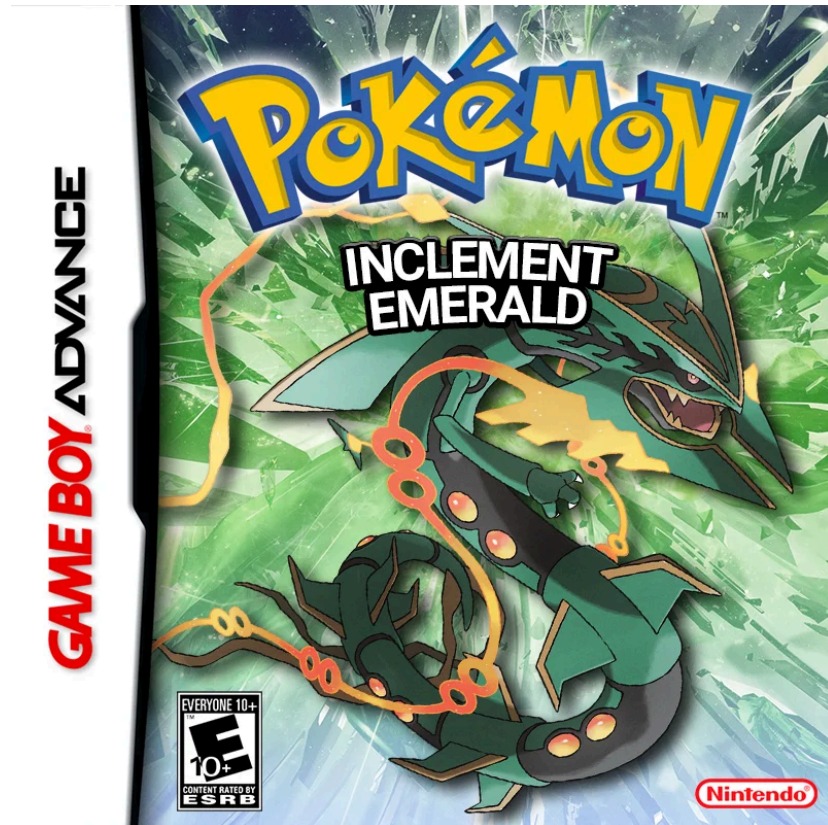


Mewlax's Professor Oak Challenge Guide
Pokemon Inclement Emerald (v1.13)
Normal Mode, Strict Level Caps



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1. The Basics

1.1. What is a Professor Oak Challenge?

Professor Oak has always had a dream to fill the pokedex, but he's too old to do it! It's up to you as a new trainer to complete that pokedex as much as you can independently by catching, evolving and breeding as many pokemon as possible. Professor Oak also isn't getting any younger, so you need to complete that dex as a priority! Maybe you should put your gym challenge on hold for a while...

In 2018, Reddit user named Chamale posted updates of a unique challenge on Pokemon Crystal which at the time didn't have a name but was referred to as 'Oak Mode' or a 'Professor Oak Run'. I was really intrigued by this style of gameplay and set out to play this on FireRed, writing a guide as I went along. After the success of this run I tried it on different versions. At the time, I was also looking into how far you could "Catch 'Em All" by yourself and also between versions of each generation without transferring from older games.

The basic concept of the challenge follows these simple rules:

- You have to catch and evolve (or breed) as many pokemon as is possible in the game until you can't proceed any further until a gym badge is required e.g. needing Wattson's badge to be able to use Rock Smash to advance. For parts where gyms can be done in any order, always get the badge that unlocks the most pokemon (covered in this guide).
- You cannot trade with other versions. This means that everything is obtained in a single copy of the game. Thankfully, all trade evolutions are given a different method to obtain them, so all pokemon are available. In-game trades are allowed as that NPC is in your version of the game.
- (Optional) – Call yourself 'Oak' or 'Prof. Oak' for fun.

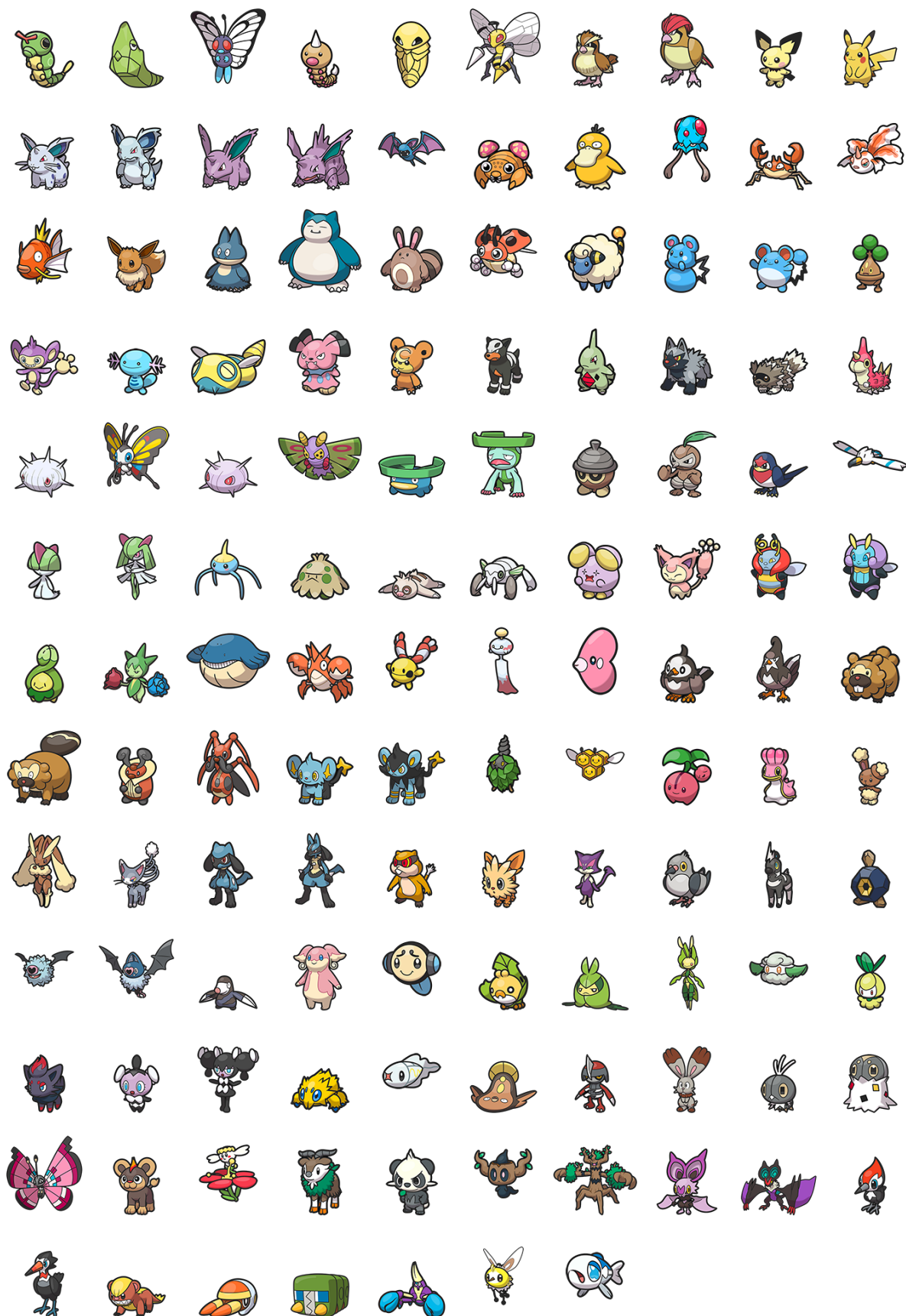
1.2. Tips on this version

- This will be a very grindy challenge. If you don't think you've got the patience, then now would be the time to back out.
- The level cap for each badge means that there's actually considerably less to do than a standard POC so there's no fully evolved starters or Exploud to worry about before Roxanne. Pokemon earn 1 exp per battle after hitting the level cap so it's not expected of you to evolve anything past that level in the first section of the game.
- The wild pokemon levels are actually affected by the overall level of your party. This means that by having higher levelled pokemon in your team you'll be able to battle stronger wild pokemon making the grinding much more bearable.
- This challenge is a fun alternative to a regular play through and you may really appreciate having to train pokemon up yourself that you never trained before. On the other hand you may end up despising certain pokemon due to their inability to attack when you first get them or their generally poor stats/levelling up moves.
- There's no dry battery issues to worry about! This means you can happily grow berries and don't need to panic when setting the clock at the start of the game.
- Please note that this is not a full guide to the game, I am only listing the pokemon you can catch at the earliest opportunities and any required items. I do not go into full detail on optimal exp gains or where to find the highest level for an individual pokemon etc. This playthrough and guide were done as a casual play rather than a speed run. Please consult other guides for a full walkthrough or more detailed information.

2. The Guide

Part 1 - Pre Badge 1 (Rustboro Gym)

Pokemon in this section:



Choices (Pick one starter):



Choices (Pick one Moon Stone evolution):



Level Cap: 14

This first part will cover everything you can do BEFORE you get that first badge from Roxanne.

