

Updates to Resting, Death, and Healing Mechanics

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Greetings, fellow Cresthaven RPG enthusiasts!

In our ongoing commitment to refining the Cresthaven experience, we've recently implemented updates to the core mechanics governing resting, death, and healing. These changes stem directly from valuable player feedback, and we believe they will enhance clarity and streamline gameplay.

Refined Long Rest:

A Long Rest now requires a dedicated period of **eight uninterrupted hours** for sleep or similar restorative activity. While this clarifies expectations, the core benefit of full hit point recovery and mana restoration remains unchanged, but the specifics are now clarified.

Resource Management During Long Rests:

While Long Rests offer a chance to recuperate, resource management remains relevant. Though characters regain hit points and mana, consumable resources such as water, torches and rations will continue to deplete as per the standard rules. Careful planning and packing remain crucial for extended expeditions.

Death Saves and Stabilization:

The mechanics surrounding character mortality have also been refined. As before, dropping to 0 hit points renders a character unconscious and on the brink of death. However, the character now makes a series of three **Constitution Save (10)**: one at the beginning of their turn until they either get three successes or three failures. Three successful saves signify stabilization, while three failures result in permanent death (absent timely intervention from the party).

Party members can utilize their action to attempt to stabilize a dying character with a well-timed **Heal Wound** spell (or a similar restorative magic). Success brings the character back from the brink with 1 hit point, but they will remain **unconscious** until further healing is administered. This unconsciousness can be lifted through magical means like a **Cure Light Wounds** spell, or simply by receiving enough healing to regain consciousness naturally.

Should you have any further questions, please don't hesitate to post a comment!