

Mewlax's Professor Oak Challenge Guide Pokemon Sword and Shield (with DLC)



Contents:

1. – The Basics
 - 1.1. – What is a Professor Oak Challenge?
 - 1.2. – Tips on this version
 2. – The Guide
 - 2.1. – Pre Badge #1 (Turffield Gym)
 - 2.2. – Pre Badge #2 (Hulbury Gym)
 - 2.3. – Pre Badge #3 (Motostoke Gym)
 - 2.4. – Pre Badge #4 (Stow-on-Side Gym)
 - 2.5. – Pre Badge #5 (Ballonlea Gym)
 - 2.6. – Pre Badge #6 (Circhester Gym)
 - 2.7. – Pre Badge #7 (Spikemuth Gym)
 - 2.8. – Pre Badge #8 (Hammerlocke Gym)
 - 2.9. – Pre Champion Cup
 - 2.10. – Post Game
 3. – The End/Thanks
-

1. The Basics

1.1. What is a Professor Oak Challenge (POC)?

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, a 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/Challenge'. 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 the run I tried it on different versions and have now played the majority of the main series games and even a couple of spin offs.

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. in most cases, to allow you to proceed with the plot or to get NPCs to move out of the way. For example, before you defeat Milo for the first badge you will need to catch and fully evolve MANY pokemon.
- You cannot trade with other games, do surprise trades etc. This means that trade evolutions are off the table until you can catch them in the Wild Area later on. You'll get no version exclusives from the other version and you're stuck with the decisions you make such as your starter. In-game trades are allowed as that NPC is in your version of the game.
- (Optional) – Call yourself 'Oak' or 'Prof. Oak' for fun.

1.1 – Tips on this version

- Pre badge 1 is a nightmare because of the Wild Area and DLC areas. You will be surprised at what items and pokemon are available so early on in the game! Farming for watts is the biggest challenge here but thankfully the DLC adds some great quality of life additions to make this easier.
- The raids are constantly changing with online events and as this can affect your catch total by getting pokemon that you shouldn't have access to normally, you may want to consider setting up a new Nintendo Switch profile to remove all online connectivity. If you're using Pokemon Home, you can freely move pokemon between Switch profiles so don't feel worried that all your pokemon will be stuck on the new profile.
- Grinding – This is much easier in Sword and Shield than other games. The reason being that you have access to almost every section of the Wild Area so you can battle pokemon that are higher than normal levels. The exp formula remains from Generations 5 and 7, so if the pokemon that gains exp is at a much higher level than the opponent, your exp will be very low. There is a catch with Generation 8 though...The pokemon that you catch may evolve at high levels, but there are limits to the exp you can get off of high level pokemon – similar to the capture level mechanics. You might be strong enough to take out a Lv60 pokemon wandering around the wild area but the exp you gain from it will not be proportional. This is to stop you from over levelling so early. Once you get to around Level 30 things will start to drag a bit more. The game introduces a forced exp share, meaning that every member of your party will gain exp from every battle that they are in your team. This has its advantages and disadvantages. The plus side is that you could literally train your starter up to ridiculous levels and then fill the other five slots with weak pokemon that will gain half the exp when your starter defeats the strongest opponents in the Wild Area. The downside is that, for old school POC challengers like myself, you don't get to raise every pokemon by itself without going as far as having one pokemon in your team at a time. I at least rotated pokemon so that they got to participate in battles. This is obviously entirely up to you how you train. As with the previous gen, high affection (from happiness/interacting whilst camping) grants more exp and keeping a pokemon unevolved when it's reached its evolutionary level will also yield more exp .
- The encounters in Sword and Shield are unique in that they utilise both random grass encounters in a similar style to all the main series games but they also have pokemon appearing in the open like in the Let's Go games. These encounters are referred to as grass or overworld encounters respectively.

The pool of pokemon is often different, meaning that you'll need to encounter pokemon with both methods to catch everything you need. Also note that if you defeat an overworld pokemon, the chances of it spawning again are increased, so this helps for catching pokemon that need to be a specific gender, need specific stats or just give good exp. This also increases the chance of encountering 'Brilliant pokemon' which have a yellow aura around them. These pokemon tend to have better stats, could have an egg move and you'll also want the watts gained from defeating them for the Wild Area raids.

- I generally recommend keeping weak attacking moves in a POC to cover the sheer amount of battles you'll participate in, but with the high level pokemon available, this isn't necessary. Keep your strongest moves to KO pokemon more easily and it's up to you whether you want a three stage pokemon (e.g. your starter) to learn moves faster in its base form and gain an exp bonus or if you want the second stage pokemon which will have better stats.
- 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.
- Please note that this is not a full guide to the game, I am mostly only listing the pokemon you can catch at the earliest opportunities and any required items. Please consult other guides for a full walkthrough. This guide assumes you know how to get through the routes/caves etc throughout the game.
- And finally, remember that this is YOUR challenge. There are things you can do to make this run easier or harder and it's entirely at your discretion how you want to handle this. A lot of people like to use Rare Candy or Exp Candy to boost their levels. Some people will use my above method of using a strong pokemon to gain exp for many weaker pokemon. You may be for or against changing the clock on the Switch. Some people do allow trading to include version exclusives or all three starters. Make the challenge how YOU want to play it rather than following other people's examples. As long as you follow the key criteria for a POC (maxing out the pokedex prior to each badge) then you can't really go wrong.

Useful Links -

My Gen 8 Spreadsheet guide is a good accompaniment for this guide as it lists every possible way to catch a pokemon in its respective section, so although I've pointed out the easiest way to catch something you may prefer other options. There are so many different ways to catch pokemon in this game that it wouldn't be right for me to tell you how to catch everything, this written guide is just my preference or what I did.

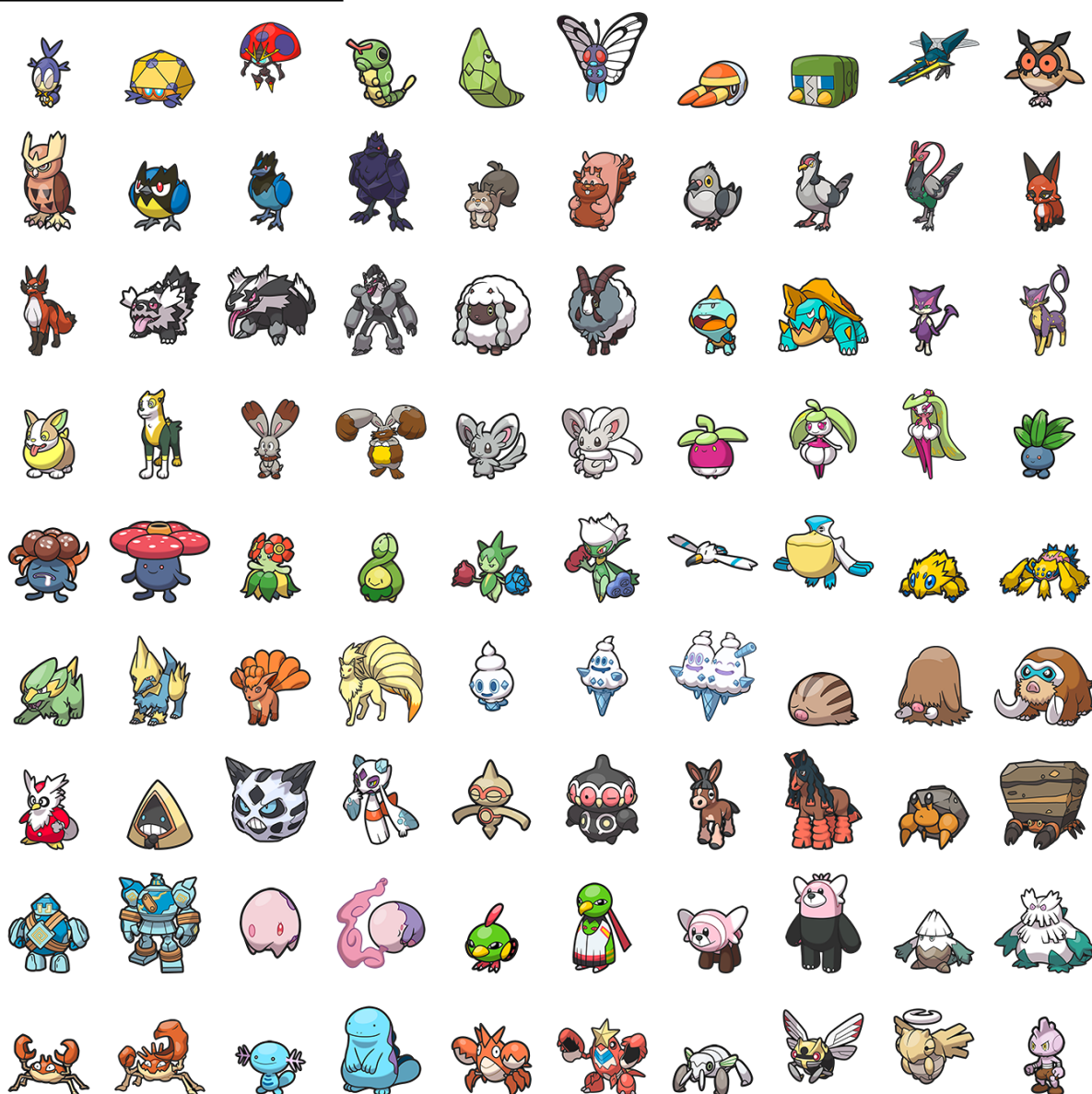
[Click here for the spreadsheet guide](#)

2. The Guide

Part 1 - Pre Badge #1 (Turffield Gym)



Pokemon in this section:









Sword Exclusive:



Shield Exclusive:



Choices (pick one starter):



Optional pokemon (no pokedex entries):



Sword exclusive optional pokemon (no pokedex entries):



Shield exclusive optional pokemon (no pokedex entries):



Optional Choices (one starter based on your Galar starter):



Note - Given the layout of the base game and the addition of the DLC locations and extra ways to catch base game pokemon, I will be prioritising all wild locations for each pokemon at the earliest point and will leave raids until the very end to minimise the amount of effort in getting the den exclusive pokemon. I felt this was the best way to lay out this guide and reduces the amount of watts you'll need but on the other side of the coin, a quick raid den could be faster than hunting a low encounter rate pokemon and it's also possible to catch the evolved form of a number of pokemon. Personally (and I know many others feel the same) I like to keep the raids to a minimum! I will also be sectioning this off in the order of wild pokemon in the base game, Isle of Armor and then Crown Tundra with all the remaining raids for all three left at the end. Of course you are free to dip in and out as you feel but at least this avoids a lot of back on forth in the guide. Refer to my [spreadsheet guide](#) for every location of every pokemon to see all the different options.

Postwick –

Once you've left your house, follow Hop to Wedgehurst to meet the Champion, Leon, at the train station. Head back to Hop's house for a chance to pick your starter. As usual, pick your pokemon based on which one you prefer. With so many varied types of pokemon around the game and all high levelled pokemon you can train against in the Wild Area, there really is no clear winner here. They also evolve at exactly the same levels. Battle Hop in a 2 vs 1 battle and you'll end the night with a BBQ. The following morning, head into the Slumbering Weald. You can't catch any pokemon yet so press on until you meet the box legendary and are ushered out of the woods.

- Grookey--(Lv. 16)-->Thwackey--(Lv. 35)-->Rillaboom
- OR**
- Scorbunny--(Lv. 16)-->Raboot--(Lv. 35)-->Cinderace
- OR**
- Sobble--(Lv. 16)-->Drizzile--(Lv. 35)-->Inteleon

Wedgehurst and Route 1 –

Head back to Wedgehurst and enter the pokemon lab to meet Sonia. She will give you a pokedex and will recommend that you visit Professor Magnolia at her house on Route 2. There's obviously a bunch of pokemon in the grass that you've just passed on the way here to check out first. In order to fully kick off the catching process, I would recommend moving on to the entrance of Route 2 where you'll meet Hop and Leon where they'll talk about catching pokemon. Leon will give you a batch of pokeballs and you will now be able to buy them from the PokeMart. Head back to Route 1. In the grass encounters you'll find you'll specifically find Blipbug, Caterpie, Hoothoot and Grubbin, while the overworld pokemon include Rookidee, Wooloo and Nickit. Skwovet can be found via both methods. Wooloo gives out some decent exp if you wanted to chain them.

