

Low-Level Ironman Tips & Tricks

Made by [TheFX](#)

1. Get at least 20-30 Construction before starting Wintertodt

- a. Repairing the brazier during the minigame gives 4x the player's Construction level as experience
 - i. Instead of getting 4xp per repair at level 1, you'd get anywhere from 80-120 per repair between levels 20-30, allowing you to level up Construction a lot faster.
 - ii. The same actually goes for all skills used in the minigame, but repairing the brazier has the highest exp multiplier, besides Firemaking of course. All the others are below a 1x experience rate.

2. LMS is now IMMENSELY helpful for Ironmen of all levels

- a. With the recent change of moving Bounty Hunter rewards into the Last Man Standing minigame, ironmen of all levels can take part in the safe minigame to get points, and then spend those points on a variety of useful items, namely:
 - i. Rune arrows, which can either be alched or sold to shops as a pretty decent money making method.
 - ii. Blighted super restores for wilderness activities requiring prayer.
 - iii. Magic shortbow (i) scrolls, which buff the magic shortbow and lowers its special attack cost.
 - iv. And Rune pouches, which can hold up to 16k each of three types of runes.

3. Toggle your ammunition pickup options

- a. You can talk to the Magic Tutor in Lumbridge to toggle the option of having any runes you pick up off the ground go straight into the rune pouch, as opposed to the inventory.
- b. The same goes for the Ranged tutor. You can toggle whether ammo you pick up off the ground will go straight into your quiver as opposed to the inventory.

4. Utilize the free 30 starter casts from the Mage tutor

- a. Every 30 minutes, you can obtain a free set of 30 air and mine runes from them.
 - i. So early on, whenever you're not making use of your Home Teleport cooldown, it could be useful to take a quick trip to pick up another set of 30 casts.
 - ii. That's a 228gp equivalent value if purchasing from a rune shop, and it's super helpful in the early-early game when cash is a scarce resource.
- b. **Note:** This does require you to bring ALL of your mind and air runes with you, because you have to drop them before requesting the set, as the tutor will otherwise say you have some in your inventory and/or bank.

5. Rely on shops whenever able

- a. Many early game quests have item requirements that are easily obtainable from shops, so there's no need to grind out the levels and materials yourself.
- b. To name some of many, you can get:
 - i. An Oak Longbow from archery shops for Ghosts Ahoy
 - ii. An Iron chainbody from Varrock or Falador for Black Knight's Fortress
 - iii. A Raw shark from Canifis or Port Piscarilius for The Fremennik Trials
 - iv. And shops like The Grand Tree Grocery store provide a plethora of helpful items:
 - 1. Dwellberries, a bucket of milk, and chocolate dust for Plague City
 - 2. Gnome Spice and an orange for RFD: Goblins
 - 3. Cheese for Witch's House
 - 4. Cabbage for Black Knight's Fortress
 - 5. Pineapples to make early supercompost
 - 6. Fruit and cocktail shaker to make a fruit blast for RFD: Another Cook's Quest
 - 7. Onions to make yellow dyes for Prince Ali Rescue, Ghosts Ahoy, Goblin Diplomacy
 - v. And of course, the charter ship shops are very commonly used for buckets of sand, seaweed, and soda ash for glassblowing, as well as buckets of slime for the ectofungus, and also pineapples for early supercompost.
 - 1. **Regarding pineapples:** 518 Farming exp over 15 buckets of supercompost (8.5 per fill, 26 per use) for <100gp is a big deal for Farming so early on.

6. Collect items for quests during other activities

- a. Along with shops, many items for quests can be acquired by taking a quick second to go out of your way during a different quest, as opposed to making a specific trip out for them later. Or better yet, they'll be directly on your path and you'd waste no time at all!
 - i. When doing Pirate's Treasure, you can acquire a cabbage for Black Knight's Fortress and a raw chicken for Druidic Ritual from the back of Wydin's shop.
 - ii. When doing the Fishing Contest quest, a glassblowing pipe can be found inside Grandpa Jack's house, saving you from having to buy one from a charter ship later on.
 - 1. More importantly, when getting the red vine worms for the quest, you should not only pick up extras in case it's one of your three requested items during Fairy Tale Pt I, but you could also pick up dwellberries nearby for Plague City, as opposed to purchasing them.

- iii. When doing the Nature Spirit quest and you have to fill up your druid pouch, keep an extra stem, pear, and fungus, as those items may also be requested during Fairy Tale Part I.
 - 1. In fact, when playing my account, I anticipated this, and both the stem AND pear ended up being two of my three requested items, with the other being whiteberries. That's lucky as hell.
- iv. When going through the swamp to the Priest's Shack during the Restless Ghost, you could kill a rat for its raw rat meat for Druidic Ritual, as well as pick up several swamp tar on the ground to use for quite a few quests.
- v. When going through Draynor Manor during the last part of Vampire Slayer or at any time during Ernest the Chicken, you could pick up a bronze med helm on your way out to use for Black Knight's Fortress, as well as a spade, if needed.

7. Keep the "byproducts" and misc loot from one activity for another

- a. Whether it's truly a byproduct or just a piece of secondary loot, it's very beneficial to keep the items you get from doing one activity to repurpose them for another.
For example:
 - i. When thieving bakery stalls for food in the early game, most people only bank the full cakes, **but** you also need a bunch of bread for early quests:
 - ii. 10 for Death Plateau
 - iii. 1 for Merlin's Crystal
 - iv. 1 for RFD: Goblins
 - v. So it would be smart to bank those far ahead of time to save you the hassle later.
- b. In getting level 30 firemaking for Sea Slug, you'll leave plenty of ashes behind on the way, but *do* pick up a minimum of three for Prince Ali Rescue, RFD: Another Cook's Quest, and for making Serum 207's during Shades of Mort'ton.
 - i. Ashes are one of those things that can easily be acquired later, but it's always a good feeling to have a quest item already in the bank when you need it.
- c. You can easily quest Farming into the mid 30's during the early-game, but there's a few select points on the way where you're required to farm for a quest or diary task.
 - i. During these times, throw all the weeds, cabbages, and other low-level crops into the compost bin, and when you come back later to actually do some farming post Garden of Tranquility quest, you can bring the compost potion (4) you get from the quest and use it each bin to convert them into supercompost at no charge.
- d. When thieving HAM members for their robe pieces for Death to the Dorgeshuun, they also give *a lot* of other useful items you can use later on, such as:
 - i. Buttons to polish for Animal Magnetism

- ii. A steel pickaxe for training purposes
- iii. Easy clue scrolls
- iv. Rusty swords to take to Tindel Marchant for an Ardougne easy diary task
- v. Coal ore for Elemental Workshop
- vi. Uncut Jades for jewelry
- vii. Uncut Opals for jewelry and the Digsite Quest

