

DAVAE BREON JAXON'S

CINEMATIC ENVIRONS



SURVIVAL

CALL OF CTHULHU EDITION



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INTRODUCTION

"The one thing I can tell you is that you won't survive for yourself. I know because I would never have come this far. A person who had no one would be well advised to cobble together some passable ghost. Breathe it into being and coax it along with words of love. Offer it each phantom crumb and shield it from harm with your body. As for me my only hope is for eternal nothingness and I hope it with all my heart."

— *The Road, Cormac McCarthy*

An archaeologist scrambles downhill, terrified that the cultists on her trail will hear the cries of her fallen pack mule. A lost hiker farts and belches his way back to his tent, dropping handfuls of half eaten berries. A party of starved and thirsty explorers pass around a small cup of gray water with single bit of squirrel meat floating in it.

Despite the spread of civilization, the world still has vast expanses of wilderness that remain unexplored. The limits of the player characters are often tested when undertaking a journey into one of these regions. This can mean dealing with some of the most basic human needs including food, water, and shelter, as well as dealing with illness, venomous animals and predators.

So how can the Keeper make survival more interesting, and how can the environment be used to enhance to the mood of the scenario? The answer is to make every act of survival more significant, and in doing so, transform even the most routine trip into a grand expedition.

This book provides some creative options to keep what is often the least interesting part of the game – getting from point A to point B – exciting and memorable. These will include the use of more detailed examples of trail rations, finding drinkable water, building a shelter against an oncoming storm, or caring for pack animals.

Additionally, this book covers a variety of potential threats, as well as possible solutions that the characters might be able to use if they're clever and persistent.

Of course the most important aspect of running a survival scenario is that the players have buy into the concept. They have to be willing to keep track of supplies, rations, and water. The goal isn't to bore them to tears, but to turn every foraged morsel of food into a fabulous treasure. By adding the dangers

of starvation, weakness, injury, dehydration, and despair, the Keeper can crank up the intensity and grittiness of the setting.

THE RULE OF THREE

There is a rule in survival called *The Rule of Three*. It says that, in general, humans can only live for three minutes without air, three hours without shelter, three days without water, three weeks without food, and three months without hope.

Naturally these are only guidelines, but they do illustrate the priorities in any survival situation. As each basic need is met, the characters can address the next, though actual circumstances may not be as straight forward.

WARNING

Please note that, while this book does contain some practical information that could help in real life survival situations, it is impossible to include enough detail to use them safely. It is therefore highly recommended that the reader does more research before attempting any survival skills described herein. The writers and publishers of this book accept no responsibility if the reader does something stupid. In other words, do not try these things at home.

LEVEL OF REALISM

When starting a survival scenario, the group will want to determine the level of realism that they want in their game. There are three basic styles of realism.

Cinematic. A cinematic scenario will tend to be like a Hollywood blockbuster, with more emphasis on exciting scenes and snappy one-liners than realism. When running a cinematic campaign, the Keeper might want to use some or all of the following techniques.

1. The Keeper has a relaxed attitude about the rules, allowing characters several attempts to accomplish something. This may also mean reducing the difficulty of certain tasks and/or providing convenient aid when necessary.
2. The Keeper might require fewer Constitution checks for a character to get a good night's sleep, or reduce some of the harsher elements of the environ.
3. Rations and other consumables are tracked in a more general or broad manner. For example, tracking in days of food rather than specific number of meals.

Gritty. A gritty setting still has some cinematic aspects, but is balanced with a bit more realism. When running a gritty scenario, the Keeper might want to use some or all of the following techniques.

1. The Keeper should stick to the written rules as much as possible, erring on the side of realism, when necessary.

2. The Keeper might require a Constitution checks every two hours to get a good night's sleep.
3. Rations, water, and other consumables should be tracked, particularly when they matter most. They will keep track of how many rations/meals their character has, and how many they have used.

Realistic. As the name implies, the realistic survival setting attempts to make things as brutally real as possible without adding too much complexity. In other words, a realistic scenario is intended to feel real without trying to simulate reality. In these cases, the Keeper might want to do some or all of the following techniques.

1. The Keeper should add realism to the rules as necessary based on the situation. For example, even if the rules say that the character can make a particular jump, the Keeper may decide that, due to various factors, they either can't do it, or perhaps they can do so, but at an increased difficulty.
2. Constitution checks are required every hour to get a good night's sleep under uncomfortable conditions.
3. Rations and consumables are tracked precisely. Food may be measured in fractions of meals or even by calories if survival is the point of the scenario.



DEFINITIONS

BONUS DICE

Having a *Bonus Die* means that you roll a second 10s die when you make your percentile roll. You then use the more favorable of the two rolls. For example, if you have a *Bonus Die* and roll a 12 and a 32, you use the 12. A character can have up to two *Bonus Dice* at a time. *Bonus Dice* and *Penalty Dice* cancel each other out.

BURNING

Although Call of Cthulhu has rules in place to deal with burning damage, they use the same Hit Points as those used in combat, and the fact is that burning damage is far more painful and permanent. Nothing can prepare a character to cope with the pain inflicted by the extreme heat from a fire, white hot metal, boiling water, or lava.

In order to make burning more realistic, this book offers additional detail to the standard rules. Of course there are some who may feel that this is overly brutal, and so the Keeper should feel free to disregard these burning rules if they wish.

Contact Time. The amount of additional damage inflicted by extreme heat is directly related to the amount of time the victim's flesh is in contact with it.

The following chart should be used to determine injuries to the character. As always, the Keeper should take any special circumstances into account.

Seconds	Damage
Less than 6	1D4 HP, 1D6 CON and Major Pain [Minor Burn]
12	1D6 HP, 2D6 CON, Severe Pain and Minor Scarring [1st Degree Burn]
18	2D6 HP, 4D6 CON, Extreme Pain and Major Scarring [2nd Degree Burn]
24	4D6 HP, 8D6 CON, Crippling Pain and Permanent Scarring. [3rd Degree Burn]
60+	8D6 HP [Presumably Dead and Charred]

Any pain resulting from the burns will remain until healed or pain medication is used. Any scarring, except permanent, may fade over time (Keeper's discretion).

DESPAIR

Extended time under extreme conditions can wear anyone down. After enduring extreme conditions (cold, heat, isolation, etc.) for three days, you must make a Sanity check (0/1). The character gains a *Penalty Die* after 6 days, and two after 9 days.

DIFFICULTY LEVEL

For every skill or ability check, the Keeper determines the difficulty of the task, represented by a *Difficulty Level*. There are three levels of difficulty: *Normal*, *Hard* and *Extreme*.

A *Normal* difficulty means that the player must simply roll equal to or below their character's skill value.

A *Hard* difficulty means that they must roll equal to or below half of their skill value.

An *Extreme* difficulty means that they must roll equal to or below one-fifth of their skill value.

For example, if a character has a Spot Hidden skill of 50, a roll of 38 would be a success, a roll of 24 would be a *Hard* success, and a roll of 8 would be an *Extreme* success.

PENALTY DIE

Having a *Penalty Die* means that you roll a second 10s die when you make your percentile roll. You then use the less favorable of the two rolls. For example, if you roll a 12 and a 32, you use the 32. A character can have up to 2 *Penalty Dice* at a time. *Penalty Dice* and *Bonus Dice* cancel each other out.

EXHAUSTION

Some environmental hazards, such as starvation and the long-term effects of extreme temperatures, can lead to a special condition called *Exhaustion*.

Exhaustion is measured in six levels. An environmental effect can give a character one or more levels of *Exhaustion*, as specified in the description.

Level	Effect
1	<i>Penalty Die on skill checks</i>
2	<i>Speed halved</i>
3	<i>Penalty Die on attack rolls and characteristic checks</i>
4	<i>All Strength checks require an Extreme success</i>
5	<i>Character is unable to walk and Strength checks automatically fail</i>
6	<i>Unconsciousness that only rest can rectify</i>

A character suffers the effect of their current level of *Exhaustion* as well as all the levels below. For example, a character suffering 2 levels of *Exhaustion* has their speed halved and has a *Penalty Die* on skill checks.

Finishing a good night's sleep will reduce a character's *Exhaustion* level by at least 1, provided that they have also ingested some food and drink. The Keeper may reduce exhaustion more if it makes sense to do so.

FALLING

As with burning (see above), no amount of training is going to prepare a character to survive an 800 foot fall.

For this reason, this book offers an alternative to the standard falling damage. If the Keeper feels that these rules are too brutal, they should feel free to disregard or mitigate them if they wish. It will not affect any other features of the environ either way.

Free Fall. When someone falls through the air without anything to get in their way or slow them down, this is free fall. A falling person, creature, or object will reach terminal velocity (the fastest rate at which they can fall) in about 18 seconds.

The following chart should be used to determine injuries to the character. As always, the Keeper should take any unusual circumstances into account.

Seconds	Distance	Damage
1	0-30 feet	1D6 HP, 1D6 CON, and Stunned for 10 minutes.
3	30-60 Feet	1D10 HP, 2D6 CON and a Broken Bone
6	60-90 feet	2D10 HP, 4D6 CON, and 1D4 Broken Bones
12	90-120 feet	4D10 HP, 8D6 CON and 2D4 Broken Bones
18+	120+ feet	Death is Almost Certain (see below)

The Keeper should roll to determine which bones are broken, and decide if they want to limit breaks to just limbs and ribs, or if there's a chance of head or spinal injury. These latter breaks can result in conditions like paralysis or brain damage, and so should be considered carefully before going that route.

Anyone that falls over 120 feet has a very slight chance of survival if they succeed on an *Extreme* Luck roll. If they manage to survive on Luck alone, they are left with countless broken bones and will be in a coma for 3D4 days. Additionally, there may be long term lingering effects, such as a permanent limp, reduced dexterity, memory loss and so on.

The Keeper can discuss any lasting damage with the player. Any lingering effects should be reflected in their ability scores. For example, if they have a permanent loss of Dexterity, it will likely affect their Movement Rate and Dodge skill.

Inclined Fall. Not all falls will be as simple as falling straight down. In some ways, falling down a steep, or even gradual slope can be almost as deadly. For the purposes of this section, a gradual slope will be defined as being between 35 and 45 degrees, while a steep slope will be 45 to 80 degrees.

When a character begins to fall, they make a *Normal* Dexterity check each round on a gradual slope and *Hard* Dexterity check on a steep slope. A failed check means that they continue to fall and suffer 1D4 Hit Points of damage. A successful check means that they manage to arrest their fall.

The distance they tumble down the incline each round is erratic, ranging from 10-40 feet (1D4 x 10) on a gradual slope and 20-80 feet (2D4 x 10) on a steep slope.

In addition to Hit Point damage, they can suffer more serious injuries the longer they fall. After losing half of their Hit Points while falling, they break a bone. If they fall unconscious, they tumble like a rag doll until something or someone stops them.

If the character has any sort of acrobatics or similar training, they can have a *Bonus Die* on their rolls.

Unintended Consequences. With any sort of falling, a lot can happen that the characters don't intend. For example, a character might reach out in desperation to grab a friend to stop their fall, and end up dragging them down as well.

If there's anyone below them, they could collide with them, potentially taking others with them.

If the cliff is crumbling or littered with loose stone, the character's unfortunate fall could trigger falling rocks or even a full blown rock slide.

The Keeper should consider all these possibilities, and go with whatever would be logical, interesting, and above all cinematic.

HALLUCINATIONS

Suffering from hallucinations means seeing things that aren't there, and they may be unable to differentiate between these visions and reality. All cognitive-related checks have a *Penalty Die*.

HYPERTHERMIA

This is a state where the body begins to overheat. It can cause headaches, hallucinations, and ultimately death. The severity of the hyperthermia depends on whether or not the person has adequate access to water.

Heat Exhaustion. Anyone exposed to the heat for two hours, even with adequate water, must succeed on a Constitution check or gain 1 level of *Exhaustion*. After 4 hours, it becomes a *Hard* Constitution check, and after six hours, they must get an *Extreme* success to avoid suffering more *Exhaustion*.

Anyone carrying a heavy load or wearing heavy, restrictive clothing will have a *Penalty Die* on their checks.

Anyone that lives in a desert climate is adapted to this sort of heat and so will have a *Bonus Die* on their check.

Heat Stroke. This condition usually results from prolonged, unprotected exposure to the desert sun and dehydration. This effects the body's ability to regulate its temperature, causing a character's core body temperature to increase to dangerous levels. The symptoms include a throbbing headache, dizziness, lack of sweat, muscle weakness or cramps, nausea and vomiting, rapid heartbeat, and rapid, shallow breathing.

As the heat stroke worsens, there are behavioral changes such as confusion, disorientation, or staggering followed in the end by seizures, unconsciousness and death.

Once a character has gone without water for at least 12 hours and has been exposed to the desert heat for more than an hour, they are at risk of heat stroke. Every hour in the sun, they must make a successful Constitution check or lose 1D6 points from Strength, Dexterity or Intelligence (decide randomly). The difficulty increases to *Hard* by the third hour and *Extreme* by the sixth.

When their Strength reaches 20, their movement is reduced to 0. When their Dexterity reaches 20, they begin to fumble objects, stagger and become incapable of performing the most basic tasks. When their Intelligence reaches 20, they become confused, disoriented, and begin hallucinating.

When any of the ability scores drops below 15, the character falls unconscious. Without treatment, they will begin to have seizures 30 minutes later, and an hour after that, they will slip into a coma. Once this has happened, they will never be the same if they manage to recover. If left untreated, the character will die 3 hours later.

Heat stroke can be avoided by remaining protected against the sun and heat as much as possible and staying hydrated.

At any point prior to slipping into a coma, the character can recover by getting out of the heat and rehydrating. Once they are in a coma however, the situation become rather grim. Getting them out of the heat and rehydrating them will allow them to come out of the coma in 3D6 days. When they awake however, their Intelligence will be permanently reduced from its previous maximum by 1D4 x 5 points. Their Strength and Dexterity will return to normal.

Those in heavy, restrictive clothing have a *Penalty Die* on their checks. Anyone who is adapted to this sort of heat will have a *Bonus Die* on their checks.

High Sun – This is the 4 hour time period during the day when the sun is at its highest point in the sky, and the effects of the heat are compounded. During this time, everyone will have 2 *Penalty Dice* on their checks.

HYPOTHERMIA

This is a state of deep cold where the body begins to shut down, and the character's core body temperature begins to drop.

When a character is exposed to extreme cold without protection, they must make a Constitution check every 30 minutes or become hypothermic. The difficulty level starts at *Normal*, increasing to *Hard* after an hour, and *Extreme* after ninety minutes. The character with hypothermia has 2 *Penalty Dice* on all Dexterity and Intelligence checks, and suffers 2 levels of *Exhaustion*.

Every 30 minutes thereafter, the character must make an *Extreme* Constitution check or suffer another level of *Exhaustion*. This process continues until they either manage to warm up or die.

PAIN

There are four levels of pain that are considered beyond the normal pain that is regularly encountered by the characters. These include Major, Severe, Extreme, and Crippling.

Major Pain. This level of pain is experienced when a character endures serious injuries such as sprains, minor burns, a broken nose, and so on. A character suffering major pain gains a level of *Exhaustion* until the pain is relieved; either through some sort of pain relieving medication or healing.

Severe Pain. Characters experience severe pain when they suffer a broken bone, a 1st degree burn, a deep cut, and so on. The victim suffers a level of *Exhaustion* and is stunned while the pain remains.

Extreme Pain. This level of pain is experienced with 2nd degree burns, compound fractures in major bones, a severed limb, and so on. The victim gains two levels of *Exhaustion*, screams uncontrollably and is incapacitated.

Crippling Pain. This amount of pain is almost unbearable. Some causes include 3rd degree burns, being dissolved by acid, extreme frostbite, poking a finger into a stab wound, and so on. Anyone unfortunate enough to experience this level of pain suffers three levels of *Exhaustion*, is incapacitated, and must make a *Hard Constitution* check or fall unconscious for 3D6 hours.

SANITY

Sanity is a measurement of the character's mental health and stability. Most characters start off reasonably sane, but as their Sanity diminishes, they become more and more insane. Over time, they can develop all sorts of mental health problems, from mild phobias to major psychotic breaks.

The average person's Sanity would be around 55 or 60, while a Sanity of 20 or less would be approaching madness. If a character's Sanity reaches 0, they are completely insane, and are no longer under the control of the player (see Keeper Rulebook on p.154 for more information).

SCARRING

Some wounds are likely to leave permanent scars. These tend to be particularly deep wounds or burns, or any major wound that was not tended properly.

Minor Scarring. Characters with minor scarring that is visible will be memorable, and will have a *Penalty Die* when trying to blend into a crowd, going unnoticed, or disguising themselves in some way.

Major Scarring. These scars cause the same difficulties as minor scarring, while additionally making many social interactions more difficult. The character with major scars will have a *Penalty Die* to any social-based skill check when the scars are visible and appearance is a factor (Keeper's discretion).





SURVIVAL BASICS

While each environ presents its own unique challenges, there are some aspects to survival that are universal, even if the specifics vary. This section will cover some of the general issues related to creating and running a survival-based scenario or campaign.

RESOURCE MANAGEMENT

There are many schools of thought about how and to what degree players should keep track of their character's resources during the game. Some prefer to mark off every sip of water and bite of food, while others simply hand wave resources with the understanding that they have enough to complete the scenario.

Of course there isn't any right or wrong way to manage resources, since it's based on personal preference and the overall mood the Keeper is trying to create.

All that being said, if the intent is to run a game that has significant survival aspects to it, then how the players handle resource management becomes very important. As previously discussed, there are three levels of realism that can be used during a survival-based campaign: Cinematic, Gritty, and Realistic. Each of these is associated with different levels of resource management.

Cinematic Resource Management. In a cinematic game, keeping track of the minutia of every day resource use isn't the point. The goal in this game is to instill the physical and emotional stress of survival through evocative descriptions alone, and while the lack of resources is addressed, it's done in a way that doesn't require a lot of bookkeeping.

For example, the Keeper might inform the players that their characters have three days worth of food, and as they press on,

the Keeper describes their diminishing food, the lightness of their canteens, and the despair of taking that last sip of water as a hundred miles of shifting sand still lays before them.

The players should note the resources themselves and keep track of them in terms of time rather than amounts. In other words, the food would be measured in days instead of meals, and the water would be measured in hours. If the characters manage to forage for resources, the Keeper would simply describe how much time they have been able to extend their food and water.

Gritty Resource Management. Food and water should be accurately tracked in terms of rations, with the characters using three rations per day. When describing the results of foraging, the Keeper should describe how many rations have been supplemented.

If the characters decide to use strict rationing to extend their food and water, they should be measured in half rations.

Realistic Resource Management. The most brutal level of realism requires that the characters keep accurate track of their food and water in terms of calories of food and pints of water. Each character will have their own specific needs calculated, and they'll have to deal with the consequences of hard rationing.

Even within the bounds of strict resource management, it will be up to the players and Keeper to decide exactly how they want to measure the resources.

The goal of this degree of realism is to immerse the players in as realistic a survival situation as possible within the bounds of a table top role playing game.

In addition to basic calorie intake and hydration, the Keeper may introduce other challenges such as vitamin deficiency, lack of personal hygiene, and other signs of physical stress such as blisters, dried, cracked lips, and sunburn.

SURVIVAL COMPLICATIONS

Under survival conditions, even the most minor difficulties can become inflated into major or even lethal problems. Particularly with those who are accustomed to having easy access to medicine, fresh water, warm beds and plentiful food, the challenges of even the most basic survival situation can lead to intense stress, hopelessness and ultimately despair.

Preexisting Conditions. There are people who have had the misfortune to be burdened with some sort of chronic medical condition. In most cases, these conditions can be kept in check with medicines and other treatments, but what happens when those basic remedies are not available?

There are far too many possible conditions to list here, but here are a few examples:

Arthritis – The character is suffering from arthritis due to an old injury. Ever since then, their knees always trouble them. They normally use an anti-inflammatory medication to ease the pain, but they don't have any with them. Additionally, extended periods of walking, carrying heavy gear and extreme cold has exacerbated the pain to unbearable levels.

Bad Back – A few months ago, the character was buried under an avalanche, and ever since then, their back has been causing mild discomfort. After a week of sleeping on hard ground, cold temperatures and sustained hiking however, this minor inconvenience has turned into torturous agony.

Low Blood Sugar – The character has never been able to go long without food, but as a city dweller, it has never been a big issue – until now. The rations they brought ran out a day ago, and the few berries they've managed to forage are just not doing the trick. Their temper becomes short and they are finding it hard to concentrate.

Poor Eyesight – If a character has poor eyesight due to injury or age, they may run into serious problems in the wild. Glasses can become fogged up or damaged, making travel even more challenging. If they're broken or lost entirely, the character may be effectively blind.

Concentration. When a character needs to concentrate for some reason, attempting to do so in a survival situation can be very difficult. Whether they need to navigate, craft a tool, forage for food, or translate ancient stone carvings, it's going to mean *Penalty Dice*.

Wounds. The characters are traveling through a dense rain forest after spending weeks at an archaeological dig. While the journey to get there was challenging, the return journey is proving to be almost unbearable. Besides underestimating their rations, the rainy season has come early.

Under these conditions, regaining Hit Points can be very difficult if not impossible. The Keeper should take resting conditions into account when deciding if and how many Hit Points are recovered while traveling in the wilderness.

TAKING A REST

Resting is vital when walking long distances, and there are two basic kinds of rest: short and long.

Short Rest. A short rest only requires a place to relax the large muscles in the back, legs and arms, as well as providing a bit of down time for the heart, lungs and brain.

Resting the brain involves dealing with any fear, panic, aggression, or stress currently affecting the character. Activities such as reading, studying, meditation or even a small talk around a campfire can allow the mind to release its burdens.

Mechanically, a short rest is at least ten minutes, which is usually enough to prevent *Exhaustion* under normal circumstances. The general rule says that resting during a long trek should be five to ten minutes or over an hour. Any rest that falls in between these two times can actually defeat the purpose.

Allowing the characters to take a ten minute rest will avoid gaining a level of *Exhaustion*. If they take more than an hour, they can avoid *Exhaustion* and perhaps perform other tasks such as eating a meal, tending to a wound, or checking a map.

Naturally, any strenuous activity or stress during a rest will negate any benefits of that rest. For example, hiding from an enemy or foraging for food does not count as a rest.

The Keeper may rule that any lingering wounds, untreated injuries, or even recent emotional trauma (such as the death of a companion) will restrict the benefits of a short rest.

Long Rest. While a short rest can be done almost anywhere, a long rest requires a location that's a bit more comfortable and secure. A long rest can involve clearing an area of debris, hauling water, building shelter, starting a fire, foraging for food, and even hunting.

Once camp preparations are made, characters can take time to unwind and perform any personal activities they might want to do such as examining that strange book they've been carrying or looking over their newly discovered artifact.

A long rest is between nine and twelve hours, depending on the conditions, resources available, and the goals the characters wish to accomplish.

TRAVELING THROUGH THE WILDERNESS

The very act of moving from one place to another can present a variety of challenges, whether traveling through the wilds or along well-used trails. Of course there's always the risk of running into predators, but these are certainly not the only risks for the wayward traveler.

Roads. In a Call of Cthulhu scenario, even travel along an established roads can be challenging to the ill-prepared investigator, depending on the road. Some dirt roads can go on for miles through a forest without a hint of human habitation, much less a rest stop or gas station.

Other roads are even less hospitable, passing through deserts, swamps, or vast areas of arctic tundra. Some of

these roads may not even appear on any map, such as those used by lumber or mining companies, or they could lead to a long forgotten village that was abandoned centuries ago.

Occasionally, the characters might stumble on established campsites maintained by park services or private organizations. These may have a few basic resources like cut firewood and/or a deep well, but in most cases the characters will be lucky to find a wooden sleeping platform or rustic shelter.

Trails. A trail is established over time by many travelers using the same path. These may have started as game trails, hiking trails, smugglers' routes, or local indigenous paths, but they're always very small and usually difficult to find unless they're clearly marked. It also helps to know where to look.

The average trail is rarely wide enough for two people to comfortably walk abreast, meaning that characters will have to walk single file. Driving a vehicle on it is out of the question, though a small mount or pack animal might fit, depending on the trail. The chances of running into another traveler is usually low, while running into wild animals is much higher.

The advantage to using a trail over simply trudging through the wilderness is speed. These paths have been cleared over decades or even centuries of use, and so there are likely to be few significant terrain hazards.

The Wilds. By far the most difficult way to travel is through the wilderness. Without any sort of paths, the traveler is forced to blaze their own trail which can make going rather slow, particularly if the region is heavily wooded, wet or rocky.

