PLEASE SHINY CHECK ALL UNOWN. THIS IS NON-NEGOTIABLE. GET THOSE SHINIES CAUSE THEN YOU'LL FINALLY BE A COOL KID LIKE ME.

Best Megas to use for catch bonuses are listed on the last page.

Top Catches for Mega Contenders:

- 1. Tyranitar Dark and Rock (*Smackdown)
- 2. Swampert Water (*Hydro Cannon)
- 3. Medicham Fighting/Psychic
- 4. Camerupt Ground/Fire

Top Catches for Meta Attackers:

- 1. Tyranitar
- 2. Swampert
- 3. Excadrill
- 4. Galarian (Ice) Darmanitan
- 5. Mamoswine

My Top Shiny Hunt:

- Shroomish
- Numel
- Karrablast
- Axew
- Shelmet
- Girafarig
- Kyogre
- Groudon
- Unown (please refer to the first line of this doc)

Top Stardust Boosts:

- Trubbish
- Shroomish

Rotating Habitat Focuses:

- For Pokemon with a * by their name in PVP, they require a legacy move. Take caution before evolving these during the event if the move is not available. ** means two legacy moves needed.
- Pokemon that have a **S** in PVP refer to the shadow form.
- Pokemon listed in PVP are likely not the form that will be used in GBL, this is just to clarify which pokemon to focus on catching.

City Habitat:

Meta/Rare Catches:

- Magnemite Meta
- Golett Rare
- Galarian Weezing (INCENSE) Rare

PVP Catches:

- Alolan Grimer
 - o Ultra #89
- Magnemite
 - o Great **S #32** // #73
 - o Ultra S #92
 - o Master **S #59** // #91
- Burmy (Trash)
 - o Little #?

- Galarian Weezing (INCENSE)
- Magnemite
- Hitmonchan
- Burmy (Trash)
- Klink (INCENSE)

Plains Habitat:

Meta/Rare Catches:

- *Larvitar Meta
- Numel Meta (Mega)
- Drilbur Meta
- Axew (INCENSE/will rare spawn in wild, not just incense FYI) Meta/Rare/PVP
- Torkoal (INCENSE) V Rare

PVP Catches:

- *Larvitar
 - o Master #84
- *Trapinch
 - o Great S #67
 - Ultra S #69
- Excadrill
 - o Master #47
- Axew
 - o Master #80

- Girafarig
- Larvitar
- Numel
- Shelmet
- Axew

Rainforest Habitat:

Meta/Rare Catches:

- Mudkip Meta
- Slakoth PVP/Rare (Highest CP in Game)
- Pancham (INCENSE) Rare
- Tropius (INCENSE) Rare and PVP Meta

PVP Catches:

- *Mudkip
 - Great S #11 // #15
 - Ultra S #4 // #7
 - Master #27 // S #45
- Vigoroth
 - o Great #35
- Seedot
 - o Ultra **S #60** // #78
- Karrablast
 - o Great #60
 - o Ultra #20
 - o Master #71
- Skrelp
 - Specialty Cups
- Tropius (INCENSE)
 - o Great #26

- Slakoth
- Karrablast
- Binacle

Tundra Habitat:

Meta/Rare Catches:

- Swinub Meta
- Meditite PVP Meta (needs XL candy so stock up)
- Speal PVP Meta (Very useful so get lots of candy)
- Galarian Darumaka (INCENSE) Meta/Rare
- Galarian Mr. Mime (INCENSE) Rare

PVP Catches:

- Swinub
 - Little #? (VERY useful)
 - o Master **S #30** // #35
- Wingull
 - o Great #70
- Meditite
 - o Great #5
- **Spheal
 - o Great #4 // **S #8**
 - Ultra S #3 // #5
 - o Master **S #38** // #39

- Wingull
- Wailmer
- Cubchoo

Top Pokemon For Trading after event hours (FYI, you can only do 100 trades per day):

- Magnemite Lucky for Master League and XL Candy Meta Raiding
- Larvitar Lucky for Mega and XL Candy for Meta Raiding
- Numel Lucky for Mega
- Mudkip Lucky for Mega, Lucky for Master League, XL Candy Meta Raiding
- Karrablast Free Evo when traded (GBL use)
- Swinub XL Candy Meta Raiding (Shadow BEAST, must have shadows for ice team)
- Galarian Darmanitan XL Candy Meta Raiding and would be a sick lucky
- Spheal If you want that XL Candy for PVP

Best Megas to use for Catch Bonuses:

(I didn't do all megas, but these listed below have the best overall typing coverage or are likely good substitutes for y'all who did the recent mega event. Trying to pick megas that are most effective and added some that are back-ups, niches, or megas for those who don't have broad variety of choices)

- Steelix (Ground/Steel) Best Typing Coverage (FYI Mega Steelix is available right now and only requires you to do one Mega Steelix raid to get enough candy!)
 - o Magnemite Meta
 - o Larvitar Meta
 - Numel Mega
 - o Drilbur Meta
 - Swinub Meta
 - Groudon Legendary
- Abomasnow (Ice/Grass) Great Typing Coverage
 - o Tropius PVP
 - Swinub Meta
 - Speal PVP
 - Galarian Darumaka Meta
- Gyarados (Water/Dark) Great Typing Coverage
 - Mudkip Meta/PVP
 - o Speal PVP
 - Kyogre Legendary
 - o Alolan Grimer PVP
- Slowbro (Water/Psychic) Great Typing Coverage
 - Mudkip Meta/PVP
 - Speal PVP
 - Kyogre Legendary
 - o Meditite PVP
- Aerodactyl (Rock/Flying) Niche Typing for Targeting Specifics
 - Larvitar Meta
 - Tropius PVP

- Ampharos (Electric/Dragon) Niche Typing for Targeting Specifics
 - o Magnemite Meta
 - Axew Meta/PVP
- Latias/Latios (Psychic/Dragon) Niche Typing for Targeting Specifics
 - Meditite PVP
 - Axew Meta/PVP
- Charizard X (Fire/Dragon) Highly Available Backup if you don't have any others
 - Numel Mega
 - Axew Meta/PVP
 - Torkoal
- Charizard Y (Fire/Flying) Highly Available Backup if you don't have any others
 - Numel Mega
 - o Tropius PVP
 - Torkoal
- Venusaur (Grass/Poison) Highly Available Backup if you don't have any others
 - o Tropius PVP
 - o Alolan Grimer PVP
 - o Skrelp PVP
- Blastoise (Water) Highly Available Backup if you don't have any others BUT not as recommended as Water types above due to single typing
 - Mudkip Meta/PVP
 - o Speal PVP
 - o Kyogre Legendary