8. Food sources for the early-early game

- a. The **two most common** early game foods for Ironmen are wines and cakes.
 - i. Wines can be purchased from Fortunato in Draynor for 1gp each, and heal 11, but they weigh a lot.
 - ii. Cakes can be stolen from bakery stalls and heal 12, spread across 3-bites.
 - 1. The best place to do that is in Kourend proper, because you can hide behind the stall and only very very rarely get caught by a guard if it decides to path up there.
 - 2. There's a bank upstairs in the castle to the west - much closer than the one in Ardougne - AND there's a silk stall there that you can also hide behind, if you felt like grinding out some silk to sell to the Ardougne silk merchant for 60gp each.
- b. A bit less useful, yet still dirt cheap, would be purchasing kebab's from the kebab seller in Al Kharid for 1gp each. Kebabs are a bit interesting in that they have multiple outcomes with various healing amounts:
 - i. 66% chance to heal 10% total HP
 - ii. 21% chance to heal 10-20 HP
 - iii. 9% chance to heal nothing at all
 - iv. 4% chance to heal 30 HP
- c. If you're having difficulty with something and are in need of higher healing food that you're willing to shell out some money for, head over to the Brimhaven food store to purchase lobsters that heal 12, swordfish that heal 14, or even karambwans that heal 18.
 - i. The shop's prices aren't great, but if you only need a few pieces to advance a quest, it could be worth it.
 - ii. An alternate option could be doing the Tribal Totem quest, which is quick and easy and rewards 5 cooked swordfish.

9. Unlock Karambwans by the end of the early game

- a. Related to the tip about food sources, one of your final early game goals should be to unlock fairy rings, get 65 fishing, and complete the Tai Bwo Wannai Trio quest so you can fish one of the best foods in the game, the karambwan.
- b. Not only are they a great source of fishing and cooking experience, they:
 - i. Heal 18
 - ii. AND allow you to eat 1-tick faster than other foods

- iii. AND can be combo-eaten with other foods and potions to regain a large amount of health in a short period.
- c. **For example:** Eating a lobster + karambwan recovers 30 HP almost instantly.
 - i. At its extreme, combo-eating a manta ray + saradomin brew + karambwan recovers between 50 and 60 HP in 3 quick clicks.
- d. You can also access Tiadeche's Karambwan Stall in Tai Bwo Wannai after the quest, which sells raw karambwan, karambwanji, and karambwan vessels.

10. Prioritize unlocking the Warrior's Guild by the start of the mid game

- a. Make sure you're on track for getting a combined total of 130 Attack and Strength levels (60/70 or 65/65 is most common) in order to gain access to the Warrior's guild when transitioning into the midgame.
- b. Not only is the Guild great for getting defenders, but you can also purchase:
 - i. Bulk stews for Spicy Stew boosting
 - ii. Potatoes with cheese, which heal 16 (the same as monkfish) for only 10gp each!
 - 1. These will be super helpful when doing activities that you don't want to waste your karambwans on.
 - iii. Plain pizza bases to use for making higher level pizzas
 - iv. Bulk attack potions, which are helpful because, by this point, you'll likely have a Dragon Battleaxe, so to offset the attack level reduction caused by the special attack, use attack potions.
 - 1. To maximize things, use a regular attack potion to get back up to base stats, and then another dose or a super attack to get the bonus.

11. Save your 1-charge teleport jewelry

- a. Whenever your teleport jewelry gets down to 1 charge left, you can recoup some cash by alching or selling them to one of the special general stores, which we'll cover later on.

12. Count Check will teleport you to the Stronghold of Security

- a. Many new accounts start off with going for the 10k coins from the third level of the Stronghold of Security, but did you know that in the Lumbridge Graveyard is a character called Count Check.
- b. If you talk to him, he will offer to teleport you to the entrance of the Stronghold. This can only be done once, and it can only be done if you haven't visited the Stronghold before.

13. Get boots of lightness as soon as possible

- a. One of the best, free items you can get early on are a pair of boots of lightness in the Temple of Ikov, located between Ardy and Seers.

- i. They have no requirements, and wearing them will reduce your weight by 4kg. Note that any weight below 0kg counts as 0kg for run energy reduction.
- b. To get them, you only need a light source and a knife or slashing weapon.
 - i. Candles can be acquired at the Ardy Monastery, the Candle shop in Catherby, or above the Sword shop in Varrock.
 - ii. A knife can be found behind Bob's Axes in Lumbridge, inside a house in Seers Village, or purchased from the Fishing Trawler shop in Catherby.
- c. Head down into the Temple of Ikov, head west, go downstairs, head east, cut the web, and world hop a few times to pick up several pairs of the boots of lightness!

14. Exploring "alternatives" to Ranger Boots

- a. Ranger boots give an awesome +8 Ranged attack bonus, but they take an unpredictable amount of medium clues to get.
 - i. Blessed Dragonhide boots give a similar +7, but they require 70 Ranged and are also locked behind an *even rarer* unpredictable amount of *hard* clues, however there are 6 possible versions.
 - ii. That leaves us with two more options, snakeskin boots, which give a +3 bonus, but requires 6 snake hides, and those are a pain in the ass to get until getting Tai Bwo Wannai favour or visiting Fossil Island.
 - iii. So, our final option, if you really, *truly* want that +2 Ranged attack bonus, are frog-leather boots, purchasable from Reldak in Dorgesh-Kaan for 200 coins after completion of Death to the Dorgeshuun.

15. Skip the grueling early game by Questing

- a. Runescape, like all MMO's, has an incredibly slow early game, so unless you're new to the game and/or want the nostalgia of training on cows and chickens in Lumbridge, you'd be wise to skip the gruelling early game by Questing.
 - i. Ex) **29 Smithing** from The Knight's Sword
 - ii. Ex) **30 Attack & Strength** from the Waterfall Quest
 - iii. Ex) **25 HP** from Witch's House
 - iv. Ex) **9 RC** from The abyss miniquest
 - v. Ex) **9 Slayer & Hunter** from the Varrock Museum Natural History Quiz
 - vi. Ex) **10 Agility** from X Marks the spot + Client of Kourend for the Draynor Rooftop course - no need to run all the way to the gnome stronghold
 - vii. Ex) **24 Fishing** from the Sea Slug quest
 - viii. Ex) **27 Range** if chosen as the reward from Shadow of the Storm
 - ix. Ex) **31 Defense & 28 Prayer** from the Holy Grail quest
 - x. That's only several of many available options.

