

elden ring level 1 run guide

Elden Ring level 1 run guides are essential for Tarnished seeking the ultimate challenge in the Lands Between. This comprehensive guide delves into everything you need to know to conquer Elden Ring without leveling up your character's stats. We'll explore the best starting classes, crucial equipment, effective weapon upgrades, and the optimal strategies for navigating the treacherous landscape and defeating the formidable bosses at Soul Level 1. Prepare to master combat, resource management, and boss mechanics as we unlock the secrets to a successful RL1 playthrough, making it accessible even for those new to this difficult playstyle.

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Understanding the Elden Ring Level 1 Run Challenge

An Elden Ring level 1 run, often referred to as an RL1 run, is a self-imposed challenge where players commit to never increasing their character's level beyond the initial starting point. This means you'll be battling through the entirety of the Lands Between, including its most brutal bosses, with the base stats of your chosen starting class. The inherent difficulty of this challenge stems from the significantly reduced survivability and damage output compared to a conventionally leveled character. Every encounter becomes a meticulous dance of evasion, precise attacks, and exploiting every available advantage. Success hinges on a deep understanding of game mechanics, enemy attack patterns, and optimal gear and build choices. This guide aims to equip you with the knowledge and strategies necessary to overcome these formidable obstacles.

Why Embark on an Elden Ring Level 1 Challenge?

The allure of an Elden Ring level 1 run lies in the unparalleled sense of accomplishment and the profound mastery of the game it demands. For veteran players who have already conquered the Lands Between, an RL1 challenge offers a fresh, exhilarating perspective and a significantly heightened level of difficulty. It forces you to engage with the game's mechanics on a much deeper level, rewarding patience, precision, and strategic thinking. The satisfaction of overcoming bosses that would normally be trivialized by higher levels with superior gear is immense. Furthermore, it encourages creative problem-solving, pushing players to discover hidden mechanics, optimize every piece of equipment, and truly understand the intricate combat system. It's a journey of self-improvement within the game, transforming perceived limitations into strengths.

Choosing Your Starting Class for Level 1

Selecting the right starting class is arguably the most critical decision for an Elden Ring level 1 run. While all classes begin at Soul Level 1, their starting stats and equipment can provide distinct advantages. Some classes offer better starting weapons or more useful initial armor, while others have slightly more favorable stat distributions that can be leveraged even without leveling. The goal is to maximize your damage output and survivability with the limited resources available at RL1.

Wretch: The Purest Challenge

The Wretch class starts at Soul Level 1 with 10 in every stat and is equipped with a basic club and no armor. This is often considered the "purist" choice for an RL1 run, offering the most unadulterated challenge. Its balanced starting stats mean no inherent weaknesses, but also no specialized strengths early on. Success with the Wretch requires an immediate focus on acquiring better gear and optimizing your weapon choices to compensate for the lack of initial advantages.

Vagabond: A Solid Foundation

The Vagabond class begins with higher Strength and Vigor stats, making it a strong contender for melee-focused RL1 builds. Its starting longsword and shield provide decent early-game combat capabilities. The Vagabond's naturally higher Vigor, even at RL1, offers a slight edge in survivability, allowing for a few more mistakes than some other classes. Its starting gear is also quite effective without upgrades, making the initial stages slightly more manageable.

Samurai: Dexterous and Deadly

For those favoring quick, agile combat, the Samurai class is an excellent choice. It boasts higher Dexterity, which is crucial for many of the best weapons available for RL1 builds. The Samurai's starting Uchigatana is a fantastic weapon with innate Bleed buildup, a powerful status effect that can trivialize many encounters. The starting bow also offers valuable ranged utility for pulling enemies or chipping away at boss health from a safe distance.

Warrior: Dual-Wielding Prowess

The Warrior class starts with high Dexterity and dual Scimitars. This allows for immediate access to dual-wielding combat, which can significantly increase damage output, especially with the right weapon pairings. The Warrior's early game relies on aggressive offense and mastering the rhythm of dual attacks. Their starting gear is geared towards speed and evasion, making them adept at dodging and retaliating.

