

# Before the Run

## Preface

This set of notes is NOT the most beginner friendly (e.g., catch rates aren't listed). But this is the only set of notes that currently lists out the route I currently use (including my own tendencies and route adjustments) to completion. For more information about the route in general (better visuals, more hold-your-hand explanations + safety strats), I suggest seeing [Ananan's notes](#).

Credit also goes to:

- [Gunnermaniac](#) for his notes on the early Surge (current WR) route. They make the backbone of most of the non-late-Surge-specific segments in these notes.
- [Ananan](#), [Shiru](#), and [Exarion](#) for their contributions to this new late Surge route, including recording calculating new ranges, mart adjustments, and time diffs (respectively) due to the exp changes from this route.

## Some shorthand definitions

- "Tank move" = survive everything but max roll (15 of 16 rolls)
- Max roll is **always** a 1/16 roll b/c of dmg calc + rounding mechanics in gen 3.
- \* = torrent. Torrent gives water moves 50% dmg boost if Squirtle is at  $\leq \frac{1}{2}$  its max HP.
- .25/.5/.75 on an IV indicates 1, 2, and 3 extra EV's respectively. Applicable to speed thresholds in this guide.
- To avoid repetition, assume WG\*/WP\* kills if WP/Surf kills, respectively.
- IV's for ranges in the format (- nature/neutral nature). x = N/A.
- [] = Optional (generally for safety or due to minor contingencies)

On catches:

- str = can teach Strength to this poke instead of Clefable. Saves  $\frac{1}{4}$ - $\frac{1}{2}$  s due to shorter name.
- c = (guaranteed) candy poke.
- l(owercase L) = can evo on Lance (instead of candying). Would avoid since you generally have enough candies and makes Lance fight significantly harder to finish w/  $\leq 1$  heals.

## Squirtle Stats

Modest, Mild, Rash accepted

21/4/x Atk

16/0/x Def

x/x/30 Sp Atk

x/21/x Speed

Lower stats can work, but:

- low atk makes MK + Bite a bad range on Rival 3's Ivysaur, and MK won't always OHKO Martha's Bulbasaur
- 28/29 sp atk is runnable but ranges are much worse (e.g. can't justify Bite+Bite+blizz on lance's gyara to potentially save a heal)
- 7-15 def Mild is runnable but glhf on Lance and Koga lmao

### **Mewtwo stats**

We really want anything that's not -atk and not -sp atk. There are safe workarounds but they lose 20-30s on average:

-atk: can teach Strength over FB before lance OR SW over EQ, CM over Safeguard after lance

-sp atk: can lead Blastoise on champ 2 (strat gets funky since champ likes swapping around)

### **Frame counting**

Leave house to right = 1, do fast lab movement = 1

Bag manip outside = 5

NPC start movement, stop movement = 1

NPC spins = 2

Open PC, up stairs, down stairs = 3

Advance 2 frames for every 2 (ish) seconds a walker is frozen against a wall

## The Route

### **Brock**

#### **Rival 1**

Tackle spam. Exceptions: 9 atk =  $(4-31/0-3)$ , 10 atk =  $(x/4-23)$ , 11 atk =  $(x/24-31)$

- 9 atk: TW turn 1
- Growl turn 1: TW x1 (i.e., a second time) if 9, TW x2 if 10 atk
- Growl turn 2: TW x1 if 9 or 10 atk

#### **Route 1**

Exp chart (need 37 for Bubble, 39 for lvl 11 for Brock's Geodude; don't kill lvl 4+'s)

Pokemon	Exp (lvl 2)	Exp (lvl 3)
Rattata	16	24
Pidgey	15	23

Bubble encouraged when:

- HP/Def combo doesn't permit:

- torrent at lvl 10 AND
- tank RT from Onix
- take a lot of dmg from first r1 encounter

Grab either PC potion (pre-squirtle) OR mart guy potion

Go to Viridian mart to pick up the parcel, then return it to Professor Oak. Then head back to Viridian City to see catch tutorial from the old guy

### **Viridian Forest**

[Tree antidote if no Bubble]

#### **Catches**

40% Caterpie/Weedle each. Dmg as needed.

5% Pika: lvl 3 Tshock does 7-9, lvl 5 Tshock does 11-14.

[Pick up hidden potion in Sammy's vision (leftmost tile)]

### **Sammy**

Swap TW and Tackle

Lvl 6: TW, Tackle spam

Lvl 7: Bubble spam (~11/16 range to 4 shot if you get one Bubble\* off)

Heal as needed.

Notable IVs for torrent setup (if poisoned):

0: +1 at lvl 9

1: +1 at lvl 10

2: +1 at lvl 11

22,23: +3 at lvl 10

24: +3 at lvl 9

31: +3 at lvl 11

### **Route 2 (opt.)**

Catch Rattata or Pidgey if you need EXACTLY 3 dmg for better torrent setup for Liam and have balls.