16. Overlap your quests, especially if you hate Questing

- a. That's right, my solution to you not enjoying quests is to do more of them AND at the same time! It may sound crazy, but I find it makes each one go by quicker,

AND I feel like I'm getting more stuff accomplished. Plus, it can save a bunch of time.

b. For example:

i. Part of the Grand Tree quest requires you to go to Hazelmere, who's a short walk SE from the Fight Arena, and part of the Waterfall quest requires you to go into the Tree Gnome Village Dungeon. Assuming you have both of those started, a potential route you could take to integrate all of them would be:

1. When required to go to Hazelmere for The Grand Tree quest, you could minigame teleport to Castle Wars, go north to the Tree Gnome Village, continue the Waterfall quest by going into the dungeon, then going into the Tree Gnome Village to start that quest.
2. You'll be escorted out of there maze, where you could then go east and start the Fight Arena quest, and then continue Fight Arena up until the point of turn-in, but before going back, you could go south to Hazelmere to continue the Grand Tree.
3. Then, you'd head back toward the Tree Gnome Village, turning in the Fight Arena quest on the way, before continuing Tree Gnome Village up to completion.
4. After finishing up the quest, you could immediately take the Spirit tree back to the Gnome Stronghold, to continue and finish The Grand Tree quest, and then continue on with the Waterfall quest.

c. Another example would be:

i. Both the Rune Mysteries and Restless Ghost quests require you to go to the Wizard's Tower, so if you started both of those and did the swamp house step of the Restless Ghost first, you'd then be able to overlap the next steps of both quests simultaneously.

d. Another example is:

i. Doric's Quest, Goblin Diplomacy, Witch's House, and Druidic Ritual all take place in the same area, so if you had all the items for those quests beforehand, you'd be able to:

1. Go north from Falador
2. Start and complete Doric's Quest,
3. Go to Goblin Village to start and finish Goblin Diplomacy,
4. Go west into Taverley to start Witch's House,
5. Then before going in the house you could go north to start Druidic Ritual
6. Go back into the Witch's House to get the boys ball, But before turning it in, you'd continue Druidic Ritual in the Taverley Dungeon,
7. *Then* go turn in Druidic Ritual, and finally turn in Witch's House.

e. Another example is:

- i. You could start Vampire Slayer in Draynor and then Pirate's Treasure in Port Sarim, both of which require you to go to the Blue Moon Inn in Varrock to continue them.
 - 1. Conveniently, you'd also be able to start and then overlap:
 - a. Shield of Arrav
 - b. Demon Slayer
 - c. Romeo and Juliet
 - d. Gertrude's Cat
 - e. AND Priest in Peril at the same time
 - f. All before doing the varrock museum mini quiz for 9 slayer and hunter, and then going to finish rune mysteries so you could mine the 50 pure essence for Priest in Peril immediately afterwards.
 - g. And if you happened to have gone to Falador beforehand, you'd be able to continue The Knight's Sword in the Castle Library as well.
- f. Yet another example is:
 - i. The Hazeel Cult, Clock Tower, and Monk's Friend quests also all take place in the same general area, so you could:
 - 1. Start Hazeel Cult
 - 2. Go south and start Clock tower before getting the first of four cogs, collecting a purple dye along the way for the Goblin Generals subquest of Recipe for Disaster
 - 3. Continue Hazeel Cult in the cave
 - 4. Go east to start Monk's Friend at the Monastery as well as pick up a candle to use a light source for future quests
 - 5. Get the child's blanket for the monk as well as turning the valves nearby for Hazeel Cult
 - 6. Go north to give the other monk water and some logs, then get another cog for Clock Tower by going down the ladder nearby
 - 7. Turn in Monk's Friend, then get the remaining two cogs to finish Clock Tower
 - 8. Then go back into the cave nearby to continue Hazeel Cult, before turning that in as well.
 - g. The Rag & Bone Man quest and Alfred Grimhand's Barcrawl miniquest can be completed pretty much 100% passively, as you'll pass every location required for both quests during other quests and activities.
 - h. The Making History quest has 3 main parts that can be done in any order, and thus easily overlapped with something else .
 - i. 1 takes place near the Observatory, which can be combined with the Observatory quest
 - ii. 1 is in Rellekka, which can be done during The Fremennik Trials
 - iii. And 1 is in Port Phasmatys, which can be done during Ghosts Ahoy

.5 Tip - In the same vein, I've seen a lot of people complain about hating having to do diary tasks, so I'd suggest just working them into your quest route as well.

- iv. It's a lot less annoying to run 10 feet away during a quest to complete a task rather than having to make a specific trip for it later on.
- v. For example, when heading to the Ruins of Uzer to do The Golem quest, you could:
 - 1. Take the Necklace of Passage to Eagle's Eyrie and mine 5 clay rocks nearby for an easy Desert Diary task,
 - 2. set up a bird snare to catch a golden warbler for another easy diary task,
 - 3. then thief a phoenix feather from the desert phoenix nearby to satisfy a medium diary task,
 - a. AND then use that feather during The Golem quest.
 - 4. Also, if there's any intact cacti nearby, you could cut one open to refill a waterskin for yet another diary task.

17. Safespotting - You can fight high-level enemies a lot earlier than you think

- a. Although you won't have protection prayers until at least level 37 Prayer, many enemies around Gielinor - including 75% of the quest bosses you'll fight - have some form of safe spot, where you can stand behind an obstruction and attack them freely, without them being able to reach you.
 - i. The great thing about this is that most monsters that don't cast magic have Level 1 Magic and no magic defense, meaning your spells will be very accurate against them, even if your accuracy bonus isn't the best.

.33 Tip - Make use of the Flinching mechanic

- b. There's also a mechanic called 'Flinching', where you can run out from behind a spot that you wouldn't otherwise be able to safely attack from without putting yourself in harm's way, attack the boss, then run back behind the safespot, wait for their health bar to disappear, and then rinse and repeat until the boss is dead.
 - i. If you don't wait until their health bar disappears and attempt to attack them again, they'll be able to hit you.
 - 1. **Note:** This is a general rule as most monsters have an attack speed of 4 - the flinch window really depends on attack speed.
 - ii. Not every boss has one, but for quests like Shadow of the Storm, Dragon Slayer, Fairy Tale Pt I, and Troll Stronghold, flinching can be very helpful.
 - iii. I did have one weird situation during the Fairy Tale Pt I boss fight, where I was able to repeatedly flinch the Tanglefoot without taking damage, but I

think that's because I had pulled the boss to the edge of its wander radius.

.67 Tip - Make use of the Retreat mechanic

- c. Speaking of wander radius, there's also a method involving the 'Retreat' mechanic, which forces an enemy to moonwalk directly backwards if you attack them from outside of their wander radius, sometimes called "aggro" or "leash" range in other games.
 - i. **The method:** If you can force them to retreat directly into an object or corner, you can continually mage or range them from a distance without them moving at all, as they'll be stuck in that 'Retreat' phase with nowhere to go.
 - ii. **Note:** If you move back into their range, they *will* try to attack you again.
 - 1. Make sure you're aware of this, as when doing quests like Troll Stronghold where you have to fight a Troll General that can hit up to **38**, you'll want to maintain your distance.

