

# 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