### **Liam**

Bubble spam. ( $211/256 = \sim 82.5\%$  range in torrent)

Geodude Tackle does 5-7 (6-8 on like really bad Mild, like 19 def or less)

Sandshrew Scratch does:

16-25/0-3: 6-8

26-31/4-31: 5-7

## **Brock**

Geodude: Bubble spam. WD turn 1 if Tackle (@ +1 def) puts you in better HP (torrent, tank onix's RT, etc.). 14/16 to kill w/ Bubble at lvl 11; can't kill at lvl 10. Guaranteed with Bubble\*.

Onix: ~63% to kill with Bubble\* (9/16 range + crit + speed drop). Go for this if Tackle puts you in torrent for lvl 14. 14-23 IV speed ties if you speed drop Onix.

If RT does 10-12, can risk 11 HP if your time stinks. ~25% to die that turn.

From higher HP:

if Bubble doesn't kill:

if Tackle crit puts you in RT range, Bubble. Else, Tackle.

else:

Stall using Tackle/TW/WD as necessary. Ideally kill Onix with 5-7 HP.

## **Ranges**

Geodude Tackle:

<u>Lvl 10 (+0):</u> 16-19/x: 6-8 20-31/0-29: 5-7 x/30-31: 5-6	<u>Lvl 10 (+1):</u> 16-19/x: 5-6 20-31/0-31: 4-5	<u>Lvl 11 (+0):</u> 16-31/0-15: 5-7 x/16-31: 5-6	<u>Lvl 11 (+1):</u> 4-5
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Onix Tackle:

Onix RT:

<u>+0:</u> 16-31/0-15: 5-6 x/16-31: 4-5	<u>+1:</u> 16-24/x: 4-5 25-31/z: 3-4	<u>+0:</u> 16-31/0-6: 10-12 x/7-31: 8-10	<u>+1:</u> 16-31/0-6: 7-9 x/7-31: 5-7	<u>+2:</u> 16-31/0-6: 5-7 x/7-31: 5-6
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Bind always does 2, with floor(squirtle's max HP/16) of chip each turn.

Teach WG in slot 1.

## **Misty**

### **Pewter Mart**

Sell RT. 0-5-3-3-3-1-7 is standard buy; adjust depending on current poke ball, potion, etc. count. Make sure you leave with at least \$140 though.

### **Route 3**

Fight the 3 BC's. Spam WG. WG\* OHKO's everything (15/16 on first 2 Caterpies @ 30 sp atk)

First BC (Weedle always does 3-4):

Caterpie:

16-31/0-15: 3-4

x/16-31: 2-3

Last BC's Caterpie is 9/16 range w/ WG. Tackle does 2-3.

<u>Catches</u> 35% Spearow (6: Bubble/Tackle, 7: Bubble(*), 8: Bubble*/Tackle) 30% Pidgey (same as Spearow) 10% Puff (3: Bubble/run, 5: Bubble/Tackle, 7: WG/Bubble*) 5% Mankey (str) (WG/Bubble*)	<u>Lv 3 puff ranges</u> (with modest tackle): 21-23: 38% 24-30: 73% 31: 86%  (credit to WaveWarrior)
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Grab persim as necessary (generally, if Starmie is 50% or more likely to use WP each turn). Grab karp.

### **Mount Moon**

Wild Zubat usually does 2-3 (sometimes 3-4 on higher lvls and +atk nature). 49% in last big room, 69% in first. You should be using 3 repels.

- If Zubat dmg crosses a meaningful torrent threshold OR you can still tank Hyper Fang from Moon Rocket optional, catch in first big room. Else, delay until last big room.
- If you have (close to) enough steps to get the revive (or you're delaying Zubat), get the revive; otherwise, skip it.

First menu: Register TM case, [equip persim berry to Squirtle].

Grab rare candy and escape rope besides bug catcher optional.

Grab the moon stone above first big room ladder if you caught Puff.

Please don't fight josh. Please.

WG spam your Mt. Moon optional.

Moon Rocket HF:

16-31/0-14: 12-15

x/15-31: 11-13

Tackle/QA will usually do ~½ that of hyper fang. Heal on this fight accordingly.

Rocket: WG spam.

Miguel: WG spam.

- Bubble spam while WG is disabled.
- Heal poison on turns where you can maintain high-ish torrent.
- Voltorb speed ties at 24.5-30.25; is 9/16 with WG\*
- Koffing is 14/16 with WG\*.

Catch Paras if: you have Spearow, 3+ balls (2 is ok but sketch), and torrent.  
Lvl 5-6: Bubble\*. Lvl 7: WG\*/Tackle. Lvl 8+: WG\* (again if you did < ½).

#### **Route 4**

Grab great ball. Teach MK to Wartortle in slot 4.

If you don't already have Spearow:

#### **Catches**

35% Spearow (8: Bubble/Tackle, 10: Bubble(\*), 12: WG/Bubble\*)

35% Rattata (same as spearow)

25% Ekans (str) (6: Tackle, 8: Bubble(\*), 10/12: WG/Bubble\*)

5% Mankey (str) (WG/Bubble\*)

#### **Cerulean City**

Grab rare candy thru NW house

Menu before PC if you have Puff; otherwise can menu inside the gym.