Essential Gear and Equipment for RL1

Without the ability to level up stats, your gear becomes paramount in an Elden Ring level 1 run. Every weapon, talisman, and piece of armor must be carefully chosen to maximize your damage, survivability, and utility. The right equipment can transform a frustrating slog into a manageable, albeit still challenging, experience. Prioritizing weapon upgrades and finding talismans that boost your damage or defenses are key.

Talismans: Your Stat Boosts

Talismans are your primary means of augmenting your character's capabilities at RL1. They provide passive buffs that can significantly increase your damage, defense, or utility. Several talismans are considered almost mandatory for a successful RL1 run.

- **Radagon's Soreseal/Marika's Soreseal:** These talismans are double-edged swords, offering substantial boosts to Vigor, Endurance, Strength, and Dexterity (Radagon's) or Mind, Intelligence, Faith, and Arcane (Marika's). However, they also increase the damage you take. For RL1, the stat boost is invaluable, but the increased damage taken demands extreme caution and mastery of evasion.
- **Erdtree's Favor +1/+2:** This talisman increases HP, Stamina, and Equip Load. The added Stamina is crucial for more dodge rolls and attacks, while the extra HP provides a small buffer, and increased Equip Load allows for heavier armor or weapons without fat-rolling.
- **Ritual Sword Talisman:** This talisman boosts attack power when HP is full. This encourages a more cautious playstyle, rewarding players who can maintain full health through skillful dodging and defense.
- **Lord of Blood's Exultation:** If you're utilizing Bleed builds, this talisman is essential, boosting attack power when Bleed is triggered nearby.
- **Dragoncrest Greatshield Talisman:** Provides a significant physical damage negation buff, drastically increasing your survivability against physical attacks. This is incredibly valuable for RL1 when your base defenses are so low.
- **Arrow's Reach Talisman/Sights:** Crucial for ranged builds or characters who utilize throwing knives or bows for strategic pulls or consistent damage.

Weapons: The Key to Damage

Weapon choice and upgrades are the most direct way to increase your damage output at RL1. You need weapons that hit hard, scale well with your limited stats, or possess powerful Ashes of War. Early access to certain weapon types and materials for their upgrades is crucial.

- Uchigatana: As mentioned, the Samurai's starting weapon is exceptional due to its fast attack speed, good damage, and innate Bleed buildup. It can be acquired by other classes early on.
- Great Epee/Clayman's Harpoon: These weapons offer excellent reach and can be infused with powerful Ashes of War. The Great Epee is found in Calid, and the Clayman's Harpoon can be found in Nokron or dropped by Claymen.
- Bloodhound's Fang: A powerful curved greatsword with a unique weapon art, Bloodhound's Finesse, that deals high damage and has good tracking. Its inherent Bleed buildup is also a significant advantage.
- Grafted Blade Greatsword: Found in Castle Morne, this colossal sword offers a massive strength requirement but, when its skill is used, grants a temporary boost to all your stats, which can be incredibly potent at RL1.
- Blasphemous Blade: While requiring significant investment in Faith and Strength, its unique skill, Taker's Flames, deals massive Holy damage and heals you on hit, making it a game-changer for survivability and damage. This is a late-game acquisition but worth the effort.
- Rivers of Blood: For Arcane-focused builds, this katana is devastating due to its rapid Bleed buildup and powerful weapon art.

Remember that weapon upgrades are paramount. Every upgrade increases base damage and often improves scaling, which is vital when your stats are static. Prioritize finding Smithing Stones early in the game, especially those for Somber Stone weapons if you opt for those.

Armor: Defense and Utility

At RL1, armor offers minimal damage reduction compared to higher levels, but its defensive properties are still important for mitigating chip damage and surviving the occasional mistake. However, the most critical aspect of armor for an RL1 run is often its weight. Maintaining a medium load is essential for effective dodging.

- Lionel's Set/Bull-Goat Set: For players who can manage the equip load, these heavy armor sets offer the highest physical damage negation. However, they will likely require an Erdtree's Favor talisman and potentially the Great-Jar's Arsenal to avoid a "fat roll."
- Banished Knight Set: A good medium-weight armor set with respectable defenses that can be acquired relatively early in the game.
- Carian Knight Set: Offers good magic resistance and decent physical defense with a medium weight.
- Black Knife Armor: While not offering the highest physical defense, its unique effect of reducing the sound of your footsteps and slightly reducing damage dealt by your own

movements can be subtly useful for stealth or specific boss encounters.

