

FULVANO'S GUIDE TO THE WILDS

Beyond the city walls, the wilderness calls...



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Greetings and salutations, dear reader! I myself am the humble and yet esteemed explorer, cartographer, and adventurer, Fulvano Rodolfini il Cerceranze, at your service. This document in your very hands is a guide of sorts, crafted by myself and my faithful hound, Zaina (a most sweet and noble hound she is, my Zaina).

Together, the two of us have toured the length and breadth of this Material Plane, and have dealt with the myriad dangers and difficulties presented therein. It is my hope and my desire that in this guide, you, noble reader and heroic adventurer, shall find many of the tools, tips, and tidings to help you successfully traverse the wild places of the world.

But be warned, brave hero, that it shall not be easy, nor shall it be simple! The wildernesses are fraught with dangers and threats, and if you do not adequately prepare yourself, you shall surely perish.

Yet do not fret, dear reader! Within the pages of this guide you shall find all you need and more to survive the wilds before you. This tome shall regale you with the descriptions and nature of all manner of weather conditions, from the humble breeze to the mighty hurricane! It shall direct you in manners appropriate to guiding yourself by the sights and locations around you, that you might not become lost in your travels. However, even if you do find yourself adrift, do not fear! These pages shall provide you with means to forage for yourself, and sustain your bodily health entirely off the of the land around you.

Furthermore, this guide will provide details on illnesses and sickness, equipment and tools, the tracking of beasts, rockslides and avalanches, scorching heat and freezing cold, fresh food and clear water: All this and more!

It is my hope, fearless wanderer, that this small guide shall perhaps provide you with wisdom and knowledge to go on great quests and mighty adventures - the stuff of legend and song. I have been many places and seen many wonders, and now I wish to allow you to do the same.

The best of luck and grace go with you.
Fulvano Rodolfini il Cerceranze and Zaina the Hound,
Explorers



INTRODUCTION

There is a reason that so many people dwell in cities, when there is land aplenty just beyond the walls. Travel but a few leagues, and there will be vast swathes of uncharted wilderness, rich and vibrant and entirely unsettled. Here lie deep valleys, high mountaintops, ancient forests, murky swamps, foreboding moors, and more.

Why do so few travel beyond their walls, into the wild? Fear. The wilderness is a dangerous place, where all manner of threats and perils lie in wait. Traversing the wilderness is a bold task, but one where those with the skills and wits to survive can find great success, out there in the uncharted places of the world.

This guide is for those that wish to traverse the wilderness, and those that wish to build adventures with a greater depth and complexity in the wilds. This book is built upon the foundations laid by the *Player's Handbook* and the *Dungeon Master's Guide*, but takes many of those rules and systems further. This guide is an extension on many rules that already existed, expanded for greater depth and impact.

The design of this guide is such that any Dungeon Master wishing to emphasize the wilderness can use the rules here just as they are written. However, for those Dungeon Masters that wish to tinker and alter and modify these rules, they are written so that many of the values and thresholds can be easily shifted up or down.

Throughout the guide, sidebars will provide additional detail into areas that may be particularly open to interpretation and modification, as well as offering different options depending on playstyle.

Past this point is naught but the wilds - prepare yourself!

USING EXISTING RULES

Fulvano's Guide to the Wilds is built upon the foundations laid by the *Player's Handbook* and the *Dungeon Master's Guide*. Nearly all of the rules found here are expansions, extensions, or modifications to existing ones, particular the rules found in Chapter 8 of the *Player's Handbook* and Chapter 5 of the *Dungeon Master's Guide*, as well as Chapter 2 of the *Xanathar's Guide to Everything*. It is highly recommended that you review those chapters before proceeding further.

Additionally, this guide makes a few assumptions about the type of campaign being run and some of the rules being used. If the following rules sound unappealing to the style of game you are running or playing, it's likely that the rules found here are not for you (which is okay! This guide is not for everyone).

This guide assumes:

- You are in a campaign that spends significant amounts of time in the wilderness.
- You are in a campaign where tracking food, water, and the amount of gear you can carry is important, or at least present.
- You are in a campaign that embraces a rougher, more dangerous realization of the wilderness.

If your campaign doesn't do these currently and doesn't want to try, it is strongly worth considering whether these rules are for you and your game.



TRAVEL

In the wilderness, there are often great distances that must be traveled to reach one's destination, covering a huge swathe of terrain. Most journeys take several days, but some are shorter or longer. This section will cover the rules for adventurers as they travel the wilds, as well as the various activities, precautions, and tasks that characters can do while travelling.

This section will sometimes make reference to rules not found in the *Player's Handbook* or *Dungeon Master's Guide*, all of which can be found in later sections of the guide.

Most activities and events conducted during the standard travelling day can be divided into "watches." In an ordinary day, there are six watches, each equivalent to about 4 hours. Watches are used in navigation, travel activities, weather patterns, and more.

TRAVEL ACTIVITIES

While characters are journeying, there are a number of activities that they can undertake in addition to walking. Generally, a character can only engage in one travel activity at a time. A character decides which activity they are engaging in at the start of each watch that they are travelling, and can only participate in one at a time.

Notice Threats. A character can keep an eye for danger and threats as the party travels, making it more difficult for enemies to ambush them, or traps to take effect. A party member that is noticing threats can use their passive Wisdom (Perception) score to notice potential threats while travelling.

Navigate. A character can try to prevent the group from becoming lost as they traverse the wilds. A party member that is navigating can make Wisdom (Survival) checks to navigate. A party member can assist the navigator, provided that they are proficient in Survival, have the Keen Mind feat, or have at least one level in ranger. Having a party member assist the navigator grants advantage on all Wisdom (Survival) checks to navigate.

Forage. A character can check for food or water sources, potentially gathering resources as they travel. Rules for foraging while travelling are found in the "Food and Water" section of this guide.

Track. A character can follow a trail or set of tracks while pursuing a creature or group of creatures. Rules for tracking are found later in this section. Generally speaking, a party does not need both a navigator and a tracker, though rare exceptions may occur.