Random Grass Encounters

- Blipbug--(Lv. 10)-->Dottler--(Lv. 30)-->Orbeetle
- Caterpie--(Lv. 7)-->Metapod--(Lv. 10)-->Butterfree
- Hoothoot--(Lv. 20)-->Noctowl
- Grubbin--(Lv. 20)-->Charjabug

Overworld Encounters

- Rookidee--(Lv. 18)-->Corvisquire--(Lv. 38)-->Corviknight
- Wooloo--(Lv. 24)-->Dubwool
- Nickit--(Lv. 18)-->Thievul

Grass/Tree Encounters

- Skwovet--(Lv. 24)-->Greudent

Route 2 –

Journey down the route to reach Professor Magnolia's house. On the way, be sure to catch as many pokemon as you can. This is the first time you'll be able to fish which relies on a single rod rather than the Old/Good/Super Rod. You'll have to be patient to fish for Arrokuda as it's only a 5% encounter rate. Zigzagoon can also cause issues as it's only a 2% overworld encounter. If you don't see one on the way to Magnolia's house, you can enter and exit her house to get all the overworld pokemon to respawn until it appears. If you're playing Sword, you'll find Seedot in the grass, while Shield players get their version exclusive, Lotad. Once you've met Magnolia, battle against Hop to get endorsed for the gym leader challenge and you'll also receive a Dynamax Band.

Random Grass Encounters

- Purrloin--(Lv. 20)-->Liepard
- (Sw) Seedot--(Lv. 14)-->Nuzleaf
- (Sh) Lotad--(Lv. 14)-->Lombre

Overworld Encounters

- Chewtle--(Lv. 22)-->Drednaw
- Yamper--(Lv. 25)-->Boltund
- Zigzagoon--(Lv. 20)-->Linoone--(Lv. 35 Night Time)-->Obstagoon

Fishing Encounters

- Magikarp--(Lv. 20)-->Gyarados
- Arrokuda--(Lv. 26)-->Barraskewda

Skipping The Wild Area –

Take the train from Wedgehurst to the Wild Area. In the station you can pick up two Gigantamax pokemon – Pikachu and Eevee. This is assuming you have Let's Go Pikachu and Let's Go Eevee save data on your switch. Normal I would advise against gift pokemon like these as it requires more than just the game you are playing, but since you can get both of these pokemon before the first badge, it's up to you if you want them now. Bear in mind that these two don't evolve so it may be best to wait until later.

We are going to skip the Wild Area for this part of the guide. This is where most of your base game pre-badge 1 challenge will take place so it makes sense to leave it until last. You can also catch a bunch of pokemon on the way up to Turffield, where the first gym is, so this will save you a lot of hassle from trying to find those pokemon in the Wild Area. Feel free to skip ahead to the main Wild Area section below so that you can handle the daily weather and the occasional raids whilst you cover the following sections. Once you have spoken to Sonia and been given access to your pokemon boxes remotely, you are also now free to return to Wedgehurst and board the train to reach either the Isle of Armor and/or Crown Tundra. Taking a trip to the Isle of Armor to get the Exp Charm (bonus exp gains!) is a good idea. You could also bag yourself a high level pokemon from Dynamax Adventures in the Crown Tundra if you want a lead pokemon to gain exp for everyone else in your party.

Motostoke –

Head up the stadium and then rest at the Budew Drop Inn. The following morning you can take part in the opening ceremony and officially begin your league challenge, but of course our pokedex takes priority! You'll also be given access to use the Corviknight Taxis to grant you fast travel to areas you've been before. While in town, fish at some of the riverside spots to get a Barboach. While you're here, visit the café just round the corner from the pokemon centre at the entrance to the city. If you challenge the man at the counter, you may be lucky enough to get a sweet which we need shortly.

Fishing Encounters

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

Route 3 –

Leave Motostoke out of the west side of town to enter Route 3. There are quite a lot of pokemon to catch here. A pseudo version exclusive lurks here – Vulpix in Sword and Growlithe in Shield. These are

obtainable in the other games but it's not as easy. You'll also be able to shake the tree on this route for another type of encounter. If you shake the tree enough, a pokemon will fall out. Most of the time it's Skwovet, but you can find Cherubi too. If you don't get Cherubi, you can also try the trees in the Wild Area. The pokemon in the tree resets daily. Rolycoly is an overworld pokemon but it's specifically in a cluster in the grass by the mine entrance. Sizzlipede is a very rare pokemon in the grass with only a 1% encounter rate. Speak to the lady outside of the mine entrance to be healed up.

Random Grass Encounters

- Machop--(Lv. 28)-->Machoke
- Pancham--(Lv. 32 with a Dark type in the party)-->Pangoro
- Mudbray--(Lv. 30)-->Mudsdale
- Klink--(Lv. 38)-->Klang--(Lv. 49)-->Klinklang
- Sizzlipede--(Lv. 28)-->Centiskorch

Overworld Encounters

- Trubbish--(Lv. 36)-->Garbodor
- Gossifleur--(Lv. 20)-->Eldegoss
- Stunky--(Lv. 34)-->Skuntank
- (Sw) Vulpix
- (Sh) Growlithe
- Tyrogue--(Lv. 20 Atk higher than Def)-->Hitmonlee
- Tyrogue--(Lv. 20 Def higher than Atk)-->Hitmonchan
- Tyrogue--(Lv. 20 Atk and Def equal)-->Hitmontop
- Rolycoly--(Lv. 18)-->Carkol--(Lv. 34)-->Coalossal

Tree Encounters

- Cherubi--(Lv. 25)-->Cherrim

Galar Mine –

All of the pokemon that appear here are overworld pokemon. If you're quick, you can catch a wild Carkol flying around on the tracks. Other than a battle with Bede, there's not much of interest here other than new pokemon. Woobat is our first happiness based evolution of the game. There are certain traders in the Wild Area who you can exchange watts for Luxury Balls with, but honestly it's so much easier to raise happiness in these games. Simply set up camp, play with your pokemon until they stop producing musical notes over their head, then cook a curry. Do this twice and you're pretty much there. The other option is just running around with the pokemon in your party. Of course you can breed the pokemon in the Wild Area at the daycare which means that the new baby will have a higher base happiness level and will level up much faster being at Lv1.

Overworld Encounters

- Timburr--(Lv. 25)-->Gurdurr
- Drilbur--(Lv. 31)-->Excadrill
- Woobat--(Level up with high Happiness)-->Swoobat
- Diglett--(Lv. 26)-->Dugtrio
- Roggenrola--(Lv. 25)-->Boldore

Route 4 –

This is probably one of my favourite routes of the game. Right by the exit to the mine you'll find another lady who will heal your pokemon even though you can see the pokemon centre dead ahead. As you advance to Turffield you'll run into Milo, the gym leader. Route 4 is another route with a LOT of new pokemon on it. Running around in the overworld you'll find Galarian Meowth, Pumpkaboo, Electrike and, if you're lucky, the two mascot pokemon – Pikachu and Eevee. Eevee is another happiness evolution, so the same strategy as with Woobat applies. With all of the evolutions you'll need from Eevee, you'll probably breed it anyway (catch a female or breed with Ditto from the Wild Area). For Sylveon, things are slightly different compared to older games. Affection is kind of combined with happiness, so you really only need to evolve it in the same way as Espeon or Umbreon. Level it up to learn Baby Doll Eyes and it

will evolve into Sylveon. Be careful not to let it evolve BEFORE learning this move otherwise it will evolve into Espeon or Umbreon. In Gen 8, Glaceon and Leafeon do not require specific locations to evolve but can simply evolve with an Ice Stone or Leaf Stone respectively which we'll cover later.

In the grass of this route you'll find Galarian Meowth again, Milcery, Joltik, Ferroseed, Budew and Cutiefly. Ferroseed is a rare 1% encounter so this is one instance that you MIGHT want to get it in a raid in the Wild Area, though this is a good place to train up to about Lv20 so you may want to stick around and look for one. Another alternative is to come back with a Magnemite from the Isle of Armor that has the Magnet Pull ability to increase steel type encounters although Meowth encounters will also be plentiful from this method. To evolve Milcery, go to Motostoke and visit the café to battle the man behind the counter. If you didn't get a sweet earlier, go back and battle him. This can only be done once a day and there's only one café accessible at this point in the game. To make matters worse, it's likely that you'll get the regional Full Heal items (Lava Cookie, Pewter Crunchies etc) amongst other healing items and rare candy items. Again, the DLC comes in handy as you can also get sweets more reliably from the Cram-O-Matic (see the Isle of Armor section for more info). Once you have one of the sweets, give it to Milcery as a held item, put it in your party and then rotate the control stick until you start spinning. Assuming you don't mind which form of Alcremie you get, this is all you have to do, but if you're dead set on a specific one, refer to a guide since there's so many forms! Before you're done with the route, go to the lake and fish for a Goldeen and then catch a second Galarian Meowth for a trade in Turffield.

Random Grass Encounters

- Galarian Meowth--(Lv. 28)-->Perrserker
- Milcery--(Spin whilst holding a Sweet item)-->Alcremie
- Joltik--(Lv. 36)-->Galvantula
- Ferroseed--(Lv. 40)-->Ferrothorn
- Budew--(Level up with high Happiness during Daytime)-->Roselia
- Cutiefly--(Lv. 25)-->Ribombee

Overworld Encounters

- Pikachu
- Eevee--(Level up with high Happiness during Daytime)-->Espeon
- Eevee--(Level up with high Happiness during Night-time)-->Umbreon
- Eevee--(Level up with high Happiness/Affection and knowing a Fairy move)-->Sylveon
- Pumpkaboo
- Electrike--(Lv. 26)-->Manectric

Fishing Encounters

- Goldeen--(Lv. 33)-->Seaking

Turffield –

Not much to do here. Go up the hill to meet Sonia and then pay a visit to the gym. In the lobby you'll find a kid who will trade you a Galarian Meowth for a Kantonian Meowth. This trade IS required as Kantonian Meowth evolves into Persian rather than Perrserker. Alternatively you can wait until the Isle of Armor where you'll get an Alolan Meowth who evolves into a Persian via happiness at night.

- Kantonian Meowth--(Lv. 28)-->Persian







This is as far as you can go so it's time to make a dent in the Wild Area section...

The Wild Area –

This is it, the single thing that makes a POC in Sword and Shield quite daunting. What can I say about this place? It's a complicated mess when it comes to figuring out which pokemon to catch. This is due to two things – varying weather (daily) which affects the pokemon that appear and the max raids available through the dens (glowing red holes in the ground). For this section, I'm going to list the most logical way to catch all of the pokemon available, though you may want to refer to [the spreadsheet guide](#) for all available options of catching the pokemon here. .

You are free to go to all sections of the Wild Area as soon as you arrive with the exception of any place that requires you to cross water. This means that all dens that are accessible can be activated for raids, you can reach the day-care center for breeding and you can visit the digging duo for evolution stones. There's a catch...Aside from encountering massively high levelled pokemon compared to yours, there is a level cap to which pokemon you can catch depending on the number of badges you have. With no badges, we can't catch anything over level 20. Even with the ability to defeat a pokemon that's Lv50, you just cannot catch it and won't be able to throw a pokeball. Fear not, these pokemon are shiny locked so you won't encounter a shiny pokemon over Lv20.

The encounters mostly follow the same style as normal routes. Pokemon are split into mostly fishing encounters, grass encounters and overworld encounters but you'll also have 'unique' overworld encounters. These are singular pokemon that are roaming around and only appear once per day so you'll typically be unable to grind against them repeatedly in the same session. The most obvious example is the Onix that's on your left as you leave the Meeting Spot. With all of these encounters, the weather affects which pokemon appear. In sunny weather you'll be likely to see fire types whereas rainy weather would spawn water or electric types. The weather changes each day, so you can't sweep all the areas in one go. The weather is related to the date, so if you allow it, you can change the Switch's date to get the right pokemon. Bearing in mind how long this first section will take, you'll be fine just coming back each day to see if the weather gives a certain pokemon. Not all weather types are unlocked until later on in the game (snowstorm, sandstorm and fog) so there's actually only six types of weather noted by a corresponding icon on the map:

- Normal weather/clear – Sun with a solid centre 
- Sunny/intense sun – Sun with a ring and a circle in the middle 
- Cloudy/overcast – Sun behind a cloud 
- Rainy – Cloud with rain 
- Stormy/Thunderstorm – Cloud with a lightning bolt 
- Snowy – A snowflake 

We will cover truly den exclusive pokemon at the end of the pre-badge 1 section. The pokemon available in this next section are listed assuming you have caught everything in the guide so far. These pokemon are listed by the closest areas to the Meeting Spot and then branching further outwards. Also bear in mind that these also list pokemon available in multiple weathers. They may be available in other weathers or areas. e.g. Rolling Fields might be snowy but Dappled Grove might be sunny and may have the same pokemon that Rolling Fields would have had if it were sunny. Refer to my [spreadsheet guide](#) for details on various locations.

