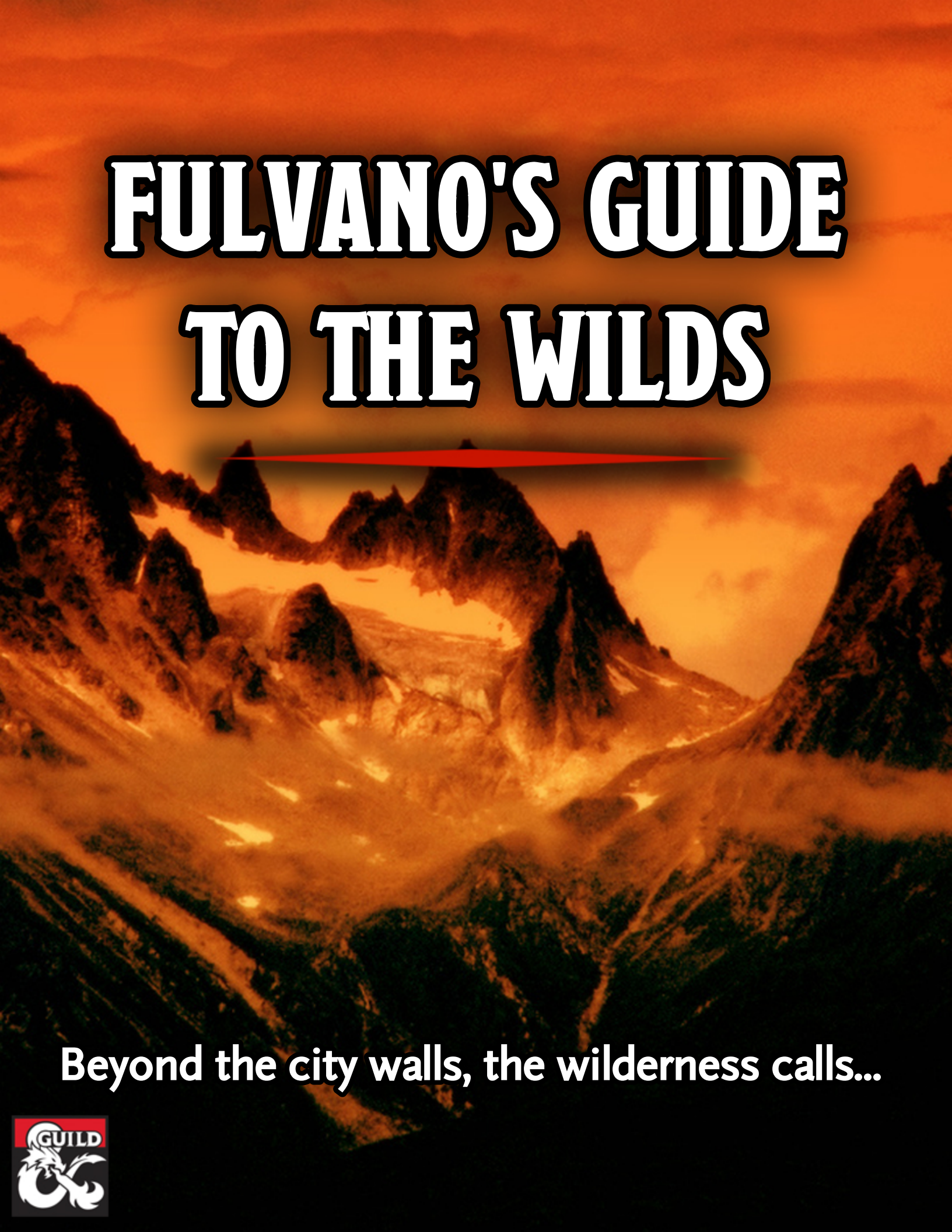
FULVANO'S GUIDE TO THE WILDS



Beyond the city walls, the wilderness calls...

Fulvano's Guide to the Wilds

Contents

Preface

Introduction

Travel
- Travel Activities
- Travel Pace
- Shelter
- Tracking
- Navigation

Food & Water
- Survival
- Foraging
- Unclean Food & Water

Weather
- Precipitation
- Wind Speed
- Temperature

Regions
- What is a Region?

Dangers

Equipment
- Items
- Modifying Equipment

Credits and Changelog

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 are 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 characters uffers 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
11-2	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 kobolds. We spent five days eating nothing but ice crabs and snow. Let me tell you, dear reader, there is no fury in all of the Planes that can match that of an ice crab that does not wish to be eaten.

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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Changelog

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

Reduced size of PDF file.

Added DMs Guild logo.

Added cover page.