Draw a Map. A character can draw a map, helping the party be aware of their position in the wilds. No check is required.

TRAVEL PACE

While adventuring, characters may sometimes wish to travel at a faster pace, and other times at a slower one, depending on a variety of factors.

While travelling, a group of adventurers can move at a normal, fast, or slow pace, as shown on the Travel Pace table. The table states how far the party can move in a period of time and whether the pace has any effect. Travelling at a fast pace makes characters less perceptive and unable to focus on anything but the road, while a slow travel pace makes it possible to sneak around and to traverse the area more carefully.

Characters can travel for 8 hours - two watches - per day normally, incurring no penalties. However, a party can push beyond this limit, at the risk of exhaustion. For each additional hour of travel beyond 8 hours, the characters cover the distance shown in the Distance per 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.

TRAVEL PACE

Pace	Distance per Hour	Distance per Watch	Distance per Day
Fast	4 miles	16 miles	32 miles
Normal	3 miles	12 miles	24 miles
Slow	2 miles	8 miles	16 miles

Fast Pace. At a fast pace, characters suffer a -5 penalty to passive Wisdom (Perception) scores, a -5 penalty to Wisdom (Survival) checks made to navigate, and cannot engage in travel activities other than noticing threats and navigating.

Normal Pace. A normal pace has no additional effects.

Slow Pace. At a slow pace, characters are able to travel stealthily, and gain a +5 bonus to Wisdom (Survival) checks made to navigate.

SHELTER

When making camp for the night in the wilds, there are three critical factors: how cold it is, how wet you are, and how exposed your campsite is. If any of these factors are not accounted for, you open yourself to the risk of all sorts of hazards, ranging from mere unpleasantness to potentially life-threatening diseases.

With the exception of the summer months, some additional warmth is required at night, beyond basic adventuring clothes. This can be accomplished in a variety of ways: sleeping next to a fire or sleeping in a bedroll are the most common methods, but there may be other ways to do so, at the DM's discretion.

When do I need a tent, you inquire? Only those nights that you wish to live through. Otherwise, though, you're fine without. 



While it is quite common for adventurers to swim in lakes, wade through rivers, and dive into dungeon pools - and thus become thoroughly soaked - it can be quite dangerous to go to sleep while still wet. Characters might also become wet from travelling in the rain, interacting with exceptionally watery creatures, bathing, or other activities.

A wet creature will dry off over the course of one hour, so long as they stay dry the entire time. If that creature is near a significant source of heat, such as a campfire or stove, that time is cut in half. Likewise, there may be additional means to quickly dry off, at the DM's discretion.

Finally, it is critical that, while you sleep, you remain secluded from other sources of moisture. Shelter, generally speaking, is any structure or formation that has at least three walls and a roof. The most common sources of shelter in the wilderness are tents, caves, and ruins, but there may be others, at the DM's discretion.

If you take a long rest and are cold or wet at any point throughout, you must make a Constitution saving throw upon completing the long rest or suffer one level of exhaustion. The DC is equal to 10 plus 2 for each low winds or light precipitation you are exposed to, and plus 5 for each high winds or heavy precipitation.

TRACKING

If a character wishes to track another creature or group of creatures over long distances, they must make a Wisdom (Survival) check for each watch they wish to spend tracking.

The DC varies, depending on the terrain, weather, and creature. If a character is tracking an army's passage over muddy terrain on a clear day, no check is required. However, a single individual moving across bare stone floor in a dungeon may prove much harder.

Another player that is proficient in Survival or has at least one level in ranger can assist a character tracking, granting them advantage on the roll.

The Tracking table provides some example DCs and modifiers, those these may be altered at the DM's discretion, depending on the circumstances.

TRACKING

Condition	DC
Soft surface, such as mud	10
Dirt or grass	15
Bare stone	20
Each day since the creature has passed	+5
Creature left a trail, such as blood	-5

NAVIGATION

There are two basic modes of navigation when travelling the wilderness: directional and landmarked.

Landmark navigation depends on nearby landmarks, locations, and structures to provide the path, while directional navigation occurs when the party is travelling based on their own sense of direction.

A party decides which mode they will be navigating by per watch, when choosing travel activities.

It always pays to have a friend by your side when traveling the wilds. Especially if that friend is as warm and snuggly as Zaina. That is, of course, impossible, but it shouldn't stop you from trying. A friendly bear, I think, would come close, or perhaps some sort of blanket enchanted to always be warm.



DIRECTIONAL NAVIGATION

Directional navigation occurs when the party has no clear visible destination, but is instead travelling based on their own sense of direction, instructions off a map, or directions from some other source. Under directional navigation, the party chooses a direction they wish to travel, and elects a party navigator.

Once per watch, the navigator must make a Wisdom (Survival) check to ensure the party is still travelling in the correct direction. The DC is determined by the terrain type that the party is currently travelling through, which will be covered in a later section. If another party member wishes to assist the navigator, they may do so, provided that they are proficient in Survival, have the Keen Mind feat, are proficient with cartographer's tools, or have at least one level in ranger. This grants the navigator advantage on their rolls to prevent the party from getting lost, though the assisting party member counts as spending their travel time navigating as well, meaning they cannot be on guard for danger or conducting other travel-time activities.

If the party is travelling at a slow pace, the navigator gains a +5 bonus to the navigation roll, and travelling at a fast pace imposes a -5 penalty. If the region the party is travelling through is lightly obscured, such as by fog, the navigation DC increases by 5. If the region is heavily obscured, such as by a storm, the navigation DC increases by 10.

MAP SYSTEMS

The rules presented here are meant to be map system-agnostic, meaning you should be able to use them with any given map you have. Given that the party's travel will be done primarily in increments of miles, it is recommended to use a map that can account for relatively small increments of travel.

For a hex map, one-, three-, or six-mile hexes will work well, but anything above that will cause difficulties in measurements. For a grid map, squares of one to five miles will work well, but anything above will cause difficulties.

However, many of the rules presented here can be scaled upwards relatively easily for longer journeys. For example, when you would determine a variable by the watch, instead do it by the day. This will broaden the scope, and lessen any in-session slog that might occur over the course of a long journey.