Without expert guidance, travel times can be as much as triple what they would be under normal circumstances. This turns a two day trip into six days, and that's without taking into account any additional delays such as foraging for food, hunting, bad weather, unforeseen natural barriers, injuries, wild animals, and getting lost.

One upside to wilderness travel is that resources, such as fire wood and wild edibles, can be more plentiful in all but the most barren environs, as long as someone in the group has a bit of basic survival knowledge.

Another advantage to traveling the wilds is that, if stealth is desirable, a group can pass unseen for hundreds of miles without encountering a soul. Of course if an enemy is bent on finding the characters, there are options for tracking them if they have the skill to do so.

Navigation. The problem of becoming lost is most common with those who are inexperienced, and can mean lengthy delays or even death for the hapless traveler.

The trained navigator can determine direction from the sun, stars, magnetic north, and even the patterns of plant growth. They are aware of the movement of animals, how to note and remember landmarks, and how to maintain a true heading when no obvious clues are visible.

If a character is trained in navigation, there are many tools that can aid them. These can include an accurate map, compass, sextant, sun stone, and binoculars.

Even on well traveled roads, basic navigation can be very beneficial. Without the ability to discern directions, the traveler can easily become turned around on a back road on an overcast day and end up traveling miles out of their way before recognizing the error. Characters can wander off the trail to make camp or forage for food, and lose their way back because they didn't leave trail marks. Coming to a fork in the road where the signs have been destroyed, characters can end up going in the wrong direction, and find themselves completely lost before they know it.

When characters are traveling any significant distance, and there is a chance of becoming lost, the Keeper should consider the likelihood of it happening based on the weather conditions, local terrain, visible landmarks, familiarity with the area, and any other circumstances that might cause the characters to become disoriented. Any navigation-related checks required to find the way should be based on the following conditions:

Navigational Conditions	Difficulty Level	Bonus/Penalty
Clear Road or Trail	Normal	—
Familiar Territory	Normal	1 Bonus Die
Unique Landmarks	Normal	2 Bonus Dice
Inclement Weather	Hard	—
Confusing Terrain	Hard	1 Penalty Die
Dense Foliage	Hard	2 Penalty Dice
Poor Visibility	Extreme	—
No Visibility	Extreme	1 Penalty Die
Extreme Weather	Extreme	2 Penalty Dice



When you and I, like all things kind or cruel,
The garnered days and light evasive hours,
Are gone again to be a part of flowers
And tears and tides, in life's divine renewal,
If some grey eve to certain eyes should wear
A deeper radiance than mere light can give,
Some silent page abruptly flush and live,
May it not be that you and I are there?

— *Edith Wharton, 'Survival'*





WEATHER

The most significant factor in determining success or failure in a wilderness survival situation is the weather. Between extremes of temperature, rain, snow, wind and storms, it can feel as if the weather is actively working against you. Of course in a Call of Cthulhu scenario, that could be literally true.

When it comes to horror-based scenarios, the weather can add tension, set the mood, increase pressure, and heighten intensity in a game. For example, arriving at an ancient tomb on a warm sunny day doesn't have quite the same impact as arriving during a thunderstorm with the rain pouring down, flashes of lightning behind it and thunder rolling into the distance.

While Keepers can simply select the weather that best suits the moment, in a survival-focused campaign this isn't a good

idea. Weather, especially in Call of Cthulhu, can be rather unpredictable. By keeping it random, it will feel more organic.

Another benefit of random weather is that the players will have no reason to blame the Keeper for their characters' suffering, and will then focus more on immersion.

Below is a simple weather table that can handle most situations. As always, the Keeper should always use common sense when the dice come up with an unlikely result.

For example, while it's possible to have a late blizzard in the spring followed by an early tornado, it's not very likely.

When using the chart, the Keeper should feel free to adjust the results to suit their climate. Alternatively, the Keeper could include the strange weather and associate it with some

Weather Conditions	Winter or Arctic	Temperate Spring	Temperate Summer	Temperate Autumn	Subtropical or Tropical	Hot Desert
Sunny and Clear	01-30	01-25	01-35	01-40	01-20	01-80
Partly Cloudy	31-35	26-30	36-45	41-50	21-35	81-90
Mostly Cloudy	36-40	31-40	46-50	51-60	36-40	—
Cloudy	41-45	41-50	51-55	61-70	41-50	—
Fog or Whiteout	46-50	51-60	56	71-73	51-53	—
Drizzling, Freezing Rain or Snow Flurries	51-55	61-65	57-60	74-75	54-55	—
Rain or Snow Showers	56-65	66-70	61-65	76-80	56-60	—
Rain or Snow	66-70	71-80	66-67	81-90	61-75	91-96
Heavy Rain or Snow	71-75	81-95	68-70	91-96	76-90	97
Thunderstorm, Snowstorm or Sandstorm	76-80	96-97	71-80	97	91-95	98
Severe Thunderstorm or Blizzard	81-95	98	81-90	98	96-98	99
Deadly Storm	96-99	99	91-99	99	99	—
Storm of the Century	100	100	100	100	100	100

Temperature	Winter or Arctic	Temperate Spring	Temperate Summer	Temperate Autumn	Subtropical or Tropical	Hot Desert
Deep Freeze	01-20	01-15	01-05	01-15	—	—
Colder than Normal	21-30	16-30	06-15	16-35	01-05	01-10
Normal	31-85	31-80	16-75	36-85	06-70	11-70
Warmer than Normal	86-95	81-90	76-85	86-95	71-85	71-85
Heatwave	96-100	91-100	86-100	96-100	86-100	86-100

significant event in the scenario. For example, if the Keeper rolls a very unusual thunderstorm, they could make note of how strange it is, and in a later session have an NPC mention that it's a bad omen of some kind.

Using the Weather Chart. The Keeper should roll on the charts at the end of each day to see what the next day will bring. They should first roll to determine the temperature and then the weather conditions, since the temperature can determine the specific conditions. For example, if it's raining and the temperature suddenly drops below freezing, it could turn to freezing rain, sleet or snow.

When deciding if the weather is appropriate, the Keeper should consider the previous weather, current weather, and trends for the time of year. If it doesn't seem to fit, then they should alter it as needed or roll again.

Once the upcoming weather is determined, the Keeper can then foreshadow it for the characters by describing subtle changes in the current conditions. For example, if it's summer in the scenario and the weather has been sunny with normal temperatures. The Keeper rolls on the chart and determines that there is going to be a severe storm that night. They could describe the wind picking up, the sound of distant rumbling, and the temperature dropping. That night, the storm hits with heavy rain, high winds and lightning.

The Keeper should note that if the temperature changes dramatically, then that is likely to produce inclement weather. In this case, it would be completely appropriate for the Keeper to choose a storm for the next day.

When it comes to making the scenario more interesting, then go with whatever makes it more cinematic. If the characters have been traveling for weeks, and it would be more cinematic to have it raining when they arrive at the town, then don't roll. Just have it raining.

The important thing to keep in mind is that role playing isn't about the Keeper verses the players, and so the Keeper should never want the weather to be a certain way to simply make the characters suffer. In other words, as long as the weather is random, realistic, and cinematic, they're doing it right.

Weather Conditions. While there are many types of weather and many ways to describe it, these should give a good starting point off which to build.

Sunny and Clear – This is about the best situation you can expect under most circumstances. While it may be extremely cold or hot, at least it won't be terribly wet.

Partly Cloudy – This weather is still fairly nice, but could signal a change coming.

Mostly Cloudy – Assuming it hasn't already done so, it's likely to rain soon.

Cloudy – The sky is overcast and dreary.

Fog or Whiteout – In a warmer environ, a temperature

change creates a heavy fog throughout the area. Roll a d6 to determine the density of the fog: 1 = Light Mist (visibility 120 feet), 2 = Mist (visibility 80 feet), 3 = light fog (visibility 60 feet), 4 = moderate fog (visibility 30 feet), 5 = dense fog (visibility 15 feet), 6 = pea soup (visibility 5 feet).

If it is a cold climate, then it's a white out. The wind blows the powdery snow to the point where everything is just pure white. Visibility drops to 5 feet, and everyone is effectively blind beyond that.

Drizzling, Freezing Rain or Snow Flurries – Drizzling and snow flurries will simply add insult to injury, but freezing rain is another matter. In conditions where the temperature is right around the freezing mark at ground level but warmer in the clouds, rain will fall and freeze on all surfaces. During a freezing rain, everything becomes encased in a layer of ice, making all surfaces extremely slippery.

If a character is moving no faster than half of their movement rate, then that character can walk around without falling prone. If the character is moving faster than half of their movement rate, the character must succeed on a Dexterity check or fall prone. Moving at full speed requires a *Hard* Dexterity check, and any sort of incline requires an *Extreme* success.

If a character is taking another action while moving (such as engaging in combat), then that character has a *Penalty Die* on any Dexterity checks to remain on their feet.

Rain or Snow Showers – There are bouts of intermittent precipitation, making everything damp or coating everything in a thin white blanket. The type of precipitation should be based on the temperature.

Surfaces may become slick, so it could become difficult to perform certain actions. Performing any action requiring tools have a *Penalty Die* in the rain or snow.

Rain or Snow – The precipitation has increased to a steady pace. Rain soaks everything and snow begins to accumulate. Anyone trying to track, perform an action that requires tools, or searching for dry firewood does so with a *Penalty Die*.

Heavy Rain or Snow – The rain is coming down in heavy sheets soaking everything through. If it's below freezing, the snow is piling up rapidly. In both cases, visibility drops to a mile or less during the day, and a few yards at night.

All actions (including attacks) have two *Penalty Dice*, and there may be other penalties or hazards depending on the situation.

Thunderstorm, Snowstorm or Sandstorm – It's best not to travel during these storms. Thunderstorms and snowstorms bring heavy precipitation, winds, and reduced visibility. Thunderstorms bring the additional hazards of hail and lightning to worry about, while blizzards bring deep snow and drifting.

In both cases, all outdoor activity becomes close to impossible, with all actions using two *Penalty Dice* and increased difficulty (*Normal* becomes *Hard*, and *Hard* becomes *Extreme*).

Sandstorms are a bit different in that there's no precipitation as such. The winds blow the desert or drought-plagued land into massive clouds of fine dust that can all but blot out the sun. Visibility drops to 5 feet, and all actions have two *Penalty Dice*. See *Cinematic Environs: Desert Wastes* for more information on sandstorms.

Severe Thunderstorm or Blizzard — When major cold fronts move into an area to combine with moist air, the region will experience severe weather. The severe thunderstorm will turn the sky dark with clouds before the rain comes down in buckets. They are usually accompanied with dangerous lightning and hail.

In the case of a blizzard, it's nearly impossible to survive outdoors for very long without significant protection, conditioning, and training. The snow piles up as much as 6 inches per hour, and the winds make seeing or hearing nearly impossible.

In both cases, all outdoor actions require *Extreme* successes, if they are possible at all (Keeper's discretion). During a blizzard, movement drops by half, visibility drops to 5 feet, and frostbite is a real risk. See *Cinematic Environs: Arctic Lands* for more information about blizzards.

Deadly Storm — Every so often, a storm will be so intense as to be called "deadly". In these cases, anyone exposed to the weather has a short time to seek shelter or risk injury and death.

In arctic environs or temperate lands in the grips of winter, this will be a record-breaker that will drop several feet of snow in a matter of hours. Trees will crumple under the weight and house roofs may collapse.

If anyone is unfortunate enough to be out in this storm, they will have only minutes to seek shelter or it's unlikely that they'll survive. The air is filled with blinding snow and the wind is physically painful. Visibility is reduced to 5 feet. All ranged combat and perception-based checks like Spot Hidden and Listen are impossible.

Communication is only possible by yelling directly into someone's ear or via some electronic prosthetic. An enemy greater than 5 feet away is treated as if invisible.

Moving faster than half speed requires making a *Hard* Dexterity check or the character falls prone. Characters must make Constitution checks every hour or suffer a level of *Exhaustion*.

If the storm is in a temperate environ, it could become a supercell that produces tornadoes and large hail.

In a sub-tropical or tropical environ, the storm will be a hurricane. Threats from a hurricane include winds in excess of 75 miles per hour, torrential rain, and a storm surge that is likely to flood coastal areas.

The impact of these storms is extensive and complex, and so the Keeper should focus on the situation in which the characters find themselves and how the storm is likely to impact them.

For example, if they are in a house that's a few miles inland, they could experience severe damage to structures, uprooted

trees, roofs being torn off, loose objects being hurled around, and small structures leveled.

The Keeper can take these opportunities to describe the extensive devastation around them, and the scope of the storm's effect of the people.

These events can be excellent motivators for player characters and so the Keeper may decide to include such an event as part of the greater narrative. If it happens randomly, then take this as an opportunity to weave it into the story and decide how this event might influence the overall plot of the scenario. For example, if the characters are meant to infiltrate a cult, then the hurricane could provide cover, but if they are meant to ship out on an Antarctic expedition, then the storm could delay their travel by days.

If necessary, the Keeper can adjourn the session for a bit to consider their options and decide what's going to happen outside the scope of the characters.

Storm of the Century — These are storms written about in folk tales and shared by sailors in dive bars. The impacts of these storms is likely to have repercussions beyond a few week's worth of inconveniences.

A blizzard of this magnitude will shut down travel, close whole cities, trap people wherever they happen to be when it hits, and essentially bury the region in four or more feet of snow.

If a tornado, it will be spoken of in times to come with awed whispers of the mile wide swath of destruction that wiped out whole towns.

If it's a hurricane, everyone will know its name and will be responsible for changing the shape of coastlines, sinking ships, and destroying cities.

Adding such a catastrophe to a longer campaign will make a lot of work for the Keeper since they will have to basically rewrite this part of the world. No matter how one looks at it, this storm is going to kill many people and alter the lives of countless others for the foreseeable future.

Of course if the scenario takes place in New Orleans during Hurricane Katrina, then the Keeper can find all the information they need regarding the effects and repercussions of the storm. They may need to tweak details here and there to fit their narrative, but that's perfectly fine. This isn't the real world after all, but Lovecraft's world where there is an Arkham, Massachusetts and Miskatonic University.



BEASTS OF BURDEN

Domesticated animals are often ignored in role playing games, treating them as just another piece of equipment. Players often forget that they're living, breathing creatures with needs of their own as well as feelings and moods.

Animals need to be fed, watered, rested, brushed, dried, shod, sheltered, and comforted as an everyday routine. Characters may have a basic understanding of their needs, even without any formal training in handling animals.

Food and Water. In many cases, the food and water can be found along the way, but in arctic or desert environs, these things must be carried along with all the other gear.

Mounds and pack animals are usually large, and as such require much more food per day than an average human. Young mounts require a minimum of 6 pounds of food and 6 gallons of water per day, while a mature mount requires a minimum of 12 pounds of food and 12 gallons of water per day. Most mounts are natural grazers, and can find their own food if left tied up in a suitable environment for at least an hour per day, though the Keeper will have to determine if this is feasible.

Care. Most domesticated beasts require maintenance beyond food and water. Grooming chores could include cleaning hooves, brushing them down, and so on.

Animal maintenance can take anywhere from 15 minutes to an hour per animal depending on their needs, and it's generally considered polite for everyone to pitch in to get the job done.

This activity, combined with securing the beasts and maintaining the riding gear can add as much as 2 hours when setting up camp, making a total of at least 10 hours, not including any other activities or chores.

NEW SKILL: ANIMAL HANDLING

This new skill covers a wide array of functions when dealing with mounts and pack animals. This skill can be divided as follows: Care, Training and Riding (covered in its own section).

Emergency Care. First Aid can be used to restore an animal's Hit Points just like any human, and recover at more or less the same rate. A character trained in Animal Handling can use this skill in place of Medicine to tend the wounds of a domesticated

animal, though the Keeper may require veterinary training to deal with more serious injuries.

A wounded animal can be difficult to handle due to pain and fear. If the animal has lost up to half of its Hit Points, a character can make an Animal Handling check to keep it calm during treatment. If the animal has suffered a serious injury or has lost more than half its hit points, then a *Hard* Animal Handling check is required.

Roll	Result
Critical Failure	The animal panics and lashes out. Even the Odds to determine the target of its outburst. The animal is uncontrollable, resisting care for 2D4 minutes before another Animal Handling skill check can be made.
Failure	The animal is in distress and refuses to calm down. Another roll to calm the animal can be made only after 1D4 minutes has passed.
Success	The animal will calm down in 1D4 minutes, at which point care can be given to the poor creature.
Extreme Success	The injured creature calms down immediately, responding to care and instructions. The caregiver may walk away as the animal trusts the guiding hand and voice.

Training. Many domesticated animals can be trained to perform certain tasks. Note that basic actions, such as running away from danger is something they naturally understand, regardless of their training. You can teach an animal a specific trick with one week of consistent effort and a successful Animal Handling check, the difficulty of which is determined by the trick.

Trick	Description
Come (any animal) <i>Hard Difficulty</i>	The animal comes when called if it can hear you. They can also be trained to come at the call of a distinct sound (like a whistle or horn) from a distance.
Guard (dogs only) <i>Hard Difficulty</i>	The dog stays in one spot, defending its position. It can also be ordered to guard a specific person, animal, or object.
Help (any animal) <i>Extreme Difficulty</i>	The animal can help in combat by distracting the enemy, granting a <i>Bonus Die</i> to a single attack roll in combat.
Fetch (dogs only) <i>Extreme Difficulty</i>	The dog finds a specific object within a mile of its current location. The object cannot exceed 50% of the dog's weight, and cannot in someone else's possession.
Deliver (any animal) <i>Extreme Difficulty</i>	The animal travels to a specific destination or finds a particular person with whom it's familiar.
Patrol (dogs only) <i>Hard Difficulty</i>	The dog patrols a specified area, alerting its trainer to any perceived threat or other unusual activity. It can be trained to recognize friends.
Scavenge (dogs only) <i>Training DC: 20</i>	The dog moves around the immediate area, looking for anything that might be edible or useful to its trainer.
Perform (any animal) <i>Hard Difficulty</i>	The animal performs simple tricks, such as rolling over, laying down, standing on its hind legs, attacking an indicated target, or barking on command.

Note that an animal uses their handler's skill check under certain circumstances. For example, if a mounted rider wants the horse to remain as quiet as possible as it approaches an enemy camp, the rider would use their Stealth skill after a successful Animal Handling check. This is a general rule and should be modified by the Keeper if the animal is naturally noisy or if they're spooked in some way.

CARRYING CAPACITY

The specific carrying capacity of a person or animal is based on its Strength (assuming optimal weight distribution).

Strength	Light Load	Medium Load	Heavy Load
5	up to 3 lb.	4-6 lb.	7-10 lb.
10	up to 6 lb.	7-13 lb.	14-20 lb.
15	up to 10 lb.	11-20 lb.	21-30 lb.
20	up to 13 lb.	14-26 lb.	27-40 lb.
25	up to 16 lb.	17-33 lb.	34-50 lb.
30	up to 20 lb.	21-40 lb.	41-60 lb.
35	up to 23 lb.	24-46 lb.	47-70 lb.
40	up to 26 lb.	27-53 lb.	54-80 lb.
45	up to 30 lb.	31-60 lb.	61-90 lb.
50	up to 33 lb.	34-66 lb.	67-100 lb.
55	up to 38 lb.	39-76 lb.	77-115 lb.
60	up to 43 lb.	44-86 lb.	87-130 lb.
65	up to 50 lb.	51-100 lb.	101-150 lb.
70	up to 58 lb.	59-116 lb.	117-175 lb.
75	up to 66 lb.	67-133 lb.	134-200 lb.
80	up to 76 lb.	77-153 lb.	154-230 lb.
85	up to 86 lb.	87-173 lb.	174-260 lb.
90	up to 100 lb.	101-200 lb.	201-300 lb.
95	up to 116 lb.	117-233 lb.	234-350 lb.
100	up to 133 lb.	134-266 lb.	267-400 lb.
105	up to 153 lb.	154-306 lb.	307-460 lb.
110	up to 173 lb.	174-346 lb.	347-520 lb.
115	up to 200 lb.	201-400 lb.	401-600 lb.
120	up to 233 lb.	234-466 lb.	467-700 lb.
125	up to 266 lb.	267-533 lb.	534-800 lb.
130	up to 306 lb.	307-613 lb.	614-920 lb.
135	up to 346 lb.	347-693 lb.	694-1,040 lb.
140	up to 400 lb.	401-800 lb.	801-1,200 lb.
145	up to 466 lb.	467-933 lb.	934-1,400 lb.
150	up to 550 lb.	551-1,100 lb.	1,101-1,650 lb.

NON-MOTORIZED VEHICLES

Carrying capacity can be greatly increased by employing carts, wagons, carriages, sleds, or similar vehicles. Animals will still be necessary to pull them in most cases, but fewer will be required.

The specific carrying capacity for any given vehicle can vary greatly, but an easy way to calculate is to multiply the carrying capacity of the animals pulling it by 4.

For example if two horses can carry 800 lb. each, then they can pull a wagon that weighs about 6,400 lb. fully loaded.

THE ELEMENTS

I was suddenly lost and alone. Hood had warned me just moments before about the loose earth along the river's edge, and yet he was the one who tumbled into the icy gray water, taking his horse and all it carried. I found myself with little food or water, and only a vague idea which direction to go.

As I was about to give in to despair, I recalled Hood's words from the night before. We had been sitting around the campfire when I spoke of my fear of being alone in the wilderness. He leaned in and said, "The important thing in a survival situation is to prioritize your basic needs. The easiest way to do that is to remember the Rule of Three. You can live for three minutes without air, three hours without shelter, three days without water, three weeks without food, and three months without hope."

His words echoed in my ears as I took a deep breath. "Air," I said to myself. "Shelter," I added, pulling my wool coat about me. "Water," I continued, feeling the canteen hanging over my shoulder. With a sudden thought, I reached to my side and felt the bag of jerky that Hood had insisted I carry. I sobbed with relief. "Food." I wasn't as bad off as I thought.

I wasn't out of the woods yet, but maybe, just maybe, I could see a faint glimmer of hope. "Thank you, Hood," I whispered to the sky as I started walking.



AIR

Moments after I heard the first tumbling pebbles, the entire slope to my left broke loose and began to slide down on top of me. While I frantically dodged the larger rocks, I was unable to escape the wave of dirt and gravel that swept me down the hillside. Before I knew it, I was in darkness being crushed beneath tons of earth.

We all take breathing for granted until we can't do it. I was gripped by a moment of panic, and I might have become hysterical had it not been for the small pocket of air that had been left around my face due to a flat bit of stone just above me. As I exhaled slowly the dirt settled, and I knew that I wouldn't be able to take another breath.

"Three minutes." I thought to myself as I pushed my hand through the dirt. I was rewarded with a single point of daylight at my fingertips and a hint of fresh air.

THREE MINUTES

The first, and most basic need for survival is air. Most complex land animals won't last long without it, and in the case of humans, the amount of time they can live without air is about 3 minutes, assuming that they're reasonably healthy.

NO AIR

There are any number of situation where the characters might find themselves without air or unable to breath.

Choking. This can happen to just about anyone and can result from eating too quickly, becoming surprised while swallowing, or attempting to ingest something too large.

The Keeper could use this option if the character attempts to eat a living creature or tries to swallow an unknown fruit with a hidden pit. In some cases, a mysterious food could cause a reaction that closes the character's windpipe. Whatever the case, the Keeper should take care when using this option, lest the character suffer a very ignoble death.

Burial. Perhaps the greatest fear for any human being is to be buried alive. This could happen as a result of an avalanche, land slide, or cave in. In these cases, the character suddenly finds themselves unable to breath, and this may even be exacerbated by the crushing pressure of the material on top of them. Extracting themselves may be impossible without help.

Drowning. A more common risk in a survival situation is drowning. Maybe the character was trying to cross a swift moving river, swim through a flooded cave, or cross a patch of thin ice. However it happened, the character is now struggling to get air under difficult or even impossible circumstances. Others might have to risk their own lives to help them, but they'll need to hurry.

Gases and Vapors. The air itself can become contaminated with poisonous gases or vapors. These could include smoke from a forest fire, volcanic ash, or the fine dust of a sandstorm. While some air might be available, breathing will likely become difficult until they can get someplace where the air is clearer. In some cases, the problem can be mitigated through the use of some kind of protective gear, such as a filtration mask, self-contained breathing apparatus, or even a wet rag over the face.

If the contamination is light to moderate, or if they're using some sort of protective equipment, a character can last longer before succumbing to the lack of air.

