POKEMON SOLAR LIGHT/LUNAR DARK POC GUIDE
by Serpent19

Hello everyone and welcome to my POC guide of Pokemon Solar Light and Lunar Dark. Despite the name, this is actually one game. This game has 358 unique Pokemon with no official Pokemon. This game also has anything that a POC proficient person would dread: scaled experience. This game will definitely test your patience. With that said, onto the guide!

Section 1 (Donna):
35 Pokemon
Proceed through the game as normal until you get to choose your starter. They all evolve at the same level, so choose your favorite. The other two will be received in the postgame.

Herovor (16) Forestone (36) Mountree
OR
Purrlit (16) Purryo (36) Flearoe
OR
Salatad (16) Salanip (36) Salaslam

Once you get Poke Balls, head back to Route 1. You can do your first catches here.

Hamstar (19) Snuffuzz
Budcheep (15) Budcherp (30) Budsoar
Elecritter (21) Weashock

Once you are in Mossy Town, you will have to do a quick battle with Keira before heading into the Mossy Forest. In the Mossy Forest, head to the northernmost grass patch and pick up a Rare Candy that's on the rock. Catch the Pokemon here too!

Lavenseed (15) Lavenbelle (34 + Quiver Dance) Lavenrina
Stickit (20) Stickut
Cheepip (24) Aeroma
Pixwee (23) Pixilily

When you make it out of the forest, you will arrive in Serpentine City. There are lots of things to do here. First, you will have a battle with Rodney. Next go talk to the Headbutt Man. He will teach your Pokemon Headbutt, which works like it does in HGSS. In the city you can get:

Doveheart
Moonky

Next go to the Pokemon Center. There is a man called Password Pat. If you input the following passwords, he will give you some shiny Pokemon. The Bunnic he gives you will be holding a Lucky Egg, so that will help speed up the grinding.

PING
ALAN
DOGEZA
LOVE
EGG
TOT
RUDOLPH
FULL

Pinglett
Girafire (36) Giraflame
Fyant
Bunnic (Friendship) Arctichare
Holloweed (32) Hollowkin
Moofork (45) Avaldeer

The love code is unnecessary since you can already catch Doveheart elsewhere. Also we don't have any stones yet, so you can't evolve Pinglett, Hollowkin, and the previously mentioned Moonky. Up north is Serpentine Garden, but it doesn't have anything of note besides a few trainers. You can head west and enter Dullfern Forest, but you can't access the grass. However, you can still use Headbutt, which gets us a few more encounters.

Glocoon (18) Glowing

Bugray (42 + Twister) Dracofly

Since you can't access the grass, you can't get the pre-evolved form of Glocoon. That is it for encounters! Now for the grind, which will suck. There are two 40+ evolutions, and a few 30+ evolutions too. The best grinding spot isn't even that great. The Route 1 Headbutt Tree has the highest levels, but the Pokemon in the Dullfern Forest trees give better experience. All available grass is pretty lackluster in terms of experience too. I would say good luck, but there is no luck here, just patience.

Section 2 (Damon):
76 Pokemon
After the gym battle, you will get the clippers, so you can get past the spider webs. This allows you to get the grass encounters.

Spidox (20) Widox
Glowig
Tadart (24) Dartoad
Jumple (22) Casspring
Feva (28) Fevira (42) Fevesta

After defeating one of the evil teams in this game, you will exit to Route 2. There's a bunch of new Pokemon and yet another rival battle.

Ugling (28) Swellegant
Flowby (20) Nimblow
Aquad (28) Smaqua
Rubball (25) Rubbunny
Tweetot (Friendship) Melotweet

All the new Pokemon except Tweetot are found in the grass. Tweetot is a Headbutt encounter. Rarely, they can hold a Lucky Egg (1%), so if you can get one, your time will be much better. To the north is Crestlight City. Before we catch Pokemon in the surrounding areas, grab the Old Rod from the house next to the gym. With backtracking we can get a singular Pokemon. Catch two so you can do a trade in this town.

Angling (20) Angelish (35) Angelight
Phoxy

If you head west, you will enter the third forest of this game before you even have two badges. There are plenty of Pokemon to catch here as well as more story events.