GETTING LOST

If the party navigator succeeds on their roll against the navigation DC, all is well, and they continue in their intended direction. If the navigator fails the roll, however, the party begins to go astray. If the navigator fails the roll by 5 or less, the party goes minorly astray. If the navigator fails the roll by more than 5, their travel route has gone majorly awry. In either case, the party will likely travel in a direction that is not their intended one. The DM secretly rolls 1d12, and consults the Slightly or Significantly Lost tables, respectively. All new directions are relative to their intended direction.

SLIGHTLY LOST

Roll	New Direction
1-5	Diagonally to the left
6-7	Straight ahead
8-12	Diagonally to the right

SIGNIFICANTLY LOST

Roll	New Direction
1-2	Directly left
3-5	Diagonally to the left
6-7	Straight ahead
8-10	Diagonally to the right
11-12	Directly right

For example, a party intends to travel to the northwest at a normal pace. The party is in a forest, and has no landmark, so their navigation DC is 15. The navigator rolls their Wisdom (Survival) check, and gets a 9. The DM rolls 1d12, and gets a 10. Instead of heading straight northwest, the party travels diagonally to the left of northwest, meaning they instead head more or less straight west.

LANDMARK NAVIGATION

Landmarked navigation occurs when the party has a clear, visible destination in view - the snowy cleft mountain, the massive black tree on the hill, or the ruined fortress looming ahead. So long as the landmark is clearly in view, the party does not need to make checks to navigate to it.

However, the party may not always have clear view: there could be thick jungle canopy above, or there could be dense fog around, or they may be travelling by moonlight. If this is the case, the party must have the landmark in clear view at least once every watch. This may, for example, require them to occasionally stop, scale a tree, and make sure they're still headed in the right direction.

NAVIGATION VISIBILITY

Generally speaking, the horizon is approximately 3 miles away, meaning anything without significant size or elevation cannot be seen past the 3 mile limit. However, larger objects typically can be seen from a greater distance, meaning that navigating by landmarks farther than 3 miles is possible, provided there are no obstructions in the way, like trees, hills, or buildings.

As a broad rule of thumb, a landmark is visible from 3 miles away, plus one extra mile for every 100 feet the landmark rises above the surrounding terrain.

In some cases, the DM may call for a Wisdom (Perception) check to attempt to spot particular landmarks in areas where visibility may be questionable. In an area that is lightly obscured, visibility is reduced to 1 mile. In an area that is heavily obscured, visibility is so low that landmarked navigation becomes impossible.



FOOD & WATER

People accustomed to the markets and taverns of the cities, full to bursting with food and drink, find the wilds inhospitable. The inns are far and few between, and the only markets to be found are travelling caravans and wayward peddlers. Yet, to those with the correct knowledge and skill, the wilderness provides a bounty of resources; you just need to know where to look.

SURVIVAL

Characters who don't eat or drink suffer the effects of exhaustion. Exhaustion caused by lack of food or water can't be removed until the character eats or drinks the full required amount.

FOOD

A character needs one pound of food per day, and can make food last longer by subsisting on half rations. Eating half a pound of food in a day counts as half a day without food.

A character that goes a day eating less than half a pound of food must succeed on a DC 15 Constitution saving throw or suffer one level of exhaustion.

A character can survive a number of days without food equal to 3 + his or her Constitution modifier (minimum 1). If a character would suffer a 6th level of exhaustion from lack of food before they have reached this number of days, they instead remain at 5 levels of exhaustion, but automatically suffer the 6th as soon as they reach their last day.

Each day of normal eating removes one level of exhaustion.

WATER

A character needs one gallon of water per day, or two gallons per day if the weather is very hot. A character who drinks only half that much water must succeed on a DC 15 Constitution saving throw or suffer one level of exhaustion at the end of the day. A character with access to even less water automatically suffers one level of exhaustion at the end of the day.

If the character already has one or more levels of exhaustion, the character takes two levels in either case.

Each day of normal drinking removes one level of exhaustion.

FORAGING

When spending lengths of time in the wilderness, travellers often prefer to forage and hunt for their food, rather than lug large quantities of rations. There are two main modes in which travellers can forage: while travelling, or while camped.

A character can choose to spend their travel time foraging for food or water, provided the party is travelling at a normal or slow pace. At the conclusion of the watch, the character makes a Wisdom (Survival) check, with the DC determined by the region or area the party is travelling through. If the party moved through more than one region over the course of the day, use the DC for whichever region the party spent the most time in.

When the party is camped, foraging functions much the same, though it is far quicker to find food or water when able to devote all attention to it. For each hour a character spends foraging for either food or water, the character makes a Wisdom (Survival) check, with the DC determined by the region or area the party is camped in.

The method to determine the success or failure of the character's attempt to forage is the same, whether they are camped or travelling. On a failure, the character finds nothing. On a success, the character finds an amount equal to 1d6 + their Wisdom modifier, either in pounds (if they were foraging for food) or gallons (if they were foraging for water). The sources of food and water are determined at the DM's discretion, based on the region the party is travelling through, but characters can request to forage only for specific food types, such as berries or rabbit.

Generally speaking, most food found is either raw meat from hunted animals that must be cooked, or readily-eaten plant matter, such as nuts or berries. Water collected while foraging carries a higher risk of being unclean, and generally has a disease DC of 10.

UNCLEAN FOOD & WATER

Adventurers are hardy folk, certainly, but even still, consuming food or water found in the wilds can be dangerous. Hunted game can carry plague or maggots, fruits and vegetables may be rotted through, and water can carry foul diseases. If counteractive measures are not taken, these can lay even the healthiest of heroes low.

UNCLEAN WATER

Water encountered in the wilderness sometimes has diseases or impurities running through it, or is otherwise unsuitable for drinking. Generally speaking, well-water, rainwater, water from streams or rivers, and lakewater is safe to drink.

All other sources, such as stagnant swamp water, water found in puddles or in plants, pooled water underground, or other, less savory sources, is unclean. Water can be purified through the *purify food and drink* spell or similar, by being boiled for 1 minute, or possibly through other means at the DM's discretion.