Rolling Fields –

Once you leave the station this is where you'll end up. Talk to the lady at the Meeting Spot to get healed which is convenient since you can fast travel here with Corviknight Taxis. If you didn't catch Cherubi on Route 3, you can shake the trees here (as well as most trees in the Wild Area). Rolling Fields is actually split into two areas. The first area is by the Meeting Spot, the second area is to the left as you leave the station, close to Dappled Grove. All of these pokemon are in Area 1. For evolving Piloswine, take it to any Pokemon Center and speak to the man on the left to re-learn Ancient Power.

All Weather

Overworld Flying Pokemon

- Pidove--(Lv. 21)-->Tranquill--(Lv. 32)-->Unfezant

Weather: 

Overworld Encounters

- Combee ♀--(Lv. 21)-->Vespiquen
- Bunnelby--(Lv. 20)-->Diggersby

Random Grass Encounters

- Minccino
- Bounsweet--(Lv. 18)-->Steenee--(Level up knowing Stomp)-->Tsareena

Weather: 

Overworld Encounters

- Ralts--(Lv. 20)-->Kirlia--(Lv. 30)-->Gardevoir
- Ralts ♂--(Lv. 20)-->Kirlia ♂ (for evolution later on)

Random Grass Encounters

- Oddish--(Lv. 21)-->Gloom (x2)

Weather: 

Overworld Encounters

- Wingull--(Lv. 25)-->Pelipper

Weather: 

Overworld Encounters

- Vanillite--(Lv. 35)-->Vanillish--(Lv. 47)-->Vanilluxe

Random Grass Encounters

- Swinub--(Lv. 33)-->Piloswine--(Level up knowing Ancient Power)-->Mamoswine

Weather: 

Random Grass Encounters

- Baltoy--(Lv. 36)-->Claydol

Dappled Grove –

In the south western corner of the Wild Area. This section is pretty straight forward and similar to Rolling Fields. Catch a second Snorunt for later.

Weather: 

Overworld Encounters

- Tympole--(Lv. 25)-->Palpitoad--(Lv. 36)-->Seismitoad

Weather: 

Overworld Encounters

- Delibird

Random Grass Encounters

- Snover--(Lv. 40)-->Abomasnow
- Snorunt--(Lv. 42)-->Glalie

Watchtower Ruins -

Be careful in this area. The overworld pokemon are all over level 20 but the grass encounters are not!

Weather: 

Random Grass Encounters

- Golett--(Lv. 43)-->Golurk
- Drifloon--(Lv. 28)-->Drifblim

Weather: 

Random Grass Encounters

- Gastly--(Lv. 25)-->Haunter
- Duskull--(Lv. 37)-->Dusclops

West Lake Axewell –

All Weather

Fishing Encounters

- Remoraid--(Lv. 25)-->Octillery
- Wishiwashi

Weather: 

Overworld Encounters

- Wooper--(Lv. 20)-->Quagsire
- Krabby--(Lv. 28)-->Kingler

Weather: 

Overworld Encounters

- Dwebble--(Lv. 34)-->Crustle

East Lake Axewell –

All Weather

Fishing Encounters

- Shellder

Overworld Encounters

- Stufful--(Lv. 27)-->Bewear

Weather: 

Random Grass Encounters

- Onix

North Lake Miloch –

All Weather

Fishing Encounters

- Basculin

South Lake Miloch –

All Weather

Fishing Encounters

- Pyukumuku (1% encounter rate)

Weather: 

Overworld Encounters

- Corphish--(Lv. 30)-->Crawdaunt

Weather: 

Grass Encounters

- Nincada--(Lv. 20)-->Ninjask
- Nincada--(Lv. 20)-->Shedinja

Daycare Center –

Between the two sets of bridges on the way to Hammerlocke, the daycare center sits nestled in a small valley. You can leave two pokemon here in the usual format to potentially get an egg. The only potential requirement here at the moment is breeding a Pikachu to get a Pichu. Although Pichu is available from raids, this can ease the pressure of buying wishing pieces.

- Pikachu/Raichu--(Breed)-->Pichu

The Digging Duo –

Close to the daycare centre you'll find these two brothers stood next to each other. If you pay these guys 500 watts they will dig for treasures. Out of the possible treasures that they can find, evolution stones are some of the rewards which we'll need to evolve our pokemon. The brothers can produce different treasures to the other. You'll also potentially get fossil pieces which you'll need for a later section, so hang on to them. The brother on the left is the Skill Brother who will find rarer treasures but will typically find less items than his brother who is the Stamina Brother who will dig up more common items but a larger quantity. The Stamina Brother can dig up all of the evolution stones so concentrate your efforts on him. I would personally save this until the end of the section so that you can use your watts to buy wishing pieces first. Also don't forget that you can get Sun and Moon Stones via the Pickup ability (Zigzagoon, Meowth etc) and there are a few stones lying around for you to grab:

- o Dawn Stone – Giant's Cap
- o Fire Stone – Motostoke Riverbank
- o Leaf Stone – Turffield
- o Moon Stone – Dusty Bowl
- o Sun Stone – Dusty Bowl
- o Thunder Stone – North Lake Miloch
- o Water Stone – Bridge Field

With all of the stones required you can evolve the following pokemon:

- (Sw) Nuzleaf--(Leaf Stone)-->Shiftry
- Gloom--(Leaf Stone)-->Vileplume
- Eevee--(Leaf Stone)-->Leafeon
- (Sw) Vulpix--(Fire Stone)-->Ninetales
- (Sh) Growlithe--(Fire Stone)-->Arcanine
- Eevee--(Fire Stone)-->Flareon
- (Sh) Lombre--(Water Stone)-->Ludicolo
- Eevee--(Water Stone)-->Vaporeon
- Shellder--(Water Stone)-->Cloyster
- Charjabug--(Thunder Stone)-->Vikavolt
- Pikachu--(Thunder Stone)-->Raichu
- Eevee--(Thunder Stone)-->Jolteon
- Gloom--(Sun Stone)-->Bellossom
- Snorunt ♀--(Dawn Stone)-->Froslass
- Kirlia ♂--(Dawn Stone)-->Gallade
- Minccino--(Shiny Stone)-->Cinccino
- Roselia--(Shiny Stone)-->Roserade
- Eevee--(Ice Stone)-->Glaceon

That's it for the base game until it's time for raids so we'll be back later...



The Isle of Armor: Welcome to the Island –

OK so it's time to finally dip into the first of the two DLC areas. Go to Wedgehurst station and you'll see a Galarian Slowpoke hanging out. Battle it when prompted and capture it. Sadly this one will not evolve for quite some time. Once you've done that, you'll be able to travel to the Isle of Armor. When you're traversing the island, I recommend clearing some raid dens as you go since the rewards include Armorite Ore, a very helpful item for farming huge amounts of watts for later! And of course you'll potentially be able to catch new pokemon.

- Slowpoke

Emerging from the station you'll be in the Fields of Honor, home of the Dojo. I'd recommend heading there first to start the story, get the Exp Charm (if you didn't already), make the healing room available and get access to the Cram-O-Matic (covered later).

Unlike the mainland, the weather isn't restricted to how many badges you have so across the island you'll

get your first taste of sandstorms  and fog , the latter of which is useful for Blissey encounters. There's no snowy weather here.



Back outside you'll be able to capture some island exclusive pokemon. On the beach near the station you'll find a Starmie which is within the capture limit if you want to save a Water Stone. Toxapex also appears during several different weathers which saves you having to find Mareanie in a raid. Near the grassy areas you'll find Jigglypuff, Buneary, Inkay, Abra and Klefki. Chansey is also found as an overworld encounter but this can be said for ANY location on the Isle of Armor with a 2% spawn rate. In fog, Blissey takes over instead with an equal 2% encounter rate. Happiny is the same, appearing as a random grass encounter across the island. Wild Blissey can have a Lucky Egg as a held item which increases exp gained so if it's foggy, consider hunting Blissey until you can steal one. Thievul with Thief is an easy example of a viable pokemon since it learns the move on evolving. Applin also appears frequently on the Isle of Armor from shaking trees so consider starting here if you haven't caught one. Other varying weather based appearances include Fomantis only appearing in intense sun as an overworld or grass encounter, the same for Inkay during cloudy weather and some unique/wandering overworld pokemon including Luxio during a thunderstorm, Fletchinder in intense sun, Rockruff during

clear weather or intense sun, Zorua in cloudy or foggy weather, Comfey in normal or sandstorm weather and Marill in rainy weather. These don't exclusively appear here, they can also appear in other areas during the same type of weather.

Beach Unique Overworld Encounters:

- Starmie
-    Toxapex

Overworld Encounters

- Jigglypuff--(Moon Stone)-->Wigglytuff
- Buneary--(Level up with high Happiness)-->Lopunny
- Abra--(Lv. 16)-->Kadabra
- Klefki
- Chansey--(Level up with high Happiness)-->Blissey
-  Fomantis--(Lv. 34 during the day)-->Lurantis
-  Inkay--(Lv. 30 with Switch held upside down in handheld mode)-->Malamar

Unique Overworld Encounters

-  Luxio--(Lv. 30)-->Luxray
-  Fletchinder--(Lv. 35)-->Talonflame
-   Rockruff--(Lv. 25)-->Lycanroc
-   Zorua--(Lv. 30)-->Zoroark
-   Comfey
-  Marill--(Lv. 18)-->Azumarill

Tree Encounters

- Applin

Random Grass Encounters

- Happiny

To finish off the Fields of Honor, there is a guy by the bridge with an Alolan Diglett. If you help him find his missing Diglett you'll be able to accumulate several new additions to your dex count. You'll need to explore the whole island and you'll have just enough to get everything you need including a Kantonian Slowpoke which will be able to evolve into Slowbro and an Alolan starter that matches the type that of your Galar starter you selected at the beginning of the game. If you Google "Alolan Diglett locations" you'll be able to find lots of decent picture based guides or videos on where to find them. Once you have 100 you can claim the last of the available rewards. Shield players also get access to an Alolan Vulpix which is the only way to obtain one pre badge 1. Since you're going for 100 Diglett anyway, there's no need to catch Sandshrew, Cubone or Exeggcutte on the island as you'll get them here for free or by breeding their evolutions.

- Kantonian Slowpoke--(Lv. 37)-->Kantonian Slowbro
- (Sh) Alolan Vulpix--(Ice Stone)-->Alolan Ninetales
- Alolan Sandshrew--(Ice Stone)-->Alolan Sandslash
- Alolan Marowak
- Alolan Exeggutor

- Rowlet--(Lv. 17)-->Dartrix--(Lv. 34)-->Decidueye
- OR
- Litten--(Lv. 17)-->Torracat--(Lv. 34)-->Incineroar
- OR
- Popplio--(Lv. 17)-->Brionne--(Lv. 34)-->Primarina

The Dojo's Armor -

Advancing the story at the Dojo will also get you some additional pokemon. Battle Mustard and you'll be given the option of picking a Kanto starter - either Bulbasaur or Squirtle. Both of these are also available in the Crown Tundra. Charmander is obtained later through raid dens.

- Bulbasaur--(Lv. 16)-->Ivysaur--(Lv. 32)-->Venusaur
- OR
- Squirtle--(Lv. 16)-->Wartortle--(Lv. 36)-->Blastoise

Once you've chased down the Slowpoke running around in the Soothing Wetlands and then picked some Gigantamax Mushrooms at Warm-Up Tunnel you'll be able to battle either Klara (Sword) or Avery (Shield). Winning the battle you'll then be given a Kubfu. To evolve it, you'll need to raise its happiness enough. Visiting a few of the places marked on the map will greatly speed this up. Finally you'll need to challenge either the Tower of Water or Tower of Darkness. The final opponent will be Mustard with a Lv30 Kubfu so as long as yours is strong enough to win a few solo battles and beat his Kubfu then you'll be able to examine the scroll at the top of the tower to evolve it into Urshifu.