#### **Menu:**

[heal Wartortle w/ potions, evolve puff] candy Wartortle to lvl 20, teach Bite in slot 3.

Skip center if you have Spearow AND 5+ potions (revive = add'l 1 or 2) AND have space for Abra [and Eevee]. 95% of the time you're not skipping the center.

Center: Heal Wartortle, put Spearow in slot 2, bug in slot 3, [Pika in slot 4]. Everything else deposited.  
Favor keeping lvl 5 bug in your party as you can evo during Sevii.

#### **Misty**

Bite spam. Staryu is 93% to two-shot, Starmie is 41%. She has one super potion.

- Tackle/WG turn 2 on Starmie if your first Bite roll stinks.

#### **Starmie Ranges:**

<u>Swift</u>	<u>Water Pulse</u>
16-21/x: 12-15	0-4/x: 11-14
22-31/0-11: 11-14	5-14/x: 11-13
x/12-26: 11-13	15-31/0-19: 10-12
x/27-31: 10-12	x/20-31: 9-11

Teach WP in slot 2; heal as necessary to tank VW + 1 hit from Pidgeotto.

### **Bill**

#### **Rival 2**

Pidgeotto: Bite + WP. WP\* is 4/16 range. Can WP turn 1 for swap chance (risks sand though)

Bulbasaur: Bite + MK (Bite turn 2 if you crit first turn). If seeded, yolo MK on like 24+ atk.

- Bulba doesn't OHKO lvl 8+ Spearows or lvl 4+ Weedles.
- If you have the revive, can go for flinch on 12-20 HP.

Abra: WP (13/16).

Rattata: WP. QA always does 5-7.

### Ranges

<u>Pidgeotto</u>	<u>Bulbasaur</u>
16-31/0-13: 7-9	0-19/x: 17-20
x/14-31: 5-7	20-31/0-31: 15-18

### **Nugget Bridge**

NB 1: Bite spam

NB 2: Bite, MK, Bite

NB 3: Bite, WP

NB 4 thru Rocket: WP spam

### **Route 25**

#### Choosing Franklin vs Lenny:

If <15 neutr atk, modest, OR Rattata QA dmg (or less) puts you in torrent through lvl 25, fight Franklin. Otherwise, fight Lenny. (Franklin route gives \$36 less).

Grab the elixir Franklin is guarding.

Franklin: WP, Bite (14/16). Wilson (if fighting Lenny): WG.

Pass Dan as necessary.

Picnickers: WP spam.

- Rattata does 3-4 on 28+ def neutral, 5-6 otherwise.

Haley: MK/ WP\* (13/16 @ lvl 25), MK/WP\* (6/16), Bite. Pidgey does 3-4 with QA.

Grab the ether if you're out of torrent.

## **Bike**

### **Route 6**

Rocket: WP, MK/WP\* (3/16). Drowzee does 5-7.

Picnicker: Bite, MK/WP\*

Early Pika: enter vermilion center.

Trade Spearow early if:

- 4+ pokes in party AND
- the girl walker is not in your way

Else, delay to after Rival 3.

Boat heal as necessary (98% of the time you will).

### **Rival 3**

Pidgeotto: Bite+WP/Bite (depending on first Bite roll).

Ivysaur: MK+Bite

Raticate: WP\*/[Bite/WG + WG]/MK

- Turn 1 WG if you want dmg, Bite if you don't care/prefer no dmg.
- QA does 5-7 on 29+ neutr def, 7-9 otherwise.
- Avoid MK on late Surge since MK pp is already tight

Kadabra: Bite/WP\*. Use whichever move you didn't use last on Raticate to avoid disable.

### **Ranges**

<u>Pidgeotto</u>	<u>Ivysaur</u>	<u>Ivy (Overgrow)</u>	<u>Raticate HF</u>	<u>Kadabra</u>
16-31/0-12: 7-9	0-20/x: 20-24	0-20: 27-32	16-28/0-5: 13-16	0-13/x: 15-18
x/13-31: 5-7	21-31/0-31: 17-20	21-31/0-16: 25-30	29-31/6-28: 12-15	14-31/0-13: 13-16
		x/17-31: 22-26	x/29-31: 11-13	x/14-31: 12-15

[Trade Spearow,] Pick up: bike voucher, [sitrus,] rare candy on route 6. Head to Cerulean for the bike.

## **Rock Tunnel**

Register and get on the bike.

### **Route 9/10**

Alicia: MK, Bite (10-12/16)/WP\*, MK, Bite.

RTB the bottom hiker (second tile from the rock wall)

BC: (with Franklin exp OR torrent): WG, WG, WP; (else): Bite spam.

Enter Route 10 center if no early Pika. Grab hidden super potion.

### **Rock Tunnel**

Elixir when necessary (either first menu or last). Expect 3 menus for repels (maybe a fourth if poisoned and HP is delicate).

Ashton: WG, WG/Bite + Bite. On Slowpoke, WG/Bite turn 1 depending on if you want dmg.

