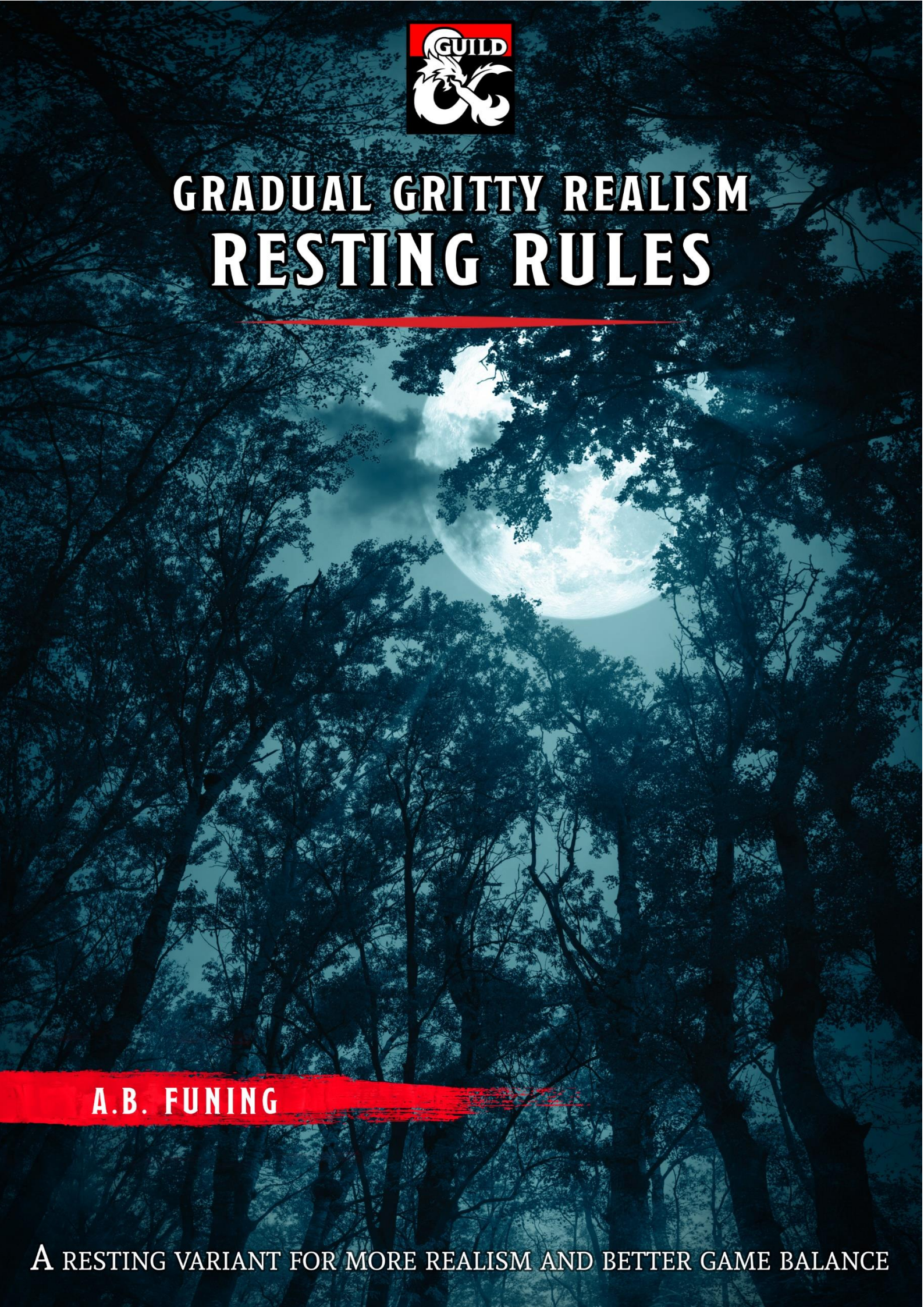

GUILD
GRADUAL GRITTY REALISM
RESTING RULES
A.B. FUNING
A RESTING VARIANT FOR MORE REALISM AND BETTER GAME BALANCE

Gradual Gritty Realism Resting rules (V 1.7)

All these battles are too easy! We won every fight you have thrown at us!

