

Attributes

- Vitality
- Attunement
- Endurance
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- Humanity (Stat)
- Soul Level

Vitality

"Health", "Hitpoints", "Life" and "HP" redirect here.



Vitality is a stat in Dark Souls. It affects the player's and enemy's max HP

level, and whether they are alive.

Also known, as *Health*, *HP*, *Life Points*, or *LP*, the player's current health is indicated by a red bar in the top left of the HUD.

“

Parameter determining HP.
-Vitality menu description

Information

Vitality is the main stat that determines whether an entity is alive or dead. Once a player, enemy, or NPC's health reaches 0, they will die. Health bars for the player are visible in the top left of the screen, and above most enemy's heads or as an overlaid bar towards the lower half of the screen in the case of Bosses.

Vitality gives the most rewards when upgraded at lower levels, as leveling Vitality past certain points (see Soft Cap and Scaling sections) gives diminishing returns on souls invested.

Soft cap

Vitality is soft capped at levels 30 and 50. After level 30, the player's health gains per level will begin to slowly decline, then beyond level 50 each Vitality increase grants the player less than 10 HP.

| Vitality | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 60 | 70 | 80 | 90 | 99 |
|----------|-----|-----|-----|-----|------|------|------|------|------|------|------|------|------|------|
| Health | 572 | 682 | 792 | 938 | 1100 | 1216 | 1325 | 1424 | 1500 | 1588 | 1675 | 1758 | 1837 | 1900 |

(Table continued in *Scaling* section)

Modifiers

- **Cursed status:** decreases max HP by 50%.
- **Ring of Favor and Protection:** increases max HP by 20%.
- **Tiny Being's Ring:** increases max HP by 5%.
- **Mask of the Mother:** increases max HP by 10%.
- **Dusk Crown Ring:** decreases max HP by 50%.

Scaling

| Vitality | HP | Gained |
|----------|-----|--------|
| 1 | 400 | - |
| 2 | 415 | 15 |
| 1 | 400 | - |
| 2 | 415 | 15 |
| 3 | 433 | 18 |
| 4 | 451 | 18 |
| 5 | 471 | 20 |
| 6 | 490 | 19 |
| 7 | 511 | 21 |
| 8 | 530 | 19 |
| 9 | 552 | 22 |
| 10 | 572 | 20 |
| 11 | 594 | 22 |
| 12 | 616 | 22 |
| 13 | 638 | 22 |
| 14 | 658 | 20 |
| 15 | 682 | 24 |
| 16 | 698 | 16 |
| 17 | 718 | 20 |
| 18 | 742 | 24 |
| 19 | 766 | 24 |
| 20 | 792 | 26 |

| Vitality | HP | Gained |
|----------|------|--------|
| 21 | 821 | 29 |
| 22 | 849 | 28 |
| 23 | 878 | 29 |
| 24 | 908 | 30 |
| 25 | 938 | 30 |
| 26 | 970 | 32 |
| 27 | 1001 | 31 |
| 28 | 1034 | 33 |
| 29 | 1066 | 32 |
| 30 | 1100 | 34 |
| 31 | 1123 | 23 |
| 32 | 1147 | 24 |
| 33 | 1170 | 23 |

| Vitality | HP | Gained |
|----------|------|--------|
| 34 | 1193 | 23 |
| 35 | 1216 | 23 |
| 36 | 1239 | 23 |
| 37 | 1261 | 22 |
| 38 | 1283 | 22 |
| 39 | 1304 | 21 |
| 40 | 1325 | 21 |
| 41 | 1346 | 21 |
| 42 | 1366 | 20 |
| 43 | 1386 | 20 |
| 44 | 1405 | 19 |
| 45 | 1424 | 19 |
| 46 | 1442 | 18 |
| 47 | 1458 | 16 |
| 48 | 1474 | 16 |
| 49 | 1489 | 15 |
| 50 | 1500 | 11 |

| Vitality | HP | Gained |
|----------|------|--------|
| 51 | 1508 | 8 |
| 52 | 1517 | 9 |
| 53 | 1526 | 9 |
| 54 | 1535 | 9 |
| 55 | 1544 | 9 |
| 56 | 1553 | 9 |
| 57 | 1562 | 9 |
| 58 | 1571 | 9 |
| 59 | 1580 | 9 |
| 60 | 1588 | 8 |
| 61 | 1597 | 9 |
| 62 | 1606 | 9 |
| 63 | 1615 | 9 |
| 64 | 1623 | 8 |
| 65 | 1632 | 9 |
| 66 | 1641 | 9 |

| Vitality | HP | Gained |
|----------|------|--------|
| 67 | 1649 | 8 |
| 68 | 1658 | 9 |
| 69 | 1666 | 8 |
| 70 | 1675 | 9 |
| 71 | 1683 | 8 |
| 72 | 1692 | 9 |
| 73 | 1700 | 8 |
| 74 | 1709 | 9 |
| 75 | 1717 | 8 |
| 76 | 1725 | 8 |
| 77 | 1734 | 9 |
| 78 | 1742 | 8 |
| 79 | 1750 | 8 |
| 80 | 1758 | 8 |

