

Mewlax's Professor Oak Challenge Guide

Pokemon Emerald Seaglass

(Version 3.0)



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 from Rustboro Gym
 - 2.2. – Pre Badge #2 from Mauville Gym
 - 2.3. – Pre Badge #3 from Lavaridge Gym
 - 2.4. – Pre Badges #4 and #5 from Dewford and Petalburg Gyms
 - 2.5. – Pre Badge #6 from Mossdeep Gym
 - 2.6. – Pre Badges #7 and #8 and Pre Elite Four
 - 2.7. – Post Game
3. – The End/Thanks

1. – The Basics

What is a Professor Oak Challenge?

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 and evolving as many pokemon as you possibly can. 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'. I was really intrigued by this style of gameplay and set out to play this on FireRed, writing a guide as I went along. At the time, I was also looking into how far you could "Catch 'Em All" by yourself and also between versions of each generation without transferring from older games. I've now completed Professor Oak Challenges on multiple different games and enjoy playing them all!

The basic concept of the challenge follows these simple rules:

- You have to catch and evolve as many pokemon as is possible in the game until a gym badge is required to proceed or you need to be able to use a HM move that requires a badge. For example, you will need to fully evolve your starter amongst others before obtaining your first badge. For parts where gyms can be done in any order, always get the badge that unlocks the most pokemon (covered in this guide).
- You cannot trade with other versions. This means that trade evolutions are off the table, you'll get no version exclusives from the other version and you're stuck with the decisions you make such as your starter or fossil pokemon. In-game trades are allowed as that NPC is in your version of the game.
- No glitches or exploits

Tips on this version

- This will be a very grindy challenge. If you don't think you've got the patience, then now would be the time to back out. The first part of the game alone (pre badge 1) will take you a long time! It gets less grindy as the game proceeds, but it will be a long road.
- Learning new moves shouldn't be taken for granted, particularly with pokemon that evolve at higher levels. During a normal game you might be quick to replace Scratch with Slash but getting rid of non-attacking moves is a better strategy here. Also consider stopping your pokemon from evolving if they are a three stage evolution so that you can learn more/better moves. Again, on the first part of the challenge, you are battling low level pokemon and will run out of PP very quickly while your exp gained goes up very slowly. You need to maximize the amount of pokemon you can defeat, so having multiple attacking moves, regardless of how weak they are, will be beneficial. You have no need for moves like Growl or Sand Attack.
- 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 levelling up moves.
- It's not really a rule, but my preferred method is that you train them yourself except when they can't battle themselves (i.e. Magikarp before it learns Tackle). This is all down to your own limitations that you set. I don't like using Rare Candy anymore as it defeats the purpose of the challenge and I don't like using any exp sharing items. But remember that this is YOUR challenge so feel free to add or remove restrictions as you see fit.
- Please note that this is not a full guide to the game, I am only listing the pokemon you can catch at the earliest opportunities and any required items. I do not go into full detail on optimal exp gains or where to find the highest level for an individual pokemon etc. This playthrough and guide were done as a casual play rather than a speed run. Please consult other guides for a full walkthrough or more detailed information.

2. – The Guide

Part 1 - Pre Badge #1 from Rustboro Gym

Pokemon in this section:



This first part will cover everything you can do BEFORE you get that first badge. This is probably the slowest and most daunting part of the challenge...

NOTE! Although the game does include level caps as an option, all this does is limit the amount of exp you gain rather than stopping you from levelling up. Since it's not a hard level cap, it makes no sense to

keep this option switched on. Check the notebook in your room to be able to turn this option off and allow you to gain "normal" experience points.

Welcome to Hoenn -

The game starts off as Emerald normally does, so help Prof Birch by defeating a Zigzagoon with one of the starters in the satchel. All three are found wild in the Safari Zone but Treecko is only in the post game area which means that Treecko is your forced choice of starter here for the highest possible dex count later in the run.

- Treecko--(Lv. 16)-->Grovyile--(Lv. 36)-->Sceptile

Once you have your starter and met Brendan/May on Route 103, return to Prof Birch to get the pokedex as well as a DexNav upgrade from your mother. Run back to Oldale Town and buy as many pokeballs as you can and get ready for a catching spree.

Route 101 -

Let's start by talking about the different types of encounters. Standard encounters will be pokemon that you simply find as part of random encounters. Once you've seen a pokemon you can then use the DexNav to force an encounter with that pokemon. Hold the A button down to walk slowly and battle the pokemon by walking into it. The other type of encounters are the DexNav encounters which are denoted in a "Hidden" category on the DexNav. These pokemon are NOT found via wild encounters. If you're familiar with the DexNav from ORAS then you'll understand how this works, but you basically need to run around and after taking enough steps, a pokemon will appear in the open and you can creep up to it. Bear in mind that the standard encounters could also be encountered this way so there's no guarantee it will be a hidden pokemon. You'll know you've found one when there's a red exclamation mark on the search bar at the top left when a pokemon appears in the grass. You can chain the pokemon multiple times for a chance to find its hidden ability, increased stats, egg moves or shiny chances.

Starting here on Route 101 you will find the below pokemon. Wurmple continues to have its random branched evolution so you will need at least two and will need to hope it evolves into the right pokemon, otherwise you can rely on the wild cocoon pokemon in Petalburg Woods. Zigzagoon also has the Pickup ability which is a nice money maker for more pokeballs as well as Rare Candy farming and some evolution stones required for this section! One of the best money makers however is via Wurmple and it's potential hidden item of Bright Powder which sells for a lot of money and will easily cover your pokeballs costs by DexNav hunting a few with this item and catching them.

Standard

- Wurmple--(Lv. 7)-->Silcoon--(Lv. 10)-->Beautifly
- Wurmple--(Lv. 7)-->Cascoon--(Lv. 10)-->Dustox
- Sentret--(Lv. 15)-->Furret
- Poochyena--(Lv. 18)-->Mightyena
- Zigzagoon--(Lv. 20)-->Linoone
- Hoothoot--(Lv. 20)-->Noctowl

DexNav

- Nidoran M--(Lv. 16)-->Nidorino
- Nidoran F--(Lv. 16)-->Nidorina
- Pikachu

Route 103 -

From Oldale Town, go north first to where you met your rival. It's a dead end but has plenty of exclusive pokemon.

