



NEW CLASS

ROOK

Simple beginnings, endless potential.

The Rook, aka rookie is a hero who may appear to have no right to be a hero. So humble is their beginnings, that they may seem to be more of a hindrance to the “real heroes” in the battle against evil. That’s the thing though isn’t it? Is the natural martial acumen of a warrior or inherent magical ability of a wizard what makes a hero a real hero. **OR**, is it the willingness and determination to put yourself in danger to save a life? Nowhere else is that determination more evident than in the Rook. A hero that starts with nothing, but can be anything.

CLASS FEATURES

As a Rook, you gain the following class features.

HIT POINTS

Recoveries: 8 HP per recovery spent. 1 recovery gained per level of Rook

Hit Points: At every level starting at first, you gain the listed value, modified by your Constitution modifier (min 1).

PROFICIENCIES

Armor: None- *special*

Weapons: None- *special*

Tools: None- *special*

Saving Throws: Any one Ability Score of your choice (*choice cannot be changed after character creation*)

Skills: None- *special*

THE “ROOK”			
LEVEL	PROFICIENCY BONUS	HIT POINTS GAINED	FEATURES
1	+2	1	Simple Training Character Option
2	+2	2	Character Option
3	+2	3	Character Option
4	+2	4	Character Option
5	+3	5	Character Option
6	+3	6	Character Option
7	+3	7	Character Option
8	+3	8	Character Option
9	+4	9	Character Option
10	+4	10	Character Option
11	+4	11	Character Option
12	+4	12	Character Option
13	+5	13	Character Option
14	+5	14	Character Option
15	+5	15	Character Option
16	+5	16	Character Option
17	+6	17	Character Option
18	+6	18	Character Option
19	+6	19	Character Option
20	+6	20	Character Option

EQUIPMENT

You start with the following equipment, in addition to the equipment granted by your background:

- (a.) A simple dagger, sling, short bow, basic clothing & good gear bundle. (b.) or Any combination of equipment totaling no more than 30gp.

HIT POINTS

The Rook has the humblest of beginnings but can through the trials and tribulations of adventure, realize their potential. The way a Rook Gains Hit Points is distinctively unique. At each level they gain an amount of Hit Points equal to the level gained. Meaning that at first level, a Rook with a Constitution score of 10, begins with one hit point. When reaching second level, they gain two hit points, making their HP total 3. As per normal, the Rook applies their Constitution modifier gained at each level, however they will always gain a minimum of 1 Hit Point at each level.

SIMPLE TRAINING

At first level you gain one of the following;

- Proficiency in any two skills of your choice.
- Training with one weapon group of your choice
- Light armor Proficiency
- Proficiency with either Arcane Foci OR Holy Symbols.



- Proficiency in a second ability saving throw.

CHARACTER OPTION

A Rook can choose a character option, or increase one ability score of your choice by 2, or you can increase two ability scores of your choice by 1 at every level. As normal, you can't increase an ability score above 20(*normal maximum*) using this feature.

Instead of an ability score improvement, your hero may learn a feat or take a bond for which they meet the requirements.

NEW BACKGROUNDS

HOST

The Host are mortal beings that may have lived in an area plagued by possessor ghosts or practitioners of an ancient religion, A.K.A. *Cultists*. Whatever their reasons, they have allowed themselves to, much like a sorcerer, be a host to a spirit. However unlike a sorcerer the host's soul and that of the resident ghost, share control of the host's body.

Special: This background may NOT be taken by Caretakers, Sluagh or the living undead.

Languages: Eather talk (you can understand, read, write and even speak it fluently).

Feature: Resident Geist

You gain 1 Geist chosen from the sorcerers list of available Geist's and treat it in the same way as a sorcerer. If you gain the sorcerer class, you have 1 more Geist's than you would normally. You may now use your Character options to gain a sorcerers soul bind.

MANCHILD

(only benefits a character who is "Not a Child")

Some kids never want to grow up and through some inexplicable force, never do. You, weren't one of those.

Skills: Two additional skills from your skill list.