Winston: Bite x2 (WP turn 2 if disable hit)

Martha:

Oddish: Bite + MK/WP\* (Bite+WP\* is 88% range). MK if first Bite roll stinks or no torrent.

Bulbasaur: MK. Is range at lvl 29 w/ <10 neutral atk, <15 neutral atk + all modests at lvl 28.



Allen: WG  
 Lenny: Bite x3, WP; Oliver (w Franklin exp): WG x2, Bite (15/16)  
 Sofia: WP spam (WP is 14/16 on Puff)  
 Dudley: Bite x2, WG.  
 RTB the pokemaniac below the ladder to the next room.  
 Dana: Bite, MK, Bite

## **Gio 1**

### **Route 8**

Enter lavender center if no early Pika  
 Rich: WG, WP (vulpix QA does 4-5)

### **Celadon City**

Pick up Eevee if no early Pika OR have party space.  
 Pick up PP up by east cut tree, coin case.

### **Game Corner**

Pick up 180 coins. Purchase another 500 from right vendor.  
 Rocket: MK/WP\*, WP.  
 Raticate QA does:  
 16-31/0-11: 8-10  
 x/12-31: 7-9

### **Rocket Hideout**

Pick up PP Up, nugget, blackglasses, [max ether if 0-1 MK's left and want to do MK strats on rival 4]  
 Lift key guard: WP x2.  
 Pick up lift key, rare candy, calcium.  
 Left guard: WG, WP x2 (ekans is 6/16)  
 Right guard: WP (11/16), WG, WP x2/Bite + WP\*

Candy to lvl 36, heal as necessary. Pick up balls on each side of Giovanni.

### **Giovanni 1**

WG, WG, WP spam.  
 - Kanga: WP/Bite/WP\* kills. WP\* x2 is 98% range.

Kanga MP does:

<u>-0</u> 16-22/x: 25-30 23-31/0-11: 23-28	<u>-1</u> 16/x: 38-45 17-25/0: 36-43
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x/12-25: 22-27 26-31: 21-25	26-31/1-8: 35-42 x/9-16: 34-40 x/17-25: 33-39 x/26-31: 31-37
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### **Snorlax (Surge + Flute)**

Grab Silph scope. Heal as necessary, then esc rope out.

Grab tea (delay till after surge if early Pika AND torrent leaving Gio 1)

#### **Dept Store**

Enter on right door. Take elevator to floor 5.

Floor 5 bottom vendor: sell nuggets and vitamins.

Buy: (can buy 1 less x speed if 28.75+ speed or expect Rapidash FB)

If x atk strats: 4-6-23-6-3

Else: 3-6-25-6-2

Take stairs to floor 4.

Left vendor (lined up w down stairs): 2 fire stones, 1 thunderstone, 1 leaf stone.

Take stairs all the way down and exit through left door.

Get fly. Remove persim if still equipped, then teleport.

If early Pika AND torrent: bike to surge's gym, then heal and do lavender tower later. Else, bike to lavender tower. (MK strats on Raichu sounds scuffed af no ty)

#### **Surge's Gym**

WG\*; WG\* x2, WP\*. Gentleman Pika's QA does 4-5. If not in torrent for Surge fight:

- x spec on Voltorb OR MK Raichu

#### **Rival 4**

3 strats:

<u>MK strats</u> Guard spec, x acc, x atk, MK/WP*, MK x2, MK/WG, MK/WP. Stall on gyara for torrent as necessary.	<u>Mid HP</u> x spec x2, Bite, WP* (13/16), Bite spam. Use backup x acc if Pidggetto SA's.	<u>High HP:</u> x spec, WP, Bite spam. Take a Razor leaf*.
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Pidggetto does 7-9 (5-7 on 27+def rash @lvl37).

Other ranges

<u>Razor Leaf</u>	<u>Razor Leaf*</u>	<u>ThRash</u>
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0-23/x: 25-30 24-31/0-28: 22-26 x/29-31: 20-24	0-3/x: 37-44 4-20/x: 35-42 21-31/0-14: 32-38 x/15-31: 30-36	16-20/x: 15-18 21-31/0-9: 14-17 x/10-26: 13-16 x/27-31: 12-15
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### **Lavender Tower**

Catches:

9% Cubone: (Eevee: QA x2; slow to catch)

70+% Gastly: swap to ch'ding. (13-14 can yolo nest ball; Peck spam until nest ball is 78/guaranteed).

- Great ball is 78 from curse HP, guaranteed from <40% HP.

Grab [elixir, x acc if used 2 on rival 4], rare candy.

WG\* spam the mediums. WP\* Marowak.

Top floor:

Rocket 1: Bite x2, WP\*

Rocket 2: Bite, Bite/WP\*

Rocket 3: Bite x3, WP. Rattata does 5-7, Raticate does 7-9 with QA.

Get the poke flute. Head to Surge's gym (by bike/teleport) if not completed yet.

### **Route 16/17**

Fly to celadon. Grab tea if you haven't already. Use pokeflute on snorlax and run.

