

EXPLORATION

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

TRAVEL PACE

FORCED MARCH

The Travel Pace table assumes that characters travel for 8 hours in day. They can push on beyond that limit, at the risk of exhaustion.

For each additional hour of travel beyond 8 hours, the characters cover the distance shown in the Hour column for their pace, and each character must make a Constitution saving throw at the end of the hour. The DC is 10 + 1 for each hour past 8 hours. On a failed saving throw, a character suffers one level of exhaustion (see the appendix).

MOUNTS & VEHICLES

For short spans of time (up to an hour), many animals move much faster than humanoids. A mounted character can ride at a gallop for about an hour, covering twice the usual distance for a fast pace. If fresh mounts are available every 8 to 10 miles, characters can cover larger distances at this pace, but this is very rare except in densely populated areas.

Characters in land vehicles choose a pace as normal. Characters in a waterborne vessel are limited to the speed of the vessel, and they don't suffer penalties for a fast pace or gain benefits from a slow pace. Depending on the vessel and the size of the crew, ships might be able to travel for up to 24 hours per day.

EXHAUSTION

Lvl	Effect
1	Disadv. on Ability Checks.
2	Speed halved.
3	Disadv. on attack rolls and saving throws.
4	Hit point maximum ½
5	Speed reduced to 0.
6	Death.

Finishing a Long Rest reduces a creature's exhaustion level by 1, provided that the creature has also ingested some food and drink.

LIGHT SOURCES

Source	Bright	Dim	Duration
Candle	5' r	+5' r	1 hour
Lantern	30' r	+30' r	6 hours
Torch	20' r	+20' r	1 hour

RESTING

Whenever you end a 24-hour period without finishing a long rest, you must succeed on a DC 10 Constitution saving throw or suffer one level of exhaustion.

SHORT REST

A Short Rest is a period of downtime, at least 1 hour long, during which a character does nothing more strenuous than eating, drinking, reading, and tending to wounds.

A character can spend one or more Hit Dice at the end of a Short Rest, up to the character's maximum number of Hit Dice, which is equal to the character's level. For each Hit Die spent in this way, the player rolls the die and adds the character's Constitution modifier to it. The character regains Hit Points equal to the total.

LONG REST

A Long Rest is a period of extended downtime, at least 8 hours long, during which a character sleeps or performs light activity: reading, talking, eating, or standing watch for no more than 2 hours. If the rest is interrupted by a period of strenuous activity—at least 1 hour of walking, Fighting, casting Spells, or similar Adventuring activity—the Characters must begin the rest again to gain any benefit from it.

At the end of a Long Rest, a character regains all lost Hit Points. The character also regains spent Hit Dice, up to a number of dice equal to half of the character's total number of them (minimum of one die).

A character can't benefit from more than one Long Rest in a 24-hour period, and a character must have at least 1 hit point at the start of the rest to gain its benefits.

SLEEP

WAKING SOMEONE

A creature that is naturally sleeping, as opposed to being in a magically or chemically induced sleep, wakes up if it takes any damage or if someone else uses an action to shake or slap the creature awake. A sudden loud noise—such as yelling, thunder, or a ringing bell—also awakens someone that is sleeping naturally.

Whispers don't disturb sleep, unless a sleeper's passive Wisdom (Perception) score is 20 or higher and the whispers are within 10 feet of the sleeper. Speech at a normal volume awakens a sleeper if the environment is otherwise silent (no wind, birdsong, crickets, street sounds, or the like) and the sleeper has a passive Wisdom (Perception) score of 15 or higher.

SLEEPING IN ARMOR

Sleeping in light armor has no adverse effect on the wearer, but sleeping in medium or heavy armor makes it difficult to recover fully during a long rest.

When you finish a long rest during which you slept in medium or heavy armor, you regain only one quarter of your spent Hit Dice (minimum of one die). If you have any levels of exhaustion, the rest doesn't reduce your exhaustion level.

SURPRISE

The GM determines who might be surprised. If a creature is surprised, it can't move or take an action on its first turn of the combat, and it can't take a Reaction until that turn ends. A member of a group can be surprised even if the other members aren't.