- Kubfu--(Examine the scroll at the top of the Tower of Water or Tower of Darkness)-->Urshifu

Soothing Wetlands -

Directly next to the Fields of Honor is the Soothing Wetlands. Immediately to your right you'll see some trees which have flashing items around their roots. Check these every day until you find either a Tart Apple in Sword or a Sweet Apple in Shield. This will allow you to evolve Applin. There are various pokemon which are dependent on weather types and this location is also an alternative to catching pokemon like Fletchinder, Zoruo, Rockruff and Luxio if it wasn't the right weather in Fields of Honor.

- (Sw) Applin--(Tart Apple)-->Flapple
- (Sh) Applin--(Sweet Apple)-->Appletun





Overworld Encounters

- Bouffalant
- Lickitung--(Level up whilst knowing the move Rollout)-->Lickilicky
- Dunsparce
- Skorupi--(Lv. 40)-->Drapion
-  (Sh) Croagunk--(Lv. 37)-->Toxicroak
-  Pawniard--(Lv. 52)-->Bisharp
-   (Sh) Goomy--(Lv. 40)-->Sliggoo--(Lv. 50 during the rain)-->Goodra

Random Grass Encounters

- Shelmet

Unique Overworld Encounters

-    Poliwhirl--(Water Stone)-->Poliwrath
-  (Sw) Scraggy--(Lv. 39)-->Scrafty


Forest of Focus -

Keep an eye out above for Emolga flying above you in the canopy which you can attract by whistling (press the left control stick). You'll find Passimian in Sword and Oranguru in Shield but the other exclusive can actually be caught later in the Crown Tundra. Silicobra is exclusively found in sandstorms but it's much easier to find one in Potbottom Desert.

Unique Overworld Encounters

- Emolga
-     Cramorant
-  Larvesta--(Lv. 59)-->Volcarona

Overworld Encounters

-  Silicobra--(Lv. 36)-->Sandaconda
- (Sw) Passimian
- (Sh) Oranguru
- Tangela--(Level up whilst knowing the move Ancient Power)-->Tangrowth
- Venipede--(Lv. 22)-->Whirlipede--(Lv. 30)-->Scolipede
- Foongus--(Lv. 39)-->Amoonguss

Random Grass Encounters

- Karrablast

Challenge Beach -

From one of the western exits of Forest of Focus we'll reach Challenge Beach where the Tower of Water is housed. Fish at the beach for a rare Dhelmise.

Fishing Encounter

- Dhelmise

Overworld Encounters

- Psyduck--(Lv. 33)-->Golduck
- Magnemite--(Lv. 30)-->Magnetron--(Thunder Stone)-->Magnezone
- Morpeko
- Dedenne

Courageous Cavern -

From the beach, head through this tunnel towards Loop Lagoon and grab a couple of quick encounters which are found at all times.

Overworld Encounters

- Wimpod--(Lv. 30)-->Golispod
- Pincurchin

Loop Lagoon -

Without the water bike upgrade, this place is a dead end but we can capture a Sandygast from the hordes of them roaming the beach and Clobbopus from an overworld encounter. You can also catch Mareanie if you didn't get Toxapex earlier.

Overworld Encounters

- Sandygast--(Lv. 42)-->Palossand
- Clobbopus--(Level up whilst knowing the move Taunt)-->Grapploct

Training Lowlands -

This time heading north from Forest of Focus there's quite a few new pokemon to catch in an area that just seems to scream Safari Zone due to its inhabitants. For version exclusives, Sword players get Pinsir while Shield players get Heracross. By the entrance to Warm-Up Tunnel you'll find Digging Pa who is hands down one of the best ways to farm watts. If you give him 7 Armorite Ore he'll dig for watts which will give you thousands with him rarely hitting the jackpot for even more farming. Simply clear several raids (catching new pokemon at the same time) to accumulate some ore. Alternatively you can also track down Digging Ma who can be found in several locations around the island. Simply reject her offer to get one piece of ore as her success rates are incredibly poor. But that's an alternative, running around doing dens is much easier. There's also another way to get Armorite Ore easily in the Crown Tundra which we'll cover later. Fish here for a Carvanha where you can also catch Sharpedo.

Overworld Encounters

- Miltank
- Scyther
- (Sw) Pinsir
- (Sh) Heracross
- Tauros
- Lillipup--(Lv. 16)-->Herdier--(Lv. 32)-->Stoutland

Fishing Encounters

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


Warm-Up Tunnel –

A very short route. If you want Cubone and Sandshrew instead of obtaining them via the Alolan guy in Fields of Honor then they can be found here. Kangaskhan and Torkoal are your only new encounters.

- Kangaskhan
- Torkoal

Potbottom Desert –

Another dead end. For some reason the encounter levels are higher in Sword than they are in Shield which does mean that you may have to search a little bit harder for pokemon within the capture limit of Lv20. If you didn't get Silicobra earlier, this is also available here but also only in sandstorms which thankfully are quite frequent given the location.

-  (Sw) Jangmo-o--(Lv. 35)-->Hakamo-o--(Lv. 45)-->Kommo-o
- Rhyhorn--(Lv. 42)-->Rhydon
- (Sw) Rufflet--(Lv. 54)-->Braviary
- (Sh) Vullaby--(Lv. 54)-->Mandibuzz
- Sandile--(Lv. 29)-->Krokorok--(Lv. 40)-->Krookodile

Challenge Road –

Back at the Training Lowlands, head up the steps. In this location you'll find the Tower of Darkness for evolving Kubfu if you prefer this tower/Urshifu form.

Overworld Encounter

- Skarmory
- Mienfoo--(Lv. 50)-->Mienshao
- Salandit female--(Lv. 33)-->Salazzle

Brawler's Cave –

And here we are at the last location we can access at this point. Within the cave you'll be able to catch an Azurill since we can't get the incense yet as well as a Whismur. Poliwhag is also found here during most weathers if you didn't want to breed a Poliwhirl.

- Azurill
- Whismur--(Lv. 20)-->Loudred--(Lv. 40)-->Exploud

Breeding Revisited -

Go back to the Wild Area Daycare and breed for the last few remaining pokemon:

- Jigglypuff/Wigglytuff--(Breed)-->Igglybuff
- Starmie--(Breed)-->Staryu
- Toxapex--(Breed)-->Mareanie
- Luxio/Luxray--(Breed)-->Shinx
- Fletchinder/Talonflame--(Breed)-->Fletchling
- Alolan Marowak--(Breed)-->Cubone
- Alolan Exeggutor--(Breed)-->Exeggcute
- Poliwhirl/Poliwrath--(Breed)-->Poliwhag

Welcome to the harsh Crown Tundra -

As an overview of the Crown Tundra, there are literally no pokemon that you can encounter out in the wild because the levels exceed post game levels. Everything is over Level 60. This only leaves two options - dens, which we are leaving until last and Dynamax Adventures. Although it won't come into play much,

the final weather type can be found here - snowstorms.



Dynamax Adventures -

Shortly after arriving in the Crown Tundra you'll be challenged by a very high level Peony who, win or lose, will then head towards Max Lair, a location where you'll be able to take part in Dynamax Adventures. You'll be given a rental pokemon to perform 4 consecutive max raids alongside some NPCs. Each raid you win you'll be given the chance to catch that pokemon and either swap it or keep your existing pokemon. The 4th raid is against a legendary pokemon. At the end of the challenge, regardless of your success or if you switched pokemon, you'll be given the choice to take ONE pokemon out of the ones you defeated. While there are a number of pokemon not found anywhere else, it's also a good opportunity to catch evolved pokemon and reduce the amount of grinding you'll need to do. If you're looking for a specific pokemon, bear in mind that it could appear as any of its types if it's dual type. A lot of people tend to not realise that you can use the right control stick to scroll up the den routes while you select your next encounter so that you have a bit longer to study the silhouettes of the pokemon and decide which route you need to take.

One pokemon that many people seem to have problems catching is Zygarde. Once its HP falls below 50% it will change form which not only boosts its stats but also gives it some HP back! It also has moves that hit all targets, one of which is a Ground type move that still hits Flying or levitating pokemon. The best strategy is to get a pokemon that knows Wide Guard and spam it like crazy! Otherwise you'll need to be very supportive to your team mates and heal them, boost their stats etc. It can be very frustrating when the NPCs decide not to attack.

Your challenge can greatly vary here depending on whether you are purely catching pokemon that have pokedex entries or if you want to capture EVERYTHING possible. Most of the legendaries and the Hoenn starters don't have Galar/Armor/Tundra dex entries so these are entirely optional. The game will throw you a bone and will only ever make you encounter a legendary pokemon that you haven't caught yet unless you specifically request to take that path.

You'll quickly rack up points to exchange for prizes in the entrance to Dynamax Adventures. There's two very attractive prizes here, some very cheap Exp Candies XL which makes grinding very trivial. There's

also Armorite Ore which you can hoard and exchange with Digging Pa on the Isle of Armor for masses of watts for buying Wishing Pieces for raid dens.

Dynamax Adventures Exclusives -

Since everything left to catch is either through max raids or Dynamax Adventures, let's split them out. Truly exclusive pokemon to Dynamax Adventures include the following as potential pokemon you can defeat and keep. This also includes either Ivysaur or Wartortle so you can catch the one you didn't pick from the Armor Dojo:

- Gourgeist
- Stunfisk
- Gastrodon
- Escavalier
- Accelgor
- Maractus
- Sigilyph
- Mimikyu
- Copperajah
- Heatmor
- Hawlucha
- Cofagrigus
- Trevenant
- (Sw) Oranguru
- (Sh) Passimian
- Togedemaru
- Mantine
- Wailmer--(Lv. 40)-->Wailord
- Ivysaur--(Lv. 32)-->Venusaur
- Wartortle--(Lv. 36)-->Blastoise
- Rotom
- Slowking
- Politoed
- Seadra
- Lilligant
- Porygon
- Audino
- Cryogonal
- Tyrantrum
- Aurorus
- Metang--(Lv. 45)-->Metagross
- Sealeo--(Lv. 44)-->Walrein
- Relicanth
- Dragonair--(Lv. 55)-->Dragonite

And therefore we can breed some of these pokemon to get their pre-evolutions:

- Gastrodon--(Breed)-->Shellos
- Copperajah--(Breed)-->Cufant
- Cofagrigus--(Breed)-->Galarian Yamask
- Trevenant--(Breed)-->Phantump
- Wailord--(Breed)-->Wailmer
- Ivysaur/Venusaur--(Breed)-->Bulbasaur
- Wartortle/Blastoise--(Breed)-->Squirtle
- Seadra--(Breed)-->Horsea
- Lilligant--(Breed)-->Petilil
- Tyrantrum--(Breed)-->Tyrunt
- Aurorus--(Breed)-->Amaura

- Metang/Metagross--(Breed)-->Beldum
- Sealeo/Walrein--(Breed)-->Spheal
- Dragonair/Dragonite--(Breed)-->Dratini

With only one pokemon to evolve following the breeding:

- Galarian Yamask--(Travel under the stone arch in Dusty Bowl while Galarian Yamask has at least 49HP less than its maximum HP)-->Runerigus

Next we have the final boss pokemon. These are all legendary pokemon that may be difficult to take down. Only three pokemon are required for pokedex entries - Articuno, Zapdos and Moltres.