Littleroot Town -

Starting off in your new home, you'll soon be given the chance to grab your first starter pokemon and you can even choose which region it's from. Thanks to the Level 14 level cap, this narrows your choice of starter to only two - either pick Johto to be able to pick Cyndaquil or Sinnoh for Chimchar. Both evolve exactly at the level cap giving one extra pokedex entry. Head north to Route 103 to meet your rival and then come back to Birch's lab to officially start your adventure.

- Cyndaquil--(Lv. 14)-->Quilava
- OR
- Chimchar--(Lv. 14)-->Monferno

Route 101 –

Back to the first route of the game where the following pokemon await their capture.

- Zigzagoon
- Poochyena
- Wurmple--(Lv. 7)-->Silcoon--(Lv. 10)-->Beautifly
- Wurmple--(Lv. 7)-->Cascoon--(Lv. 10)-->Dustox
- Zorua
- Lillipup
- Sewaddle

Evolving Wurmple into both evolutions could be frustrating for you as there's no way to know which it will evolve into. Alternatively you can catch a Silcoon/Cascoon in Petalburg woods although it won't have any attacking moves so you may need to bait and switch for it to level up.

Route 103 –

Pass through Oldale Town back to where you battled your rival where you can catch:

- Wingull
- Shellos
- Shinx
- Snubbull
- Blitzle
- Grubbin
- Kricketot--(Lv. 10)-->Kricketune
- (Fishing) Magikarp
- (Fishing) Tentacool

Route 102 –

Back to Oldale Town, head west this time to Route 102. Be sure to grab a second Gothita for an upcoming trade and you'll also want two Ralts if you're preparing for later sections and make sure at least one of these is male in order to get Gallade.

- Ralts
- Lotad--(Lv. 14)-->Lombre
- Seedot--(Lv. 14)-->Nuzleaf
- Bidoof
- Tympole
- Gothita
- Surskit
- (Fishing) Goldeen
- (Fishing) Corphish

You can't get a Water or Leaf Stone at this point in the game so Lombre and Nuzleaf will stay unevolved for a while. This is also the spot where you'll find your first berries but we'll cover the mechanics behind them shortly...

Petalburg City and Route 104 –

Go to the gym and help Wally catch his Ralts. Afterwards, make sure you're still good for pokeballs and head west out of town to Route 104 and catch some more pokemon.

- Taillow
- Azurill--(Happiness)-->Marill
- Sentret
- Pidove
- Litleo
- Budew--(Happiness during the day)-->Roselia
- Bunnelby
- Ledyba
- (Fishing) Luvdisc

Azurill and Budew are the first of several happiness/friendship pokemon to evolve in this section. Hold fire on working on these for now, something coming up will make this a lot easier.

Petalburg Woods –

You'll get the exp share here from the Devon worker which is customizable to give the holder more exp than normal should you want to use it (of course the standard gen 6+ exp share is always in effect). Lots more pokemon to catch here, also our first trade evolution that's not a trade evolution in this game. Phantump's evolution has been changed (along with every other trade evolution pokemon) to a different method that allows you to obtain its evolution. This is now a happiness/friendship evolution (covering a decent method on this in just a sec!). You can also catch both of Wurmple's cocoon evolutions if you're not having any luck with getting the right ones upon evolving Wurmple (or don't want to deal with the random outcomes).

- Shroomish
- Slakoth
- Phantump--(Happiness)-->Trevenant
- Pidgey
- Paras
- Buneary--(Happiness)-->Lopunny
- Pichu--(Happiness)-->Pikachu

Berries! –

Once you emerge from Petalburg Woods you'll be on Route 104 North. Visit the flower shop and speak to the girls inside. One of them will give you a full set of EV reducing berries which has a much more useful

function on your POC run. They provide a nice boost in friendship when given to a pokemon to consume! In addition to that, they have massive berry harvests and grow very quickly compared to main series games meaning that you'll be able to amass them very quickly if you use all the berry plots in the game so far (two here on 104 North, 1 on 104 South and one on Route 102). You'll also want to grab the Soothe Bell in the grass behind the shop. Give your friendship evolutions the Soothe Bell to hold, then feed them 10 EV berries (the ones that say they lower a base stat). A single level up will trigger the evolution. Buneary is the exception to this rule as its base happiness is significantly lower than normal, so if you can, catch it in a Friend Ball (Route 104 South through an alternate exit in Petalburg Woods). Even after doing the evolutions in this section, keep some berries growing to make all friendship evolutions throughout the run trivial.

The next thing to worry about with berries is that they can yield wild pokemon! At each stage of a berry's growth (sprouting, getting taller, flowering and fully grown) there is a different encounter table. It's a no brainer to use the EV berries for this as the fastest growing berries. If you save before interacting with a berry, if it does trigger a battle you can soft reset to get the right pokemon/gender.

For sprouting plants you can find:

- Caterpie--(Lv. 7)-->Metapod--(Lv. 10)-->Butterfree
- Weedle--(Lv. 7)-->Kakuna--(Lv. 10)-->Beedrill
- Scatterbug--(Lv. 9)-->Spewpa--(Lv. 12)-->Vivillon

Berries that are growing taller don't offer anything new, just evolutions of the previous table.

For flowering berries you can find:

- Combee (catch a female!)
- Flabebe
- Cutiefly
- Cherubi
- Volbeat
- Illumise

And finally, once the berry is fully grown, the following pokemon may appear:

- Crabrawler
- Burmy (male and female for later)
- Aipom
- Pikipik--(Lv. 14)-->Trumbeak
- Munchlax--(Happiness)-->Snorlax

Rustboro City –

While you're here, be sure to visit the cutter's house to get the HM for Cut in advance for later. Grab the second Gothita you caught and run to the house next to the gym to trade it away for a Pawniard. This pokemon is new to you in this section but also holds a Moon Stone which you only get one of in this section. You can use it on any of the below pokemon (some of which are still to be caught in this section):

- Pawniard
- Skitty/Eevee/Nidorina/Nidorino--(Moon Stone)-->Delcatty/Umbreon/Nidoqueen/Nidoking

A new addition to this version is a patch of grass on the south east side of the city which you can access by going round the railings. In the grass you'll be able to find the below pokemon. With all but one of Eevee's evolutions being changed to stone evolutions, the only one you'll have to worry about is if you want Umbreon as your Moon Stone Choice since everything else requires a stone we don't have access to yet or it's from learning a Fairy type move which it can't learn until Lv 15.

- Nidoran M
- Nidoran F
- Petilil
- Cottonee

- Eevee
- Glameow

Route 115 and Seaspray Cave –

Another new area to this game which you'll find on Route 115, north of Rustboro City. Plenty more pokemon to find here! For Wailmer, fish outside back on Route 115.

- Tynamo
- Zubat
- Psyduck
- Wooper
- Woobat--(Happiness)-->Swoobat
- Stunfisk
- (Fishing) Krabby
- (Fishing) Wishiwashi
- (Route 115 Fishing) Wailmer

Route 116 –

This time head out of the north east exit from Rustboro to Route 116 and catch a few new additions.

- Skitty
- Whismur
- Nincada
- Skiddo
- Starly--(Lv. 14)-->Staravia
- Mareep
- Riolu--(Happiness during the day)-->Lucario
- Joltik
- Houndour

Rusturf Tunnel –

Our final location of the section. It's not just Whismur here this time! Take note that Noibat is now a friendship evolution.

- Noibat--(Happiness during the night)-->Noivern
- Dunsparce
- Teddiursa
- Chingling--(Happiness during the night)-->Chimecho
- Drilbur
- Larvitar
- Roggenrola

Honey Encounters –

We may have visited our last location but there are some additional pokemon to catch thanks to two pokemon we caught...Combee and Cutiefly! Combee only has the ability Honey Gather, while Cutiefly has two potential abilities. You can get an Ability Pill in this section to change its ability if you got the wrong one. Having the pokemon with Honey Gather in your team after a battle can result in the pokemon gaining the item Honey. Of course having multiple pokemon in the team with the ability means more Honey farming. Once you have Honey you can use it from the menu whilst standing in any patch of grass to trigger an instant battle. Audino has a high encounter rate which is great for exp grinding and of course catching one for your dex. The remaining pokemon available are mostly evolved pokemon but there are some that we can't actually evolve due to the level cap, making this the only method of catching them this early. Swadloon can even evolve further, so be sure to catch one at Lv13 or lower to avoid the level cap.

- (Everywhere) Audino
- (Route 101) Swadloon--(Happiness)-->Leavanny
- (Route 102) Kirlia

- (Route 102) Gothorita
- (Route 102) Bibarel
- (Route 103) Charjabug
- (Route 103) Luxio
- (Route 104) Patrat
- (Route 104) Yungoos
- (Petalburg Woods) Pidgeotto
- (Route 116) Pancham
- (Route 116) Purrloin
- (Rustboro City) Nidorina
- (Rustboro City) Nidorino

Levelling up tips –

If you have the Honey to spare, Audino is obviously the best pokemon to defeat for exp. You will either be having a full party to sponge exp thanks to the built in exp share or you will want a team of high levelled pokemon in reserve to give Audino boosted levels. The choice is yours. If you're struggling to amass Honey, training in Seaspray Cave or Rusturf Tunnel was quite useful if you manage to encounter Stunfisk and Dunsparce in those locations respectively.

End of part 1:

Caught 130, Remaining 679

Part 2 - Pre Badge #2 (Dewford Gym)

Pokemon in this section:





Choices (Remaining 3 Moon Stone evolutions from the previous section):



Level Cap: 20

With the level cap now increased, there's a nice list of pokemon that can now be evolved from the previous section.