The Player right before the DM implements the Gradual Gritty Realism Resting Rules

This variant of the rules is for D&D games in which the recommended 6 to 8 encounters per long rest cannot be achieved. It will spread the regeneration of resources (hit points and spell slots) over several days, with characters regaining 10 to 30% of their hit points and spell slots per long rest. These changes make the game a little bit more realistic and will balance it so that 1 combat encounter per day can still challenge the party and still use the resource attrition model that is the strategic foundation of the game.

Resting

Heroic though they might be, adventurers can't spend every hour of the day in the thick of exploration, social interaction, and combat. They need rest-time to sleep and eat, tend their wounds, refresh their minds and spirits for spellcasting, and brace themselves for further adventure.

Adventurers can take short rests in the midst of an adventuring day and a long rest to end the day.

Short Rest

A short rest is a period of downtime, at least 30 minutes long, during which a character does nothing more strenuous than eating, drinking, reading, and tending to wounds.

A character can spend one Hit Die at the end of a short rest. The player rolls the die and adds the character's Constitution modifier to it. The character gains temporay hitpoints equal to the total.

This represents that tending to your wounds during a short rest is more like first aid, a temporary solution until you can get magical healing or rest long enough to heal.

Long Rest

Conditions for Long Rest

A long rest is a period of extended downtime at least 8 hours long, during which a character sleeps or performs light activity:

- reading, talking, eating, or standing watch for no more than 2 hours.
- If the rest is interrupted by a period of strenuous activity like
  - at least 1 hour of walking,
  - fighting,
  - casting spells,
  - or similar adventuring activity,

  the characters must begin the rest again to gain any benefit from it.
- Characters need to eat at least a pound of food and drink one gallon of water per day to benefit from a long rest.

Benefits of a Long Rest

At the end of a long rest, a character gains:

- Hit Points equal to 1 + Constitution Modifier per Level up to his Hit Point maximum (minimum of 1).
- He regains one Hit Dice, up to his Hit Dice maximum.
- The removal of 1 Level of Exhaustion.

Gradual Gritty Realism Arcane Recovery

If the Character has a class or subclass that grants the spellcasting ability, he doesn't regain used spell slots according the class rules. The class rules for recovering spellslots are replaced with the following:

Every caster has learned to regain some of his magical energy by studying his spellbook, meditating or concentrating. Once per day when he finishes a long rest, he can choose expended spell slots to recover.

- For full-casters the spell slots can have a combined level that is equal to his spellcaster level. *(Level 1 Spellslot equals 1 Spellpoint)*
- Half-casters recover spell slots that can have a combined level that is equal to or less than half the spellcaster level (rounded up).
- Third-casters recover spell slots that can have a combined level that is equal to or less than half the spellcaster level (rounded up).
- Warlocks recover their spells per long rest.
- The Wizard loses his arcane recovery class feature.

Resting Conditions

Using Resting Conditions is optional, but they add more realism to the game.
The conditions under which a long rest is taken can have an effect on the effectiveness of the long rest.
The resting conditions range on a scale from wretched to aristocratic. They can't be worse than wretched.

1. **Wretched** (like camping unprotected in the wilderness with bad conditions, like bad weather/rain/cold...)
- minus 2 HP per character level (minimum of 0)
- minus 2 Spellpoints recovered
- no removal of exhaustion levels
- Roll on Complication Table

2. **Squalid (1sp)** (like camping unprotected in the wilderness, normal weather conditions)
- minus 1 HP per character level (minimum of 1)
- minus 1 Spellpoint recovered
- no removal of exhaustion levels

3. **Poor (2sp) (**camping in a sleeping bag in normal weather conditions, having a tent or sleeping in a cave, while being protected against the elements)
- minus 1 HP per character level (minimum of 1)
- and minus 1 Spellpoint recovered

4. **Modest (1gp)** (camping in a weather appropriate tent with sleeping bags, having a fire against the cold)
- no change

5. **Comfortable (2gp**) (usually an Inn, Boarding House, Temple - magically improved tent and sleeping bag, enough food and drink)
- + 1 HP per character level
- + 1 Spellpoint recovered

6. **Wealthy (4gp)** (like Comfortable, but servants take care of you, you get medical herbs to quicken healing ...)
- + 2 HP per character level
- + 2 Spellpoints recovered

7. **Aristocratic (10gp+)** (imagine luxury health spa)
- + 4 HP per character level
- + 4 Spellpoints recovered

Complication Table

Every character that is taking a long rest in wretched resting conditions must make Constitution Saving Throw against a DC of 10. Roll on the complications table for every character who fails the Saving Throw.