Standard

- Hoppip--(Lv. 18)-->Skiploom--(Lv. 27)-->Jumpluff
- Wingull--(Lv. 25)-->Pelipper
- Caterpie--(Lv. 7)-->Metapod--(Lv. 10)-->Butterfree
- Weedle--(Lv. 7)-->Kakuna--(Lv. 10)-->Beedrill

- Spearow--(Lv. 20)-->Fearow

DexNav

- Spinarak--(Lv. 22)-->Ariados
- Ekans--(Lv. 22)-->Arbok
- Pidgey--(Lv. 18)-->Pidgeotto--(Lv. 36)-->Pidgeot

Route 102 -

And finally, west out of Oldale Town to start venturing onwards. Oddish has a branched evolution so you'll need two. Ralts is another line with a branched evolution so catch two, one of which specifically has to be male. Azurill is the first friendship evolution of the run. Keep Azurill in your party while you train your other pokemon and routinely level it up to see if the level up triggers the evolution because its friendship is high enough. This can of course be completely skipped because Marill is on the very next route!

Standard

- Surskit--(Lv. 22)-->Masquerain
- Lotad--(Lv. 14)-->Lombre
- Seedot--(Lv. 14)-->Nuzleaf
- Ralts--(Lv. 20)-->Kirlia--(Lv. 30)-->Gardevoir
- Azurill--(Level up with high friendship)-->Marill--(Lv. 18)-->Azumarill
- Bellsprout--(Lv. 21)-->Weepinbell
- Oddish--(Lv. 21)-->Gloom

DexNav

- Abra--(Lv. 16)-->Kadabra
- Sunkern

Route 104 -

You'll reach Petalburg City but aside from helping Wally catch his first pokemon there isn't much to do here. Leave town and Scott will stop you and give you the Exp Share. This works the same as modern games and the whole party will gain exp. Leave through the western exit and start catching more pokemon! Marill is found here if you want to skip the Azurill evolution. Yet another branched evolution, catch two Poliwhag!

Standard

- Psyduck--(Lv. 27)-->Golduck
- Tailow--(Lv. 22)-->Swellow
- Meowth--(Lv. 28)-->Persian
- Yanma--(Lv. 30 after learning Ancient Power)-->Yanmega
- Poliwhag--(Lv. 25)-->Poliwhirl

DexNav

- Venonat--(Lv. 31)-->Venomoth
- Paras--(Lv. 24)-->Parasect
- Phanpy--(Lv. 25)-->Donphan

Petalburg Woods -

Enter this dark forest at the north end of Route 104. If you've been diligent in your catching so far then there's not too many pokemon to catch here. If you want to skip Wurmple's random evolutions, both Silcoon and Cascoon can be caught here. All of the DexNav encounters can also be caught as standard encounters. Once you exit the woods you'll be on the northern side of Route 104 and it's the same encounters as the southern part. You can pick up the Wailmer Pail from the flower shop if you want to start growing berries.

- Slakoth--(Lv. 18)-->Vigoroth--(Lv. 36)-->Slaking
- Ledyba--(Lv. 18)-->Ledian
- Shroomish--(Lv. 23)-->Breloom
- Pichu

Rustboro City -

Heal up and then check the building next door for the Cut HM. There's some patches of grass on the eastern side where you can catch some more pokemon. The Wishing Well is here and you can throw Wishing Stars into it for a random pokemon. Due to the complete RNG of this (similar to Wonder Eggs if you've played Radical Red) this guide will NOT be including these. I have written a separate guide which does include them but be prepared to soft reset over and over if you do! There are no DexNav exclusive pokemon here. Several of these are baby pokemon that are friendship evolutions so these will take up a chunk of your team while you get these out of the way. For evolving Primeape into Annihilape, be aware that Primeape learns the required move at Lv 35 so this will be one of the latest evolutions in this section. You don't even need to land the move, so you can simply spam the move 10 times against a weak Normal type, heal up and repeat the process to get the 20 uses.

- Teddiursa--(Lv. 30)-->Ursaring
- Growlithe
- Wynaut--(Lv. 15)-->Wobuffet
- Chingling--(Lv. 20)-->Chimecho
- Mankey--(Lv. 28)-->Primeape--(Level up after using Rage Fist 20x)-->Annihilape
- Cleffa--(Level up with high friendship)-->Clefairy
- Igglybuff--(Level up with high friendship)-->Jigglypuff

Route 116 -

Leave Rustboro to the north and take the path east to Route 116. Aipom is another Pickup user but has the added bonus of keeping the ability after evolving which most pokemon forget when they evolve which arguably makes Aipom one of the better Pickup users in the game.

Standard

- Aipom--(Lv. 32 after learning Double Hit)-->Ambipom
- Nincada--(Lv. 20)-->Ninjask
- Nincada--(Lv. 20 with a spare slot in your party and a pokeball in your bag)-->Shedinja
- Skitty

DexNav

- Bonsly--(Lv. 15 after learning Mimic)-->Sudowoodo
- Kecleon
- Sandshrew--(Lv. 22)-->Sandslash

Rusturf Tunnel -

And at the end of Route 116 we have our final location of this section. All these pokemon are standard encounters. One more branched evolution in this section. Catch two Snorunt with one of them being female. If you want to save some time on grinding, Swinub can be DexNav chained to have Ancient Power already which means that once it evolves into Piloswine it'll be ready to evolve again with just one more level. This is optional however, since Piloswine does learn Ancient Power via level up.

- Whismur--(Lv. 20)-->Loudred--(Lv. 40)-->Exploud
- Snubbull--(Lv. 23)-->Granbull
- Swinub--(Lv. 28)-->Piloswine--(Level up knowing Ancient Power)-->Mamoswine
- Meditite--(Lv. 30)-->Medicham
- Snorunt--(Lv. 32)-->Glalie

Pickup Items -

Having one or more pokemon in your team with the Pickup ability is not only helpful but mandatory as you'll need five Moon Stones and two Sun Stones, both of which can be obtained with the Pickup ability. As mentioned, Aipom is probably the best user as you can keep collecting items as you level it up to evolve. Make sure you routinely check your party to see if your Pickup user(s) is holding anything.

