

## Actions everyone can do

	Action	page
varies	<b>Activate an Item</b> You can Activate an item with the invested trait only if it's invested by you. Traits vary	532
●●	<b>Administer First Aid</b> You perform first aid on an adjacent creature. <u>You must use a healer's kit</u> <b>Manipulate, Medicine</b>	248
○	<b>Aid</b> Help an ally's check or attack roll <b>Trigger:</b> an ally is about to make a check or attack	470
●	<b>Avert Gaze</b> Avert your gaze from danger	472
●	<b>Balance</b> You move across a narrow surface or uneven ground <b>Move, Acrobatics</b>	240
●	<b>Climb</b> You move up, down or across an incline <b>Move, Athletics</b>	241
●	<b>Command an Animal</b> You issue an order to an animal that's obeying you <b>Auditory, Concentrate, Nature</b>	249
●	<b>Conceal an Object</b> You hide a small object on your person <b>Manipulate, Secret, Stealth</b>	251
●	<b>Crawl</b> You move 5 feet <b>Move</b>	470
●	<b>Create a Diversion</b> You create a diversion that draws creature's attentions <b>Mental, Deception</b>	245
○	<b>Delay</b> You wait for the right moment to act	470
●	<b>Demoralize</b> You try to shake an enemy's resolve <b>Auditory, Concentrate, Emotion, Mental, Intimidation</b>	247
●	<b>Dismiss</b> You end one spell effect or magic item effect <b>Concentrate</b>	534
○	<b>Drop</b> You drop an item you're holding	307
●	<b>Drop Prone</b> You fall prone <b>Move</b>	470
●	<b>Escape</b> You try to escape from restraints or grapple <b>Acrobatics</b>	470
●	<b>Force Open</b> You attempt to forcefully open a door, window or container <b>Athletics</b>	242

○	<b>Grab an Edge</b> You try to grab a handhold to prevent a fall. <b>Trigger:</b> You are about to fall <b>Manipulate, Acrobatics</b>	472
●	<b>Grapple</b> You attempt to grab an opponent <b>Attack, Athletics</b>	242
●	<b>Hide</b> You huddle behind cover or deeper into concealment <b>Secret, Stealth</b>	251
●●	<b>High Jump</b> You <b>Stride</b> and attempt to leap vertically <b>Athletics</b>	242
●	<b>Interact</b> You use your hands to manipulate an object or terrain <b>Manipulate</b>	470
●	<b>Leap</b> You take a careful but short jump <b>Move</b>	470
●●	<b>Long Jump</b> You <b>Stride</b> and attempt to leap horizontally <b>Athletics</b>	242
●	<b>Mount</b> You climb onto an animal adjacent to you which you have controlled using <b>Move</b>	472
●	<b>Palm an Object</b> You try to palm an object without being noticed <b>Manipulate, Thievery</b>	253
●	<b>Point Out</b> You indicate a creature you can see to one or more allies <b>Auditory, Manipulate, Verbal</b>	472
●	<b>Recall Knowledge</b> You try to remember a bit of knowledge <b>Concentrate, Secret Arcana, Crafting, Lore, Medicine, Nature, Occultism, Religion, Society</b>	239
●●	<b>Ready</b> You prepare to use an action that will occur outside your turn <b>Concentrate</b>	470
○	<b>Release</b> You release something you're holding in your hands. <b>Manipulate</b>	470
●	<b>Request</b> You make a request of someone that's friendly or helpful to you <b>Auditory, Concentrate, Linguistic, Mental, Diplomacy</b>	247
●	<b>Seek</b> You scan an area for signs of unseen creatures or hidden objects <b>Concentrate, Secret</b>	471
●	<b>Sense Motive</b> You try to tell whether a creature's behavior is abnormal <b>Concentrate, Secret</b>	471

● Action      ○ Reaction      ○ Free Action

●	<b>Shove</b> You push an opponent <i>Attack, Athletics</i>	243
●	<b>Sneak</b> You can attempt to move up to half your speed while remaining unseen <i>Move, Secret, Stealth</i>	252
●	<b>Stand</b> You stand up from prone <i>Move</i>	471
●	<b>Steal</b> You attempt to take something small from someone else <i>Manipulate, Thievery</i>	253
●	<b>Step</b> You carefully move 5 feet. <i>Move</i>	471
●	<b>Stride</b> You move up to your speed. <i>Move</i>	471
●	<b>Strike</b> You attack with a weapon you're wielding <i>Attack</i>	471
●	<b>Sustain an Activation</b> You sustain an item activation. Cannot be Fatigued. <i>Concentration</i>	534
●	<b>Swim</b> You attempt to swim through water <i>Move, Athletics</i>	243
●	<b>Take Cover</b> You press yourself against a wall or object to take better advantage of cover	471
●	<b>Trip</b> You try to knock an opponent to the ground <i>Attack, Athletics</i>	147
●	<b>Tumble Through</b> You attempt to move through the space of an enemy <i>Move, Acrobatics</i>	145

### Must be wielding a shield

	Action	page
●	<b>Raise a Shield</b> You position your shield to protect you.	472

### Must be a Spellcaster

		page
Varies Typ one per comp	<b>Casting a Spell</b> Each component listed is an action in casting the spell and adds a trait.	302
	<b>Material</b> <i>Manipulate</i>	
	<b>Somatic</b> <i>Manipulate</i>	
	<b>Verbal</b> <i>Concentrate</i>	
	<b>Focus</b> <i>Manipulate</i>	
●	<b>Sustain a Spell</b> Maintain a spell that has a sustained duration <i>Concentrate</i>	304

### Exploration actions anyone can do

Action	page
<b>Avoid Notice</b> Attempt Stealth while travelling; half speed <i>Exploration</i>	479
<b>Defend</b> Keep your shield at the ready; half speed <i>Exploration</i>	479
<b>Detect Magic</b> Cast <i>Detect Magic</i> at regular intervals; half speed <i>Exploration, Concentrate</i>	479
<b>Follow the Expert</b> Follow an expert character's lead on a task <i>Exploration, Auditory, Concentrate, Visual</i>	479
<b>Hustle</b> Move at double speed <i>Exploration, Move</i>	480
<b>Investigate</b> Seek out information about your surroundings; half speed <i>Exploration, Concentrate</i>	480
<b>Repeat a Spell</b> Repeat a cantrip at regular intervals; half speed <i>Exploration, Concentrate</i>	480
<b>Scout</b> Keep an eye out for the group <i>Exploration, Concentrate</i>	480
<b>Search</b> Seek meticulously for hidden doors, concealed hazards, etc; half speed <i>Exploration, Concentrate</i>	480

### 10 Min Break Items

	page
<b>Impersonate</b> Assemble a disguise to pass yourself off as someone you're not <i>Exploration, Concentrate, Manipulate, Secret, Deception</i>	245
<b>Refocus</b> Variable tasks to restore your magical connection <i>Exploration, Concentrate</i>	300
<b>Repair</b> Attempt to fix a damaged item; must have a repair kit <i>Exploration, Manipulate, Craft</i>	243
<b>Treat Wounds</b> Must be trained in Medicine; heal 2d8 on a success. Must use a healer's kit. <i>Exploration, Healing, Manipulate, Medicine</i>	249