Light contamination would include a forest fire or weak sandstorm. Instead of minutes before becoming unconscious, it will be hours. In other words, a person can remain conscious under these conditions for a number of hours equal to 10% of their Constitution score. If using a filter under light conditions, the contaminates have little to no effect.

Moderate contamination would include volcanic ash or a severe sandstorm. Under these conditions a person would remain conscious for a number of minutes equal to 20% of their Constitution score.

RESUSCITATION

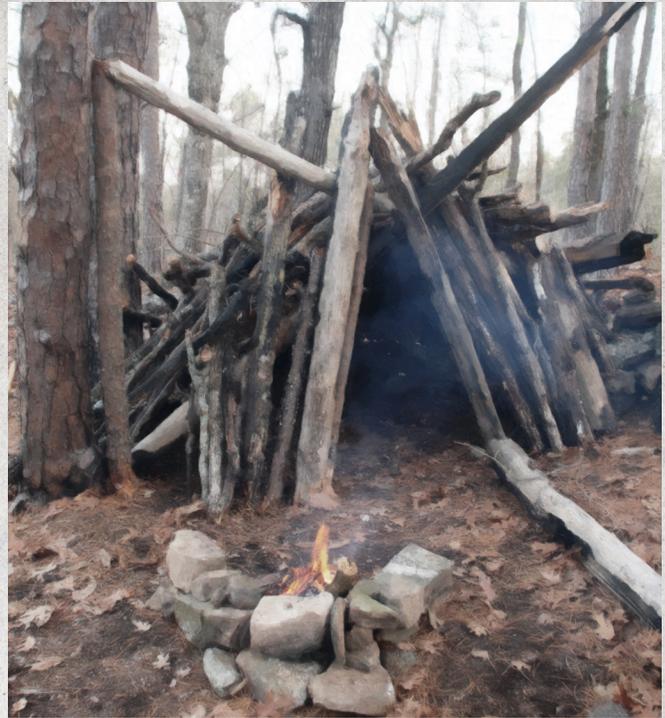
Once a character has stopped breathing, they'll need help to start breathing again. This requires a successful Medicine check to get the unconscious character to get them breathing on their own. This involves the character placing their mouth over the mouth of the victim, pinching the nose closed, tilting

the head back to open the airway, and blowing air into their lungs. In most cases, this will get them breathing on their own if there are no obstructions.

Air Rules

A person can remain conscious without air for a number of minutes equal to 5% of their Constitution score, after which they fall unconscious. Once unconscious, the person will remain stable for another couple of minutes. Then they will lose 1D4 Hit Points per minute until they die. Without access to air, most people will die in about six minutes.

For example, a character with a Constitution of 60 can hold their breath for 3 minutes.



FIRE

The temperature was dropping fast. All the cold weather gear, including the tent, had been on Hood's horse when it fell into the river that morning, and while it might be possible to find the gear somewhere down stream, I'd never find it before nightfall.

It was warm enough at the moment, but I was sweating, and I knew that as soon as I stopped, I'd lose body heat rapidly. I needed to build a fire, and if possible, a shelter.

Feeling around in my emergency kit, I nearly cut my finger on a sharp bit of stone. It was the flint that Hood had given me when he was showing me how to make sparks. Pulling out the bit of dark stone and my knife, I nervously struck the flint against the spine of the steel blade. A few small hot sparks flew out in front of me.

With my hands shaking, I started gathering bits of the dry moss called 'Old Man's Beard' by the locals. After finding a small armful of dead twigs and branches, I laid down a small circle of stones and arranged the wood into a tipi-like shape. Finally, I stuffed the inside of the structure with smaller kindling and dry bark.

I placed the moss in a bundle on a flat stone and started striking sparks into it. I had to adjust my position a number of times, but after a half hour or so, one of the embers finally caught.

Gently picking up the bundle, I started to blow into it as I had seen Hood do a dozen times before, and to

my amazement, the single ember grew into more. About the time I started feeling lightheaded from the all the blowing, the bundle erupted into flame.

In my surprise I nearly dropped it, but managed to keep my head long enough to get it to fire tipi. I nearly wept when I saw the flames catch the twigs and then the sticks. I sat down with a heavy sob, flexing my hands to ease the muscle cramps.

It was a full ten minutes before I realized my mistake. In a panic I started looking for more wood to put on the fire. There was none.

"Shit!" I yelled and leapt to my feet. I started running around like a madman gathering sticks from the immediate area and tossing them frantically into the waning fire. It felt like a losing battle. No sooner would I return with firewood, I'd have to go find more to keep it going.

By the time I finally had enough pieces of large fire wood, I was exhausted and the sun had set. With the last light of day quickly fading, I said "No shelter tonight then."

I sat down on my small pack with my back against a tree closest to the fire. I pulled my woolen coat around me which seemed to be enough to keep the worst of the chill out of my bones. If I could manage to keep the fire going, I might just make it through the night, though I didn't expect to get much sleep.

THREE HOURS

The second survival priority is the ability to maintain one's core body temperature of about 99 degrees Fahrenheit. This is done by having adequate shelter, appropriate clothing, and in colder climates, a decent fire.

Hypothermia. A person develops *Hypothermia* (p.6) when they lose too much body heat. The most common ways to lose heat from the body include: *conduction, convection, evaporation, radiation, and respiration.*

Conduction – This means the transfer of heat through bodily contact, such as sitting directly on cold ground or stone with little or no insulation.

This can be mitigated by avoiding prolonged contact with cold surfaces, wearing insulating clothing, and by adding insulating material (such as pine boughs, straw, or dried leaves) to the floor of a shelter.

Convection – Heat loss through convection happens when the wind blows, pulling heat away from every surface. This is most often called "wind chill," and can make even moderate temperatures feel twenty degrees colder.

Heat loss through convection can be reduced by finding shelter or natural wind breaks, building a wind break from local materials, and having wind-resistant clothing.

Evaporation – One of the worst things someone can do in a survival situation is to sweat. Not only does sweating cause dehydration, but in the cold, it draws off valuable heat from the body as it evaporates. This is one of the primary causes of hypothermia. It's a secret killer since the person can feel warm or even hot while exerting themselves, but when they stop to rest, the deep cold sets in.

The best way to prevent hypothermia by evaporation is to avoid sweating in the first place. This can be done by limiting extreme exertion or removing clothing to keep them dry. If sweating is unavoidable, then the person must find a way to dry themselves and their clothes off as quickly as possible.

Radiation – Heat is constantly radiating from warm-blooded animals that maintain a constant body temperature, including humans. Heat can radiate from any exposed parts of the body, though hair can reduce this heat loss a bit.

The easiest way to limit heat loss through radiation is by wearing insulating clothing that covers as much of the body as possible, while allowing moisture to escape.

Respiration – Although it might not be the first thing that comes to mind, the body can lose heat through breathing. For that reason, you want to keep your breathing as slow and relaxed as possible. It's also desirable to breath in and out through the nose if possible.

A simple way to limit heat loss through respiration is by covering the face and trapping the heat. The risk here is that you can also trap moisture which can cause heat loss through evaporation. So the face cover should be somewhat porous to allow moisture to pass through.

Hyperthermia. At the other end of the spectrum, we have *Hyperthermia* (p.6), which happens when the body absorbs too much heat. This is most likely to happen in extremely hot environs, and can be compounded with high humidity.

The same five methods of heat loss are also the methods by which a person can gain too much heat.

Conduction – When it's already hot, sitting or laying on a hot surface will dramatically increase the amount of heat conducted into the body.

The easiest way to avoid hyperthermia by convection is to insulate yourself from the hot surface. If you must lay down on a rock or patch of sand, make sure to put something between you and the surface, even if it's only a few layers of cloth. Every little bit helps.

Convection – You'd think that a nice breeze in the desert would be welcome, but this isn't always the case. If you manage to find shade, the excess heat can be blown across your body, and can negate any benefits the shade might have provided.

Creating some sort of wind break can help, even if it's only hanging a blanket on a few bushes.

Evaporation – When it comes to hyperthermia, evaporation through sweat is desirable, though without sufficient water, rapid dehydration is a serious danger. In situations of extreme heat, the danger comes when the sweat stops. This means that heat stroke is imminent.

Radiation – The danger from radiation comes not from heat radiating from the body, but from external heat radiating on the body. In most cases this is the sun, but can include being in proximity of any extreme heat source like a massive fire, lava flow or hot spring.

The most obvious way to alleviate the danger is to get away from the source of radiation, but if this isn't possible, then putting something between you and the radiation will help. In the sun, this can mean finding shade, carrying an umbrella, or wearing a wide-brimmed hat. In the case of lava, placing something between you and the heat can block some of it.

Humidity will compound heat risks significantly, making any shade or barrier almost useless.

Respiration – Breathing doesn't exacerbate hyperthermia very much, but hot and humid air can make breathing much more difficult, and will accelerate dehydration.

Unfortunately, the only solution here is to stay as hydrated as possible (see Water).

Hypothermia/Hyperthermia Realistic Rules

While these things can be difficult to quantify, a more realistic variant is to start with normal Constitution checks, increasing the difficulty by one step for each type of heat transfer that is affecting the character.

For example, suppose a character is in the mountains when a freak blizzard catches them unprepared. When the time comes to make a Constitution check to avoid hypothermia, it would require an *Extreme* success due to convection, radiation, and respiration. This assumes that they're not yet sweating or sitting on a cold rock of course.

Of course they could get *Bonus Dice* based on factors such as clothing, shelter, access to a heat source, and so on.

CLOTHING

This is the first line of defense against the elements. Being properly dressed for the environmental conditions can make all the difference.

When discussing proper clothing, there are many things to consider, but all of them boil down to maintaining your core body temperature and regulating moisture.

Specific clothing choices depend on the temperature and humidity of the environ, and to what degree those things can change. In an environ like a desert where the conditions can change drastically between night and day, your clothing must be able to adapt to those changing conditions.

Cold Temperatures/High Humidity. These conditions are likely to be found in early or late winter, or on a mountain when there is the tendency to have wet snow, freezing rain, and freezing fog. Cold and wet is a deadly combination and is the most likely scenario to develop hypothermia.

Clothing for these conditions should be water resistant, breathable, and easy to dry. The outer layers should be wool while the inner layers should be a softer, breathable material like cotton or similar fabric. The outer layer is often sealed against moisture with an oil like lanolin which is naturally found in wool.

Perhaps the most important aspect to the cold/wet clothing is the footwear. Like the other clothing, it should be water proof on the outside and breathable on the inside. In colder climates, fur-lined boots are common.

The major threats in these types of environs include hypothermia, fungus, and dehydration.

Cold Temperatures/Low Humidity. These are the sorts of conditions found in arctic regions, the dead of winter, and deserts at night. In these cases, the threat of moisture does not come from the environ, but from the traveler's own sweat.

For this reason, making the inner layers breathable is even more crucial. In many respects, the optimal clothing is similar to the cold/wet climate, though it's better to bring extra sets of the inside layers. For example, bringing extra pairs of socks and underwear is advised.

In the case of non-arctic deserts, the layers should be designed in such a way as to make them easily removable and portable since the temperature during the day can climb by as much as 90 degrees.

The major threats in these types of environs include hypothermia, frostbite, and dehydration.

Hot Temperatures/High Humidity. These environs can include places like tropical rain forests and swamps. Each has more than their fair share of blessings and curses.

On the positive side, they tend to have a bounty of resources, such as building materials, food, and water. On the negative side, they tend to have many predators, venomous creatures, diseases, and countless biting insects.

While it may seem that the easiest solution is to wear as little clothing as possible, this isn't always the case. In areas where there are significant risks from snake bites, venomous spiders, and disease-carrying mosquitoes, you may need clothing as a defense against these threats.

If venomous snakes are around, then leg protection is recommended, which can include baggy canvas pants or high leather boots. If biting or disease-carrying insects are the concern and no repellent is available, then covering as much of the body with sheer cloth is best. This allows air to pass through while keeping insects from reaching the skin.

The major threats in these types of environs include hyperthermia, dehydration, and disease.

High Temperatures/Low Humidity. These conditions are found in the classic hot, dry desert. There are few if any clouds, and the sun is relentless.

While it might seem intuitive to wear few articles of clothing, that can lead to serious sunburn and heat stroke. It's better to have some kind of hat, light, loose-fitting clothes, and some kind of foot protection.

The major threats in these types of environs include hyperthermia, sun burn, and dehydration.

Moderate Temperatures/High Humidity. These environs can be deceiving. While the outside air temperature feels comfortable, you can still develop hypothermia if you become wet. When this happens, you can lose body heat through convection and evaporation every time the wind blows. This is a particular danger in high humidity since even the slightest exertion can make you sweat.

The best option for these conditions is to have multiple sets of light, breathable clothes that are easy to dry. When performing any significant exertion, it is best to remove any unnecessary clothing until the body is dried.

The major threats in these types of environs include hypothermia and dehydration.

Moderate Temperatures/Low Humidity. This sort of environ is the sweet spot for most people, as long as it's not too dry. These conditions can be fleeting in most places, lasting for a day or perhaps even a few hours. They are most common in temperate regions in the late summer.

The moderate/dry environ presents little threat for the traveler, except that it could lull them into a false sense of security, leaving them ill-prepared for when the weather changes for the worse.

Clothing Rules

In most cases, it's safe for the Keeper to assume that characters are wearing environ appropriate clothing. Clothing only becomes an issue during a long journey or during a survival situation where they may have been caught unprepared.

If a character is wearing climate appropriate clothing, then any survival-related Constitution checks are made normally.

If they're wearing clothing that is not appropriate for the climate, or clothing that has been compromised by becoming wet or damaged, any temperature related Constitution checks will be made with a *Penalty Die*.

If a character's clothing has been designed for a specific climate, then all temperature-related Constitution checks will be made with a *Bonus Die*, in addition to any other benefits imparted by the clothing.

The players should keep track of their character's clothing as well as any required maintenance such as drying it out or making repairs to maintain its protective integrity.

FIRE

One of mankind's earliest technologies was the mastery of fire, which is a critical skill in survival situations, particularly when it's cold and/or wet.

Beyond preventing heat loss, there are many other benefits of a camp fire including the ability to dry clothes, purify water, cook food, keep insects and predators away, provide light, signal for rescue, and generally boost morale.

Building a fire can be quite challenging, especially if it's under less than ideal circumstances. Even having matches or a lighter is no guarantee of success. When preparing to make a fire, it's important to remember something called the 'fire triangle'. Each side of the triangle represents something that must be present to start and maintain a fire. The sides are oxygen, fuel, and heat (i.e. an ignition source).

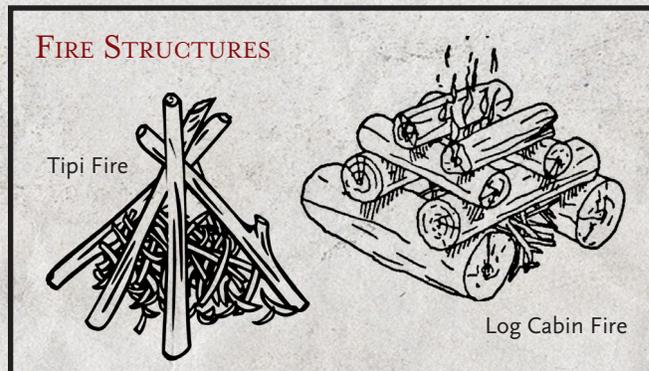
Making a fire is as much art as craft, and while all fire styles vary a bit, most will use the following steps:

Step 1 – Gather Tinder, Kindling and Firewood – Tinder is the material that's used to catch and start ignition, kindling is the small, fine material used to get the fire going, and firewood is the larger fuel that maintains the fire.

It's vital to gather enough firewood to maintain the fire before starting it. You should ideally have enough firewood to last the night, with two hours being the bare minimum, which would give time to find more.

If any of the firewood is wet, it should be placed near the fire to dry it out as much as possible before burning.

Step 2 – Prepare the Fire Pit – The next step is to prepare the place for the fire. This is typically an indentation in the ground and surrounded with rocks to contain the fire. Into the fire pit is placed a structure of firewood and kindling with an opening to introduce the tinder bundle. The most common structure for the firewood is a tipi shape with the larger wood on the outside and kindling on the inside. If an accelerant like wax or oil is available, it would be added to the kindling.



Another option for containing a fire is the in-ground fire hole. There are several advantages to this sort of fire. The first is that it's difficult to see at a distance since. The second is that it's easier to maintain under harsh conditions because the chimney shape

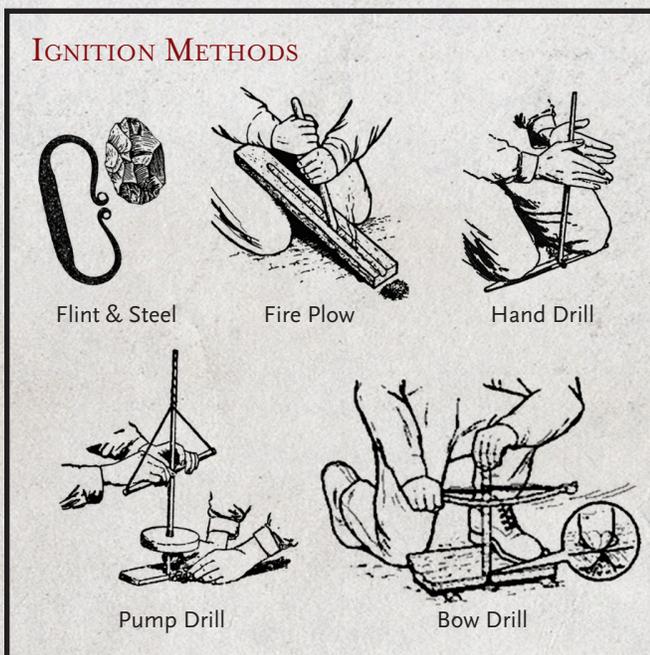


creates a steady air flow that keeps the fire burning hot. The third is that it makes very efficient use of fuel, harnessing more of the heat and even warming the ground around the fire. The final advantage to this fire is that it can be built safely inside a structure with little risk of setting the place on fire or producing much smoke.

The disadvantages of the in-ground fire hole is that it takes a half hour longer to set up and it is very difficult to make if the ground is rocky or frozen solid.

Step 3 – Prepare the Tinder Bundle – One of the most critical parts of the fire making process is preparing the tinder bundle. The tinder bundle can be made of anything fine enough to ignite easily, including cotton fluff, charred cloth, finely shaved wood, and even hair. It's important that the material be very flammable, very fine, very dry, and able to remain lit until it can be placed in the fire.

Step 4 – Ignition – A fire can be ignited in a variety of ways. If no matches or lighter is available, there are a number of traditional methods that have been used for millennia. Before the match was invented, flint would be struck against steel to



produce small, hot sparks that would be caught in the tinder bundle. An even older method is to use friction to create a small coal that's introduced to the tinder.

The friction method basically involves the rapid rubbing of organic material together. The most common friction fire starters include the hand drill, bow drill, pump fire drill, and the fire plow. These all require some preparation if you don't already have the tools prepared. For the skilled fire starter, preparing a fire kit takes about 15 to 30 minutes if the materials are readily available.

Whichever method is used, the result will be a small, fragile coal of fine glowing dust that must be carefully transferred to the tinder bundle.

Once the spark or coal is introduced to the bundle, the person must blow into it to get ignition. Once flames appear, the tinder bundle is quickly placed on the prepared fire structure. With any luck, the fire should ignite.

Fire Rules

Building, igniting, and maintaining a fire takes time, skill, and resources. The character must make a successful Survival check, presuming ideal conditions and ample materials. The base amount of time required to make a fire is 30 minutes.

The difficulty and required time is modified by various factors including current local conditions, the resources available and the complexity of the fire being made. The following charts the most common modifiers.

Conditions and Resources	Difficulty	Time Mod
Prepared Fire Pit	Normal	-10 Minutes
Prepared Materials	Normal	None
Less than Ideal Resources	Hard	+5 Minutes
Sparse Resources	Hard	+10 Minutes
Damp Conditions	Hard	+15 Minutes
Dark Conditions	Hard	+15 Minutes
High Winds	Extreme	+15 Minutes
Wet Conditions	Extreme	+30 Minutes
Rain or Snow	Extreme	+60 Minutes
Ignition Type	Modifiers	Time Mod
Use of Matches or a Lighter	2 Bonus Dice	-15 Minutes
Use of Flint & Steel	1 Bonus Die	None
Bow or Pump Drill	None	+15 Minutes
Hand Drill or Fire Plow	1 Penalty Die	+30 Minutes
Fire Complexity	Modifiers	Time Mod
Unbounded Fire	1 Bonus Die	-15 Minutes
Standard Campfire	None	None
In-Ground Fire Hole	1 Penalty Die	+15 Minutes

The required time is for the first attempt. Each following attempt increases the time by 15 minutes.

When considering whether or not to use these fire making mechanics in a scenario, the Keeper should ask themselves if it will add drama, tension, or enhance the cinematic feel of the scene. If not, they simply use this section for flavor purposes.

Drama Example – It's the group's first night of traveling together and the young survivalist is eager to prove his value to the group by making the perfect campsite. He realizes that everyone is watching with anticipation as he prepares to light the campfire.

Tension Example – The characters are traveling in the winter when they are forced to cross a frozen river to escape their pursuing enemies. Several of the characters break through the ice, and although they are rescued by their companions from the frigid water, they are becoming dangerously hypothermic. Their only chance to survive the night is to get a fire going as soon as possible.

Cinematic Example – The characters prepare to sit down with a native guide to question him about an urgent matter. The man insists on a formal ritual and the characters help him to prepare the space which includes the starting of a ritual fire in the center of the circle.

SHELTER

As anyone who has traveled more than a day or so from their home will tell you, finding adequate shelter is a priority. Without appropriate shelter, rest may be impossible.

While clothing is critical while traveling, it may not be enough when the time comes to getting a good night's rest. After a long day of walking, climbing, and foraging, the value of comfortable place to sleep cannot be overstated.

Emergency Shelters. When an individual or group finds themselves lost without their gear or taken off guard by bad weather, they may need to find shelter very quickly. In these circumstances, they'll have to come up with something quick and dirty from the materials in the surrounding landscape.

If they're fortunate enough to find a ready made shelter, such as a cave or rock overhang, the majority of their work is done, though these options are not without risk. After all, the same features that make them appealing for the lost traveler also makes the desirable to all manner of critters from snakes to bears.

Even then, there will likely be some work to prepare a cave for habitation including clearing debris, adding floor insulation, building a wind block, and/or setting up some sort of defense against predators.

The next best option is a debris shelter. These are down and dirty, but they'll fulfill the basic requirements of a shelter. They will block the wind, get you off the ground, and keep the rain

DEBRIS SHELTER

Step 1



Step 2



or snow out. The simplest debris shelter consists of a single wooden pole propped against something to lift it off the ground with smaller sticks, leaves, moss, twigs, and any other debris at hand leaned up against it. In the end, it's indistinguishable from a big pile of debris with an opening on one side.

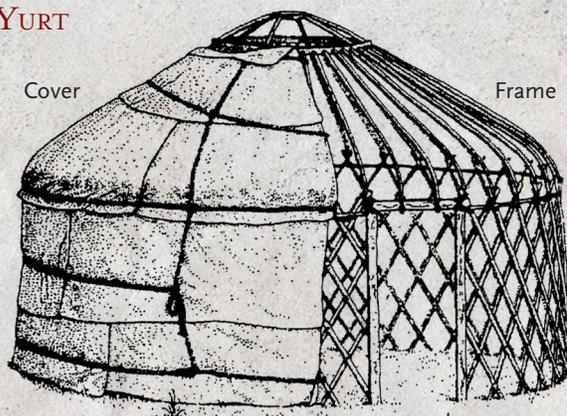
If little or no materials are at hand, you can simply dig a hole as deep as possible and climb down into it. At the very least, this will keep the wind at bay.

Portable Shelters. These are the most desirable options for a shelter, since they are designed to protect those within from the elements. The most common kind of portable shelter is the tent, and they can come in a variety of styles, shapes and sizes, from a simple fly tent to larger wall tents. The

YURT

Cover

Frame



size is based on the number of people using it, their carrying capacity, and the purpose of the tent.

Some nomadic peoples use sturdier shelters, like yurts, tipis, and wigwams. These incorporate native materials such as wool, felt, hide, bark, and bone. The trade off for being stronger is that they are considerably heavier. This is generally not a problem for nomads since they only move two or three times a year.

Snow Shelters. These unique shelters can be built for emergencies or they can be semi-permanent depending on the environ. For example, in arctic regions, a snow shelter can be used for eight months out of the year.