- Clefairy--(Moon Stone)-->Clefable
- Jigglypuff--(Moon Stone)-->Wigglytuff
- Nidorina--(Moon Stone)-->Nidoqueen
- Nidorino--(Moon Stone)-->Nidoking

- Skitty--(Moon Stone)-->Delcatty
- Sunkern--(Sun Stone)-->Sunflora
- Gloom--(Sun Stone)-->Bellossom

Levelling up tips –

Of course any evolved pokemon give better exp than unevolved ones, so pokemon like Cascoon and Silcoon work great early on but as your pokemon get tougher, hands down the best pokemon to train against is Kecleon who is coincidentally the only wild single stage pokemon in this section. And with the DexNav you can simply battle it over and over again for massive exp. I mentioned already in the intro, but prioritise keeping only attacking moves so that you can get the most PP usage out of your training sessions and reduce the number of healing trips. prioritise the highest levelled evolutions first so you're not stuck with them at the end (e.g. Exploud, Annihilape, Pidgeot, Slaking, your starter). If you allow it, sell any Pickup items you don't want (or farm Bright Powder) to buy XP candies from the stall in Petalburg City.

End of part 1:

Caught 128, Remaining 302

Part 2 - Pre Badge #2 from Mauville Gym

Pokemon in this section:





Choices (pick one King's Rock evolution):



Choices (pick one Metal Coat evolution):



Cutting Away -

After defeating Roxanne you can use Cut in the field which you should have already picked up. Follow the usual storyline by heading to Rusturf Tunnel. Afterwards, don't be so hasty to run to Mr Briney yet. There was a patch of grass in Littleroot Town that you couldn't access without Cut so first you should go and catch the pokemon there, all of which are standard encounters. Of the pokemon here, this includes Eevee which you'll need to evolve 8 times, all of which are stone evolutions in this game which means Espeon and Umbreon can be done immediately. A rare instance of a non gen 1-3 pokemon (excluding cross gen evolutions) shows up here too - Applin. This is also another branched evolution so you'll need three of them.

- Mareep--(Lv. 15)-->Flaaffy--(Lv. 30)-->Ampharos
- Drowzee--(Lv. 26)-->Hypno
- Natu--(Lv. 25)-->Xatu
- Rattata--(Lv. 20)-->Raticate

- Eevee--(Sun Stone)-->Espeon
- Eevee--(Moon Stone)-->Umbreon
- Applin

Old Fishing Tour -

Speak to Mr Briney in his hut on Route 104 for a trip down to Dewford Town. There's a fisherman wandering around who gives you the Old Rod. With this come some new captures. Magikarp is found everywhere but see the below pokemon to see what routes I found them on (sorry, PokeNav doesn't include fishing data so this was trial and error). With Horsea, it can sometimes hold the Dragon Scale required to evolve Seadra into Kingdra.

- Magikarp--(Lv. 20)-->Gyarados
- (Route 107) Slowpoke--(Lv. 37)-->Slowbro
- (Dewford Town) Wooper--(Lv. 20)-->Quagsire
- (Route 106) Horsea--(Lv. 32)-->Seadra--(Dragon Scale)-->Kingdra
- (Route 102) Goldeen--(Lv. 33)-->Seaking
- (Route 103) Remoraid--(Lv. 27)-->Octillery
- (Route 104) Krabby--(Lv. 28)-->Kingler
- (Route 115) Tentacool--(Lv. 30)-->Tentacruel

Dewford Town -

Time to explore new areas. In Dewford Town there are areas of sand where pokemon dwell. All of the pokemon found here are standard encounters.

- Trapinch--(Lv. 22)-->Vibrava--(Lv. 45)-->Flygon
- Machop--(Lv. 28)-->Machoke
- Shuckle
- Vulpix
- Corsola

There's also one extra pokemon to be caught on Route 106 before you enter Granite Cave.

- Shellder

Granite Cave -

Before you enter the cave, check the shore above the entrance for a King's Rock. Slowpoke doesn't hold this as a wild held item so you'll only get one in this section so use it to evolve either Slowpoke or Poliwhirl from the previous section. You use this as if it were an evolution stone in this ROM hack.

- Slowpoke/Poliwhirl--(King's Rock)-->Slowking/Politoed

Enter the cave and speak to the Hiker to get the Flash HM. Again, no DexNav pokemon in here. On the entrance floor, look out for Geodude, Zubat, Makuhita and Diglett. One floor down and you can hunt for Aron and Sableye.

- Geodude--(Lv. 25)-->Graveler
- Zubat--(Lv. 22)-->Golbat--(Level up with high friendship)-->Crobat
- Makuhita--(Lv. 24)-->Hariyama
- Diglett--(Lv. 26)-->Dugtrio
- Aron--(Lv. 32)-->Lairon--(Lv. 42)-->Aggron
- Sableye

Another floor down and there's a whopping five more pokemon to find!

- Mawile
- Shuppet--(Lv. 28)-->Banette
- Cubone--(Lv. 28)-->Marowak

- Gastly--(Lv. 25)-->Haunter
- Misdreavus

And finally in the room where you meet Steven Stone, there's two more pokemon to catch to conclude all the captures within the caves.

- Numel--(Lv. 33)-->Camerupt
- Onix

Slateport City -

Check out the market on the south western part of town. One of the stalls sells Sun and Moon Stones if you want more instead of relying on Pickup. But they also sell Fire Stones, Water Stones and Thunder Stones (sadly no Leaf Stones) so there's a few pokemon you can evolve from this section and the previous one.

- Growlithe--(Fire Stone)-->Arcanine
- Vulpix--(Fire Stone)-->Ninetales
- Eevee--(Fire Stone)-->Flareon
- Poliwhirl--(Water Stone)-->Poliwrath
- Shellder--(Water Stone)-->Cloyster
- Eevee--(Water Stone)-->Vaporeon
- Lombre--(Water Stone)-->Ludicolo
- Pikachu--(Thunder Stone)-->Raichu
- Eevee--(Thunder Stone)-->Jolteon

The Pokemon Fan Club has a lady who will give you a Soothe Bell if you show her a pokemon with high friendship. Giving a pokemon (like Zubat) the Soothe Bell to hold will increase friendship gains and speed up the process. Check by the docks to find that Capt Stern is missing. You'll then be able to enter the museum and defeat Team Aqua to advance the story. You are free to return to Devon Corporation to report that you completed your errands and you'll be given a Z-Ring and unlock a shop for Z-Crystals on the next floor down but it's not essential to the run.

