

Helms

Complete List (each item listed upgrades TPD/Total Physical Defense)

Name	PHY	STRIKE	SLASH	THRUST	Poise	Weight	TPD	PD/Weight	MAGIC	FIRE	LIGHT	DARK	TED	ED/Weight
Ragged Mask	1.1	1.1	1.1	1.1	0.4	0.7	4.40	6.29	3.8	3.2	3.5	3.8	14.3	20.43
Old Sorcerer Hat	1.5	1.3	1.3	1.5	0.6	1.2	5.60	4.67	4.9	4.3	4.5	4.9	18.6	15.50
Painting Guardian Hood	1.9	1.5	1.9	1.9	0.6	1.4	7.20	5.14	4.3	1.9	2.3	1.9	10.4	7.43
Shadow Mask	2.5	2.2	1.7	2.5	0.4	1.5	8.90	5.93	2.0	1.5	2.0	1.1	6.6	4.40
Thief Mask	2.2	2.5	2.2	2.2	0.6	2.1	9.10	4.33	2.2	2.5	2.8	2.2	9.7	4.62
Pharis's Hat	2.7	2.2	2.7	2.7	1.4	2.3	10.30	4.48	3.6	3.9	4.1	3.6	15.2	6.61
Black Hand Hat	2.6	2.1	3.8	2.9	1.1	2.5	11.40	4.56	4.2	4.4	3.3	2.7	14.6	5.84
Brigand Hood	3.5	3.2	3.5	3.5	1.4	2.7	13.70	5.07	2.7	3.0	3.3	2.7	11.7	4.33
Sellsword Helm	3.1	3.3	3.6	3.9	3.5	3.1	13.90	4.48	2.7	2.7	2.7	2.7	10.8	3.48
White Preacher Head	2.6	4.2	4.0	4.6	2.6	3.5	15.40	4.40	4.6	3.8	4.0	2.9	15.3	4.37
Follower Helm	4.2	4.0	4.4	4.6	3.0	3.7	17.20	4.65	3.4	3.1	2.5	2.8	11.8	3.19
Sunset Helm	5.3	4.3	5.3	4.9	3.4	4.8	19.80	4.13	3.2	3.7	2.6	3.7	13.2	2.75
Dragonslayer Helm	5.0	4.0	5.5	5.5	5.5	5.6	20.00	3.57	3.7	4.1	4.1	2.9	14.8	2.64
Lothric Knight Helm	5.2	4.0	6.3	5.0	6.3	5.8	20.50	3.53	4.2	4.7	3.1	3.8	15.8	2.72
Drakeblood Helm	5.2	5.1	6.2	5.0	5.7	6.1	21.50	3.52	4.8	4.6	4.2	4.2	17.8	2.92
Iron Dragonslayer Helm	6.1	4.5	6.4	6.6	7.0	6.3	23.60	3.75	3.9	4.5	5.3	5.1	18.8	2.98
Lapp's Helm	6.8	5.8	6.8	6.8	7.3	6.5	26.20	4.03	4.6	4.7	4.2	4.6	18.1	2.78
Havel's Helm	6.7	6.7	6.7	6.3	10.2	10.8	26.40	2.44	5.0	5.8	4.6	5.0	20.4	1.89

Best Picks (A list made using only the items above that offer exceptional TPD/Weight Value + Good Total Elemental Defense)

Ragged Mask	1.1	1.1	1.1	1.1	0.4	0.7	4.40	6.29	3.8	3.2	3.5	3.8	14.3	20.43
Old Sorcerer Hat	1.5	1.3	1.3	1.5	0.6	1.2	5.60	4.67	4.9	4.3	4.5	4.9	18.6	15.50
Pharis's Hat	2.7	2.2	2.7	2.7	1.4	2.3	10.30	4.48	3.6	3.9	4.1	3.6	15.2	6.61
Black Hand Hat	2.6	2.1	3.8	2.9	1.1	2.5	11.40	4.56	4.2	4.4	3.3	2.7	14.6	5.84
Brigand Hood	3.5	3.2	3.5	3.5	1.4	2.7	13.70	5.07	2.7	3.0	3.3	2.7	11.7	4.33
White Preacher Head	2.6	4.2	4.0	4.6	2.6	3.5	15.40	4.40	4.6	3.8	4.0	2.9	15.3	4.37
Sunset Helm	5.3	4.3	5.3	4.9	3.4	4.8	19.80	4.13	3.2	3.7	2.6	3.7	13.2	2.75
Drakeblood Helm	5.2	5.1	6.2	5.0	5.7	6.1	21.50	3.52	4.8	4.6	4.2	4.2	17.8	2.92
Lapp's Helm	6.8	5.8	6.8	6.8	7.3	6.5	26.20	4.03	4.6	4.7	4.2	4.6	18.1	2.78