Vennap (30) Monstrap
Darcula (26) Taraterror
Stotox (26) Bouldox (38) Crystox
Beopup
Lophug
Geckone
Vambat (26) Dracubat (Razor Fang) Countula

All Pokemon are grass encounters except for Vambat, which is another Headbutt encounter. Speaking of Vambat, 5% of the time, it will hold a Razor Fang, and you will need that to evolve it to its final form. Catch 5 Beopup, and get them to level 21, so they can pick up Rare Candies. At the end of the forest is the Haunted Mansion, which gets you two more encounters.

Napkid
Skreech (36) Banshreek (48) Banscream

The best place for grinding in this section is probably the Haunted Mansion as the levels are the highest there. Don't forget about the gym trainers, and good luck with Pickup!

Section 3 (Electra):
101 Pokemon
The first new area is directly north. You can catch a few new Pokemon here on Route 3.

Zuppy
Bushoo (20) Bushup
Spony (Friendship) Horshush

After this Route you will enter the Thundrome Pass. This area is pretty big and it contains new Pokemon as well as some story battles.

Toron (26) Oriture (38) Natoron
Raizid (33) Raizodon
Snazap (27) Cobolta
Dinomite (34) Dinopion
Platyplat (27) Platyplash
Flawk
Terraz (32) Terravolt
Chamelec (35) Chamelectro
Golkid (26) Golemo

Flawk, Terraz and Chamelec are Headbutt Encounters, and Golkid is exclusive to the cave portion. Everything else is found in the grass. After defeating Rick, you will make it to Rustbolt City. There are no new Pokemon, but you can pick up two important items: a Razor Claw, and a Thunder Stone. This allows you to evolve two Pokemon.

Werehide (Beopup)
Rushot (Zuppy)

For grinding use the Thundrome Pass. Not much else to say here. This section is much easier than sections 1 and 2.

Section 4 (Dustin):
136 Pokemon
With the 3rd gym defeated, hand in your voucher for a nice new bike and head to Route 4 to grab your first encounters of this section.

Buzzeed (20) Ecobuzz
Paracaw (23) Paraful (33) Parabow
Peafan (30) Psyflock
Pupool (29) Pooldog
Woodbeak

Woodbeak is the only Pokemon exclusive to Headbutt trees. Here you can pick up a Leaf Stone, which you can use to evolve 1 of the following.

Bushairy (Bushup)
OR
Woodawn (Woodbeak)

Heading north to the Cycling Path, you can find the rare Formling in the grass and Hummzing in the trees.

Formling
Hummzing (28) Hummzap

There is also a Sun Stone here, which you can use on your Ecobuzz.

Signileaf (Ecobuzz)

In Brushus Town, you can pick up a Soothe Bell for all future friendship evolutions as well as an egg. Make sure to pick the blue one since it will hatch into a Finflix, which is available, the latest out of the three.

Finflix (40) Finndra (51) Hydrogon

After doing a quick backtrack, the entrance to the Goldune Desert will be open. There are another batch of Pokemon here for you to catch.

Gworm (25) Wormune (40) Wormole
Scorlit (29) Scorpinova
Sandugg (27) Cassand
Sandster (32 + Quicksand) Monstune
Roobeo (32) Roobeop
Wraphro (32) Pharobe

Wraphro is exclusive to the cave, and everything else can be found outside. In the cave, you will have a choice between two fossils. The choice doesn't matter so pick your favorite!

Rexite (37) Tarexite
OR
Stegron (37) Stegasteel

The other one will be obtained in Rassic City. Once you make it to Goldune, the dead end for this section, you can grab one last Pokemon.

Huskpup (44) Huskold

The best place to grind is in the Goldune Desert caves. Both Wraphro and Sandster give out decent experience.

Section 5 (Amber):
181 Pokemon
The first new area of this section in the Fallrock Valley, which has lots of new Pokemon as well as a Moon Stone so you can finally evolve Moonky.

Deerbie (26) Deerash (40) Deerferno
Dynaball (36) Explonade
Eclipo (Sun or Moon Stone) Eclipser
Atomix (28) Atomotro (42) Atomotrix
Weakid (38) Bulker
Dodont
Skrabble (32) Jeweltal
Lunape (Moonky)

Skrabble is in the caves while everything else can be found in the grass. Eclipo will randomly hold a Sun or Moon Stone so you can evolve that too, or you can wait until Highpoint City and get one there. You can skip right through Route 5, since there is nothing new there. In Orshore, you can pick up a Water Stone and fish up something other than Angling.