Pacifidlog Town -

Yes you're reading that correctly! After clearing Team Aqua, a new NPC has appeared outside the Pokemon Center with his Pelipper. Speak to him and you can fly to Pacifidlog Town very early. In the grass, catch two Scyther and a Heracross. There's an apple vendor outside one of the buildings who sells all three of Applin's evolution items that are used like evolution stones.

- Scyther
- Heracross
- Applin--(Sweet Apple)-->Appletun
- Applin--(Tart Apple)-->Flapple
- Applin--(Syrupy Apple)-->Dipplin--(Lv. 40)-->Hydrapple

Scuba Safari -

While Pacifidlog Town didn't have much going for it in the original games, this ROM hack gives the town a really interesting attraction. The Scuba Safari works like a cross between the Safari Zone from Kanto and the bug catching contests of Johto in that you have a limited number of steps and you score your capture against other competitors. This is also how you obtain the Waterfall HM, not that you'll be able to use it yet. Don't let your guard down in here because some of the pokemon levels can get quite high! You're also quite limited in the number of steps you can take so it might be worth taking a pokemon with Sweet Scent so you can search for rarer pokemon.

According to the official documentation: *"The first time you play the minigame, setting your first high score, you receive the HM07 Waterfall. After this, rewards are randomly selected from a pool of treasures (shards, nuggets, pearls, etc.), evolution items, and other fun items. When a new high score is set, the player is rewarded with 5 Heart Scales and a random TM from a pool of good moves (Flamethrower,*

Dragon Claw, Thunderbolt, etc.)" I'm not sure if this was only applicable in earlier releases, but I tested this and gradually increased my high score, tried winning and losing with a high score but I never received anything like in the above description. All I got for winning was a Big Pearl, regardless of whether i'd beaten my high score so i'm ruling out the possibility of getting an evolutionary items. Should your experience differ, please let me know!

Anyway, the scuba safari itself is broken into 5 signposted areas (central area and the 4 compass points) but there's also a few small areas off to the corners of the map that aren't signposted but have a different selection of pokemon in them. Open up your DexNav to see if you are in area with pokemon you have yet to catch.

Central - Area 1

- Luvdisc
- Mantyke--(Level up with Remoraid in the party)-->Mantine

North - Area 2

- Spheal--(Lv. 24)-->Sealeo--(Lv. 44)-->Walrein
- Seel--(Lv. 34)-->Dewgong
- Wailmer--(Lv. 40)-->Wailord

East - Area 3

- Barboach--(Lv. 30)-->Whiscash
- Corphish--(Lv. 30)-->Crawdaunt
- (Yes, really!) Nosepass--(Thunder Stone)-->Probopass

South - Area 4

- Chinchou--(Lv. 27)-->Lanturn
- Omanyte--(Lv. 40)-->Omastar
- Kabuto--(Lv. 40)-->Kabutops

West - Area 5

- Anorith--(Lv. 40)-->Armaldo

South East - Area ??

- Qwilfish
- Huntail
- Gorebyss
- Relicanth

North West - Area ??

- Lapras
- Lileep--(Lv. 40)-->Cradily
- Clamperl

Keep an eye out for items in the eastern area 3 because sometimes an item will appear in front of what looks like a gravestone/tombstone which is a Dusk Stone which will bag us an evolution for Misdreavus.

- Misdreavus--(Dusk Stone)-->Mismagius

Route 110 -

Once you've had your fill of the Scuba Safari it's time to venture back to Slateport City and head north to Route 110. Cycling Road has disappeared in this ROM hack! Feel free to take on the first round of the Trick House while you're here for some exp but it's not essential. Further up the route you'll battle your rival and get the Item Finder.

Standard

- Electrike--(Lv. 26)-->Manetric
- Gulpin--(Lv. 26)-->Swalot
- Chikorita--(Lv. 16)-->Bayleef--(Lv. 32)-->Meganium
- Plusle
- Minun
- Voltorb--(Lv. 30)-->Electrode

DexNav

- Togepi--(Level up with high friendship)-->Togetic
- Murkrow--(Dusk Stone)-->Honchkrow

Mauville City -

After clearing Route 110 you'll be in the town where the next gym will be faced but of course we're not ready yet. In town you can pick up the Rock Smash HM and a free bike. In the Game Corner you can play some pinball machines and earn pinball points. 2 pinball points is enough to speak to one of the men in front of the machines who offers Alolan eggs. Earn the pinball points, bring a pokemon such as Magmar to hatch eggs faster and save in front of the man before receiving an egg. Bike around outside until the egg hatches and soft reset if it's not the egg you want. This is the only way to get the Grimer line this early in the run. You can also hatch Alolan forms of pokemon that evolve from non-Alolan pokemon (Raichu, Marowak, Exeggutor). Unfortunately, because they hatch from eggs, they are actually considered as single stage pokemon so you can't breed Alolan Exeggutor to get an Exeggcute.

- Grimer--(Lv. 36)-->Muk
- Exeggutor

Route 117 -

West of Mauville and home of the daycare for your breeding needs. You'll need to catch three Tyrogue. You can buy nature mints really cheaply at the flower shop on northern Route 104 to change to a nature that ensures the right evolution. You can also buy EV feathers from the stand in Petalburg City if you want to fine tune Attack and Defense for getting Hitmontop. Elekid and Magby also have the possibility of holding their own evolution items so you'll need to catch one holding the item or steal the wild held item which you can use the DexNav as always to see if it's holding anything.

