

# Benhart's Knight Helm


## In-Game Description

*A helmet of unknown origin.  
Belonged to Benhart of Jugo.*

*Apparently Benhart found this while wandering  
land to land, but its origins are unknown.  
He wore it all the time, he adored it so,  
leaving a slight odor.*

## Availability

- Obtained from Benhart of Jugo as a gift after completing his questline.
- Sold by Merchant Hag Melentia after killing Benhart of Jugo.

## General Information

Part of Benhart's Set.

Name	Physical Defense	Elemental Defense	Resistance	Poise	Durability	Weight	Attributes Required	Physical DEF Bonus
Benhart's Knight Helm	69/67/72/69	16/15/14/16	18/14/0/0	11	72	7	-/-/-	C

## Upgrades

Requires Titanite.

Name	Physical Defense	Elemental Defense	Resistance	Materials Cost	Souls Cost
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Benhart's Knight Helmet +0	69/67/72/69	16/15/14/16	18/14/0/0	-	-
Benhart's Knight Helmet +1	76/73/79/76	17/16/15/17	19/15/0/0	1x Titanite Shard	500
Benhart's Knight Helmet +2	83/80/86/83	19/18/16/19	21/16/0/0	2x Titanite Shard	630
Benhart's Knight Helmet +3	90/87/93/90	20/19/18/20	23/18/0/0	3x Titanite Shard	750
Benhart's Knight Helmet +4	97/93/100/97	22/21/19/22	25/19/0/0	1x Large Titanite Shard	1000
Benhart's Knight Helmet +5	104/100/108/104	24/22/21/24	26/21/0/0	2x Large Titanite Shard	1130
Benhart's Knight Helmet +6	111/107/115/111	25/24/22/25	28/22/0/0	3x Large Titanite Shard	1250
Benhart's Knight Helmet +7	118/113/122/118	27/25/23/27	30/23/0/0	1x Titanite Chunk	1500
Benhart's Knight Helmet +8	125/120/129/125	28/27/25/28	32/25/0/0	2x Titanite Chunk	1630
Benhart's Knight Helmet +9	132/127/136/132	30/28/26/30	34/26/0/0	3x Titanite Chunk	1750
Benhart's Knight Helmet +10	139/134/144/139	32/30/28/32	36/28/0/0	1x Titanite Slab	2000

# Key

<b>Physical Defense:</b>	<p>The Physical Defense attribute dictates how resilient the piece of armor is to a certain physical damage type.</p> <p>The physical stats for a piece of armor are W / X / Y / Z:</p> <ul style="list-style-type: none"> <li>W is base Physical DEF</li> <li>X is defense vs. striking attacks</li> <li>Y is defense vs. slashing attacks</li> <li>Z is is defense vs. thrusting attacks</li> </ul>
<b>Elemental Defense:</b>	<p>The Elemental Defense attribute dictates how resilient the piece of armor is to a certain elemental damage type.</p> <p>The magical stats for a piece of armor are W / X / Y / Z:</p> <ul style="list-style-type: none"> <li>W is defense vs. magic attacks</li> <li>X is defense vs. fire attacks</li> <li>Y is defense vs. lightning attacks</li> <li>Z is defense vs. dark attacks</li> </ul>

<b>Resistance:</b>	<p>The Resistance dictate how resilient the piece of armor is to status ailments.</p> <p>The properties for a piece of armor are W / X / Y / Z:</p> <ul style="list-style-type: none"> <li>• W is resistance vs. poison</li> <li>• X is resistance vs. bleed</li> <li>• Y is resistance vs. petrification</li> <li>• Z is resistance vs. Hollowing curse</li> </ul>
<b>Poise:</b>	<p>Dictates how resilient the piece of armor is to hitstun. A higher poise gives a greater chance that the player will not be interrupted or staggered when hit.</p>
<b>Durability:</b>	<p>The durability of the armor. The effectiveness of the armor will severely deteriorate when the durability falls below a certain threshold, and the armor will become unusable and need to be repaired by a blacksmith once it reaches 0. Durability deterioration that does not reach 0 will be automatically repaired upon resting at a bonfire.</p>
<b>Weight:</b>	<p>The weight of the piece of armor. Note that equipping over certain amounts of your equip burden may alter movement and roll speed, as well as other factors when playing the game.</p>
<b>Attribute Requirements:</b>	<p>Determines how high certain attributes must be in order to wear the armor effectively. Most pieces of armor do not have any such requirements.</p> <p>The required attributes are W / X / Y / Z:</p> <ul style="list-style-type: none"> <li>• W is the Strength required</li> <li>• X is the Dexterity required</li> <li>• Y is the Intelligence required</li> <li>• Z is the Faith required</li> </ul>
<b>Physical DEF Bonus:</b>	<p>The influence of the character's Physical DEF stat on the effectiveness of armor worn.</p> <p>The possible ratings (from greatest bonus to least bonus) are: S, A, B, C, D, E.</p>

Revision #1

Created 17 December 2024 07:23:02 by jade

Updated 17 December 2024 07:23:02 by jade