SIMPLE ENCUMBRANCE RULES for Role-Playing Games with 3D6 Strength by Mattias Wikström

This encumbrance system is based on items. The maximum number of items a person can carry is STRENGTH × 2. When the amount of items exceeds STRENGTH × 1, the person is considered to be encumbered and moves at half speed.

ITEMS

Items carried have to be of reasonable size and weight (a boat is not an item). Here are some examples of what could be considered an item:

100 Coins/1 Gallon	1 item	50' of Rope	1 item
Dagger	1 item	10' Pole	1 item
Sword	1 item	12 Iron Spikes	1 item
Halberd	1 item	6 Torches	1 item
Crossbow	1 item	1 Week of Rations	1 item

Clothes (not armor) that are worn, or small items, like most jewelry, crosses or herbs, do not add to encumbrance.

ARMOR

Armor adds to encumbrance as follows:

Shield	2 items	Chain Armor	5 items
Leather Armor	2 items	Plate Armor	8 items

CONTAINERS

Containers can be used to carry many items at once. The encumbrance of the containers themselves does not have to accounted for, as long as the container is made of a light material (like cloth or leather). Here are some examples of containers and their capacities:

Back Pack	10 items	Small Sack	5 items
Saddle Bags	20 items (2 bags)	Pouch	1 item
Large Sack	10 items	Belt	4 items

A humanoid person has the following natural containers or carry points:

Back	1 item	Arms	1 shield
Waist	1 belt	Hands	1 item each
Shoulders	1 item each		

Overloading these carry points or carrying items elsewhere might be feasible for a short while, but will prohibit any special movement (fighting, running, climbing, etc).