

Thirst and Starvation

Endurance Tests to withstand thirst and hunger become increasingly difficult (cumulative -10 for every test). Characters without food and water cannot heal Wounds or recover Fatigue naturally.

Water: Every day without water requires you make an Endurance test. The first failed Test causes a penalty of -10 Intelligence, Willpower, and Fellowship. Second and subsequent failures reduce all Characteristics by -10 and cause 1d10 Damage not modified by Armour Points, with a minimum of 1 Wound lost.

Food: Every 2 days without food require an Endurance Test. The first failed Tests causes a penalty of -10 Strength and Toughness. Second and subsequent failures reduce all other Characteristics by -10 and cause 1d10 Damage not modified by Armour Points, with a minimum of 1 Wound lost.

Common Healing items

Bandage:	A successful Heal or Dexterity Test removes +1 extra Bleeding Status
Healing Draught:	If you have more than 0 Wounds, recover Toughness Bonus Wounds immediately. Dose: 1 per encounter.
Healing Poultice:	You do not suffer any Minor Infections from a Critical Wound treated with a Healing Poultice.
Faxyryll:	When smeared on a wound, poultices made from this herbal coagulant remove all Bleeding Conditions without a Heal Test. Dose: 1 per Critical Wound.

Healing Wounds

Without medical attention, you can attempt an Average (+20) Endurance Test after a good sleep once a day. You Heal Wounds equal to the SL + your Toughness Bonus. For each day you spend taking it easy, you also heal an extra number of Wounds equal to your Toughness Bonus.

If you wish to Heal more Wounds than this, then you need to be attended by someone with the Heal skill or you'll need bandages, a healing poultice, or similar.

Exposure

Every 4 hours spent in a difficult environment — such as sub-zero temperatures, a hot desert, or a howling storm — requires you take an Endurance Test. Extreme environments require a Test every 2 hours.

Cold: Your first failure causes a penalty of -10 Ballistic Skill, Agility and Dexterity. The second failure reduces all other Characteristics by -10. Third and subsequent failures cause 1d10 Damage not modified by Armour Points, with a minimum of 1 Wound lost. If you reach zero Wounds, you immediately take an Unconscious condition. Certain Trappings provide bonuses and penalties to these Tests.

Heat: Your first failure causes a penalty of -10 to Intelligence and Willpower, and adds a Fatigued Condition. The second failure reduces all other Characteristics by -10%, and adds another Fatigued Condition. Third and subsequent failures cause 1d10 Damage not modified by Armour Points, with a minimum of 1 Wound lost. Stripping off heavy Trappings cancels 1 failed test.



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