Shrubsea
Weedsea

With the one available Water Stone, you have a choice of who to evolve.

Kahula
OR
Kepula
OR
Pinglade

To the east is the long Battle Bridge. After defeating all the trainers, you can get a Lucky Egg if you didn't have one already. There are also a few Pokemon here.

Palmo (38) Cocorocko
Tortarock (36) Bouldoise

The Docking Port holds little interest with the exception of Psytric, which is lurking around the area.

Psytric

Heading down to Route 6, you can get another batch of encounters.

Moostone (36) Moostrike
Kidlit (34) Billaze
Irimp (34) Blimpoon
Barball (36 + Toxic Spikes) Barbviral
Tapire (46) Tapiblaze

Route 7 is almost identical to Route 6 with the exception of Hottop.

Hottop (36) Fizire (Mount Highpoint) Volcadon

You will get to Mount Highpoint later in this section. For now, you can explore Highpoint City. There is a very important quest we need to do, but we will come back to that at the end of the section. The last area in this section is Mount Highpoint to the north of the city.

Cuburn (35) Grizzler
Blitzy (33) Blitziglow (44 + Fireworks) Blitziboom

You can also pick up a Fire Stone here, which you can use to evolve one of two Pokemon

Legenix (Flawk)
OR
Magrizzly (Grizzler)

Back in Highpoint City, there is this girl that you can give Fresh Water, Soda Pop, or Lemonade and she will let you choose a stone. Giving her Fresh Water only gets you a Sun or Moon Stone, which can be used to evolve Eclipser if you haven't already. Giving her a Soda Pop lets you

choose from one of a Leaf, Fire, Water and Thunder Stones. Pick any one except the Thunder Stone and you can get one of the following.

Legenix/Magrizzly
OR
Kahula/Kepula/Pinglade
OR
Woodawn/Bushairy

By giving her Lemonade she will let you choose between an Ice, Mystic, Solid and Air Stone. Choose either the Air or Mystic Stones and you can get one of the following.

Phoxiven
OR
Cirribus

You will be able to get the rest of the Stones in the next section thankfully. The best place to grind is probably Mount Highpoint since the levels are the highest.

Section 6 (Bailey):
302 Pokemon
The first new area of this section is Route 9. You need Surf to go east, so head west to Waytide City. Pick up some Pokemon on the way.

Crablue (34) Rockster
Surfide (34 + Surfing) Tidude

In Waytide, you can get both the Good Rod and the Surfboard here, which means we have to do some backtracking. Before we do, we can catch a Pokemon in the city with our newly acquired tools.

Porfin (34) Doflap

Route 8:
Sharko (37) Markrush
Whaley (42) Humbreech
Squidart (47) Lisquid

Shrimpet (35 + Scald) Shrimpoon

Battle Bridge:
Eelect

Fallrock Valley:
Aquad (28) Smaqua
Golossus (King's Rock)

Back in Waytide, we can do the Fishing Contest. While you do get an Evolutionary Stone for winning, it is random, and they can be obtained much easier later in the section.

Parasea (40) Paradiso
Jellinip (44) Jelliqueen (Breed) Jellitot F
Jellitic (44) Jelliking (Breed) Jellitot M
Guppish

You will need to breed Guppish until you have four, and since you need to breed the Jellies anyway, you should do it then. The next new location is Goopool Swamp, which has plenty of new Pokemon. There is also a free Dusk Stone here.

Slibloo (36) Fungerm
Toxidon (36) Snapike
Trollow (38) Trollerk
Kapplash
Aqlarva (36) Mosliquo
Swampheap
Skeledeep
Purpole (32) Frogoo (44) Toxitoad

Rottoween
OR
Phansheet

Near the end of the area, you will find the spooky cabin. In the back you will have a choice of 3 Ghost Pokemon. Your choice doesn't matter since the other two are available postgame.