Focus on reaching a medium equip load at all costs. A fat roll will severely hamper your ability to dodge effectively, which is your primary defense. If you find yourself over-encumbered, you may need to revisit your weapon choices or prioritize talismans that increase equip load.

Consumables and Buffs

Consumables and spell buffs can provide temporary but significant advantages. Mastering their use is vital for tackling difficult boss encounters at RL1.

- Greases: Applying elemental damage buffs to your weapon, such as Fire Grease or Lightning Grease, can significantly boost your damage against bosses weak to those damage types.
- Exalted Flesh: Provides a temporary boost to physical attack power.
- Boiled Crab/Prawn: Increases your physical damage negation.
- Flask of Wondrous Physick: The customizable flask can be tailored to your needs. Consider tears that boost your attack power, increase damage negation, or restore a small amount of HP over time.
- Incantations/Sorceries: Even if not a primary caster, having access to buffs like Golden Vow (Faith) or Terra Magica (Intelligence) can provide a substantial damage boost.

Strategic Approaches to Combat

Success in an Elden Ring level 1 run is less about brute force and more about meticulous planning and execution. Every combat encounter demands a strategic approach, focusing on minimizing damage taken and maximizing damage dealt within tight windows of opportunity.

Mastering Dodge Rolls and Spacing

Your dodge roll is your most critical defensive tool at RL1. You need to understand the precise timing of enemy attacks and the invincibility frames (i-frames) offered by your dodge roll. Learn to dodge into attacks rather than away from them for many boss patterns, as this positions you optimally for a counter-attack.

Spacing is equally important. Maintaining the correct distance from an enemy allows you to bait out

specific attacks that have longer recovery animations, providing you with attack opportunities. Conversely, staying too close can put you in a position where you are vulnerable to multi-hit combos.

Exploiting Boss Weaknesses

Every boss in Elden Ring has weaknesses, whether it's to specific damage types (slash, pierce, strike, magic, fire, lightning, holy, etc.) or status effects like Bleed or Frostbite. Researching boss resistances and weaknesses beforehand can inform your weapon, spell, and grease choices. For instance, many bosses are susceptible to Bleed, making weapons like the Uchigatana or Rivers of Blood incredibly effective.

Utilizing Ashes of War Effectively

Ashes of War are incredibly powerful tools for RL1 builds. They can provide powerful attacks, defensive buffs, or utility that your base weapon lacks.

- **Bloodhound's Step:** This Ash of War grants unparalleled mobility, allowing you to dodge through attacks with incredible ease and reposition quickly. It is a significant survivability booster for RL1.
- **Seppuku:** When used on a weapon, it applies Bleed buildup to yourself and your weapon, then significantly boosts Bleed buildup on subsequent hits. It's essential for Bleed-focused builds.
- **Lion's Claw:** A powerful upward strike that can stagger many enemies and deals significant damage.
- **Hoarfrost Stomp:** While nerfed, it still offers good crowd control and Frostbite buildup, which can be useful for certain encounters.
- **Flame of the Redmanes:** Excellent for staggering enemies and dealing high stance damage, often breaking a boss's poise quickly.

Experiment with different Ashes of War to find combinations that suit your playstyle and the specific challenges you face.

Managing Stamina

Stamina is your lifeblood in Elden Ring, dictating how many attacks you can perform and how many dodges you can execute. At RL1, every action consumes a significant portion of your limited stamina pool. Learning to attack in short bursts and always leaving enough stamina to dodge is crucial. Never fully deplete your stamina bar unless you are absolutely certain you are safe.

Key Boss Strategies for Level 1

Tackling bosses at Soul Level 1 requires a specialized approach for each encounter. Your strategy will revolve around exploiting openings, managing aggression, and utilizing the right tools.

Early Game Bosses

The early game bosses, such as Margit, the Fell Omen, and Godrick the Grafted, are your first major hurdles. Margit's aggressive combos and ranged attacks demand precise dodging and patience. Godrick's second phase introduces new moves that require quick reactions. Focus on learning their patterns and finding safe windows for attack. Weapons with Bleed or Frostbite can be very effective here.