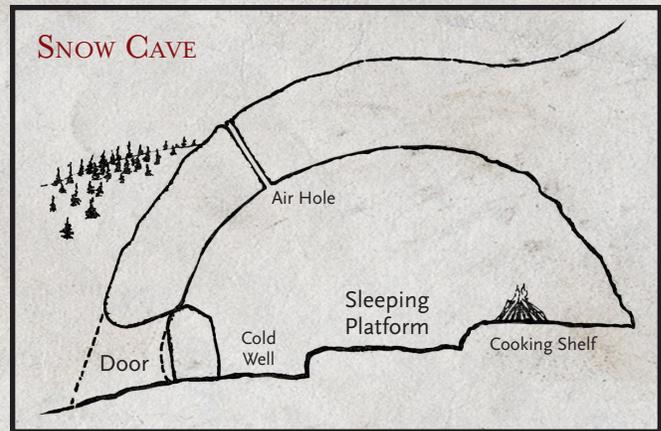


In emergency conditions, the quickest and easiest snow shelter involves finding a tree or rock formation that has created a natural hollow to serve as protection from the wind. These are most likely be found beneath pine trees, rock overhangs, or gullies. In these cases, simply throwing in a bunch of insulation and climbing in is enough to make a difference. If you have the means, a fire can be started as well, which can increase the odds of survival significantly.

The next best emergency snow shelter is a snow cave. This involves tunneling into the side of a snow bank, hill, or mound, and hollowing out a place to get out of the wind and cold. If no mounds are available, it's possible to make one simply by piling snow and packing it down well. While this may seem easy enough, there are a few critical features to the snow shelter.

The most important feature is the air hole, which is basically a small hole of no more than a couple inches in diameter in the roof of the shelter. This lets air in and carbon dioxide out (see Air). The next important feature is to build a sleeping platform. Since cold air sinks, creating a 'cold well' will mean staying as much as 10 degrees warmer, and that can make all the difference in a survival situation. The last important feature is insulation on the floor and bed. This can be anything from pine boughs to animal furs to blankets, as long as they can help prevent the loss of heat through conduction.

Once the entrance is closed with a pine bough or a bit of snow, it is actually possible to make a small fire in the shelter.



This can include a small camp fire or even a candle. The smallest amount of heat can bring the temperature inside the snow shelter to a bit above freezing. While this may still sound cold, it will feel quite cozy compared to the sub-zero temperatures and wind chill outside.

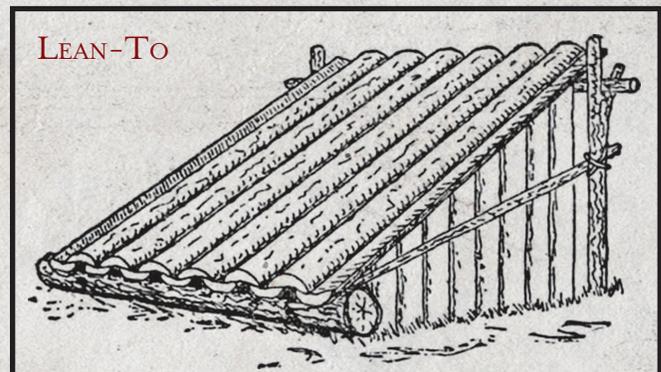
A more permanent snow shelter (like an igloo) is much better, though these types of structures require quite a bit more skill to build, as well as a tool to cut and shape the snow.

Basically, the snow is cut into blocks which are first taken from the area where the igloo will sit to create a circular hole in the snow. The blocks are then shaped and stacked in a spiral around the circle, with each turn getting smaller to form a dome. Once complete, the doorway and air hole are cut. The igloo may appear fragile, but when built by an expert, they can support the weight of a full grown man on the roof.

With a fire in the center, the temperature inside an igloo can be brought up to 40 degrees without compromising the integrity of the structure.

Temporary Shelters. Like emergency shelters, these are made from the raw materials that can be found in the vicinity. The only difference is the time, tools, and skills required to make them.

A temporary shelter is necessary if you plan to stay put for several days to rest and recuperate, or even months to wait for a mountain pass to open in the spring. These shelters can be as simple as a lean-to, which can be set up



HUNTER'S CABIN



in a couple hours, or as complex as a hunter's cabin, which might take a day or two to build.

A lean-to is one of the simplest of shelters. It's built by leaning logs up against an upright frame set into the ground. The spaces between the logs is filled with water proof material like clay or birch bark, and then covered over with sheets of moss, dirt or sod. Once a fire is built in front of a lean-to, they can be kept quite warm as long as the fire is going.

When there's no other option but to settle in for a while, then a hunter's cabin may be the best option. Reasons for staying put could include waiting for bad weather to break, creating a rendezvous point for a group of people, or setting up a camp from which hunters or trappers can search the area for game. These types of cabins can remain solid for many years after they've been abandoned, and so it's not uncommon to stumble across an old hunter's cabin when following game trails.

Shelter Rules

In an emergency situation, getting a shelter up quickly can mean the difference between life and death. Use the chart below to determine if a character succeeds in preparing a shelter and how long it will take.

Shelter Type	Difficulty	Time to Set Up
Tent	Normal	30 Minutes
Debris or Snow Shelter	Normal	30 Minutes
Snow Cave, Yurt or Tipi	Hard	60 Minutes
Lean-To	Hard	2 Hours
Hunter's Cabin	Hard	4 Hours
Local Conditions	Modifiers	Time Mod
Sparse Resources	—	+30 Minutes
Wet Conditions	1 Penalty Die	+30 Minutes
Dark Conditions	1 Penalty Die	+45 Minutes
High Winds	2 Penalty Dice	+60 Minutes
Heavy Rain or Snow	2 Penalty Dice	+90 Minutes

Once the character has shelter, they are considered to be protected from the elements to some degree, and if they have fire, they can regulate their temperature.

Assuming the shelter is set up properly and is appropriate to the environ, being inside will give the character 2 *Bonus Dice* on all rolls related to resist hypothermia and hyperthermia.

Combining Rules

The ideal external temperature for a human is around 68 to 70 degrees Fahrenheit. Clothing, fire, and shelter are intended to create and maintain those conditions.

Appropriate clothing for an environ assumes that they will maintain a comfortable temperature for the wearer, especially if they're active, without collecting excess moisture.

Appropriate shelter for an environ will reduce heat loss from conduction, convection, evaporation, and radiation, and an adequate fire will add heat as needed.

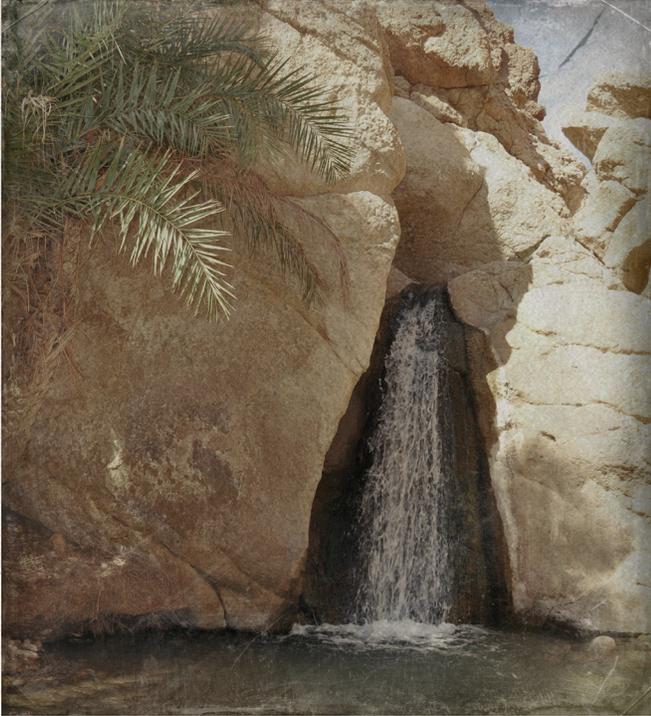
Each individual protection method adds to the character's chances of survival. This means that if a character is wearing environ-appropriate clothing in a shelter, and they have built a fire, they can be considered to be completely protected from the elements as long as the situation is maintained and the conditions don't change.

In a survival game, the Keeper will have to use their best judgment when it comes to combining survival techniques. In many cases one or two techniques will be sufficient, but there are some cases, such as in a harsh arctic environ, where all three may be required.

Remember that, although it's always possible to succumb to the elements, the point isn't for the characters to die of exposure. The point is to help viscerally immerse the players in the scenario while applying additional pressure and tension in the story. It's therefore recommended that the Keeper remain fairly flexible with the rules by offering options and rewarding clever ideas.

Additionally, the Keeper should not expect their players to be survival experts. The Keeper is therefore encouraged to impart information that their characters would know. For example, a survivalist who has traveled in the wilderness for many years would not need to roll to make a shelter except under extremely difficult circumstances.

That being said, greater knowledge and understanding of real wilderness survival techniques can certainly enhance any role playing experience where survival is the focus.



WATER

The pain in my head was nearly unbearable. About an hour before, I had seen a small, rat-like creature enter an opening in the rocks, only to emerge a few minutes later with wet fur.

Hood had told me to watch the creatures around us while we traveled. He said that they'd speak to us if we were clever enough to listen. The animals can warn of predators, approaching storms, and even lead us to water.

Crawling over to the three foot opening I could already smell the water. I knelt down on the ground and began to make my way into the darkness. Sure enough, after a few seconds I could hear echoing drips ahead.

The tunnel began to slope downward slightly. I was about to turn back when my hand slipped on a patch of damp stone. I pitched forward and slid down into the darkness for what seemed like minutes.

Suddenly I was in mid air, tumbling into an unknown blackness. A moment later I plunged head first into icy black water.

I gently touched the bottom, pushed off, and broke the surface in a fit of coughs and gasps. My body was numb from the cold. Looking up, I could just make out a faint shaft of light that presumably marked the tunnel from which I had emerged fifty feet above.

Water wouldn't be a problem, but if I couldn't get warm soon, hypothermia was a serious danger.

THREE DAYS

The third basic requirement for survival is water, and it can be one of the most difficult things to acquire, even when water seems plentiful. This is because it's not just a matter of finding water, but making sure that it is safe to drink.

Even with water sources that appear clean, there's always the risk that it will contain harmful bacteria, parasites and toxins that can be far more dangerous than going without water for a short time.

FINDING WATER

The methods used to find water will depend greatly on the environ. The search for potable water often requires all senses, as well as a deep understanding of the land and the life that calls it home.

Arctic Environs. These are perhaps some of the easiest environs to find water because there's often plenty of snow and ice to be found, even in an arctic desert.

The trick is in making the water drinkable, since it must first be melted. While it's true that you can simply melt the snow or ice by eating it, this isn't necessarily a great idea since it can lower your core body temperature. The only time eating snow or ice is advisable is during intense physical labor such as extended walking, chopping wood, building a shelter, and so on.

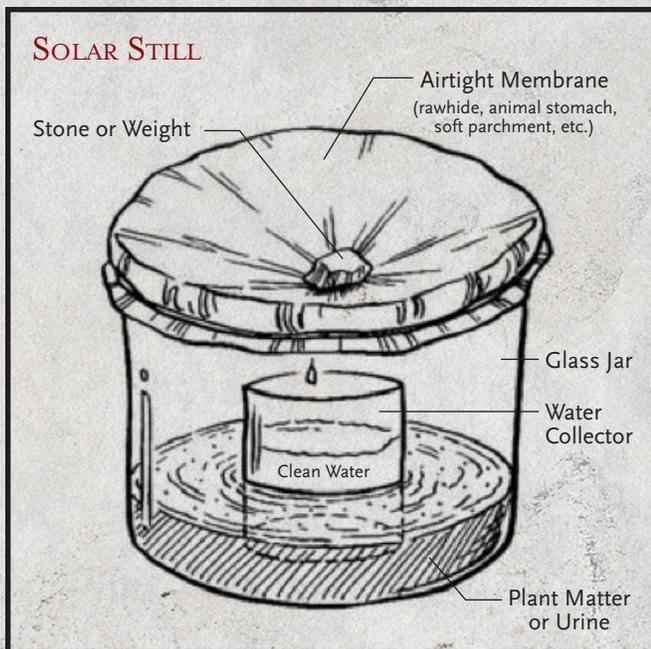
The best way to melt the snow and ice is to put it in a water proof container near the fire. If you can make tea from the water, this is even better since drinking warm liquids will help maintain your core body temperature.

When collecting frozen water, it's advisable to get ice rather than snow if possible. This is because when ice is melted, you will end up with close to the same volume of water, but when snow is melted, the volume is reduced by more than half. So gathering ice is simply a more efficient use of time and energy. Of course if snow is all that's available within a reasonable walking distance, then snow will do.

Desert Environs. Dry, hot deserts are by far the most challenging environs in which to find water. The very definition of a desert is any environ where there is little or no rainfall, and while arctic deserts keep any precipitation that does fall on the surface, hot deserts do not.

There are a number of signs that a desert traveler can look for to find potential water sources. The first is to look for any signs of vegetation. Even low shrubs or grasses must get their water from somewhere, and spotting an area of slight green can be enough to lead to water.

Even if there's no surface water, it may be possible to dig a small well by hand. This involves finding the highest concentration of plants and digging. If moist earth is found, then they should continue to dig a couple more feet if possible. If there's water, it will start to seep into the well. Then it's just



a matter of waiting a little while for the dirt to settle. The water will be brown and gritty, but it'll keep you alive.

Another way of finding water is to locate a dry river bed. Many desert areas are prone to flash floods, and these places can retain water long after the flood has passed. The trick here is to find the lowest point where the water can drain, and if there is no surface water, dig a well as mentioned above.

One technique used by many desert natives is to follow other animals. If you can find a burrow of a small mammal like a mouse or groundhog, then it may be possible to follow them or their tracks to a hidden water source. Some people have even been known to trap an animal, feed them something salty, wait for a couple hours, and then release them. The animal will most likely make directly for a water source to quench their thirst.

While you may be tempted to drink water from plants such as cacti, this can be dangerous if you don't know what you're doing. Some of these plants can make you very sick, hallucinate, or even kill you.

If you're fortunate enough to have a large glass container, it's possible to make a solar still to extract water from plants. This is done by putting the plant matter into the vessel and capturing the evaporating moisture for drinking. This is labor intensive and produce little water, so it's often a desperate act of last resort.

Then again, there's always the chance that you may stumble across an oasis, desert spring, or underground aquifer. While these are extremely rare, they're not impossible to find. The important thing is to keep an eye open for the signs. For example, finding a road of some kind could mean finding a

water source somewhere along it. Looking for vegetation that seems particularly lush green can be a strong indicator of plentiful water. Spotting or following a large animal herd can indicate a significant water source as well, though it's important to remember that where there are herd animals, there are also predators.

After being without water for a long period of time, some say that it's even possible to smell water, and while this method may not be terribly reliable, it's vital not to ignore such a sign.

Forest and Jungle Environs. These regions are teeming with life, and where there is life, there's water. This means that finding water will be relatively easy, but making sure that it's drinkable is more difficult.

Water sources in these environs tend to be rife with bacteria and parasites, and while these are mostly harmless to the local fauna, they can be deadly to humans.

There are a few sources of safe drinking water in most of these environs. Certain vines can be cut, and you can drink water from the lower end. Other plants naturally collect and store rainwater.

Of course you can always set up your own method of catching rain, which can include laying large green leaves in a hole in the ground or laying out sheets of plastic and channeling the water into a vessel of some kind. In a pinch, water can be caught in absorbent material and wrung out into a container.

Savanna and Plain Environs. The vast, open grasslands of these places teem with life, from great herds of herbivores to the predators who hunt them. The presence of so much life would suggest that there's a lot of water available, but that isn't always the case.

Some creatures get water from the grass that they eat, but most rely on large watering holes or ponds scattered throughout the region.

You'd imagine that these ponds would make getting water easy, but they are often heavily contaminated with bacteria from animal feces, urine and rotting organic matter.

Although the water can be made safe, watering holes are often watched by predators who wait for prey to arrive. In the absence of their usual food source, they'll certainly settle for a careless traveler who stops to fill their canteen.

The amount of precipitation in these environs is sometimes on the arid side. They aren't as dry as deserts, but the rains tend to be seasonal, and they're prone to cyclical droughts that can make finding water nearly impossible during those times.

If you're fortunate enough to be traveling across a savanna during the rainy season, the collection of water may be an option, though speed is an issue. Rainstorms are often fast moving, and so by the time containers are unpacked and set up, the rain might be over.

PURIFYING WATER

There are 5 basic water purification methods: boiling, chemical sterilization, distillation, filtering, and solar radiation.

Boiling. Contaminated water can be purified by heating it to a rolling boil for at least 5 minutes. The extreme heat kills any organic containments, although solid particles will remain.

If boiling water isn't possible, the water can be sterilized through pasteurization. This involves heating the water to about 150 degrees Fahrenheit for at least 30 minutes. This can be done by putting water in a sealed glass container on a dark surface in the sun. Assuming it's not terribly cold out, the water can be brought up to temperature in one to three hours depending on the amount of water and the starting temperature.

Chemical Sterilization. By using a few drops of a substance like iodine, chlorine, or some chemical equivalent, all bacteria and parasites can be killed, making the water safe to drink. This will do nothing to neutralize inorganic poisons sometimes found in nature like cyanide, but these toxins are quite rare under most circumstances.

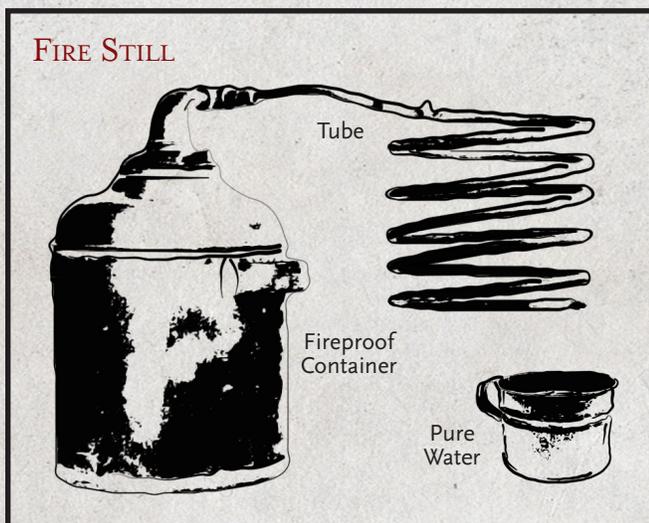
Iodine and chlorine will purify water in less than an hour. This is done by adding 6 to 8 drops of either chemical to a gallon of water, shaking it, and waiting for a minimum of 30 minutes before drinking.

Note that these chemicals can be toxic in large amounts, and so you must be careful not to add too much.

Distillation. The most effective and complicated method for purifying water is by using some sort of apparatus to evaporate and condense water. This naturally occurs overnight when dew forms on plant surfaces, though this doesn't provide much water, and it's not terribly reliable.

If one has access to the right materials or equipment, it's possible to distill pure water from a tainted source, salt water, or even moist plant matter.

The problem is that most travelers will not have this sort of specialized equipment with them, and so they will be forced



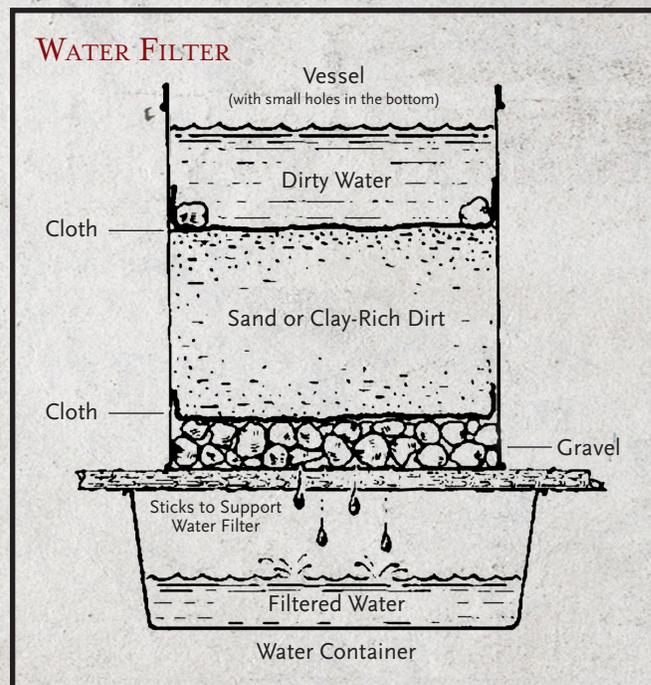
to improvise with whatever materials they have at hand. The simplest option is the solar still (see p.29). If a sealable fireproof container and a long tube is available, they can be used to make a fire still.

The tube can be almost any material, but metal is preferred. Some have used hollowed sticks, bamboo, a smoking pipe, and even a rolled bit of rawhide.

The still is built by sealing the top of the fireproof vessel, with the tube exiting the top and leading off to the side. The vessel is filled with dirty water and set into a fire. The heat will begin to boil the water, turning it into steam. When the steam enters the tube it cools and condenses, becoming liquid water. The water can then be collected from the end of the tube.

Filter. It's possible to filter water using a combination of fine sand, clay-rich soil, charcoal, gravel, and fine cloth. Allowing the water to pass through one or more sandwiched layers of these materials will separate out most harmful particles, including larger, inorganic toxins.

The more layers the better. This gives the filter the greatest chance to remove any unwanted contaminants from the water. A tall, narrow cylinder works best, with the water being fed by gravity from a vessel at the top into a container at the bottom.



This is a slow process that can take many hours to produce the water, so if the filter can be made to work while traveling, this is ideal.

Solar Radiation. This isn't as exotic or difficult as it sounds. All this means is leaving water out in the sun long enough for the ultraviolet radiation to kill of any living bacteria or microbes in the water. This requires strong, direct sunlight and can take many hours.

This option works best in hotter climates, though it's important to limit the amount of evaporation. The ideal container is clear glass or plastic that can be sealed. Between the UV light and heat (see Boiling) the water should be safe to drink, assuming there are no chemical contaminants.

Water Rules

Dehydration – The average person requires about a half gallon of water per day under normal circumstances. When traveling, this amount doubles. If the characters are sweating more through additional labor, unexpected combat, and/or excessive heat, the amount triples.

This means that for a normal journey, you would need about 7 gallons of water per week. When the appropriate amount of water isn't available, the characters will start to dehydrate.

Those who drink only half of the amount of water required

must succeed on a *Hard* Constitution check or suffer a level of *Exhaustion* at the end of the day.

Without any water, the character will begin to dehydrate very quickly. At the end of the first day without water, the character must make a *Hard* Constitution check or suffer two levels of *Exhaustion*. After another day without water, an *Extreme* success is required.

Exhaustion caused by lack of water can't be removed until the character re-hydrates.

In addition to *Exhaustion*, the dehydrated individual will suffer headaches, dizziness and hallucinations.

When the character reaches six levels of *Exhaustion*, they'll fall unconscious and begin dying. Since this is a slow process, Constitution checks are made every hour after passing out. Only giving them water will stabilize them at this point.





EARTH

Several hours after I managed to climb my way out of the underground aquifer, I was drying myself next to a warm fire beneath a small overhang of rock.

As I basked in the glory of my recent victory, my stomach reminded me that I wasn't done yet. After a long sigh, I pulled myself to my feet. Darkness was only a couple hours away at most, but with shelter, fire and water sorted, I decided to turn my attention to food.

It was too late to hunt or forage, but I might be able to set up a few small traps. There would be no food until morning, if there was any at all, but it would be better than nothing.

THREE WEEKS

Once all of the previous survival priorities of air, shelter and water have been addressed, it's time to look at food. Most people can actually live for quite some time without eating, though their strength will wane and their judgment will falter as their body begins to feed on itself.

Although food is fourth on the priority list, it is important to eat whenever food is available to maintain strength, focus, and morale. The only exception is when you have no water. This is because the process of digesting food requires the body to use more water which will accelerate the process of dehydration.

The specific amount of time it takes for a specific person to starve depends on their amount of body fat, metabolism, outside temperature, and physical activity.

STARVATION

If normal rations are available, then this shouldn't be a problem, but when the rations run out, foraging, trapping and hunting becomes necessary, though there's no guarantee that sufficient sustenance will be found.

Starvation Rules

Most people will begin feeling hunger after just one day without food, though certain mythos creatures will be able to endure hunger for more or less time (see below).

Once the food runs out, a character will begin to weaken. Every 2 days without food will cause the character to lose 5 points of Strength.