Gravole (40) Specstone
Snoozee (40) Ghoullow

Scrow
OR
Gaslit
OR
Dozand

Next is Route 10, which has nothing new unless you haven't obtained the Jellitot's yet. In the middle of Route 10 is the Rainbow Reef. This has new Pokemon to catch and more story stuff to do.

Sealug
Corrine (Friendship) Coralush (Rainbow Reef) Coraltle
Merkid (Catch a male and female)
Kinip

In Coralite Town, you will finally get the ability to use Fly, which will be helpful. There is a quest you can do for a Mystic Stone, but unless you have already met the conditions, it's not worth it. The Battle Café is located here, and will be a great source of grinding. Moving one to Route 11, we have a few new Pokemon including the Eevee of this game.

Bullson
Baawool

You will need to breed until you have 7 Baawool. South of Route 11 is the Wild Plains, which is the Safari Zone of this game. Like all Safari Zones, this means lots of new Pokemon.

Rollie (40) Elestomp
Yayak (37) Yakkle
Zebrite
Cheetric
Leonite
Hippond (38) Hippotone
Flapinko

Route 12 has nothing new unless you didn't evolve Phoxy earlier. It has wild Phoxiven, so if you haven't registered one yet, catch one here.

Phoxiven

North of Route 12 is Lake Bliss. To catch all the Pokemon here, you will have to do some puzzle solving. You will need Pupetal, Pupyro and Puplash to be the first three Pokemon in your party to get Felove

Pupetal
Pupyro
Puplash
Parafox
Felove

In Sailport, there are some more Evolutionary Stones you can get here, but for relative simplicity, I will put all the Stone evolutions at the end of the section. There are some new Pokemon that you can get by Surfing.

Hamawl (40) Silvicious
Nawale

Ancient Pass has a few Pokemon, but is otherwise uninteresting, so make your way through to Rassic City.

Cosmet (41) Meterock
Mystablet
Wingon (43) Aerogon

In Rassic City, you can finally get the other fossil, as well as a pseudo. It evolves at a whopping 65, so you might want to switch train it. You will also have to challenge the unofficial gym so you can get access to Mega Evolution.

Stegron (37) Stegasteel
OR
Rexite (37) Tarexite

Droot (48) Dragoon (65) Frugon
OR
Serpyro (48) Slitheat (65) Blazilisk
OR
Pinkmee (48) Valure (65) Beautifin
OR
Strikon (48) Strikloud (65) Strikyon
OR
Fayely (48) Fayegon (65) Fayedra

The rest of the pseudo's will all be obtained in the postgame. Your next objective is to head south to Route 14, which doesn't house anything. On the other side is Whisper Tunnel, where you can pick up an Air Stone to evolve Nimblow if you haven't already.

Cirribus
Syrill (40) Cycrill
Hypnopuff (41 + Sleep Powder) Hypnosmog

When you make it out of the tunnel, you will be in Greenpine City, where you can finally get your Evolution Stones! Here is a list of all the evolutions you can do. You should already have some of these.

Baablaze (Fire Stone)
Magrizzly (Fire Stone)
Legenix (Fire Stone)
Mermarine (Shiny Stone)
Mersidon (Shiny Stone)
Baabush (Leaf Stone)
Eqwater (Leaf Stone)
Bushairy (Leaf Stone)
Woodawn (Leaf Stone)
Seagic (Dawn Stone)
Spirix (Dawn Stone)
Kahula (Water Stone)
Kepula (Water Stone)
Pinglade (Water Stone)
Phansheet (Dusk Stone)
Rottoween (Dusk Stone)

Orcail (Ice Stone)
Baablizz (Ice Stone)
Trollger (Mystic Stone)
Glydfin (Air Stone)
Baabreeze (Air Stone)
Syphoon (Air Stone)
Baablock (Solid Stone)

The stones rotate so some stones might not be available on a given day. You still aren't done with this section yet, as you need to travel to a few more areas. First up is Route 15.

Sluggah (44) Mossnail

The Tropic Jungle has plenty more Pokemon to catch and you might as well just catch Sluggah here. It also contains the entrance to Cascade Waterfalls, which has a special Pokemon.

