

Please bear with me in this checklist, because unlike Zebes, SR388 is not divided into sectors, so it'll be a bit harder to mark them down. You're REALLY going to want to have an external map for this game, trust me.

~ Energy Tanks, +100 Energy ~

Note: Even though there's 6 Energy Tanks, you can only use 5.

|1: Phase 2 ~ On the required path past that mechanoid enemy where you shoot to defeat, then stand on top of it to ball into the wall and bomb through. It's right after that.

|2: Phase 3 - Beyond the High Jump.

|3: Phase 4 - Beyond Missile Tank #19, beyond Metroid #22. You really needed it.

|4: Phase 4 - Way above Metroid #23, with those platform creatures, you can bomb a block to go into the wall.

|5: Phase 7 - In the main room, all the way up into the ceiling.

|6: Phase 7 - Under the Metroid shell over the pitch black room, which you'll have to go through to get it. Please... use the map for this.

699 Energy, 599 useable

~ Missile Tanks, +10 Missiles ~

Phase 1

|1: You start with 30 missiles, 3 tanks.

|2: You start with 30 missiles, 3 tanks.

|3: You start with 30 missiles, 3 tanks.

Phase 2

|4: Under where you get the morph bomb.

|5: After your first energy tank, keep going, go down a bit, then go right. You'll see it beyond some blocks you need to bomb through.

|6: In the same room as #5.

|7: In the same room as #5 and #6, but you'll need the spider ball to get to it.

|8: Left of Metroid #2, on the other side is an entrance to get in. It will be there.

|9: Same room as #8.

Phase 3

|10: When in the main area of Phase 3, Spider Ball up the little building until you find a narrow corridor that leads into the wall.

|11: Beyond the High Jump.

|12: Go left of the entrance to where you got the High Jump.

|13: Same room as #12.

|14: In the room with #12 and #13, you may see it beyond the wall. You'll have to go around the other side to get it.

|15: In the water, on the way to get the varia suit.

|16. After beating Metroid #8, there's a secret passage to get it. You'll have to bomb some blocks too.

|17. Under Metroid #9. You'll have to spider bomb into the ceiling. You'll also have to go into the next room and go up to get high enough.

Phase 4

|18. In the main area of Phase 4, below the energy station on the ceiling, it's hidden in the sand, or gravel, or whatever it is.

|19. Where you went left to face Metroid #21, go right instead.

|20. Do the same thing as Energy Tank #4, and bomb downward and jump to get it.

|21. Above Metroid #20.

Phase 5

Phase 6

Phase 7

|22. In the main area of Phase 7, it's in the water.

|23. Below Metroid #29. Blast the wall and ball down.

|24. In the ceiling with Energy Tank #5.

|25. In the pitch black room. Please use the map for this... it will save your life.

Phase 8

Phase 9

Phase 10

Phase 11

Phase 12

~ 250 Missiles ~

~ Metroids ~

You are Samus Aran on the planet, SR388, here to eradicate the planet's dominant life form: Metroids. You must make the Metroid species extinct for the good of galactic civilization.

You will find the Metroids as you travel, and they ARE required to beat. You MUST defeat them to progress. When you pause, you'll see a "L". L stands for "Left", which indicates how many more Metroids are left to defeat to move onto the next phase.

Around the planet you'll find empty shedded Metroid shells. And usually when you find one of those, it usually means there's a Metroid nearby.

L = Larva Metroid

M = Mature Matroid

α = Alpha Metroid

Γ = Gamma Metroid

Z = Zeta Metroid

Ω = Omega Metroid

Q = Queen Metroid*

A "Queen" Metroid is not a royal queen of the species. "Queen" refers to the Metroid's seventh and final life stage, presumably the life stage that gives birth to more Metroids.

Phase 1

|1. α - At the very start, go right through the caves, keep going, then take a left.

Phase 2

|2. α - Above where you got the Spider Ball, which you're required to use to get to it.

|3. α - Before you went up because you needed the bombs to go down. Once you have the bombs, go on past and once you get to an intersection, go right and you'll find it.

|4. α - After beating #3, go back and go left. There you'll find another intersection. Go right to find it.

|5. α - Then go left to find the next one.

Phase 3

|6. α - It will be right on the path to the main part of Phase 3.

|7. α - On the way to get the High Jump, it may surprise you.

|8. α - In the water, on the way to get the varia suit.

|9. α - Above missile tank #17.

|10. Γ - In the room you had to go to to get to Missile Tank #17 and Metroid #9, go down and you'll come to an intersection. Go right to find this one.

|11. α - Then go left and you'll find it on the path

|12. α - Keep going and you'll find another intersection. Go right.

|13. Γ - Then go left and it'll be the last one. There's also a hidden energy station.