Complications

1d6	Effect
1	The Character gains one Level of Exhaustion.
2	The Character loses 1d4 HP.
3	The character gets the poisoned condition.
4	The Character gets infected with Cackle Fever
5	The Character gets infected with Sewer Plague
6	The Character gets infect with Sight Rot

Determining Resting Conditions

To have a really good night's rest, characters need a few comforts. It needs to be warm enough, it needs to be dry, they shouldn't be disturbed by noise or other disturbances. The bedding must be comfortable.

The baseline for resting conditions in the wilderness is squalid when the temperature is moderate, there is no rain, hail or snow, and no strong winds.

Precipitation, Temperature and Wind can have effect on the resting conditions and can worsen or lighten them by 1, 2 or 3 steps (for example from poor to squalid or squalid to wretched).

Precipitation

Condition	Effect on Resting Conditions
Clear	If the temperature is unbearable heat, the resting conditions get worse by one step, in other weather conditions none
Light clouds	None
Overcast or ground fog	None
Rain, hail or snow	The resting conditions get worse by one step, unless you are in unbearable heat.
Torrential rain, driving hail or blizzard	The resting conditions get worse by two steps.

TEMPERATURE

Condition	Effect on Resting Conditions
Unbearable heat	The resting conditions get worse by two steps.
Hot	The resting conditions get worse by one step.
Warm	The resting conditions **improve** by one step.
Cool	The resting conditions get worse by one step.
Cold	The resting conditions get worse by two steps.
Arctic Cold	The resting conditions get worse by three steps.

WIND

Condition	Effect on Resting Conditions
Calm	none
Moderate wind	The resting conditions get worse by one step if it is cold or arctic cold. The resting condition gets better by one step in hot or unbearable heat.
Strong wind	The resting conditions get worse by one step in warm, cool, cold or arctic cold weather.
Gale	The resting conditions get worse by one step.
Storm	The resting conditions get worse by two steps.

IMPROVING RESTING CONDITIONS

A well-prepared adventurer does not need to dread the experience of making camp in the wilderness. If characters are taking the appropriate care to improve their resting conditions, you can adjust the resting conditions accordingly.

Worsening and improvement are added together to determine the resting conditions. For example, if it cold and raining, the resting conditions are worsened by 3 steps, but when the characters use a tent and a sleeping bag, they improve by two steps, so they are only worsened by 1 step, from squalid to wrenched. If the characters also make a campfire, it is improved by another step and the resting conditions stay at squalid.

The following ways are examples of improving the resting conditions:

- **Making a Campfire** - Improves the resting conditions in cool, cold or arctic cold by one step.
- **Using a Bedroll** - Improves the resting conditions in by one step, except in hot weather and it worsened the resting condition by one step in unbearable heat.
- **Using a Tent** – Improves the resting condition in rain, hail or snow, torrential rain, driving hail or blizzard by one step. Additionally, it improves the resting condition in moderate wind and strong wind in warm, cool, cold and arctic cold weather. So, for example if it is raining in cold weather, the resting conditions are improved by two steps.
- **Spell: Tiny Hut** – The Tiny Hut Spell removes all worsening effects of precipitation, temperature and wind.
- **Spell: Magnificent Mansion** – inside the magnificent mansion the resting conditions are comfortable.

The basic rule is: if a measure is suitable for equalising unpleasant wind, temperature or precipitation, the worsening effects of these can be ignored.

DETERMINING WEATHER

Here are some simple rules to determine how the weather can change.

First, select the appropriate normal weather for the location and time of year. For example, if your players are in a desert, the precipitation will be clear, the temperature hot and the wind calm. If they are in a European-style medieval forest in winter, the weather might be overcast, the temperature cold and the wind strong.

Then decide whether the weather system in that region is stable or volatile. If it is a region blessed by a god, the weather system could be stable. If it is a region ravaged by magical war, the weather system could be volatile.

In a stable system, you roll once a day, usually after a long rest, to see if the weather will change. You roll a 1d20 and on 1 to 5 the weather changes according to the stable weather system table.

In an unstable system, you can roll two or three times a day, usually after each short or long rest. You can also set other triggers for weather changes, such as the use of magic of a certain level or every 6 hours of game time. You roll a 1d20 and on a 1 to 10 the weather changes according to the volatile weather system table.