If a character attempts to make their food last longer, they can eat half rations (half of what they would normally eat at each meal) and reduce their Strength loss to 5 points every 4 days.

A day of normal eating restores 10 points of Strength (up to their normal maximum) and resets the number of days without food to zero.

There are certain species that are better or worse at being able to cope without food than humans. These differences are usually to do with the environ in which they evolved or their ancestral bloodline.

Amphibious/Aquatic Humanoids – Creatures that spend most or all of their time in the water are usually cold blooded, and require only about one-tenth of the food of a comparable land dwelling mammal.

Aquatic and semi-aquatic humanoids are often mammalian or mammal/fish hybrids. As such, they only share some of their ancestral metabolism. These include Deep Ones and Deep One hybrids.

Amphibious/Aquatic Humanoids will lose 5 points of Strength every 3 days without food.

Reptilian Humanoids – Reptiles have evolved a lower metabolic rate, and so they can go for much longer without eating. Of course some reptilian humanoids are hybrids with some mammalian characteristics, and so while they are not quite as resistant to starvation as their full-blooded kin, they do benefit from their heritage. These include Serpent People and Serpent Person hybrids.

In general, Reptilian Humanoids will lose 5 point of Strength every 6 days without food.

TRAIL RATIONS

The most ideal situation when traveling is to have enough food for the desired journey. This can be challenging since you not only have to account for their caloric and nutritional needs, but also consider how much you can carry, planning for delays, and accounting for spoilage.

Traditionally when people describe a trail ration (simply called a *ration* in this book), it's considered to be a single meal

portion for one person. Most people will eat three rations per day, but it could easily be divided up into many smaller meal portions are desirable.

WHAT'S IN A RATION?

The exact contents of a ration varies greatly between cultures, but basically it's any food that has been made to handle the rigors of travel. Rations must be prepared in such a way that they will not spoil too quickly or require too much preparation. Furthermore, rations should not be too fragile or encumbering.

PREPARING RATIONS

There are many ways to prepare rations. How a particular food is prepared depends on the type of food, the length of the journey, and the tastes of the person who prepared it.

Canned. This is a complicated method of food preservation, but the results are more pleasant than most trail rations. Food is canned by heating it to kill all bacteria, putting it in some sort of airtight vessel of ceramic, glass or metal, and sealing it. As the mixture cools, it seals by vacuum, making it nearly impossible for food spoiling bacteria to grow.

The advantage to canned food is that one can preserve a wide variety of foods for a very long time while keeping them quite palatable or even tasty.

The disadvantage to canned food is that it tends to be very expensive (in time or money), bulky, and heavy. This makes them ideal for expeditions that are utilizing large pack animals or a vehicle of some kind.

Cold. While this option isn't always available, in a more modern setting, there are a few possibilities. Obviously in a wintry or arctic environ, keeping food cold is not only easy, it's practically impossible to avoid. This makes the transport of fresh food possible. It's one of the reason that, in the old days, many butchers made their shipments in the early winter.

The problem with modern refrigeration options is that they require power, whether it's electricity or propane. These can work in a recreational vehicle or camper.

Another more primitive option for cold food storage is an ice box or cooler. These boxes are heavily insulated and open from the top. Ice is placed in the bottom and the food is placed on top, followed by more ice. Of course this requires ice to be readily available, so this might not be suitable for longer trips.

Cooked. Most food is naturally resistant to spoilage for short periods of time once cooked, and others can last for weeks depending on their moisture content. The most popular types are baked goods include breads, crackers, and hard tack, the latter of which can last for weeks if kept dry.

Other cooked foods, such as meats, stews, and soups will generally last only two or three days before they start to go bad. Being kept cold and sealed in an airtight container can extend their shelf life by as much as a week.

Dried. One of the earliest preservation methods was drying. As the name suggests, it's simply the process of drying foods in a way that does not allow bacteria to grow. Once the moisture



is removed, and assuming they're kept dry, dehydrated foods will remain safe to eat for many months.

The advantage to drying foods is that it can be done almost anywhere, even in the wilderness. This simplicity makes them very affordable. If dried under ideal conditions, these rations can last up to a year or more.

The disadvantage to dried food is that it tends to be very tough and not terribly palatable.

Fermented. Fermentation is an ancient technique for the preservation of food, and the production of a wide variety of alcoholic beverages. It's an even longer process than canning, and can sometimes take months to achieve the correct balance of taste and preservation.

While some fermented foods are an acquired taste, many are a staple of every day life in some cultures. Examples of common fermented foods include cheese, kimchi, and sauerkraut.

The advantages to fermented foods is that they often add a lot of flavor to otherwise bland rations, while allowing for a wide variety of foods to be preserved in this way.

The disadvantages are that this process takes a lot of time, and since these foods must be stored in something that can hold liquid, they are often bulky and heavy.

Pickled. This is a similar process to fermenting, though it generally takes less time to complete. Foods that are pickled include meats, fruits, eggs, and vegetables.

Pickling involves the immersion of food into brine (salt water) or vinegar, sealing it, and letting sit for some time. The resulting foods often have a very strong flavor.

The advantages of pickled foods are that they add a lot of flavor to trail rations, and if properly stored, they can remain edible for years.

The disadvantages to pickling is the preparation time and the fact that they must be stored in sturdy vessels that can seal and hold liquid, making them heavy and cumbersome.

Salted. This preservation method (also called "curing") is a very popular way to prepare meat and fish for travel. Often used in conjunction with various drying methods, cured foods will remain edible for years if sealed against moisture.

The simplest method for salting food is to immerse them in salt for a period of time. This will allow salt to infuse the outer surface, and moisture to be drawn out of the food.

The advantage to salting/curing is that it's extremely simple to do, even when traveling. It also adds much needed salt to the diet and makes for very flavorful food.

The disadvantage is that all that salt can make one thirsty, so if water becomes an issue, having too much salty food can make it much more difficult to cope.

Smoked. One of the quickest methods of preservation is smoking. It uses wood smoke to kill bacteria on foods like meat or fish.

The process of smoking takes less than a day and can be done while traveling if the character has the skill and resources. This quick technique for smoking food involves simply hanging the food over a fire that has burned down and placing fresh, aromatic plants onto the fire to create smoke.

This works even better if the smoke can be contained by building some sort of structure around the fire to trap the smoke within. The critical part is not to get the fire too hot. The object is not to cook the meat.

The advantages to smoked food is that they are quick and easy to make, and they are almost always delicious. Examples include bacon, sausage and salmon.

The disadvantage to smoked foods is that they don't tend to remain edible as long as other methods, lasting up to a week at most if they are stored properly.

SAMPLE FOODS

Below are some examples of traditional trail rations that were common prior to the introduction of prepackaged meals or military-style MREs (Meals Ready to Eat).

1. Twice Baked Bread – The inch thick crust is a tough, while the inside of these dark loaves is moist and rich.
2. Eggs – These are usually hard boiled to resist breakage during transport. They may or may not be pickled.
3. Jerky – This includes any dried meats, whether from beast, bird, or fish. They are usually salted and sometimes smoked for added flavor.
4. Hardtack – These are hard, dry biscuits than will not spoil for many months if kept dry. They are often packed with a small jar of garlic honey butter.
5. Grog – This alcoholic drink is sometimes infused with fruit and spices. It provides nourishment and fluids, though it should be used sparingly in the cold since alcohol promotes hypothermia.
6. Grains – These are often stored in a powder form and are used to make various quick breads, gruels and can be added to soups.
7. Dried Fruits and Vegetables – These are high calorie, light weight foods such as sweet potatoes, carrots, tomatoes, peppers, apples, and berries.
8. Nuts and Seeds – Often kept in a cloth bag, this pouch of various nuts and seeds can easily be eaten while traveling. Some will add dried fruits to the pouch, making a trail mix.
9. Pemmican – Made from primarily fat and protein, the specific ingredients are often based on whatever is available. The meat is often bison, deer, elk, or moose. Fruits such as cranberries, dried dates, blueberries, cherries, choke berries, and currants are sometimes added as well. Once prepared, the mixture is rolled into a ball and wrapped in leaves.

10. **Fowl** – More common on short trips, cooked chicken, duck, or geese is wrapped in a nest of rosemary inside a waxed cloth bag.

11. **Smoked or Cured Meat** – The most popular trail rations are bacon and sausage. The former is made from pig bellies, while the latter can be made from pork, beef, venison, veal, goat, or really any meat available.

12. **Oats** – Plain oats travel well and provide much needed energy while traveling. They can be made into cakes, oatmeal, or added to soups and stews.

FOOD REQUIREMENTS

To keep things simple, one ration is equal to about a half pound of food. If a character is carrying food that has a high caloric density, the weight and space required will be half.

Under extreme circumstances, such as during a forced march or harsh environmental conditions, the amount of food needed will increase. For example, characters in an arctic environ will require more food to maintain their core body temperature.

Calories. While many will not want to count calories in a role playing game, there is a certain appeal when playing a hard core survival scenario. For Keepers who wish to do so, here are a few options to keep the game moving smoothly.

The simplest way to calculate the required caloric intake of a character is to multiply Size x 40. For example, a person with a Size of 65 would require 2600 calories a day with average activity. A person with a Size of 45 on the other hand would only need about 1800 calories per day.

The calories for food items should be kept very general, based on type and weight.

Food Type	Calories/Ounce
Fungi (<i>lichens and mushrooms</i>)	50
Protein (<i>meat, fish, insects, milk, etc.</i>)	100
Carbohydrate (<i>grains, starches, sugars, etc.</i>)	125
Fat (<i>skin, brains, marrow, milk, etc.</i>)	250

Any food or drink that is sufficient enough to represent one meal is considered to have 800 calories. High sugar foods such as honey or maple syrup have double the normal carbohydrate calories.

Please note that these calorie amounts are deliberately generalized to keep game play moving as quickly as possible. The Keeper should feel free to make exceptions for unusual foods. For example, it's possible that Shoggoth meat has more calories as other meat.

FORAGING

The process of foraging for food is a difficult one, particularly if speed is a goal. Foraging takes a lot of time since there's no way to know what's in the area. The more time dedicated to foraging, the more likely you are to come up with wild edibles.

Foraging Rules

Foraging in an Area – Characters can stop for an hour or more to forage for food and water. The foraging character makes a Survival check to determine if they find anything. An *Extreme* success is required during the first hour, a *Hard* success for the second hour, and a *Normal* for the third. In some instances, the Keeper could include *Bonus* or *Penalty Dice* depending on the situation. If nothing is found by the end of the third hour, there's nothing to find.

Multiple characters can forage together, making separate checks. A failed roll finds nothing, while a critical failure finds the forager in trouble (Keeper's discretion).

Foraging While Traveling – Characters can search for food and water when traveling at a normal or slow pace. The foraging rules are the same as above, except that each foraging period is two hours, and Survival checks are made with a *Penalty Die*.

Successful Foraging – Each success finds the equivalent of half a ration. The specific edible will be whatever makes sense for the area. If the area would have no edibles at all, then the characters will find nothing, regardless of their roll. Of course they wouldn't necessarily know that before foraging, but they would likely be aware after their first attempt.

A separate forage roll is required to find water. Success means that they find some, as long as it makes sense for the location. If they find water, they should then make a *Hard* Luck roll to determine if it needs to be purified somehow. Failure means that it will have to be treated before drinking or risk cramps, diarrhea, and vomiting. Of course the characters may not know whether the water is safe or not. The Keeper can have them make a *Hard* Survival check to evaluate the water. Ultimately, it's always safer to purify the water, just to be sure.

A particularly generous Keeper may allow the characters make an *Extreme* Luck roll to find an abundance of food or water, such as a herd of bison or a crystal clear stream. These finds can provide unique opportunities for the characters to essentially reset the survival clock before being forced to endure more suffering at the merciless hands of mother nature.

Foraging Result Examples

Calories

1. Bird Egg	100
2. Root or Tuber	125
3. Sweet Sap or Honey	200
4. Flower Nectar or Pollen	50
5. Wild Fruit	150
6. Raw Nuts	175
7. Starchy Stalks	125
8. Grubs, Slugs, or Earthworms	100
9. Bark Linings	50
10. Wild Greens	50
11. Predator Leftovers*	200 - 500
12. Roll twice or combine.	N/A

*There are certain dangers associated with scavenging a leftover carcass from a predator. They including the risk of the meat being spoiled, and the possibility that the predator may still be nearby. The Keeper may want to consider this as an opportunity for an interesting encounter if things have been going a bit slow.

FOOD SAFETY

There will be times when the safety of a food source will be in question, whether it's trying to determine if a strange, new plant is edible, or deciding if that pickled boar's eye has gone bad. There are a number of different ways to analyze a potential food source to see if it's edible or not.

Observation. If a character is familiar with the fauna in a particular environ, then it's possible to learn which food is edible from the animals.

When observing the local wildlife, notice what they're eating, where they get it, and pay particular attention to beasts that share a similar diet. For example, since bears and raccoons are omnivores, it makes sense to watch what they eat.

Sampling. This can be a risky option, but it's rarely lethal. It involves sampling a bit of the substance and then waiting 15 minutes or more to discover any reactions. If an unwanted reaction occurs, you should stop the process immediately.

There are four steps to sampling, depending on its intended use, and each must be done in turn. If it fails any test, it should be deemed unsafe to eat.

Sampling Steps

1. **Place on Skin** – Rub some of the material on the small area on the underside of the arm. If there is no reaction after 15 minutes, proceed to step 2.
2. **Place in Mouth** – Touch a small bit of the substance on the lips, and if there is no immediate reaction, place in the mouth. If there is no reaction or disgusting taste after 15 minutes, proceed to step 3.
3. **Chew** – Gently chew the substance for a few minutes but do not swallow. If there is no reaction after 15 minutes, proceed to step 4.
4. **Swallow** – Ingest a small amount of the chewed material. If there is no reaction or nausea after 30 minutes, it may be safe to eat small amounts, but it's still safer to wait for 12 hours.

This process takes about an hour, and can be done while resting. Only one substance can be tested per hour.

If there's no negative reaction after 12 hours, the substance should be edible. Whether it has any nutritional value or not is another question. Maybe it's a new food source or maybe it's only a temporary way to hold off starvation until suitable food can be found. To put it another way, it's better than nothing.

Smelling. Utilizing the most primal of senses, this is one of the most reliable methods of determining if something is safe to eat or not. Does it smell bad? Yes? Then don't eat it!

This method of evaluating food safety is primarily used to detect spoiled food, though it can be used to indicate the edibility of other things. As a rule of thumb, anything that smells sour, bitter, or rancid is generally not even worth testing, while a sweet taste is more likely to be edible.

Food Safety Rules

Observation – If a character spends at least an hour observing the local animals, they can have a *Bonus Die* on their next foraging check.

Sampling – If a character takes time to sample a possible food source, they can double the amount of edibles they're able to forage. Only one substance can be tested per foraging session. Testing happens after the foraging is complete.

The drawback to sampling is that there's always the chance that a substance can be dangerous, even in small amounts.

At the Keeper's discretion, the character can make a Luck roll when testing a substance. On a critical failure, they must make a *Hard Constitution* check or become ill, gaining one of the following additional conditions:

1. **Nausea** – The character becomes incapacitated with violent bouts of heaving and vomiting. This continues for about 30 minutes. If they are already dehydrated, they suffer an additional level of Exhaustion.

2. **Inflamed Rash** – The character's skin is slowly covered in a maddening red rash that radiates out from the point where the substance touched. They have a *Penalty Die* on all Dexterity checks for the next 24 hours. If it was placed in their mouth, they may have to succeed on a Constitution check (Keeper's discretion) or begin suffocating (see Air).

If the characters have access to a modern First Aid kit, they can make a Luck roll to see if it has epinephrine to counter the allergic reaction.

3. **Hallucinations** – Whatever the character tasted, it was some good shit. They begin having bizarre and terrifying hallucinations of the things that they fear most. They must make a Sanity check (0/1).

4. **Diarrhea** – Everything seems fine for the first hour after testing, but then the cramps hit. For the next several hours, the character is incapacitated with explosive diarrhea. In addition to the humiliation, if the character is already suffering from dehydration, they lose another level of *Exhaustion*. The diarrhea can be stopped with a *Hard* First Aid check if using a First Aid Kit.

Smelling – Taking the time to smell a food or potential food carefully gives a character a *Bonus Die* on their check to determine if it is safe to eat. Taking the time to smell the substance takes just 5 minutes.

PREPARING FOOD

How food is prepared is often as important as what is prepared. In the case of foraged edibles, it is even more important still.

Some foods require additional steps to make them ready to eat. For example, a plant may be indigestible in its raw state, but delicious and nutritious when prepared properly.

If someone forages a wild edible, roll on the chart below to determine the best way to prepare it. While this will not necessarily have a mechanical effect (other than taking some additional time), creative preparation techniques can add an additional layer of immersion to an otherwise mundane activity.

Roll Preparation Technique

1. **Boil** – Most wild foods can benefit from a certain amount of boiling. Food can be boiled in almost any reasonably waterproof vessel by adding hot rocks to the water until it boils. [Time: 30 minutes]
2. **Dry** – Food can be dried by hanging them near a fire for the better part of a day. This is done primarily for preservation. Note that drying food like this can attract predators, especially if the site is unattended. [Time: 12 hours]
3. **Smoke** – Used mainly for meats, this method of preparation will kill most surface bacteria, but not

parasites. Small things can simply be smoked over a campfire by adding green material to the fire. For larger quantities, a covered wooden frame can be built to straddle the fire, smoking the things hanging within. [Time: 6 hours]

4. **Salt** – This is another form of food preservation that is primarily used for meats. This technique requires a great deal of salt, though the food can easily be carried while the process is going on. If a beast of burden is available, a bag of salt can be carried so that meat bits can be put there. [Time: 2 days]

5. **Raw** – Occasionally, a food can be eaten raw, so almost no preparation time is necessary. Many of these never make it back to camp, giving the foragers a bit of extra energy to forage more. [Time: 5 minutes]

6. **Fry** – Foods can be fried on a pan (if available), suspended over a fire, or laid out on a flat rock in the fire. This is particularly effective with foods like fatty meats and fish. Note that frying food is very aromatic, and the scent of food can carry for miles. [Time: 45 minutes]

7. **Crush** – Some plants become edible only after the inner fibers have been pulverized. This can easily be done between two heavy objects, like a pair of river stones. [Time: 15 minutes]

8. **Peel** – Some foods are really just that simple. If the outer layer of a fruit or whatever is bitter but the inside is sweet, peel off the bitter part. [Time: 10 minutes]

9. **Simmer** – There are root vegetables and tubers that require a bit more cooking than a simple boil. Obviously a sturdy, fireproof vessel is needed for this technique. In many cases, the simplest option is to relax and make a nice stew. [Time: 2 hours]

10. **Pit Roast** – This is one of the best ways to cook meat, especially if there is a lot of it. The process involves digging a big pit to fit the meat to be cooked. A large fire is built in the pit. When it burns down to coals in the bottom, they are covered with a thin layer of dirt, a layer of plant matter, the meat, another layer of plant matter, and finally the whole thing is covered with dirt. It is dug up in a couple hours, revealing the tenderest meat ever eaten. This method is a bit labor intensive, but the ability to cook so much in so little time with so little fuel can make the effort worthwhile. [Time: 3 hours]

11. **Liquefy** – Turning something to liquid in the wild isn't easy, but it can be done. One of the most popular options is to put the substance into a hard container, add a bit of water, break it up and mix or shake vigorously. After some time and perseverance,

the substance should liquefy into a kind of pale gruel. [Time: 30-60 minutes]

12. Steep – This simple process involves putting the plant or animal matter into heated water for a certain amount of time. Tea or broth is often the result, depending on what was steeping. [Time: 45 minutes]
13. Grind – This technique is sometimes used for hard seeds or shells to make flour. The flour can then be added to a stew or it can be used to make fire cakes. [Time: 1-2 hours]
14. Shred – Scraping food into shreds can be used to add unpalatable calories to a stew or to make hard food easier on the teeth. [Time: 15 minutes]
15. Char – Charring was probably started by accident when a bit of food fell into one of the first campfires. This is a lazy technique, but it's results are undeniable. It involves simply throwing the food onto the coals where the outside sears, and the inside is lightly cooked. If it is not eaten immediately, the charred outer surface will preserve meat for a few extra days. [Time: 15 minutes]
16. Marinate – For the traveling foodie, there's nothing better than marinated meat or vegetables cooked over an open fire. This method requires that the character be prepared with a marinade into which the food can be submerged. Often, the marinade is carried in a sealable container like a plastic bag, mason jar, or ceramic crock. When new food is foraged, it's simply put in the marinade until it's needed. These mixtures are often heavy with oil, vinegar, aromatic herbs, and garlic. [Time: 15+ minutes]
17. Soak – Similar to steeping, this is simply done in cold water that can either be fresh or with salt to make a brine. Soaking will leach unwanted elements from the food and soften it for eating. This method is not often used with meat except in preparation for smoking. [Time: 6 hours]
18. Tenderize – Not handling the stress of survival well? Take out your frustration on that tough moose steaks with a heavy club or hammer. A little extra time can turn that leathery block of protein into a delicious treat. [Time: 15 minutes; 30 minutes with cooking]
19. Suckle – Some things like stems, certain roots, and long bones are ideal for suckling. This will draw out the nutrients without ingesting any of the undesirable stuff. [Time: 15+ minutes]
20. Roll Twice – If it makes sense, combine the results or roll again until the result is appropriate. The times of preparation stack.

FISHING

This method of acquiring food can be time consuming, but in most cases, it's not very labor intensive. If you have the right gear and a favorable location, you can catch as many as 10 rations worth of fish in a day.

There are two basic types of fishing: active and passive. Active fishing is when the person takes an active role in fishing the whole time. These include pole, spear and thrown net fishing styles. Passive fishing means that, once the person sets up their gear, they're free to do other things. These include various types of nets, traps and trotlines.

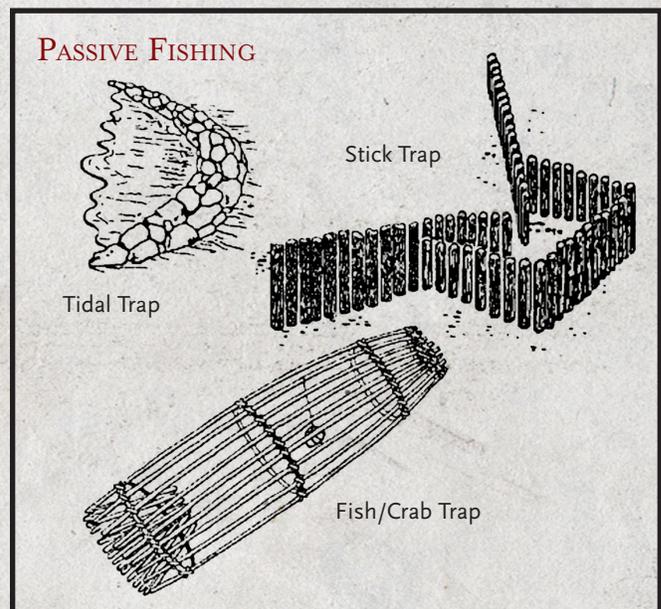
Active Fishing. Whether someone has actually gone fishing or not, they'll be familiar with the basics. Of course an experienced fisherman will always outperform a novice, even first time fishermen can do quite well with a bit of patience.

At its simplest, a fishing pole is a stick with a fishing line and a baited hook on the end. These can be made in the wild using a sturdy green stick, a bit of thin cordage, and a bone hook or thorn with any little creepy crawly stuck on it.

Spear fishing is a bit more active and can be done with any long piercing weapon, though a fish spear works best since it has barbs to hold the fish. Other options would be to use a bow and arrow or an atlatl.

The thrown net is between three and six feet in diameter with a weighted outer edge. Of all the active fishing methods, this one probably takes the most practice to use.

Passive Fishing. These techniques tend to require more materials and set-up time, but this is balanced by the fact that it can just be left set-up for a long period of time to do its work. This leaves the fisherman free to gather firewood, build a shelter, find potable water, and do all the other things that may be necessary for survival.



The easiest passive technique involves setting up a gill net in a place where fish are known to be. The passive net works best in rivers, streams, and brooks, though they can be set up in lakes or oceans as well. The net is anchored to two points and the weights at the bottom allow the net to remain open.

The next best passive fishing technique is the trap. These can be professionally made traps, such as those used by crab fishermen, or they can be made in the wild. Wild traps can include a crayfish trap made from small flexible sticks, making a fish corral in a stream by sticking branches into the mud, or making a tidal trap on a beach.