Gear: an old beat up toy, worn well beyond its years that should have been thrown away... but it's your favorite!

Feature: Numb Skull

You may, for the purpose of qualifying for feats (*NOT Bonds*), treat yourself as a Child.



OLD SOUL

(only benefits a character who is “Not a Child”)

You’ve always been much more mature than your age would imply. So much so that the mundanity of your day to day life could only lead you to becoming the wizened hero.

Skills: Choice of any 2

Gear: a Journal cataloging the events of your life from early childhood to present day.

Feature; Beyond your years

You may, for the purpose of qualifying for feats (*NOT Bonds*), treat yourself as an Old Fart.

REBORN IN SHADOW (RP:MA)

(May not be a Sluagh or living undead)

Awakening from a long torpor, breaking free of an unremembered dream. With eyes opening and vision clearing, you knew that you no longer are what you once were. You can feel coils of shadow twine itself into and around your being, ebbed in the core of your mind and soul. From this day to all others, nothing will be the same from you.

The fetters of your old existence, the unremembered dream. A fog that had come to the fore, memories that somehow could not be contained spilled across your mind like a deluge. They took you, changed you and now through the echoes of pained screams flooding your mind, shrouded in the darkness that is now you... You can give in, or you can RUN!

Language: Eathertalk

Skill: choice of any 1

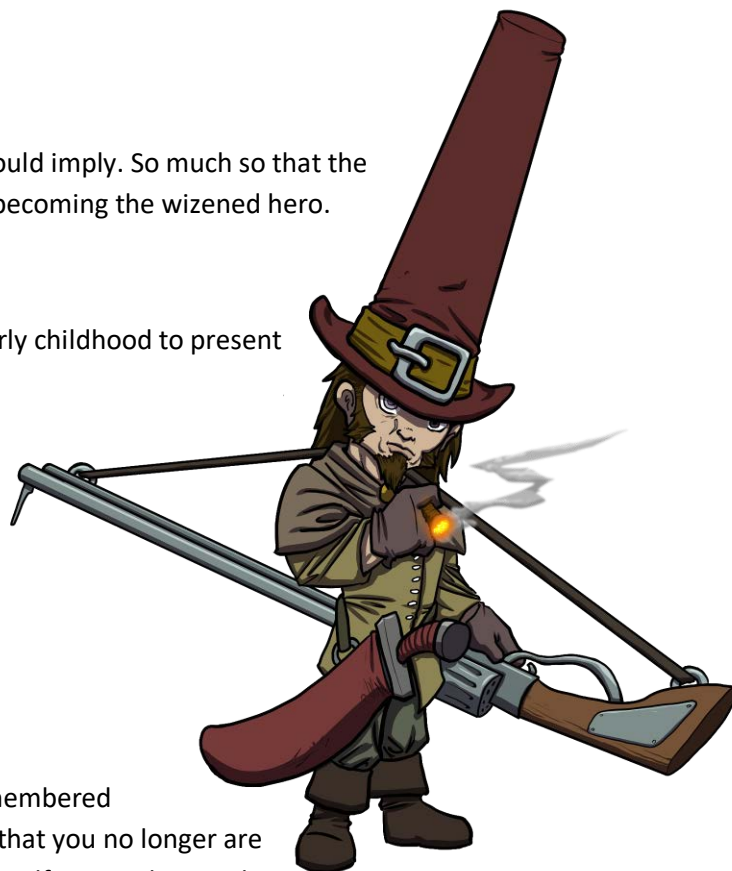
Gear: A trinket from another life . . .

Feature; Darkness within

Begin the game with a touch of undeath (roll on the [touch of undeath table](#)).

Additionally you have an inner demon, a shadow beast tearing at your soul hungering for release.

You may as a free action give into the monster within.



When doing so you gain a point on the inner demon tracker & may treat any single weapon attack or weapon damage roll as rolling its maximum value. If the roll called for consists of more than a single die (such as a damage roll), all dice rolled are treated as rolling their maximum value.

When you take advantage of this feature, the attack takes on a warped and demonic nature.

How to remove points on the inner demon tracker?