STABLE WEATHER SYSTEM

1d20	Effect on Weather
1-2	The precipitation gets worse by 1 step (for example from clear to light clouds or overcast to rain)
3-4	The precipitation gets better by 1 step
5-6	The temperature gets 1 step cooler

7-8	The temperature gets 1 step hotter
9-10	The Wind gets stronger by 1 step.
11-12	The Wind gets weaker by 1 step.
15-20	The weather system defaults to the normal weather for that region.

VOLATILE WEATHER SYSTEM

1d20	Effect on Weather
1-2	The precipitation gets worse by 1 step (for example from clear to light clouds or overcast to rain)
3	The precipitation gets worse by 2 steps
4-5	The precipitation gets better by 1 step
6	The precipitation gets better by 2 steps
7-8	The temperature gets 1 step cooler
9	The temperature gets 2 steps cooler
10-11	The temperature gets 1 step hotter
12	The temperature gets 2 step hotter
13-14	The Wind gets stronger by 1 step.
15	The Wind gets stronger by 2 steps.
16-17	The Wind gets weaker by 1 step.
18	The Wind gets weaker by 2 steps.
19-20	The weather system defaults to the normal weather for that region.

Mundane adventuring gear

This section describes the effects of mundane adventuring gear on the resting conditions.

- **Bedroll (1 GP, 7 lb.)** – a Bedroll makes resting in the wilderness more comfortable. Adventurers who use bedrolls don't have to sleep on the bare ground with roots and rocks poking into their backs. A bedroll improves resting conditions in the wilderness by one level, except in hot weather, and worsens resting conditions by one level in unbearable heat.
- **Blanket (5 SP, 3 lb.)**– a blanket can protect an adventurer from the effects of cold weather. It increases the resting conditions of cool, cold and arctic cold weather by one step. If the adventurer is already using a bedroll, a blanket will only improve the resting conditions of cold and arctic cold weather by one step.
- **Clothes, winter proof (10 GP, 10 lb.)** – winter proof clothing can protect an adventurer from the effects of cold weather. They increase resting conditions by one level in cold and arctic cold weather, but decrease them by one level in warm, hot or unbearable heat. If the adventurer is already using a bedroll and blanket, the winter proof clothing will only improve resting conditions in arctic cold.
- **Parasol (5 SP, 2 lb.)** – a Parasol protects an adventurer from the heat of the sun and provides shade. When the precipitation is clear and the temperature is unbearable heat, a parasol will improve the resting conditions for one adventurer by one step.
- **Tent, two-person (2 GP, 20 lb.)** – a Tent can give protection from precipitation and wind. It Improves the resting condition in rain, hail or snow, torrential rain, driving hail or blizzard by one step. Additionally, it improves the resting condition in moderate wind and strong wind in warm, cool, cold and arctic cold weather. So, for example if it is raining in cold, windy weather, the resting conditions are improved by two steps.
- **Torch (1 CP, 1 lb.)** – a burning Torch can provide light as well as heat. While a Torch is burning, it can improve the resting conditions of one adventurer in cool, cold or arctic cold by one step.

Magic Items

Mana Potions

You can introduce mana potions into the game if you feel that spellcasters are becoming too weak as a result of these variant rest rules. Mana Potions and Healing Potions give you another balancing tool to adjust the difficulty of the game.

Experimental Mana Potion

Potion, uncommon

When you drink the potion, you have to make a constitution saving throw against a DC of 12. When you fail the save you gain the poisoned condition. If you succeed, you can recover expended spell slots. The spell slots can have a combined level of 1d4.

Mana Potion

Potion, rare

When you drink the potion, you can recover expended spell slots. The spell slots can have a combined level of 1d4 + 1.

Greater Mana Potion

Potion, very rare

When you drink the potion, you can recover expended spell slots. The spell slots can have a combined level of 2d4 + 2.

Magical Adventuring Gear

Magical Tent

Wondrous Item (tent), rare

This enchanted tent appears to be a standard 2-men camping tent from the outside, but when you get inside it reveals its magical nature:

- Up to 6 medium sizes creatures have sleeping space inside the tent.
- The Resting Conditions inside the tent are modest.

Druidic Weather Stone

Wondrous item, common

You can use an action to activate the stone and create a tiny, harmless sensory effect that predicts what the weather will be at your location for the next 24 hours. The effect might manifest as a golden orb for clear skies, a cloud for rain falling snowflakes for snow, and so on. This effect persists for 1 round.