The last method is called the trotline. This is a heavy fishing line with baited hooks attached at intervals by means of secondary lines secured to the main line. A trotline can be set so it covers the width of a river, stream or brook with baited hooks that can be left unattended. The line is often weighted to hold the cord below the surface of the water.

Active Fishing Rules

The character who intends to go fishing must first make a Survival check to find a good location. This search takes 30 minutes for each attempt.

Once a spot has been selected, the character begins to fish. Whether line fishing, net fishing, or spear fishing, the character makes a Luck roll every hour. A success means that the character caught 1D3 fish during that time, with each fish representing 1 meal or ration.

Passive Fishing Rules

Like active fishing, the character will have to search for a good location by making a *Hard* Survival check. If the roll fails, they can still set their passive fishing gear, but they will only get half the amount of fish.

Setting up a passive fishing site takes about 30 minutes, and requires a successful Dexterity check. Failure means an additional 30 minutes to set up. Once set however, it can be left to do its work. It's best to let it sit for 8 hours.

The person who set it up must make a Luck roll. A regular success means catching 1D4 fish, while a *Hard* success means catching 2D4 fish by the end of the day. An *Extreme* success means catching 4D4 fish. If the set-up is checked earlier, the Keeper should reduce the number of fish accordingly.

HUNTING

While this is a time and labor intensive way to get food, it can yield a great deal of food if successful, since a larger game animal can feed a group of characters for a week or more.

Many investigators will know how to kill things, but hunting is a very different endeavor. Hunting requires a lot of patience, skill and attention. A hunter will know where to find game and how to track it. They will know where to wait for them to show up and what time of day to expect them.

Hunting Rules

If a character is attempting to hunt, the Keeper should have them make a *Hard* Survival check, though this could be modified depending on how plentiful or not game might be (Keeper's discretion). Each attempt takes an hour.

Once successful, it means that they have found a good hunting ground. The character will then have to wait. Every 30 minutes, the character should make a Luck roll. On a success, some game animal will arrive. The size of the game depends on the level of success:

Success	Game Found	Rations
<i>Normal</i>	Small Mammal, Reptile or Bird	1D4
<i>Hard</i>	Medium Mammal or Bird	4D6
<i>Extreme</i>	Large Mammal or Bird	8D6

One option to determine success is that the Keeper can simply have the character make a Survival check to kill the beast. The difficulty should be determined by the Keeper based on the type of animal and the specific situation. If the hunter is working with a partner, each person rolls separately. If the hunter is working with a trained dog, they have a *Bonus Die* on their roll. If they're going after fast moving herd animals like buffalo, riding a trained horse while hunting will also give them a *Bonus Die* on their roll.

Another option is to roleplay the hunt just like any combat encounter. There would be Stealth checks, Spot Hidden checks, Survival checks, attack rolls, and so on. Generally speaking, this is much more interesting when the animal is a predator that can fight back.

While the yields from a big game hunt can be tempting, carrying a lot of meat has its challenges. The weight is of course an issue, but the meat must also be preserved and packed for travel, and once on the road, that much meat is likely to attract vermin, scavengers, or an apex predator.

Something Else. To make the story more interesting, the Keeper may want the characters to stumble onto something while hunting. This is an opportunity to have them catch a glimpse of a cryptid, discover a clue related to the current investigation, or anything else that might add a touch of strangeness to the scenario (see Random Events: Traveling on p.44).

For example, maybe one of the characters goes out hunting before nightfall and accidentally runs into an assassin sent by the cult they're investigating. Maybe a hunter is about to kill a deer, but it suddenly gets mauled by a large, yeti-like creature that was thought to be only legend. Maybe the hunter stumbles upon a mysterious stone carved with an unknown language.

If the goal is to keep things moving more quickly, the Keeper might include a small sign, like a white, crescent-shaped spot on the fur of a deer. The Keeper needn't have any purpose in mind

because they can work it into the story later as a retroactive prophetic moment. For example, maybe the Keeper needs to get the characters into a specific shop in the next town. All the Keeper needs to do is put a white crescent on the sign in a way that allows the players to make the connection.

TRAPPING

Like passive fishing, trapping is intended to acquire food while allowing the characters to focus on something else. There are far too many trap types to explore here, so this section will look at some of the most common professional and survival traps.

Professional Traps. The most common professional animal trap is the steel jaw trap. These are made of high quality steel and have two curved jaws that will snap closed when something steps on it. The traps range in size, from those suitable for rats to those that can hold a moose. They're often anchored to a length of chain secured to a long, metal spike that's driven into the ground.

Survival Traps. Making traps in the wilderness is very challenging, and definitely requires some skill, as well as a few raw materials from the area. There are three basic types of traps that will be addressed here: twitch-up snares, pit traps, and dead-falls.

The twitch-up snare uses the energy of a bent branch to snare an animal. To set one up takes about 15 minutes and can be done with just a bit of twine assuming there's a flexible tree nearby. The trapper makes a loop on the ground that will trigger when stepped in. Once triggered, the branch jerks upward, hopefully snaring an edible animal.

The pit trap requires the least amount of skill, and simply involves digging a deep hole, covering it with local debris, and baiting it. When an animal walks over the pit they drop in, trapping themselves. Pits are sometimes made without the spikes if they don't want the victim to die immediately.

The dead-fall trap utilizes some sort of heavy object like a log or rock. The heavy object is propped up and held by a trigger with food on it. When something comes to eat the bait, the object falls on top of them.

All of these traps work equally well, and so the one that a trapper chooses depends on the materials available and the size of the animal to be trapped.



Trap Rules

Whether the traps are professional or primitive, they function pretty much the same for the purposes acquiring food.

As a general rule, at least 1 in 10 traps will have caught something within a 24 hour period, assuming they were set and baited properly.

The character should make a Survival check to set each trap. A success means that the trap was set properly and is in a good location, while a failure means that the trap will not catch anything.

For each successful trap set up, the player should make a *Hard* Luck roll. Success means that a trap has caught an animal that's large enough to provide 1 meal.

If a trap is intended to catch a person (or other intelligent creature), more care will be needed to set and camouflage it. The potential victim will have to make a Spot Hidden check that beats the trap-maker's Survival success level. For example, if the person setting the trap gets a *Hard* success on their Survival check, the victim will have to get an *Extreme* Spot Hidden to notice it. If they are actively looking for traps, the victim will get a *Bonus Die* on their check.

SIGNS

Anything to do with surviving in the wilderness will leave signs that something or someone has been there. This is particularly the case with food.

The smell of cooking food can carry over many miles under the right conditions. This scent can attract predators, annoying scavengers, or unwanted attention from anyone who might be looking for the characters.

Opening fruits and butchering game may leave stains on the characters or their clothing that can produce a scent that some animals can follow. Such a stain can also be a clue that can, to the trained eye, indicate where a character has been.

Even the waste left behind from campfires, butchering, and defecating will leave a trail as clear as a paved road to those trained to pay attention to such things.

This information can then be used to ramp up the tension by allowing a pursuer to more easily track their quarry, whether it's the character tracking someone or vice versa. If the characters are the ones pursuing, the Keeper should have the tracker make a Luck roll to determine if their quarry has taken the time to hide their waste. If the Luck roll is a success, the character gets a *Bonus Die* to on their Track check.

If the Keeper decides that the ones being pursued are actively trying to hide their waste, then no Luck roll is needed. Instead, the Keeper should use opposed rolls (Stealth or Survival vs. Track) to see if the tracker finds any sign of their quarry.

Tracking at Speed

When one person is tracking another, there's a simple way to keep track of their progress (or lack thereof). It can help to think of it as a long distance chase.

The first step is for the pursuer to establish how far away their quarry is in hours or days. They can do this by making a Tracking check to read the signs, pick up their trail, and glean how much time has passed since the signs were left.

Even if the tracker doesn't succeed, it doesn't mean complete failure, but their estimates will be less reliable by half. For example, if they estimate that their prey has been gone for 6 hours, it's probably more like 12. A critical failure will send them off in a completely wrong direction for at least a day before they realize their mistake.

Once the pursuer is on the trail of their quarry, both pursuer and quarry make a Move Rate x 10 check. If the pursuer wins, they gain on their quarry by 1D4 hours. If the quarry wins, they increase the lead on their quarry by 1D4 hours. On a tie, no ground is gained or lost by either.

If the pursuer gets a critical failure or the quarry gets a critical success, the pursuer loses the trail entirely and the quarry gets away. On the other hand, if the pursuer gets a critical success or the quarry gets a critical failure, the pursuer gains 2D4 hours on their quarry.

Once the pursuer and quarry are within sight of each other, the Keeper simply switches over to the normal chase rules.

These checks should be made every hour for as long as the active pursuit continues.

CARRYING FOOD & WATER

A week's worth of supplies is very heavy, and so any journey that takes longer than a week will require either expertise in survival, the use of a pack animal, or some sort of vehicle. The group's carrying capacity is based on the strength of the characters, the strength of their pack animals, or the vehicle being used. [See *Carrying Capacity* on p.16]

To keep things simple, this book considers a single ration to weigh 6 ounces. This means that a day's worth of food weighs a little over a pound. Most people divide their day's rations into three parts (morning, noon, and evening), but there's no reason that it couldn't be split up into more portions, but that will mean more attention by the players.

It's also possible to carry only a portion of the food to save on weight, with the intention of hunting and foraging along the way. This is a risky option since there's no guarantee of success.

Carrying Food & Water Rules

To keep things simple, consider a single ration to be about 6 ounces. This means that a day's worth of rations is a little over 1 pound (3 rations). Water weighs about 8 pounds per gallon, so between food and water, a week's worth of rations would weigh over 60 pounds before figuring in any other gear.

The characters' food choices will determine if their rations will weigh more or less than normal. Note that as food and water is used up, the weight carried diminishes, so the player(s) should keep track of that on their equipment list.





SPIRIT

It's been a while since I wrote in this journal. Truth be told, I'd forgotten that it existed. When I left New York three months ago, I had intended to keep a complete record of my journey, but when everything went wrong, it seemed less important somehow.

As I look back across these pages, I can't help but feel ashamed at myself. Less than an hour ago I stood on the edge of a cliff, intending to take my own life. What the hell was I thinking.

At first I thought it was the cold, dark nights and the endless horizon that never seems to get any closer. Now I think it was the overwhelming loneliness of spending months without another soul to even share in my misery.

Every time I crest a new ridge, peak, or hill, I expect to see something familiar, or at least some sign of civilization. Anything would do. However, all I find is bitter disappointment and more wilderness.

As I sit at the edge of this cliff and look out across a lush, green valley, I realize something. As uncomfortable as I am, this vast place is beginning to feel something like home. I am beginning to recognize the songs of the birds, the tracks of the animals, the rhythm of the wind in the trees, and the language of the stones.

I still want to make it home, but I no longer look at my time in the wilderness as a torment to endure. On the contrary, I've been blessed to find myself.

THREE MONTHS

The deadliest thing in the wilderness isn't some apex predator, gut crawling parasite, dehydration, or even hypothermia. It's the loss of hope. Survival is as much about the person's attitude as it is about skill and resources.

To lose hope is to give up and surrender to the elements. As soon as this happens, the survivor stops trying and is likely to die before reaching safety.

Despair. In order to survive, it's vital to have a reason to live. There are many sources of this inner resolve. Perhaps the character has a family waiting at home or some sort of spiritual belief that gives them strength. Then again, it could be something far less noble, like the desire for revenge or old fashioned, pig-headed stubbornness.

They say that misery loves company, and this is no more true than in a survival situation. Being lost with friends can significantly mitigate *Despair*, but even mortal enemies can come to value each other's company.

Of course if the situation becomes dire enough, even the most optimistic person can lose hope.

Despair Rules

Despair is the condition that describes the loss of a character's morale. This is similar to *Exhaustion*, except that this affects the mind, like a weariness of the spirit.

After enduring extreme conditions (deep cold, extreme heat, starvation, dehydration, lack of sleep, etc.) for 2D4 days, the character must make a successful Sanity check. Failure means gaining a level of *Despair* and deciding which specific effect makes the most sense under the circumstances.

Despair Level	Effect
1	Confused or Shaken (Keeper's discretion), and lose 1 point of Sanity.
2	Distracted or Forgetful (Keeper's discretion), and lose 1D4 points of Wisdom.
3	Numb, Paranoid, or Shocked (Keeper's discretion), and lose 1D6 points of Sanity.
4	Hallucinations and lose 1D8 points of Sanity.
5	Frightened and lose 1D10 points of Sanity.
6	Catatonic and lose 1D12 points of Sanity.

MENTAL STRESS FROM DESPAIR

Mental stress can express itself in a variety of ways depending on the fortitude of the individual.

Catatonic. A catatonic character is unable to take any actions, move, or speak. They automatically fail Dexterity, Intelligence and POW checks. Attack rolls against them have two *Bonus Dice*.

Confused. The confused character is finding it difficult to make decisions or understand what's going on around them. They have a -20 to their Initiative order in combat.

Distracted. The distracted character experiences doubt, flashbacks, survivor's guilt, and visions of horror that occupy their mind, clouding their thoughts. They have a *Penalty Die* on all Spot Hidden and Listen checks.

Forgetful. Traumatic and horrifying events are best forgotten. Unfortunately, this can obscure short and long term memory temporarily. The forgetful character has a *Penalty Die* on all Intelligence related checks.

Frightened. The frightened character must use every means possible to flee from the source of fear. If this is a result of *Despair*, there may be no way to flee, and so they will likely find shelter or hide. If unable to flee or hide, they will curl up on the ground until the fear passes.

The frightened character has a *Penalty Die* on any actions related to the source of their fear. This could cause them to freeze up on a cliff face, refuse to enter a vast expanse of desert, or they might become desperately afraid of the dark.

Hallucinations. The character's extreme distress is causing their mind conjure up terrifying visions they cannot ignore. They have a *Penalty Die* on all Intelligence-related, Spot Hidden, and Listen checks.

Numb. The character has started to disregard the outside world and turn inward. They have a *Penalty Die* on any skill checks related to other human beings, like Charm, Fast Talk, and Psychology.

Unless they are pressed to move faster with an Intimidate or Persuade check, they will move at half of their normal speed.

Paranoid. Anyone the character encounters, including a friend, is met with suspicion and mistrust. The character will try to avoid people if possible, placate them if they cannot be avoided, or harm them if, in their mind, they feel threatened.

The character must avoid being helped by others, including attempts to perform first aid or give them food and water. The character will not engage in helping others since they will be perceived as enemies.

Shaken. You are momentarily gripped by fear and doubt. You have a *Penalty Die* on all rolls related to that which has shaken you. This condition remains until you take a minute to gather yourself.

Shocked. The shocked character is unable to communicate by words or action. They are considered to be deaf. They will fail any attempt to hear a sound and will not respond to verbal instructions or warnings.

WHEN TO APPLY DESPAIR

Deciding when to inflict a level of *Despair* on a character can be difficult. If the character is a seasoned explorer or survivalist, they'll have built up a tolerance for stress over time. This means that the things that might have caused stress when they greenhorns are not likely bother them now.

One of the simplest ways to reflect this is to give the character a *Bonus Die* on their Sanity check. Another option is to allow more time before a check needs to be made. So instead of 2D4 days, make it 4D4 days.

Keep in mind that just because a character has attained a high level of training doesn't mean that they've experienced everything. For example, a soldier who spent his military career in desert environs might be stressed by extreme arctic or jungle conditions.

Due to the infinite variations of character personalities, it will be up to the Keeper to consider various factors when deciding if a level of *Despair* is warranted.

Another point to consider is the level of realism everyone wants for their game. This should be discussed beforehand by the Keeper and players. The use of *Despair* should be based on the appropriate level of realism desired.

Cinematic. The chances of mental stress are rare. In a more pulp setting, the Keeper may ask for a Sanity check for *Despair* only under the most extreme circumstances.

Gritty. In this style of game, Sanity checks might come at the end of every session or each day in game time.

Realistic. This style of game can test the strongest player characters, with Sanity checks made every 8-12 hours at the Keeper's discretion.

Sometimes a stressful event can happen unexpectedly. In these cases, a Sanity check might be warranted if a character rolls a critical failure during a stressful situation. This is usually reserved for the most realistic and brutal settings.

Recovering. A character can eliminate levels of *Despair* by engaging in peaceful, meditative or relaxing pursuits. These pursuits must be done for at least an hour, and cannot be done in conjunction with any other significant activities.

For example, the time an archaeologist spends time trying to translate an ancient stone tablet would not count towards their mental recovery, but reading *The Wind in the Willows* while sipping a cup of tea would do the trick.

These pursuits can involve sharing campfire tales, writing in a journal, meditation, prayer, talking with others about the situation, or anything else that eases the character's mind. One hour spent engaging in relaxing activities and a good night's sleep will remove one level of *Despair*.

Another option is for a character to use Psychoanalysis to help another. This involves talking for at least an hour and making a successful Psychoanalysis check. This can only be done once per day in a situation of reasonable comfort (Keeper's discretion). A character cannot use Psychoanalysis on themselves.

As a character loses levels of *Despair*, they lose the mental effects associated with it, but may still be affected by previous levels. For example, if a character has 3 levels of *Despair* and they manage to get rid of one, then they may no longer be *Numb*, but they can still be *Distracted*.

Once a character has reached 6 levels of *Despair*, they'll be Catatonic, meaning that they have fled into an inner world that can be difficult to escape. Bringing the character back from that state will require a *Hard* Psychoanalysis check or an *Extreme* Persuade check. This would bring them down to 5 levels of *Despair*, at which point the person could engage in some sort of relaxing activity as mentioned above.

CAUTION

When exploring themes mental stress, depression, despair, and other dark psychological issues, it's important to be aware of how it could effect the players.

As always, it's a good idea for the Keeper to talk to the players ahead of time to find out if they are fine with the inclusion of the *Despair* mechanic and, if it is included, how realistic they want it to be. For example, it would be very realistic for a player to decide that when their character suffers 6 levels of *Despair*, they could become suicidal.

While this could lead to some intense role playing, it could be completely inappropriate if one of the players has issues with such an intense subject.

Always make sure that the Keeper and players are all on the same page when it comes to anything associated with mental health.



APPENDIX I

RANDOM EVENTS

Unlike random encounters, events are often less consequential and they can either be good, bad, or neutral. These are simply the sorts of things that can happen when attempting to survive in the wilderness for any length of time.

There are two lists depending on whether the party is traveling or resting/camping, though the Keeper should choose to ignore any options that make no sense for the current situation.

TRAVELING

Whether walking across an open plain or blazing a trail through an ancient forest, there's no telling what might be waiting over the next hill or around the next turn.

Please note that some of these events will have to be adapted to fit certain environs or situations. For example, if an event from the list says that the characters encounter a swarm of insects, but they are in an arctic environ, the Keeper can roll again to get a more appropriate result, or simply choose something from the list that fits the scenario.

Roll	Event
1.	A lone apex predator is hunting you and it's very hungry.
2.	You stumble upon the carcass of some sort of herd animal that seems mostly in tact. A little searching can reveal a dead predator several yards away.
3.	You see a small herd of shaggy sheep (or similar) in the distance. Getting to them would take you off your current path.
4.	Jutting out of the ground is a six foot tower of mortared stones. In the northern side is an alcove in which stands an ivory idol to some unknown goddess whose nude body is adorned in snakes. There's a pile of silver coins in front of her of many different shapes and designs.
5.	You find the body of a traveler that seems to have been dead for some time. Perhaps he has something useful. If the it is an arctic environ, some extra work may be required to access the frozen gear and supplies.
6.	You or your pack animal twists an ankle on a hidden rock. Movement is going to be slower until you deal with it.
7.	Without warning, you are effectively blinded when the weather conditions change suddenly. Whether it's a whiteout in an arctic environ, a dust storm in a desert environ, or dense fog in a forest environ, you can only see for a few feet.
8.	A pack or saddlebag comes loose, spilling its contents onto the ground. It will take at least half an hour to repack it. Perhaps this is a good time for a rest.
9.	You have attracted a group of scavengers. Whether they are bold carrion birds, aggressive scavengers, or viscous biting insects, something about you has attracted their attention and other more dangerous beasts may not be far behind.
10.	There is a wooden ruin that you see about a mile off your current path. It looks like it would make a fairly good shelter... if something else isn't already living there.
11.	One of your group is bitten by a venomous snake, though it's difficult to tell much about it because it happened so quickly. The victim is going to be poisoned for the next 24 hours and suffers 1 level of Exhaustion.
12.	You stumble upon a campsite that's only a few days old. There's a small (5-inch square) wooden box that looks as if it were accidentally dropped and forgotten. It contains a vial of clear liquid.
13.	A small mammal about the size of a groundhog darts across your path.
14.	You see a pile of stones several yards off your path that might have been a trail marker at some point, though no road seems to go in that direction now.
15.	You find a small cave opening in the ground. Inside is a spring with clean water. In an arctic setting, it is warm water from a geothermal vent.
16.	You see a pack of wolves or similar predators in the distance. They have not yet noticed you, but you'll have to pass through their territory to continue on your way.
17.	You find a pair of graves with a stone at the head of each. There were once names and dates carved on them, but time has all but erased them.
18.	Something out of the ordinary on the ground catches your eye. The Keeper should come up with some random trinket related to the scenario.
19.	You find a rare plant root that has enough fresh water to hydrate 4 adults for one day. If it's a desert environ, 10 minutes of digging is required to get the root.
20.	A small game animal comes into view 40 feet away. One Hit Point of damage will kill it. More than 3 Hit Points of damage will destroy it, making it inedible. The animal is the equivalent of 1 ration.

21. You find some rotten plant matter with one inch long grubs. These edible insects are the equivalent of 2D4 rations. If you're not accustomed to eating survival food, you may have to make a Constitution check to avoid vomiting (Keeper's discretion).
22. You are attacked by a swarm of insects.
23. You are blocked! Whether it's deep ravine, dense undergrowth, or cliff, something has interrupted your journey, and will require 1D4 hours to get around or over it.
24. You come upon a ruined stone house that can offer some protection from the wind. If on a well-traveled route, the ruin has only recently been exposed by wind, erosion, defoliation, or whatever seems appropriate.
25. You come upon a geologic anomaly. A massive shard of black obsidian is sticking out of the ground. It's nearly fifteen feet tall and about five feet in diameter at the base. It does not appear to be carved, but it looks like parts have been chipped off to make tools.
26. Half buried in the ground is a human skeleton draped in a few tatters of fabric. There are no items with it except a piece of paper in the remains of a pocket. There are five words in some obscure language.
27. You find an empty canteen that still seems to be in tact and able to hold liquid.
28. Over the course of fifteen minutes of travel, you find 6D6 silver coins dropped on the ground. With the last few coins, you also find an empty coin pouch with old blood stains on it.
29. You discover a tall rectangular stone that turns out to be a grave marker. The name on it is Brett Farsen and the date on it is over 100 years before the present.
30. You must make a Dexterity check or fall into a pit trap. Anyone falling into the 10 foot diameter pit suffers 1D3 points puncture damage from wooden spikes in the bottom. This trap looks like it was set and forgotten some time ago.
31. You are attacked by a swarm of tiny scavengers (like rats) that are after any food you might have. If you have none, then the food is you.
32. There's a crater in your path. It's about 300 feet across and 40 feet deep. In the center is a roughly circular stone about the size of a human fist. It's dark and metallic looking. The Keeper can decide if it's some sort of exotic metal or simple an nickel-iron meteorite.
33. As night is approaching, you see a shooting star arc across the sky near the horizon. Is it an ill omen or or just a pretty natural phenomenon?
34. A herd of large animals begin thundering across your path. Each could provide enough nutrition to feed 4 people for several weeks, if you have a way to preserve and/or carry the meat. The Keeper can decide the specific species based on the environ.
35. You find a small bush that bears a large number of small red berries. They pass all the tests for edibility. There is enough to provide 2 meals. Several hours after eating them, there will be some strange but harmless side effect (Keeper's discretion).
36. The remains of a flint pit has been excavated from the ground. An obsidian shard is sticking out of the pile of earth nearby. It could functions as a small knife if a handle of some kind is put on it. If used in combat, a critical failure means that it shatters.
37. A random traveler is approaching from the opposite direction. They are neutral to start and they know nothing of your business.
38. A single flower is growing where there should be no flower. A *Hard* Natural World or Botany check will reveal that it is some previously undiscovered species.
39. You find a stone-lined well that's about 2 feet in diameter that goes down for at least a hundred feet into the ground. There's definitely water at the bottom, but no obvious way to access it.
40. One of your water containers has sprung a leak. Half of the water is lost and the rest will be lost soon unless you drink it or transfer it to another container.
41. You or one of your group stumbles and falls prone, dumping gear and supplies onto the ground. It will take at least fifteen minutes to repack. If there are any fragile objects, the character should make a Luck roll to see if any are broken.
42. You veered off of your path a bit and stumbled upon the skull of a large beast. The Keeper should select an animal that seems appropriate. Stuck in the eye socket is the broken tip of a crude spear.
43. A short distance off your path is a tattered leather bag. Within is a large bottle of extremely strong, top shelf whiskey. The label has long since worn away, but the contents are untainted.
44. On a clear patch of ground is a single silver coin with a strange symbol on the front. There is a clear patch around it in a nearly perfect circle, about 6 inches across. As you're watching, an insect walks into the cleared patch and immediately drops dead. The coin has will inflict 1 Hit Point of damage per minute to anyone within 6 inches. Putting it in a pocket or pouch won't help, but a glass container will insulate it.