- Articuno
- Zapdos
- Moltres

Optional Crown Tundra Pokemon -

These are the pokemon that are entirely optional and do not have pokedex entries. All of these are caught in Dynamax Adventures. The Hoenn starters are standard encounters whereas everything else is a final boss pokemon:

- Grovyle--(Lv. 36)-->Sceptile (Sceptile also available in Dynamax Adventures)
- Combusken--(Lv. 36)-->Blaziken (Blaziken also available in Dynamax Adventures)
- Marshomp--(Lv. 36)-->Swampert (Swampert also available in Dynamax Adventures)
- Mewtwo
- Raikou
- Entei
- Suicune
- (Sw) Ho-Oh
- (Sh) Lugia
- (Sw) Latios
- (Sh) Latias
- (Sw) Groudon
- (Sh) Kyogre
- Rayquaza
- Uxie
- Mesprit
- Azelf
- (Sw) Dialga
- (Sh) Palkia
- Heatran
- Giratina
- Cresselia
- (Sw) Tornadus
- (Sh) Thundurus
- (Sw) Reshiram
- (Sh) Zekrom
- Landorus
- Kyurem
- (Sw) Xerneas
- (Sh) Yveltal
- Zygarde
- Tapu Koko
- Tapu Lele
- Tapu Bulu
- Tapu Fini
- (Sw) Solgaleo

- (Sh) Lunala

And of course you'll need to breed the Hoenn starters to get the first stages:

:

- Grovyle/Sceptile--(Breed)-->Treecko
- Combusken/Blaziken--(Breed)-->Torchic
- Marshomp/Swampert--(Breed)-->Mudkip

There's two more optional pokemon to get. You'll need to advance far enough in the plot for the Crown Tundra which includes meeting Calyrex and planting a carrot for its steed. This will trigger which legendary you'll meet later, either Glastrier with an Iceroot Carrot or Spectrier with a Shaderoot Carrot. Once you've done this, head to Freezington and encounter the pokemon (bring some high level Dynamax adventure pokemon!) and once you've scared it away, speak to an old lady in one of the houses to get a Cosmog. Evolve this into Cosmoem but don't evolve it any further as you'll have caught either Solgaleo or Lunala through Dynamax Adventures.

- Cosmog--(Lv. 43)-->Cosmoem

Den Exclusive Pokemon

OK this is it, the most irritating part of the challenge. There are still quite a few pokemon left that can only be obtained this early in the game through raids. Even using the raids in the Crown Tundra, these pokemon will never exceed your catching level cap so all of the dens are up for grabs.

With each den you can investigate it to collect a small number of watts if it's glowing. An activated den will allow you to start a max raid battle – a battle with a Dynamax pokemon. An activated den will have one of two outcomes – it will be a common den shown by a red beam of light or a rare den shown by a purple beam of light with clouds swirling around it. Common and rare dens mostly spawn different pokemon to each other so in order to get all of the den pokemon that are only available pre badge 1 via raids, we'll need to trigger some rare raids. There are usually four pokemon available in a den with certain percentage chances of each pokemon. There are normally four for the rare dens too, so there's potentially (on average) eight different pokemon per den. There are also repeats of dens so it's not quite as daunting as you may think.

There are several dens activated in the first sections of the Wild Area - Rolling Hills, Dappled Grove, East Lake Axewell, West Lake Axewell and Watchtower Ruins. If you clear all available activated dens, they will reset which often leads to different dens being activated. This means you'll likely never have to activate these dens yourself unless you've caught EVERYTHING and haven't caught a particular rare pokemon yet. The same can be said for both DLC areas, but as these are spread out over a number of areas and there aren't many den exclusive pokemon to catch it would be easier to trigger the dens yourself. With the watts that you obtain, you can trade these in with various traders around the Wild Area for Wishing Pieces. This can be used on dens to activate them. They are expensive at 3,000 watts apiece which can be very frustrating when you use up so many when trying to get a 10% encounter from a den.

If you activate any dens yourself, they will refresh the next day. A good strategy here is to activate a den where you know there's a pokemon you need at the end of your session. If it's not the right pokemon, leave it there and come back tomorrow to see if it's the right one. The rarity of the raid carries over each day, so if you manage to spawn a purple raid and it's not the 10% encounter you're looking for, the next day this will still be a purple beam and you have another chance to encounter the pokemon you need. Note that this does not happen to the automatically spawned raids, they will simply stop and a random selection of raids will be generated when the date changes. The only downside to leaving dens activated is that dens won't respawn if there's ANY in the Wild Area/Isle of Armor/Crown Tundra still activated (individually. E.g. a leftover Wild Area den won't affect the spawning of dens in the DLC areas) If it's not the right pokemon on the next day, you'll have to clear the den if you want to start farming for watts again. This is why it's best to leave a den activated at the end of your session. Getting all the exclusive den

pokemon is by far the most difficult/annoying part of this section. To make things more frustrating, you can only activate ONE den yourself at a time. If you use a wishing piece in another den, your first one will deactivate which means you can't even cover multiple dens at once. Note that if you are playing offline (which you should be for a POC) then it's impossible to fail a capture of a Dynamax Pokemon. A strategy that depends on your own ethics exists. If you press the Home button on your Switch while the game is saving, you can get a preview of what colour the raid beam is. If it's not the colour you want, you can quit the game if the 'saving the game' text hasn't finished and you'll load your game back to before you spent the Wishing Piece. This is a good way to get rare raids without burning through tons of Wishing Pieces. However this is at your own risk and I am not responsible for the corruption of your save!

I've mentioned farming watts throughout the guide but hands down the best strategy is to tackle a few of the 'freebie' raids in the Isle of Armor to get some Armorite Ore or you can use your excess Dynite Ore to purchase some at the Max Lair. With Armorite Ore, spending 7 pieces at a time on Digging Pa in Training Lowlands to get thousands of watts to be traded with most/any watt trade for Wishing Pieces (or save them for the Digging Brother to get evolutions stones). Alternatively if you're swimming in Dynite Ore you can outright buy Wishing Pieces from Max Lair but with the great luck you can get from Digging Pa, this is the more attractive option.

The remaining pokemon left to catch are as follows. Click on each den to see the location :

- **Feebas**
 - [Den 162](#) - Common Den - 40%
 - [Den 163](#) - Rare Den - 60%
- **Noibat--(Lv. 48)-->Noivern**
 - [Den 32](#) - Common Den - 35%
 - [Den 37](#) - Common Den - 45%
 - [Den 176](#) - Common Den - 40%
- **Espurr--(Lv. 25)-->Meowstic**
 - [Den 2](#) - Common Den - 20%
- **(Sh) Spritzee**
 - [Den 33](#) - Common Den - 10%
 - [Den 74](#) - Rare Den - 35%
 - [Den 87](#) - Rare Den - 35%
- **(Sw) Swirlix**
 - [Den 33](#) - Common Den - 10%
 - [Den 74](#) - Rare Den - 35%
 - [Den 87](#) - Rare Den - 35%
- **Wynaut--(Lv. 15)-->Wobbuffet**
 - [Den 14](#) - Common Den - 35%
- **(Sw) Farfetch'd--(Level up with 3 Critical Hits in one battle)-->Sirfetch'd**
 - [Den 81](#) - Rare Den - 10%
- **Bonsly--(Level up whilst knowing the move Mimic)-->Sudowoodo**
 - [Den 3](#) - Common Den - 35%
 - [Den 51](#) - Rare Den - 35%
 - [\(Sw\) Den 83](#) - Rare Den - 35%
 - [Den 116](#) - Rare Den - 40%
- **(Sw) Gothita--(Lv. 32)-->Gothorita--(Lv. 41)-->Gothitelle**
 - [Den 2](#) - Common Den - 10%
 - [Den 179](#) - Rare Den - 40%

- **(Sh) Solosis--(Lv. 32)-->Duosion--(Lv. 41)-->Reuniclus**
 - [Den 2](#) - Common Den - 10%
 - [Den 179](#) - Rare Den - 40%
- **(Sh) Sableye**
 - [Den 181](#) - Rare Den - 60%
- **(Sw) Mawile**
 - [Den 181](#) - Rare Den - 60%
- **Riolu--(Level up with high Happiness during the day)-->Lucario**
 - [Den 45](#) - Rare Den - 35%
 - [Den 48](#) - Rare Den - 35%
 - (Sw) [Den 81](#) - Rare Den - 35%
 - [Den 84](#) - Rare Den - 35%
- **Hippopotas--(Lv. 34)-->Hippowdon**
 - [Den 17](#) - Common Den - 20%
- **(Sh) Ponyta--(Lv. 40)-->Rapidash**
 - [Den 82](#) - Rare Den - 35%
 - [Den 178](#) - Common Den - 40%
- **Bergmite--(Lv. 37)-->Avalugg**
 - [Den 21](#) - Common Den - 10%
 - [Den 55](#) - Rare Den - 10%
 - [Den 73](#) - Rare Den - 10%
 - (Sh) [Den 83](#) - Rare Den - 10%
- **(Sw) Darumaka--(Ice Stone)-->Darmanitan**
 - [Den 23](#) - Common Den - 20%
 - [Den 55](#) - Rare Den - 35%
 - [Den 168](#) - Common Den - 40%
 - [Den 169](#) - Rare Den - 40%
- **(Sw) Stonjourner**
 - [Den 180](#) - Common Den - 60%
- **(Sw) Bagon--(Lv. 30)-->Shelgon--(Lv. 50)-->Salamence**
 - [Den 184](#) - Common Den - 40%
 - [Den 185](#) - Rare Den - 40%
- **(Sh) Gible--(Lv. 24)-->Gabite--(Lv. 48)-->Garchomp**
 - [Den 184](#) - Common Den - 40%
 - [Den 185](#) - Rare Den - 40%
- **(Sw) Omanyte--(Lv. 40)-->Omastar**
 - [Den 162](#) - Common Den - 60%
 - [Den 163](#) - Rare Den - 40%
 - [Den 196](#) - Common Den - 60%
 - [Den 197](#) - Rare Den - 100%
- **(Sh) Kabuto--(Lv. 40)-->Kabutops**
 - [Den 162](#) - Common Den - 60%
 - [Den 163](#) - Rare Den - 40%
 - [Den 196](#) - Common Den - 60%

- [Den 197](#) - Rare Den - 100%
- **Carbink**
 - [Den 190](#) - Common Den - 40%
 - [Den 191](#) - Rare Den - 60%
- **Zubat--(Lv. 22)-->Golbat--(Level up with high Happiness)-->Crobat**
 - [Den 174](#) - Common Den - 40%
 - [Den 175](#) - Rare Den - 60%
 - [Den 176](#) - Common Den - 60%
 - [Den 177](#) - Rare Den - 60%

The Remaining Pokemon - Raids vs Dynamax Adventures -

These are the last pokemon left and can be obtained using either of the above strategies - you can either catch the pokemon or its evolved form through Dynamax Adventures and breed it where applicable or you can catch it via a Max Raid. It's entirely your choice. I'll list both options here:

- **Munna--(Moon Stone)-->Musharna**
 - Munna - [Den 2](#) - Common Den - 30%
 - Musharna - Dynamax Adventures
- **Natu--(Lv. 25)-->Xatu**
 - Natu - [Den 13](#) - Common Den - 20%
 - Natu - [Den 14](#) - Common Den - 20%
 - Natu - [Den 31](#) - Common Den - 20%
 - Natu - [Den 32](#) - Common Den - 10%
 - Natu - [Den 61](#) - Rare Den - 35%
 - Natu - [Den 89](#) - Rare Den - 35%
 - Xatu - Dynamax Adventures
- **Bronzor--(Lv. 33)-->Bronzong**
 - Bronzor - [Den 11](#) - Common Den - 20%
 - Bronzor - [Den 12](#) - Common Den - 35%
 - Bronzor - [Den 45](#) - Rare Den - 35%
 - Bronzor - [Den 49](#) - Rare Den - 35%
 - Bronzor - [Den 68](#) - Rare Den - 35%
 - Bronzor - [Den 84](#) - Rare Den - 35%
 - Bronzor - [Den 85](#) - Rare Den - 35%
 - Bronzong - Dynamax Adventures
- **Dewpider--(Lv. 22)-->Araquanid**
 - Dewpider - [Den 46](#) - Rare Den - 10%
 - Dewpider - [Den 75](#) - Rare Den - 2%
 - Dewpider - [Den 90](#) - Rare Den - 20%
 - Dewpider - [Den 92](#) - Rare Den - 10%
 - Dewpider - [Den 134](#) - Rare Den - 40%
 - Araquanid - Dynamax Adventures
- **Chinchou--(Lv. 27)-->Lanturn**
 - Chinchou - [Den 24](#) - Common Den - 10%
 - Chinchou - [Den 25](#) - Common Den - 10%
 - Lanturn - Dynamax Adventures
- **Binacle--(Lv. 39)-->Barbaracle**
 - Binacle - [Den 15](#) - Common Den - 10%
 - Binacle - [Den 138](#) - Rare Den - 40%