Glossary

Casters

- **Full-Casters**: Most classes, that gain the Spellcasting ability at Level 1: Wizards, Clerics, Bards, Druids, Sorcerers
- **Half-Casters**: Classes, that gain the Spellcasting ability at Level 2: Artificer, Paladin, Ranger
- **Third-Casters**: Classes, that gain the Spellcasting ability at Level 3: Eldritch Knights, Arcane Tricksters
- **Warlocks** are a category of their own with their Pact Magic feature.

Spellpoints

Spellpoints: One Spellpoint is equivalent to a Level 1 spellslots.

So 1 spellpoint is a Level 1 Spellslot.

2 Spellpoints can be 2 Level 1 Spellslots or 1 Level 2 Spellslot.

If a Resting Condition modifies the amount of Spellpoints a character gains after a long rest, it works as follows:

Once per day, when a full caster finishes a long rest, he can choose to recover spent Spellpoints/Spellslots. The spell slots can have a combined level equal to their spellcaster level. For example, a level 5 character can restore 5 spell slots with a combined level of 5 Spellpoints. If a rest condition reduces this by 1, he will only regain 4 spell points after this long rest. If they gain another Spellpoint from a Resting Condition, they will now recover 6 Spellpoints after that long rest.

Hit Points and Hit Dice

You gain the hit points from your new class as described for levels after 1st. You gain the 1st-level hit points for a class only when you are a 1st-level character.

You add together the Hit Dice granted by all your classes to form your pool of Hit Dice. If the Hit Dice are the same die type, you can simply pool them together. For example, both the fighter and the paladin have a d10, so if you are a paladin 5/fighter 5, you have ten d10 Hit Dice. If your classes give you Hit Dice of different types, keep track of them separately. If you are a paladin 5/cleric 5, for example, you have five d10 Hit Dice and five d8 Hit Dice.

Poisoned

A poisoned creature has disadvantage on attack rolls and ability checks.

Cackle Fever

This disease targets humanoids, although gnomes are strangely immune. While in the grips of this disease, victims frequently succumb to fits of mad laughter, giving the disease its common name and its morbid nickname: “the shrieks.”

Symptoms manifest 1d4 hours after infection and include fever and disorientation. The infected creature gains one level of exhaustion that can’t be removed until the disease is cured.

Any event that causes the infected creature great stress—including entering combat, taking damage, experiencing fear, or having a nightmare—forces the creature to make a DC 13 Constitution saving throw. On a failed save, the creature takes 5 (1d10) psychic damage and becomes incapacitated with mad laughter for 1 minute. The creature can repeat the saving throw at the end of each of its turns, ending the mad laughter and the incapacitated condition on a success.

Any humanoid creature that starts its turn within 10 feet of an infected creature in the throes of mad laughter must succeed on a DC 10 Constitution saving throw or also become infected with the disease. Once a creature succeeds on this save, it is immune to the mad laughter of that particular infected creature for 24 hours.

At the end of each long rest, an infected creature can make a DC 13 Constitution saving throw. On a successful save, the DC for this save and for the save to avoid an attack of mad laughter drops by 1d6.

When the saving throw DC drops to 0, the creature recovers from the disease. A creature that fails three of these saving throws gains a randomly determined form of indefinite madness, as described later.

Sewer Plague

Sewer plague is a generic term for a broad category of illnesses that incubate in sewers, refuse heaps, and stagnant swamps, and which are sometimes transmitted by creatures that dwell in those areas, such as rats and otyughs.

When a humanoid creature is bitten by a creature that carries the disease, or when it comes into contact with filth or offal contaminated by the disease, the creature must succeed on a DC 11 Constitution saving throw or become infected.

It takes 1d4 days for sewer plague's symptoms to manifest in an infected creature. Symptoms include fatigue and cramps. The infected creature suffers one level of exhaustion, and it regains only half the normal number of hit points from spending Hit Dice and no hit points from finishing a long rest.

At the end of each long rest, an infected creature must make a DC 11 Constitution saving throw. On a failed save, the character gains one level of exhaustion. On a successful save, the character's exhaustion level decreases by one level. If a successful saving throw reduces the infected creature's level of exhaustion below 1, the creature recovers from the disease.

Sight Rot

This painful infection causes bleeding from the eyes and eventually blinds the victim.

A beast or humanoid that drinks water tainted by sight rot must succeed on a DC 15 Constitution saving throw or become infected. One day after infection, the creature's vision starts to become blurry. The creature takes a –1 penalty to attack rolls and ability checks that rely on sight. At the end of each long rest after the symptoms appear, the penalty worsens by 1. When it reaches –5, the victim is blinded until its sight is restored by magic such as lesser restoration or heal.