## **Koga**

Pass bikers.

Grab hidden rare candy + max elixir.

### **Fuschia Mart**

11-2-3 default. If \$200 extra (from buying 1 less x speed or moon rocket), buy fourth max repel or 3rd super potion.

### **Safari Zone**

(r) = rock first.

Catches

20% Nido M (c;l in A0+A3)

20% Eggs (r)

20% Rhyhorn (r)/Doduo

15% Paras (c in area 2)/Venonat

10% Nidorino (r)

5% Nidorina (r)/Nido F (c).

Grab leaf stone (A1), protein (A2), [max revive + max potion (A3)].

Skip Area 3 if you have 2 nidos + Eggs before reaching its entrance.

Grab gold teeth, revive, Surf. Fly back to Fuschia.

### **Koga's Gym**

Teach Surf to slot 1, heal so torrent AND tank sludge from Muk. Move cursor to near/on revive.

Juggler: Surf\* spam.

Koga: Lead Surf\* x4. On Weezing there are two plays:

Bug evo strat:

Surf\*. Bite + Surf\* if you miss the range but live.

- If Muk kills: see non-bug evo strat
- If Weezing kills: swap in bug and max revive Blastoise on Weezing's heal turn. Then swap in Blastoise when Weezing tries to kill the bug. Surf spam to finish.

Non- bug evo strat (Always do if bug is dead OR if you die on Muk):

Koga: Bite + Surf\*. Swap Abra in and [regular] revive Blastoise if you die. Heal to full turn 1 on

Weezing if Muk hits you.

- If Muk kills: Surf spam
- If Weezing kills: Send in Blastoise. Bite (again) + Surf

Sludge ranges:

<u>Muk</u>	<u>Weezing</u>
16-18/x: 28-33	16-25/0: 31-37
19-28/0-3: 26-31	26-31/1-10: 30-36
29-31/4-15: 25-30	x/11-20: 28-34
x/16-30: 23-28	x/21-31: 28-33
x/31: 22-27	

### **Blaine**

Fly to power plant (swap Eevee to front) first if both bugs AND no Pika, pewter otherwise.

Tentacool (c if lvl 30+): yolo net/nest ball. Lvl 15+ can QA with Eevee; lvl 23+ can dmg with Blastoise.

### **Power Plant**

(Skip this segment if early Pika)

Stay until you have (at least) Pika + 1.

30% Voltorb (QA)

30% Magnemite (22: QA; 25: Blastoise Bite or yolo ball)

25% Pika (QA)

### **Pewter City/Route 2**

Pick up old amber as necessary. Catch uncaught bugs (yolo ultra balls) in viridian forest. Catch diglett (yolo ultra ball); [go to house below diglett cave to trade Abra (dude on RHS)].

Fly to Pallet Town when pewter [and power plant] segments completed.

### **Pallet Town/Route 21**

Mom heal. If Tentacool already caught, take 1% Surf tiles and max repel; else, wait to repel until you catch Tentacool.

### **Mansion**

#### **Catches (upper/bottom floor)**

30% Koffing (Bite)

30% Raticate (32-36: WP; 38: Surf)

15%/5% Rattata (c) (yolo ball)

15% Growlithe (Bite)

5% Grimer (Bite)

0%/10% Ditto (swap to bug, yolo ball)

Grab [moon stone if 2 nidos caught, carbos if ball count is low,] hidden elixir, Blizz, secret key Menu early to repel as necessary.

Final menu: teach Blizz to slot 4, [evolve Eevee if you have it, evolve Clefairy if you have early Ekans/Mankey], esc rope. Run 2 tiles (D+R) then bike into gym to skip audio transition.

### **Blaine's gym**

ABBBAB. (x speed if < 28.75 speed), WP x2, Surf, WP x2/Surf\*.

If you tank all of Rapidash's moves, can opt to skip x speed and take FB from rapidash for better torrent setup.

## **Sevii Islands**

Say yes to Bill. Mash through Celio + Bill cutscene.

If close to torrent AND 3+ ultra balls, go to Kindle Road early. Else, do Kindle Road at the end.

Travel to Two Island and complete game corner cutscene (do NOT go to cape brink yet).

Travel to Three Island.

### **Three Island**

Either heal to high torrent (for lvl 42/43) or enough HP to tank SD from Paxton.

Bikers: Surf spam.

Paxton: (X spec) Surf x2, WP. (+1 Surf\* is 11/16 on Muk at lvl 43).

Swap bug (to attempt evo) if Muk kills you; use max revive if you still have it.

Heal as necessary before entering mart.

Sell: [carbos,] protein

Buy: 6 esc ropes, [max repels if none left], rest into ultra balls/hyper potions/full heals.

[Pick up max repel @ rock NE of Violet if 1 short]

Violet: [swap bug if evo'd on paxton with lvl 5 bug OR on Koga's Weezing with lvl 4+ bug] x acc, Blizz spam.

Berry forest: Surf to cut through last pond if you don't need anymore catches.