Mid Game Challenges

As you progress, you'll face more complex bosses like Starscourge Radahn, Malenia, Blade of Miquella, and Rykard, Lord of Blasphemy. Radahn's devastating ranged attacks and massive AoEs require constant movement and utilizing the summoned NPCs to distract him. Malenia is perhaps the ultimate RL1 challenge due to her Waterfowl Dance attack and lifesteal. Mastering her moveset to the letter is non-negotiable. Rykard's arena-based mechanics and his second phase's relentless onslaught also demand a high level of focus.

Late Game Gauntlet

The late-game bosses, including Godfrey, First Elden Lord, Radagon of the Golden Order, and the Elden Beast, present the final, most intense challenges. Godfrey's sheer aggression and powerful AoE attacks test your dodging and stamina management to their limits. Radagon's fast, unpredictable combos and the Elden Beast's massive arena presence and Holy damage require a deep understanding of your build and its strengths. Preparation, including stocking up on relevant buffs and greases, is key.

Level 1 Build Examples

Here are a few example builds that leverage specific playstyles and weapon choices for an Elden Ring level 1 run.

Strength-Focused RL1 Build

This build focuses on using heavy-hitting weapons that stagger enemies and deal significant physical damage. You'll want weapons like the Greatsword, Grafted Blade Greatsword, or Zweihander, infused with Ashes of War like Lion's Claw or Stamp (Upward Cut).

- Starting Class: Vagabond
- Key Talismans: Radagon's Soreseal, Erdtree's Favor, Dragoncrest Greatshield Talisman, Ritual Sword Talisman
- Weapon Examples: Grafted Blade Greatsword (with its skill), Greatsword, Zweihander
- Ashes of War: Lion's Claw, Stamp (Upward Cut), Cragblade
- Strategy: Focus on staggering enemies with charged heavy attacks and Ashes of War. Use heavy armor if equip load allows, otherwise prioritize medium load for dodging.

Dexterity-Focused RL1 Build

This build emphasizes speed, evasion, and status effect buildup, particularly Bleed or Frostbite. The Uchigatana, Moonveil (if you want to dabble in Intelligence for its skill), or Rivers of Blood are excellent choices.

- Starting Class: Samurai
- Key Talismans: Radagon's Soreseal, Erdtree's Favor, Lord of Blood's Exultation, Rotten Winged Sword Insignia
- Weapon Examples: Uchigatana (dual-wielded), Eleonora's Poleblade, Rivers of Blood
- Ashes of War: Seppuku, Bloodhound's Step, Unsheathe
- Strategy: Focus on rapid attacks, dodging between combos, and applying status effects. Utilize fast weapons and consider dual-wielding for maximum damage output.

Intelligence-Focused RL1 Build

While challenging at RL1 due to low Mind and Intelligence, a magic-focused build can still be viable with the right weapons and spells. Tools like the Moonveil Katana or Carian Regal Scepter with Glintstone Pebble or Comet Azur can offer ranged damage.

- Starting Class: Prisoner or Astrologer
- Key Talismans: Marika's Soreseal, Graven-Mass Talisman, Magic Scorpion Charm, Erdtree's

Favor

- Weapon Examples: Moonveil, Carian Regal Scepter, Meteorite Staff (early game)
- Spells: Glintstone Pebble, Carian Slicer, Comet Azur (requires significant setup)
- Strategy: Rely on spells for consistent damage and ranged utility. Use Bloodhound's Step to close distance or evade.

Faith-Focused RL1 Build

A Faith build at RL1 often focuses on weapon buffs, utility incantations, and powerful Faith-scaling weapons. The Blasphemous Blade is a standout option.

- Starting Class: Confessor or Prophet
- Key Talismans: Marika's Soreseal, Flock's Canvas Talisman, Fire Scorpion Charm, Erdtree's Favor
- Weapon Examples: Blasphemous Blade, Coded Sword, Cipher Pata
- Incantations: Golden Vow, Flame Grant Me Strength, Black Flame
- Strategy: Utilize weapon buffs for increased damage and defensive incantations for survivability. Blasphemous Blade's weapon art is exceptionally potent for both offense and healing.