Armor

Complete List (each item listed upgrades TPD/Total Physical Defense)

Name	PHY	STRIKE	SLASH	THRUST	Poise	Weight	TPD	PD/Weight	MAGIC	FIRE	LIGHT	DARK	TED	ED/Weight
Master's Attire	2.7	2.7	2.7	2.1	0.0	2.0	10.20	5.10	9.1	7.6	8.4	9.1	34.20	17.10
Desert Pyromancer Garb	3.7	2.9	2.4	2.4	0.9	2.3	11.40	4.96	10.5	11.1	12.7	11.7	46.00	20.00
Clandestine Coat	4.2	4.2	4.2	3.6	0.9	3.0	16.20	5.40	13.5	13.5	13.1	13.5	53.60	17.87
Painting Guardian Gown	4.4	3.1	4.4	4.4	0.5	3.5	16.30	4.66	11.1	4.4	5.4	4.4	25.30	7.23
Grave Warden Robe	4.1	3.1	8.1	4.8	1.0	3.6	20.10	5.58	9.0	9.0	11.1	3.6	32.70	9.08
Shadow Garb	6.8	5.5	4.4	6.8	2.2	3.7	23.50	6.35	4.2	5.2	6.6	4.2	20.20	5.46
Brigand Armor	9.0	8.1	9.0	9.0	2.9	4.8	35.10	7.31	5.9	7.3	8.2	5.9	27.30	5.69
Leonhard's Garb	9.8	9.8	9.1	9.8	6.0	6.9	38.50	5.58	12.2	12.7	9.8	8.3	43.00	6.23
Dancer's Armor	10.5	7.4	12.2	11.7	6.7	7.3	41.80	5.73	8.3	6.0	9.1	9.8	33.20	4.55
Armor of Thorns	11.0	8.1	14.2	11.5	7.5	8.5	44.80	5.27	7.3	7.3	7.3	5.9	27.80	3.27
Herald Armor	12.4	8.0	12.9	11.9	9.5	8.6	45.20	5.26	9.2	8.4	3.8	8.4	29.80	3.47
Slave Knight Armor	13.5	10.9	13.5	10.2	9.1	8.7	48.10	5.53	5.7	8.0	5.7	7.1	26.50	3.05
Mirrah Chain Mail	12.7	10.5	14.9	10.5	11.3	10.4	48.60	4.67	11.7	11.2	7.4	9.1	39.40	3.79
Brass Armor	13.3	10.7	13.3	11.8	9.9	10.5	49.10	4.68	13.6	10.0	6.9	10.0	40.50	3.86
Knight Armor	13.8	11.7	13.8	13.2	12.6	10.6	52.50	4.95	8.4	11.0	6.7	8.4	34.50	3.25
Outrider Knight Armor	14.4	10.6	13.8	13.8	12.5	12.0	52.60	4.38	9.7	11.4	9.7	7.5	38.30	3.19
Dragonscale Armor	14.9	12.7	14.3	12.2	16.6	12.4	54.10	4.36	10.6	13.7	7.5	10.6	42.40	3.42
Ringed Knight Armor	14.9	11.6	16.3	14.3	14.9	12.6	57.10	4.53	11.1	13.2	12.2	9.8	46.30	3.67
Dragonslayer Armor	15.6	12.7	17.0	17.0	19.1	13.8	62.30	4.51	12.9	13.8	13.8	10.7	51.20	3.71
Morne's Armor	17.4	14.3	17.4	16.6	20.6	15.5	65.70	4.24	13.9	13.6	13.3	9.3	50.10	3.23
Lapp's Armor	18.2	15.5	18.2	18.2	20.7	15.6	70.10	4.49	12.3	12.7	11.2	12.3	48.50	3.11
Harald Legion Armor	18.3	16.7	18.6	18.3	20.7	17.2	71.90	4.18	12.6	12.7	12.2	13.6	51.10	2.97
Smough's Armor	18.8	19.2	18.3	16.0	27.1	23.0	72.30	3.14	13.3	13.0	13.8	13.1	53.20	2.31