18. Boosts are your best friend

- a. There are a lot of player-made boosts obtainable through Cooking or Spicy Stews, but when you only need a little bit of extra boost to reach that next milestone, there's several miscellaneous options you can make use of.
- b. **Ex)** Wizard's mind bombs are very helpful in getting those last 2 magic levels to reach that next teleport or utility spell.
 - i. If you have **over 50 magic**, you get a +3 boost.
 - ii. You can buy them one at a time from the pub in Falador, or in bulk from the one in Burthorpe. Just take the Games Room minigame teleport and head south to the pub.
- c. **Ex)** Dwarven stouts are also purchasable in singles from Falador or in bulk from Burthorpe, and they boost Mining and Smithing by +1.
 - i. You can also pick them up for free in the Dwarven pub inside the White Wolf Mountain Tunnels after completing the Fishing Contest quest.
 - 1. I myself made use of this boost at level 39 mining to mine the gold ore on Karamja's peninsula for the easy diary task.
 - ii. You also get two mature dwarven stouts - normally obtained through an arduous and anti-fun brewing system - as a reward from the Forgettable Tale of a Drunken Dwarf quest.
 - 1. These give you a +2 Mining and Smithing boost.
- d. **Ex)** Boosts for skills like Crafting and Thieving are harder to come by, but there's an interesting and unique NPC called Stankers at the coal trucks west of Seers.
 - i. You can talk to him to get a poison chalice for free, which, when consumed, has 7 possible effects, 2 of which give a +1 crafting boost, and two of which *can* give a +1 Thieving boost, though a little less reliably.

1. Here are the success rates for each possible effect, according to [Mod Ash](#).
- ii. Otherwise, for Thieving, the only buyable +1 boost available is a Bandit's Brew - 650 coins from the Bandit Camp pub in the desert.
 1. As an alternative, or If you need more than a +1 boost, you could do the Sorceress' Garden minigame for squirk juices that give a +1-3 boost, depending on the tier of juice drank.
- e. **Ex)** The special attack of the ancient mace you receive from the Another Slice of Ham quest can boost your prayer points beyond the maximum - based on whatever damage you hit with the special attack when you use it - AND they won't drain passively over time like other skills; only when used.
 - i. Although it's a one-time thing, this boost can be helpful in bypassing the level 47 Prayer requirement for the Rum Deal quest.
 - ii. **Note:** Unlike other skills, boosting prayer will not allow you to use higher level prayers.
- f. **Ex)** After completing the Death to the Dorgeshuun quest, Oldak in the NW corner of Dorgesh-Kaan has a random chance of either boosting **or lowering** your Magic or Runecrafting levels by 1 or 2.
 - i. The Runecrafting boost is unique, but unless you can very quickly teleport and run to whatever altar you're trying to Runecraft at, I think it's a little too unreliable of a boost.

19. Discussing early melee weapons

- a. The first special attack weapon you're able to get that *a/so* happens to boost defence by +8 is Excalibur from the Merlin's Crystal quest.
 - i. It's a decent melee weapon prior to obtaining the rune scimitar, having similar stats to an Adamant longsword, albeit with 6 less strength bonus.
- b. Speaking of the Rune scimitar, It's been a few years since the Ourania or ZMI altar was released, but I've spoken to a few people recently who didn't know it existed. The altar itself isn't important here, it's the safespottable Zamorak Warriors inside it.
 - i. They have a 1/50 drop chance for the rune scimitar vs the classic fire giant's 1/128. That itself speeds up the grind immensely, but the cherry on top are the rune dagger drops as well as the 80% chance to drop 100 coins each kill, making it easy to recoup the cost of runes used to kill them.
- c. Of course, after that, it's in your best interest to complete Monkey Madness by the time you get 60 Attack so you can use the Dragon scimitar, which has about 50% higher attack and strength bonus than a Rune scimitar.

20. Fast Travel from Shantay Pass to Port Sarim

- a. An old, but still lesser known and still relevant method that ALSO works in F2P is to go to the Shantay Pass and tell Shantay that you're a bandit.

- i. He'll throw you in jail and offer your freedom for 5 coins. Refuse his offer twice, and you'll be teleported to the Port Sarim jail, where you can pick lock the door (no actual picklock is needed) and continue on your way!
 - 1. It's a nice free teleport that saves a bit of time having to run from Lumbridge to Port Sarim or Rimmington in the early game.

.5 Tip - Utilize the Pest Control teleport to get to Port Sarim faster

- b. A quicker option once you reach 40 combat is to Minigame teleport to Pest Control and take the boat to Port Sarim.

21. Utilize Minigame teleports whenever possible

- a. Relatedly, it's important to mention that Minigame teleports should be used to get around as much as possible prior to getting law runes.
 - i. Even then, they should be used to save on law runes, as those are a scarce resource in the early game, unless you specifically grind out gold to buy them (240gp ea).
- b. The best part is that most of them have either no requirements, or very easily achievable ones. There's a lot of them, but let's cover a few useful ones:
 - i. The **Castle and Clan Wars** teleports are very close to a bank and have no requirements
 - ii. The **Nightmare Zone** teleport is close to Yanille, but requires completing 5 quests whose bosses reappear in the minigame.
 - 1. BUT, The **Fishing Trawler** teleport only requires level 15 Fishing and is close to the Nightmare Zone, so you could use this minigame teleport to get to the area earlier on.
 - iii. The **Blast Furnace** teleport in Keldagrim only requires *starting* The Giant Dwarf quest, and opens up a teleport to Keldagrim and the Fremennik region.
 - iv. And then there's the **Barbarian Assault** teleport, which requires walking there on foot the first time to do the minigame tutorial to access the teleport - luckily it now has a 'Skip Tutorial' option.
 - 1. This one is mainly useful for getting to the region quickly before unlocking spirit trees, as well as for picking up planks for quests and early Construction training, *and* to do the Waterfall quest, which gives a boatload of early experience.