Sight rot can be cured using a rare flower called Eyebright, which grows in some swamps. Given an hour, a character who has proficiency with an herbalism kit can turn the flower into one dose of ointment. Applied to the eyes before a long rest, one dose of it prevents the disease from worsening after that rest. After three doses, the ointment cures the disease entirely.

Design Notes

These design notes are intended to help you understand the design choices made in creating these rules.

Design Goal:

A more realistic and balanced rest system that works for adventuring parties that typically have 1-3 (combat) encounters per day / in between long rests, but can also allow for a 5-8 encounter day if needed.

Brainstorming

I want my characters to take longer to heal and take longer to get their abilities back, but still have a good gameplay experience.

If we were to be 100% realistic here, we could use the example of a boxer being knocked out in a boxing match. This would be similar to a character being reduced to 0 HP and falling unconscious. After a knockout, it can take several months to fully heal. So, for a level 13 or 14 character, this would mean regenerating 1 HP per day. For lower-level characters, this would mean regenerating a fraction of HP per day. This would be more realistic, but not really fun to play.

So, we need a compromise between realism and gameability.

Why not the Gritty Realism Rules of the DMG?

We could use the Gritty Realism rules as presented in the Dungeon Masters Guide (GR-DMG), which extends a long rest to 7 days - but that brings its own problems. GR-DMG is like a long rest, just extended to 7 days. You have to cross the threshold of 7 days (instead of 8 hours for a long rest) to get 100% of your resources back - so if your party is low on resources, you have to go back to a safe place and stop adventuring for 7 days.

That allows only games of a certain typ. The DMG writes that GR-DMG is for campaigns that emphasise intrigue, politics, interactions among other NPCs, and in which combat is rare.

But for my personal taste, those games don't need gritty realism rules, because the stakes of those games are not resolved by combat anyway. For me, the name gritty realism implies that it is hard to survive. Resources are scarce.

A political city campaign doesn't come to mind when I think of gritty campaigns, but wilderness survival, horror of war campaigns.

What GR-DMG actually does is remove long rests from adventuring, because if you fight, cast spells, or do strenuous activities, you have to restart the long rest. This is quite punishing and could break the flow of any adventure that has more combat than the recommended adventure day.

A gradual resting system

So what I would like, for the sake of realism, but also for the sake of being able to have an ongoing adventure, is a rest system that gradually replenishes the resources of the player characters.

But how much should it replenish the resources?

A medium-to-hard encounter should deplete the party's resources by an average of 16-24%. (6 encounters at 16% = 96% resource depletion, 4 encounters at 24% = 96%).

So if you want 1 or 2 encounters a day, a long rest should replenish between 10% and 30% of your resources.

That's 3 to 10 rests to go from 0 to 100%. Now we have an approximation. Now I need to find a way, within the existing mechanics of D&D 5e, to create a new rest system that allows resource replenishment at a rate of 10 to 30%.

The Gradual Gritty Realism Rest rules – The Math

So there are two big pools of resources that have the biggest impact on gameplay: Hit Points and Spell Slots. So we need to change Long Rests in terms of those two pools.

And I did some calculations and tried different models. If you only recovered 1 HP + Con per long rest, only the first two levels would be in the right ballpark. So the HP regeneration has to scale with the level. I ended up with the following rule for HP regeneration per long rest:

You recover 1 + Constitution modifier per level per long rest (minimum 1).

So a Level 1 Character with a 10 Constitution (+0 Con modifier) would regain 1 HP per long rest (1 + 0 Con Mod * Level = 1).

A Level 3 Character with 14 Constitution (+2 Con Modifier) would regain 9 HP per long rest (1 + 2 Con Mod * Level 3 = 3*3 = 9).

The following table are some example characters and how many long rests it would take them to regenerate their Hit Points:

Days to get from 0 to Full HP in Long Rests:

Level	Base Regeneration	1d6 + 1 (wizard)	1d8 + 1 (Cleric)	1d10 + 1 (Fighter)	1d12 + 2 (Barbarian)	1d12 + 3 (Barbarian)	1d6 (Wizard, 0 Con)
1	1	4	5	6	5	4	6
2	2	3	4	5	4	4	5
3	3	3	4	5	4	3	5
4	4	3	4	4	4	3	5
5	5	3	4	4	4	3	5
6	6	3	4	4	4	3	5
7	7	3	4	4	4	3	5
8	8	3	4	4	4	3	5
9	9	3	4	4	4	3	5
10	10	3	4	4	4	3	5
11	11	3	4	4	4	3	5
12	12	3	4	4	4	3	5
13	13	3	4	4	4	3	5
14	14	3	4	4	4	3	5
15	15	3	4	4	4	3	5
16	16	3	4	4	4	3	5
17	17	3	4	4	4	3	5
18	18	3	4	4	4	3	5
19	19	3	4	4	4	3	5
20	20	3	4	4	4	3s	5

So with this typical adventuring party we have at first Level 4 to 6 days to regenerate the HP to 100%.