Best Picks (A list made using only the items above that offer exceptional TPD/Weight Value + Good Total Elemental Defense)

Desert Pyromancer Garb	3.7	2.9	2.4	2.4	0.9	2.3	11.40	4.96	10.5	11.1	12.7	11.7	46.00	20.00
Clandestine Coat	4.2	4.2	4.2	3.6	0.9	3.0	16.20	5.40	13.5	13.5	13.1	13.5	53.60	17.87
Brigand Armor	9.0	8.1	9.0	9.0	2.9	4.8	35.10	7.31	5.9	7.3	8.2	5.9	27.30	5.69
Leonhard's Garb	9.8	9.8	9.1	9.8	6.0	6.9	38.50	5.58	12.2	12.7	9.8	8.3	43.00	6.23
Armor of Thorns	11.0	8.1	14.2	11.5	7.5	8.5	44.80	5.27	7.3	7.3	7.3	5.9	27.80	3.27
Mirrah Chain Mail	12.7	10.5	14.9	10.5	11.3	10.4	48.60	4.67	11.7	11.2	7.4	9.1	39.40	3.79
Knight Armor	13.8	11.7	13.8	13.2	12.6	10.6	52.50	4.95	8.4	11.0	6.7	8.4	34.50	3.25
Ringed Knight Armor	14.9	11.6	16.3	14.3	14.9	12.6	57.10	4.53	11.1	13.2	12.2	9.8	46.30	3.67
Dragonslayer Armor	15.6	12.7	17.0	17.0	19.1	13.8	62.30	4.51	12.9	13.8	13.8	10.7	51.20	3.71
Lapp's Armor	18.2	15.5	18.2	18.2	20.7	15.6	70.10	4.49	12.3	12.7	11.2	12.3	48.50	3.11
Harald Legion Armor	18.3	16.7	18.6	18.3	20.7	17.2	71.90	4.18	12.6	12.7	12.2	13.6	51.10	2.97

Gloves

Complete List (each item listed upgrades TPD/Total Physical Defense)

Name	PHY	STRIKE	SLASH	THRUST	Poise	Weight	TPD	PD/Weight	MAGIC	FIRE	LIGHT	DARK	TED	ED/Weight
Master's Gloves	0.4	0.4	0.4	0.3	0.0	0.3	1.50	5.00	1.9	1.5	1.7	1.9	7.00	23.33
Violet Wrappings	0.7	0.5	0.4	0.4	0.1	0.9	2.00	2.22	3.0	2.5	2.8	2.9	11.20	12.44
Court Sorcerer Gloves	1.0	1.1	1.0	1.1	0.5	1.0	4.20	4.20	3.2	3.0	3.6	3.5	13.30	13.30
Shadow Gauntlets	1.6	1.4	1.6	1.6	1.1	1.3	6.20	4.77	1.6	1.9	2.2	1.6	7.30	5.62
Follower Gloves	1.7	2.5	1.9	2.3	0.6	1.7	8.40	4.94	2.5	2.1	2.7	2.1	9.40	5.53
Hard Leather Gauntlets	2.1	2.2	2.1	2.1	0.8	2.0	8.50	4.25	1.5	1.7	1.0	1.5	5.70	2.85
Northern Gloves	2.2	2.9	2.2	2.2	0.7	2.3	9.50	4.13	0.8	2.5	2.0	0.8	6.10	2.65
Dancer's Gauntlets	2.8	2.0	3.2	3.1	1.7	2.4	11.10	4.63	2.2	1.7	2.4	2.6	8.90	3.71
Nameless Knight Gauntlets	3.0	2.6	3.3	2.9	2.2	2.8	11.80	4.21	2.1	3.1	2.3	2.1	9.60	3.43
Outrider Knight Gauntlets	3.4	2.4	3.3	3.4	2.7	2.9	12.50	4.31	2.4	3.0	2.4	1.6	9.40	3.24
Wolf Knight Gauntlets	3.2	2.8	3.3	3.3	1.6	3.1	12.60	4.06	2.0	3.1	1.4	2.7	9.20	2.97
Elite Knight Gauntlets	3.4	2.8	3.5	3.4	2.3	3.4	13.10	3.85	2.6	3.0	2.0	2.4	10.00	2.94
Knight Gauntlets	3.7	3.2	3.7	3.6	2.5	3.5	14.20	4.06	2.5	2.9	2.1	2.5	10.00	2.86
Dragonslayer Gauntlets	3.7	3.0	4.1	4.1	4.2	4.1	14.90	3.63	3.3	3.7	3.7	2.6	13.30	3.24
Sunset Gauntlets	4.1	3.5	4.1	3.9	4.0	4.4	15.60	3.55	2.6	3.1	2.4	3.0	11.10	2.52
Black Iron Gauntlets	4.6	2.9	4.6	4.4	4.4	5.1	16.50	3.24	2.8	3.8	2.8	3.1	12.50	2.45
Lapp's Gauntlets	4.6	3.9	4.6	4.6	4.9	5.1	17.70	3.47	3.1	3.2	2.8	3.1	12.20	2.39
Catarina Gauntlets	4.8	3.7	4.9	4.8	5.3	5.7	18.20	3.19	3.1	3.3	3.9	3.4	13.70	2.40
Smough's Gauntlets	4.8	4.9	4.6	4.0	6.9	9.4	18.30	1.95	3.3	3.2	3.4	3.5	13.40	1.43

