

RECHARGEABLE REST VARIANT



This Rest variant uses a recovery check (1d20 + expertise) along with the exhaustion track as the mechanism for the recharging of short and long rest abilities.

REASON FOR MODIFIER

The modifier of 2 x proficiency bonus (i.e. expertise) is preferred rather than proficiency + ability modifier as the latter system would encourage a mindset of maximising ability scores. Using expertise as the sole modifier levels the playing field amongst characters and different playstyles.

REST PERIODS

Adventurers may take one or more breather in the midst of their adventuring day, and a travel rest or a long rest at the end of the day.

BREATHER

A breather is a period of down time, at least 5 minutes long during which a character does nothing more strenuous than eating, drinking, reading, talking, mending clothing and tending to wounds or armour.

A Breather does not recharge anything, but allows a character to expend Hit Dice to recover hit points.

TRAVEL REST

A travel rest equates to a period of at least 8 hours in length, during which a character sleeps and may participate in 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 – at least 1 hour of walking, fighting, casting spells, or similar adventuring activity – the character must begin the rest again to gain any benefit from it.

A travel rest allows a character to remove 1 level of exhaustion. Should the character not be suffering from any levels of exhaustion, they may recover half their Hit Dice.

- The DC for your recovery of short rest abilities is set to 5 plus 1 for each day since your long rest.
- The DC for your recovery of long rest abilities is set to 10 plus 1 for each day since your last long rest.

LONG REST

A long rest is 24 hours of uninterrupted rest with at any two or more requirements, reflected below, being in effect.

Requirements Example

Safety from Threat of Attack	This could mean a thorough watch is posted – for example, a well-guarded Elf camp in [their forest] would allow a long rest. Arguably lying rolled in your cloak in a ditch just off the Forest Road, with your [Halfling] friend trying to stay awake and watch for Spiders, would not.
Comfort	Sleeping in a Dwarf hall carved from the heart of a mountain is a very different experience than sleeping in a Goblin tunnel. Comfort might mean a bed. It might mean good food. It might mean good company that allows for proper rest.
Tranquility	Some locations may simply provide an air of peace that means good rest is available to a company. This could be an ancient Elf ruin that has held onto some of its former glow of goodness. It could be a campsite next to a bright river that raises the spirits. This is very much in line with building the feeling of [the Setting], [if it is one] where characters can find peace in the wildest of places.

A long rest allows a character to regain all their abilities, hit points and spent Hit Dice as well as remove all levels of exhaustion. The DCs for recovery checks after recovering short and long rest abilities are reset to 5 and 10, respectively.

RECOVERING SHORT AND LONG REST ABILITIES

- You may recover all short rest abilities or all long rest abilities at any time. However, when you do so you must make a recovery check. You make a separate check after recovering short rest and long rest abilities.
- Each creature recovers abilities and makes recovery checks separately.
- If you fail the recovery check, you suffer 1 level of exhaustion if you recovered short rest abilities or 3 levels of exhaustion if you recovered long rest abilities.
- As noted above, immediately after a long rest, the DCs for recovery checks after recovering short rest and long rest abilities are 5 and 10, respectively and your next such check is made with advantage.
- Following each recovery check on the same day, the corresponding DC increases by 5 for short rest abilities and 10 for long rest abilities
- When attempting to recharge your long rest abilities for the second time in one day, you suffer 1 level of exhaustion, whether the check is successful or not.

BENEFITS OF THE SYSTEM

- No arbitrary short rest period of 1 hour;
- It places the recovery mechanism in the control of the PCs as opposed to the DM;
- The recovery system tied is to exhaustion which makes more sense;
- Each PC controls their own recovery rate, so not tied to the forced group rest;
- Long distance travels generally create longer periods between long rests making recovery riskier (the DC increases the further it is since your previous long rest) making overland travel inherently riskier as it should be;
- System works for all adventuring locales (dungeon, overland & city);
- Random Encounters mechanic can still be used to urge pacing but now it doesn't delay recovery (before Random Encounters could interrupt 1 hour rest time).

ADJUSTING DIFFICULTY

Modifying the above is fairly easy

- (1) Increase or decrease the DCs for recovery;
- (2) Allow travel rests to provide Advantage on recovery checks;
- (3) Adjust the levels of exhaustion sustained for failed checks;
- (4) Require cost of action or bonus action for recovery during combat;
- (5) Increase the long rest period of 24 hours to 48 or more;
- (6) Adjust the recovery rate of hit points or Hit Dice during rests;
- (7) Introduce methods to mitigate exhaustion such as the burning of Hit Dice;
- (8) Introduce other methods to incur levels of exhaustion such as dropping to 0 or failed death saves.