

# HOW TO BEAT “HEAT EXHAUSTION” IN MONSTER HUNTER 3 ULTIMATE





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## Introduction

This manual will explain how to beat “Heat Exhaustion” in *Monster Hunter 3 Ultimate*. I have tried several different methods and completed “Heat Exhaustion” numerous times, so I feel that this method works the best. This manual covers preparation and getting both Powderstones. This manual also covers the differences between the first and second Powderstone.

## How to Use This Manual

This manual contains many symbols and terms. In the following two subsections, you can read what these symbols and terms mean to you as a player.

### Symbols

This manual uses a variety of symbols to indicate important details. This list shows what those symbols mean:

- 🎵: You can find related info in the nearest green text box.
- ☑️: Read the entire paragraph before proceeding.
- ★: Exercise extreme caution.

### Terminology

This manual contains a vocabulary of important terms for *Monster Hunter 3 Ultimate*. The following list serves as a quick reference as to what those terms mean:

- **Action Bubble**: An icon that appears over the player’s head when you can perform a special action, such as placing a Powderstone into the red Quest Box.
- **BBQ Spit**: An item used to cook Raw Meat into steaks.
- **Buff**: A beneficial effect or to apply such an effect.
- **Canteen**: A place where the player consumes food to gain buffs before starting a quest.
- **Cool Drink**: An item used to negate damage from hot air.
- **Debuff**: A harmful effect or to apply such an effect.
- **Dung Bomb**: A bomb used to repel certain monsters.
- **Gem**: To alter the stats of equipment by applying gemstones.
- **Health**: The amount of damage something can sustain before dying.
- **Hunger**: The maximum Stamina the player may have. This depletes over time.
- **Powderstone**: A large item carried from the volcano’s peak to the red Quest Box.

- **Quest Box:** One of two chests used in completing quests. The blue Quest Box contains supplies used in the quest. The red Quest Box receives items you collect for the quest.
- **Region:** An area within a map. Each map typically contains about ten regions.
- **Respawn:** To spawn again after death.
- **Shakalaka:** One of two small companions that help you in various ways. They are named Cha-Cha and Kayamba.
- **Spawn:** To generate oneself into the world.
- **Stamina:** The amount of energy the player has. It is consumed by sprinting, rolling, or charging various weapons.
- **Uraagan:** A large dragon, known for its large chin and ability to roll around.

**CHAPTER ONE:  
PREPARING FOR  
“HEAT EXHAUSTION”**





## Chapter One – Preparing for “Heat Exhaustion”

Chapter One details all of the steps to take before initiating “Heat Exhaustion”. Specifically, this chapter covers supplies, equipment, Shakalaka setups, and Canteen buffs. If you follow these steps, “Heat Exhaustion” will run as smoothly as possible.

### Gathering Supplies

♪ Gather these supplies if you think you might run out of Quest Box supplies:

- Dung Bombs
- Cool Drinks
- Steaks
- Mega-Potions

While you may gather many of the supplies from within “Heat Exhaustion”, you should carry as many extras as possible. Don’t forget to bring your BBQ Spit as well.

### Gearing Up

♪ You can use most equipment sets for “Heat Exhaustion”. You will carry a large rock for most of the quest, so you won’t use your weapon very much. Try to carry a weapon that does not have any debuffs to speed, health, or hunger. Choose armor similarly. If you think you need a new set of armor at this point in the game, I recommend Ingot Armor. Ingot Armor has a fire weakness; you may want to gem this out.

#### How to Get Supplies

You acquire the supplies needed for this quest in the following ways:

- You create Dung Bombs with Dung and Bomb Casings.
  - You find Dung by killing Aptonoths.
  - You create Bomb Casings from Sap Plants and either Stones or Iron Ore.
- You buy Cool Drinks in Moga Village.
- You cook Steaks by using your BBQ Spit with Raw Meat in your inventory.
  - You buy a BBQ Spit in Moga Village.
  - You find Raw Meat by killing Aptonoths and Rhenoplos.
- You create Mega Potions with Potions and Honey.
  - You buy Potions in Moga Village.
  - You find Honey by killing Arzuros.

#### How to Craft Ingot Armor

You create Ingot armor with several materials. In total, you will need:

- 15 Dragonite Ore
- 15 Machalite Ore
- 14 Iron ore
- 1 Rare Scarab
- 2 Firestones
- 2 Pelagicite Ore
- 4 Antiseptic Stones
- 3 Light Crystals
- 6 Isisiums
- 5 Earth Crystals

You find all of these by mining in the volcano. To remove Ingot Armor’s fire weakness, create a Fire Res Jewel 1 by combining an Aquaglow Jewel with five Fire Herbs. You find both of these in the volcano.