- Bonsly--(Level up knowing Mimic)-->Sudowoodo
- Eevee--(Level up with a Fairy type move)-->Sylveon
- Sentret--(Lv. 15)-->Furret
- Mareep--(Lv. 15)-->Flaaffy
- Lillipup--(Lv. 16)-->Herdier
- Ledyba--(Lv. 18)-->Ledian
- Marill--(Lv. 18)-->Azumarill
- Poochyena--(Lv. 18)-->Mightyena
- Slakoth--(Lv. 18)-->Vigoroth
- Flabebe--(Lv. 19)-->Floette
- Magikarp--(Lv. 20)-->Gyarados
- Wooper--(Lv. 20)-->Quagsire
- Zigzagoon--(Lv. 20)-->Linoone
- Nincada--(Lv. 20)-->Ninjask AND Shedinja (with a spare slot in your team)
- Whismur--(Lv. 20)-->Loudred
- Burmy male--(Lv. 20)-->Mothim
- Burmy female--(Lv. 20)-->Wormadam
- Patrat--(Lv. 20)-->Watchog
- Purrloin--(Lv. 20)-->Liepard
- Tynamo--(Lv. 20)-->Eelektrik

- Bunnelby--(Lv. 20)-->Diggersby
- Yungoos--(Lv. 20 during the day)-->Gumshoos

You'll take care of a couple of mandatory stops at Rusturf Tunnel and Devon Corp before being able to set off again. One NPC of note in the Devon building can make an eeveelution revert back to an Eevee whilst retaining its moveset. This means you can get all eeveelutions on a single Eevee with this NPC rather than catching multiple Eevee and of course you can have fun with some weird movesets.

Cutting Encounters -

Leave the Devon Corp building and Roxanne will intercept you allowing you to use her Anorith to use Cut on small trees. In this game it's not just for clearing paths. You can potentially get pokemon encounters from these which are route specific. Head back to Route 116 (towards Rusturf Tunnel), save in front of the bushes and see if you get the right encounter. On this route you'll find Spinarak and Fomantis.

- Spinarak
- Fomantis

Return to Petalburg Woods -

Another new section to this ROM hack. If you use Cut on the bushes as you re-enter the woods (no new Cut pokemon here) you can enter Area 2 of the woods. There's a Sun Stone here but don't worry too much about it as we can buy them later in the section.

- Venipede
- Pansage
- Panpour
- Pansear
- Morelull
- Bounsweet--(Lv. 18)-->Steenee
- (Cut) Exeggcute
- (Cut) Venonat

Then by leaving out of the southeastern corner of Area 2 you can reach Area 3. Grass encounters are not the only ones here. If you enter the cave to your right and repeatedly re-enter the place where you emerge you'll reach a small area with a TM that's surrounded by water.

- Oddish
- Bellsprout
- Yanma
- Croagunk
- Misdreavus
- Murkrow
- Emolga
- Dewpider
- (Honey) Goomy
- (Old Rod) Slowpoke--(Level up holding a King's Rock)-->Slowking
- (Old Rod) Poliwhag

Catch two Croagunk as one is for an upcoming trade. In order to evolve Slowpoke into Slowking you'll need to level it up whilst holding a King's Rock (the same can be said for Poliwhirl in the next section) which you can find via the Pickup ability from level 11-30 only. This is the place for branched evolutions! Since you'll be evolving Slowpoke into Slowbro later on, catch a second one now, same for Poliwhag and Oddish since they both have two evolution paths.

New Areas in Dewford Town –

Visit Mr Briney at his shack on Route 104 and take his boat to Dewford Town. While you're in town, fish here for a Staryu and a Shellder. You can also run east to the tip of the adjacent route which lets you catch Remoraid and Finneon. There's a trade in the trendy phrase hall where you can offer your spare

Croagunk for a Tropius. The fisherman who normally gives you the Old Rod in vanilla Emerald will instead give you the Eviolite if you want to make use of it when training unevolved pokemon.

- Staryu
- Shellder
- Remoraid
- Finneon
- Tropius

Next is Dewford Meadow which is just left of the gym. This new floral area has a few new encounters. If you didn't get a female Combee earlier then you can catch one here as a normal grass encounter.

- Oricorio
- (Honey) Spritzee
- (Honey) Swirlix

There's also a small shack complete with some new encounters. Mime Jr learns Mimic outside of the level cap, however you can use the "learn a new move" feature at the pokemon center now you have a badge to make it learn the move instantly.

- Gastly
- Solosis
- Litwick
- Rattata--(Lv. 20)-->Raticate
- Hoothoot--(Lv. 20)-->Noctowl
- Mime Jr--(Level up knowing Mimic)-->Mr Mime

Route 106 and Granite Cave –

Before you enter, check the rocks outside the cave entrance to find a Prism Scale for Feebas's evolution later on. Fish here to catch a Clauncher and Skrelp. There's also some grass here where you'll be able to track down Inkay, Buizel and Chatot.

- Inkay
- Buizel
- Chatot
- Clauncher
- Skrelp

The encounters within the cave differ by area/floor. In the entrance room you'll be able to catch Geodude, Makuhita, Aron, Abra, Axew and Timburr. Then head down the ladder to look for Sableye, Mawile, Onix, Carbink, Cubone and Bronzor. When you eventually meet up with Steven Stone, stick around in the room to hunt down Beldum.

- Geodude
- Makuhita
- Aron
- Abra--(Lv. 16)-->Kadabra--(Happiness)-->Alakazam
- Axew
- Timburr
- Sableye
- Mawile
- Onix
- Carbink
- Cubone
- Bronzor
- Beldum--(Lv. 20)-->Metang

Route 109, Slateport City and Route 110 -

With the letter delivered to Steven Stone, Mr Briney can now take you further across the sea all the way to Slateport City. There's a couple of encounters on the beach as you arrive being Corsola and Mareanie via fishing. You'll also want to check the sandy mounds on the beach to find Pyukumuku and Sandygast. Catch a second Pyukumuku for a trade later (unless you don't mind trading your first one).

- Mareanie
- Corsola
- Pyukumuku
- Sandygast

You'll find Brawly in the queue at the Slateport Museum and he'll return to his gym for when you are ready to battle him. Fish here in town to find Horsea and Frillish. Horsea potentially holds a Dragon Scale so grab one now to prepare for Seadra's evolution into Kingdra later on.

- Horsea
- Frillish

We can't skip the gym like in regular Emerald so we'll hit a dead end on the northern route of Route 110 but it's at least enough for you to encounter the local pokemon here in the grass. Magnemite will sometimes hold a Metal Coat so if you can steal one or catch one with it then give it to Onix and level it up to evolve it into Steelix. If you use the move reminder on Mightyena, it can learn Thief to help with this or you can use the Stone Badge set of learnable moves from the same man to teach Covet to a lot of pokemon. .

- Electrike
- Gulpin
- Plusle
- Minun
- Trubbish
- Magnemite
- Pachirisu
- Stunky
- (Honey) Ekans
- (Honey) Doduo
- Onix--(Level up holding a Metal Coat)-->Steelix

Return to Slateport and get ready for some shopping to round off the section. A potentially useful item in the market is the Training Band which will give 5x experience if given the item to hold AND its level is at least 5 lower than your highest team member. Somewhat situational given that wild pokemon scale to your party's levels but it's there for some potentially speedy catching up in levels, particularly when the level cap jumps in the next section and you've got Pokémon that can now evolve.

Of course the most helpful part of your shopping trip will be done at the Poke Mart where you can buy Leaf, Fire, Water, Thunder, Ice, Sun and Moon Stones to evolve everything you've caught so far including the three Moon Stone evolutions you didn't choose in the last section. If you need more money, Trubbish on Route 110 sometimes holds Nuggets, alternatively thieving from Staryu and Shellder as the only fishing encounters in Dewford Town can get you Stardust, Star Pieces, Pearls or Big Pearls. If you've been using Pickup a lot then you likely have an excess of items like Ethers to sell. Pick up an additional Ice Stone if you can afford it for the next section (not for an evolution).

- Nuzleaf--(Leaf Stone)-->Shiftry
- Pansage--(Leaf Stone)-->Simisage
- Eevee--(Leaf Stone)-->Leafeon
- Exeggcute--(Leaf Stone)-->Exeggutor (or use the Sun Stone for Alolan Exeggutor)
- Eevee--(Fire Stone)-->Flareon
- Pansear--(Fire Stone)-->Simisear

- Eevee--(Water Stone)-->Vaporeon
- Lombre--(Water Stone)-->Ludicolo
- Panpour--(Water Stone)-->Simipour
- Staryu--(Water Stone)-->Starmie
- Shellder--(Water Stone)-->Cloyster
- Eevee--(Thunder Stone)-->Jolteon
- Pikachu--(Thunder Stone)-->Raichu (or use the Sun Stone for Alolan Raichu)
- Eelektik--(Thunder Stone)-->Eelektross
- Eevee--(Ice Stone)-->Glaceon
- Crabrawler--(Ice Stone)-->Crabominable
- Eevee--(Sun Stone)-->Espeon
- Petilil--(Sun Stone)-->Lilligant
- Cottonee--(Sun Stone)-->Whimsicott
- Skitty/Eevee/Nidorina/Nidorino--(Moon Stone)-->Delcatty/Umbreon/Nidoqueen/Nidoking

Levelling Up Tips:

I found Dewford Meadow to be really nice thanks to Butterfree and Oricorio making a decent chunk of the encounters. Of course having higher leveled pokemon in your team to push up their levels helps and you can make use of the Training Band if the levels wildly differ between your pokemon. You are now able to buy Honey from the Pokemon Center shops, so if Audino training is what you'd prefer then this is an option if you have the money (or patience for Honey Gather) to do it.