The extremes are a Barbarian with 0 Con Mod - that would take 12 days to get to 100% at level 1 (8 days at level 20). The other end is a wizard with +5 Con Mod - which would take 2 days to regenerate (all levels).

But everything else is well within our range. 3-6 days is a good range. It allows for 1-2 medium to hard encounters (or even 4 easy encounters) after each long rest to challenge the party.

The whole thing also feels more natural. Characters don't heal equally fast and that is reflected here. It also strenghten constitution as an ability modifer.

Spellpoints and Casters

Now for the Spellcasters. We have Full-Casters, Half-Casters, Third-Casters and Warlocks to take care of.

And the simplest solution is actually an existing rule in the game: Arcane Recovery.

All we have to do is adjust it. For the sake of sanity, I will convert Arcane Recovery to Spellpoints, because that is what Arcane Recovery does. It gives us a way to calculate spell points.

A spell slot costs spell points equal to its level.

So a level 1 spellslot is worth 1 spellpoint. A level 2 spellslot is worth 2 spellpoints and so on.

So what are we going to do? We let fullcasters recover spellpoints equal to their level per long rest. Halfcasters half their level (rounded up), and third casts a third of their level (rounded up). Warlocks now regain their spell points per long rest. The following table shows what this would look like in terms of number of long rests.

Level	Full-Casters	Half-Casters	Third-Casters	Warlocks
1	2	-	-	1
2	2	2	-	1
3	3	2	2	1
4	3	2	2	1
5	4	3	2	1
6	4	3	2	1
7	4	3	3	1
8	4	3	3	1
9	4	4	3	1
10	5	4	3	1
11	5	4	3	1
12	4	4	3	1
13	5	4	4	1
14	4	4	4	1
15	5	4	4	1
16	4	4	4	1
17	5	4	4	1
18	5	4	4	1
19	5	5	4	1
20	5	5	4	1

For all casters at the lowest levels, we start with 2 days to recover all spell slots. Faster than characters can recover HP. Which is fine by me. It will strengthen lower level spellcasters a bit where they are at their weakest. It reverses this at higher levels. Spell slots will recover more slowly than HP, which will make non-caster characters a little stronger than casters compared to the normal long rest rules.

Warlocks will be comparable to having two short rests at lower levels, three short rests at mid levels, and 4 to 5 long rests at higher levels. So at low to mid levels the warlock will get back slots comparable to the normal long rest rules, at higher levels they will get a power boost.

Short Rests

Short rests also need to be adjusted, at least for HP regeneration. If you could use your hit dice as usual, you would heal very quickly. This does not feel right to me. It would also upset the balance. Our long rests are now mathematically more like short rests.

My solution is simple:

A character can spend a Hit Die at the end of a short rest to gain temporary hit points. The player rolls the die, adds the character's Constitution modifier, and gains temporary hit points equal to the total.

Now the short rest is weaker, we don't have to change the hit dice regeneration rules for long rests, and it feels more real in our gritty world where healing is slower. A short rest is for first aid. You put some bandages on your wounds - you are not healed, you are just temporarily repairing what you can so that you can get to magical healing or a long rest so that your body can heal itself.

Resting Conditions

I have marked the use of the resting conditions as optional because they add complexity to the system. While the new long and short rest rules are simple and fit on one page, including some lore text, the resting condition rules take up another three pages. I think they add to the game and make it feel more real (verisimilitude, yeah!), but I can totally understand if some GMs don't want to take on the extra mental load of tracking the weather and checking if characters carry tents and bedrolls.

But I think it is worth using the resting conditions. The advantages are that adventuring equipment now matters (the same reason I added eating and drinking as a prerequisite for a long rest). Weather and the environment finally matter mechanically, and it also gives the player tools in their hands to improve their long rests, which were not needed before. It adds another strategic element to the game, which I like.

