

References, meta, and other (canon)

Mechanics and meta approved by or written by the DM.

- [Excursion resting](#)

Excursion resting

Excursion resting is an alternative set of resting rules. The following rules replace the Short Rest and Long Rest rules in the Rules Glossary.

Taking A Rest

A rest is a period of extended downtime—at least 8 hours—available to any creature. During a Rest, you sleep for at least 6 hours and perform no more than 2 hours of light activity, such as reading, talking, eating, or standing watch. During sleep, you are unconscious. After you finish a rest, you must wait at least 16 hours before starting another one.

Interrupting the Rest. Any rest is stopped by the following interruptions:

- Rolling initiative
- Casting a spell other than a cantrip
- Taking any damage

You can resume a rest immediately after an interruption. If you do so, the rest requires 1 additional hour per interruption to finish.

Benefits of the Rest. The benefits of the rest change depending on if it was a night's rest or a good rest.

Night's Rest

When you finish a night's rest, you gain the following benefits:

Spend Hit Point Dice. You can spend one or more of your hit point dice to regain hit points. For each hit point die you spend in this way, roll the die and add your Constitution modifier to it. You regain hit points equal to the total (minimum of 1 hit point). You can decide to spend an additional hit point die after each roll.

Special Feature. If you have a feature that recharges or interacts with a short rest, it recharges or interacts in the way specified in its description.

Good Rest

Taking 3 consecutive night's rests in the same location is a good rest. When you finish a good rest you gain the following benefits:

Regain All HP. You regain all lost hit points and all spent hit point dice. If your hit point maximum was reduced, it returns to normal.

Ability Scores Restored. If any of your ability scores were reduced, they return to normal.

Exhaustion Reduced. If you have the exhaustion condition, its level decreases by 1.

Special Feature. If you have a feature that recharges or interacts with a long rest, it recharges or interacts in the way specified in its description.

Safe Haven

Taking a night's rest in a safe haven turns that night's rest into a good rest. A safe haven is a location that makes the characters feel safe and secure by virtue of some form of protection, while simultaneously being comfortable enough for the characters to feel at home and indulge in their usual creature comforts. Ultimately, the GM determines whether a location qualifies as a safe haven.

Holy Days

Magic Items that recharge on dawn instead recharge on the dawn of the next Sunday.

Knocking Out A Creature

When you would reduce a creature to 0 hit points with a melee attack, you can instead reduce the creature to 1 hit point and give it the unconscious condition. The creature loses the condition in 1d4 hours.

Relaxing

You can spend four hours of downtime relaxing to regain a spent hit point die.

Sanctuary

If you leave a ritual offering of 100 gold pieces at an active holy site, you can take a night's rest there in 10 minutes instead of a whole night.