Tips for a Smoother Level 1 Experience

Even with the best preparation, an Elden Ring level 1 run is inherently difficult. Here are some tips to make the journey more manageable:

- Explore thoroughly: Find all important Spirit Ashes, talismans, and weapon upgrade materials.
- Learn enemy attack patterns: Dedicate time to observing enemy movesets without attacking.
- Don't be afraid to run: Sometimes, avoiding unnecessary fights is the best strategy.
- Use summons wisely: Spirit Ashes can draw aggro and provide crucial openings for attack.
- Practice parrying: While risky, a well-timed parry can trivialize certain encounters.

- **Manage your Flasks:** Use your Flasks of Crimson Tears only when absolutely necessary.
- **Save and quit strategically:** If you make a mistake that puts you in a bad spot (e.g., low HP with no flasks), quitting out before you die can sometimes preserve your runes.

Common Pitfalls and How to Avoid Them

Several common mistakes can derail an Elden Ring level 1 run. Being aware of these can help you avoid frustration.

- **Over-aggression:** Trying to attack too much or too greedily is a recipe for disaster. Always prioritize safety and finding guaranteed openings.
- **Ignoring equip load:** A fat roll is a death sentence. Ensure you maintain a medium equip load.
- **Neglecting weapon upgrades:** Your weapon's upgrade level is your primary damage source. Prioritize it.
- **Not adapting your build:** If a particular boss is giving you immense trouble, don't be afraid to respec your Ashes of War or consider a different weapon.
- **Giving up too easily:** RL1 runs require immense patience and perseverance. Every boss overcome is a testament to your skill and determination.

The journey through the Lands Between at Soul Level 1 is a test of skill, patience, and strategic thinking. By carefully selecting your starting class, optimizing your gear, mastering combat mechanics, and adapting your strategies to each unique challenge, you can emerge victorious and claim the title of an accomplished Tarnished. The rewards of such a feat are not just in-game but in the profound mastery and satisfaction that comes from overcoming seemingly insurmountable odds.

Frequently Asked Questions

What is the primary goal of an Elden Ring Level 1 run?

The primary goal of an Elden Ring Level 1 run, also known as a 'Wretch or Vagabond at Base Level' run, is to complete the game without leveling up your character's attributes beyond their starting point (level 1). This means relying solely on weapon upgrades, Spirit Ashes, Talismans, and player skill to overcome challenges.

What are the best starting classes for a Level 1 run in Elden Ring?

The Wretch class is the canonical choice for a Level 1 run due to its starting at level 1 with all stats at 10. However, some players opt for the Vagabond for slightly better starting Vigor and Strength, which can offer a minor early-game advantage while still adhering to the level 1 constraint.

What weapon upgrades are most crucial for a Level 1 run?

Weapon upgrades are paramount. Focusing on acquiring and maxing out weapons that scale well with raw damage or have high base damage is key. Weapons like the Uchigatana, Greatsword, or specific Somber Stone weapons that offer unique abilities or high attack power are often prioritized.

Which Talismans are considered essential for an Elden Ring Level 1 run?

Essential Talismans often include those that boost damage (Radagon's Soreseal/Scarseal, Marika's Soreseal/Scarseal - with caution due to stat debuffs), improve survivability (Dragoncrest Greatshield Talisman), or enhance combat effectiveness (Lord of Blood's Exultation, Ritual Sword Talisman). The Green Turtle Talisman for stamina recovery is also highly valuable.

How do Spirit Ashes factor into a Level 1 Elden Ring build?

Spirit Ashes are incredibly important for distracting bosses and enemies, allowing the player to get hits in or heal. Mimic Tear (once acquired and upgraded), Black Knife Tiche, and Cleanrot Knight Finlay are popular choices for their survivability and damage output.

What are the main challenges faced in a Level 1 run?

The primary challenges are significantly reduced damage output and extremely low survivability. Every enemy hit can be devastating, and bosses can take a much longer time to defeat, requiring precise dodging, attack timing, and strategic use of resources.

Are there any specific strategies or cheese tactics commonly used in Level 1 runs?

