

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 starving.

Soft rations must be consumed within 3 days or they will spoil. For a vegetarian diet, dried peas or beans 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.

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| Soft Rations - Human | (3280 cal, 3.25 lbs.) |
| 1 lb. bread | = 1200 cal |
| 1 lb. beef | = 800 cal |
| 4 oz. cheese | = 480 cal |
| 1 qt. ale | = 800 cal |

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| Soft Rations - Dwarf | (2500 cal, 2.62 lbs.) |
| 0.5 lb. bread | = 600 cal |
| 1 lb. beef | = 800 cal |
| 2 oz. cheese | = 240 cal |
| 1 qt. ale | = 800 cal |

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| Soft Rations - Elf | (2040 cal, 2.12 lbs.) |
| 0.5 lb. bread | = 600 cal |
| 0.5 lb. beef | = 400 cal |
| 2 oz. cheese | = 240 cal |
| 1 qt. ale | = 800 cal |

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| Soft Rations - Gnome | (1020 cal, 1.06 lbs.) |
| 0.25 lb. bread | = 300 cal |
| 0.25 lb. beef | = 200 cal |
| 1 oz. cheese | = 120 cal |
| 1 pt. ale | = 400 cal |

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 starving.

Hard rations will last for months, but require significant fresh water to prepare for eating. 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.

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| Hard Rations - Human | (3200 cal, 1.75 lbs.) |
| 4 oz. salted meat | = 800 cal |
| 1.5 lbs. milled grain | = 2400 cal |

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| Hard Rations - Dwarf | (2400 cal, 1.25 lbs.) |
| 4 oz. salted meat | = 800 cal |
| 1 lb. milled grain | = 1600 cal |

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| Hard Rations - Elf | (2000 cal, 1.12 lbs.) |
| 2 oz. salted meat | = 400 cal |
| 1 lb. milled grain | = 1600 cal |

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|-----------------------------|-----------------------|
| Hard Rations - Gnome | (1000 cal, 0.56 lbs.) |
| 1 oz. salted meat | = 200 cal |
| 0.5 lb. milled grain | = 800 cal |