The rest conditions are on a scale from wretched to aristocratic. The starting condition in the wilderness is Squalid. The resting conditions in the wilderness depend on precipitation, temperature and wind. Depending on these three things, resting conditions can get worse. For example, torrential rain can worsen rest conditions by up to levels (the worst condition is always wretched).

So mathematically they do some interesting things.

Because the baseline for resting conditions is squalid, which penalises resting, players are incentivised to improve their resting conditions from the start.

Each condition gives penalties or bonuses to long rest.

At squalid, a character regains 1 HP less per Level at the End of a Long rest and a spellcasters recovers one spellpoint less. So a Level 3 Character with +1 Con Mod. Does not get 6 HP back ((1 + 1 Con) * Level 3= 2 * 3 = 6), but only 3 (((1 + 1 Con -1) * Level 3 = 1*3= 3).

That lengthens the days Characters need to get to 100% to 6 to 11 days at Level 1:

Level	Base Regeneration	1d6 + 1 (wizard)	1d8 + 1 (Cleric)	1d10 + 1 (Fighter)	1d12 + 2 (Barbarian)	1d12 + 3 (Barbarian)	1d6 (Wizard, 0 Con)	Days to recover spells (Fullcaster)
1	1	7	9	11	7	5	6	never
2	2	6	8	9	6	5	10	3
3	3	6	7	9	6	4	14	4
4	4	6	7	8	6	4	18	4
5	5	6	7	8	5	4	22	4
6	6	6	7	8	5	4	26	4
7	7	6	7	8	5	4	30	4
8	8	6	7	8	5	4	34	4
9	9	6	7	8	5	4	38	5
10	10	6	7	8	5	4	42	5
11	11	6	7	8	5	4	46	5
12	12	6	7	8	5	4	50	5
13	13	6	7	8	5	4	54	5
14	14	6	7	8	5	4	58	5
15	15	6	7	8	5	4	62	5
16	16	6	7	8	5	4	66	5
17	17	6	7	8	5	4	70	5
18	18	6	7	8	5	4	74	5
19	19	6	7	8	5	4	78	5
20	20	6	7	8	5	4	82	5

Characters with a 0 Con modifier are also heavily penalised for resting in such conditions.

And characters should not want to rest in miserable conditions, the -2 penalty for our examples would look like this:

Level	Base Regeneration	1d6 + 1 (wizard)	1d8 + 1 (Cleric)	1d10 + 1 (Fighter)	1d12 + 2 (Barbarian)	1d12 + 3 (Barbarian)	1d6 (Wizard, 0 Con)	Days to recover spells (Fullcaster)
1	1	never	never	never	14	8	never	never
2	2	never	never	never	12	7	never	never
3	3	never	never	never	11	6	never	8
4	4	never	never	never	11	6	never	5
5	5	never	never	never	10	6	never	6
6	6	never	never	never	10	6	never	5
7	7	never	never	never	10	6	never	5
8	8	never	never	never	10	6	never	5
9	9	never	never	never	10	6	never	6
10	10	never	never	never	10	6	never	6
11	11	never	never	never	10	6	never	6
12	12	never	never	never	10	6	never	5
13	13	never	never	never	10	6	never	5
14	14	never	never	never	10	6	never	5
15	15	never	never	never	10	6	never	5
16	16	never	never	never	10	6	never	5
17	17	never	never	never	10	6	never	6
18	18	never	never	never	10	6	never	5
19	19	never	never	never	10	6	never	5
20	20	never	never	never	10	6	never	5

While comfortable resting conditions are achievable in the wilderness with the right adventuring gear, they only speed up recovery to 2-4 days. So they're not too easy. Wealthy and aristocratic resting conditions should only be possible in a city, town or other safe haven, and should be paid for according to the PHB. I tried to balance the adventuring gear accordingly that no more than comfortable resting conditions in the wild should be achievable, but maybe I overlooked a combination.

Mana Potions and Healing Potions

There are no mana potions in 5e. Magic items that return spell slots are very rare and only return about one spell slot. The reason for this is that spellcasters usually already have enough spell slots, and giving them more with the normal long rest rules would only make them stronger in comparision to other classes.

With the Gradual Gritty Rest rules, mana potions can be a balancing tool for the DM, just as healing potions are a balancing tool. Now, if the DM is planning a harder day of adventuring where the normal resources will not be enough, he can compensate by giving out mana and healing potions. This also gives players another resource to use strategically.

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