## Setting Up Your Shakalakas

♪ Your Shakalakas provide very helpful bonuses for “Heat Exhaustion”. Give one of them the Fluffy Mask. Using the Fluffy Mask lets you track monsters. You want to avoid a monster while completing “Heat Exhaustion”, so track its position with the Fluffy Mask. Give the other Shakalaka his default mask. Assign both Shakalakas to use the Ooga-Boo Dance and the Wakka-Wakka Dance. Combining these two dances grants each Shakalaka two healing effects. Having these effects will grant you some leeway when carrying the Powderstones, because you can’t use potions while carrying them. The skills you assign each Shakalaka will have a minimal effect on the completion of “Heat Exhaustion”, because you won’t spend significant time fighting. See Figure 1 to make sure one of your Shakalakas has a Fluffy Mask before moving on.

### How to Get the Fluffy Mask

Acquire the Fluffy mask by trading the following to the chief’s son in Moga Village:

- 3 Qurupeco Feathers
  - You find these by killing Qurupeco.
- 2 Warm Pelts
  - You find these by killing Kelbis.
- 2 Velvety Hides
  - You find these by killing Giggis.



*Figure 1: Cha-Cha or Kayamba should look like this.*

## Eating Before Heading Out

Before heading out, you should stop by the Canteen to get a number of helpful buffs. Eating at the Canteen boosts Max Health and one other stat. Eating potentially also grants you two other buffs. Whether or not these buffs activate depends on luck. Higher quality foods grant a better chance for buff activation. You want to pay attention to three potential buffs for “Heat Exhaustion”:

- Felyne Firewalker
- Felyne Dungmaster
- Felyne Lander

With the exception of Felyne Lander, you can acquire all buffs by mixing Grain and Dairy. Mixing Grain and Dairy always yields a Defense bonus as well, so mix Grain and Dairy. When choosing the cooking method, pay careful attention the buffs listed. Felyne Firewalker grants an immunity to hot ground. Felyne Dungmaster improves the success rate of Dung Bombs. Felyne Lander removes the effect of dropping Powderstones when falling large distances and grants a massive shortcut.

☑ Each cooking method has an associated buff and a random buff. Felyne Firewalker comes from frying. Felyne Dungmaster comes from steaming. Felyne Lander comes from the random buff. If Felyne Lander appears in the random slot for either frying or steaming, choose that. If it does not appear, fry your meal, because Felyne Firewalker is more useful than Felyne Dungmaster is for “Heat Exhaustion”. After finishing preparations, talk to the Quest Lady and head out.



# CHAPTER TWO: GETTING THE FIRST POWDERSTONE





## Chapter Two – Getting the First Powderstone

Chapter Two details how to get the first Powderstone. Specifically, this chapter covers the Quest Box, the volcano regions, important details to note, and Powderstone mechanics.

### Leaving Camp

Before you leave camp, you should grab a few things and note a few details about the map in Figure 2. From the blue Quest Supply Box, get the following items:

- Map
- Dung Bomb
- Cool Drinks
- Rations
- First-Aid Meds

Eat two Rations before you do anything else to boost your Hunger. Now look at the map:

- Regions 1 and 2 contain beasts. You may kill them for Raw Meat if you run out of food. Exercise caution around Rhenoplos (see Figure 3) because they will charge you.
- Regions 3 and 4 have bugs that you should avoid.

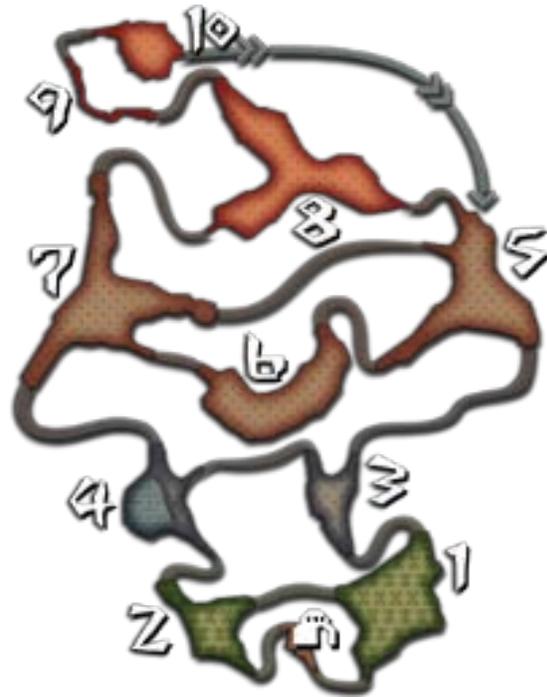


Figure 2: The Volcano Map



Figure 3: These beasts charge you.