End of part 2:

Caught 253, Remaining 556

Part 3 - Pre Badge #3 (Mauville Gym)

Pokemon in this section:





Choices (Starter you did not pick and its middle evolution):



Level Cap: 30

Another big list of evolutions that can now take place with the level cap being raised. Although you can now farm Rare Candy via the Pickup ability from Lv21+ the level cap actually prevents them from being

used on a pokemon that's already at the cap, so thankfully you won't need to rely on those to evolve everything!

- Combee female--(Lv. 21)-->Vespiquen
- Pidove--(Lv. 21)-->Tranquill
- Oddish--(Lv. 21)-->Gloom--(Leaf Stone)-->Vileplume
- Oddish--(Lv. 21)-->Gloom--(Sun Stone)-->Bellossom
- Bellsprout--(Lv. 21)-->Weepinbell--(Leaf Stone)-->Victreebel
- Spinarak--(Lv. 22)-->Ariados
- Zubat--(Lv. 22)-->Golbat--(Happiness)-->Crobat
- Tailow--(Lv. 22)-->Swellow
- Ekans--(Lv. 22)-->Arbok
- Surskit--(Lv. 22)-->Masquerain
- Venipede--(Lv. 22)-->Whirlipede--(Lv. 30)-->Scolipede
- Dewpider--(Lv. 22)-->Araquanid
- Snubbull--(Lv. 23)-->Granbull
- Shroomish--(Lv. 23)-->Breloom
- Paras--(Lv. 24)-->Parasect
- Houndour--(Lv. 24)-->Houndoom
- Morelull--(Lv. 24)-->Shiinotic
- Makuhita--(Lv. 24)-->Hariyama
- Geodude--(Lv. 25)-->Graveler--(Happiness)-->Golem
- Wingull--(Lv. 25)-->Pelipper
- Cherubi--(Lv. 25)-->Cherrim
- Roggenrola--(Lv. 25)-->Boldore--(Happiness)-->Gigalith
- Timburr--(Lv. 25)-->Gurdurr--(Happiness)-->Conkeldurr
- Tympole--(Lv. 25)-->Palpitoad
- Cutiefly--(Lv. 25)-->Ribombee
- Remoraid--(Lv. 25)-->Octillery
- Gastly--(Lv. 25)-->Haunter--(Happiness)-->Gengar
- Poliwhag--(Lv. 25)-->Poliwhirl--(Water Stone)-->Poliwrath
- Poliwhag--(Lv. 25)-->Poliwhirl--(Level up holding a King's Rock)-->Politoed
- Electrike--(Lv. 26)-->Manectric
- Buizel--(Lv. 26)-->Floatzel
- Gulpin--(Lv. 26)-->Swalot
- Blitzle--(Lv. 27)-->Zebstrika
- Trumbeak--(Lv. 28)-->Toucannon
- Krabby--(Lv. 28)-->Kingler
- Cubone--(Lv. 28)-->Marowak
- Steenee--(Level up knowing Stomp)-->Tsareena
- Inkay--(Lv. 30)-->Malamar
- Zorua--(Lv. 30)-->Zoroark
- Shellos--(Lv. 30)-->Gastrodon
- Luxio--(Lv. 30)-->Luxray
- Kirlia--(Lv. 30)-->Gardevoir
- Flaaffy--(Lv. 30)-->Ampharos
- Teddiursa--(Lv. 30)-->Ursaring
- Larvitar--(Lv. 30)-->Pupitar
- Tentacool--(Lv. 30)-->Tentacruel
- Magnemite--(Lv. 30)-->Magnetron
- Corphish--(Lv. 30)-->Crawdaunt

Off to Mauville -

Go to the Slateport Museum and clear out Team Aqua. Speak to the grunt near the entrance to get the Thief TM. With Team Aqua now out of the way on Route 110 you can begin your trip to Mauville City. There are of course several stops along the way. You'll now be able to fish in the water of this route for a Chinchou. There's also the Trick House which is just up ahead. You'll be able to do the first of his rooms

where you can pick up a Dawn Stone. DO NOT FINISH THE ROOM WITHOUT PICKING IT UP! With this stone you'll be able to evolve a male Kirlia into Gallade. Next you can journey to the left of the trick house where you can use Cut to pick up a Pineco. Then you can hike all the way to Mauville with a rival encounter on the way. Be seriously prepared for this battle!

- Chinchou--(Lv. 27)-->Lanturn
- Male Kirlia--(Dawn Stone)-->Gallade
- Pineco

Mauville City -

I hope you have deep pockets or are addicted to gambling because this run is about to get expensive. First off in the PokeMart you can buy some evolution items such as Metal Coat or King's Rock in case you haven't evolved Poliwhirl into Politoed yet and you can also come and pick these up later for evolutions such as Scyther into Scizor. Two items you can buy here are the Sacht and Whipped Dream which evolve Spritzee and Swirlx respectively when levelled up holding these items.

- Spritzee--(Level up holding Sacht)-->Aromatise
- Swirlx--(Level up holding Whipped Dream)-->Slurpuff

Next up is the Game Corner...Go back to Slateport and pick up an Ice Stone if you didn't already (remember you can use Fly without a gym badge) and go to the house next to the Game Corner where you can trade the stone for a Coin Case which now means you can buy and gamble with coins. The prize counters offer many pokemon, the biggest drag to this is that ALL starters can be obtained here. This means you'll need to exchange 2,500 coins for each one, minus the one you picked at the beginning of the run. On top of that, there's a further selection of pokemon to exchange coins for including Porygon, Alolan Vulpix, Alolan Sandshrew, Alolan Grimer and Alolan Diglett. If you like gambling, go for it, but the preferable method would be to buy the coins. You'll need a total of 63,000 game corner coins which equates to 630,000 poke dollars. You can buy the Luck Incense at the Slateport market which doubles your prize money and could be useful to have your pokemon hold as you clear all the trainers out of the surrounding routes. Otherwise it's back to stealing held items. Using the Thief TM to teach it to a pokemon with Compound Eyes ability (e.g. Butterfree, Venomoth) you can increase the odds that the wild pokemon are holding an item. To evolve Porygon, buy the Upgrade from the Mauville PokeMart.

- Bulbasaur--(Lv. 16)-->Ivysaur
- Charmander--(Lv. 16)-->Charmeleon
- Squirtle--(Lv. 16)-->Wartortle
- Chikorita--(Lv. 16)-->Bayleef
- Cyndaquil--(Lv. 14)-->Quilava
- Totodile--(Lv. 16)-->Croconaw--(Lv. 30)-->Feraligatr
- Treecko--(Lv. 16)-->Groville
- Torchic--(Lv. 16)-->Combusken
- Mudkip--(Lv. 16)-->Marshomp
- Turtwig--(Lv. 16)-->Grotle
- Chimchar--(Lv. 14)-->Monferno
- Piplup--(Lv. 16)-->Prinplup
- Snivy--(Lv. 16)-->Servine
- Tepig--(Lv. 16)-->Pignite
- Oshawott--(Lv. 16)-->Dewott
- Chespin--(Lv. 16)-->Quilladin
- Fennekin--(Lv. 16)-->Braixen
- Froakie--(Lv. 16)-->Frogadier
- Rowlet--(Lv. 16)-->Dartrix
- Litten--(Lv. 16)-->Torracat
- Popplio--(Lv. 16)-->Brionne
- Porygon--(Level up holding Upgrade)-->Porygon2
- Alolan Vulpix--(Ice Stone)-->Alolan Ninetales
- Alolan Sandshrew--(Ice Stone)-->Alolan Sandslash

- Alolan Grimer
- Alolan Diglett--(Lv. 26)-->Alolan Dugtrio

Cycling Tour -

Grab a Mach Bike from Mauville City and you'll be able to ride up some of the steep slopes in the game. There's a few items here and there but the only worthwhile place to go is Seaspray Cave north of Rustboro City where you can access the icy basement where there's lots more pokemon waiting for you. In the lower end of the room you'll find a hidden Ice Stone if you haven't evolved your Alolan Sandshrew or Vulpix yet. You can use the Dowsing Machine you received earlier to help find it. If you take the ladder in this section back up you'll also be able to pick up a hidden Dawn Stone on the lone rock above you to evolve a female Snorunt into Froslass. In a strange twist, there's also Honey encounters down here!

- Seel
- Swinub
- Snorunt--(Lv. 30)-->Glalie
- Snorunt Female-->Dawn Stone-->Froslass
- Sneasel
- Bergmite
- Smoochum--(Lv. 30)-->Jynx
- Vanillite--(Lv. 25)-->Vanillish
- Spheal
- (Honey) Cubchoo
- (Honey) Snover
- (Honey) Delibird
- (Honey) Cryogonal

Routes Surrounding Mauville -

A quick stop off to the east of Mauville onto Route 118 where you can fish for a Carvanha. Then go north from Mauville to Route 111 to fish for Barboach (you can also battle the Winstrate family if you want a Life Orb).

