 GP) (Bottle 30 GP)* A wine made exclusively with South Sea Grapes and fortified with a rather expensive brandy.

##### Willowmilk - *(Bottle 50 GP)* A breakfast drink made from the sap of weeping willow trees mixed with honey and cinnamon. A glass is very filling and while many find it an acquired taste, it does have the effect of waking up the muscles and body of the consumer. A single glass negates one level of exhaustion or fatigue effect, including the penalty that comes from sleeping in armor. A creature may only benefit from this effect once per day. Willowmilk is not addictive, but those who use it on a regular basis develop a preference for it and tend to drink it as often as they can afford.

### Common Rations

##### *Dragonborn Trail Rations* Dragonborn rations can vary depending on their ancestry but typically consist of spiced rotisserie meat, crispy biscuits, roasted nuts, with roasted root vegetables.

##### *Dwarven Trail Rations* Dwarves like to eat hardy, filling meals and will commonly travel with smoked sausages, salted meats, hard biscuits, and dried vegetables. And they will definitely bring ale or mead to go along with it.

##### *Elven Trail Rations* Elves commonly favor soft trail breads made from oats mixed with grains, berries, and honey sweetened nuts. They normally supplement the trail bread with other dried fruits and nuts.

##### *Gnome Trail Rations* Almost any preserved food can be found in Gnomish trail rations, which is designed to keep them from eating the same thing all time. As most gnomes hate to stagnate their diets by eating the same thing all the time.

##### *Halfling Trail Rations* Typically small Halflings carry more than what they can eat in a day, just in case they want to really feast. Common travel foods for them are sweetened dried fruit, aged sausages, hard sharp cheese, honey cakes, mixtures of roasted grains, nuts, molasses, with of course some tea to wash it down.

##### *Human Trail Rations* Humans vary region to region on what they prefer but most commonly bring along bland cheap foods that can take on flavors from seasonings or sauces such as: hard tack biscuits, jerky, dried fruit, nuts, and hardy vegetables.

##### *Half-Orc Trail Rations* Half-Orcs inherited an appetite that will eat just about anything but commonly carry coarse black bread, thin extremely chewy sausages, whole vegetables, dried meats of any kind, along with pungent peppers.

##### *Tiefling Trail Rations* Tieflings seem to really enjoy doughy pouches filled with spicy meats or vegetables, pickled cabbage and/or eggs, with dried or fermented meat.

### Uncommon Rations

##### *Aarakocra Trail Rations* Aarakocra rations need to be less cumbersome than normal to keep their flight balanced, and consist of a plethora of seeds, nuts, and dried meats.

##### *Aasimar Trails Rations* Aasimar enjoy sweet and light foods and normally carry rations of fluffy cakes covered with honey and nuts, soft cheese, and lightly spiced meats. Their darker kin prefer rations with bolder and deeper flavors.

##### *Goblinoid Trail Rations* Goblins will literally eat anything and don't much care what, found among them are rations of half-eaten corn cobs and carrots, dirty or moldy bread, and several organs of dubious origin.

##### *Goliath Trail Rations* Goliaths like the texture of food and carry items that normally involve a lot of chewing for others. Such as: tough meats, crusty bread, and raw root vegetables.

##### *Firbolg Trail Rations* Firbolg are giant-kin of the forests and carry foods that reflect that background such as colorful mushrooms and mosses, nuts, and dried fruits.

##### *Kenku Trail Rations* Kenku scavenge for a light mixture of rations that consist of a mixture of seeds and insect infested meats and plants.

##### *Kobold Trail Rations* Kobolds end up taking what they can get and carry bread scraps and crust, insects, and small mushrooms.

##### *Lizardfolk Trail Rations* Lizardfolk are carnivores and have rations that consist of dirty, bloody meat and dead rodents.

##### *Tabaxi Trail Rations* Tabaxi rations mainly consist of noodles in fish broth and dried fruits and meats.

##### *Triton Trail Rations* Triton rations consist of salted or pickled fish and dried seaweed crisps.

### Measurement & Weight formula

| ***Item*** | ***Weighing*** |
| --- | --- |
| *8 oz. vial* | *0.5 lb.* |
| *1 pint flask = 2 individual 5 oz. cups* | *1 lb.* |
| *36 oz. bottle = 6 individual 6 oz. glasses* | *2 lbs.* |
| *1 gallon = 8 individual 16 oz. mugs* | *8 lbs.\** |
| *1 keg = 15.5 gallons* | *130 lbs.\** |

\*(without including container weight)