Standard

- Elekid--(Lv. 30)-->Electabuzz--(Electirizer)-->Electivire
- Magby--(Lv. 30)-->Magmar--(Magmarizer)-->Magmortar
- Smoochum--(Lv. 30)-->Jynx
- Tyrogue--(Lv. 20 with Attack higher than Defense)-->Hitmonlee
- Tyrogue--(Lv. 20 with Defense higher than Attack)-->Hitmonchan
- Tyrogue--(Lv. 20 with equal Attack and Defense)-->Hitmontop
- Volbeat
- Illumise
- Doduo--(Lv. 31)-->Dodrio
- Budew--(Level up with high friendship)-->Roselia
- Tangela--(Lv. 36 after learning Ancient Power)-->Tangrowth

DexNav

- Farfetch'd

Venture into Verdanturf Town and enter this side of Rusturf Tunnel to pick up a Metal Coat. Use this to evolve either Onix or Scyther.

- Onix/Scyther--(Metal Coat)-->Steelix/Scizor

Good Fishing Tour -

On Route 118, east of Mauville, the fisherman who gives you the Good Rod has switched to this side of the river so you can pick up the rod early! With this we can catch some extra pokemon although most water pokemon have already been caught thanks to good coverage with the Old Rod as well as the scuba safari.

- (Slateport City) Totodile--(Lv. 18)-->Croconaw--(Lv. 30)-->Feraligatr
- (Route 118) Carvanha--(Lv. 30)-->Sharpedo

Levelling Tips:

The pokemon around Mauville City aren't even Lv15. With the Good Rod you can get Lv30 pokemon but even better than that? It's the Scuba Safari. Head into the west area and DexNav Lapras which can reach

up to Lv50 or into the deep south eastern area for Relicanth whose levels actually go slightly higher than Lapras. The great thing about the DexNav is that the encounters don't count towards your limit of 5 encounters so you can chain for as long as you want until 5 random encounters interrupt your chaining, you've exceeded your step limit or you need healing or need to swap your party around. You'll have no issues in levelling up pokemon quickly in this manner and at only P100 per entry, it's extremely cheap to do. If you have excess cash you can also buy exp candies from the Petalburg stall which has updated its stock.

End of part 2:

Caught 285, Remaining 145

Part 3 - Pre Badge #3 from Lavaridge Gym

Pokemon in this section:



Choices (pick one Linking Cord evolution):



Upon defeating Wattson you get the ability to use Rock Smash. If you clear the rocks in Rusturf Tunnel you can get the HM for Strength. Another worthwhile visit is to the pokemon center in Slateport City. A scientist there will give you the Pokemon Box Link, a key item that allows you to access your PC out in the field.

Route 112 -

Break the rocks north of Mauville City. The sandstorm prevents you from venturing into the desert, but check the grass to the left for more pokemon.

Standard

- Houndour--(Lv. 24)-->Houndoom
- Pineco--(Lv. 29)-->Forretress
- Munchlax--(Level up with high friendship)-->Snorlax

DexNav

- Sneasel
- Miltank

Fiery Path -

Since the cable car is blocked off, walk through Fiery Path. All of the below pokemon are standard encounters.

- Torkoal
- Slugma--(Lv. 38)-->Magcargo
- Cyndaquil--(Lv. 14)-->Quilava--(Lv. 36)-->Typhlosion
- Koffing--(Lv. 35)-->Weezing
- Gligar

Route 113 -

Next up is the ash covered Route 113 which is your final stop before reaching Fallarbor Town.

Standard

- Skarmory
- Spinda
- Duskull--(Lv. 30)-->Dusclops
- Ponyta--(Lv. 40)-->Rapidash

DexNav

- Spoink--(Lv. 32)-->Grumpig
- Kangaskhan

Route 114 -

Skip through Fallarbor Town unless you want the free Spiky Eared Pichu from Prof Elm. West of town there's one more route before you hit Meteor Falls. All the pokemon here are standard encounters. Stantler learns Psyshield Bash at Lv 30 so as long as you use it 20 times, you'll get Wyrdeer at Lv 31.

- Swablu--(Lv. 35)-->Altaria
- Seviper
- Zangoose
- Stantler--(Level up after using Psyshield Bash 20x)-->Wyrdeer
- Bulbasaur--(Lv. 16)-->Ivysaur--(Lv. 32)-->Venusaur

On the route is Lanette's house which contains a Linking Cord, allowing you to evolve one of your four trade evolution pokemon.

- Kadabra/Machoke/Graveler/Haunter--(Linking Cord)-->Alakazam/Machop/Golem/Gengar

Meteor Falls -

At the end of Route 114 you can enter Meteor Falls which pushes the story forwards. The wild encounters here are all standard/random encounters but you'll also be able to fish Dratini with the Good Rod.

- Solrock
- Lunatone
- Bagon--(Lv. 30)-->Shelgon--(Lv. 50)-->Salamence
- Dratini--(Lv. 30)-->Dragonair--(Lv. 55)-->Dragonite

Route 115 -

Before heading back to the base of Mt Chimney, exit out the south western entrance of the falls to reach Route 115. There is grass on this side of the water compared to vanilla Emerald so you can catch a few more pokemon. Lickitung learns Rollout at Lv 33 but you can simply return to Mauville City where there's a move tutor out in the open who can teach the move. For Dunsparce, it learns Hyper Drill at Lv 32.

Standard

- Lickitung--(Level up knowing Rollout)-->Lickilicky
- Happiny--(Lv. 15)-->Chansey--(Level up with high friendship)-->Blissey
- Rhyhorn--(Lv. 42)-->Rhydon

DexNav

- Dunsparce--(Level up knowing Hyper Drill)-->Dudunsparce

There's also a Team Aqua member on the beach who will give you an egg that will hatch into Tinkatink!

- Tinkatink--(Lv. 24)-->Tinkatuff--(Lv. 38)-->Tinkaton

Route 115 -

Go back to Route 112 and take the cable car up to the top of Mt Chimney and battle Team Magma. After that you can go south onto Jagged Pass where there's two more pokemon to catch all as standard encounters. Mime Jr should already know Mimic (learned at Lv15) so it should be a single level up to evolve it.

- Mime Jr--(Level up knowing Mimic)-->Mr Mime
- Charmander--(Lv. 16)-->Charmeleon--(Lv. 36)-->Charizard

Lavaridge Town -

Our final stop of the section. The egg at the hot springs is the usual Wynaut egg which of course we already have so there's no need to collect it. The herb shop in town however does have something new. It's all the remaining evolution stones which means many of the pokemon from the previous sections can now finally fully evolve.