22. Prioritize unlocking as many travel methods as possible

- a. Related to utilizing minigame teleports, it's in your best interest to unlock as many travel methods as possible as soon as you can. Otherwise, you're going to be doing A LOT of walking until you level your Agility up. Here are some of the most helpful teleports you can unlock early on to speed up your travels:

- i. The easy tier **Ardy cloak** gives you infinite teleports to the Monastery south of Ardy, allowing for quick access to that whole region of the world early on, as well as a nearby Fairy Ring, once those are unlocked.
- ii. Speaking of, unlocking the **Fairy Ring** system is one of the most helpful things you'll do for yourself in the early game.
 - 1. It opens up a host of new areas to teleport to that would otherwise require a lengthy run.
 - 2. AND, several of the locations are also near cities or hotspots you'd already have teleports to, so you could use Fairy Rings as an alternative to save on law runes or teleport charges when travelling.
- iii. The **Chronicle** is an equippable book representing a phoenix rising from the ashes of Jagex's failed Hearthstone-clone endeavor; purchasable from Diango in Draynor for 300gp.
 - 1. Teleport cards can be added to it, and are purchasable in bulk for 150gp each. When activated, it teleports you outside of the Champions Guild, which is amazing for several reasons.
 - a. It allows for quick access to Varrock
 - b. There are clay rocks nearby, making for easy collection as many quests require soft clay
 - c. There's a bush patch nearby, as well as a hops patch a quick run to the SE
 - d. It's right by the canoe system, if you need to take that to Edgeville or The Wilderness
 - e. AND it's right by Gertrude's house, so whenever you trade your cat in for death runes later on, you can immediately teleport to go get a new kitten.
- iv. Speaking of the **canoe system**, there are four tiers to it, and each tier unlocks a further stop along the route, the last of which is at Level 57 Woodcutting, and can take you to The Wilderness, popping out by the black chinchompa hunting grounds.
 - 1. Way early on - and in particular when I wanted to save law runes or 150gp on a Chronicle card - I found canoes helpful in getting to Gertrude's house, Varrock, Barbarian village, and Edgeville.
 - a. Simply pull out an axe from the bank, home teleport, and run to the canoe on the other side of the river.
- v. **Spirit Trees** and **Gnome Gliders** are two other sets of amazing transportation systems you get early on through helping out the Gnomies.
 - 1. Completing the Tree Gnome Village quest unlocks Spirit Trees, which can take you between the Gnome Stronghold, Tree Gnome Village, Grand Exchange, the Feldip Hills hunter area, and just SW of Ardougne.

- a. Way, way later on, you'll unlock one in Prifddinas, and once you get at least 83 Farming, you'll be able to plant your own.
- 2. Completing The Grand Tree Quest unlocks the Gnome Gliders, which can take you to the Gnome Stronghold, Karamja, Al Kharid, White Wolf Mountain, and by the Digsite near Varrock, however that one only goes one-way, as it crash-lands.
 - a. The White Wolf Mountain location might seem strange, but it has a few uses:
 - i. It's right next to the white pearl fruit, which is needed for the Mountain Daughter quest
 - ii. There's an emote clue location just south of it
 - iii. The Griffin Grimgnash is somewhat nearby, if you wanted to take this route to talk to him during the Grim Tales quest, as opposed to running from Taverley.
 - iv. And the entrance to the Ice Queen's Lair is nearby, whom you have to kill for Ice gloves for the Heroes' Quest and several other uses.
 - 1. They're also great for fashionscape!
- vi. Completing Ghosts Ahoy will reward you the **Ectophial**, which teleports you to the ectofuntus.
 - 1. This is great as it's the first teleport available in the Morytania region
 - 2. It only takes 1-click to use, AND automatically refills itself upon arriving
 - 3. It's near a farm patch, which is near a fairy ring
 - 4. AND it can be used when training prayer at the ectofuntus to speed up the process.
- vii. **Kharedst's Memoirs** is an equippable book with +1 prayer bonus that you initially receive when completing the Client of Kourend quest, but what's great about it is that, completing every Zeah house introduction quest gives the book a new teleport location to their respective house, along with 8 free teleport charges.
 - 1. Additional teleports can be added by bringing one law, body, mind, and soul rune per charge to the Old Memorial north of Land's End on Zeah, west of the Woodcutting Guild.
 - 2. It has a max of 40 charges.

23. Collect Snape grass on Zeah

- a. Before being able to farm Snape grass at 61 Farming, you're going to need some to make prayer potions.

- i. Most people probably know the old ways of collecting it: either on the peninsula near the Crafting Guild, or on Waterbirth Island. However, a *better* spot exists on the peninsula by the Vinery on Zeah.
- b. There are 10 snake grass spawns here, and it's a short run to the Vinery bank, making it the fastest option in the early game, especially since, by the time you pick up the last snake grass, the first one will have already started respawning.
 - i. The fastest way to get there is to use the Xeric's Glade teleport on the Xeric's Talisman and then run east, but if you don't have that as it's a 1/250 drop from Lizardmen, you could use the Kharedsts' memoirs' 'Lunch by the lancalliums' teleport and run SE.

24. Always, always, *always* have a kitten growing

- a. Doing the Gertrude's Cat quest rewards you with a kitten, which can be raised for three hours of in-game time before turning into a cat, which can be traded to Civilians in West Ardougne for 100 Death runes, or 200 if you've completed the easy tier of the Ardougne diary.
 - i. Getting a "free" 100 or 200 death runes every three hours is amazing, plus you'll start getting them long before you'll have access to the spells that use them, meaning you'll easily have over 2,000 stocked up for when you need them.
 - ii. You can also combine trading in your cat with selling your random junk to the West Ardy general store (see specialty shop tip).

25. Karambwanji - The only food you'll ever need for your cat

- a. But first, speaking of kittens, one of the best things you can do for yourself to A) save on inventory space, and B) make sure you always have food for your kitten, is to get level 5 Fishing and go to Karamja with a small fishing net, where you can fish up Karambwanji.
 - i. If you have fairy rings unlocked, code **CKR** will take you directly south of the fishing spot.
 - ii. Normally used as a form of bait to fish up karambwan, karambwanji are one of the only stackable fish in the game, you don't need to start any quests to get them, and you get several at a time, making it very easy to stack up hundreds or thousands to always have some available.

26. Join a clan chat, even if you don't plan to talk

- a. Unless you have an aversion to your chat always scrolling, join a large clan chat, such as 'Ironman CC', though it can fill up often, depending on the time of day.
 - i. By and large, people are friendly there. Be as active or inactive as you want, but there's a lot of tips and things you'll learn just from seeing people chat and ask questions.
 - ii. If you're a lot further in the game, the clan chat is also helpful as other irons or even standard accounts will come in to call out dragon, lucky, and

crystal imp locations, though you'll have some competition to race against.