- Carvanha--(Lv. 30)-->Sharpedo
- Barboach--(Lv. 30)-->Whiscash

Next, go west from Mauville onto Route 117. This is where the daycare is for your breeding needs but it isn't really utilised in the run since we have been catching pokemon at their lowest forms. There is a free egg with a Togepi in it though. Alternatively you can catch a Togetic shortly and breed it. It doesn't end there though! If you revisit the woman every day you can receive an egg from her which will have a set list of pokemon, each with special moves. You can save before receiving the egg to ensure you get the right pokemon. There are 17 different pokemon in this pool, some of which are duplicates of pokemon we already have, so you'll need to soft reset to get all of the below pokemon from her. Have a pokemon with the Flame Body ability in your party to hatch the eggs faster. If you didn't pick up the Prism Scale earlier, head back to Granite Cave on Dewford Island where the scale is hidden in one of the rocks outside the entrance (use the dowsing machine if you're stuck).

- Togepi--(Happiness)-->Togetic
- Bagon--(Lv. 30)-->Shelgon
- Shuppet
- Rhyhorn
- Wimpod--(Lv. 30)-->Golisopod
- Ponyta
- Ferroseed
- Dratini--(Lv. 30)-->Dragonair
- Feebas--(Level up holding a Prism Scale)-->Milotic

In the grass of Route 117 you'll find Meowth (another candidate for stealing Nuggets from), Deerling, Minccino and Farfetch'd. With honey encounters you'll get Shelmet and Karrablast. They both evolve by

leveling up if the other pokemon is in the party. With the way that mechanic works, you'll need to catch a second of one of them. E.g. catch two Shelmet, one Karrablast. Evolve one of the Shelmet, then evolve the Karrablast with the second Shelmet in the party. Alternatively, just keep all 3 in your party and level them up at the same time but cancel the second Shelmet's evolution. Finally there's a single Cut encounter, that being Sunkern.

- Meowth--(Lv. 28)-->Persian
- Deerling
- Minccino
- Farfetch'd
- (Honey) Shelmet--(Level up with Karrablast in the party)-->Accelgor
- (Honey) Karrablast--(Level up with Shelmet in the party)-->Escavalier
- (Cut) Sunkern--(Sun Stone)-->Sunflora

Verdanturf Town -

Our final stop of the section. Grab a Pyukumuku and check the house for a trade for Happiny. You can buy an Oval Stone from the Slateport PokeMart to evolve it.

- Happiny--(Level up holding an Oval Stone during the day)-->Chansey--(Happiness)-->Blissey

You can head to a new area south of the town to Verdant Glade. The lady here will give you a free Audino which is holding a Lucky Egg which boosts exp gained if the user is holding it. There's a few grass encounters here and if you didn't get the Togepi egg then Togetic is a Honey encounter which you'll need to breed to get Togepi.

- Munna--(Moon Stone)-->Musharna
- Espurr--(Lv. 25)-->Meowstic
- Stufful--(Lv. 27)-->Bewear

Levelling Tips –

Again, just stick to an area where strong/evolved pokemon live that give decent exp. Use the Training Band for any large level gaps and the Lucky Egg once that gap has been closed. Verdant Glade isn't a bad spot with 50% of its encounters being evolved pokemon and Honey encounters there being Audino, Togetic and Ribombee making up 100% of those encounters.

End of part 3:

Caught 420, Remaining 389

Part 4 - Pre Badge #4 (Lavaridge Gym)

Pokemon in this section:







Level Cap: 40

A very big list of pokemon to evolve! After this there are only a handful of evolutions that go beyond the current level cap so this is the last big grind like this. To evolve your Piloswine, use the Pokemon Center Move Relearner to learn it.

- Pineco--(Lv. 31)-->Forretress
- Drilbur--(Lv. 31)-->Excadrill
- Venonat--(Lv. 31)-->Venomoth
- Finneon--(Lv. 31)-->Lumineon
- Litwick--(Lv. 31)-->Lampent
- Doduo--(Lv. 31)-->Dodrio
- Spheal--(Lv. 32)-->Sealeo
- Ivysaur--(Lv. 32)-->Venusaur
- Bayleef--(Lv. 32)-->Meganium
- Grotle--(Lv. 32)-->Torterra
- Tranquill--(Lv. 32)-->Unfezant
- Skiddo--(Lv. 32)-->Gogoat
- Solosis--(Lv. 32)-->Duosion
- Aron--(Lv. 32)-->Lairon
- Herdier--(Lv. 32)-->Stoutland
- Aipom--(Level up knowing Double Hit)-->Ambipom
- Pancham--(Lv. 32 with a Dark type in the party)-->Pangoro
- Horsea--(Lv. 32)-->Seadra--(Level up holding a Dragon Scale)-->Kingdra
- Psyduck--(Lv. 33)-->Golduck
- Swinub--(Lv. 33)-->Piloswine-->Level up knowing Ancient Power-->Mamoswine
- Yanma--(Level up knowing Ancient Power)-->Yanmega
- Goldeen--(Lv. 33)-->Seaking
- Dartrix--(Lv. 34)-->Decidueye
- Torracat--(Lv. 34)-->Incineroar
- Brionne--(Lv. 34)-->Primarina
- Staravia--(Lv. 34)-->Staraptor
- Seel--(Lv. 34)-->Dewgong
- Fomantis--(Lv. 34 during the day)-->Lurantis
- Stunky--(Lv. 34)-->Skuntank
- Deerling--(Lv. 34)-->Sawsbuck

- Litleo--(Lv. 35)-->Pyroar
- Charmeleon--(Lv. 36)-->Charizard
- Wartortle--(Lv. 36)-->Blastoise
- Quilava--(Lv. 36)-->Typhlosion
- Grovyle--(Lv. 36)-->Sceptile
- Combusken--(Lv. 36)-->Blaziken
- Marstomp--(Lv. 36)-->Swampert
- Monferno--(Lv. 36)-->Infernape
- Prinplup--(Lv. 36)-->Empoleon
- Servine--(Lv. 36)-->Serperior
- Pignite--(Lv. 36)-->Emboar
- Dewott--(Lv. 36)-->Samurott
- Quilladin--(Lv. 36)-->Chesnaught
- Braixen--(Lv. 36)-->Delphox
- Frogadier--(Lv. 36)-->Greninja
- Palpitoad--(Lv. 36)-->Seismitoad
- Vigoroth--(Lv. 36)-->Slaking
- Pidgeotto--(Lv. 36)-->Pidgeot
- Joltik--(Lv. 36)-->Galvantula
- Trubbish--(Lv. 36)-->Garbodor
- Vanillish--(Lv. 37)-->Vanilluxe
- Bergmite--(Lv. 37)-->Avalugg
- Croagunk--(Lv. 37)-->Toxicroak
- Slowpoke--(Lv. 37)-->Slowbro
- Cubchoo--(Lv. 37)-->Beartic
- Clauncher--(Lv. 37)-->Clawitzer
- Skrelp--(Lv. 37)-->Dragalge
- Shuppet--(Lv. 37)-->Banette
- Glameow--(Lv. 38)-->Purugly
- Mareanie--(Lv. 38)-->Toxapex
- Axew--(Lv. 38)-->Fraxure
- Bronzor--(Lv. 38)-->Bronzong
- Grimer--(Lv. 38)-->Muk
- Ferroseed--(Lv. 40)-->Ferrothorn
- Frillish--(Lv. 40)-->Jellicent
- Loudred--(Lv. 40)-->Exploud
- Wailmer--(Lv. 40)-->Wailord
- Goomy--(Lv. 40)-->Sliggoo
- Ponyta--(Lv. 40)-->Rapidash
- Snover--(Lv. 40)-->Abomasnow

Rock Smash -

Now you're free to use Rock Smash to go north from Mauville City. Aside from that, there are a few encounters you can check out which will get you some new pokemon. If you use Rock Smash on Route 106 outside Granite Cave you can find Binacle and Dwebble, while in Granite Cave itself you can encounter Nosepass (and Dwebble again if you haven't found it yet). That's it for now, however we have a painful mission here. Using Rock Smash on any rocks in the game all yield the same pool of items. Among those items include ALL fossils which can be revived at Devon Corporation in Rustboro City. You'll need to collect the Helix Fossil, Dome Fossil, Old Amber, Root Fossil, Claw Fossil, Skull Fossil, Armor Fossil, Plume Fossil, Cover Fossil, Sail Fossil and Jaw Fossil to revive the below pokemon respectively. The adjustment of levels based on your team (like with wild pokemon) also works here, so having a high levelled team means you can get the fossils at or above their evolution levels. You'll get very sick of seeing the Rock Smash animation during this part! For good locations to search, I'd suggest the Granite Cave basement as there's quite a few down there (and you can soft reset) or, even though we haven't got there yet, outside the entrance to Meteor Falls worked quite well. There's a singular rock a few spaces from the entrance which you can smash and then enter/exit the cave to respawn it.