- Gloom--(Leaf Stone)-->Vileplume
- Weepinbell--(Leaf Stone)-->Victreebel
- Eevee--(Leaf Stone)-->Leafeon
- Nuzleaf--(Leaf Stone)-->Shiftry
- Eevee--(Ice Stone)-->Glaceon
- Roselia--(Shiny Stone)-->Roserade
- Togetic--(Shiny Stone)-->Togekiss
- Eevee--(Shiny Stone)-->Sylveon
- Male Kirlia--(Dawn Stone)-->Gallade
- Female Snorunt--(Dawn Stone)-->Froslass

Levelling Tips –

Despite a bunch of new areas being opened, the Scuba Safari still remains the best training spot!

End of part 3:

Caught 356, Remaining 74

Part 4 - Pre Badge #4 and #5 from Dewford and Petalburg Gyms

Pokemon in this section:



Route 111 Desert -

This is a very short section as only a single area unlocks after defeating Flannery and obtaining the Go Goggles which covers your eyes and lets you enter the desert on Route 111. Only two encounters to find, all of which are standard encounters.

- Baltoy--(Lv. 36)-->Claydol
- Cacnea--(Lv. 32)-->Cacturne

Levelling Tips –

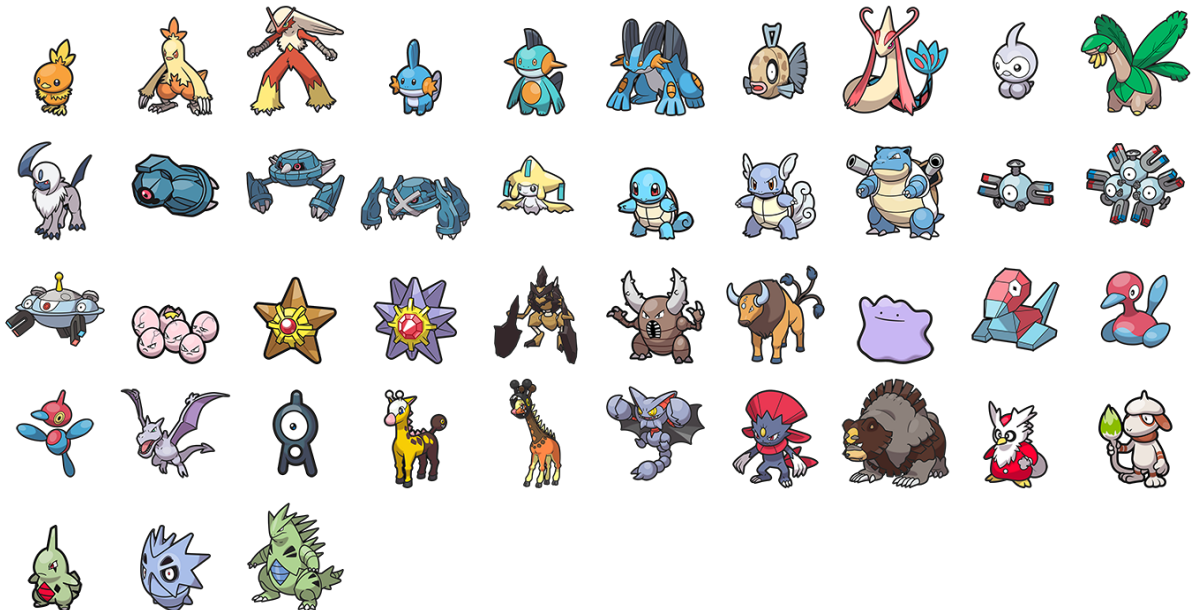
No changes here, it's the Scuba Safari all the way!

End of part 4:

Caught 360, Remaining 70

Part 5 - Pre Badge #6 from Mossdeep Gym

Pokemon in this section:



Choices (remaining Metal Coat evolution):



Choices (remaining King's Rock evolution):



Choices (Remaining three Linking Cord evolutions):



Surfin' Time! -

With Norman defeated you'll be able to use Surf which is also a HM you will receive straight after the battle. Before moving on, there's some pokemon to be obtained through backtracking. First off, before even leaving town, surf right here in Petalburg to find Squirtle. On Route 107 (east of Dewford) you can Surf to find Staryu. Continuing east you'll find the Abandoned Ship where a Metal Coat sits at the entrance for you to get your other evolution you didn't pick earlier. Then, head up to Mauville City and talk to Wattson who will give you the key to New Mauville, accessed by surfing south of Mauville. In here you can catch Magnemite, Porygon and Beldum, the latter of which retains its horridly low catch rate.

- Squirtle--(Lv. 16)-->Wartortle--(Lv. 36)-->Blastoise
- Staryu--(Water Stone)-->Starmie
- Onix/Scyther--(Metal Coat)-->Steelix/Scizor
- Magnemite--(Lv. 30)-->Magnetron--(Thunder Stone OR Level up in New Mauville)-->Magnezone
- Porygon
- Beldum--(Lv. 20)-->Metang--(Lv. 45)-->Metagross

Route 119 -

Time to head forward. Surf east of Mauville City and then north to Route 119 which is a very busy route. In the grass you'll find the below pokemon in the grass. Girafarig learns its evolution move at Lv 32.

Standard

- Girafarig--(Level up knowing Twin Beam)-->Farigiraf
- Tropius
- Exeggcute

DexNav

- Smeargle

In the left side of the long grass you will see an item to pick up which is the Razor Fang needed to evolve Gligar. North of the initial patch of long grass you'll hit some water. You'll be happy to know that Feebas is simply caught with the Good Rod without worrying about the normal complicated mechanics.

- Gligar--(Razor Fang)-->Gliscor
- Feebas

After crossing the bridge, check the grass up and to the right (before climbing the big rocky platforms) to find Black Augurite, used to evolve Scyther into Kleavor. Next up is the Weather Institute, with an Upgrade inside for another item based evolution, this time with Porygon. There's also a Linking Cord upstairs but we'll cover its usage later. Once you clear out the Institute you'll also get a gift Castform.