Players often employ strategies like status effect builds (bleed, frostbite), using the environment to their advantage, and exploiting boss attack patterns. Certain powerful Ashes of War or weapon arts that can stagger or deal high burst damage are also utilized. 'Cheesing' refers to methods that bypass a boss's intended mechanics, which some players may use.

What DLC content is recommended for inclusion in a Level 1 run, and are there specific preparation tips?

The Shadow of the Erdtree DLC introduces new challenges and opportunities. Players should prepare by acquiring powerful new weapons, Talismans, and understanding the mechanics of the DLC's progression. Having a solid understanding of the base game's Level 1 strategies is crucial

before diving into the DLC at this restricted level.

Where can players find reliable resources and communities for Elden Ring Level 1 run advice?

Reputable sources include dedicated YouTube channels focusing on challenge runs, Elden Ring subreddits (like r/Eldenring or r/Cyran), and wikis that detail weapon stats, boss mechanics, and item locations. Many experienced players share their strategies and tips through these platforms.

Additional Resources

Here are 9 book titles related to an Elden Ring level 1 run guide, each starting with *and a short description*:

1. Iron Will, Tarnished Soul

This guide delves into the core principles of a level 1 Elden Ring run, focusing on the mental fortitude required to overcome brutal challenges with minimal stats. It explores effective damage scaling, strategic weapon choices, and boss fight breakdowns designed for the ultimate low-level player. Prepare to understand how to turn every encounter into a calculated risk, pushing your skills and patience to their absolute limits.

2. The Unburdened Champion's Codex

Uncover the secrets of mastering Elden Ring at Soul Level 1. This comprehensive resource details optimal build configurations, essential talisman combinations, and the most efficient routes through the Lands Between. It highlights the crucial importance of movement, timing, and exploiting enemy attack patterns when you can't afford to take a single hit.

3. Echoes of the Unascended

This book offers a narrative-driven approach to a level 1 run, framing each boss and area as a testament to the Tarnished who never ascended. It provides lore-infused insights into why certain strategies are effective at low levels, often connecting them to the trials of those who fell before. Expect a deeper appreciation for the game's world as you persevere through its harshest trials.

4. The Art of Evasion: A Level 1 Masterclass

Focusing purely on survival and precision, this guide teaches the intricate dance of dodging and parrying that defines a level 1 playthrough. It breaks down enemy move sets into digestible patterns, emphasizing critical timing and positional awareness. Learn to become a phantom, weaving through attacks with near-perfect execution to emerge victorious.

5. From Zero to Hero: Elden Ring's Ultimate Challenge

Embark on the legendary level 1 journey with this essential companion. This book provides step-by-step instructions for every major boss, detailing specific weapon arts, consumable usage, and spell preparations that are vital for success. It's designed for players who want a clear, actionable path to conquering the Lands Between without leveling up.

6. The Strategic Survivor's Handbook

This guide emphasizes tactical decision-making and resource management in an Elden Ring level 1 run. It covers the best ways to acquire powerful early-game equipment, understand enemy resistances, and utilize status effects to your advantage. Learn to make every Rune Point and Flask

of Crimson Tears count when you're operating with the bare minimum.

7. Conquering the Crucible: Level 1 Edition

This book is dedicated to the most formidable challenges Elden Ring throws at you when playing at level 1. It offers in-depth analyses of the toughest bosses, providing multiple strategies and contingency plans for each encounter. Master the mechanics and mindset needed to overcome the game's most punishing encounters without relying on raw stats.

8. The Forsaken Path: A Level 1 Runner's Memoir

More than just a guide, this book offers a personal account of a successful Elden Ring level 1 run. It shares the triumphs and frustrations, providing practical advice gleaned from hard-won experience. Readers will gain not only strategic insights but also the motivational encouragement needed to persevere through the most daunting aspects of the challenge.

9. Untouchable: The Level 1 Elden Ring Philosophy

Explore the mindset and core tenets of a truly untouchable level 1 player in Elden Ring. This book focuses on the philosophical approach to the challenge: understanding your limitations, respecting your opponent, and mastering the art of indirect engagement. Learn to exploit enemy AI and environmental hazards to become an invisible force of destruction.

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