- Binacle--(Lv. 39)-->Barbaracle
- Dwebble--(Lv. 34)-->Crustle
- Nosepass--(Thunder Stone)-->Probopass
- Omanyte--(Lv. 40)-->Omastar
- Kabuto--(Lv. 40)-->Kabutops
- Aerodactyl
- Lileep--(Lv. 40)-->Cradily
- Anorith--(Lv. 40)-->Armaldo
- Cranidos--(Lv. 30)-->Rampardos
- Sheldon--(Lv. 30)-->Bastiodon
- Archen--(Lv. 37)-->Archeops
- Tirtouga--(Lv. 37)-->Carracosta
- Amaura--(Lv. 39 during the night)-->Aurorus
- Tyrunt--(Lv. 39 during the day)-->Tyrantrum

Route 112, Fiery Path and Route 113 -

If you go north from Mauville City you'll meet Nurse Joy who asks you to return her Chansey, Blob, in exchange for a Poke Vial upgrade. In the grass of Route 112 you'll be able to catch a lot of new pokemon. Catch multiple Tyrogue to get all three of its evolutions. Hitmonchan and Hitmonlee can be found via Honey but not the more desirable Hitmontop. Hold off on these evolutions for now, you'll find a neat tip for adjusting stats shortly. Be sure to catch a female Machoke for breeding.

- Numel--(Lv. 33)-->Camerupt
- Machoke--(Happiness)-->Machop
- Tyrogue--(Lv. 20 with Atk higher than Def)-->Hitmonlee
- Tyrogue--(Lv. 20 with Def higher than Atk)-->Hitmonchan
- Tyrogue--(Lv. 20 with Atk and Def equal)-->Hitmontop
- Sawk
- Throh
- Rufflet--(Lv. 34)-->Braviary
- Vullaby--(Lv. 34)-->Mandibuzz

Enter the cave near the cable car entrance to reach Fiery Path. Again, a nice selection of new pokemon here. Once you emerge you'll be back on Route 112. Make use of the rest house here if needed.

- Slugma--(Lv. 38)-->Magcargo
- Torkoal
- Koffing--(Lv. 35)-->Weezing
- Magby--(Lv. 30)-->Magmar
- Heatmor
- Durant

Next is the ash-covered Route 113 where you'll be able to catch the below. You can encounter Mienshao and Talonflame via Honey but they're very rare and not really worth the effort. Catch a female Fletchinder/Talonflame for breeding. You can pick up a Shiny Stone here but we are literally about to be able to purchase them.

- Spinda
- Klefki
- Scraggy--(Lv. 39)-->Scrafty
- Bouffalant
- Skarmory
- Fletchinder--(Lv. 35)-->Talonflame
- Mienfoo--(Lv. 40)-->Mienshao

Fallarbor Town -

At the Poke Mart in this town you'll be able to purchase Dusk Stones, Shiny Stones and Dawn Stones meaning that we can now buy any evolution stone in the game. With these extra stones we can now evolve the following pokemon:

- Roselia--(Shiny Stone)-->Roserade
- Floette--(Shiny Stone)-->Florges
- Minccino--(Shiny Stone)-->Cinccino
- Togetic--(Shiny Stone)-->Togekiss
- Misdreavus--(Dusk Stone)-->Mismagius
- Murkrow--(Dusk Stone)-->Honchkrow
- Lampent--(Dusk Stone)-->Chandelure

A couple of useful characters in town can EV train your pokemon for cash (useful for raising a decent team member from scratch for some of the difficult battles) and also change your IVs in exchange for a Bottle Cap. You'll likely be swimming in these after searching for fossils, so this can be good for your team members but also helpful for adjusting Tyrogue's stats if you want to manipulate its Atk and Def stats to get the right evolutions.

Route 114 and the Good Rod -

West of Fallarbor Town onto Route 114. First, the grass encounters. You'll find Swablu, Ducklett, Zangoose, Seviper, Phanpy and Skorupi. Shuckle can also be found via Rock Smash here.

- Swablu--(Lv. 35)-->Altaria
- Ducklett--(Lv. 35)-->Swanna
- Zangoose
- Seviper
- Phanpy--(Lv. 25)-->Donphan
- Skorupi--(Lv. 40)-->Drapion
- Shuckle

A fisherman on the bridge will give you the Good Rod. Most of the encounters from previous routes will just be evolved pokemon that you already caught with the Old Rod, however there are a few extra pokemon you can catch. On Route 109 you'll be able to hook a Bruxish, Alomomola is in Slateport City, Qwilfish on Route 115 and Basculin on Route 118. You may need to fish up several Bruxish and use Thief to obtain a Razor Fang from it for an upcoming evolution.

- Bruxish
- Alomomola
- Qwilfish
- Basculin

Meteor Falls -

Enter the cave and you'll shortly be brought into battle against Team Magma. You're now free to explore the cave and catch the pokemon here. Catch a female Clefairy for breeding.

- Lunatone
- Solrock
- Clefairy--(Moon Stone)-->Clefable
- Minior
- Deino--(Lv. 40)-->Zweilous
- Druddigon

Jagged Pass, Ember Path and Ashen Woods -

Return to the cable car on Route 112 and go up to battle more Team Magma members. Once that's done you can descend down Jagged Pass. Some new pokemon here and more evolved pokemon that you'll

need to catch females of (Primeape, Fearow and Grumpig). Using the stolen Razor Fang from Bruxish you can evolve Gligar. Stealing a Razor Claw from Jangmo-o is also a possibility to evolve your Sneasel.

- Grumpig
- Salandit female--(Lv. 33)-->Salazzle
- Primeape
- Gligar--(Level up at night holding a Razor Fang)-->Gliscor
- Fearow
- Mudbray--(Lv. 30)-->Mudsdale
- Jangmo-o--(Lv. 35)-->Hakamo-o
- Turtonator
- Sneasel--(Level up at night holding a Razor Claw)-->Weavile

As you reach the bottom of the pass you'll see Blob head into an opening. Follow it into Ember Path. Turn left immediately and check the rocks at the end to find a Magmarizer to evolve your Magmar. If you haven't evolved Magby yet, you can also catch a wild Magmar here as well as a Magcargo if Slugma hasn't evolved yet.

- Magmar--(Level up holding a Magmarizer)-->Magmortar
- Larvesta

On the other side of Ember Path you'll reach Ashen Woods. You can finally corner Blob and return it to Nurse Joy for the Poke Vial upgrade but not before catching the pokemon here. If you need another Metal Coat you can pick one up from Mauville City's Poke Mart.

- Growlithe--(Fire Stone)-->Arcanine
- Pinsir
- Heracross
- Scyther--(Level up holding a Metal Coat)-->Scizor

A Few More Eggs -

One last stop at Lavaridge Town where the next gym will be. Speak to the old lady in front of the hot springs to receive a Wynaut egg. With several evolved pokemon caught in this section we'll need to breed some to get their first stages.

- Wynaut--(Lv. 15)-->Wobbuffet
- Machoke/Machop--(Breed)-->Machop
- Fletchinder/Talonflame--(Breed)-->Fletchling
- Clefairy/Clefable--(Breed)-->Cleflea
- Primeape--(Breed)-->Mankey
- Fearow--(Breed)-->Spearow
- Grumpig--(Breed)-->Spink

Levelling Tips –

Ashen Woods is a very nice training spot thanks to almost every pokemon being an evolved one or a single stage pokemon that gives lots of exp. Audino also has a whopping 90% encounter rate with Honey. It's not the easiest location to get back and forth from though, so any location you choose with some high level pokemon in your team to push up the wild levels will work just fine.

End of part 4:

Caught 611, Remaining 198

Part 5 - Pre Badge #5 (Petalburg Gym)

Pokemon in this section:



Level Cap: 45

Our diminishing list of evolutions we haven't been able to complete. Very few pokemon left that can't evolve within the cap now!

- Gothorita--(Lv. 41)-->Gothitelle
- Duosion--(Lv. 41)-->Reuniclus
- Pawniard--(Lv. 42)-->Bisharp
- Sandygast--(Lv. 42)-->Palossand
- Lairon--(Lv. 42)-->Aggron
- Rhyhorn--(Lv. 42)-->Rhydon
- Sealeo--(Lv. 44)-->Walrein
- Metang--(Lv. 45)-->Metagross
- Hakamo-o--(Lv. 45)-->Kommo-o

Route 111 Desert -

Like in regular Emerald you'll be given to Go-Goggles which will now allow you to enter the desert route off of Route 112. Primarily you'll be catching a lot of ground types here.

- Sandile--(Lv. 29)-->Krokorok--(Lv. 40)-->Krookodile
- Cacnea--(Lv. 32)-->Cacturne
- Baltoy--(Lv. 36)-->Claydol
- Trapinch--(Lv. 35)-->Vibrava--(Lv. 45)-->Flygon
- Gible--(Lv. 24)-->Gabite
- Maractus
- Hippopotas--(Lv. 34)-->Hippowdon

Mirage Tower and Sandstrewn Ruins -

If you enter from the southern section of Route 112 you may see Mirage Tower appearing right at the entrance. If it doesn't, go to another route and come back until it does. Ignore the upward ladder entirely (as this can make the tower disappear if you take the fossils!) and go down instead where you'll eventually enter the Sandstrewn Ruins. In one of the rooms with fossils (which are now useless to us) you'll find a brownish/purple rock surrounded by Rock Smash rocks. Check the rock for a Protector which you can now attach to Rhydon to evolve it. There are of course some more pokemon to catch within the

Sandstrewn Ruins including evolved forms of pokemon already found (Gabite/Claydol). Whilst wandering the fossil rooms you will eventually come across a room with a pool of water. Fish here with any rod to catch Relicanth.