1. If you die, you remove all points from the inner demon tracker.
2. 24 hours of uninterrupted prayer removes a single point from the inner demon tracker.
3. 24 minutes of uninterrupted self-mutilation (and gaining 1D4 temporary Constitution damage) removes a single point from the inner demon tracker.
4. If you give control over yourself to the darkness within (the GM) you remove one point from the inner demon tracker per round the darkness within (the GM) has control.
 - a. In addition, while the GM is controlling your character, The GM may take advantage of the ability to roll the maximum value on a dice roll, when they do, instead of gaining a point, you remove a point on the inner demon tracker.

Inner Demon tracker

1. Your appearance is unchanged, but there is an uncanny air about you. Gain **advantage** to **intimidation** checks & **disadvantage** to Persuasion checks.
2. Your cast shadow and visible reflections take on a more demonic appearance. Additionally you somehow become amphibious.
3. Your muscles grow & ripple with strength. Temporarily gain **+(X)** Awesome Power & while within an area of bright light (or daylight) your Hit Points may not exceed your Beat Up threshold. **X = the numbers of levels you have on the inner demon track minus two.**
4. Your physical appearance comes to resemble your demonic reflection. Gain advantage to initiative rolls & you deal double damage to allies (&/or other player characters). Additionally you gain damage reduction to all but Awesome & Psychic damage while submerged in the waters of the endless sea (*such as that summoned by Deluge*).
5. You begin taking on a more primal demeanor and crave raw meat. You gain **immunity to the Fear** Condition and whenever you take advantage of the “max roll” feature, you must roll a Wisdom save DC:25 or attack an adjacent ally (*when forced to attack an ally in this fashion, your attack and damage rolls are treated at rolling their maximum*).
6. The demon inside you begins consuming your form. You become immune to the negative effects of insanity, but you still gain insanity levels normally. At the beginning of every combat encounter you automatically gain a single level of insanity.
 - a. If at anytime you die, but at least 60% of your physical form remains, you instantly resurrect (*reforming any missing parts and raising your HP to its maximum*). Gaining a [touch of undeath](#) & a single level of insanity.

- b. If at any point you have 7 or more levels of insanity, the demon takes over. Lose your character permanently to GM control as you become an instant evildoer.

TWO OF A KIND

You have a twin! You and your twin lived that special kind of life, with that special kind of bond. You know, that kind of bond that makes you want to beat the crap out of them and protect them from anyone else beating the crap out of them? Yeah, that's the special twinly bond you have with your twin.

Skill proficiency: Deception, Persuasion

Language: You and your twin can communicate in a unique type of gibberish, known only to each other.

Gear: Half of a trinket, your twin has the other half



Feature: I know all your moves

Living, training, adventuring and even being born together makes it pretty difficult to deal with your insufferable sibling but does wonders for fighting alongside them. Whenever you are called to make a D20 roll against your twin (skill check, ability save, attack roll etc.), you do so with advantage.

Once per round per Heroic Tier, whenever your twin takes damage, you may choose to take that damage instead. This also works if you take damage, your twin may choose to take the damage instead, once per round per heroic tier. (One other Player character of the same race/subrace & age category may take this background. The two of you are now twins!).

NEW CHARACTER OPTIONS

NEW FEATS



AWESOME FEATS

Awesome Feats are feats that have a prerequisite listed as; **AP +X**. Where the numerical value of **X** is the number of permanent AP increases you gotten, independent of your base Awesome Power for your size.

These increases can be from a feat, bond, class or even racial feature, as long as it is a permanent increase.

IE: a prerequisite of AP +2 means that a human would have to have a permanent AP of 3 to fulfill the prerequisite.

What increases qualify?;

- Any Feat that permanently increases AP such as crop top or Firewalker.
- Any class feature that permanently increases AP such as the knights, Divine strength blessing.
- Any racial feature that permanently increases AP such as the Orc's "Who needs spinach" racial.