If a character drinks water that has not been purified, they must make a Constitution saving throw one hour after ingestion. The DC of the saving throw is determined by the source of the water: the purer the source, the higher the likelihood that the water is clean.

Once, way out in the northern reaches, our food supplies were stolen off the back of our donkey by a gang of frost hobolds. We spent five days eating nothing but ice crabs and snow. Let me tell you, dear reader, there is no fun in all of the Planes that can match that of an ice crab that does not wish to be eaten.





WATER PURITY

Source of Water	Cleanliness DC
Puddle or pond	10
Swamp or brackish	20
Seawater	30

On a failure, the character becomes infected with disease, the effects of which are detailed below.

UNCLEAN FOOD

While rations are the classic sustenance of adventurers, many prefer a break for something less bland. Ordinary food, however, will eventually rot, increasing the risk of disease. Similarly, consuming certain uncooked foods also carries a chance of disease.

Generally speaking, most food rots after one week; foods like grains, tropical fruit, most vegetables, and most cooked dishes. Raw meat of all varieties rots after 24 hours, as do most dairy products. Spells such as *purify food and drink* will remove any spoiling and potential diseases from rotten food, but it will not restore food matter that has rotted away.

Some foods can go longer without rotting, and a few rare types of foodstuffs, like certain cheeses, do not rot at all. Furthermore, many foodstuffs can be preserved, typically either through airtight storage or heavy salting, which extends the amount of time before the food spoils. These items and their potential benefits are determined at the DM's discretion.

If a character consumes food that is unclean, they must make a Constitution saving throw one hour after ingestion. The DC of the saving throw is determined by the source of food: the more rotten the food is, the higher the likelihood of disease.

Creatures that have natural adaptations against food sources that would normally carry the risk of illness, such as Lizardfolk eating raw meat, automatically succeed on appropriate Constitution saving throws against illness from unclean food.

FOOD PURITY

Food Source	Cleanliness DC
Raw Meat	10
Rotten Meat or Dairy	25
Rotten Food (Non-Meat)	20

On a failure, the character becomes infected with disease, the effects of which are detailed below.

INGESTING UNCLEAN FOOD OR WATER

A variety of diseases can be water- or food-borne, which are described by the following effects. Upon a character failing the Constitution saving throw, they immediately suffer one level of exhaustion. If the character failed the saving throw by 5 or more, they are poisoned for the duration of the disease.

Whenever the diseased character starts or ends a long rest, they must make a DC 13 Constitution saving throw or suffer one level of exhaustion. If they succeed on this saving throw while having no levels of exhaustion, the disease is removed.

For example, a Tiefling Bard, Gwem, eats a sackful of moldy apples on a dare, fails her Constitution saving throw, and becomes ill, suffering one level of exhaustion and becoming poisoned. Gwem fails her saving throw as she goes to sleep that night, gaining a second level of exhaustion, and while the long rest removes one level, she awakes with one remaining. She then succeeds on her saving throw as she wakes up, preventing the return to two levels, and spends the day with one level of exhaustion while still poisoned. That night, she succeeds on the saving throw as she begins her rest, and the long rest removes her single level of exhaustion. Gwem then succeeds on the saving throw again when she wakes up, removing the disease entirely.

I once ate an entire plate of clams and mussels in a legendary restaurant on the southern continent. This dish was known as 'the foreigner's Bane,' so, of course, I had to try it.
Do not try the foreigner's Bane.



WEATHER

Weather is unpredictable and wild, and is often treacherous to travellers. Weather has the potential to change on each watch, but won't necessarily do so. The weather on a given watch has three basic components: precipitation, wind speed, and temperature.

Each of these is randomly determined each watch, based on different factors, but each component is always in effect, though their modes may vary. The DM may also select an option directly in certain scenarios.

PRECIPITATION

Precipitation has three modes: no precipitation, a clear day; light precipitation, such as a shower or flurry; and heavy precipitation, such as a downpour or whiteout. Each of these modes has, at the turning of the current watch, a chance to change to one of the other modes. Each mode has its own chance for determining how the weather changes.

The chance to determine which mode will occur next are as follows.

PRECIPITATION

	Clear Skies	Light Precipitation	Heavy Precipitation
Clear Skies	1-16	17-19	20
Light Precipitation	1-9	10-17	18-20
Heavy Precipitation	1-6	7-13	14-20

For example, the hours of 4:00-8:00 a.m. were clear. The DM rolls a d20, and it comes up a 9. Therefore, the next watch, from 8:00 a.m.-12:00 p.m., will be clear. At 12:00 p.m., the DM rolls again, and it comes up a 19. The next watch, 12:00-4:00 p.m., will be lightly precipitous. If the DM were to then roll another 19, heavy precipitation would begin.

Precipitation has one unusual aspect, however, which is that the temperature of the watch where it is occurring may have an effect. Specifically, if it is below freezing, precipitation will come down as snow, rather than rain. Given this, there are individual effects for snow and rain. However, you still determine them in the same fashion, and it is possible to have snow in the morning and rain during the day, and vice versa.

The effects for each mode of precipitation are as follows:

CLEAR SKIES

- No effect.

LIGHT RAIN

- Disadvantage on ability checks to climb or scale objects and ability checks made to maintain balance or keep one's footing.

LIGHT SNOW

- The area becomes lightly obscured.
- Advantage on Wisdom (Survival) checks to track creatures.

HEAVY RAIN

- Disadvantage on ability checks to climb or scale objects and ability checks made to maintain balance or keep one's footing.
- The area becomes light obscured.
- Open flames are extinguished.
- Disadvantage on Wisdom (Perception) checks to relying on hearing or scent.
- Disadvantage on Wisdom (Survival) checks to track creatures.
- Advantage on Wisdom (Survival) checks to forage for water.