- (Sw) Binacle - [Den 3](#) - Common Den - 20%
- (Sw) Binacle - [Den 51](#) - Rare Den - 10%
- (Sw) Binacle - [Den 83](#) - Rare Den - 10%
- (Sh) Binacle - [Den 3](#) - Common Den - 35%
- Barbaracle - Dynamax Adventures
- **Impidimp--(Lv. 32)-->Morgrem--(Lv. 42)-->Grimmsnarl**
 - Impidimp - [Den 34](#) - Common Den - 20%
 - Impidimp - [Den 36](#) - Common Den - 10%
 - Impidimp - [Den 62](#) - Rare Den - 20%
 - Impidimp - [Den 82](#) - Rare Den - 20%
 - Impidimp - [Den 87](#) - Rare Den - 20%
 - Impidimp - [Den 88](#) - Rare Den - 10%
 - Impidimp - [Den 186](#) - Common Den - 40%
 - Impidimp - [Den 187](#) - Rare Den - 60%
 - Grimmsnarl - Dynamax Adventures
- **Hatenna--(Lv. 32)-->Hattrem--(Lv. 42)-->Hatterene**
 - Hatenna - [Den 13](#) - Common Den - 10%
 - Hatterene - Dynamax Adventures
- **Koffing--(Lv. 35)-->Weezing**
 - Koffing - [Den 60](#) - Rare Den - 10%
 - Koffing - [Den 86](#) - Rare Den - 10%
 - Weezing - Dynamax Adventures
- **Cleffa--(Level up with high Happiness)-->Clefaury--(Moon Stone)-->Clefable**
 - Cleffa - [Den 33](#) - Common Den - 35%
 - Cleffa - [Den 126](#) - Rare Den - 60%
 - Cleffa - [Den 190](#) - Common Den - 60%
 - Clefaury - Dynamax Adventures
 - Clefable - Dynamax Adventures
- **Togepi--(Level up with high Happiness)-->Togetic--(Shiny Stone)-->Togekiss**
 - Togepi - [Den 33](#) - Common Den - 35%
 - Togepi - [Den 62](#) - Rare Den - 35%
 - Togepi - [Den 82](#) - Rare Den - 35%
 - Togepi - [Den 87](#) - Rare Den - 35%
 - Togetic - Dynamax Adventures
- **Munchlax--(Level up with high Happiness)-->Snorlax**
 - Munchlax - Dynamax Adventures
 - Munchlax - [Den 40](#) - Common Den - 10%
- **Cottonee--(Sun Stone)-->Whimsicott**
 - Cottonee - [Den 27](#) - Common Den - 20%
 - Cottonee - [Den 59](#) - Rare Den - 10%
 - Cottonee - [Den 70](#) - Rare Den - 10%
 - Cottonee - [Den 191](#) - Rare Den - 60%
 - Whimsicott - Dynamax Adventures
- **Elgyem--(Lv. 42)-->Beheeyem**
 - Elgyem - [Den 2](#) - Common Den - 5%
 - Elgyem - [Den 118](#) - Rare Den - 60%
 - Beheeyem - Dynamax Adventures
- **Cubchoo--(Lv. 37)-->Beartic**

- Cubchoo - [Den 22](#) - Common Den - 35%
 - (Sh) Cubchoo - [Den 55](#) - Rare Den - 35%
 - (Sh) Cubchoo - [Den 83](#) - Rare Den - 35%
 - Beartic - Dynamax Adventures
- **Litwick--(Lv. 41)-->Lampent--(Dusk Stone)-->Chandelure**
 - Litwick - [Den 18](#) - Common Den - 10%
 - Litwick - [Den 19](#) - Common Den - 20%
 - Litwick - [Den 20](#) - Common Den - 10%
 - Litwick - [Den 53](#) - Rare Den - 20%
 - Litwick - [Den 54](#) - Rare Den - 20%
 - Litwick - [Den 71](#) - Rare Den - 20%
 - Litwick - [Den 80](#) - Rare Den - 20%
 - Litwick - [Den 114](#) - Rare Den - 40%
 - Lampent - Dynamax Adventures
- **Sneasel--(Level up at night with Razor Claw attached)-->Weavile**
 Razor Claw can be crafted via the [Cram-O-Matic](#)
 - Sneasel - Dynamax Adventures
 - Sneasel - [Den 22](#) - Common Den - 10%
 - Sneasel - [Den 35](#) - Common Den - 20%
 - Sneasel - [Den 63](#) - Rare Den - 10%
 - Sneasel - [Den 186](#) - Common Den - 10%
 - (Sw) Sneasel - [Den 23](#) - Common Den - 10%
 - (Sh) Sneasel - [Den 23](#) - Common Den - 25%
- **Qwilfish**
 - Dynamax Adventures
 - [Den 120](#) - Rare Den - 60%
- **Frillish--(Lv. 40)-->Jellicent**
 - Frillish - [Den 6](#) - Common Den - 5%
 - Frillish - [Den 127](#) - Common Den - 40%
 - Frillish - [Den 128](#) - Rare Den - 40%
 - Jellicent - Dynamax Adventures
- **Toxel--(Lv. 30)-->Toxtricity**
 - Toxel - [Den 25](#) - Common Den - 20%
 - Toxel - [Den 30](#) - Common Den - 35%
 - Toxel - [Den 56](#) - Rare Den - 35%
 - Toxel - [Den 57](#) - Rare Den - 20%
 - Toxel - [Den 72](#) - Rare Den - 35%
 - Toxtricity - Dynamax Adventures
- **Durant**
 - Dynamax Adventures
 - [Den 188](#) - Common Den - 40%
- **Helioptile--(Sun Stone)-->Heliolisk**
 - Helioptile - [Den 25](#) - Common Den - 35%
 - Helioptile - [Den 57](#) - Rare Den - 10%
 - Helioptile - [Den 72](#) - Rare Den - 10%
 - Heliolisk - Dynamax Adventures
- **Trapinch--(Lv. 35)-->Vibrava--(Lv. 45)-->Flygon**
 - Trapinch - [Den 37](#) - Common Den - 35%
 - (Sw) Trapinch - [Den 64](#) - Rare Den - 35%

- (Sh) Trapinch - [Den 17](#) - Common Den - 10%
 - (Sh) Trapinch - [Den 64](#) - Rare Den - 20%
 - Flygon - Dynamax Adventures
- **Axew--(Lv. 38)-->Fraxure--(Lv. 48)-->Haxorus**
 - Axew - [Den 37](#) - Common Den - 20%
 - (Sw) Axew - [Den 64](#) - Rare Den - 20%
 - (Sh) Axew - [Den 64](#) - Rare Den - 35%
 - Fraxure - Dynamax Adventures
- **Honedge--(Lv. 35)-->Doublade--(Dusk Stone)-->Aegislash**
 - Honedge - [Den 47](#) - Rare Den - 35%
 - (Sh) Honedge - [Den 81](#) - Rare Den - 35%
 - Doublade - Dynamax Adventures
- **Sinistea--(Cracked Pot)-->Polteageist**
 Cracked Pot can be crafted via the [Cram-O-Matic](#)
 - Sinistea - [Den 43](#) - Rare Den - 20%
 - Sinistea - [Den 47](#) - Rare Den - 20%
 - Sinistea - [Den 192](#) - Common Den - 100%
 - Sinistea - [Den 193](#) - Rare Den - 100%
 - (Sh) Sinistea - [Den 81](#) - Rare Den - 20%
 - Polteageist - Dynamax Adventures
- **Indeedge**
 - Dynamax Adventures
 - [Den 179](#) - Rare Den - 60%
- **Morelull--(Lv. 24)-->Shiinotic**
 - Morelull - [Den 28](#) - Common Den - 15%
 - Morelull - [Den 62](#) - Rare Den - 35%
 - Morelull - [Den 126](#) - Rare Den - 40%
 - (Sw) Morelull - [Den 82](#) - Rare Den - 35%
 - Shiinotic - Dynamax Adventures
- **Falinks**
 - Dynamax Adventures
 - [Den 173](#) - Rare Den - 60%
- **Snom--(Level up with high Happiness during Night-time)-->Frosmoth**
 - Snom - [Den 22](#) - Common Den - 20%
 - Snom - [Den 23](#) - Common Den - 35%
 - Snom - [Den 73](#) - Rare Den - 35%
 - Frosmoth - Dynamax Adventures
- **Mime Jr--(Level up whilst knowing the move Mimic)-->Galarian Mr Mime--(Lv. 42)-->Mr Rime**
 - Mime Jr - Breed a Mr Mime/Mr Rime
 - Mime Jr - [Den 13](#) - Common Den - 35%
 - Mime Jr - [Den 14](#) - Common Den - 35%
 - Mime Jr - [Den 34](#) - Common Den - 35%
 - Mime Jr - [Den 178](#) - Common Den - 60%
 - Mr Mime - [Den 50](#) - Rare Den - 20%
 - Mr Mime - [Den 55](#) - Rare Den - 20%
 - Mr Mime - [Den 68](#) - Rare Den - 20%
 - Mr Mime - [Den 73](#) - Rare Den - 20%
 - Mr Mime - [Den 83](#) - Rare Den - 20%

- Mr Mime (Kantonian and Galarian) - Dynamax Adventures
- **Duraludon**
 - Dynamax Adventures
 - [Den 185](#) - Rare Den - 60%
- **Ditto**
 - Dynamax Adventures
 - [Den 66](#) - Rare Den - 100%
- **Charmander--(Lv. 16)-->Charmeleon--(Lv. 36)-->Charizard**
 - Charmander - [Den 53](#) - Rare Den - 10%
 - Charmeleon - Dynamax Adventures
- **Dreepy--(Lv. 50)-->Drakloak--(Lv. 60)-->Dragapult**
 - Dreepy - [Den 182](#) - Common Den - 60%
 - Dreepy - [Den 183](#) - Rare Den - 100%
 - Drakloak - Dynamax Adventures
- **Tentacool--(Lv. 30)-->Tentacruel**
 - Tentacool - [Den 137](#) - Common Den - 60%
 - Tentacruel - Dynamax Adventures
- **Druddigon**
 - Dynamax Adventures
 - [Den 184](#) - Common Den - 60%
- **Smoochum--(Lv. 30)-->Jynx**
 - Smoochum - [Den 168](#) - Common Den - 60%
 - Jynx - Dynamax Adventures
- **Elekid--(Lv. 30)-->Electabuzz**
 - Elekid - [Den 164](#) - 60%
 - Elekid - [Den 165](#) - 100%
 - Electabuzz - Dynamax Adventures
- **Magby--(Lv. 30)-->Magmar**
 - Magby - [Den 160](#) - Common Den - 60%
 - Magby - [Den 161](#) - Common Den - 100%
 - Magmar - Dynamax Adventures
- **Swablu--(Lv. 35)-->Altaria**
 - Swablu - [Den 158](#) - Common Den - 60%
 - Swablu - [Den 159](#) - Rare Den - 60%
 - Altaria - Dynamax Adventures
- **Nidoran F--(Lv. 16)-->Nidorino--(Moon Stone)-->Nidoqueen**
 - Nidoran F - Breed a Nidoran M, Nidorino or Nidoking (50% chance of hatching as a female)
 - (Sw) Nidoran F - [Den 174](#) - Common Den - 60%
 - Nidoqueen - Dynamax Adventures
- **Nidoran M--(Lv. 16)-->Nidorino--(Moon Stone)-->Nidoking**
 - Nidoran M - Breed a Nidoran F, Nidorino or Nidoking (50% chance of hatching as a male)
 - (Sh) Nidoran M - [Den 174](#) - Common Den - 60%
 - Nidoking - Dynamax Adventures

- **Absol**
 - Dynamax Adventures
 - [Den 187](#) - Rare Den - 40%
- **Lileep--(Lv. 40)-->Cradily**
 - (Sw) Lileep - [Den 167](#) - Rare Den - 40%
 - (Sh) Lileep - [Den 166](#) - Common Den - 40%
 - (Sh) Lileep - [Den 167](#) - Rare Den - 60%
 - (Sh) Lileep - [Den 196](#) - Common Den - 40%
 - Cradily - Dynamax Adventures
- **Anorith--(Lv. 40)-->Armaldo**
 - (Sw) Anorith - [Den 166](#) - Common Den - 40%
 - (Sw) Anorith - [Den 167](#) - Rare Den - 60%
 - (Sw) Anorith - [Den 196](#) - Common Den - 40%
 - (Sh) Anorith - [Den 167](#) - Rare Den - 40%
 - Armaldo - Dynamax Adventures
- **Aron--(Lv. 32)-->Lairon--(Lv. 42)-->Aggron**
 - Aron - [Den 180](#) - Common Den - 40%
 - Aron - [Den 181](#) - Rare Den - 40%
 - Aron - [Den 188](#) - Common Den - 60%
 - Aron - [Den 189](#) - Rare Den - 60%
 - Lairon - Dynamax Adventures