What does NOT qualify?;

- AP increases granted by spells or items.
- AP increases granted by increasing size (even if the size increase is based on size).
- AP increases that may be granted by altering your form to anything other than your race. Such as feral shifter, the lycanthrope background etcetera.
- Any other temporary increases to AP

ALL OUT ATTACK

Prerequisite: heroic Tier 3+

To hell with all this armor and dodging attacks! It's time we go ALL OUT!

You gain the **All Out Attack Action**

As a **Full Round Action** you gain the following;

- Any creature that attacks you gains advantage.
- You perform the attack action & increase the number of attacks you can perform with your attack action by **X**. **X = the number of times this feat was taken.**

Each time this feat is taken, increase the prerequisite heroic tier to the next highest level. You may take this feat no more than 3 times.

BENEDICTION

Prerequisite: Old Fart & the ability to Channel Divinity

You gain "Channel Divinity: Benediction". However you do not gain nor do you increase your number of Channel Divinity uses.

Channel Divinity: Benediction

This Channel divinity when used creates a 60ft. radius centered on you (that moves as your move). While within Benedictions AOE, only those creatures who are both proficient in and wielding a holy symbol may speak and be heard, with the exception of anyone/thing uttering Eather talk. Benediction's AOE remains until the beginning of your next round, unless you on subsequent rounds use a bonus action to extend its duration by one round.

Additionally, while within the AOE of Benediction, all who hear the spoken words of Eather Talk, may understand them & all who understand Eather Talk, will also understand all spoken words.

BLESSED SHOT

Prerequisite: The ability to Channel Divinity, Proficiency with weapon group (guns) & black powder training

You gain "Channel Divinity: Blessed Shot". However you do not gain nor do you increase your number of Channel Divinity uses.

Channel Divinity: Blessed Shot

This Channel divinity may be used as a **BONUS ACTION** & its effects last for 1 minute. For the duration of this channel divinity & when wielding a appropriate weapon, you add radiant to the type of damage dealt & may use smite/improved smite through damaging gun attack.

Special: The effects of this channel divinity only work on Guns of the Black powder

build (such as the flintlock pistol).

BITTER OLD COOT

Prerequisite: Old Fart

Gain disadvantage to all Charisma Checks.

Gain advantage to Constitution Saves.

BLIND FIGHTING

Prerequisite: Old Fart & Wisdom 14+ -OR- Lucky Stiff background

When attacking an adjacent creature, you no longer gain Disadvantage for being blind (or unable to see the target).

CAN'T TOUCH THIS

Prerequisite: AP +3 & Dexterity score 12+

Gain Double your Dexterity bonus to AC while unarmored (you may still wield a shield however).

Roll Dexterity saves with advantage.

DIVINE GATE

Prerequisite: The ability to Channel Divinity

You gain "Channel Divinity: Divine Gate". However you do not gain nor do you increase your number of Channel Divinity uses.

Channel Divinity: Divine Gate

You open a brilliant passageway somewhere within 10ft. The passage leads to an exit passage somewhere within 1 day of travel. The doorway remains until the start of your next round. You may keep the passageway open with a full round action on subsequent rounds, you can do this near indefinitely. However, if you perform ANY OTHER ACTION that is not keeping the passageway open, on a turn/round where the passageway would normally have ended the passageway immediately closes.

DRAGONS TOOTH

Prerequisite: Sneak attack feature & AP+2

Every attack that you perform during your turn that may trigger your sneak attack feature, **WILL** trigger it. Meaning that you may now ignore the once per round restriction to sneak attacks.



FLAGELLANT (RP:MA)

Prerequisite: Constitution 15+

You must spend at least one hour Flagellating yourself (ritualistically bringing yourself pain and harm) to gain the benefits of this feat. During the Flagellation, you take 1D12 irresistible damage per Heroic Tier. This damage can only be healed by benefiting from a Long Rest.

Once Flagellating yourself, you may add your Proficiency bonus to all the damage you deal until you take a Long Rest.

GENESIS

Prerequisite: AP +4

Permanently double your Recovery amount.

Gain a number of additional recoveries equal to your Awesome Power. Temporary increases to your Awesome Power have no effect on this.