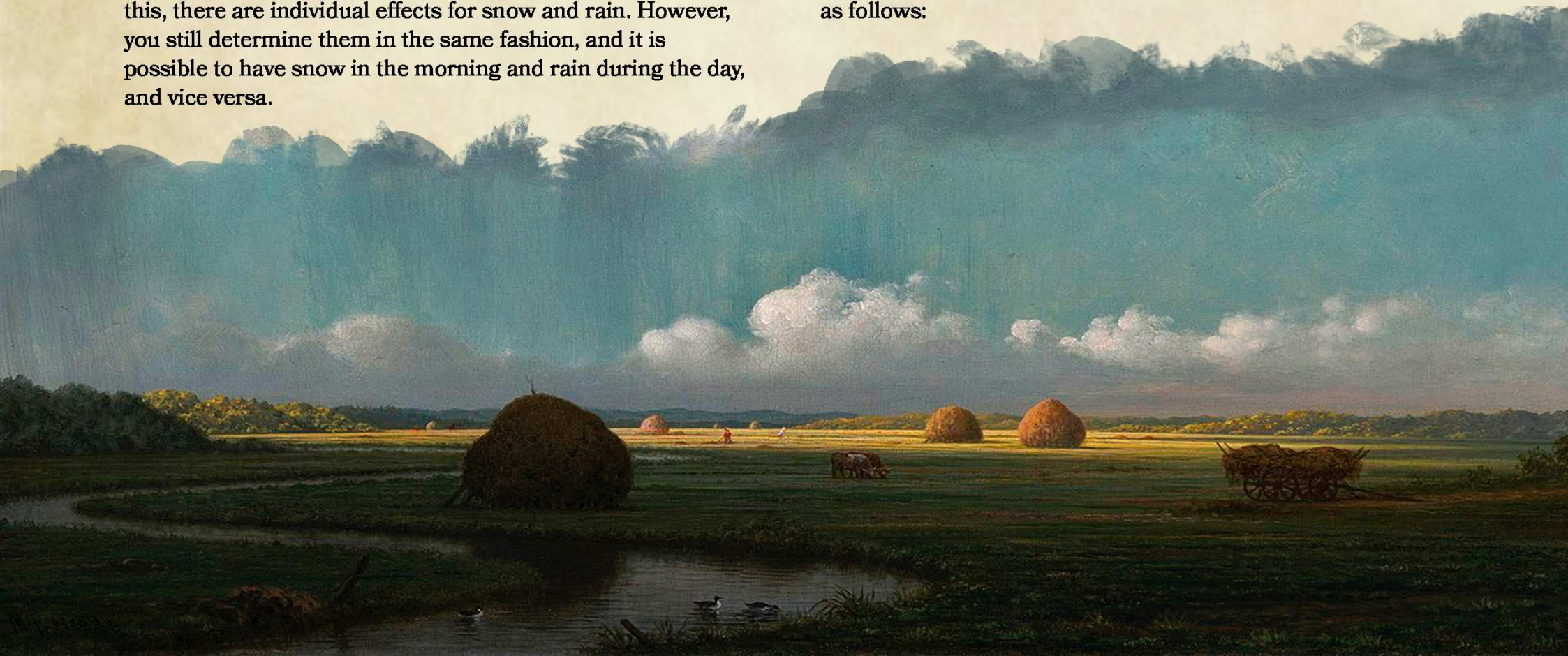
HEAVY SNOW

- The area becomes lightly obscured.
- Advantage on Wisdom (Survival) checks to track creatures.
- The area becomes difficult terrain.
- Wisdom (Survival) checks to forage for water automatically succeed.

WIND SPEED

Wind speed, like precipitation, has three modes: no wind, low winds, and high winds. Each of those modes changes at the end of the current watch, and have varying chances based on the current mode.

The chance to determine which mode will occur next are as follows:



WIND SPEED

	No Wind	Low Winds	High Winds
No Wind	1-14	15-19	20
Low Winds	1-10	11-17	18-20
High Winds	1-8	9-14	15-20

When there are high winds occurring simultaneously with heavy precipitation, a storm results. Storms have additional effects that occur in addition to all other effects.

The effects of wind speeds are as follows:

No Wind

- No effect.

Low Winds

- Clears light fog, smoke, or fumes.

High Winds

- Disadvantage on ranged weapon attacks.
 - Clears all fog, smoke, or fumes.
 - Extinguishes open flames.
 - Disadvantage on Wisdom (Perception) checks relying on hearing.
 - Medium and smaller creatures with a fly speed must return to the ground at the end of their turn, or fall.
- Creatures with a hover speed have their speed halved.

STORM

- The area becomes heavily obscured.
- If not already, the area becomes difficult terrain.

TEMPERATURE

Temperature changes on watch as the day progresses, like the other components, but unlike the others, it is based far more on the time of day and season.

LEVELS OF TEMPERATURE

There are, broadly speaking, four basic temperatures: "regular" weather, which spans from 33 degrees to about 100 degrees; freezing weather, which occurs from 32 degrees to 0 degrees; extreme cold, which is anything beneath 0 degrees; and extreme heat, which is any temperature above 100 degrees.

Regular and freezing weathers' key distinction is just that - below 32 degrees Fahrenheit, precipitation occurs as snow, and above it comes down as rain instead. Other than that, there are no mechanical differences. Extreme heat and cold require additional precautions and behavior from the characters, and are detailed in a later section.

For some games, these four distinctions are enough. Weather does not vary much by the week or month, instead changing only with the seasons, if at all. Some games, however, having greater variety and detail in temperature may matter more.

DETERMINING TEMPERATURE

To determine the exact temperature over the course of the day, one must first determine the average temperature for the week. This is the jurisdiction of the DM, but should be higher in the summer months, about equal in the spring and fall, and significantly lower for winter. This is the average temperature for the week, but it also is the average temperature over the course of the day - the hotter days and colder nights make that average.

After determining average temperature for the week, you determine the specific temperature for each watch over the course of the day. For the warmest two watches of the day - from about 8:00 a.m. to 4:00 p.m. - this should be the average temperature plus about 10 degrees. The coolest two watches - from 8:00 p.m. to 4:00 a.m. - should be the reverse, coming in at the average temperature minus about 10 degrees. The two middling watches - 4:00 a.m. to 8:00 a.m. and 4:00 p.m. to 8:00 p.m. - should be equivalent to the average temperature, as the day warms up or cools down.

