Barebones WR Route

Boulder

- Get Rejuvenation
- Get Power Slash
- Run around fights on the way back
- Slice the Fruit
- Boulder Skip

Bloom Hana

- Run to Hana
- Defeat the Campfire fight
- Defeat the Yellow Imp Fight
- Susano QTE
- Ball
- Get Bloom
- Bloom Hana

Bloom Agata

- Yellow Imp Skip
- Run around the Campfire Fight
- Bloom Shinshu
- Talk to Mika Twice, do Named Imp Fight
- Swim across towards Tama
- Dead Fish Fight

- Get Cherry Bomb
- Pick up the Rat Statue
- Lilypad Skip
- Bloom Agata

Taka Pass

- Waka Skip, get Incense Burner
- HBS
- Collect ExS, Wooden Bear, Inkfinity
- Go to Taka Pass

Sasa Sanctuary

- Go to Merchant
 - Sell Treasures, Inkfinty
 - Buy 4 Meat Feedbags, 3 SFS
- Fight Waka 2
 - SFS CBs
- Bloom Taka
- Go get the teacup from the molesters, trade it for the Golden Mushroom
- Fight the Taka spring Devil Gate
- Go to Sasa Sanctuary

Waterspout

- Do Sasa Early

- Dig for Water
- Get Waterspout

Kusa Village

- Go fight Take
 - SFS CBs
- Warp to Taka Pass
- Go to Kusa Village

Fight Tei

- Fight Fuse's Inner Demons
 - ExS, Wack the Blue Imp a bunch
- Get the Canine Tracker
- Feed Rei
- Feed Chi
- Shin Warp, Feed Shin
- Fight Tei
 - SFS CBs

City Checkpoint

- Meat Warp
- Go to City Checkpoint

Ryoshima Coast

- CC Skip

Sei-an City

- Run through the cursed zone around fight
- Bloom Ryoshima Brush Adventure
- Bloom Ryoshima
- Dojo Clip, Get Double Jump
- Ubume skip
- Enter Sei-an

North Ryoshima Coast

- Fireburst Early
- Toaster

Fishing

- Fight Earth Nose
 - 2 CB, PS
- Go to Merchant
 - 4 MC, 1 ExS, 4 SFS
- Warp to Agata
- Susano QTE
- Run to Kokari, Fishing
- Ume

Tsuta Ruins

- Fish
- Get Crescent
- Fight Ume
- Clip into Tsuta Ruins

Vine

- Intro Cutscene Skip
- Blockhead Clip
- Kamiki Killer
- Pot Skip
- Get Vine

Fight Hayabusa

- Reverse Intro Cutscene Skip
- Leave Tsuta
- Run to the Upper Exit to Shinshu
- Run to Kamiki
- Dig up Turnips, deliver to Mushi
- Fight Hayabusa
 - SFS CBs

Gale Shrine

- Leave Kamiki
- Fight the Shinshu Spring Gate
- Warp to Taka Pass
- Go to Kusa
- Run to Fuse to get Orbs
- Ente Gale Shrine

Galestorm

- Fight the first Chimera Fight
 - 3 CBs
- Take key to the lockjaw
- Do 2nd Chimera Fight
- Take key to the Lockjaw
- Get Galestorm

Galaxy

- Gale Escape
- Leave Gale Shrine
- Got to Kusa Merchant
 - Sell Fish
 - Buy 3 ExLs
- Leave Kusa
- Warp to North Ryoshima

- Activate Orca
- Make it Night, and bring Orca to Watcher's Cape
- Do Watcher's Early through a dboost
- Do the Blue Ogre Skip
- Draw a star for Mr. Watcher Man
- Activate the Whirlpool Galaxy

Into the Dragon

- Hop on Orca and go to the Dragon Palace
- Talk to Otohime
- Go inside the dragon

Out of the Dragon

- Dodge the scrolls and grab the lockjaw key
- Bring the key to the lockjaw
- Run to the Stomach Room, release the acid
- Do Boneless
- Tube Fox Fight
 - ExL each wave
- Escape the Dragon

Evil Rao

- Go talk to Otohime
- Leave the Dragon Palace

- Run to Ryoshima
- Run to the back of Ankoku Temple
- Enter Rao's well
- Do Fire Tab Skip
- Evil Rao
 - SFS CBs

Oni Island

- Reverse Fire Tab Skip
- Go to Commoner's Quarters
- Go to Weapons Shop
 - Buy Max ExLs
- Go to North Ryoshima
- Do Watcher's Early Again
- Do the Blue Ogre Skip Again

Enter 2D

- 4head
- KTless
- Thunderstorm Get
- Awesome Skip

Ninetails

- Fast 2D

- Tobi Skip
- Ninetails Fight
 - Win

Kamui

- Warp to Shinshu
- Dboost up to Shinshu Plateau
- Zap the Turret
- Enter Kamui

Wep'keer

- Oki Skip
- Igloo Turtle Skip
- Stop at Merchant
 - Buy 3 inkfinity, Max ExLs
- Go to Wep'keer

Wawku Shrine

- Do Gate Skip
- Do Wawku Early

Blizzard

- Do the Fireburst BA
- Wawku Catwalk Skip
- Great Tengu Fight
 - ExL
- Blizzard Get
- Nechku Skip
- Cannon Room
- Great Tengu Fight
 - ExL
- Hot Gear Room
- Bird Fight
 - 5 ExL

Ark

I'm too lazy to type this rn