

# Soft Rations

Ration estimates assume sufficient caloric intake for sustained activity (e.g. farming, walking). Half-rations are enough to sustain an inactive (resting) individual without starvation.

Soft rations must be consumed within approximately 3 days or they will spoil. For a vegetarian diet, double the weight in fresh fruits or vegetables may be substituted for the meat.

The bread is in quarter-pound loaves, wrapped in cloth or carried in a linen sack. The meat is cooked and wrapped in paper or parchment. The cheese is a hard, aged cheese and is wrapped in paper or parchment.

## **Soft Rations - Human** (3.25 lbs.)

1 lb. bread  
1 lb. meat  
4 oz. cheese  
1 qt. ale

## **Soft Rations - Dwarf** (2.62 lbs.)

1/2 lb. bread  
1 lb. meat  
2 oz. cheese  
1 qt. ale

## **Soft Rations - Elf** (2.12 lbs.)

1/2 lb. bread  
1/2 lb. meat  
2 oz. cheese  
1 qt. ale

## **Soft Rations - Gnome** (1.06 lbs.)

1/4 lb. bread  
1/4 lb. meat  
1 oz. (28g) cheese  
1 pt. ale

# Hard Rations

Ration estimates assume sufficient caloric intake for sustained activity (e.g. farming, walking). Half-rations are enough to sustain an inactive (resting) individual without starvation.

Hard rations will last for months, but require significant fresh water to prepare for consumption. For a vegetarian diet, double the quantity of dried peas or beans may be substituted for the meat.

Salted meat must be “refreshed” to make it edible by boiling in water for an hour, changing the water once or twice in the process. Milled grain (cut oats, cracked wheat, cracked barley) must be boiled in approximately 2 to 3 times its volume in water until tender - about half an hour.

## **Hard Rations - Human** (1.75 lbs.)

4 oz. salted meat  
1.5 lbs. milled grain

## **Hard Rations - Dwarf** (1.25 lbs.)

4 oz. salted meat  
1 lb. milled grain

## **Hard Rations - Elf** (1.12 lbs.)

2 oz. salted meat  
1 lb. milled grain

## **Hard Rations - Gnome** (0.56 lbs.)

1 oz. salted meat  
0.5 lb. milled grain