This, on its own, is sufficient for most games. However, if the DM wishes to add an additional layer of complexity to the weather, variations on each watch - or the day's average temperature - can be used. This can be determined randomly through rolling, or selected at the DM's discretion.

RANDOM TEMPERATURE METHODS

There are a variety of ways to determine temperature throughout the day that shift greatly in levels of detail, depth, and complexity. Depending on your game, you may wish your temperature systems to be more or less involved, appropriate to the needs of your game. Two such examples are as follows:

Determining temperature by day. In this method, you determine the average temperature for the week and then pick a number for the potential variance in each day from the average. For this example, 10 degrees should be sufficient. For each day in the week, take the average temperature, subtract 10, and add the roll of a d20. If the average temperature is 50 degrees, Monday's average might be 51, Tuesday's 44, Wednesday's 56, and so on. In this method, colder mornings make for colder days, and warmer mornings make for warmer days. It is simple, effective, and efficient.

Determining temperature by watch. Determining temperature by watch. In this method, you determine the average temperature for the day, and then for each watch in the day subtract 10 and add the roll of a d20. With an average temperature of 50 degrees, Monday from 12 am to 4 am might be 35, 4 am to 8 am is 52, 8 am to 12 pm is 59, 12 pm to 4 pm is 66, and so on. This method allows for far more fluctuation throughout the day, but takes longer to roll and is less predictable from a player perspective.

These are only two possible methods for determining temperature patterns over the course of a given day - there are many more.

I'll let you in on a small secret of mine, noble reader: If you ever find yourself stuck on a mountainside in the midst of a snowstorm, strap all of your gear to yourself as firmly as possible, firmly hold your hound in your arms, kneel on your shield with your legs through the straps, and simply slide yourself safely down that mountain. 

REGIONS

Soaring mountains, deep bogs, forests centuries old, endless mazes of tunnels, plains blackened by battle, ancient hidden valleys, floating isles, fungal woodlands, crystalline rivers, cities forged in lava - all of these and more makes up the worlds of D&D. Travelling across the realms allows one to see the wide array of possibilities that the worlds may form themselves into, and delve deep into each one.

As chracters adventure through the wilderness, they will likely traverse a variety of regions, each with its own individual features, benefits, and challenges.

WHAT IS A REGION?

Generally speaking, a region is an area with distinct features, ecology, and patterns, different from the areas surrounding it. Examples include a mountain range, an old-growth forest, or a vast desert.

Regions might contain small pockets of other terrain - the oasis in the desert, for example - but will primarily be one consistent type.

REGION TYPES

Region Type	Travel Time	Food DC	Water DC	Navigation DC
Arctic	No effect	15	13	10
Coastal	No effect	10	15	13
Desert	No effect	18	20	13
Forest	1/2 speed	10	10	15
Grassland	No effect	10	13	10
Hills	1/2 speed	13	10	13
Mountains	1/3 speed	15	15	15
Extreme Mountains	1/4 speed	18	18	18
Swamp	1/4 speed	13	10	15
Underdark	1/2 speed	15	15	18

For adventurers, a region has several key pieces of information: how difficult it is to traverse, the abundance of food and water, how likely it is to get lost while travelling, and any unique dangers the region might pose.

These are expressed as a region's travel speed, food DC, water DC, and navigation DC, with unique dangers being discussed in a later section. Note that it is possible for travel speeds to stack with other modifiers on travel time, such as difficult terrain imposed by heavy snowfall.

Food DC determines the difficulty of foraging for food in a given region. Water DC is the same, replacing food with water. A region's navigation DC determines the difficulty of all checks made to use directional navigation in the area.

If an area combines multiple terrain types (such as forested mountains or swampy hills), use the slowest travel time, the highest navigation DC, and the lowest food and water DCs.

Some common region types are listed below with their various DCs. However, these are only generic examples, and should be altered by the Dungeon Master to suit their unique areas.



For example, consider the Shards, a range of icy, snow-covered mountains in the deep southern reaches of the world. The Shards, being arctic mountains, would have a travel time of $\frac{1}{3}$ speed, a food DC of 15, a water DC of 13, and a navigation DC of 15. Far to the north of the Shards lies a vast, marshy rainforest, called the Greenmire. The Greenmire, being swampy forest, would have a travel time of $\frac{1}{4}$ speed, a food foraging DC of 10, a water foraging DC of 19, and a navigation DC of 15.

While these rules provide rough outlines for given types of terrain, adventurers will quickly move beyond the basic types of terrain listed here, into areas that are far more exotic and unknowable. A forest of giant fungi, for example, would likely have far more food and water available, while a range of hills made from the bones of dead titans may be cursed to grow no food and support no life. The above possibilities are examples only, and should serve as a jumping-off point, rather than hard-and-fast rules.

DANGERS

Pools of bubbling lava, layers of leaves hiding treacherous quicksand, a frozen lake cracking beneath iron boots, a mountainside collapsing onto the path, sand kicked up in a maelstrom that rips and tears - all of these may be encountered while traversing the wilds, and none of them are bode well for any traveller coming by.

These dangers are meant to be used by Dungeon Masters in crafting dynamic, interesting locations and encounters. They should complement the region the party is in, and serve as a reminder of all the dangers there.

EXTREME COLD

At temperatures less than 0 degrees Fahrenheit, the cold weather becomes dangerous. If a character is exposed to the cold, they must make a DC 10 Constitution saving throw at the end of each hour or suffer one level of exhaustion.

Characters with resistance or immunity to cold damage automatically succeed on this saving throw, as do creatures naturally adapted to extremely cold environments. If a character wears warm-weather gear, they automatically succeed on the saving throw as well.

EXTREME HEAT

At temperatures exceeding 100 degrees Fahrenheit, injury and illness from heat becomes a very real issue. If a character is exposed and lacks sufficient drinking water, they must make a Constitution saving throw at the end of each hour or suffer one level of exhaustion. The DC begins at 5, and increases by 1 for each additional hour. Characters wearing medium or heavy armor make this saving throw at disadvantage. Characters with resistance or immunity to fire damage automatically succeed, as do creatures naturally adapted to extremely hot environments.

