

Endurance

In-Game Description

An attribute that determines your overall stamina.

Use

- Increases Stamina.
- One of 4 stats that increase Physical DEF.
- Increases Poise alongside with Adaptability.
- Slightly raises HP.

Stamina Increase per point of Endurance

Endurance	Stamina added per point
<20	2
>=20	1
=99	2

Equipment which affects Endurance

Item	Increase	Other Effects
Crown of the Sunken King	+1	VIG -1, DEX +1 INT +1, FTH +1 STR +1, VIT -1
Velstadt's Helm	+1	VIT +1
Flower Skirt	+1	VIG +2
Handmaid's Ladle	+1	VIT +1, DEX -1

Vessel Shield	1	VIG +1, ADP +1 INT +1, FTH +1 STR +4, DEX +4
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Interaction with Adaptability

Raising the lower of these two stats will result in natural Poise increase. For example, if you have 10 Adaptability plus 10 Endurance, adding 1 point to Endurance will not increase your Natural Poise. On the other hand, if you have 11 points of Adaptability plus 10 points of Endurance, adding 1 more point to Endurance will increase your Poise.

At 1 Endurance plus Adaptability, you will have 0.3 Natural Poise. Natural Poise seems to have two soft caps- one at 30 END+ADP, and another at 50 END+ADP.

Endurance plus Adaptability	Natural Poise Gained per Level
1 to 30	+0.3
31 to 50	+0.2
51 to 99	+0.1

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