

Stamina

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General Information

- Stamina is required to perform various actions; It is represented with a green bar in the HUD.
- The player's max stamina can be increased by leveling up the Endurance stat, capping at 40 Endurance (for 160 Stamina Points). It can only be increased further with the Ring of Favor and Protection.

Stamina Regeneration

Stamina regenerates at a default rate of 45 Stamina per second. This is a fixed value that will not change with the player's stats, as long as the player's equipment load is below 50%. Though various items and equipment can buff or debuff the stamina regeneration rate.

Buffs to Stamina Regeneration

- Cloranthy Ring increases stamina regeneration by 20 Stamina per second.
- Grass Crest Shield increases stamina regeneration by 10 Stamina per second.
- Mask of the Child increases stamina regeneration by 10 Stamina per second.
- Green Blossom increases stamina regeneration by 40 Stamina per second.
- Power Within increases stamina regeneration by 30 Stamina per second.

These buffs are additive and can be stacked, with the exception of the Green Blossom and Power Within being unable to be used simultaneously.

Debuffs to Stamina Regeneration

- All forms of the toxic status effect reduce stamina regeneration by 15 Stamina per second.
- The Dragon Head Stone's breath attack continuously reduces stamina regeneration for the user by 50 Stamina per second (until it stops being cast).

- Being overburdened reduces stamina regeneration.
 - A heavy/slow character has their stamina recovery reduced by ~20%.
 - An over-encumbered character has their stamina recovery reduced by ~30%.
- Blocking reduces stamina recovery by ~80%.
- Wearing various pieces of heavy armor will reduce stamina recovery by 1 or 2 Stamina per second, for each piece of armor equipped.

Armor Impact on Stamina Regeneration

- All armor that reduces stamina regeneration will reduce it by 1 Stamina per second, with the exception of a few heavier chest pieces that reduce by 2 Stamina per second.
- Armor upgrade level has no impact on stamina hindrance.
- Below is a complete list of all armor pieces with a negative effect.

Armor	Head	Chest	Arms	Legs	Total Impact on Stamina Recovery (per second)	Resulting Stamina Recovery Rate (when below 50% burden)	Notes
Fang Boar Helm	-1	n/a	n/a	n/a	-1	44	
Symbol of Avarice	-1	n/a	n/a	n/a	-1	44	
Adventurer's Set	n/a	-1	n/a	n/a	-1	44	Only the Armor of the Glorious has an impact; Head, Arms and Leg pieces do not.
Eastern Set	n/a	-1	n/a	n/a	-1	44	Only the Eastern Armor has an impact; Head, Arms and Leg pieces do not.

Ornstein's Set	-1	-1	n/a	-1	-3	42	Every piece has an impact asides from Ornstein's Gauntlets.
Black Knight Set	-1	-1	-1	-1	-4	41	
Catarina Set	-1	-1	-1	-1	-4	41	
Cleric Set	-1	-1	-1	-1	-4	41	
Elite Cleric Set	-1	-1	-1	-1	-4	41	
Hawkeye Gough's Set	-1	-1	-1	-1	-4	41	
Paladin Set	-1	-1	-1	-1	-4	41	
Steel Set	-1	-1	-1	-1	-4	41	
Black Iron Set	-1	-2	-1	-1	-5	40	
Giant Set	-1	-2	-1	-1	-5	40	
Golem Set	-1	-2	-1	-1	-5	40	
Guardian Set	-1	-2	-1	-1	-5	40	
Havel's Set	-1	-2	-1	-1	-5	40	
Smough's Set	-1	-2	-1	-1	-5	40	
Stone Set	-1	-2	-1	-1	-5	40	

Notes

- Equipped weapons do not reduce stamina recovery. However, slow rolling or being overburdened does, so weapons may contribute to a slower recovery if the collective weight is too much.
- NPCs often obey the same rules of stamina recovery as the player character, however:
 - Siegmeyer, Solaire, Oscar, Crestfallen Merchant, Shiva, Tarkus, Ricard, Havel, and three of the Forest Hunters have an innate buff of +20 stamina recovery per second.¹
 - Lord's Blade Ciaran has an innate buff of +200 stamina recovery (a unique effect of +100 is applied to her twice). This gives her a total of 245 Stamina regeneration per second.
- Only the Giant and Golem sets' items descriptions specifically mention having a negative impact on stamina, but of course they are not unique in this regard.

- Most other items' descriptions at least mention weight, heaviness, or a difficulty being worn (but not all do).

Footnotes 1. This is effectively the same as these NPCs having the Cloranthy Ring equipped, without them actually having it equipped.

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