Groilla (40) Groillum (51 + Leaf Darts) Kongrilla
Tikiki (42) Tikitik (50) Tikitoko
Brachio (45) Brachiodon
Apein (Tropic Jungle) Sascrush
Lazloth

In the Cascade Waterfalls, you will find Bailey, so he can go back to the gym. Go back and defeat Keira and she will give you the Boardmotor so you can use Waterfall. Come back here and catch Cryodro.

Cryodro (Prism Scale + Daytime) Cryodra

In order to get a Prism Scale, you have to go back to Rassic and show Cryodro to Lizzy. And finally, after all that, you have completed all the catches for this section. The best place to grind is either the Tropic Jungle Headbutt trees, or Surfing in the Cascade Waterfalls. The Battle Café has lower levels, but it gets the 1.5x trainer battle bonus.

Section 7 (Alice):
328 Pokemon

The first new area is Route 16, where you can catch some Ice Pokemon. You can also find them later in the section, but I'm just listing them when they first appear.

Snowlow (43) Snowrong
Puffle (46) Puffpeak
Crysilla (42) Cryscoon (54) Crystiwing

You can't proceed south from here, so you have to head east toward Sario Town. You can catch some Pokemon on the way.

Rinotic (50) Rinolar
Battic (48) Blizzibat

In Sario Town, you can get the Snorkel, which allows you to use Dive. This allows you to evolve your Sealug. You can also battle some of the Devs here if you want.

Sealug **(50 + Diving) Nembroslug**

You also get a nice winter outfit here, so you can continue south. Crystal Cave allows you to get even more Ice Pokemon as you continue towards the next gym.

Molice (47 + Drill Run) Tundrill
Carbonix (48 + Dry Ice) Carbonitro
Iggle (44) Iglow (54) Gigloo

Snowpeak Village has literally nothing of interest. There's another Rival fight, which makes me wonder if this game has even more Rival fights than BW. The game is starting to run out of Ice types, as there are none on Route 18. Frosthail Forest has a few though.

Colcub (44) Subearo (Ice Stone) Polarpow
Aurorai

Finally, we are in Subhail, where we are greeted with another Rival battle. There is one last area to explore before taking on the gym though. To the east lies Subhail Icecaps, where we can catch one last Pokemon.

Noseal (45) Isealcle (54) Sealberg

There are tons of trainers to battle, but if you still need more grinding, Subhail Icecaps has the highest levels. The Battle Café is still there if you would rather use that.

Section 8 (Wade):
328 Pokemon
Unless I am missing something, there are no new Pokemon between badges 7 and 8, so proceed through the game as normal.

Section 9 (Elite Four):
328 Pokemon
The same goes for this section as well. Lets just move on to the postgame.

Section 10 (Postgame):
359 Pokemon
There isn't really much Postgame story, so I'll just list the rest of the Pokemon and how to get them. The rest of the game is basically a fetch quest. First, you have to travel from Soltree through Route 19, 20, and 21 to get to Tropic Cave. Have a battle with Rodney and he will give you an egg that matches the starter he chose.

Purrlit (16) Purryo (36) Flearoe
OR
Salatad (16) Salanip (36) Salaslam
OR
Herovor (16) Forestone (36) Mountree

While you are here, you can pick up the rest of the Pseudo-Legendary eggs.

4/5 of:
Droot (48) Dragoon (65) Frugon
Serpyro (48) Slitheat (65) Blazilisk
Pinkmee (48) Valure (65) Beautifin
Strikon (48) Strikloud (65) Strikyon

Fayely (48) Fayegon (65) Fayedra

To get the final starter, you need to head over to Lake Bliss and battle Keira. She will also give you an egg.

Salatad (16) Salanip (36) Salaslam
OR
Herovor (16) Forestone (36) Mountree
OR
Purrlit (16) Purryo (36) Flearoe

Back in the Goopool Swamp, you can get the rest of those special ghosts.

2/3 of:
Scrow
OR
Gaslit
OR
Dozand

All that's left is the legendaries! Here are all of there locations.
Terradon (Dullfern Forest)
Tigacore (Mount Highpoint)
Searine (Rainbow Reef)
Tornadowl (Whisper Tunnel)
Aethera (Thundrome Pass)
Solaran (Sario Town)
Lunaro (Sario Town)
Cellance (Sario Town)
Healthia (Route 21)
Pollusion (Rustbolt Landfill)
Gemmany (Jewel Mine)