| Vitality | HP | Gained |
|----------|------|--------|
| 81 | 1767 | 9 |
| 82 | 1775 | 8 |
| 83 | 1783 | 8 |
| 84 | 1791 | 8 |
| 85 | 1799 | 8 |
| 86 | 1807 | 8 |
| 87 | 1814 | 7 |
| 88 | 1822 | 8 |
| 89 | 1830 | 8 |
| 90 | 1837 | 7 |
| 91 | 1845 | 8 |
| 92 | 1852 | 7 |
| 93 | 1860 | 8 |
| 94 | 1867 | 7 |
| 95 | 1874 | 7 |
| 96 | 1881 | 7 |
| 97 | 1888 | 7 |
| 98 | 1894 | 6 |
| 99 | 1900 | 6 |

Attunement



"Attunement Slots" redirects here.

Attunement is a stat in Dark Souls that governs how many Attunement Slots the player has available to them. These slots are used to equip Sorceries, Pyromancies and Miracles.

“

Parameter determining number of attunement slots.
-Attunement menu description

Information

Attuned spells have a limited number of uses, shown as a number overlaid on the spell's icon. The spell count can be reset by resting at a Bonfire. A player may attune the same spell in multiple Attunement Slots, enabling the maximum number of casts to be increased.

Effect

| Attunement Level | Attunement Slots |
|------------------|------------------|
| 0-9 | 0 |
| 10-11 | 1 |
| 12-13 | 2 |
| 14-15 | 3 |
| 16-18 | 4 |
| 19-22 | 5 |
| 23-27 | 6 |
| 28-33 | 7 |
| 34-40 | 8 |

| Attunement Level | Attunement Slots |
|------------------|------------------|
| 41-49 | 9 |
| 50-99 | 10 |

Modifiers

Darkmoon Seance Ring: Increases Attunement Slots by 1.

White Seance Ring: Increases Attunement Slots by 1. Can be simultaneously equipped with the Darkmoon Seance Ring.

Notes

Some spells require two slots in order to be Attuned, and cannot be used if the player has fewer than 2 slots:

- Bountiful Sunlight
- Chaos Fire Whip
- Chaos Storm
- Great Chaos Fireball
- Soothing Sunlight
- Sunlight Spear
- Pursuers
- Vow of Silence

Endurance



"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.

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

| 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 |

| Endurance | Stamina | Equip Load | Bleed Res. |
|-----------|---------|------------|------------|
| 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 |
| 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 |

| Endurance | Stamina | Equip Load | Bleed Res. |
|-----------|---------|------------|------------|
| 44 | 160 | 84.0 | 110 |
| 45 | 160 | 85.0 | 111 |
| 46 | 160 | 86.0 | 112 |
| 47 | 160 | 87.0 | 112 |
| 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 |

| Endurance | Stamina | Equip Load | Bleed Res. |
|-----------|---------|------------|------------|
| 73 | 160 | 113.0 | 131 |
| 74 | 160 | 114.0 | 132 |
| 75 | 160 | 115.0 | 133 |
| 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

Strength

"STR" redirects here



Strength is a stat in Dark Souls. It affects

“ *Parameter required to wield powerful weapons. Also boosts weapon attack.*
-Strength menu description

Information

Soft Cap

Effect

Items

Modifiers

Scaling

Notes

Dexterity



"DEX" redirects here.

Dexterity is a stat in Dark Souls. It affects

“Parameter required to wield powerful weapons. Also boosts weapon attack.
-Dexterity menu description

Information

Effect

Items

Modifiers

Scaling

Notes

Resistance



"RES" redirects here.

Resistance is a stat in Dark Souls. It affects

“

Parameter boosting defence and resistance to poison.
-Resistance menu description

Information

Effect

Items

Modifiers

Scaling

Notes

Intelligence



"INT" redirects here.

Intelligence is a stat in Dark Souls. It affects

“ Parameter required to wield sorceries. Also boosts sorceries and magic weapons.
-Intelligence menu description

Information

Effect

Items

Modifiers

Scaling

Notes

Faith



"FAI" redirects here.

Faith is a stat in Dark Souls. It affects

“ Parameter required to cast miracles. Also boosts miracles and divine weapons.
-Faith menu description

Information

Effect

Items

Modifiers

Scaling

Notes

Humanity (Stat)



Not to be confused with Humanity (item).

Humanity is a stat in Dark Souls. It affects

“ *Number of black sprites within one's bosom. Symbolizes human nature and determines item discovery and resistance to curses.*
-Humanity menu description

Information

Effect

Items

Modifiers

Scaling

Notes

Soul Level



"Level" and "SL" redirect here.

Soul Level is a stat in Dark Souls. It affects

“

Value indicating overall stats. Souls required to boost level.

-Soul Level menu description

Information

Effect

Items

Modifiers

Scaling

Notes