GRAVEL GUT

Prerequisite: AP +4 & Constitution score 16+

Your normal maximum Constitution score is increased to 30 & you gain a Bonus to your Constitution score equal to your Heroic Tier.

The bonus to your Constitution score gained is permanent but may be applied AFTER temporary Constitution score increases such as those gained through the Chimera spell.

MASTER SHIFTER

Prerequisite: the ability to transform into an alternate form via feat, racial, class or background feature

Starting when you get this feat, you may gain a level of **HAGGARD** to transform into any one alternate form you have (*via inner beast, shape changer, feral shifter, mimic, wild shape abilities etcetera*) instantly as a **Free Action** or **Reaction**.

A Changeling with this feat may, as part of their Shape changer racial feature, become no smaller than miniature & no larger than huge. Requiring a bonus action every round to remain any one of the expanded size categories or revert back to their true form.

MEGAMIND

Prerequisite: AP +2, Intelligence 18+ & Wisdom 18+

Increase your Awesome Power by +1.

MOUNTAIN CRUSHER

Prerequisite: AP +4 & Strength score 16+

Your normal maximum Strength score is increased to 30 & you gain a Bonus to your Strength score equal to your Heroic Tier.

The bonus to your Strength score gained is permanent but may be applied AFTER temporary Strength score increases such as those gained through the Chimera spell.

POWERHOUSE

Prerequisite: AP +2, Strength 18+ & Constitution 18+

Increase your Awesome Power by +1.

POWER SURGE

Prerequisite: AP +2

As a Bonus action Take 1 temporary Strength, Dexterity and Constitution damage. This ability damage cannot be reduced or resisted in any way. Until the end of the round, you gain **X** of the below options. **X = your current Awesome Power.**

- Ignore any & all requisite spell casting components
- Ignore requisite Spellcasting level (*meaning if you know a spell whose level is higher than your Spellcasting level, you can now cast it*).
- The cast spell no longer requires an attack roll or allows an ability save.
- The spell is cast at a level equal to your heroic tier without the need to increase the spells cost.
- The Spell will be treated as automatically succeeding concentration rolls for its duration.
- The spell is treaded as rolling the maximum on any dice that would be rolled (other than attack or save rolls).
- The spell cast is no longer treated as a spell, magic or spell like ability. Meaning that it cannot be stopped by methods designed to stop, counter or dispel, spells.

POLYGLOT

Prerequisite: Intelligence score 14+, Old Fart –**OR**- Performer class

You can now fluently speak any of the languages that you have listed as languages known. Though you gain no ability to write them.

PACK RAT

Prerequisite: Not A Child –**OR**- Child

You've become accustomed to carrying many magical and mundane items, that vary in size, shape & purpose.

Increase your Strength score by +1

You do not reduce the AP req. to wield an item, however you treat the AP req. as **X** points lower for the purpose of Encumbrance. **X = your Proficiency bonus.**

RIVER RUNNER

Prerequisite: AP +4 & Dexterity score 16+

Your normal maximum Dexterity score is increased to 30 & you gain a Bonus to your Dexterity score equal to your Heroic Tier.

The bonus to your Dexterity score gained is permanent but may be applied AFTER temporary Dexterity score increases such as those gained through the Chimera spell.

SEETHE

Prerequisite: Anger Rating & either Child –**OR**- Not a Child

You may use your Bonus action to enter &/or maintain Seethe.

Anger gains are doubled while Seething.

While seething during a Rage, you cannot use "Rage Mage" to cast spells.

While seething you may ignore your Rage until the beginning of your next round. Additionally, while seething you may bottle up your anger, reducing it to **ZERO** By gaining a level of **HAGARD** (*gaining a level of Exhaustion if you have max haggard*) as a Free Action, while seething.

SOUL OF THE SAVIOR

Prerequisite: The ability to Channel Divinity

You can fuel your ability to Channel Divinity in ways most cannot.

As part of using your Channel Divinity, you may spend mana, anger, maneuver points or Chi to use a known Channel Divinity without the need to expend a use of Channel Divinity (even if you have zero uses remaining). The cost is listed below.

