Getting Hurt –Starvation, Falling, Poison and Other Dangers

Constitution damage

Injuries caused by violence or spells result in HP loss (see the combat and spells sections); most other injuries affect Constitution first, instead.

Every time a character takes Constitution damage, its Hit points will be lowered accordingly (for example, if the Constitution modifiers goes from +2 to +1, a 4th level character will lose 4 HP). Constitution can be recovered at the same rate as HP, or by using magic (again, at the same rate as HP).

A character reduced to 0 Constitution or 0 HP is dead (unless optional rules are being used for that).

The Rule of Three

Most characters can die if they spend more than 3 minutes without air, 3 hours without shelter (under extreme cold or heat), 3 days without water or 3 weeks without food. Some will last even less.

Two pounds of food and one quart of water (about eight pounds – double that amount in hot weather) per day are needed to sustain an ordinary person. Water can be easily found by experienced characters in all but the driest environments.

A character that spends more than one week without food. one day without water, one hour under extreme weather (heat or cold) without adequate clothing, or one minute without air, suffers 1d6 damage to Constitution (Save versus Turn to Stone halves damage).

Damage caused by starvation on dehydration cannot be healed before the character spends one day eating (or drinking) adequately. For exposure, one hour must be spent in decent shelter before healing.



Falling

Falling causes 1d6 Constitution damage per 10 feet (Save versus Turn to Stone halves damage).

Poison & Disease

Most types of poison are deadly; unless otherwise stated, a poisoned character must Save versus Poison or take 1d6 Constitution damage per round. Characters get a new chance to Save versus Poison every round, until they succeed or die. Succeeding stops the effect of the poison.

Diseases are similar; a character must Save vs Poison or suffers adverse symptoms, depending on the disease, such as 1d6 damage per day, blindness for one hour, paralysis for ten minutes, etc.

Sleep deprivation and Intoxication

Sleep deprivation causes 1d6 Constitution damage per day (Save versus Turn to Stone halves damage), but not death; instead, when a character reaches Constitution 0 or 0 HP he faints and sleeps for a few hours.

Alcohol and other drugs are poisons, with various effects, but aren't as likely to cause a quick death – ordinarily, a heavy dose will cause effects similar to sleep deprivation.

Additional effects

A character that has taken Constitution damage and has less than 5 Constitution left must Save versus Poison or suffer additional effects, chosen randomly. Such effects will last for about one hour. Here are some examples:

1- Vomiting.
2- Hallucinations.
3- Fatigue; unable to move.
4- Blindness.
5- Lapses of unconsciousness (and, later, amnesia).
6- Fainting or other effects.

Permanent effects are possible if the GM is using those in the game. There might also be a small chance for immediate death.

Monsters and Constitution damage

Creatures react differently to the misfortunes described in this section. Most creatures are not necessarily better or worse than people at surviving starvation, dehydration, falling, etc.; as a rule of thumb, they take 1 HP damage per HD instead of 1d6 Constitution damage.

On the other hand, many monsters are immune or resistant to most kinds of poisons and diseases that affect people. If weight is an issue, monsters take HP damage instead of Constitution damage. It will take lots of poison to kill an elephant, but not a cat, for example.