There are two types of damage in Bit Heroes:

Normal Damage comes from skills and certain bonuses and equipment. Both you and your opponent can proc pets, modifiers (Dual Strike, Quad Strike, Empower, Crit), and amplifiers.

True Damage comes from pets and certain attack effects. Unlike Normal Damage, true damage **cannot** proc pets, defensive modifiers, or amplifiers, but it can receive some offensive modifiers (Empower & Crit). The only item that can mitigate True Damage is Exothermic Jacket.

(See https://bit-heroes.fandom.com/wiki/Mechanics)

TinyURL Shareable Link: https://tinyurl.com/BH-Damage-Type-List

Amplifiers - True Damage or not?

Amplifier Term	Description
Shock	Shock is Normal Damage.
Combustion	Combustion is Normal Damage.
Vampirism	Vampirism is Normal Damage.
Extort	Extort is True Damage.
Freeze	Freeze is Normal Damage when being applied. When an enemy becomes Frozen they receive no damage from the proc.
Bleed	Bleed stacks when being applied are Normal Damage, but the Bleed procs (on enemy's turn) are True Damage.

Root	Root is Normal Damage.
Corrupt	Corrupt is Normal Damage.
Braveheart	Braveheart turns a skill (Normal Damage) into an attack that ignores mitigation, but not special "when you get hit" effects (Vampirism, etc).

Gear - True Damage or not?

Sets:	Location:	True/Normal:
Elcorvo 3/4	T17 Raid	"25% Chance to Root for 52% (46.8% - 57.2%) when you hit" is True Damage.
Elcorvo 4/4	T17 Raid	"When you hit a target with 4 Root stacks, remove them and deal 250% (225% - 275%) to them" is True Damage.
Aeneas 4/4	T18 Raid	"Consume enrage at the start of your turn to Shock furthest for the consumed value" is Normal Damage.
Montezuma 4/4	T14 T/G	"20% chance to damage all when you hit an enemy for 80%" is True Damage. However it

		is a special type of True Damage that is Air Damage based.
Witchum 2/4	T17 T/G	"15% to attack the closest enemy and shield self for 40% when you evade" is True Damage.
Seleucus 4/4	T18 T/G	"25% chance to Combust the fastest enemy for 50% (45% - 55%) when you get hit" is Normal Damage.
Taters 3/3	T7 Netherworld (WB)	"At the start of each turn, launch a Tayto at the weakest enemy for 13% (3.25% - 22.75%) damage" is True Damage.
Orvar 4/4	T16 Titans Attack (WB)	"Expender 3: Bleed all for 34% (30.6% - 37.4%)" is True Damage.
Einar 4/4	T16 Ignited Abyss (WB)	"20% Chance to attack the fastest enemy for 100% (80-120%) when you hit an enemy" is True Damage.
Hector 3/4	T17 Ignited Abyss	"20% Chance to

	(WB)	consume 1 SP when you hit an enemy and Freeze fastest enemy for 91% (81.9% - 100.1%) damage" is True Damage.
Hector 4/4	T17 Ignited Abyss (WB)	"Shatter: Inflict 250% damage on frozen enemies" is True Damage.
Thundercracker 4/4	T19 Nordic Dreams (WB)	"Expender 4 - Shock the closest enemy for 70%" is True Damage
Seidon 4/4	T20 T/G	"Expender 4 - Freeze enemy team for 10% (9% - 11%) and Sap" is True Damage.
Firent 4/4	T20 Raid	"20% chance to Combust strongest for 260% when you hit an enemy" Combustion stacks are True Damage but the Explosion proc is Normal Damage.
Thonderstriker 4/4	T20 Nordic	"50% chance to electric damage self for 10% when you receive healing" is True Damage.
Venturer 4/4	T21 Raid	"75% chance to Freeze furthest for

		100% (90% - 110%) when you heal from skills. 75% chance to Freeze closest for 100% (90% - 110%) when you shield from skills" is True Damage.
Skramblegg 4/4	T21 T/G	"Fire damage closest enemy for 17.5%, 3 times when any ally is revived" is Normal Damage.
Poshima 3/4	T21 Beef	"20% chance to bleed the enemy for 70% (63% - 77%) when you hit them" is True Damage.
Poshima 4/4	T21 Beef	"Remove all bleed stacks on a bleeding enemy and deal all damage instantly" is Normal Damage.
3X-Kvator 3/4	T21 Nordic	"30% chance to Root last attacker for 25% (22.5% - 27.5%) when you get hit" is True Damage.
Protoplague 4/4	T21 Goodall	"Whenever a teammate gains 4 stacks of Heartwood, remove them and deal 250% damage

		to the weakest enemy" is Normal Damage.
Mythics:	Location:	True/Normal:
Boreas Fire Eye	T15 Raid	"25% Chance to attack enemy team for 34% (27.2% - 40.8%) when you Evade" is True Damage.
Exothermic Mask	T17 Raid	"50% Chance to barrage an enemy with nanolites for 9% (6.3% - 11.7%) when you hit" is True Damage.
Souvenir of Kerana	T10 Netherworld (WB)	"2% Chance to attack closest for 100% on each of your teammates turns" is True Damage.
Rabid Skeever	T10 Melvin Factory (WB)	"When you hit an enemy, launch a skeever at the weakest enemy for 3.5-6.5% damage" is True Damage.
Leonidas Wings	T18 Ignited Abyss (WB)	"20% chance to deal 25% (22.5% - 27.5%) damage and Sap them when you hit an enemy" is True

		Damage.
Exothermic Hat	T17 Nordic Dreams (WB)	"20% Chance to Corrupt the attacker for 35% (31.5% - 38.5%) when you get hit" is Normal Damage.
Leonidas Crown	T18 Nordic Dreams (WB)	"25% chance to Root the attacker for 25% (22.5% - 27.5%) damage when you get hit" is Normal Damage.
Leonidas Fang	T18 T/G	"20% chance to drain against combusted enemies" is Normal Damage.
Ancients:	Location:	True/Normal:
Firium Helmet (Offensive Reforge)	T15	Shock/Combustion stacks are True Damage but the E.M.P./Explosion proc is Normal Damage. Freeze, Bleed, and Root are all True Damage.
Flamium Protector (Defensive Reforge)	T15	Vampirism and Root is True Damage.
Soul of Escarium (Offensive Reforge)	T16	Shock/Combustion stacks are True Damage but the E.M.P./Explosion

		proc is Normal Damage. Bleed, Root, and Freeze are True Damage.
Heart of Escarium (Defensive Reforge)	T16	Corrupt, Sap, and Drain are Normal Damage.