- **Mana** – 11
- **Anger** – 8 (*But cannot be raging*)
- **Maneuver Points** – 8
- **Chi** – 15

ULTIMATE TECHNIQUE

Prerequisite: AP +2 & Spellcasting level

You may learn your Awesome Power in Arcane Techniques (chosen from the arcane warriors list beginning on page 118 SMTT core). If your Awesome Power permanently increases after taking this feat you may learn an additional Arcane Technique.

You pay the cost & reserve mana of any known Arcane Technique in the same way as you pay the cost of spells. Meaning that if you also have the blood magic soul bind, you may pay for your gained Arcane techniques with Recoveries. Arcane Warriors with this feat may choose to still pay the cost and reserve mana of Arcane techniques as they normally do.

***Reserve Mana;** you pay the reserve mana cost as the beginning of the round if you want to maintain a technique with a reserve mana cost.*

UNFETTERED ANGER

Prerequisite: Anger Rating 6 or higher

You may learn your Awesome Power in Furies (chosen from the Barbarian fury list beginning on page 50 SMTT core). If your Awesome Power permanently increases after taking this feat you may learn an additional Fury.

UTTERLY ADORABLE

Prerequisite: Child

Increase your Charisma score by +1

Gain advantage to all Charisma (Persuasion) checks

Gain Disadvantage to all Charisma (Deception) & Charisma (Intimidation) Checks.

WEAPON SPECIALIST

Prerequisite: the Weapon Training feat & (either, Age: Old Fart, Unlikely Orphan or Town Guard backgrounds)

Choose one weapon for which you have the Weapon training feat. Once this choice is made, it cannot be changed. Gain +X to your weapon attack and weapon damage rolls with the Chosen weapon.

X = The number of times the weapon specialist feat has been taken.

This feat may be taken no more than 5 times



NEW BONDS

BEAST MASTER

Primal Call: Starting when you get this bond you gain an animal/beast Companion & a **Companion Mastery** level equal to your Wisdom modifier + your Awesome Power (refer to companion mastery in the ranger archetype of the lawman class). You do NOT gain Rangers maneuvers or maneuver points.

You may still issue [Pet Commands](#).

The Beast Companion gained through this bond is created, treated and behaves as a Rangers Companion.

Ranger: The Companion gained from this bond is in addition to the one normally granted to the Ranger.

Druid: Gain 1 additional inner beast.

A Heroes Best Friend: If you have the “A Heroes Best Friend” background, you don’t gain an additional Companion, but may treat your Awesome Power as +1 point higher when calculating your Companion Mastery score.

Monstrous Familiar: If you can create a monstrous familiar or Creature from the Abyss, your Companion becomes it (*treating your companion as if an additional Familiar Geist*).

- lvl 6:
 - You can use the “Animal Friend spell” in the same was as “Call pet/companion”. However, doing so is not a spell and not magical.
 - **Ranger:** You may now “**JUKE**” while mounted on one of your Companions without expending your Reaction for the cost of 5 Maneuver points.
 - **Druid:** Gain +1 inner beast form known & while in beast form you may spend a Recovery to heal whenever you score a critical hit.
- lvl 11:
 - You gain or increase your Maneuver points by +5 & learn one Lawman or Ranger Maneuver.
 - **Ranger:** Any of your Companions &/or “animal friends” present that require a Bonus or Standard action to command, may now ALL be commanded with a single Bonus or Standard action respectively.
 - **Druid:** You may as a Full Round Action & 5 Maneuver points unleash you inner beast and have your Companion become the inner beast unleashed, instead of you.
- lvl 16:
 - You learn two more Lawman &/or Ranger Maneuvers.
 - You may use any known Companion based maneuvers on any beast under your control, not just your Companion(s).

- Any of your Companions, pets, “animal friends”, monstrous familiars &/or summoned beasts present that require a Bonus or Standard action to command, may now ALL be commanded with a single Standard action.
- **Druid:** Gain an additional +1 inner beast form known & you regain 15 Hit Point & Your Companion regains a wound whenever you “unleash your inner beast”.