27. Sell your junk to specialty shops

- a. There are a few specialty general shops around Runescape that offer better deals than others. For reference, standard general stores buy items at **40% value** (aka **low alchemy** price), but there are *four* specialty shops that provide higher payouts.
 - i. **West Ardougne**
 - 1. Buys items at 55% item value (37.5% more than a normal general store)
 - 2. So when trading your cat in, just pull out whatever you've got sitting in your junk tab to make a little extra cash while in West Ardy.
 - ii. **Rogue's Den** (50 Thieving + 50 Agility)
 - 1. Buys items for 60% item value (high alchemy price)
 - iii. **Bandit Camp** (17-24 Wilderness)
 - 1. Buys items for 60% item value (high alchemy price)
 - iv. **Karamja**
 - 1. Buys items at 60% with any tier of Karamja diary gloves equipped.
 - 2. 40% without gloves (normal value)

28. Sell your spare enchanted amulets in Brimhaven

- a. Pretty much every Ironman money-making guide mentions thieving from HAM storerooms and then selling the jewelry to Grum's Gold Exchange in Port Sarim as it buys for more than other shops, but you can make even more money off of your *amulets* by enchanting them and selling them to Davon's Amulet Store in Brimhaven.
 - i. And *even more* on top of that by wearing any tier of the Karamja diary gloves.
 - ii. Ex) A sapphire amulet sells to Grum's Gold Exchange for 630gp, while an amulet of magic sells to Davon's Amulet Store for 810gp, or 900 with K gloves equipped.
 - 1. Cosmic runes only cost 50gp from rune shops, so you're still making plenty of profit, and it only scales higher at higher tier amulets.
 - iii. Ex) A diamond amulet sells for 2,467gp in Port Sarim, but an amulet of power sells for 3,172 gp in Brimhaven, or 3,525 with K gloves equipped.

29. You can take a boat from Ardougne to Rimmington

- a. Although it's been out for nearly three years, I'm not sure that everybody has found out that you can take the boat from Ardougne or Brimhaven to Rimmington now, making it a lot easier to get there prior to getting level 40 magic for the Teleport to House spell.

- i. This is helpful for doing Witch's Potion, part of Dragon Slayer, going to the crafting shop, visiting the bush patch, and it's especially useful when visiting the chemist during the Biohazard quest, as you have to carry samples that are destroyed if you teleport while carrying them.
 - 1. **Note:** The sample wiki page still says you cannot teleport with the items, however the wiki quest guide specifically tells the player to teleport.
- ii. Hardcore ironmen could also take the boat from Rimmington to Ardougne if they didn't want to risk using the Wilderness lever in Edgeville, making use of the Home Teleport -> Shantay Pass method as well.

30. You can get kudos & experience lamps from Historian Minas

- a. After completing certain quests, you can talk to Historian Minas upstairs in the Varrock Museum, and he'll reward you with kudos.
 - i. Kudos are important because you need at least 50 for the Varrock easy diary, 153 for the hard diary, and 100 in order to do the Bone Voyage quest, which rewards access to Fossil Island.
 - ii. On top of the kudos, if you complete Shield of Arrav, Merlin's Crystal, and Making History, he'll reward you with a 1,000 experience lamp for each quest (skill level 20+).
 - iii. AND, once you get the Ring of Visibility during the Desert Treasure quest, you can complete the Curse of the Empty Lord miniquest and talk to Minas for more kudos and a 10,000 experience lamp (skill level 50+).

31. You can get EXP rewards from the Information Clerk

- a. Doubling down on the kudos, after reaching certain kudos milestones, you can talk to the Information Clerk on the main floor of the Varrock Museum for some experience rewards!
 - i. At **51**, you can get 1,000 Mining experience
 - ii. At **101**, you can get 2,500 Crafting and 3,500 Mining experience
 - iii. At **151**, you can get 4,000 Crafting, Hunter, Prayer, Slayer, & Smithing experience

32. Train on ammonite crabs, especially if you want to AFK

- a. If you want to grind out some combat levels while paying little attention so you can watch a show or movie, train on ammonite crabs on Fossil Island!
 - i. To unlock them, you'll need to complete the Bone Voyage quest to access the island, which requires 100 kudos to start, as well as 21 Construction in order to rebuild the bank chest once you get to the island itself.
- b. Like sand and rock crabs, ammonites have no defenses and a max hit of 1, but they actually have 100 HP vs a sand crab's 60 or rock crab's 50.

- c. The icing on the cake is that they have a small chance of dropping various sized fossils that can be identified and then turned into the Varrock Museum for dozens of experience lamps and kudos.
 - i. You'll also get a bunch of numulites, a currency used on Fossil island for multiple activities.

33. Start doing birdhouse runs as early as you can

- a. With the release of Fossil Island came a new passive Hunter method called birdhouse trapping, which rewards a great amount of Hunter experience relative to the time spent, as well as bird nests containing valuable seeds, and sometimes jewelry and even clue scrolls.
- b. Here's what you need to unlock this method:**
 - i. Completion of the Bone Voyage quest, which requires 100 kudos
 - ii. At least 5 Hunter
 - iii. At least 8 Crafting to be able to make clockworks at a crafting table
 - iv. And at least 25 Construction for Ironmen, because you need to build a Crafting Table 2 in your Player Owned House to be able to make the clockworks.
 - v. Alongside that, there's a transportation system on Fossil Island involving the Magic Mushtrees, which you must first discover in-person before being able to fast travel to them from the main Mushtree in the House on the Hill.
 - 1. You DO NOT need to unlock the Sticky Swamp location for birdhouse runs, which is fine because you won't have to deal with a level 132 Tar Monster.
- c. To prepare for a birdhouse run, here's what you need in your inventory:**
 - i. When doing it for the first time, craft 4 birdhouses using a hammer, chisel, 4 clockworks, and 4 logs of an appropriate level.
 - 1. When doing it every other time, you don't need the clockworks, as they will be refunded, but you DO need the logs.
 - 2. It's also beneficial to bring a 5th clockwork on subsequent runs, as you can save a bit of time crafting a birdhouse while running between locations.
 - ii. You'll also need 40 low-level Hops seeds to bait the birdhouses - 10 each.
 - 1. If you need Hops seeds, the seed shop in Draynor has multiple kinds for sale.
- d. Here's the method:**
 - i. Make your way to the House on the Hill on Fossil Island as you did during Bone Voyage.
 - 1. The fastest way is using a Digsite Pendant, which you can take directly to the house if you unlocked the location by using the pendant on the southern machine in the house during the Bone Voyage quest.

- ii. Assuming you unlocked the Magic Mushtree locations ahead of time, take the Mushtree nearby to the Verdant Valley, and set up two birdhouses there.
 - 1. Remember to bait them with your hops seeds before leaving.
- iii. Take the nearby Mushtree to the Mushroom Forest, and run north to set up a third birdhouse.
- iv. From here, run south to the *entrance* of the Tar Swamp, where you can set up the fourth and final birdhouse.
- v. Wait at least 50 minutes after placing the last bird house before coming back to collect your loot. Build the next set of birdhouses, then replace and re-bait them all.
 - 1. Rinse and repeat from here on out.