- Porygon--(Upgrade)-->Porygon2
- Scyther--(Black Augurite)-->Kleavor
- Castform

Route 120 -

Rest up in Fortree City and continue east. You'll meet Steven Stone on the bridge here and he'll give you the Devon Scope. There's also a sidequest back in Fortree now you have the scope to get a Shiny Charm should you want it. First off you can catch Pinsir and Absol as standard encounters in the grass. The steps leading down to the water are blocked by an invisible Kecleon so get rid of it and surf into the cave below. There's a random encounter to catch in here - Aerodactyl.

- Pinsir

- Absol
- Aerodactyl

Route 121 -

Continuing east towards Lilycove, you'll see Team Aqua heading to Mt Pyre and will pass the safari zone (we'll come back shortly). In the grass you'll find one standard encounter, being Tauros. Towards the end of the route there's a Razor Claw to finally evolve Sneasel.

- Tauros
- Sneasel--(Razor Claw)-->Weavile

Lilycove City -

Heal up and start exploring the town. Head directly south from the pokemon center to the very southern part of town and then head east along the peninsula to find a Peat Block to evolve Ursaring.

- Ursaring--(Peat Block)-->Ursaluna

Vs Team Aqua and Team Magma -

In order to open the sea routes to the east we'll need to take care of the evil teams. First head to Mt Pyre and take the exit on the left to the exterior. In the grass you'll find Unown, while further up in the foggy peak you'll find Ditto.

- Unown
- Ditto

Reaching the summit, Team Aqua will disappear but you'll get the Magma Emblem as a reward. You'll then need to trek all the way back to Jagged Pass where the Magma Emblem will open up the Magma Hideout. Defeat the leader at the end of the caverns and then go to Slateport City next where Team Aqua will hijack the submarine in the harbor and go to Lilycove City with it. That's your next destination as the entrance to the Aqua Hideout is a short surf ride off the north east part of town. In the entrance room is a Dubious Disc for Porygon2. Be sure to use the right teleportation pads and find the room with the Master Ball in it. Defeat the admin at the end and the blockade to the east of Lilycove will be gone.

- Porygon2--(Dubious Disc)-->Porygon-Z

The Safari Zone -

There's a guard outside who warns you before entering. Save your game before you go in as the safari zone is known to be buggy. Here in the safari zone you'll be able to catch the remaining two Hoenn starters you didn't pick. In the south western area you'll find Mudkip. The north west area requires the Mach Bike to get there. In this area you can catch Larvitar and Torchic.

- Mudkip--(Lv. 16)-->Marshomp--(Lv. 36)-->Swampert
- Larvitar--(Lv. 30)-->Pupitar--(Lv. 55)-->Tyranitar
- Torchic--(Lv. 16)-->Combusken--(Lv. 36)-->Blaziken

Mossdeep City -

Surf east from Lilycove to hit this island. In the pinball hall there's an NPC that gives you the Lucky Egg that boost exp gained. An NPC on the left side of town offers you a King's Rock which you can use for the King's Rock evolution you didn't pick earlier. This is also where you'll encounter the first legendary/mythical of the run. The white pointy rock on town can be interacted with and if you provide a Wishing Star you'll battle Jirachi.

- Slowpoke/Poliwhirl--(King's Rock)-->Slowking/Politoed
- Jirachi

Shoal Cave -

North from Mossdeep City. You'll be able to encounter Delibird on any floor. Thanks to the diligent efforts of completing the pokedex there's actually no need to venture into the lowest floor.

- Delibird

Sea Routes -

South from Mossdeep, go onto Route 127. As you progress south, keep an eye out for an opening on the right side of the map which leads to a small island and a patch of grass. An item sits in that grass which is the Prism Scale that is used to evolve Feebas. While the original evolution method of raising its beauty state is still in the game, this is a far easier way to do it!

- Feebas--(Prism Scale)-->Milotic

While you can surf to the base of Evergrande City as well as visiting Pacifidlog the long way, there's nothing else of interest over the sea.

More Linking Cords -

We can conclude this section by catching ALMOST all remaining non legendary and non mythical pokemon but we need some more evolution items. The way to obtain some of these is by RNG unfortunately. If you exchange pinball points at the Mossdeep Game Corner at the counter, you'll get a random rare item. The pool of items includes Linking Cords. You already picked up one earlier in this section so you'll need two more to complete the set. You can buy pinball points from the other man behind the counter so i'd recommend stocking up on a few points and then saving your game before cashing the points in and resetting if you don't get the items you need.

The remaining x3 of:

- Kadabra/Machoke/Graveler/Haunter--(Linking Cord)-->Alakazam/Machamp/Golem/Gengar

Levelling Tips -

This is the final section where you need to level anything up! Honestly, I'd recommend sticking to the Scuba Safari as it's still the best exp provider in the game. That said, pokemon you train are only getting half of what they would gain from the exp share, so if you want to specifically focus on one pokemon gaining 100% of the exp, slap the Lucky Egg on that pokemon and try DexNav chaining against wild Chansey on Route 121 who will struggle to do any damage against pokemon like Pupitar.

End of part 5:

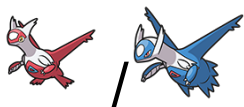
Caught 408, Remaining 22

Part 6 - Pre Badge #7 and #8 and Pre Elite Four

Pokemon in this section:



Choices (Random Lati twin):



Choices (Random Johto beast):



Choices (Random Kanto bird):



After obtaining a badge from Tate and Liza, check out the space center here on the island and help Steven Stone defeat Team Magma. Visit him in his house on the north west of the island to get the Dive HM allowing you to reach Sootopolis City. Head there immediately and visit the stall on the north east side of town to pick up a Reaper Cloth and a Protector to get the final item based evolutions of the game. **It is very important that you do this BEFORE advancing any storyline stuff otherwise you will be blocked from reaching the stall until you get the next badge!**

- Rhydon--(Protector)-->Rhyperior
- Dusclops--(Reaper Cloth)-->Dusknoir

Legendary Overload -

Return to Mossdeep City. There's some grass patches in the city with a big telescope next to them. Find this location and speak to the sailor with an eyepatch who will be instrumental in catching the majority of the remaining pokemon in the run. Since the catch rates get pretty hairy, I'd recommend stocking up on not only Ultra Balls but also Timer Balls. These can be purchased by speaking to an NPC on the Rustboro side of Rusturf Tunnel. He'll give you a free pokeball and this unlocks Timer Balls being able to be purchased at the Rustboro PokeMart. Also make sure you have some strong pokemon that can withstand hits, lower a pokemon's HP (ideally with False Swipe) and a sleep move. With this description, obviously you want to reduce the pokemon's HP as low as you can and put it to sleep to maximise your catch rate. As a battle gets longer, start switching from Ultra Balls to Timer Balls. Save before encountering any of these pokemon so you can reset if you spend too many pokeballs or if you make a mistake or the pokemon uses Struggle. You also have your Master Ball to use on the legendary of your choice.

