

Attributes

- Vitality
- Attunement
- Endurance
- Strength
- Dexterity
- Resistance
- Intelligence
- Faith
- 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

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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

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Value indicating overall stats. Souls required to boost level.

-Soul Level menu description

Information

Effect

Items

Modifiers

Scaling

Notes