- Regions 5 through 10 all have hot conditions and monsters to avoid. You should drink a Cool Drink before proceeding to these areas.
  - Regions 5, 6, and 7 contain the Uragaan you should avoid during your second run.
  - Region 8 has cats that might steal your belongings. Avoid these cats at all costs.
  - Region 9 offers a rest stop where you may trade a Powderstone for a Cool Drink.
  - Region 10 contains the Powderstones and a shortcut to Region 5. (see Figure 4)

## Keeping Track of Important Details

In addition to details on your map, you should note several details in the field as you make your way up the volcano:

1. Starting in Regions 5 and 7 and continuing through Region 10, along lava shores the ground glows. Unless you have Felyne Firewalker active, avoid stepping on glowing ground to avoid taking unnecessary damage. Glowing ground does not drop the stone.
2. In Region 8, you will find four nonaggressive white cats. As soon as you pick up the Powderstone, black cats replace the white cats. Black cats are aggressive, and they stay black for the remainder of “Heat Exhaustion”. Don’t kill the cats in advance, because they respawn very quickly.
3. In Region 9, there is a short man (see Figure 5) with a pack. If you bring him a Powderstone, he gives you a Cool Drink in case you run out of yours.

At the top of the volcano, you will find the Powderstone to the right of the entrance. (see Figure 4)



Figure 4: Region 10 contains the Powderstone and a shortcut to region 5.



Figure 5: He gives you Cool Drinks.

## Handling the Powderstone

☑ ★ The Powderstone is very dangerous. Before picking up the Powderstone, drink a potion to get to full health. The enemies in the room often burrow up from beneath you, like in Figure 6. If they cause difficulty, you may kill them first, but they respawn very quickly. Note the following about carrying the Powderstone:

- The Powderstone continually inflicts damage while you hold it. You cannot avoid this.
- If you drop the Powderstone, it breaks.
- You can only get rid of the Powderstone by dropping it or putting it in the red Quest Box. You cannot put it down and pick it back up.
- If you take any damage whatsoever, you drop the Powderstone. This includes fall damage received from taking the shortcut from Region 10 to Region 5.
- If you run out of stamina from running, you drop the Powderstone.
- If you have Felyne Lander active, you do not take fall damage, so you do not drop the Powderstone when taking the shortcut.

On your way back to camp, sprint when you can to avoid enemies, particularly the cats in Region 8. Stop sprinting when entering a new region. Enemies don't usually spawn close to region entrances; this allows you to recover lost stamina.