Best Picks (A list made using only the items above that offer exceptional TPD/Weight Value + Good Total Elemental Defense)

Master's Gloves	0.4	0.4	0.4	0.3	0.0	0.3	1.50	5.00	1.9	1.5	1.7	1.9	7.00	23.33
Court Sorcerer Gloves	1.0	1.1	1.0	1.1	0.5	1.0	4.20	4.20	3.2	3.0	3.6	3.5	13.30	13.30
Follower Gloves	1.7	2.5	1.9	2.3	0.6	1.7	8.40	4.94	2.5	2.1	2.7	2.1	9.40	5.53
Dancer's Gauntlets	2.8	2.0	3.2	3.1	1.7	2.4	11.10	4.63	2.2	1.7	2.4	2.6	8.90	3.71
Outrider Knight Gauntlets	3.4	2.4	3.3	3.4	2.7	2.9	12.50	4.31	2.4	3.0	2.4	1.6	9.40	3.24
Knight Gauntlets	3.7	3.2	3.7	3.6	2.5	3.5	14.20	4.06	2.5	2.9	2.1	2.5	10.00	2.86
Dragonslayer Gauntlets	3.7	3.0	4.1	4.1	4.2	4.1	14.90	3.63	3.3	3.7	3.7	2.6	13.30	3.24
Lapp's Gauntlets	4.6	3.9	4.6	4.6	4.9	5.1	17.70	3.47	3.1	3.2	2.8	3.1	12.20	2.39

Legs

Complete List (each item listed upgrades TPD/Total Physical Defense)