- Rhydon--(Level up holding a Protector)-->Rhyperior
- Yamask--(Lv. 34)-->Cofagrigus
- Golett--(Lv. 43)-->Golurk
- Darumaka--(Lv. 35)-->Darmanitan
- Honedge--(Lv. 35)-->Doublade--(Dusk Stone)-->Aegislash
- Sigilyph
- Relicanth

Continue to follow the ruins and eventually you'll emerge at a grassy area. Be sure to catch a female Xatu and Skiploom (these are the only two pokemon for breeding so we'll include their first forms here).

- Xatu-->Breed-->Natu
- Helioptile--(Sun Stone)-->Heliolisk
- Rockruff--(Lv. 25)-->Lycanroc (form depends on time of day)
- Girafarig
- Hawlucha
- Skiploom--(Lv. 27)-->Jumpluff--(Breed)-->Hoppip
- Meditite--(Lv. 37)-->Medicham

The Legend of Ember Path -

With access to Strength, there's one new pokemon waiting for you and it's the first legendary of the run! Push the boulder to the left of you as you enter Ember Path and Moltres will be stood amidst the lava. As with all legendaries, be sure to stock up on the best pokeballs you can. Ultra Balls work just fine (you can buy some of the various specialty pokeballs at some Pokemon Centers/Marts) but you'll want to get its HP as low as possible (e.g. False Swipe) and give it a non-lethal status effect (sleep works best). Of course you'll need lots of patience and you should save before approaching Moltres in case you fail.

- Moltres

Levelling Tips –

With only the desert and its ruins opened up, simply stick to whatever route you prefer from previous sections.

End of part 5:

Caught 661, Remaining 148

Part 6 - Pre Badge #6 (Mossdeep Gym)

Pokemon in this section:





Level Cap: 55

And finally, our last level cap evolutions, therefore the level cap won't be mentioned any more.

- Gabite--(Lv. 48)-->Garchomp
- Fraxure--(Lv. 48)-->Haxorus
- Larvesta--(Lv. 49)-->Volcarona
- Shelgon--(Lv. 50)-->Salamence
- Zweilous--(Lv. 54)-->Hydreigon
- Pupitar--(Lv. 55)-->Tyranitar
- Dragonair--(Lv. 55)-->Dragonite

Return to the Pokemon Center and speak to the move relearner and select the Mystery Gift option for a free Meloetta!

- Meloetta

Hoenn Surfing Tour –

With Surf now available to use in the field, there's plenty of backtracking to do! First let's head to Route 115 which is accessed north of Rustboro City where you can surf to a remote area with some grass that yields Jigglypuff and Tangela. No need to worry about catching females for breeding since Ditto is finally available in this section. If Tangela is too high levelled to have forgotten Ancient Power, just use the move relearner.

- Jigglypuff--(Moon Stone)-->Wigglytuff--(Breed)-->Igglybuff
- Tangela--(Level up knowing Ancient Power)-->Tangrowth

Next, let's check out the Abandoned Ship on the sea routes east of Dewford. Check those routes first to find a wild Mantyke and then head into the ship. Inside the ship you won't be able to fully explore yet without Dive, but if you locate the diving spot and fish with the Good Rod you can catch Dhelmise. Also venture further enough to find the room with the scientist and the Storage Key.

- Mantyke--(Level up with Remoraid in the party)-->Mantine
- Dhelmise

Pay a visit to Mauville City and Wattson will be out in the open with a task for you. He'll give you the key so you can enter New Mauville, a location entered south of the city by surfing on the water to find a cave entrance and then catch the below pokemon. You'll find the Electirizer in here to evolve Electabuzz. Bring Magnetron and Charjabug here to level them up for their final evolutions. Two more rare pokemon to catch here. Try to switch off the generator and it'll turn back on. Try it a few times to trigger a battle with Rotom. Also in one of the side rooms in New Mauville you'll find Zapdos so follow the usual strategy for catching legendaries.

- Togedemaru
- Elekid--(Lv. 30)-->Electabuzz--(Level up holding an Electirizer)-->Electivire
- Electrode--(Breed)-->Voltorb
- Klink--(Lv. 28)-->Klang--(Lv. 39)-->Klinklang
- Magnetron--(Level up in New Mauville)-->Magnezone
- Charjabug--(Level up in New Mauville)-->Vikavolt
- Rotom
- Zapdos

Not a surfing detour per se, but unlocked after defeating Norman. In Fallarbor Town you can access the Desert Underpass through the house on the west side of town. Here you can finally catch Ditto for your breeding needs. Follow the tunnel to the end and you'll end up in the Sandstrewn Ruins right next to an Odd Keystone. Take note of the cryptic message if you want but I'll give you the solution when we can finish the sidequest with it (literally the next paragraph!).

- Ditto

Route 118 –

The detour is over, now it's time to press on. Go east from Mauville City onto Route 118. On this route you'll be able to catch the below pokemon. BEFORE you evolve your Lickitung, bring it to the Storage Key room in the Abandoned Ship and you'll be prompted to throw the Odd Keystone in the trash when you interact with the trash can. This triggers a battle with Spiritomb. Save before you do this in case you fail the encounter as it may know Memento!

- Kecleon
- Lickitung--(Level up knowing Rollout)-->Lickilicky
- Carnivine
- Dedenne
- Spiritomb

Route 119 –

Next, head north onto Route 119 towards Fortree City. You'll finally be on a route with rain in the overworld, which means Sliggoo can evolve at last. You'll find Amoonguss and a bunch of Alola pokemon in the grass. Keep pressing forward and you'll battle Team Aqua at the Weather Institute and receive a Castform as thanks.

- Sliggoo--(Lv. 50 during the rain)-->Goodra
- Amoonguss--(Breed)-->Foongus
- Oranguru
- Passimian
- Comfey
- Castform

Fortree City and Route 119 –

Once you hit Fortree City, check out the Poke Mart to find another evolution item vendor. For now, it's just the Dubious Disc to be purchased to allow Porygon2 to evolve but you can also pick up a Reaper Cloth to avoid backtracking later on. Go east to Route 119 where there's just the two pokemon to catch in the grass. You'll also get the Devon Scope to unveil hidden Kecleon so there's a static encounter if you've not

caught one yet. Don't worry about heading back to the gym, we'll be skipping the Fortree Gym for as long as possible.

- Porygon2--(Level up holding a Dubious Disc)-->Porygon-Z
- Absol
- Pumpkaboo--(Dusk Stone)-->Gourgeist

Route 121 –

The path will bend to the east and you'll find yourself outside the Safari Zone which we'll visit shortly. Take advantage of the nurse by the water to heal your team in the middle of this marathon of trainers. Then start searching for a bunch of new pokemon in the grass.

- Duskull--(Lv. 37)-->Dusclops
- Hypno--(Breed)-->Drowzee
- Furfrou
- Komala
- Elgyem--(Lv. 42)-->Beheeyem

Mt Pyre –

South of Route 121. Before entering the location, go south onto Route 123 just to catch a Stantler. Once you've entered Mt Pyre, climb to the top of the inner tower and look for Mimikyu on the top two floors. Then drop down the holes and check out the exterior of the mountain for Drifblim. Defeat the evil team at the top of the mountain and receive the Magma Emblem.

- Stantler
- Mimikyu
- Drifblim--(Breed)-->Drifloon

The Safari Zone –

Continue to Lilycove City to make it a flyable location but also to pick up a Pokeblock Case from the Contest Hall which you need to enter the Safari Zone. Also make sure you have the Acro Bike. There's actually very few pokemon left to catch at this point in the run so the safari won't be overly fruitful. In the starting area, look for Smeargle. To the area directly north you can use the Acro Bike to reach grass where Kangaskhan lives. The two Johto areas of the Safari Zone are open even though it's not the post game yet (head up from the entrance and turn to the right). Go to the upper of the two zones for wild Tauros and Miltank to appear.

- Smeargle
- Kangaskhan
- Tauros
- Miltank

Taking out the Evil Teams –

Lilycove City will have a road block (sea block?) which won't disappear until we do some more story events. Return to Jagged Pass near Lavaridge and explore the Team Magma base. There will be plenty of tough fights including Maxie actually USING Groudon against you. Thoroughly explore the rooms of the hideout as the Magma Stone is found here. This can be taken to Scorched Slab (just east of Fortree) where you'll be able to encounter Heatran.

- Heatran

Then it's time to go to Slateport City where Capt Stern is outside the ferry port. Interact with him and Team Aqua will steal the submarine. Now you will be able to enter the Team Aqua base just off the coast of Lilycove City. Again, check the hideout for items as you'll find the Master Ball here. Keep hold of it for a certain pesky post game roaming pokemon...

Across The Sea –

There's only one place left to go in this section of the run. Surf east to Mossdeep City and then north to Shoal Cave. Surf on the water to find Lapras. Then, during low tide, venture down to the icy room where Articuno lives.

- Lapras
- Articuno

Unlike vanilla Emerald, there's nothing else to fish for so this marks the end of the section.

Levelling Tips –

It's highly unlikely you'll be catching anything BELOW its evolution level thanks to the wild pokemon level scaling so everything should be one level up to trigger an evolution so stick to any of the late game locations as they'll have a high chance of being primarily evolved pokemon for great exp.