45. You find a hunter's cabin. It has a sod roof, a crude fireplace, and is covered in moss. Inside is a barrel of clean water that seems to filter from the roof. There are three raised sleeping platforms. An *Extreme Spot Hidden* check will reveal a hidden leather pouch with a vintage Colt Peacemaker, 24 bullets, and an unintelligible note. The pistol is in near perfect condition.
46. There is a small fishing boat half buried in the ground. There's no indication of how it came to be there, but it's very old. In the bottom of the boat is half of a torn tarot card with an image of an eagle on it.
47. You spot a large nest with six eggs. Each would provide one meal for an adult. Any character that opens one should make a Luck roll. If they succeed the egg is still good, while failure means that it's rotten.
48. One of the leather straps breaks on your pack or saddle bag, dumping everything onto the ground. The strap will take 30 minutes to repair, and the gear will take another 30 minutes to repack.
49. A loose section of ground causes one person in your group to stumble and fall. They suffer 1 Hit Point of damage and lose one random item, as long as it makes sense.
50. The carcass of a large animal (appropriate to the environ) blocks your path. It looks as if it has been dead for several days at least. Close examination will reveal that there is a large caliber bullet wound in its side. The wound is consistent with a hunting rifle.
Searching the area reveals a dead hunter in a gully nearby. It looks as if he broke his leg when he fell in. It is fairly obvious that he died from a self-inflicted gunshot wound, since the barrel of his .30-06 rifle is still in his mouth. It's still functional and has 3 shells.
51. A large game bird is flapping nearby with a broken wing. It will take a *Hard Dexterity* check to catch it. The turkey-sized bird is enough for 6 meals for one person.
52. Sticking about a foot out of the ground is a heavily weathered wooden plank. If someone tries to move the board, the ground beneath it collapses, dropping them into a ten foot square pit. Anyone within that area has to make a *Hard Dexterity* check or fall in as well. The fall inflicts 1D4 Hit Points of damage.
This is an abandoned mine shaft that goes straight down thirty feet. The two feet of slimy muck at the bottom breaks the fall a bit, but getting out is going to be difficult. The wooden supports that line the shaft are rotted and the dirt sides are ready to cave in. A *Hard Climb* check is required to escape, unless they have help from someone at the top. A *Hard Spot Hidden* check will reveal the bones of two people in the muck.
53. There is a bad smell coming from some of your food. 2D4 meals/rations have become infested with beetles. The smell when you open the pack is disgusting. Anyone within 5 feet must make a Constitution check or vomit. If already dehydrated, this could make the problem worse.
54. You find a pool of water of warm water with the partially decomposed remains of a marmot-like creature in the bottom. The water is warm and seems to be bubbling up from deep underground. It's clearly tainted and will require significant treatment to become drinkable. Without purification, the water will poison the drinker, causing them to suffer from debilitating nausea and diarrhea for 1D4 days and gain 1 level of *Exhaustion*. During this time, the character will be unable to travel, and extreme dehydration is a serious risk (see p.30).
55. A sudden gust of wind causes everyone to make a successful *Dexterity* check or fall prone. If they are carrying gear, it spills, requiring 20 minutes to repack.
56. A ten foot diameter sinkhole has opened up in the ground along the trail. A motorcycle has fallen to the bottom, about eight feet down. The decayed remains of a man are laying atop it, and it looks like he's been there for several weeks at least. A large leather backpack still clings to the corpse.
If anyone examines the contents, they find \$50,000 (US dollars), a .38 revolver, and two nearly empty (1 quart) canteens. The revolver needs to be cleaned, but it is still functional. The motorcycle is beyond repair, but there's a gallon of fuel in the motorcycle's tank.
57. There's a patch of edible fern-like plants can be eaten root and all. There are 2D4 of them, with each plant supplying 1 meal/ration and the equivalent of a pint of water. In a desert environ, the plants will likely have spines that have to be removed before eating.
58. A large circular stone lays half buried in the ground. It seems quite old, but is mostly intact. Clearing away some of the dirt reveals that it is some kind of calendar stone that depicts the entire year, as well as marking solstices, equinoxes, and other astronomical alignments. A *Hard Archaeology* or *Astronomy* check will reveal that it also marks the upcoming eclipses (solar and lunar) and comet appearances for the next 500 years. It's four feet in diameter, carved from granite, and weighs about a ton.
59. You find a leather backpack beneath a rock outcropping. Inside is a full canteen and six days of rations (for one person). There's a hastily written note inside that says "May you have better luck than we did."
60. A well preserved bronze-handled sword is stuck about a foot into the ground. An *Extreme Strength* check is

necessary to free it. If it's an arctic environ, they have a *Penalty Die*. The blade is made of an unusual alloy that is extremely light, hard, flexible, and resistant to oxidation. An Archaeology check reveals that the style of sword is similar to those of the Viking Age Norse, and that it was likely forged from a meteorite.

61. You see a distortion in the air about thirty feet off the trail. It looks like a ball of water about 3 feet in diameter, hovering 2 feet off the ground. In reality, it is a portal to another place. It will close exactly one hour after someone steps through it. The portal can be seen from the other side, but since it opens into someplace out of the way, it does not seem to have been noticed. The exact location and nature of that place is up to the Keeper.

62. You spot a small round cabin of stone with a sod roof not far off your trail. The door is solid and the inside seems to have been emptied long ago. There's a usable fire place and even some wood stacked nearby. The Keeper may want to include some random trinket hidden in the woodpile. Scrawled in English on the inside of the door are the words "*BEWARE THE BLOOD THIEF!*" The message appears to have been written in charcoal.

63. An old road marker is sticking at an awkward angle out of the ground. The writing has long been worn off, but it has more recently been painted with a symbol that looks like a snarling dog's head.

64. The skeleton of a long dead traveler is clothed in a decayed wool coat, boots, and a bowler hat. The clothes suggest that the individual probably died in the late 19th century. He appears to have been looted a long time ago.

65. You come upon an ancient tree with a large central hollowed space that is big enough to hold about four people and their gear. The hollow goes up through the center of the tree for about fifteen feet. If the environ is a desert, the tree is only remnant of a long dried-up oasis. There are signs that others have sheltered here.

66. You see an old woman walking some distance ahead, but before you can call out, she collapses to the ground. When you get closer you find only skeletal remains garbed in shreds of sun-bleached cloth. It's clear that she has been there for many years.

The characters should make a Sanity check (0/1). If they leave her remains untouched, they will have dreams of her that night. She begs them to give her a decent burial. If they don't return to bury the bones, they will experience a week of these dreams. Every morning they'll make another Sanity check (0/1).

67. There's a large mound a short distance away that looks like some sort of insect nest. Inside are 4D6 large grubs about the size of your thumb. Three are enough for 1 meal/ration.

68. There is a large pit in the ground. It may have been used as a trap or as shelter, but it's currently unoccupied and would be suitable for either purpose.

69. A poor local farmer is camped for the night and offers to share a meal with you. It's clear that he doesn't have much, and he still has a few days travel ahead of him. Feeding everyone will deplete most of his food. He also offers you a place to stay at his farm if you're going that way. He says his house is small, but the barn is dry.

70. There is a bowie-style knife in the bushes near your path. It has blood stains, and has been there a while.

71. You find a camp of eight colorful and whimsical traveling entertainers. Each has a similarly colorful tent, but they seem to have no beasts of burden, wagons, or much wealth. Each carries a tall yellow backpack that seems to hold plenty of food and they offer to provide a meal to your group. Later that night, they perform a series of plays that depict several local legends.

72. You are approached by a sobbing child who has been lost for more than a day. She is around five years of age and lives with her family at a nearby village. With her help, you can find the village which is about a half mile out of your way. The village consists of ten adults and six children. They offer to provide a day's worth of water and rations for everyone in your group.

73. A three foot round copper gong hangs by a chain wrapped around the thick branch of a dead tree. There's a red ankh crudely painted in the center. Beneath the gong are the ruins of a blood stained stone altar. Hidden amongst the debris is a plain silver ring on the finger of a dessicated hand covered in faint, unidentifiable tattoos.

The ring belongs to a cult of Nyarlathotep. If worn for more than a day, the wearer becomes possessive of the ring. They'll begin having horrific dreams requiring a Sanity check (1/1D6) each night until the ring is removed.

74. A weathered stone statue of a young woman is down on one knee as if praying to a dead tree. The tree has a natural knot in its trunk that looks like an eye staring at the woman. Suddenly, the statue begins to whisper, causing listeners to make a Sanity check (0/1). There's nothing supernatural about it. There are secret holes in it that make a whispering sound when the wind blows.

75. A decaying wooden wagon is partially buried in the ground. There's a pouch under the seat that contains several gold nuggets. A venomous snake has made it's home in the ruined wagon and will attack anyone trying to grab the pouch.

76. The weather has recently uncovered part of a long forgotten cobblestone road that runs off to the north.

About 200 yards down that road are the ruined remains of a cabin. Any supplies that may have been there are long gone. Hanging on part of a wall is a brass bullseye lantern that is about half filled with oil.

77. A human skull is partially covered by webs and dust. Two venomous spiders hide in the webs.
78. The skeleton of a large beast (probably a donkey or pony) lies in a dry river bed. A half-rotten saddle bag is on the ground next to it. They seem to have been there for many years. Within the bag is a coil of hemp rope and a rectangular wooden box containing a well preserved spyglass.
79. An old man lives in a quaint little cottage in the middle of nowhere. He makes incredibly detailed, small wooden carvings of local animals that he stores on shelves throughout his cottage. He won't speak to anyone, but will smile and offer food and drink to travelers. Each visitor leaves with one of his unique carvings. The Keeper can come up with the specific animal.
80. A large white stone is covered with indistinguishable carvings. The only readable words are in English and say: "Change in all things is sweet."
81. Inside the rotten trunk of a fallen tree is the backpack of a long gone traveler. It's crammed with old exploring gear which includes a sextant, a small spyglass, a well made copper lantern, 6 iron spikes, a hammer, and a map of an old church, though there is no indication of a location.
82. In the middle of a small grove of trees is a wooden altar dedicated to an unknown deity or Earth spirit. It's covered with moss, and has obviously not been used in many years.
83. A large cube of granite that may have once been part of a larger structure is jutting out of the ground. On its surface is an intricately carved flower and the number 382 below it. The stone is very worn and there are no other signs of a structure.
84. Amongst a pile of recently burned gear is a glass vial of dark liquid with a glass stopper. The substance is thick, opaque, and has a subtle blue sheen. If the vial is opened, the liquid will immediately begin bubbling and vaporize in a matter of seconds. Afterwards, the inside of the vial looks as if it's been perfectly cleaned. The characters will notice a faint smell of decay in the air and a slight burning in the back of the throat. Anyone within 10 feet must make a Constitution check or vomit.
85. The skeleton of a human covered in mouldering rags lays on the ground next to the tree he cut down years ago. His ax is laying nearby and is still in good condition once the rust has been removed. There's an arrow head stuck in his eye socket.

86. A burial mound stands three feet high and ten feet in diameter. The entrance is open and lined with cut stone blocks. Hanging above the doorway are dozens of strands of dried garlic. Inside is the broken stone door and a rotted wooden casket.

87. A two foot hole in the ground marks where some animal was digging for food. As it happens, they left 2D6 edible tubers behind in the hole. Two of these purplish roots will provide the equivalent of 1 meal/ration.

88. A small pool of green stagnant water is surrounded by acres of mud. The water will definitely have to be purified before drinking, unless you prefer agonizing cramps and diarrhea.

89. A natural cave opens up into a hillside. It's big enough for at least eight people and their gear. A small tunnel goes back into darkness farther than you can see. How big is the cave system? Does anything live there? That's up to the Keeper.

90. Water pours from a fissure in a rock into a three foot circular pool. The opening in the rock was clearly shaped by intelligent hands at some point. The pool is almost perfectly circular and is lined and bordered with smooth quartz river stones.

The person who modified this spring is long dead, but the water is still fresh and clean. The pool contains over a hundred gallons, and the water flows at a rate of several gallons per hour. Obviously this is likely to take care of any water needs the characters might have, even if they're using pack animals.

91. Perched atop rocky outcropping is a mound of rocks about four feet wide and seven feet long that was clearly piled by human hands. Near one end is a larger stone with the name Enoch Kane carved into it.

This is the grave of a traveler from the 18th century. It looks like it's more than fifty years. If anyone desecrates the burial, they find only bones within.

92. There's a small burrow in the ground with the tracks of some sort of small pig-like animal. There's a 40% chance that it's in the burrow. The pig will provide 5D4 meals if the characters can hunt or trap it.

93. A nearly mummified corpse of an old man is impaled on the branch of an old dead tree. He's upside down and seems to have been finely dressed when he died. Beneath him on the ground is scattered dozens of black onyx stones.

94. There's a dead body of a man in your path. He does not look like he was dressed appropriately for the environ. A *Hard* Medicine check will reveal that he probably died of dehydration, though he still has a canteen with more than half a day's worth of water.

95. Moving across a section of open ground, you encounter some sort of border marker. It is about four feet tall and about ten inches square. The writing etched on its surface is worn but legible to anyone who speaks Latin. It says 'MORTUUS TERRAS'.

96. Near dusk, you come upon a cold camp fire that burned down to embers. There's extra wood nearby and three pieces of charred meat within the ashes. There's a fallen log with a full set of clothes draped over it and a pair of boots in front. There's a deck of playing cards scattered on the ground around the boots. There is no sign of the owner of the clothes or where he went.

97. Sticking out of the dirt is a small wooden box that's badly decayed, though it once was quite ornate. The box is locked, and inside is a gold ring in the shape of a coiled snake.

98. Atop a small hill is large altar of dark stone. The top has deep grooves and four loops of iron embedded in the surface at the outer corners. Its dimensions are four feet wide, eight feet long, and three feet high.

If any blood touches the surface, those nearby must make a POW check. Success means that they hear faint whispering that seems to be coming from the altar, and must then make a Sanity check (0/1). Failure on the Sanity check means that the character must move at least fifty feet away from the altar and will refuse to look at it.

99. A stone tablet is mostly obscured by the bushes. Carved into its surface is a crude map of the area, and seems to indicate a location that could be a well or spring. The stone is too big to carry, but based on the scale, the well is several miles out of the characters' way. Unfortunately, the well has been trapped.

If they attempt to find the well, they'll have to make a *Hard* Navigation check. Otherwise, they will become lost for 1D3 hours. The well is small and lined with stones. It provides up to three gallons of water, and will slowly refill at a rate of one gallon per hour.

100. **Major Encounter** – This event will likely change the course of the characters' life for some time to come. The Keeper should decide on the kind of encounter based on the current scenario or perhaps provide a hook for the next one. This could also be used to introduce a significant NPC, or simply provides a unique experience.

If the Keeper doesn't have an encounter in mind, they can roll something random or perhaps come up with something extremely memorable. For example, the characters could come upon a cult performing a ritual or even a tear in reality.



RESTING

If the characters stay someplace long enough, eventually something will happen. These are the sorts of events that can happen when camping, stopping for lunch, or taking a short break during a long journey.

Please note that, like the traveling events, some of these events will have to be adapted to fit certain environs or situations. For example, if an event from the list says that the characters are attacked by a bear, but they're in an desert, the Keeper can either use a desert native predator for their setting or they can choose a more appropriate result.

Roll Event

1. You or your food draws the attention of a large predator in whose territory you now find yourselves. It will wait until nightfall before attacking. If it manages to down one of your group, it will attempt to drag off its prize.
2. A rock or branch (depending on the location) falls into the middle of camp. Everyone must make a Dexterity check or suffer 1 Hit Point of damage. If nothing is over their heads, perhaps something blows into their camp.
3. As you settle in to rest, your eyes spot a campfire in the distance. It is probably a half mile away. If you have binoculars or a spyglass, you can make out three women dancing around the fire covered in either blood or some sort of red pigment. The Keeper can decide what this means.
4. Sparks from the campfire ignite some of the nearby undergrowth. It's easily put out, unless everyone is asleep. Anyone awake should make a Spot Hidden check to notice the fire. If they notice the first time, they can put it out easily. If they don't notice, check again every minute. After the first check, they must make a successful Dexterity check to put out the fire. After 10 minutes, the fire becomes uncontrollable and turns into a forest fire.

This won't happen in a wet environ, or someplace with little to burn, such as a desert. Of course one of the characters could catch fire, if the Keeper is particularly unkind.
5. Somewhere in camp is a nest of biting insects, such as ants. Once the fire is going, they are drawn out and begin defending their territory with great ferocity.
6. The insects are bad enough, but the worst is yet to come. A swarm of bats is attracted to the insects, and the camp is soon being assailed by dozens of large bats. They're harmless enough, but can be alarming to anyone not accustomed to it.
7. One of the plants you threw onto the fire turns out to have powerful psychoactive properties. In the middle of the night, the smoke induces terrifying nightmares that are shared collectively amongst the group. There are no physical side effects, though many subconscious thoughts, fears, and secrets may be exposed. The effects last for about an hour. The Keeper may want to let the players describe their character's dream.
8. The camp is raided by small, scavenger mammals like raccoons or martens. Everyone who is awake should make a Spot Hidden check to notice the intrusion. If the characters notice them, they can be driven off easily. If not, then in the morning they'll discover that they have lost 4 meals/rations and have to spend an extra 30 minutes packing.
9. A skunk wanders into camp. Everyone who is awake must make a Stealth check to avoid startling the animal. If startled, everything gets sprayed with skunk musk. Everyone experiences nausea and must make a Constitution check or vomit. All affected characters will have a *Penalty Die* on Stealth checks for the next 24 hours if smell is a factor.
10. The weather changes suddenly. Perhaps a torrential rain storm comes out of nowhere or there is a rapid drop in temperature. The Keeper should pick something appropriate to the climate and time of year.
11. The camp is approached by a lost hiker, desperately looking for a bit of food and water. He claims to have become separated from his friends a week ago and has been trying to survive ever since.

In truth, he's a scout for a small group of thieves that prey on travelers, and he's trying to see if the group has anything worth stealing. A *Hard Psychology* check will alert the character that this person is not who he claims to be. If discovered, the man will immediately surrender and claim that he was forced into it. The Keeper can decide how much (if any) of his story is true. Have fun with it.
12. A group of three hunters come upon the characters' camp. They're looking for some game animal (Keeper's choice) that they shot the previous day, and they lost the blood trail somewhere in the area. They'll be helpful to the characters if needed, but they have no way to contact civilization.
13. A lone predator cat has smelled food and/or blood coming from the characters' camp and its hunger has overcome its caution enough for it to prey upon humans. The Keeper can use any appropriate cat for this event.

Characters can make a Listen or Survival check to notice a sign of the cat's approach. This could be pack animals getting restless, other animals going quiet, or birds calling out warnings. If they know it's coming, they'll have a +50% on Initiative.

14. A trained pigeon arrives with a note tied to its leg. The message is in some sort of strange code. The Keeper can decide if it's meant for one of the characters or if it is for someone else far away.

15. Near the characters' camp is an ancient burial site. Within is a fallen warrior who betrayed his oath and is seeking forgiveness. At midnight, his ghost will step into camp and begin speaking in a strange language asking for forgiveness. If he's struck he will simply disappear and appear the next night if anyone is around. If any of the characters manages to understand him somehow and offers forgiveness, the ghost will smile and vanish forever.

If anyone searches the area, a *Hard Spot Hidden* check will find the tomb. If opened, they'll find the warrior's bones, but no other grave goods.

16. The ground trembles for about 3 minutes, waking up the characters. A few moments before this, any nearby animals will become agitated.

17. An indigenous traveler stops by the camp and offers to play music for the group in exchange for a bit of food. If they agree, he sits down merrily, pulls a flute out of his pack, and plays for a couple hours. In truth, the music is quite good, and if the characters are hospitable to him, the man will give each of the characters a home made clay pendant.

The man is a shaman, and the pendant is an Elder Sign. He is wandering though the wilderness on a kind of vision quest, and he goes where he feels drawn. If asked, he says that his name is Nobody.

18. A dog enters the camp. He's scared and half-starved. He'll hang around near the characters until someone either feeds him or shoos him away. If fed, he will bond with the character who fed him and will start following them. Even if they shoo him off after this, he'll continue to follow at a distance and warn the characters of danger.

19. One of the characters (perhaps the one with the highest POW score) has a dream about a young girl dressed in 18th century clothing. She warns them that they are in danger. When the character wakes up in the morning, they find a small flower next to them on the ground.

The Keeper may want to tie this into the current scenario, foreshadow a future one, or leave it as a mysterious event.

20. The characters can feel the slight vibration in the ground. If they search the area, a *Hard Spot Hidden* check will find a mine entrance about a fifty yards away. The mine opening itself is five foot high by three foot wide. Within they hear the sound of digging, but it's some distance away. If the characters explore the mine, they find a jumbled maze of tunnels leading to dead

ends, but no sign of the digger. They continue to hear the sounds of digging, but it's impossible to tell determine a direction.

21. Some distance away the characters see an old man pulling a two-wheeled cart piled with firewood. He's old, alone, and starving. He'll offer to cook for the characters for a few days in exchange for some food and water. He also has some knowledge of the area that he will happily share.

If they do nothing, the characters will find him dead beside the trail in a day or two, which is as far as he could get without food and water. In his hand is a crumpled note that simply says: *Come home. We love you.*

22. A meteor hits the ground a short distance away. If the characters investigate, they find a 20 foot crater and a melted ball of metal about the size of a fist. It's too hot to touch without heat-resistant gloves, but will be cool enough to pick up in about an hour.

This is the core of a satellite that managed to survive reentry. Anyone who remains within ten feet for more than an hour will have to make *Hard Constitution* check or lose 1D6 points of Constitution. The check must be repeated every hour without decontamination. If they are in direct contact with the object, the checks are made with a *Penalty Die*. At half their normal Constitution, the victim begins to show signs of radiation poisoning, and when it reaches zero, the victim dies.

There's no obvious indication that the object is to blame except the coincidence of finding it. If any of the characters have a science background, they may suspect radiation.

23. During the night, a deer or similar animal wanders within sight of camp. It would be enough to feed six to eight adults for a week. Any weapon that inflicts at least 6 Hit Points of damage will take it down. Otherwise it bounds away and is lost. Tracking it may be possible at the Keeper's discretion.

24. While walking through camp, one of the characters notices a glint of white in the dirt. A little digging will reveal a small white tower – a very ornate chess piece in fact. It's carved from some kind of bone or horn, and was likely part of a very expensive chess set.

25. All the characters experience the same disturbing dream of being beaten to death in the dark by a mob of people. A search of the area will reveal the skeleton of a human woman who looks to have been bludgeoned to death with many broken bones. If the remains are buried, the dreams stop.

26. While searching the area for resources, the characters find a grave marker that says: *Marian: Loving wife and mother.* If they are heartless enough to dig, they will find the bones wrapped in a rotted tarp. If anyone

touches the remains, they'll have to make a Luck roll or become infected with Small Pox.