Name	PHY	STRIKE	SLASH	THRUST	Poise	Weight	TPD	PD/Weight	MAGIC	FIRE	LIGHT	DARK	TED	ED/Weight
Loincloth	1.9	1.9	1.9	1.6	0.4	1.1	7.30	6.64	5.8	4.9	5.4	5.8	21.90	19.91
Loincloth #2	2.4	2.1	1.9	1.7	0.6	2.0	8.10	4.05	7.7	6.7	7.3	7.4	29.10	14.55
Fire Keeper Skirt	1.9	2.6	1.9	1.9	0.5	2.1	8.30	3.95	7.1	7.6	6.8	8.3	29.80	14.19
Grave Warden Skirt	2.0	1.5	4.3	2.5	0.3	2.2	10.30	4.68	4.8	4.8	6.0	1.7	17.30	7.86
Shadow Leggings	4.2	3.5	2.9	4.2	2.1	2.3	14.80	6.43	3.1	3.7	4.5	3.1	14.40	6.26
Deserter Trousers	4.2	4.7	4.2	4.2	2.1	3.1	17.30	5.58	5.0	5.0	5.9	7.0	22.90	7.39
Follower Boots	4.0	5.8	4.5	5.4	1.6	3.3	19.70	5.97	5.8	5.0	6.2	5.0	22.00	6.67
Drang Shoes	4.7	5.2	5.2	5.2	1.3	4.2	20.30	4.83	6.3	5.0	7.0	6.3	24.60	5.86
Northern Trousers	6.1	7.5	6.1	6.1	3.1	4.3	25.80	6.00	2.9	6.8	5.7	2.9	18.30	4.26
Herald Trousers	7.1	6.5	6.8	6.5	5.1	5.3	26.90	5.08	4.6	4.6	1.8	4.1	15.10	2.85
Slave Knight Leggings	7.7	6.2	7.7	5.8	5.5	5.4	27.40	5.07	3.2	4.5	3.2	4.0	14.90	2.76
Dark Leggings	8.0	6.1	7.1	6.8	6.4	6.1	28.00	4.59	6.5	5.3	2.9	6.1	20.80	3.41
Knight Leggings	8.3	7.0	8.3	7.9	7.6	6.6	31.50	4.77	5.4	6.2	4.4	5.4	21.40	3.24
Dragonslayer Leggings	8.1	6.5	8.9	8.9	10.3	8.1	32.40	4.00	6.3	6.9	6.9	4.9	25.00	3.09
Drakeblood Leggings	7.9	7.8	9.5	7.5	9.8	8.3	32.70	3.94	7.2	6.9	6.3	6.3	26.70	3.22
Silver Knight Leggings	7.9	7.3	9.4	9.0	11.0	8.8	33.60	3.82	7.6	7.3	6.7	6.7	28.30	3.22
Lothric Knight Leggings	8.8	6.8	10.6	8.4	12.1	8.9	34.60	3.89	7.1	7.7	5.4	6.5	26.70	3.00
Morne's Leggings	9.8	8.1	9.8	9.3	12.8	9.3	37.00	3.98	8.1	7.9	7.8	5.2	29.00	3.12
Black Iron Leggings	10.8	7.0	10.8	10.3	13.4	9.5	38.90	4.09	7.5	9.3	6.9	7.5	31.20	3.28
Lapp's Leggings	10.8	9.1	10.8	10.7	12.9	9.7	41.40	4.27	7.2	7.5	6.6	7.2	28.50	2.94
Harald Legion Leggings	11.0	10.0	11.1	11.0	12.9	10.8	43.10	3.99	7.6	7.7	7.3	8.1	30.70	2.84

Best Picks (A list made using only the items above that offer exceptional TPD/Weight Value + Good Total Elemental Defense)

Loincloth	1.9	1.9	1.9	1.6	0.4	1.1	7.30	6.64	5.8	4.9	5.4	5.8	21.90	19.91
Fire Keeper Skirt	1.9	2.6	1.9	1.9	0.5	2.1	8.30	3.95	7.1	7.6	6.8	8.3	29.80	14.19
Follower Boots	4.0	5.8	4.5	5.4	1.6	3.3	19.70	5.97	5.8	5.0	6.2	5.0	22.00	6.67
Drang Shoes	4.7	5.2	5.2	5.2	1.3	4.2	20.30	4.83	6.3	5.0	7.0	6.3	24.60	5.86
Northern Trousers	6.1	7.5	6.1	6.1	3.1	4.3	25.80	6.00	2.9	6.8	5.7	2.9	18.30	4.26
Slave Knight Leggings	7.7	6.2	7.7	5.8	5.5	5.4	27.40	5.07	3.2	4.5	3.2	4.0	14.90	2.76
Knight Leggings	8.3	7.0	8.3	7.9	7.6	6.6	31.50	4.77	5.4	6.2	4.4	5.4	21.40	3.24
Drakeblood Leggings	7.9	7.8	9.5	7.5	9.8	8.3	32.70	3.94	7.2	6.9	6.3	6.3	26.70	3.22
Silver Knight Leggings	7.9	7.3	9.4	9.0	11.0	8.8	33.60	3.82	7.6	7.3	6.7	6.7	28.30	3.22
Black Iron Leggings	10.8	7.0	10.8	10.3	13.4	9.5	38.90	4.09	7.5	9.3	6.9	7.5	31.20	3.28
Lapp's Leggings	10.8	9.1	10.8	10.7	12.9	9.7	41.40	4.27	7.2	7.5	6.6	7.2	28.50	2.94
Harald Legion Leggings	11.0	10.0	11.1	11.0	12.9	10.8	43.10	3.99	7.6	7.7	7.3	8.1	30.70	2.84