End of part 6:

Caught 728, Remaining 81

Part 7 - Pre Badge #7 (Sootopolis Gym)

Pokemon in this section:



Defeating Tate and Liza now lets you Dive underwater. Head to the Mossdeep Space Centre and defeat Team Magma then visit Steven's house on the island to get the HM. Dive down to search for some underwater pokemon! The best place would be outside Sootopolis City where you will find Clamperl in the seaweed. Both its evolution items can be purchased at the Mauville Poke Mart or you can catch both evolutions in the same location underwater.

- Clamperl--(Level up holding a Deep Sea Tooth)-->Huntail
- Clamperl--(Level up holding a Deep Sea Scale)-->Gorebyss

The Regis –

With a Relicanth and a Wailord in your party and a pokemon with Dig you can start the quest for the three Regis. Surf west from Pacifidlog Town and if you can take the correct path through the currents you will end up at a spot of deep water you can Dive in to access the Sealed Chamber. Read the braille message and surface there to reach the cave. Examine the text at the back of the room and then use Dig to open the door. In the next chamber, ensure that Wailord is first in your party and Relicanth is last. Examine the text at the back of the room and you should get a message saying that the doors have opened. Stock up on Ultra Balls and Timer Balls.

Go to the desert on Route 111 to find a cave. Examine the text and take two steps left, then two steps down and then use Rock Smash to open the door. Here you'll find the first of the trio. Lower its HP into the red as much as possible, inflict a status (preferably Sleep) and throw Ultra Balls. If you've spent many turns throwing Ultra Balls and putting Regirock back to sleep, try using a Timer Ball every few turns. This is the preferred strategy for catching all legendaries.

- Regirock

To the northwest of Dewford Town on Route 105 is another cave that you can Surf to. Inside, examine the text on the back wall and then run around the edges of the room (stay by the walls). Once you've done a lap, the door will open. Catch the second golem:

- Regice

Head over to the south part of Route 120 to find the final Regi cave. Examine the text on the back wall, walk into the center of the room and use Flash to unlock the room where Registeel lies...

- Registeel

And then as an addition to the ROM hack, return to the underwater chamber again with all three Regis in your team (no need for Wailord or Relicanth this time) and interact with the frozen Regigigas to awaken it.

- Regigigas

Route 128 –

Underwater on this route you'll find the submarine that was stolen from Slateport City. Surface here and knock the socks off of Team Aqua. You'll witness Kyogre's awakening and kick off the rain storms around Hoenn.

Sootopolis City –

Dive underwater in Route 126 to find the entrance to Sootopolis City. Go to the west side of the city and head north, following the path round to reach the Cave of Origin. You'll meet Wallace and soon you'll need to awaken Rayquaza.

Sky Pillar –

Just east of Pacifidlog Town you'll find the tower. Climb up the tower and meet Rayquaza. Don't worry, you won't be catching it yet. Return to Sootopolis to watch the fight between the weather trio end. You can return to the Sky Pillar with your Mach Bike to challenge Rayquaza.

- Rayquaza

Levelling Tips –

There's only one pokemon you are evolving in this section (Chinchou) so there's not much to say here.

End of part 7:

Caught 736, Remaining 73

Part 8 - Pre Badge #8 (Fortree Gym) and Pre Elite Four

Pokemon in this section:



With your penultimate badge you can now use Waterfall to get to the pokemon league in Evergrande City. But there's still a few captures to make. Before even leaving Sootopolis, revisit the Cave of Origin where you'll find a new ladder that you can go down to eventually find Diancie hiding at the lowest floor.

- Diancie

Meteor Falls –

Find your way to the “Bagon room” from vanilla Emerald and there will be a cave in the back room with Jirachu residing within. After catching it, exit back into the Bagon room and exit out the southern end. Check this larger room by the water for Drampa, our last non legendary/mythical pokemon of the run.

- Jirachi
- Drampa

Nothing left to do but defeat Winona and then challenge the Elite Four!

End of part 8:

Caught 739, Remaining 70

Part 9 - Post Game

National Dex - Pokemon in this section:



Choices (pick one Cosmoem evolution):



After the credits roll, head downstairs and before you leave your house you'll be asked what colour pokemon was on TV. You can choose between whether you want to catch Latias or Latios as your roaming pokemon. You'll also meet up with Prof Birch who will give you a Cosmog. You only get one in the whole game so you'll have a split decision as to whether you evolve Cosmoem into Solgaleo or Lunala depending on the time of day of its evolution.

- Cosmog--(Lv. 43)-->Cosmoem--(Lv. 53)-->Solgaleo/Lunala

The Eon Twins –

First is the roaming pokemon you identified on the TV. Latias/Latios can be tracked via your pokedex IF you have seen it, so the most annoying part is trying to find it the first time. Stock up on 20+ Max Repels and fill your team with low level pokemon because the roaming pokemon is at a minimum of Lv 40, so by having a low level team you can ensure nothing else will start a battle once your repel is active. I like to swim back and forth on the routes between Evergrande and Pacifidlog, but make sure you've cleared out the trainers first! If you kept your Master Ball, throw it to avoid having to chase after it again. If you don't have the Master Ball, let it flee for now so you can track it. Get a pokemon that's fast but won't OHKO it (it's Dragon/Psychic type). Go back to the sea routes which I listed above and check your dex to see if it's nearby. Each time you change location, it will move to an adjacent route from its current location. Zone between routes (e.g. two steps into route 126, check dex, two steps into route 127, check dex, repeat) until it is in your location and Surf around until you encounter it. Save your game before each encounter. Damage it but don't worry about catching it yet. It will flee on its first turn but will keep its HP the same after each encounter. Continuously weaken it until you're ready to catch it. For your final encounter, get a

pokemon with Shadow Tag (e.g. Wobbuffet) or a fast pokemon with Mean Look. Stop it from fleeing and spam Ultra Balls, going on to Timer Balls if the battle lasts a long time.

For the remaining pokemon in this duo, battle your rival on Route 103 to get the Eon Ticket. Go to the Lilycove Ferry Port to go to Southern Island where the other dragon pokemon is found as a static encounter.

- Latias
- Latios

Gift Pokemon –

At any Pokemon Center, claim a mystery gift from the move reminder man to get a free Magearna holding a Master Ball! Then visit Steven's house in Mossdeep to get a Meltan instead of the usual Beldum.

- Magearna
- Meltan--(Level up holding a Metal Coat)-->Melmetal

Extra box legendaries –

Visit the Weather Institute to find out about strange weather patterns which will tell you where Groudon and Kyogre are currently residing. They will be in temporary locations so time is of the essence.

Groudon's lair will be a cave that doesn't usually belong there, while Kyogre's is a new diving spot. Visit Marine Cave and Terra Cave to encounter them.

- Groudon
- Kyogre

More Tickets –

Visit the Abandoned Ship again and check out the area which requires Dive. You'll pick up the Old Sea Map as part of your exploration. We could have obtained this earlier but the ferry doesn't run until the post game. At Meteor Falls you'll find Steven Stone in his usual hiding place at the back of the area. Defeating him will get you the Aurora Ticket. Then go to Mossdeep City where Cynthia will be in the house next to Steven's. Defeat her in battle for the Mystic Ticket. With all these tickets, take the ferry from Lilycove. Mew is found on Faraway Isle, Lugia and Ho-Oh at Navel Rock and Deoxys on Birth Island. The Deoxys puzzle can be tricky if you don't know the solution which is below:

- Mew
- Lugia
- Ho-Oh
- Deoxys

(Source: [Bulbapedia](#))

To solve the puzzle and make Deoxys appear, the player must do the following:

1. Approach the triangle from below and press **A**.
2. Press ← 5×, ↓ once, then **A**.
3. Press → 5×, ↑ 5×, then **A**.
4. Press → 5×, ↓ 5×, then **A**.
5. Press ↑ 3×, ← 7×, then **A**.
6. Press → 5×, then **A**.
7. Press ← 3×, ↓ 2×, then **A**.
8. Press ↓ once, ← 4×, then **A**.
9. Press → 7×, then **A**.
10. Press ← 4×, ↓ once, then **A**.
11. Press ↑ 4×, then **A**.

The Ultimate Pokemon –

And a fitting end to the challenge, the one and only Mewtwo. On the eastern side of the water on Route 103 there's a cave entrance which leads to Altering Cave. Mewtwo is found in the basement floors. The cave is of course very reminiscent of Cerulean Cave 😊 Watch out for a surprise trainer battle in here!

- Mewtwo

End of the challenge:

Caught 754, Remaining 55

So who's missing?

Just the Cosmoem evolution you didn't pick and for the remaining pokemon, this includes Unown and all the remaining legendaries/mythicals/Ultra Beasts which are not programmed into the game (yet).

Choice Pokemon (1)



Not In Game (54)



3. The End/Thanks

A huge thank you to Reddit user Chamale for first inspiring me to play this challenge way back in 2018. I usually play a pokemon game by catching every pokemon on a route but never evolve them all (unless they're on my team) until post-game. Since doing several POCs over the years I've truly appreciated the journey and the community that has grown as the challenge has had its voice heard. And a special thanks to Johnstone and Chaotic Meatball for making our Reddit so much more popular!

If you would like to add any comments/thoughts/advice on improving this guide such as levelling tips, please drop me a message on Reddit [u/mewlax84](https://www.reddit.com/user/mewlax84).

Until next time!

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