

# Endurance

endurance-ds1.png"Stamina" and "END" redirect here.

Endurance is a stat in Dark Souls governing Stamina, Equipment Load, and Bleed Resistance.

“ Parameter determining stamina, equipment load, and resistance to bleeding.  
-Endurance menu description

## Information

Endurance provides three main benefits when leveled.

- 1. **Stamina:** allows the player to attack, dodge and block more before becoming Stance Broken.
- 2. **Equipment Load:** allows the player to equip heavier armor and weapons and raises the threshold for roll weights, raising the maximum allowed weight before the player's roll type changes (see *rolling* section).
- 3. **Bleed Resistance:** allows the player a higher threshold of Bleed buildup until they are affected by Blood Loss.

## Rolling & Walking

For detailed information on rolls, including a mathematical breakdown, see the page Dodge Roll. There are four speeds of rolling/walking, known as 'weight classes'. They affect how maneuverable the player character is and are calculated with the following simple equation.

equipLoadEquation.png

Equip Load is similarly derived from the player's Endurance Attribute:

equipLoadDerivation.png

| Equipment Weight/Equip Load | Weight Class | Roll & Jog Speed |
|-----------------------------|--------------|------------------|
| <25%                        | Light        | Fastest          |

|                 |                 |                         |
|-----------------|-----------------|-------------------------|
| >=25% and <=50% | Medium          | Medium                  |
| >50% and <100%  | Heavy           | Slow                    |
| >=100%          | Over-encumbered | No roll & can only walk |

# Modifiers

**Ring of Favor and Protection:** increases max Stamina and Equip Load by 20%.

**Havel's Ring:** raises maximum Equip Load by 50%.

**Mask of the Father:** raises maximum Equip Load by 5%.

# Scaling

| Endurance | Stamina | Equip Load | Bleed Res. |
|-----------|---------|------------|------------|
| 1         | 81      | 41.0       | 10         |
| 2         | 82      | 42.0       | 13         |
| 3         | 83      | 43.0       | 17         |
| 4         | 84      | 44.0       | 20         |
| 5         | 85      | 45.0       | 23         |
| 6         | 86      | 46.0       | 27         |
| 7         | 87      | 47.0       | 30         |
| 8         | 88      | 48.0       | 33         |
| 9         | 90      | 49.0       | 37         |
| 10        | 91      | 50.0       | 30         |
| 11        | 93      | 51.0       | 44         |
| 12        | 95      | 52.0       | 48         |
| 13        | 97      | 53.0       | 52         |
| 14        | 98      | 54.0       | 56         |
| 15        | 100     | 55.0       | 60         |
| 16        | 102     | 56.0       | 63         |
| 17        | 104     | 57.0       | 65         |
| 18        | 106     | 58.0       | 68         |
| 19        | 108     | 59.0       | 71         |

| Endurance | Stamina | Equip Load | Bleed Res. |
|-----------|---------|------------|------------|
| 20        | 110     | 60.0       | 73         |
| 21        | 112     | 61.0       | 76         |
| 22        | 115     | 62.0       | 79         |
| 23        | 117     | 63.0       | 81         |
| 24        | 119     | 64.0       | 84         |
| 25        | 121     | 65.0       | 87         |
| 26        | 124     | 66.0       | 89         |
| 27        | 126     | 67.0       | 92         |
| 28        | 129     | 68.0       | 95         |
| 29        | 131     | 69.0       | 97         |
| 30        | 133     | 70.0       | 100        |
| 31        | 136     | 71.0       | 101        |
| 32        | 139     | 72.0       | 101        |
| 33        | 141     | 73.0       | 102        |

| Endurance | Stamina | Equip Load | Bleed Res. |
|-----------|---------|------------|------------|
| 34        | 144     | 74.0       | 103        |
| 35        | 146     | 75.0       | 104        |
| 36        | 149     | 76.0       | 104        |
| 37        | 152     | 77.0       | 106        |
| 38        | 154     | 78.0       | 106        |
| 39        | 157     | 79.0       | 107        |
| 40        | 160     | 80.0       | 107        |
| 41        | 160     | 81.0       | 108        |
| 42        | 160     | 82.0       | 109        |
| 43        | 160     | 83.0       | 109        |
| 44        | 160     | 84.0       | 110        |
| 45        | 160     | 85.0       | 111        |
| 46        | 160     | 86.0       | 112        |
| 47        | 160     | 87.0       | 112        |

| Endurance | Stamina | Equip Load | Bleed Res. |
|-----------|---------|------------|------------|
| 48        | 160     | 88.0       | 113        |
| 49        | 160     | 89.0       | 114        |
| 50        | 160     | 90.0       | 114        |
| 51        | 160     | 91.0       | 115        |
| 52        | 160     | 92.0       | 116        |
| 53        | 160     | 93.0       | 117        |
| 54        | 160     | 94.0       | 117        |
| 55        | 160     | 95.0       | 118        |
| 56        | 160     | 96.0       | 119        |
| 57        | 160     | 97.0       | 120        |
| 58        | 160     | 98.0       | 120        |
| 59        | 160     | 99.0       | 121        |
| 60        | 160     | 100.0      | 122        |
| 61        | 160     | 101.0      | 122        |
| 62        | 160     | 102.0      | 123        |
| 63        | 160     | 103.0      | 124        |
| 64        | 160     | 104.0      | 125        |
| 65        | 160     | 105.0      | 126        |
| 66        | 160     | 106.0      | 128        |

| Endurance | Stamina | Equip Load | Bleed Res. |
|-----------|---------|------------|------------|
| 67        | 160     | 107.0      | 127        |
| 68        | 160     | 108.0      | 128        |
| 69        | 160     | 109.0      | 128        |
| 70        | 160     | 110.0      | 129        |
| 71        | 160     | 111.0      | 130        |
| 72        | 160     | 112.0      | 130        |
| 73        | 160     | 113.0      | 131        |
| 74        | 160     | 114.0      | 132        |
| 75        | 160     | 115.0      | 133        |

| Endurance | Stamina | Equip Load | Bleed Res. |
|-----------|---------|------------|------------|
| 76        | 160     | 116.0      | 133        |
| 77        | 160     | 117.0      | 134        |
| 78        | 160     | 118.0      | 135        |
| 79        | 160     | 119.0      | 136        |
| 80        | 160     | 120.0      | 136        |
| 81        | 160     | 121.0      | 137        |
| 82        | 160     | 122.0      | 138        |
| 83        | 160     | 123.0      | 138        |
| 84        | 160     | 124.0      | 139        |
| 85        | 160     | 125.0      | 140        |
| 86        | 160     | 126.0      | 141        |
| 87        | 160     | 127.0      | 141        |
| 88        | 160     | 128.0      | 142        |
| 89        | 160     | 129.0      | 143        |
| 90        | 160     | 130.0      | 143        |
| 91        | 160     | 131.0      | 144        |
| 92        | 160     | 132.0      | 145        |
| 93        | 160     | 133.0      | 146        |
| 94        | 160     | 134.0      | 146        |
| 95        | 160     | 135.0      | 147        |
| 96        | 160     | 136.0      | 148        |
| 97        | 160     | 137.0      | 149        |
| 98        | 160     | 138.0      | 149        |
| 99        | 160     | 139.0      | 150        |

# Notes

Revision #6  
Created 21 November 2024 15:27:11 by jade  
Updated 22 November 2024 03:26:02 by jade