#### Catches

30%/10% Pidgy (c) (yolo ball)

20%/10% Oddish (c) (yolo ball)

15%/20% Pidgeotto (c if 37+) (WP/Bite\*)

10%/20% Gloom (Bite x2/Surf\*)

5%/10% Venonat (Bite)

10%/0% Meowth (c) (yolo ball)

5%/5% Psyduck (Bite/WP)

0%/10% Drowzee (Bite/WP)

5%/0% Persian (Surf/WP)

0%/5% Eggs (Surf)

0%/5% Venomoth (Surf)

Hypno (Lostelle's, NOT wild): Surf

Grab moon stone from Lostelle's dad.

#### Cape Brink

Stall for an encounter as necessary. Pick up rare candy in NE corner.

#### Catches

30% Oddish (c) (yolo ball)

15% Gloom (Bite x2/Surf\*)

10% Meowth (c) (yolo ball)

10% Fearow (Surf/WP)

5% Persian (Surf/WP)

5% Psyduck (Bite/WP)

5% Golduck (Bite/Surf\* spam)

Fly to One Island; go to Kindle road if no early Ponyta.

#### Kindle Road

Stay for Ponyta as necessary.

### Catches

30% Ponyta (c if lvl 34) (Bite)  
10% Meowth (c) (yolo ball)  
10% Geodude (c) (yolo ball; beware SD)  
10% Fearow (Surf/WP)  
5% Psyduck (c) (Bite)  
5% Persian (Surf/WP)

### **One Island Center**

PC: Deposit: Blastoise, [Flareon], Clefairy/Clefable, Mr Mime.

Withdraw: Blastoise, [Pika if not alr in your party], Ponyta/stone or candy poke, Venonat/stone or candy poke. Swap bug to slot 1.

Talk to Bill to go back to Cinnabar

## **Sabrina**

### **Cinnabar Lab**

If lvl 34 Ponyta, do Ponyta trade + fossil(s) first.

[candy Seel], evolve Pika, equip blackglasses.

Trade Pika, [Venonat, Ponyta]. Revive fossil(s).

Fly to Saffron if tea given AND don't need r7 catch, else Celadon.

### **Route 7 (opt.)**

Only do if you have no Meowth AND no Pidgey/Oddish AND are desperate for pokes.

### Catches

40% Meowth (yolo ball)  
30% Pidgey (c I think) (yolo ball)  
20% Oddish (yolo ball)  
10% growlithe (dmg with Seel/Electrode/yolo ball; beware Roar)

### **Silph Co**

Pause manip the scientist, triple bag manip the rocket spinner. Grab card key.

### **Rival 5**

swap into Blastoise, x spec, x acc, Surf, Blizz x2, Bite, Bite (13/16)/WP, Surf

- can opt for Bite/WP turn 1 on gyara if high HP (to stall turns for D Rage)

Swap blastoise to front whenever bug is fully evolved.

rocket guy: [swap into Blastoise,] WP/Bite (13/16+ @ lvl 45), WP, Surf/Bite

[Grab revive from trees on RHS (middle tree)]

Giovanni 2: (x spec), Surf x2, Surf (10/16), WP

- Fake out does ~12; see gio 1 for approx MP rolls
- Bite turn 2 if you miss the range (pp matters here)

Grab master ball from president.

PC: Deposit: Everything except Blastoise and ch'ding

Withdraw: Strength poke (Clefairy/Ekans/Mankey), Nido, Nido/stone or candy poke (if lance evo needed), second bug. [bring bug to slot 1 if 55+ HP; DON'T HEAL BLASTOISE]

Esc rope out and go to Sabrina's gym. NW, SE, SW tele tiles.

### **Sabrina**

[swap into Blastoise,] Surf, Surf\*/[WP + Surf], (x speed), Surf\* x2.

- Can opt to x speed on Kadabra if Psybeam doesn't OHKO you. Safer but possibly slower. If no dmg from Kadabra, beware of leveling out of torrent for lvl 47.

Kadabra's Psybeam does (@lv 45):

0-7/x: 28-34

8-19/x: 28-33

20-31/0-3: 26-31

x/4-16: 25-30

x/17-30: 23-28

x/31: 22-27

- If Venomoth confuses you: full heal/persim if available; else, x spec then full restore.

## **Erika**

Esc rope out. [Go to route 5 to trade Nido M if you don't alr have nido f]. Fly to Celadon then bike to Erika's gym.

### **Erika's Gym**

Battle NW trainer (Bite x2). Cut left bush, Bite.

Acid does ~8 if you want to swap bug here.

Erika: Blizz/Surf\*, Bite, Blizz/Surf\* (12/16; go for it again if you miss it, even thru para)

Fly to Fuschia.



## **Gio 3**

### **Fuschia Menu**

Go to warden and swap gold teeth for Strength.

[max elixir if <2 Blizzs OR < 3 Surfs]. Heal to 39-80 HP. Evolve pokes in your party as necessary. Teach Strength to your Strength poke. [Swap bug to front if not fully evolved] then use Strength to pick up the rare candy.