34. Buy your nails, don't smith them

- a. On top of training Construction, several quests require steel nails - nearly 500 in total, - so to save yourself from having to grind out the ore, then smelt it, and then smith it, just go to the Sawmill operator NE of Varrock to purchase steel nails for 3gp each.
 - i. You can right-click 'Buy-50' without worrying, as they don't increase in price as the stock changes, like most store stocks do.
- b. Note that while normal Construction requires nails, the Mahogany Homes Construction Contracts DO NOT.

35. Get free planks from Barbarian Assault for quests and early Construction training

- a. Related to the last tip, on top of training Construction, several quests *a/so* require normal planks - around 58 in total, - but some can be acquired during their respective quests.
- b. A great way to get free planks for these Quests, as well as some quick and easy Construction levels early on, is to take the Barbarian Assault minigame teleport and run east to the north side of the Barbarian Outpost Agility Course.
 - i. There you'll find 4 spawns of planks, which you can pick up before world hopping 7 times to fill up your inventory. The Barbarian Assault bank is a short run to the west.
 - 1. Note that you need to have been to Barbarian Assault at least once to complete or skip the tutorial prior to unlocking the minigame teleport.
- c. If using the planks for Construction, note that they work like metal bars do when smithing. No matter what you're making, they reward the same experience per plank, making it easy to calculate how many you need to level up.
 - i. For normal planks, that's **29 exp each**.

36. Exploring early Fletching training (Even better with 40 Ranged)

- a. If you want to completely eliminate having to do Woodcutting during your early Fletching grind, go to the top floor of Lumbridge Castle and pick up the normal log spawns on the north side of the bank.
 - i. World hop until you get a full inventory, and then fletch them into arrow shafts. Repeat as needed until you get a decent amount.
- b. After getting the requisite arrow shafts, you can purchase feather packs from a fishing shop, and then make your way to Catherby's Archery shop to purchase bronze, iron, and/or steel arrowtips for dirt cheap.
 - i. If you're making steel arrows, you can recoup some cash to continue the Fletching grind by selling the arrows back for the same *base* price you bought the arrowtips for.
- c. However, if you have at least 40 Ranged, you can completely cut out the arrow shaft gathering process, because you have access to the Ranging Guild and its archery shop.
 - i. The great thing about that is that it sells arrow shafts *and* arrowtips up to Rune, so the only thing you need to bring are coins and feathers.
 - ii. Just like the steel arrowtips in Catherby, if you're making arrows from steel up to rune, you could sell the arrows back for the same *base* price you bought the arrowtips for for a little cash back to continue your grind.

37. Utilize the Culinaromancer's Chest food store

- a. After you finish the first subquest of Recipe for Disaster, you'll unlock access to the food store in the Culinaromancer's Chest, which contains a lot of useful ingredients for quests and Cooking training, specifically grapes, jugs of wine, and chocolate bars.
 - i. Whenever you're in Lumbridge after unlocking the chest, buy grapes and jugs to make wines, as well as chocolate bars to grind into dust for energy potions.
 1. You'll have a huge stack of them before you know it. Plus, once you complete at least **5** subquests, the stock of each item triples *or quintuples*, so the more you quest, the faster your supplies will grow.

38. Fast and free food for emergencies

- a. If you're ever caught in a situation where you're low on health and/or poisoned with no food remaining, and you won't be able to make it to a bank in time, there's a quick source of free food you can get near the Ardougne Monastery, provided you have the Ardy diary cape, which every low-level Ironman should acquire as early as possible.
- b. Simply take the cape teleport to the Ardougne Monastery and run Northeast to the Tower of Life.

- i. Outside of the tower, you'll see a group of contractor NPCs. You can pickpocket any of them for a triangle sandwich that heals 6 HP.
 - 1. This can be done an infinite number of times, is a 100% drop, and can be done starting at level 1, giving 8 experience per pickpocket.

39. Get early super antipoisons for free

- a. While regular antipoisons can be made starting at level 5 Herblore, their effects only last for 90 seconds, *and* unicorn horns take a good deal of time to get for low levels.
 - i. Instead, minigame teleport to Castle Wars and head NE toward the Observatory. The hut to the SE of the Observatory dungeon entrance contains a 1-dose super antipoison, the effects of which last for *6 minutes* - that's 4x longer than a regular one.
- b. Simply hop worlds after picking up each dose, and then combine the vials.
 - i. In total, that's 24 minutes of antipoison per inventory space, as opposed to 6 minutes - a huge difference.

40. Certain Random Events are actually helpful when grinding

- a. Certain random events, such as the Gravedigger, Freaky Forester, and possibly Prison Pete (need to confirm), have deposit boxes inside the event that you can utilize when doing gathering activities or when killing something with a lot of drops that causes your inventory to fill up fast.
 - i. Simply teleport to the event, deposit your unnecessary items, and then either complete the event or talk to the person there to leave the event early, allowing you to extend whatever activity you're doing.

41. The Shades of Mort'ton minigame can be solo'd

- a. A tip that's hopefully commonly known, but if it's not we'll make it so, is that if you don't want to bother with scanning the Shades of Mort'ton clan chat while waiting for enough Questers to show up to do the minigame, you can do it entirely by yourself if you're willing to spend 13k coins on a flamtaer hammer from the Mort'ton general store, as well as craft 3-4 jade bracelets, and then enchant them into flamtaer bracelets.
 - i. But, if you go during prime time, odds are there's going to be enough people there to do it as a group, and if there aren't, asking nicely in the Shades clan chat may result in someone teleporting over to help.
 - ii. I want to note that Jagex has said they're revamping the Shades of Mort'ton minigame soon, including releasing new rewards, so this activity is about to become a lot more popular.

.5 Tip - Get a free 335 Herblore experience post-Shades of Mort'ton

- b. Related to the Shades of Mort'ton, In order to start the quest in the first place, you have to collect The Diary of Herbi Flax from a bookshelf in Mort'ton, but did

you know that you can take that book to the Apothecary in Varrock after the quest and exchange it for 335 Herblore experience?

- i. It's not much, but every bit of Herblore experience matters for Ironmen, especially early on.

42. Cleaning Finds in the Varrock Museum is better than it used to be

- a. Most players are probably aware of the specimen cleaning activity in the Varrock museum that unlocks after completing the Dig Site quest, mainly for:
 - i. The 5 artifacts worth 10 kudos each
 - ii. The 1/51 (1.96%) chance of receiving a 'Clean Necklace' to enchant into a Digsite pendant
 - iii. And the 2/195 (1.03%) chance for a 500 exp lamp.
- b. However I wanted to bring it up because, at some point in the past whatever years, Jagex added a Quality of Life update to the activity, so you can now spam-click the pile to pick up the uncleaned finds far faster, and then auto clean them on the bench.
 - i. In short, speeding up the process speeds up the rate at which you'll get lamps. So if you want to use that as a method for a restricted Ironman account, or to supplement a certain grind while collecting:
 - 1. Iron, coal, and mithril ore
 - 2. Iron knives, darts, bolts, and arrowtips
 - 3. Uncut jades and opals
 - 4. And big bones
 - ii. It's not a bad idea at all.