EXTREME STORMS

Occasionally, extreme winds will combine with heavy rain or snow to form an extreme storm: a cyclone, hurricane, tornado, or worse. Inside the storm, all movement speed is halved, the area is heavily obscured, all creatures automatically fail all Wisdom (Perception) checks relying on sight, sound, or smell. Any creature or object weighing less than 150 lb. must make a DC 20 Strength saving throw at the end of each round or be thrown 6d10 feet in a random direction, suffering 6d6 bludgeoning damage on impact with any other object or the ground.

FOG

There are two basic kinds of fog: light fog and heavy fog. An area covered in light fog - such as a mist-clad mountainside - is considered lightly obscured. An area covered in heavy fog - such as a shrouded ghost town - is considered heavily obscured.

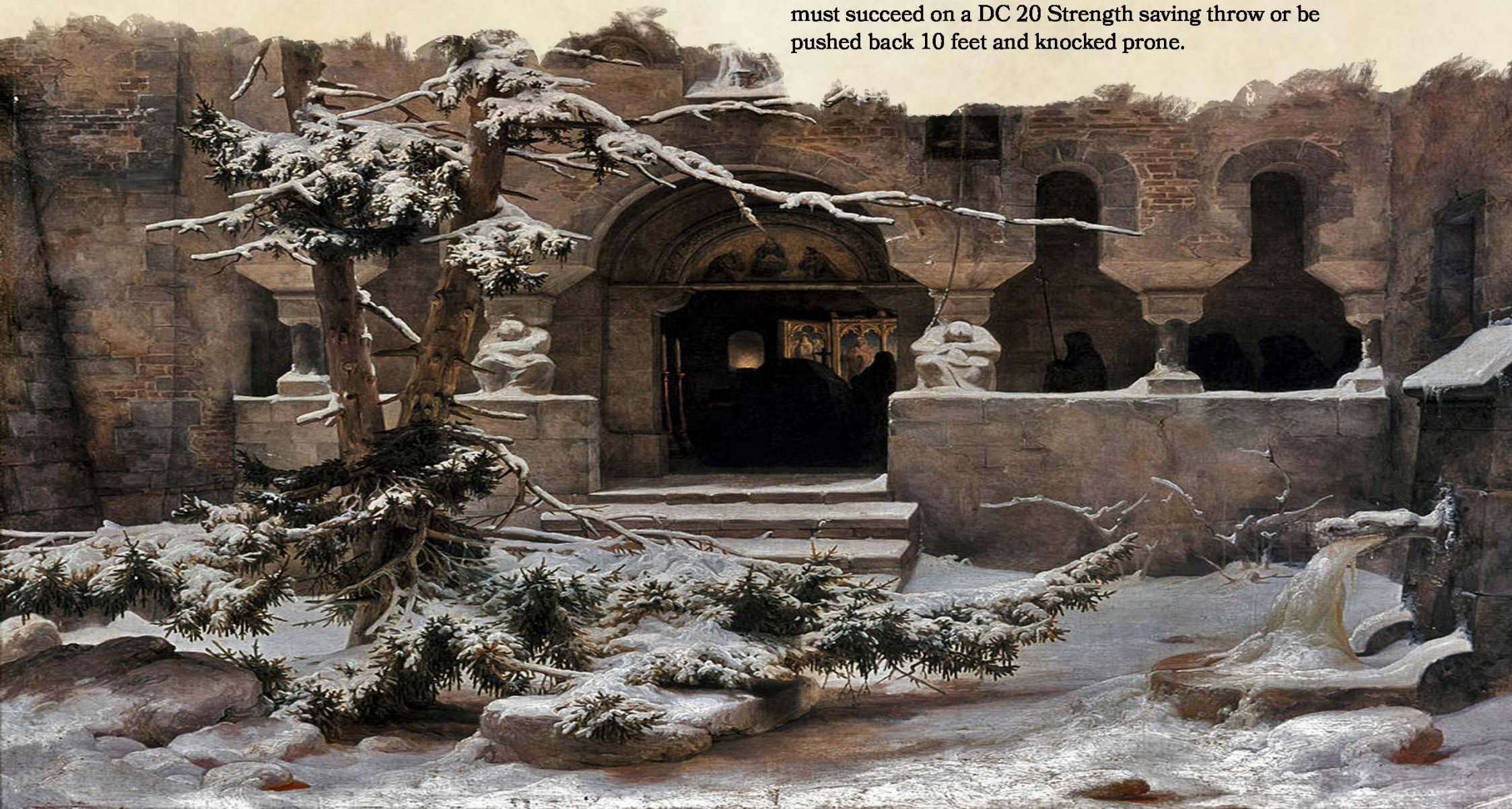
Some spells, like *gust of wind*, can help to clear fog in an area, as can more naturally-occurring wind.

FRIGID WATER

A creature can spend a number of minutes in frigid water equal to its Constitution modifier. For each additional minute, the creature must make a DC 10 Constitution saving throw or suffer one level of exhaustion. Creatures with cold damage resistance or immunity automatically succeed on the saving throw, as do any creatures adapted to living in ice-cold water.

GEYSERS

If a creature stands with 20 feet of the geyser's vent when it erupts, the creature immediately takes 6d6 fire damage as they are scalded with boiling water. If a creature stands directly over the geyser's vent when it erupts, they immediately take an additional 6d6 bludgeoning damage and must succeed on a DC 20 Strength saving throw or be pushed back 10 feet and knocked prone.





LAVA

When a creature first enters lava on its turn, the creature immediately takes 10d10 fire damage, and takes an additional 10d10 damage at the start of each of its turns while standing in or otherwise touching the lava. If a creature is fully submerged in the lava, they take 18d10 fire damage at the start of each of their turns.

QUICKSAND

When a creature enters an area of quicksand, they immediately sink 1d4 + 1 feet into the quicksand and become restrained. At the start of each of the creature's turns, it sinks an additional 1d4 feet. As long as the creature hasn't been completely submerged, it can attempt to escape using an action to make a Strength check with a DC of 10 plus the number of feet the creature has sunk.