Fly to Viridian and enter Gio's gym

### **Giovanni's Gym**

Swap Blastoise to front when bug is fully evolved.

Karate Guy: [swap in Blastoise] Surf, WP, Surf. Surf is ~12/16 to kill both machokes. Machoke  $\frac{3}{4}$  to do dmg, does max 38.

Cool Trainer: [swap in Blastoise] WP x3, Surf x2. Marowak does max 30 (always does dmg)

Gio 3: WP x2, Surf x2, WP.

Heal to full, [max repel if you don't need Psyduck or a r22 catch] in front of giovanni. Bike to r22.

## **Start E4R1**

### **Rival 6**

X acc, x spec x2, Surf, Blizz (15/16 @ lvl 49), Bite, Bite + Blizz, (x speed) Bite, Surf

- can heal after setup on pidgeot for safety (if you want to tank a razor leaf)
- x speed on Gyara instead of Growlithe if in torrent
- skip x speed if Gyara uses rain dance AND can tank a Psychic

Zam Psychic max rolls: Rash: 63-72; Mild/Modest: 57-64

### **Route 22 catches:**

45% Rattata (yolo ball)

45% Mankey (bug dmg/yolo ball)

### **Route 23**

#### **Catches**

Psyduck (nido Bite/yolo ball)

30% Mankey (c) (Bite)

25% Fearow (WP/Bite)

20% Ekans (c) (yolo ball)

5% Arbok (Surf; is a range)

5% Primeape (Surf; is a range)

## **Victory Road**

Grab Rare candy as necessary; max repel when done with catches.

### **Catches**

30%/20% Onix (Bite; only attempt if desperate)

20%/20% Machop (c) (Bite)

20%/20% Geodude (c) (yolo ball; beware SD)

10%/10% Zubat (c) (yolo ball)

5%/5% Golbat (Surf; is a range)

5%/5% Arbok (Surf; is a range)

5%/5% Machoke (Surf; is a range)

0%/10% Primeape (Surf; is a range)

## **Indigo Plateau**

Grab lum berry, [max elixir as necessary]

PC: heal Blastoise, evolve remaining pokes

- If you have 2 or fewer pokes to evolve, bring them to e4 to evolve

Leave mart with 6+ max repels and bought out on full restores.

## **Champ 1**

### **Lorelei**

x spec x2

- If Dewgong used hail, x spec x2 again, Bite x2. Else, Bite x2, x spec x2, Bite.

Bite x2, Surf, Bite x3.

Dewgong does ~22 with Surf/Ice Beam.

Heal range chance: 5.5% @ lvl 50, 11.3%/21.5% @ lvl 51

Lapras Body Slam:

16/x: 33-39

17-20/x: 32-38

22-28/0-2: 31-37

29-31/3-8: 30-36

x/9-14: 29-35

x/15-24: 28-34

x/25-30: 28-33

x/31: 27-32

Heal to ~85 HP, ~120 HP, or full.

### **Bruno**

~85 HP: guard spec, x spec x2 (cannot go above 3)

~120 HP: x spec x2, x speed, [guard spec if still out of torrent]

Full HP: x spec x2, guard spec, x speed

Surf spam. Out of torrent, +3 needed for Hitmons, +4 for Machamp. Can Bite Onixes at +3.

#### Ranges

<u>Onix RT</u>	<u>Onix EQ</u>	<u>Hitmonchan MP</u>
16-18/x: 17-21	16-18/x: 33-39	16-24/x: 26-31
19-31/0-12: 16-19	19-28/0-2: 31-37	25-31/0-10: 25-30
x/13-31: 15-18	29-31/3-12: 30-36	x/11-24: 23-28
	x/13-24: 28-34	x/25-31: 22-27
	x/25-31: 28-33	

Heal to torrent AND tank Shadow Punch

#### Agatha

X speed, x spec (x3 if out of torrent), super potion as necessary. Surf spam

Gengar SP:

16-20/x: 30-36

21-31/0-5: 28-34

x/6-18: 28-33

x/19-30: 26-31

x/31: 25-30

Heal to full. [swap lance evo poke to front]

#### Lance

[swap Blastoise to front], x spec, Bite x2, x acc, Blizz x4, Surf. Heal as necessary.

#### Ranges

<u>Gyara HB max rolls:</u>	<u>Aerodactyl HB max rolls:</u>
Mild: 87-92; Rash/Modest: 78-89	Mild: 72-76; Rash/Modest: 64-73

Heal to full, elixir

#### Champ 1

Guard spec, x speed, x spec x3, Surf, (x acc), Blizz, Surf x2, Blizz+Bite, Surf. Heal as necessary

- Can skip 3rd x spec if in +2 and torrent. (must Blizz x2 Gyara)
- Can Bite+Surf\* Venusaur at +3.
- Bite turn 1 on Gyara if you can't tank Thrash + E-speed (generally < 100 HP)

## Ranges

<u>Gyara Thrash max rolls</u> Mild: 51-54; Rash/Modest: 45-52	<u>Arcanine E-speed max rolls</u> Mild: 48-51; Rash/Modest: 43-49
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## Icefall Cave

Reset on completed save; complete nat'l dex cutscene, fly to vermilion

[Pick up max ether], take boat to one island. Talk to Celio in center then bike to kindle road

### Kindle Road/Mt. Ember

Max repel on first water tile, RTB the guy picnicker

Line up 1 tile left of swimmer girl after passing her to skip audio transition lag

Rockets: Bite, WP; Bite spam (15/16 on Sandslash w 30 sp atk)

Use another max repel in mt ember and pick up the ruby. Then esc rope out.

