

# Vitality

## In-Game Description

*An attribute that determines your maximum equipment load.*

## Use

- Increases Equipment Load.
- One of 4 stats that Increase Physical DEF.
- Increases Poison Resist alongside with Adaptability.
- Slightly raises HP.

The primary effect of Vitality is to increase your Equipment Load. A high value for Equipment Load will allow you to move quickly while using heavy weapons and armors.

The HP granted by Vigor will provide more survivability than Vitality when you are using non-upgraded armors, but Vitality becomes a lot more valuable when you have access to fully upgraded heavy armors. In addition to increasing your ability to survive hits, heavy armor also provides Poise.

## Equip Load Increase per Point of Vitality

Vitality	Equipment Load added per point
1-29	1.5
30-49	1.0
50-69	0.5
70-98	0.5 (per two points)
99+	0.5

## Equipment which affects Vitality

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

Revision #1  
Created 17 December 2024 08:06:44 by jade  
Updated 17 December 2024 08:06:44 by jade