Levelling Tips -

As mentioned at the beginning of the guide, there's an exp cap so you will be grinding very slowly once you've passed level 30 if you're not relying on exp candies. If you are using candies, easily the best way to level up pokemon is by buying Exp Candy XL from Max Lair for a measly 3 Dynite Ore. If you've attempted Dynamax Adventures a lot then you'll have plenty to spare for anything that evolves past level 30. For other candies, look online for an exp candy calculator to help you to use them wisely and not overspend. And of course you could just train one pokemon and let it gain exp for all the others in your party. For low level pokemon, hunting down Chansey until you're in the 30s is a great strategy. Any pokemon that can use physical moves should be able to solo one. The great thing about the wild area and the DLC areas is the diversity of the pokemon which can change depending on the weather too, so you can always run around and pick fights with pokemon that you have a type advantage over. Battling against Wobbuffet in the Wild Area could be a good idea if you can damage it without the countering moves. Ninjask is also pretty frail and is a good target. Both of these hang around the daycare centre and the Stony Wilderness nearby as long as it's the right weather. Once your levels get higher you can venture further into the Wild Area to places like Dusty Bowl. For the absolutely highest level pokemon evolutions I was battling against Unfezant which are flying around in multiple areas outside Hammerlocke. If you're letting your lead pokemon do the battling and allowing your other party members to sponge off of it, many people have said that Audino hunting in the Crown Tundra works well too but be reminded of the exp cap so defeating a Lv60+ Audino isn't particularly amazing. Grinding high level pokemon is best done outside of standard routes, especially as the exp cap gets raised higher so this is the last Levelling Tips section of the guide as it's pretty much the same strategy.

End of part 1:

[Sword Version -](#)

486 Pokemon Caught

Galar Dex: 337

Isle of Armor Dex: 189

Crown Tundra Dex: 169

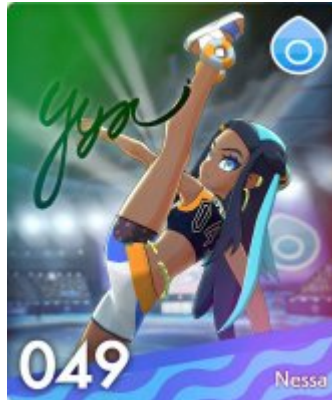
Optional Pokemon: 40

[Shield Version -](#)

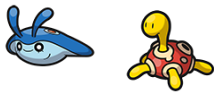
485 Pokemon Caught

Galar Dex: 336
Isle of Armor Dex: 189
Crown Tundra Dex: 168
Optional Pokemon: 40

Part 2 - Pre Badge #2 (Hulbury Gym)



Pokemon in this section:



Sword Exclusive:



Shield Exclusive:



With your first badge FINALLY in hand, you can head towards the next town (Hulbury) after traversing over Route 5. Would you like to know the bad news? You're heading straight back into raids because there is NOTHING to catch on Route 5 or Hulbury which is as far as you can go.

One Quick Breed -

One thing you can do in Hulbury is pick up some Wave Incense from the market which you can give to Mantine and then breed it to finally get Mantyke.

- Mantine--(Breed while holding Wave Incense)-->Mantyke

More Raid Battles –

The level cap jumps up to Lv25 but there's nothing you can actually catch in the wild between levels 21-25. With your first badge, you now have access to two-star raids as well as the one-star raids. The two-star raids usually include two pokemon that were available in the one-star raids and then adds a couple of new pokemon. So you've now effectively got a 50% chance just to even find a two-star raid and you have a good chance that it'll be nothing new. Of course remember from the previous section that

your activated dens stay active until cleared, so if you manage to get a rare raid (purple beam) but it's not the right pokemon, leave it activated and come back tomorrow.

- **(Sw) Sawk**
 - [Den 10](#) - Common Den - 20%
- **(Sh) Throh**
 - [Den 10](#) - Common Den - 20%
- **Shuckle**
 - [Den 110](#) - Rare Den - 25%
- **(Sh) Corsola--(Lv. 38)-->Cursola**
 - [Den 43](#) - Rare Den - 20%
 - [Den 47](#) - Rare Den - 20%
 - [Den 81](#) - Rare Den - 20%
 - [Den 183](#) - Rare Den - 20%
- **(Sh) Drampa**
 - [Den 185](#) - Rare Den - 20%
- **(Sw) Turtonator**
 - [Den 185](#) - Rare Den - 20%
- **(Sh) Larvitar--(Lv. 30)-->Pupitar--(Lv. 55)-->Tyranitar**
 - [Den 51](#) - Rare Den - 20%
- **(Sw) Deino--(Lv. 50)-->Zweilous--(Lv. 64)-->Hydreigon**
 - [Den 36](#) - Common Den - 20%

End of part 2:

Sword Version –

493 Pokemon Caught

Galar Dex: 344

Isle of Armor Dex: 190

Crown Tundra Dex: 173

Optional Pokemon: 40

Shield Version –

494 Pokemon Caught

Galar Dex: 345

Isle of Armor Dex: 190

Crown Tundra Dex: 172

Optional Pokemon: 40

Part 3 - Pre Badge #3 (Motostoke Gym)



Pokemon in this section:

Sword Exclusive



How about some good news? There are no new raids unlocked with your second badge obtained so there's no raids in this section!

Galar Mine No. 2 -

Meet with Kabu who will head back to the gym. Feel free to journey out into Motostoke Outskirts but there's nothing of interest there.

Wild Area revisited -

While there's no raids, we will need to go back to the Wild Area for the remaining pokemon in Sword. With badge number 2, our capture limit is raised up to Lv.30 and we can catch the pseudo version exclusive, Growlithe, during extreme sunlight. .

- (Sw) Growlithe--(Fire Stone)-->Arcanine

- Hammerlocke Hills grass encounter (40%)



End of part 3:

Sword Version –

495 Pokemon Caught

Galar Dex: 346

Isle of Armor Dex: 190

Crown Tundra Dex: 173

Optional Pokemon: 40

Shield Version –

494 Pokemon Caught

Galar Dex: 345

Isle of Armor Dex: 190

Crown Tundra Dex: 172

Optional Pokemon: 40

Part 4 - Pre Badge #4 (Stow-on-Side Gym)



Pokemon in this section:



Sword Exclusive:



Shield Exclusive:



Hammerlocke -

With three badges you can finally access Hammerlocke at the northern end of the Wild Area as well as being able to fast travel to the northern Wild Area after entering the city. This is the home of the 8th gym so we'll be coming back for a badge much later on. Say hi to Chairman Rose and the gym leader, Raihan, then head towards to western exit.

Route 6 -

Heading out of the western exit you'll have a small encounter with Team Yell and then you're free to explore. There's nothing new to catch on this route but this is the place where you'll meet Cara Liss, the researcher who revives fossils in the Galar Region. By providing the right combination of fossils you can get all four fossil pokemon. These fossil parts can be obtained in various ways - there's a couple right here on the route, a couple from the Stow-on-Side Pokemon Center, some in Dusty Bowl but the simplest and most expensive way to source them is from the Digging Duo back in the Wild Area. Hopefully you would have received the majority of the fossils you need but you may need to revisit them and spend lots of watts to get the remaining ones. In Sword, the Bird and Dino fossils are found by either brother but the Drake and Fish fossils are rare finds from the focused brother only. In Shield, the Drake and Fish fossils are found by either brother with the Bird and Dino fossils being the rare ones from the focused brother. Alternatively, [Den 197](#) has Arctozolt and Dracozolt in Sword and Dracovish and Arctovish in Shield, all at a 20% encounter rate in a rare den. Speaking of dens, some of the fossil Pokemon raid dens such as Omanyte/Kabuto can potentially reward you with the rarer fossils so you may find this a better solution to spend your watts/wishing pieces on.

- Dracozolt (Fossilised Drake + Fossilised Bird)
- Arctozolt (Fossilised Dino + Fossilised Bird)
- Dracovish (Fossilised Drake + Fossilised Fish)

- Arctovish (Fossilised Dino + Fossilised Fish)

Stow-on-Side -

This is the next gym's location. Battle Hop and then start exploring!

3-Star Raids -

Yep, back to raids again. This time we now have 3 star raids added to the mix on top of the 1 and 2 stars.

- **Steelix**
 - [Den 12](#) - Common Den - 20%
 - [Den 16](#) - Common Den - 20%
- **(Sw) Slurpuff**
 - [Den 87](#) - Rare Den - 20%
- **(Sh) Aromatisse**
 - [Den 87](#) - Rare Den - 20%
- **Aerodactyl**
 - [Den 197](#) - Rare Den - 40%

End of part 4:

Sword Version –

502 Pokemon Caught

Galar Dex: 352

Isle of Armor Dex: 190

Crown Tundra Dex: 174

Optional Pokemon: 40

Shield Version –

501 Pokemon Caught

Galar Dex: 351

Isle of Armor Dex: 190

Crown Tundra Dex: 173

Optional Pokemon: 40

Part 5 - Pre Badge #5 (Ballonlea Gym)



Pokemon in this section:



Ballonlea -

You are now able to catch pokemon up to Level 40. The pacing of this section is awful, even in a standard playthrough. Simply cross through Glimwood Tangle and into Ballonlea and it's gym time already.

Back to Challenge Road -

With the level cap raised we can catch a Scizor back on the Isle of Armor on Challenge Road during a sandstorm.

- **Scizor**

- Challenge Road unique overworld encounter



And that's the section done already!

End of part 5:

Sword Version –

503 Pokemon Caught

Galar Dex: 352

Isle of Armor Dex: 191

Crown Tundra Dex: 174

Optional Pokemon: 40

Shield Version –

502 Pokemon Caught

Galar Dex: 351

Isle of Armor Dex: 191

Crown Tundra Dex: 173

Optional Pokemon: 40

Part 6 - Pre Badge #6 (Circhester Gym)



Pokemon in this section:



Sword Exclusive:



Shield Exclusive:



Now we have the ability to catch pokemon up to Lv45 and thankfully there's no additional raids yet. Once you leave the gym you have the option of fast travelling to Hammerlocke with Opal.

Wild Area/Isle of Armor Quick Catches -

You can visit Giant's Cap to find Solrock or Lunatone hovering around the large cone shaped rock. They are also available on Route 8 but it's a 100% encounter rate here at Giant's Cap. Also take a trip to Brawler's Cave on the Isle of Armor where the level cap is now high enough to capture Gigalith which is a unique overworld encounter.

- Gigalith
- (Sw) Solrock
- (Sh) Lunatone

Route 7 -

At the centre of Hammerlocke you'll bump into Bede who will be poached by Opal. Venturing further east you'll meet Sonia and Leon (isn't it refreshing that the adults take care of the problems rather than rely on a child to save the world?) and then Hop will lead the way to Route 7 where you'll battle him at the end of the bridge.

Route 8 -

Nothing to catch here, just skip through to the next town.

Circhester -

My absolute favourite town/city of the game. Go to the centre of town and speak to one of the market vendors who will offer to trade his Throh (Sword) or Sawk (Shield) for a Vanillish. If you don't have a spare one you can literally return to the snowy part of Route 8 to find one as an overworld encounter. Visit the hotel Ionia and go to the Game Freak hotel room and speak to the director for a free Catching Charm which boosts critical capture rates (only one pokeball shake required).

- (Sw) Throh
- (Sh) Sawk

Route 9 and Circhester Bay are a dead end without another badge so that's the end of this section.