Remove blackglasses, fly back to one island center. Give ruby to Celio, mash.

Take boat to FOUR island (3 down)

### Four Island

Go to icefall cave, complete puzzle. Grab Wfall.

When max repel wears out: teach Wfall to slot 2, equip lum berry, use max repel.

Go up the Wfall, run into Lorelei

Rocket: Bite x2, Wfall

## Sapphire

Escape rope out, fly to four island

Take boat to SIX island (uuada)

### Six Island

Yolo/bag then RTB the first hiker

Go to rock next to lower hiker and use next max repel in that menu

Cut dotted hole door; puzzle is ulrd. Talk to sapphire from right then leave. Fly back to six island.

Take boat to FIVE island (uuada)

### Five Island

RTB first spinner, yolo pass/bag manip walker

Rocket: Surf, Surf (8/16 @lvl 57, 14/16 @lvl 58) + Bite

First Rocket: Bite+Surf, Bite+Surf (can Wfall over Bite to save super eff text, but risks swagger)

Female Admin: Surf, (x spec), Surf\*, Blizz (10-11/16 at +0), Surf\*

- skip x spec if in torrent and dead to Muk's Sludge Bomb (~42); slower at -2

- Vileplume does ~62 with Giga Drain; slower at -2
- Bite+Surf Arbok if not +1/torrent; Arbok does ~42 with Sludge Bomb; slower at -1

Male Admin: Blizz, Wfall x2, Surf

- if 33-49% HP and still have lum, x spec then Surf spam
- Golbat does ~41 with Sludge Bomb; Surf\* is 10-11/16 range
- Weezing does ~65 with Tbolt; Surf\* is 10-12/16 range

Gideon: Surf/Wfall spam (electrode speed ties @21-23 ish speed)

## **Start E4R2**

Max repel, esc rope once you get sapphire

Fly back to five island, take boat to ONE island (one down)

Talk to celio then take boat back to vermillion

### **Mewtwo**

Fly to cerulean then bike to Mewtwo [pick up full restore if you don't want to buy full restores, max elixir on the way]

Catch mewtwo w master ball and name it. Menu:

Teach EQ to slot 1, FB to slot 2, esc rope.

Swap mewtwo to front, fly to indigo plateau.

[Deposit everything but Mewtwo, Blastoise if you had stone/candy pokes in your party; buy full restores]

### **E4R2**

Use one max elixir sometime before Agatha and one max elixir after Agatha. Heal between battles accordingly.

Lorelei: Psychic x3, FB x2, Psychic, (x spec if bad first roll), Psychic  
[heal, max elixir if  $\leq 2$  FB's; else, use after bruno]

Bruno: FB x2, Psychic x3

Check stats after Hitmonlee (170 atk and 228 sp atk is good enough to avoid any dangerous ranges)  
[heal to tank Shadow ball]

Agatha: Psychic x3, x spec, Psychic x2

Heal + max elixir. [teach CM over FB/EQ if out of x specs (depending on atk)]

Lance: safeguard, x spec/CM x3, Psychic spam

- Can skip 3rd x spec/CM if 248+ atk

## **Champ 2**

x atk strat:

Heracross: Psychic (guaranteed at 233+ sp atk)

Zam: x atk x3, EQ. ~3% to Reflect each turn.

- Reflect turn 1: x spec x2 OR eq x2
- Reflect turn 2: x spec, eq x2
- Reflect turn 3: x spec x2, eq x2

(can opt to heal on any of these turns to stall as necessary)

TTar: EQ (see strat if reflect turn 3)

Gyara: psychic x2 (or psychic at +2)

Arcanine: EQ

Venusaur: Psychic (guaranteed at 236+ sp atk)

Low sp atk strat:

Lead Blastoise, Surf until Hera swaps into Venusaur. Swap into Mewtwo, Psychic x2. Then proceed with normal strat on zam.

Low atk strat: can Strength/Psychic + EQ arcanine (must tank Overheat/Iron Tail)

OLD Champion (requires SW + CM) : Psychic, CM x3, FB, SW x2, Psychic x3

- 233 Sp. Atk guarantees Heracross
- Usually need +Def to survive Megahorn
- If Alakazam uses 1 Calm Mind, FB is a favorable range
- If Alakazam uses 2 Calm Minds, Psychic+FB (SW turn 1 with godly Sp. Atk)
- If Alakazam uses 3 Calm Minds, FB x2, can sometimes finish with Psychic

Time on HOF fadeout.