43. Pick Phoenix Gang for Shield of Arrav/Heroes Quest

- a. When joining the official Shield of Arrav clan chat - OSRS SoA - while doing Shield of Arrav, and later Heroes Quest, I discovered that the majority of players - like myself - pick Black Arm Gang.
 - i. This resulted in a lot of people not being able to find a partner when they needed it, or even trying to bribe a Phoenix Gang member to help them instead of someone else - I saw anywhere from 50-300k being offered for the sake of convenience.
 - 1. Relatedly, people who have finished either quest will sometimes offer a service - also around 50-300k - to assist opposite gang members, so that could be an opportunity for you to make a little side cash for a bond on a separate account.
- b. Also, during the Heroes Quest, **only** Black Arm Gang members are required to have a black full helm, platebody, and platelegs - totalling 7.132k minimum if purchased from their respective stores, so you can avoid this by picking Phoenix Gang.

- i. However, once you eventually gain access to the Warrior's Guild, you'll need at least a black full helm, platebody, and platelegs to get tokens, so the money and items aren't wasted.

44. Exploring early money-making methods

- a. The two most common early Ironman money-making methods are the Agility Pyramid and thieving from HAM storerooms.
 - i. The Agility Pyramid can be accessed after 30 Agility, but is usually done at 50+ to fail less obstacles.
 - ii. At the top of the pyramid you pick up a golden pyramid top that can be traded to Simon Templeton nearby for 10k gold - rinse and repeat.
- b. As discussed in the last video, you can steal jewelry from HAM storerooms after completion of the Death to the Dorgeshuun quest, and then sell any excess to Grum's Gold Exchange in Port Sarim.
 - i. Or, as I mentioned in the last video, you can enchant the amulets and sell them on Brimhaven for extra cash.
 - ii. A bonus for doing this method is you will get multiple easy clue scrolls that can net you extra cash.
- c. But if you're tired of those old methods, another method involving hunting sandworms exists in Port Piscarilius after getting 15 Hunter and 30% Piscarilius Favor - which can be done by completing Client of Kourend and then Queen of Thieves.
 - i. Hunting for sandworms is a great way to get some early Hunter experience on the side, which is an otherwise slow grind.
 - 1. It's also the fastest method for getting from 30 to 100% Piscarilius favor, taking less than an hour to do if you're efficient about it.
 - ii. Simply bring a spade and an inventory of buckets to the hunting site in the NE corner, and dig up the sandworms, dumping the buckets of sand as you go.
 - 1. Once you fill up your inventory, head to Tynan's shop just to the south, and sell your sandworms to him for a decent amount of cash, netting anywhere from 100-150k per hour.
 - iii. This method is actually fantastic *before* doing the Agility Pyramid method, as the pyramid requires much higher levels in Agility to be able to match the money you can make from sandworms.
- d. An honorable mention should be made for collecting steel platebodies from the middle of the lava maze in the Wilderness.
 - i. This is an old method, but a tried and true one. The fastest way to get there is to teleport to the south side of the Lava Maze using an enchanted red topaz amulet - aka burning amulet.
 - 1. The second fastest way would be to minigame teleport to Clan Wars and then take the wilderness obelisk to the SE to the level 44 location, but both of those areas are PKing hotspots.

- ii. The *safest* way to get there would be to minigame teleport to Clan Wars, and then hop to a 500 total level F2P world to run the rest of the way to avoid PKers.
- iii. Once there, run through the lava maze to the center, and pick up an inventory of steel platebodies and head back the way you came.
 - 1. You can then sell the platebodies to the armour store in Varrock for 1,200 coins each, if you world hop each time.
- iv. That's 33.6k gp for a full inventory of steel platebodies, which isn't a lot, but considering it has 0 requirements, the method has its uses.
- e. Another honorable mention is farming points at LMS to buy rune arrows that you can sell to shops, but first, the best option would be to get 75 points to purchase a Rune Pouch.

45. Fruit stalls reward a bunch of goodies

- a. With the release of Zeah came the advent of fruit stalls, and once you have level 25 Thieving and 15% Hosidius Favor, you can make your way over to **either** the Hosidius town square (guard dogs nearby), or in the building east of the Xeric's Glade teleport (**no guard dogs**), to steal from the stalls.
 - i. There's a bank a short distance to the west, and even a farming store nearby that sells baskets, which you can bring several of to store fruit while thieving to extend your trips.
 - ii. In the town square, there *are* two guard dogs that will aggro to you if you're caught, but there's a safespot you can utilize by blocking both dogs between the wooden posts on either side of the stall.
- b. Fruit stalls are incredibly useful for several reasons, the biggest of which is the run energy restoring fruit it gives.
 - i. Strange fruit, normally only obtained through the Strange Plant random event and from the Chaos Elemental, can be acquired here, which restore 30% run energy when eaten.
 - 1. You can also get papayas, which restore 5% run energy, or can be used to make supercompost.
- c. They're also the **only** location in the game where you can get golovanova fruit tops, which will eventually be used to make Botanical Pies at 52 Cooking, which boosts Herblore by 4 levels.
 - i. They give cooking apples, bananas, and strawberries, all of which can be stored in the baskets I mentioned.
 - 1. The baskets of apples and bananas can be used to pay farmers to protect your trees from disease.
 - 2. The baskets of strawberries are actually a great source of food, especially as your HP level grows, because each one restores 1 + 6% of your total health.
 - a. At the maximum, this equals 30 HP in a single inventory space. For reference, a shark only heals 20.

- ii. They give redberries, which are needed for multiple quests and in making red dyes.
- iii. They give pineapples, which can be used to make supercompost.
- iv. And they also give jangerberries, which are used for a couple quests, and can also be used to make supercompost.
- v. The limes and lemons aren't very useful, but it is possible a lime will be chosen for the Fairy Tale Pt 1 quest, as you'll be asked to acquire 3 random items from a list.

46. Learn some "Zero time" methods

- a. Certain activities like fletching darts or bolts, high alching, or enchanting jewelry can be done in-between certain actions, or while running between locations during other activities.
 - i. These are called zero-time methods, as you're effectively spending no *additional* time on them.
- b. The most common place people do this is during agility, specifically rooftop courses, as there's plenty of time in-between obstacles where you can get a cast off or make multiple sets of darts.
 - i. It's a neat little trick you can start doing early on that only compounds later once you acquire larger stacks of items to fletch or alchemize.
- c. Burying bones also falls under this category. When you're fighting enemies, bury a bone as soon as you get exp for the attack, and then immediately click on the enemy again.
 - i. Doing it this way results in no time lost between attacks.
- d.