Potions of Healing

Potion of...	Rarity	HP Regained	Cost
Healing	Common	2d4+2	50 gp
Greater helaing	Uncommon	4d4+4	200 gp
Superior healing	Rare	8d4+8	1200 gp
Supreme healing	Very Rare	10d4+20	5000 gp

Ability Scores and Modifiers (PHB 13)

Score	Modifier	Score	Modifier
1	-5	16-17	+3
2-3	-4	18-19	+4
4-5	-3	20-21	+5
6-7	-2	22-23	+6
8-9	-1	24-25	+7
10-11	+0	26-27	+8
12-13	+1	28-29	+9
14-15	+2	30	+10

Standard Exchange Rates (PHB 143)

Coin	cp	sp	ep	gp	pp
Copper (cp)	1	1/10	1/50	1/100	1/1000
Silver (sp)	10	1	1/5	1/10	1/100
Electrum (ep)	50	5	1	1/2	1/20
Gold (gp)	100	10	2	1	1/10
Platinum (pp)	1000	100	20	10	1

Donning and Doffing Armor (PHB 146)

Category	On	Off
Light Armor	1 minute	1 minute
Medium Armor	5 minutes	1 minute
Heavy Armor	10 minutes	5 minutes
Shield	1 action	1 action

Cover (PHB 196)

Half	+2 AC and Dex saving throws
3/4	+5 AC and Dex saving throws
Total	Can't be targeted directly by attack or spell

Travel Pace (PHB 182)

Pace	Minute	Hour	Day	Effect
Fast	400 feet	4 miles	30 miles	-5 passive Perception
Normal	300 feet	3 miles	24 miles	--
Slow	200 feet	2 miles	18 miles	Able to use stealth

Exhaustion (PHB 192)

Level	Effect (cumulative)
1	Disadvantage on ability checks
2	Speed halved
3	Disadvantage on attacks/saves
4	Hit Point maximum halved
5	Speed reduced to 0
6	Death

Ability Checks (PHB 174)

Task Difficulty	DC
Very Easy	5
Easy	10
Medium	15
Hard	20
Very Hard	25
Nearly Impossible	30

Light & Vision (PHB 183)

Lightly Obscured (dim light)	Disadvantage on sight Perception checks
Heavily Obscured (darkness)	Effectively blinded (see conditions)
Blindsight	Out to range, perceive without sight
Darkvision	Out to range, treat dim light as bright light. Can't see colors.
Truesight	Out to range, perceive everything regardless of (magical) darkness, invisibility, illusions, shape-changing, or etherealness.

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Combat Actions (PHB 192)

Attack (action)	Make one melee or ranged attack with a weapon, or multiple attacks with the 'Extra Attack' class feature.
Cast A Spell (casting time of spell)	Effect depends on the spell being cast.
Dash (action)	Gain your speed as extra movement for this turn.
Disengage (action)	Your movement doesn't provoke opportunity attacks for the rest of the turn.
Dodge (action)	Attack rolls from attackers you can see have disadvantage and you have advantage on Dex saving throws until the start of your next turn, until you become incapacitated or your speed drops to 0.
Escape (action)	Escape a grapple by winning a Str (Athletics) or Dex (Acrobatics) check vs. grappler's Str (Athletics) check.
Help (action)	Give an ally advantage on next ability check or attack roll vs. an opponent within 5 ft of you, if done before the start of your next turn.
Hide (action)	Hide from those that can't perceive you. Your Dex (Stealth) check is the DC for anybody's Wis (Perception) check to discover you.
Overrun (action or bonus action) (DMG 272)	Move through hostile's space once by winning opposing Str (Athletics) check. Advantage if you are larger or disadvantage if you are smaller than the opponent.

Combat Actions (PHB 192) (cont)

Ready (action)	Choose an action that you will take in response to a set trigger. Taking the action uses your reaction. Readying a spell requires concentration.
Search (action)	Search for something, possibly with a Wis (Perception) or Int (Investigation) check.
Tumble (action or bonus action) (DMG 272)	Move through hostile's space once by winning opposing Dex (Acrobatics) check.
Use Object (action)	You can interact with an object once per turn for free. A second interaction and special cases take an action to complete (e.g. draw a second weapon, equip a shield, drink a potion, retrieve an item from a backpack).

Attack Action (PHB 195)

Melee Attack (one attack)	Normal attack on target within 5 ft. If attacking with a light melee weapon in one hand, allowed to make an attack with a light melee weapon in other hand as a bonus action, see 'Two-Weapon Fighting'. If either weapon has the thrown property, it may be thrown as part of this action.
Ranged Attack (one attack)	Normal attack up to normal range (first number). Disadvantage on attack if target is within 5 ft or up to long range away (second number).

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Attack Action (PHB 195) (cont)

Two-Weapon Fighting (bonus action with attack action)	If making an attack with a light melee weapon in one hand, allowed to make an attack with a light melee weapon in other hand as a bonus action. This off-hand attack can't add a positive ability score modifier to the damage roll. If the weapon has the thrown property, it may be thrown as part of this action.
Disarm (instead of one attack) (DMG 271)	Knock an item from grasp by winning weapon attack roll vs. opponent's Str (Athletics) or Dex (Acrobatics) check. Disadvantage if item is being held by two or more hands. Larger opponents have advantage and smaller have disadvantage.
Grapple (instead of one attack)	With a free hand, give the grappled condition to an opponent that is within reach and up to one size larger than you by winning Str (Athletics) check vs. opponent's Str (Athletics) or Dex (Acrobatics) check.
Mark (with melee attack) (DMG 271)	With a melee attack you can mark the target of that attack. The next opportunity attack against the marked target before the end of your next turn has advantage and doesn't cost you your reaction.

Attack Action (PHB 195) (cont)

Shove (instead of one attack)	Move opponent 5 ft or make prone by winning opposing Str (Athletics) check. Disadvantage if trying to move the opponent to a side rather than to directly away from you.

Environment (PHB 183)

Forced March	Marching more than 8 hours per day requires a Con saving throw at DC 10 + 1 per additional hour, at the end of each additional hour. If failed, suffer one level of exhaustion (see conditions).
Food (one pound per day)	Go without food for 3 + Con modifier of consecutive days (1 day minimum). At the end of each day beyond that, suffer one level of exhaustion (see conditions).
Water (one gallon per day)	If only half a gallon is consumed, DC 15 Con saving throw at end of day. If failed or consumed less than half, suffer one level of exhaustion, or two levels of exhaustion if currently already exhausted (see conditions).
Falling	1d6 bludgeoning damage per 10 feet fallen, to a maximum of 20d6. End prone if taken any damage from the fall.
Suffocating	Hold breath for 1 + Con modifier in minutes (30 seconds minimum). After that, survive for Con modifier in rounds, after which drop to 0 hit points and dying.
Short Rest	A short rest takes 1 hour of doing nothing too strenuous. At the end of the rest, spend hit dice to regain hit points.

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Environment (PHB 183) (cont)

Long Rest	A long rest takes 8 hours with nothing too strenuous for more than 1 hour of that. Regain all hit points and half hit dice at end. If food and water are consumed, reduce exhaustion level by 1. Maximum of 1 long rest per 24 hours.