27. One of the characters randomly gets a cold. The symptoms include coughing, stuffed nose, and fever. If the character rests, the cold will go away in 1D4 days. Without rest, the cold will linger for 2D6 days. While sick, the character will have a *Penalty Die* on all actions.
28. While setting up camp, one of the characters finds a small patch of fresh earth. Buried there is a small leather bag with a green carbuncle. Any character who knows about such things will realize that it's worth more than \$100,000. A small note inside simply reads: *Sorry, it was just business.*
29. A group of four armed men on horseback approach the camp. They call out for the characters to stand up with their hands in the air. They are bounty hunters searching for an escaped criminal, though they won't say much about them. After questioning the characters, they'll move along. If the characters are lost or in need of help, they'll give directions or offer to send help in a day or so, but little else. They seem to be in a hurry.
30. A nearby shrub is covered with odd purple berries. If examined, they seem safe to eat, and indeed they are, though they will stain the eater's tongue bright purple for 2D6 days. The berry bush provides the equivalent of four rations/meals.
31. An owl arrives at camp in the early evening and simply stares at the characters all night. It flies away just before dawn heading west.
32. Several ravens begin gathering near the camp making a racket for a few hours. Anyone in camp who is superstitious could see this as a sign of ill omen or even death. In truth, there is a dead animal stuck in a nearby tree that they've been feeding on.
33. A search of the area around camp will reveal a small well with a few inches of clean water in the bottom. It refills after a few minutes if drained.
34. A brilliant shooting star arcs across the sky during the night. The next day the characters come across a recently burned out farmhouse. Written in ash on a fallen beam are the words: *The end is nigh!*
35. Far overhead, a large bat circles the camp for about ten minutes before flying off to the south.
36. In the wee hours of the morning the characters are awakened by a hair-raising shriek in the darkness followed by utter silence for about an hour. There is no sign of what made the terrible sound.
37. The characters hear a far off masculine scream in the middle of the night. When they begin traveling again,

they find an abandoned camp a mile or so away. The coals are still warm and a backpack leans against a rock with 6 days of rations for one person.

38. While burning a log in the campfire, one of the characters notices a dark shape that's not burning. Once enough of the wood has burned away, a knife blade is revealed. It looks like the tree grew around a knife, though all that's left is a bowie-style blade. The fire has damaged the temper of the metal, but with a couple hours work, it could be heat-treated enough to be functional and a crude handle made.
39. The characters inadvertently burn a branch of peculiar wood in the fire, producing green smoke. It is not unpleasant, but anyone breathing in the smoke begins to Hallucinate. Their visions are based on recent events or people they've met. If more of the tree is found and the bark collected, it could be brewed into a powerful psychedelic tea.
40. A man dressed in Victorian era clothes wanders through camp, calling out for someone named Sophie. He seems to be unaware of the characters, and it quickly becomes apparent that he's a ghost when he vanishes after a minute.
If the characters search the area, they find his remains wedged under a rock outcropping. It looks like he was killed by a hard blow to the back of the head.
41. If the characters forage the area for food, water or firewood, they discover a blue glass bottle wrapped with a net of jute cord hanging from a tree branch. The bottle contains a strange alcoholic drink that tastes like a blend of wine and whiskey, but it's not terrible. Anyone drinking it must make a Constitution check or become tipsy after only one small sip.
42. The characters should all make Luck rolls. Anyone who fails is bitten by some sort of insect. By morning, the bite turns red and swells to the size of an egg. It is distracting and painful, giving them a Penalty Die on all skill checks requiring concentration (Keeper's discretion). The redness and swelling goes down after eight hours.
43. Around midnight, one of the characters spots a bonfire in the distance (about a mile away). If the characters attempt to get closer, they will hear unintelligible chanting in an unfamiliar language. If they come within a quarter mile, the robed figures will notice them and flee. The characters will hear some sort of vehicle drive off, but won't see any lights.
44. In the middle of the night, a group of 6 weasel-like critters invade the camp and attempt to make off with any food they can get. If anyone is awake, they can make a Spot Hidden check to notice the thieves. They can be driven off easily. If they go unnoticed, 2D6 rations/meals are stolen.

45. Sometime in the night, thunder is heard in the distance. A Natural World check will inform the characters that the storm will not move through this area, but it is crossing their path. This means that they will likely encounter a great deal of mud, landslides, and swollen rivers in the near future.

46. A small aircraft circles the characters' camp several times before flying off to the south.

47. During the night, one of the characters is stung by some sort of insect, making them ill for 2D4 hours. During that time they sweat profusely and suffer a terrible headache. This gives them a *Penalty Die* on any skill checks that require concentration.

48. The characters' food has been contaminated with fungal spores that cause a mild feeling of euphoria. Anyone who has eaten the food must make a Constitution check or begin to suffer *Hallucinations* inspired by recent events.

49. Everyone in camp gets a very uneasy feeling and any nearby animals become agitated. There's nothing at first, but a few minutes later the ground shakes violently for a couple minutes, followed by complete silence. The earthquake is relatively harmless unless the characters are camped beneath a cliff or unstable slope. The Keeper can decide what happens based on the situation.

50. In the morning there are tracks made by a large, clawed animal near the camp. Anyone who might have kept watch swears that they heard nothing. By the size of the prints, the creature must have been enormous, but they don't look like any known animal from the region.

51. The characters are accosted by a man in shabby black clothes. His face is pale and gaunt. He doesn't seem able to speak, and keeps gesturing to his mouth to indicate that he's thirsty. If the characters give him water, he'll sit down as if to rest, and quickly fall asleep. In fact, he has just died. There is nothing to indicate his identity or how he came to be there.

If they refuse to give him water, he'll run off to die in the wilderness about a half mile from camp.

52. The characters are surprised by the appearance of someone they haven't seen in a while who happens to be traveling in the area. Perhaps he or she has news from home? The Keeper can choose someone at random or based on the current scenario.

53. A single post of pure copper juts out of a large, mostly buried stone near the campsite. If anyone approaches it, their hair will stand up. If they get within one foot, an arc of electricity will jump to them, inflicting 1 Hit Point of damage. If they are foolish enough to touch it, with

their hand (or anything that can conduct electricity to their hand), they must make a Constitution check or suffer 2D4 Hit Points of electrical damage. A successful check reduces the damage by half.

54. The wind picks up during the night, knocking down a dead tree or nearby rocks (depending on the terrain) into the middle of the camp. Everyone must make a Dexterity check or suffer 1D3 Hit Points of damage.

55. It's an abnormally cold night for the climate and season. The temperature drops by 50° Fahrenheit once the sun sets. If this reduces the temperature below freezing, water and water-based liquids start to freeze, and the risk of hypothermia increases.

56. The camp is assailed by a swarm of tiny black flies. Every hour, the characters must make a Constitution check or wake up as a result of the annoying bites. If they're awakened three consecutive times, they will gain a level of *Exhaustion* in the morning.

57. A middle-aged woman passes near the characters' camp. She's riding on a small, two-wheeled vardo pulled by a dark brown pony. She's dressed in bright colors that match the painted flowers on the sides of the cart. A single lantern hangs at the front, providing a small pool of light around her.

If approached, she informs the characters in broken English that people call her *Mother Hannah*, and that she is a purveyor of natural medicines, tinctures, and ointments. She claims to have cures for a number of mild ailments like rashes, headaches, and fevers, along with a handful of 'magical potions'. Mother Hannah claims that these latter products can do everything from curing baldness to restoring male virility. The Keeper can decide if any of her wares have any value, and how much they cost.

If the Keeper wants to make things really interesting, Mother Hannah could be a real witch or mythos entity in disguise (e.g. Serpent Person, Tcho-Tcho, or an avatar of Nyarlathotep).

58. It turns out that one of the logs put on the fire was the home for some sort of small rodent. After a few minutes of burning, the flaming creature leaps out of the fire and begins running around the camp shrieking in pain. It sets fire to any flammables (Keeper's discretion).

59. As the characters are looking for a place to settle in for the night, they stumble upon an old hunter's cabin. It's a crude but solid shelter with a functioning fireplace of stones and clay. It has a rough door that can be bolted from the inside. The cabin contains four rope hammocks, a shelf with large ceramic crocks of salt, a thick iron cooking pot, a tin ladle, and a barrel half filled with drinkable water. In the fireplace is a

partially burned hand-drawn map with the words '...the hidden tunnel...' still legible at the bottom.

60. Just after sunset, a group of small pig-like animals wander near camp and begin rooting around. If someone wants to kill one for food, they have to make a *Hard* ranged attack and inflict at least 5 Hit Points of damage. After the first attack, the rest run off and are lost. One pig is enough for ten individual meals.

61. Just before sunrise, a horrible shriek is heard a short distance away. Searching about, the characters find the source to be a raven (or similar species of bird known for mimicry). It screams again in English saying: *No! Please don't kill me!* It also seems to know some bawdy limericks which it will recite if given food.

62. A man in a hooded coat sets up camp a short distance from the characters, shortly after they set up theirs. He doesn't call out or approach, but simply goes about his business of setting up a tent and building a small fire. He will not respond to any attempt to contact him.

If the characters approach him, they notice a mass of dark purplish growths on his face beneath the hood of his jacket. He's either deaf or is deliberately trying to ignore the characters. If they insist on disturbing him, he'll pull a .45 Colt revolver and say in a deep, heavily-accented voice: *"I just want to be left alone."*

63. Just after nightfall, the characters notice the light of a campfire about a quarter mile away. If they investigate, they find a canvas tent with a beautiful white horse tied nearby. Sitting before the campfire is a young woman and a large, brown wolfhound. The dog growls as the characters approach.

She says that her name is Emelia and that she is looking for her missing brother who disappeared in the area a week ago. Emelia doesn't trust the characters, and says that she'd prefer to search on her own, the dog eying them wearily the whole time.

64. A pack of ten wolves are heard nearby. They circle the camp for most of the night, but won't approach if there's a fire. If anyone wanders into the dark alone however, the pack will try to take them.

65. A severe storm moves through the area after midnight. See page 12 for weather information.

66. Sometime in the night, all of the normal nighttime noises stop for about an hour. During that time, heavy footsteps can be heard about fifty yards from camp. If the characters investigate, they will find massive human-like footprints leading off to the north and the corpse of a large deer or similar beast.

67. Several large scavenger birds begins circling overhead as the characters set up camp. Anyone with the Natural

World or Survival skill would know that there is likely some kind of dead animal nearby. If they search the area, the characters find the carcass of a dead animal (appropriate to the environ).

It isn't edible, and could attract a hungry predator. If they decide to remain, the character with the lowest Luck score should make a Luck roll. Failure means that the carcass draws a dangerous predator to the camp (Keeper's discretion).

68. Shortly before dawn, the characters hear very heavy footsteps approaching. After a minute, the steps sound as if they're walking through camp, though they see nothing. The footsteps fade into the distance. There are no tracks or signs that indicate what it might have been.

69. A large rock (about the size of a man's fist) lands in the middle of camp. There is no sign of who might have thrown it, but it was clearly pulled out of the ground recently judging from the discoloration on one side.

70. Without warning, any fires in camp begin to burn bright green, bathing everything in emerald light. A deep, resonant voice from the fire says "She is born!" After a few moments, the fires return to normal.

71. One of the characters dreams about digging up a box in the area where they camped. If they dig in the area they saw their dream, they do indeed find a small rusted iron box. Inside is a flat oval of obsidian. Everyone should make a POW check. Anyone who succeeds feels as if the stone is somehow watching them. The Keeper can decide if this means anything.

72. In the morning, the camp is encircled by dozens of yellow toadstools. The characters will later discover that it's a day later than they thought it was.

73. A large predator is hunting in the area, and has discovered the camp. She will not enter camp while there is a fire, but will try to snag anyone at the edge of the fire light.

74. As a storm is moving through the area, the characters see a flash of lightning about a mile away, followed by a small fire and the crashing of a large tree.

75. A character on watch hears the sound of digging, not too far from camp. If anyone investigates, they find a fox digging in the dirt to get at some mice.

76. The characters find a bush near camp with sweet berries. A *Hard* Spot Hidden check will also allow them to find animal tracks that lead away from the bush to the dead carcass of an animal. It appears to have eaten some of the berries. In fact the berries are not poisonous. The animal coincidentally died of an unrelated illness.

77. A small split in a tree reveals a stash of nuts from some kind of rodent or squirrel. They could be made edible

with a little preparation. They'll take an hour to process and will provide half a ration/meal.

78. The character with the lowest Luck leans against a tree, only to discover that it's rotted. Both fall over in a cloud of debris. The character is left laying in the crumbled remains of the trunk covered swarming with insects! Fortunately, these are only harmless termites. If anyone takes the time to dig through the trunk to gather the termite eggs, they can provide 1 ration/meal.
79. A strong scent of urine marks a boulder near camp. The characters can make a Natural World or Survival check to realize that this is the territory of some species of big cat.
80. A small tree mammal carries a trinket. It may have come from a character's backpack or it might have simply found it somewhere (Keeper's choice). It remains close unless threatened. Otherwise it plays with the tiny object on a limb or outcropping nearby.
81. The characters find an old campsite that looks like it was used by a group of 6 to 8 people a few weeks ago. No supplies are left, but there is a fire pit, canvas tarps (folded under a rock), and a circle of stumps or rocks for sitting.
82. The characters hear a loud buzzing nearby. Following the sound, they will find a hollow tree surrounded by an agitated swarm of bees. A dead weasel lays near the hive. Inside the hive is about a pint of honey, if the characters can brave the swarm to get it. In addition to the delicious sweetness, the honey will provide the caloric equivalent of 3 rations/meals.
83. An large pig (or local equivalent) is dying in a small clearing near camp. It is dying from natural causes, so it is safe to eat, though not as tasty as a younger pig. It will provide 4D6 rations/meals if properly butchered with a successful Survival check, but only 1D6 on a failed check or if butchered by an amateur.
84. The night is filled with hundreds twinkling fireflies. It's a beautiful sight that reminds the characters of simpler times. Everyone who is awake to see this has 1 Sanity point restored.
85. A moss near camp is edible, though not tasty. It does however make a great supplement to existing edibles, turning up to 3 rations/meals into 6.
86. A low point in the camp becomes damp overnight. Everyone should make a Luck roll. Those who fail end up in that wet spot. They should make a Constitution check or gain a level of *Exhaustion*.
87. A strange whistling disturbs the characters' rest. If they investigate, they find a hole in an old tree or rock that faintly whistle as the wind blows across it.

88. The characters find a deposit of clay near camp that is suitable for making pots or other containers by someone with a knowledge of pottery and a *Hard Survival* check. Failure means that the object falls apart.
89. Some animal carcasses are found next to a tiny pond that seems to be fed by an underground spring. Unfortunately, the water in this pond is contaminated with toxic minerals. It cannot be purified by boiling. If anyone drinks the water, they have to make a Constitution check or gain a level of *Exhaustion* and suffer stomach pains and nausea for 2D4 hours.
90. Foraging near camp will find 2D4 eggs that will provide the equivalent of 2 rations/meals.
91. The characters find a large, obsidian boulder with about a third of it chipped away, presumably to make tools. Obsidian can be flintknapped into arrow heads and extremely sharp cutting implements. An arrow head takes about 30 minutes, while a skinning blade takes about 90 minutes. Either will require a *Hard Survival* check to make successfully. Note that obsidian is very brittle, so any strong impact will cause it to shatter.
92. A search of the area finds the burrow of an animal and a network of tiny tunnels. Inside the characters can find 1D4 shiny objects (Keeper's discretion).
93. The characters spot a horse wandering near their camp. She's a healthy mare wearing full tack, but has no rider. It's easy enough for someone to approach and lead her back to camp. Looking more closely, it's obvious that she's been wandering in the wild for at least a few days if not a week.
94. The characters find a heavy wooden club that has clearly been shaped by human hands. It's about two feet long and stained with what appears to be dried blood. The name *Benny* is carved into the handle.
95. Despite the obvious sound of animals nearby, they seem to be avoiding the camp. The characters even observe small animals obviously stopping at the edge of camp and making their way around..
96. For no reason at all, the characters all get a strong sense of *deja vu* about this campsite. A Spot Hidden check will find a note under a log that simply says: *It's happening again*. The paper looks like it was torn from a journal.
97. In the morning, a much needed, special, or valuable object is missing. After a 30 minute search, it's found under another item in plain sight.
98. The characters find a grove of a dozen trees that would make a perfect camping spot. Closer inspection of the area reveals that each tree has grown through a human rib cage. The trees are at least a century old.

99. The characters have unwittingly camped near the edge of a deep sinkhole. Sometime in the night, a bit more collapses. The characters should all make Luck rolls. Anyone who fails should make a Dexterity check or fall into its depths. If the character was awake, they get a Bonus Die on their check.

The sinkhole is about 40 feet deep, but has several feet of muddy water at the bottom, so falling in causes no damage. The problem is that it's very difficult to get out because the sides are soft and crumbling. If someone gets within five feet of the edge, the side crumbles and then they must make a Dexterity check to avoid falling in too. If anyone searches the mud at the bottom, they find the remains of dozens of animals. The Keeper can decide if there's anything else interesting down there.

100. The characters wake up to find themselves at their previous campsite on the previous morning with all the same people and resources they had at the time. It's as if the previous day never happened, though they all have the memories of their lost day. Any injuries or

other consequences are similarly undone by this unsettling event, including any character deaths.

The only things not reset to the previous morning include the loss of any Magic Points, POW, or Sanity loss along with any resulting insanity. The characters must make a Sanity check (1/1D4) as they try to cope with losing an entire day.

The Keeper can decide how they want to handle this, particularly if there were any specific events that the characters might want to avoid or do differently. For example, if they were ambushed by an enemy, the characters will now know when and where it's going to happen. The Keeper may want to play the day out normally, but allowing the characters to use knowledge of their lost day to their advantage. Of course they could always make things worse.

Another option would be to make this a perpetual time loop that the characters can only escape by performing a very specific action or perhaps restrain themselves from taking an action. This could even be some kind of trap set by the antagonist of the scenario.



APPENDIX II



NEW OCCUPATION

NATIVE SHAMAN

You were raised to be the spiritual leader of an indigenous tribe. You were taught all the mysteries and lore known to your people. Your role was to interact with a spirit world through altered states of consciousness, such as trance. The goal of this is to direct these spirits or spiritual energies into the physical world, for healing, guidance, or some other purpose.

Occupation Skill Points: $EDU \times 2 + (DEX \times 2 + STR \times 2)$

Credit Rating: 0-15

Suggested Contacts: Fellow tribe members.

Skills: Climb, Fighting or Throw, Listen, Natural World, Occult, Spot Hidden, Swim, Survival (any).

FEATURE: SPIRITUAL AWARENESS

You are attuned with the spiritual world, and so are sensitive to spiritual, mythos, or occult activity around you. At the Keeper's discretion, you may be able to make POW checks to sense unnatural forces, entities, or magic that affect an area, person, or object. It may even be possible to sense when someone is trying to scry on you in some way.

Additionally, you have learned three spells from the Folk, Environmental, or Protection categories in the *Grand Grimoire of Cthulhu Mythos Magic*. If you don't have access to that book, then choose spells that relate to spirits, healing, protection, banishment, and nature (Keeper's discretion).

NEW EQUIPMENT

Steamer Trunk. These hard-walled trunks are about four feet tall by two feet wide and two feet deep. To the professional traveler, these bulky boxes are worth their weight in gold.

While standing upright, the trunk opens up in two parts, revealing an interior that looks like a miniature study. Originally designed for navigators and map makers, the two sections have shelves for books, journals and charts related to navigation and mapping. One side of the trunk has a small writing desk, and some even have a small folding stool stored beneath.

The various drawers and compartments can store a wide variety of clothes, toiletries, personal items, and whatever else the traveler might deem necessary. A seasoned traveler will often store everything in the trunk, preferring to keep all of their gear in one place. Some consider this amazing piece of luggage to be their home away from home.

The Steamer Trunk is sturdy, water proof, and can take quite a beating. They've been used for defensive cover, a flotation device, and can provide an excellent place to sit.

In practice, the trunk provides 5 cubic feet of storage, and can weigh anywhere between 100 to 150 pounds when fully loaded, depending on the contents. [*Empty Weight 80 lb.*]

Towel. One of the most underrated bits of travel gear is the humble towel, which is just about the most incredibly useful thing any adventurer can carry. You can wrap it around you for warmth as you trek across glaciers; lie on it on brilliant white-sanded beaches; sleep under it beneath the stars near the edge of the Sahara Desert; use it to sail a crude raft down the mighty Amazon River; wet it for use in hand-to-hand combat; wrap it round your head to ward off noxious fumes; wave it in emergencies as a distress signal, and of course you can dry yourself off with it if it still seems to be clean enough. [*Dry Weight 1 lb.*]

Walking Stick. An excellent walking stick should be roughly 80% of the height of the humanoid using it. For an average human, this would be about 5-foot long. They are generally made from a hard but flexible wood, since you want it to give a little without breaking.

The shaft is most often made from willow or yew, and has a sturdy steel cap on the bottom. Many walking sticks have a leather wrapped section for a better grip and a lanyard to keep the user from dropping it.

The walking stick is useful for testing ground, pushing things out of the way, self-defense, and of course stability when walking on almost any terrain.

The walking stick gives *Bonus Die* on Dexterity checks related to walking. This could include unstable ground, slippery surfaces, high winds, and so on. [*Weight 4 lb.; Use the statistics for a large club when wielded as a weapon.*]



Walking Stick

Towel

Steamer Trunk

APPENDIX III

RECOMMENDED RESOURCES

While we have tried to add some realism to the survival experience in fantasy role playing games, this book was not intended to be any sort of survival manual.

However, if you are inspired to learn more about survival and wilderness skills (which we strongly encourage), there are some books we would like to recommend, keeping in mind that reading about these techniques is no substitute for a qualified teacher and personal experience. In other words, don't be a idiot. Make sure that you know what you're doing before heading out into the woods for a year.

SURVIVAL BOOKS

98.6 Degrees: The Art of Keeping Your Ass Alive

by Cody Lundin

How To Stay Alive In The Woods

by Bradford Angier

Naked Into The Wilderness: Primitive Wilderness Living & Survival Skills

by John and Geri McPherson

Outdoor Survival Skills

by Larry Dean Olsen

Survive! - Essential Skills and Tactics to Get You Out of Anywhere

by Les Stroud

Tom Brown's Field Guide to Wilderness Survival

by Tom Brown

U.S. Army Survival Handbook, Revised Paperback

by Department of the Army

WILDERNESS SKILLS BOOKS

Essential Bushcraft

by Ray Mears

Leather Makin

by Larry J. Wells

Out on the Land: Bushcraft Skills from the Northern Forest

by Ray Mears and Lars Fält

Peterson's Field Guide to Edible Wild Plants

by Lee Allen Peterson

Primitive Skills and Crafts

by Jamison, Richard



Primitive Technology: A Book of Earth Skills

by David Wescott

Primitive Technology II: Ancestral Skill

by David Wescott

Shelters, Shacks, and Shanties: The Classic Guide to Building

by D. C. Beard

Tom Brown's Field Guide to Nature Observation and Tracking

by Tom Brown

Tom Brown's Guide to Wild Edible and Medicinal Plants

by Tom Brown

Tom Brown's Field Guide to Living with the Earth

by Tom Brown

The Trapper's Bible

by Eustace Hazard

Wilderness Survival

by Gregory J. Davenport

Wildwood Wisdom

by Ellsworth Jaeger

INSPIRATIONAL BOOKS

The Art of Shen Ku

by Zeek

Life along the Silk Road

by Susan Whitfield

The Middle Ages: Everyday Life in Medieval Europe

by Jeffrey L. Singman

Mountain Men of the Rockies

by Frank Triplett

INSPIRATIONAL VIDEOS & TELEVISION

Cast Away [2000]

Tom Hanks

The Donner Party [2010]

Crispin Glover, Clayne Crawford

The Grey [2011]

Liam Neeson, Dermot Mulroney, Frank Grillo

Jeremiah Johnson [1973]

Robert Redford, Delle Bolton, Will Geer, Josh Albee, Stefan Gierasch

The Naked Prey [1966]

Cornel Wilde

The Revenant [2015]

Leonardo DiCaprio, Tom Hardy, Will Poulter

The Road [2009]

Viggo Mortensen, Charlize Theron, Kodi Smit-McPhee

Walkabout [1971]

Jenny Agutter, Luc Roeg, and David Gulpilil

SURVIVAL VIDEOS & TELEVISION

Alone

History Channel

Man, Woman, Wild

Mykel Hawke Pierce and Ruth England

Survivorman

Les Stroud

The Woodsmaster Series [www.Survival.com]

Ron Hood

World of Survival, Bushcraft, Extreme Survival, Wild Britain

Ray Mears





Davae Breon Jaxon

Davae Breon Jaxon is an archaeologist and collector of rare antiquities. [REDACTED] to the infamous [REDACTED] [REDACTED] in Asia and the middle east.

Shortly after, Jaxon set out into the world in search of [REDACTED] spending more than three decades traveling [REDACTED] and [REDACTED]. During his wanderings, he managed to amass [REDACTED] and has an extraordinary number of rare books. In the past few years, Professor Jaxon established a private research library dedicated to the [REDACTED] ever seen.

Professor Jaxon has recently turned all his attention to the [REDACTED] [REDACTED] in extreme environments, and this book has benefited greatly from his experience.



CRITICAL HIT

PUBLISHING