Phase 4

|14. Γ - From the save point, fall down until you see a path on the left. The Metroid will be in there.

|15. Γ - Then go back and fall further until you find a path on the right.

|16. α - Continue further and go up to the very top and through the transition. (Note: You might want to clear the room of all that webbing first)

|17. Γ - Go up into the ceiling, then through the Metroid shell, and it'll be there. (Again, clear the webbing if you can, but it may be harder to do)

|18. Γ - Go back to the vertical room and go through the path on the right, then fall all the way down, take a left, and continue going down and you'll find it.

|19. Γ - Then go up until you find a path on the left, go up further to find another path on the left, and you'll see it.

|20. Γ - After getting the Spazer Beam, go back and go up until you see the path on the right. Fall down and it'll surprise you.

|21. Γ - Fall down further and go left.

|22. α - After #21, go right, and go beyond Missile Tank #19. At the end you'll find a dead end, and there's a really hidden blastable

block that you need to spider ball up to. (This is why you need a map for this game)

|23. Γ - On the east side with those annoying platform creatures, fall all the way down.

Phase 5

24. Γ - After completing Phase 4, the acid will lower in an area that's a bit out of the way. Go back to the area with the awesome music until you find an area where there's no acid. Go through that and it'll be all the way at the end.

Phase 6

|25. Γ - And after Phase 5, the same thing basically happens. Travel back a bit till you find another place where the acid was lowered. Keep going until you find an intersection to go up or left. Up is a Gamma with a missile station, left is an Alpha with an energy station. I say go for the Gamma first if you're high on health because I find myself being hard pressed for missiles a lot of the time.

|26. α - Then go back and go left. There's an energy station here too. These Metroids felt more like filler to me personally.

Phase 7

|27. Γ - In the corridor to the main area of phase 7, it's there just waiting to jumpscare you.

|28. Z - When you get into the main area, space jump all the way up until you find a ledge. Go down it and you'll find it at the end.

|29. Γ - Above Metroid #28. It's in an awkward spot.

|30. Z - Above the missile station where you spider bomb into the wall, on the way to get the screw attack.

|31. Γ - Keep going up even higher until you see another path on the right.

|32. Γ - After getting energy tanks 5 and 6 and missile tanks 23 and 24, fall on the left side until you see a path on the left.

|33. Z - Keep going down to the bottom, and go into the left path above the water.

Phase 8

|34. α - Just keep going down the required path until you see the acid, then go up to fight it.

Phase 9

|35. Ω - Upon going back, you'll find that the acid seems to have risen to where you can't progress. When you go back to where you fought the Alpha Metroid, you'll find a dangerous Omega Metroid. You're going to be fighting a few of these soon, and there are no energy stations. Conserve your energy as best you can.

Phase 10

|36. Ω - You are now in the Omega Metroid territory. There are no energy stations here. From the save point, go all the way up and take a right, then all the way up and take a left, and it'll be at the end.

|37. Ω - Then go back and go down, and take the path on the right, until you get to another vertical path. (Go up to find another save point) Go down and right again, then down and right again and you'll find it.

|38. Ω - Then go back, and down, and left.

Phase 11

|39. M - Upon going into the Metroid nest and seeing that egg, the number of Metroids left will suddenly jump from 1 to 9. In here are 8 Mature Metroids that are defeated the same way they were in Metroid 1. Freeze with the ice beam and use 5 missiles. If they latch onto you, either try to bomb them off or go back through the door.

The bombs work a lot better in this game than they did in the first game, that's for sure.

|40. M - Keep going and repeat the process.

|41. M - Keep going and repeat the process.

|42. M - Keep going and repeat the process.

|43. M - Keep going and repeat the process.

|44. M - Keep going and repeat the process.

|45. M - Keep going and repeat the process.

|46. M - Keep going and repeat the process.

|47. Q - The one Metroid on planet SR388 that lived long enough to evolve into its final life stage: The Queen. Stand in the far back of the room, and unload missiles on it. You will be pressing B a lot in this fight. If you can hit it when its mouth is open, that'll stun it. Just keep blowing up its insides until it blows up altogether.

Phase 12

48. L - This Metroid larva that hatched from the egg is not your enemy. You will personally deliver this Metroid to the Ceres Space Station, where its energy producing qualities can be used for the good of civilization. So it looks like the Metroids didn't go extinct after all. Hopefully that won't become a huge problem in the near future...

~ 48 Metroids ~