TIP OF THE SERPENTS TONGUE

You are in some way affiliated with the Serpents Tongue, an unsavory bunch who make it their business to hurt people. You’ve learned the most dangerous tricks that a thief has and more

- 6th level: **Backstabber:**
 - You, like a thief may Sneak Attack. You gain or increase your Sneak attack by +1D6.
- 11th level: **Never There:**
 - As an action you may spend a coin of inspiration to completely disappear from a combat encounter & will reappear anywhere within 100ft. of where you were at, the beginning of your next round. You increase your Sneak attack by an additional +1D6 (for a total of +2D6 sneak attack granted by this bond).
- 16th level: **Digging Blade**
 - Your Sneak attacks can’t have its damaged resisted & will still deal half damage to creatures normally immune. You increase your Sneak attack by an additional +1D6 (for a total of +3D6 sneak attack granted by this bond)

JUST A TOUCH OF UNDEATH

UNWORLDLY HUNGER	
ROLL D6	HUNGERS
1	Blood
2	Mana
3	Battle
4	Bottomless stomach
5	Food
6	Thirst

Each result on the “Touch of Undeath” table is assumed to be permanent and cumulative, where applicable.

If a character has their Constitution score reduced to zero via gaining “A touch of undeath” They become full-fledged undead & fall under “When good goes bad”.

Otherworldly Hungers

Blood

When you gain this hunger, your complexion grows ghostly pale.

In addition to the food and drink normally required to benefit from resting, you must consume the fresh blood of at least **Y** tiny creatures (or one creature that is **Y** size categories larger than a tiny creature).

Mana

When you gain this hunger, your complexion takes on a blue hue and your iris's turn red.

In addition to the food and drink normally required to benefit from resting, you must consume at least **Y** points of mana. The mana consumed is purely to satiate your hunger, meaning that spending mana to power spells and abilities does not count as being consumed by your mana hunger. This mana may come from potions/consumables or from your own mana well if you have.

Battle

When you gain this hunger, all the wounds and injuries from all your battles show on your flesh & appear barely healed.

In addition to the food and drink normally required to benefit from resting, you must partake in at least **Y** combat encounters.

Bottomless Stomach

When you gain this hunger, you begin to appear grossly thin & emaciated.

You double the amount of food and drink you need to consume to gain the benefits of eating or drinking that particular item (IE; you need to drink

A TOUCH OF UNDEATH	
ROLL 1D12	DESCRIPTION
1	Reduce your Constitution score by 1, reduce your Void Threshold by 2 & gain an Unworldly Hunger
2	Reduce your Constitution score by 1 & gain an Unworldly Hunger
3	Reduce your Constitution score by 1
4	Reduce your Void Threshold by 2 & gain an Otherworldly Hunger
5	Reduce your Void Threshold by 2
6	Reduce your Void Threshold by 1 & gain an Unworldly Hunger
7	Reduce your Void Threshold by 1
8	Gain an Unworldly Hunger
9	Gain an Unworldly Hunger
10	Gain an Unworldly Hunger
11	You resurrect perfectly, flesh and bone growing around your spirit to make you whole again & gain an Unworldly Hunger
12	You resurrect perfectly, flesh and bone growing around your spirit to make you whole again & remove one Unworldly Hunger.

2 lesser mana potions to gain the benefits of a single potion).

Gaining this hunger additional times triples and then quadruples the requisite amount. This cannot more than quadruple the requisite amount of food and drink required.

Food

When you gain this hunger, you begin to appear grossly obese.

You double the amount of food you need to consume to gain the benefits of eating that particular item (IE; a human would need to eat 2 rations to gain the benefits of a long rest instead of one ration).

Gaining this hunger additional times triples and then quadruples the requisite amount. This cannot more than quadruple the requisite amount of food and drink required.

Thirst

You double the amount of drink you need to consume to gain the benefits of drinking that particular item (IE; you need to drink 2 minor healing potions to gain the benefits of a single potion).

Gaining this hunger additional times triples and then quadruples the requisite amount. This cannot more than quadruple the requisite amount of food and drink required.

Y = The number of times the hunger is gained.