End of part 6:

Sword Version -

506 Pokemon Caught

Galar Dex: 355

Isle of Armor Dex: 192

Crown Tundra Dex: 174

Optional Pokemon: 40

Shield Version -

505 Pokemon Caught

Galar Dex: 354

Isle of Armor Dex: 192

Crown Tundra Dex: 173

Optional Pokemon: 40

Part 7 - Pre Badge #7 (Spikemuth Gym)



Pokemon in this section:



Sword Exclusive:



Shield Exclusive:



Your capture limit is now Level 50 and we have now opened up 4 star raids. Once you've left the gym, meet Sonia and Hop at the restaurant in town and then check out the hot springs for a battle with Hop. Go back to Circhester Bay and clear off Team Yell to get the water mode for your bike which lets you cycle over water.

Circhester Bay and Route 9 (Outer Spikemuth) -

You can fish for a Lapras here if you want but i've experienced and heard many horror stories about the time it takes to find out so honestly it's much easier to catch in a raid battle now we have the water bike so simply skip on to Spikemuth to enable fast travel.

Some high level encounters -

The Lv50 level cap means we can catch an Alakazam which can be found in a couple of places in the Isle of Armor, a Rhyperior in Potbottom Desert.

- **Alakazam**

- Loop Lagoon unique overworld encounter



- Insular Sea unique overworld encounter



- **Rhyperior**

- Potbottom Desert unique overworld encounter



The seas of the Isle of Armor -

Take the water bike into the oceanic areas and you'll find a Clauncher in Sword or Skrelp in Shield as an overworld encounter in all weathers.

- (Sw) Clauncher--(Lv. 37)-->Clawitzer
- (Sh) Skrelp--(Lv. 48)-->Dragalge

Lake of Outrage -

West of Hammerlocke Hills you can now cross the water to reach Lake of Outrage. On the other side of the lake there's land with lots of grass patches. There's one pokemon we can find here in Shield depending on the weather. Bear in mind that the lowest levels this pokemon can be found is Level 50 so it has to be this level in order to catch it.

- (Sh) Eiscue
 - Lake of Outrage Random Grass Encounter (2%) 
 - Lake of Outrage Random Grass Encounter (5%) 

4-Star Raids -

We still have the pain of getting the right number of raid stars and the right pokemon! At least 1 and 2 star raids have now disappeared.

- Machop
 - [Den 48](#) - Rare Den - 20%
- Milotic
 - [Den 163](#) - Rare Den - 15%
- Conkeldurr
 - (Sw) [Den 1](#) - Common Den - 25%
 - [Den 172](#) - Common Den - 15%
 - [Den 173](#) - Rare Den - 15%
- Lapras
 - [Den 171](#) - Rare Den - 15%
- Electivire
 - [Den 165](#) - Rare Den - 15%
- Magmortar
 - [Den 161](#) - Rare Den - 15%

End of part 7:

Sword Version -

516 Pokemon Caught

Galar Dex: 360

Isle of Armor Dex: 196

Crown Tundra Dex: 179

Optional Pokemon: 40

Shield Version -

516 Pokemon Caught

Galar Dex: 360

Isle of Armor Dex: 196

Crown Tundra Dex: 179

Optional Pokemon: 40

Part 8 - Pre Badge #8 (Hammerlocke Gym)



Pokemon in this section:

None

A very simple section, simply go defeat Raihan! No pokemon to catch and no additional raids to do.

End of part 8:

Sword Version –

516 Pokemon Caught

Galar Dex: 360

Isle of Armor Dex: 196

Crown Tundra Dex: 179

Optional Pokemon: 40

Shield Version –

516 Pokemon Caught

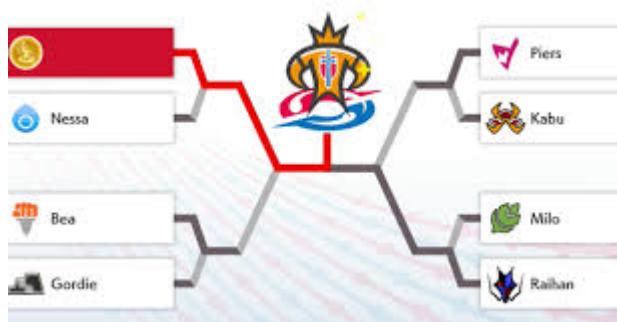
Galar Dex: 360

Isle of Armor Dex: 196

Crown Tundra Dex: 179

Optional Pokemon: 40

Part 9 - Pre Champion's Cup



Pokemon in this section:










Choices (pick one Regi):



High level roamers -

You can now catch pokemon up to Lv100 so there's actually a fair bit to do, particularly in Crown Tundra. First we'll get the high level wild pokemon out of the way.

- **Dusknoir**
 - Stony Wilderness Unique Overworld Encounter - All weathers
- **Gengar**
 - Giant's Cap Unique Overworld Encounter      
- **Kingdra**
 - Honeycalm Sea Unique Overworld Encounter 
- **Tirtouga--(Lv. 37)-->Carracosta**
 - Frigid Sea Overworld Encounter (10%) - All weathers
- **Archen--(Lv. 37)-->Archeops**
 - Giant's Foot Overworld Encounter (10%) - All weathers

A legendary expedition -

We can now return to Crown Tundra and do some of Peony's legendary pokemon missions. The legendary birds are entirely optional since we already have the Kantonian versions. Let's start with the Regis. For Regirock, visit Rock Peak Ruins in the Giant's Bed area. Give a pokemon an Everstone to open the door. Regice is in Iceberg Ruins on Snowslide Slope. Bring a Cryogonal and put it in your lead slot to open the door. Registeel lives in Iron Ruins within Giant's Bed. Whistle at the door to open it. Finally we have Split-Decision Ruins found at Frigid Sea. If you have all three of the original Regis then the door will open and you'll need to light up the symbols corresponding to either Regieleki or Regidrago and then catch that pokemon, losing out on the other. Unfortunately we can't catch Calyrex just yet...

- Regirock
 - Regice
 - Registeel
- OR
- Regieleki
 - Regidrago

With that done, it's time to participate in the Champion's Cup until you get a rude interruption...

End of part 9:

[Sword Version -](#)

527 Pokemon Caught

Galar Dex: 362

Isle of Armor Dex: 197

Crown Tundra Dex: 187
Optional Pokemon: 40
[Shield Version –](#)
527 Pokemon Caught
Galar Dex: 362
Isle of Armor Dex: 197
Crown Tundra Dex: 187
Optional Pokemon: 40

Part 10 - Pre Championship Battle vs Leon



Pokemon in this section:



Galarian Showdown -

Make your way all the way up to Wyndon with no extra catches required on the routes you pass through. Go ahead and enter yourself for battle at the stadium battle your way through Marnie and Hop. Eventually your progress will be halted and you'll have to deal with the evil team of the region which it turns out is not Team Yell. Everything is pretty linear here, you'll make your up Rose Tower and will then proceed to take part in the final tournament to become Champion. Before the final encounter with Leon you'll need to take down Rose. In order to do so you'll need to venture into the Slumbering Weald and recruit the pokemon you encountered at the beginning of the game - your box legendary. They won't be captured just yet though.

Return to Hammerlocke Gym and enter the plant to encounter Chairman Rose. After defeating him you'll then need to battle Eternatus. Defeat it in the first battle and then during the second you'll have the opportunity to catch it in its Eternamax form. It is at Lv60 so make sure you have some high levelled pokemon to tank the hits and lower its health, put it to sleep etc.

- Eternatus

With that done, this section ends and you can battle Leon for the title of Champion of Galar.

End of part 10:

[Sword Version –](#)
528 Pokemon Caught
Galar Dex: 363
Isle of Armor Dex: 197

Crown Tundra Dex: 187

Optional Pokemon: 40

Shield Version –

528 Pokemon Caught

Galar Dex: 363

Isle of Armor Dex: 197

Crown Tundra Dex: 187

Optional Pokemon: 40

Part 11 - Post Game



Pokemon in this section:



Sword Exclusive:



Shield Exclusive:



Choices - Pick one Calyrex steed:



Optional Pokemon (no pokedex entries):



The Galarian Legend Ends -

Upon your victory against Leon, you'll get the Master Ball and will shortly venture off to find your box legendary in the Slumbering Weald. At the shrine you'll meet Swordward and Shieldbert and will begin the monotonous task of venturing round the region taking down Dynamax pokemon at the gyms. Eventually this chapter comes to a close and you'll battle the legendary at the Hammerlocke Power Plant (where Eternatus was). Defeat it in battle and you'll be able to battle it again to capture it. Save before the battle!

- (Sw) Zacian
- (Sh) Zamazenta

A valuable gift pokemon -

Go to the stadium in Wyndon and on the left hand side you can speak to a lady who will just give you a Type: Null...not bad, huh? Raise its friendship/happiness up and level it up to evolve it easily.

- Type: Null--(Level up with high Happiness)-->Silvally

Legends of the Tundra -

Now that you're Champion, you'll finally be able to progress with the legend of Calyrex. The game will guide you through this so I won't list the steps here. Assuming you caught Cosmog and Cosmoem, you'll already have decided which of the steeds will appear, Gastrier with the Iceroot Carrot and Spectrier with the Shaderoot Carrot. Both Calyrex and its steed will be a very high level encounter (Lv80) at the Crown Shrine in their combined forms.

- Calyrex

Choice:

- Gastrier

OR

- Spectrier

Next you'll no doubt see some glowing footprints while travelling around the Crown Tundra. Examining one of these will make Sonia appear and tell you about the legendaries roaming the Crown Tundra. By finding enough footprints you'll trigger Cobalion to appear at Frigid Sea, Terrakion to appear at Lakeside Cave and Virizion to appear in Giant's Bed.

- Cobalion
- Terrakion
- Virizion

Some Optional Legendaries -

If you're catching everything available regardless of whether it has a dex entry then there's a few more to catch. First is Keldeo. If you bring Cobalion, Terrakion and Virizion to a small island in Ballimere Lake you'll find a cooking pot and some horseshoe tracks. Make a curry here with the three Muskedeers in your party and Keldeo will appear. Next you will need to finish all of Peony's legendary clues which includes tracking down and catching Galarian Articuno, Zapdos and Moltres in the Crown Tundra, Wild Area and Isle of Armor respectively. Once all legendary clues are finished, Peony will return to Max Lair and there will be Ultra Beasts appearing now as boss pokemon. Simply go through multiple times to catch 'em all. Following 5 successful captures of Ultra Beasts, a lady in the entrance hall will give you Poipole. By taking it to the pokemon center you'll be able to re-learn Dragon Pulse so that it will evolve at its next level up.

- Keldeo
- Nihilego
- Buzzwole
- Pheromosa

- Xurkitree
- Celesteela
- Kartana
- Guzlord
- Necrozma
- Stakataka
- Blacephalon
- Poipole--(Level up whilst knowing the move Dragon Pulse)-->Naganadel

And with that, your journey is finally complete!

End of the challenge:

Sword Version –

536 Pokemon Caught

Galar Dex: 366

Isle of Armor Dex: 197

Crown Tundra Dex: 192

Optional Pokemon: 53

Shield Version –

536 Pokemon Caught

Galar Dex: 366

Isle of Armor Dex: 197

Crown Tundra Dex: 192

Optional Pokemon: 53

So who's missing?

Choices (8 required, 6 optional):

The other two starters that you didn't pick and their evolutions as well as the missing steed you didn't pick and the Regi you didn't pick. Optional pokemon includes the Alolan starters you didn't get.



Trade Evolutions (2):

Only two actually, since the remaining ones were available through raids, high level encounters and Dynamax Adventures. Porygon's lines are not available anywhere in the game.



Version Exclusives (36 required, 8 optional):

These are pokemon found exclusively in the other version.

Sword Players will be missing (36 required, 8 optional):



Shield Players will be missing (36 required, 8 optional):



Miscellaneous (1 required, 1 optional):

Spiritomb is missing from the Crown Tundra dex as it requires online connectivity to flush it out. Regigigas is an optional pokemon that IS in the game but requires a team of all of the Regis. Unfortunately since we have to pick between Regieleki or Regidrago, it's not possible to encounter Regigigas without trading.



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/u/mewlax84).

Until next time!

Social Media Plug:

Instagram: [Poké Mewlax \(@pokemewlax\)](https://www.instagram.com/pokemewlax) • [Instagram photos and videos](#)

Twitter: [@Mewlax1](https://twitter.com/Mewlax1) / [Twitter](#)

Reddit profile: [mewlax84 \(u/mewlax84\)](https://www.reddit.com/u/mewlax84) - [Reddit](#)