If the creature is completely submerged, it can't breathe. (See the *Player's Handbook* for details on suffocation rules.)

A creature outside of the quicksand can pull another creature within its reach out of the quicksand using an action to make a Strength check with a DC of 5 plus the number of feet the target creature has sunk.

ROCKSLIDES AND AVALANCHES

If a creature is in the path of a rock slide or avalanche, the creature must make a Dexterity saving throw with a DC equal to 5 + 1 for each falling object of large size or larger. On a failure, the creature takes 1d6 bludgeoning damage for each falling object of large size or larger and is knocked prone. If the creature failed the saving throw by 5 or more, they are restrained, and they or an adjacent creature must succeed on a DC 20 Strength check to free themselves.

If a creature is restrained in this way by an avalanche, they cannot breathe (see the *Player's Handbook* for details on suffocation rules).

SANDSTORMS

In especially arid environments, high winds can kick up huge storms of sand, dust, and gritty dirt. Sandstorms have the same effects as regular storms (though they don't necessarily require precipitation), but with the addition that each exposed character must make a DC 10 Constitution saving throw at the end of each minute or suffer 1d10 slashing damage.

THIN ICE

Thin ice has a weight capacity of 3d10 x 10 pounds per 10 foot area. Whenever the total weight exceeds the weight capacity, the ice breaks, and all creatures and objects fall through.

WHY NO RANDOM ENCOUNTERS?

Fulvano's Guide to the Wilds does not contain any tables for random encounters with creatures. The reasons for this are twofold: the first is that there are already excellent tables for that exact purpose found in the *Xanathar's Guide to Everything*, which will suffice for these purposes. The second reason is that for each region a Dungeon Master designs, the denizens of that region should be thought through in some detail.

Not every forest will contain giant spiders and goblins and orcs and wyverns, for example. Though many forests will contain some of each, the precise ecology of each region should be determined on a case-by-case basis.



EQUIPMENT



very adventurer worth their salt knows the age-old phrase: "With the right gear, you've nothing to fear." Everything an adventurer carries with them has some purpose, some function vital to the success of their quest. From the mighty battle-axe to the humble piton to the loyal waterskin, every piece of

equipment is carefully chosen.

This section expands on the rules for items and equipment found in the *Player's Handbook*. Equipment listed here has the same weight and cost as found in the *Player's Handbook*, but with the following additions or modifications. Some items listed here are not found in the *Player's Handbook*, and will have their cost and weight listed in their description.

ITEMS

Bedroll. Keeps you warm at night, preventing the effects of cold weather while taking a long rest.

Blanket. Keeps you warm at night, but lacks the padding of a bedroll. While taking a long rest with a blanket prevents the effects of cold weather, when you finish a long rest during which you slept in only a blanket, you regain only one quarter of your spent Hit Dice (minimum of one die).

Cold Weather Gear. A set of thick, insulated clothing, designed for extremely cold conditions. Makes the wearer immune to the effects of extreme cold. Cold weather gear weighs 8 lbs. and costs 5 gp.

Fishing Tackle. Allows for easier fishing. Grants advantage on all Wisdom (Survival) checks to forage for food near a significant body of water, such as a river or lake.

Mess Kit. So long as they are kept clean, proper utensils and cooking supplies allow a character to reduce the risk of foodborne illness. When eating with a mess kit, Constitution saving throws made to resist disease from unclean food are made with advantage.

Rations. Rations are made-to-last food wrapped in protective packaging. Rations never rot, can be submerged in water without issue, and are suffer no ill effects from extreme heat or extreme cold.

Tent. A tent provides shelter for two Medium or smaller creatures. Up to four Medium creatures can fit into a tent if necessary, but all creatures regain no spent Hit Dice upon finishing a long rest.

MODIFYING EQUIPMENT

Adventurers spend a great deal of time with the equipment they bring with them into the wilds, and will sometimes alter or modify their gear to suit their needs.

It's possible that, at a Dungeon Master's discretion, equipment may be able to be modified, altered, or adjusted, potentially changing its statistics or effects. For example, a backpack could be reinforced, allowing it to carry more but making it heavier in the process, or a 10-foot pole could be altered to split in half, becoming the poles of a tent.

Typically, adjusting equipment in this manner carries a time requirement, requisite skills, and a cost in gold. The aforementioned reinforced backpack, for example, would likely require a character to be trained in leatherworker's tools, spend a day or two working on it, and would have some cost for the extra leather and other material being added.

And now, dear reader, I am afraid that this is where my guide concludes. I hope that you might find it useful in all of your quests and adventures, and I hope that you shall find greater success now armed with this knowledge.

However, it is not all grim news! Should I happen to think of some new bit of innovative and striking knowledge or wisdom, I shall, without delay, add it to this compendium! It is my goal and my pursuit to eventually compile a complete manual, such as it may be, of all of the dangers and hazards to be found in the wild places of the world.

With that in mind, noble adventurer, I welcome any correspondence you might wish to send to me concerning the writings herein. And if you find some valuable morsel of knowledge out there in your journeys, well, I welcome that as well.

Furthermore, if you should perchance come upon a strange woman with one green eye and one red, please let me know. She is fond of dressing in black leathers, though the sleeves of her garb change as well.

And thus, I believe, concludes my missive. I once again hope that you may find no small use out of it, and that it shall provide you with all the aid and skills you shall need.

Oh, and don't let me forget: if you ever find yourself in the near presence of a man dressed in fine grey boots with a large, beautiful hound, do not hesitate to come and say hello! Zaina and I welcome any true friends, and would be happy to share an ale or campfire.

The best of luck and grace go with you.

Fulvano Rodolfini il Cerceranze and Zaina the Hound, Explorers



CREDITS

Written and designed by Sam Sorensen.

All art is taken from the public domain or from licensed Wizards of the Coast sources, with light editing by Sam Sorensen.

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5/18/18

Added effects for failing exposure saving throws during a long rest.

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