Speak to the sailor and he'll give you an SS Ticket as well as an Eon Ticket. Return to Lilycove City and enter the harbor where you can board the ferry to Southern Island. Inside the forest you'll examine the stone and either Latios or Latias will appear. You'll only be able to catch one for now, but if you are wanting a specific one, you can simply run away and exit/re-enter the forest until the correct one descends.

- Latios/Latias

Go back to the sailor in Mossdeep and he'll give you the Old Sea Map. Talk to him again for the Mystic Ticket. Since you already have the dex entries for the pokemon he wants to see there's no work required to get these. Back to Lilycove Harbor. First up it's off to Faraway Island with the Old Sea Map. Mew will play in the grass and you'll need to corner it before you can battle it. Mew is not as difficult to catch as the other pokemon in this section!

- Mew

Sail back to Lilycove and then turn right back round (unless you need to heal) and board the ferry, this time to Navel Rock. Lugia is on the lowest floor while Ho-Oh is at the top. Both can be caught on this visit.

- Lugia
- Ho-Oh

The next reward from the sailor isn't until you've advanced the story a bit more. Find the underwater lair on Route 128 and clear Team Aqua out to unleash Kyogre and start the feud with Groudon. Go back to Sootopolis City and speak to Steven to enter Origin Cave and meet Wallace. Tell him that Rayquaza is at Sky Pillar on Route 131 and he'll head there, as should you. Climb to the top, awaken Rayquaza, go back to Sootopolis to quell the fighting, pick up another Master Ball from Wallace and then go straight back to the Sky Pillar with a Mach Bike to battle Rayquaza.

- Rayquaza

Back to the sailor in Mossdeep to get the Aurora Ticket which will take you to Birth Island to catch Deoxys after solving the triangle puzzle. This is a possible Master Ball candidate thanks to it having Recover!

- Deoxys

Back to the sailor again, this time he'll clue you in on sightings of legendary pokemon in Granite Cave, Shoal Cave, Mt Pyre and Route 119. The Granite Cave pokemon is Mewtwo who will be in the room you met Steven Stone after talking to the sailor in there. At a whopping level 80, this is probably the best pokemon to use one of your two Master Balls on.

- Mewtwo

Shoal Cave will be a choice of the three Johto beasts, picked at random, with the others not being available until the post game. The legendary will be in the ice room on the lowest floor of the cave. If it is high tide, simply return home to Littleroot Town and change the clock to anywhere between 3am-8am or 3pm-8pm.

- Raikou/Entei/Suicune

My Pyre is next. Climb to the summit where the sailor will let you know that the legendary Kanto birds appear here. Like before, you'll only be able to encounter one for now.

- Articuno/Zapdos/Moltres

And the last pokemon we can get with the sailor for now is on Route 119 west of Fortree City. You will need the Acro Bike to get there. Take the steps behind the Weather Institute to get up there and find the sailor by the shrine. He will trigger a battle with Celebi.

- Celebi

That's it from our sailor friend for now. We'll see him again in the post game. Lastly we need to unlock and catch the three Regis. This is done in exactly the same way as in the regular Emerald version. Find the diving spot on Route 134 from Pacifidlog Town. Once you enter the first braille chamber, examine the back wall and use Dig, then enter the next room and examine the text with Wailord in your first party slot and Relicanth at the back of your party. This opens the doors for the Regi caves. Regirock is in Route 111 Desert. Check the text on the wall then take two steps left, two steps down and use Rock Smash. Regice is on Route 105 and after reading the text, lap around the room clockwise, sticking to the edge of the walls. Finally, Registeel is on Route 120 and you simply need to use Flash in the middle of the room to open the door.

- Regirock
- Regice
- Registeel

End of part 6:

Caught 423, Remaining 7

Part 7 - Post Game

Pokemon in this section:



Choices (Remaining Lati twin):



Choices (Remaining two Johto beasts):



Choices (Remaining two Kanto birds):



The Last Legendaries -

Once the Elite Four are defeated, there's 5 more legendaries to catch. Pay a visit to the Weather Institute and check the scientist by the computer upstairs. He'll tell you of heavy rainfall or droughts in various routes. Make your way there quickly as the weather may ease before you find the legendary. A cave will open up in Groudon's case or a patch of water to dive in will appear for Kyogre's lair. For Kyogre you have the added benefit of using Net Balls too for a decent pokeball. Both legendaries are surrounded by mist which prevents sleep so the usual tactic won't work, you may have to rely on the less effective paralysis status.

- Groudon
- Kyogre

Next you'll need to repeat what you did for Latias/Latios, the Kanto birds and the Johto beasts as the event to catch them has reset following your victory over the league. There is a possibility of a repeat so save your game before entering the forest on Southern Island in case the wrong pokemon shows up (or run away and re-enter) and also save before speaking to the sailor for the trios. Once you've caught those three pokemon, defeat the Elite Four a second time and go back for the last pokemon in the two trios to finish the run.

- Latios/Latias
- Raikou/Entei/Suicune
- Articuno/Zapdos/Moltres

End of the challenge:

Caught 230, Remaining 0

So who's missing?

No-one! Congratulations on your complete pokedex!

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](#).

Until next time!

Social Media Plug:

Instagram: [Poké Mewlax \(@pokemewlax\)](#) • [Instagram photos and videos](#)

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Reddit profile: [mewlax84 \(u/mewlax84\)](#) - [Reddit](#)