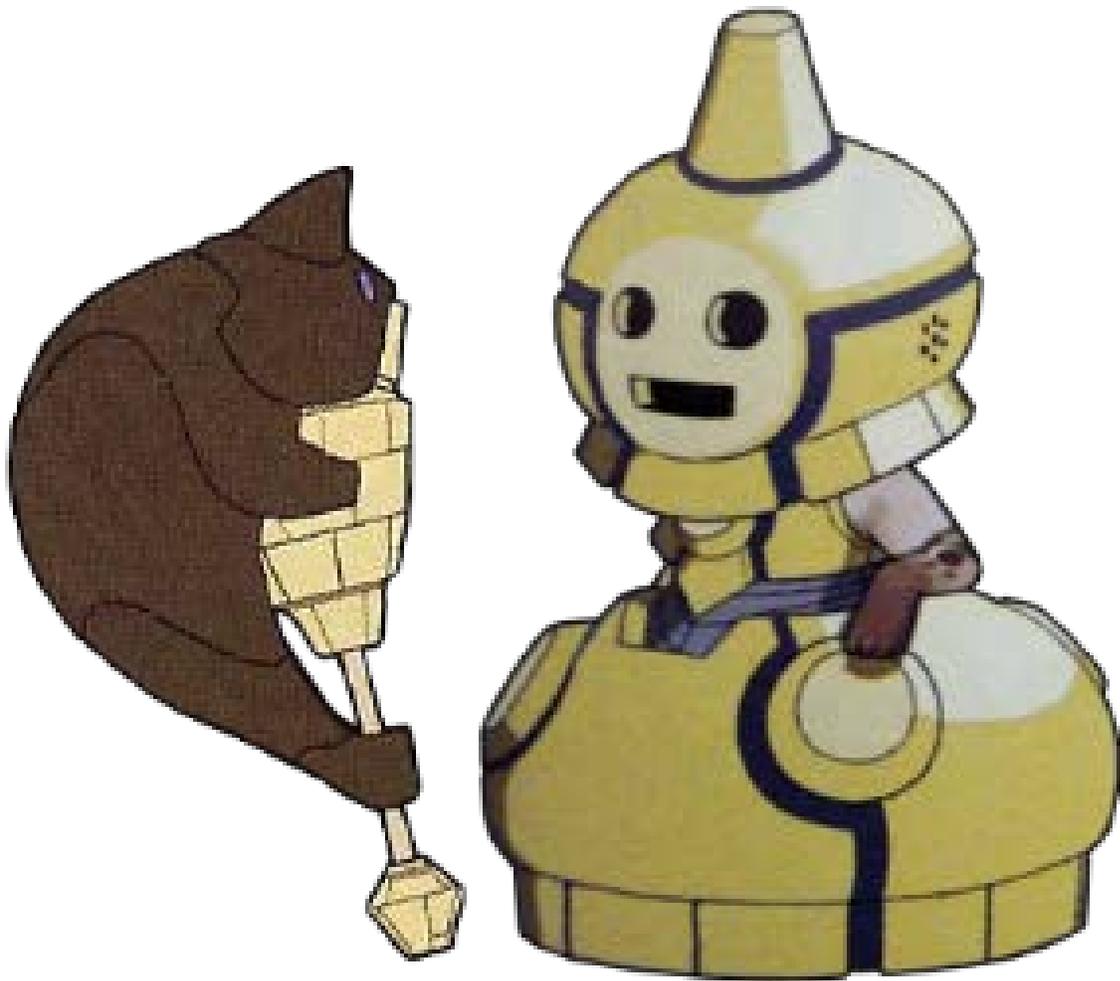
★ Back at camp, use extra caution when handing in the Powderstone. Make sure that the Action Bubble appears before putting the Powderstone in the red Quest Box. Otherwise, you might drop the Powderstone instead.



Figure 6: These beasts burrow up from beneath you.



# CHAPTER THREE: GETTING THE SECOND POWDERSTONE





## Chapter Three – Getting the Second Powderstone

Chapter Three explains the difference between the first and second Powderstones. Specifically, this chapter covers the dragon known as Uraaan and the final stretch of “Heat Exhaustion”.

Before you leave camp, sleep in the cot next to the red Quest Box to restore your health. As soon as you enter Regions 5 or 7 after turning in one Powderstone, Uraaan (see Figure 7) will spawn in Region 5, 6, or 7. Drink another Cool Drink and pause the game. Take a deep breath and proceed.



*Figure 7: Uraaan spawns after you turn in one Powderstone.*

### Dealing with Uraaan

☑ ★ Uraaan creates many problems for you as you make your way through the volcano. He has several attacks to note:

- He can attack with both his chin and his tail.
- He can curl into a wheel and roll into you.
- He can launch rocks that explode after a few seconds.

☑ ★ With your current equipment, you cannot kill Uragaan quickly enough to complete “Heat Exhaustion” in time. Do not attempt to fight him. As soon as you enter Region 5 or 7, run back to Region 3 or 4. Tap the Shakalaka to which you gave the Fluffy Mask. He will tell you the location of Uragaan. Use the following rules to decide which path to take:

- If you locate Uragaan in Region 6 or the region farthest from you, make a beeline to Region 8 from your current region. You do not want to go that far out of your way to use a Dung Bomb on him.
- Otherwise, run into the region Uragaan is in, take careful aim, and use your Dung Bomb. If you hit Uragaan with the bomb, he will leave the Region shortly. If you missed and brought more Dung Bombs, try again.
- If you run out of Dung Bombs, avoid Uragaan at all costs. Tap your Fluffy Mask Shakalaka frequently to keep track of him. Do not attack Uragaan. If you or one of your Shakalakas attack Uragaan, he will follow you.

## Making the Final Stretch

When you reach Region 10, decide if you want to take the shortcut. If you have Felyne Lander and do not locate Uragaan in Region 5, take the shortcut. Otherwise, take the long way.

🎵 ★ If Uragaan enters your Region at this point, keep moving. Uragaan will spend some time getting to you, and your Shakalakas might distract him. When you reach Region 3 or 4, make your way back to camp while avoiding bugs and beasts. Put the Powderstone in the red Quest Box and relax.

### What to Do if Uragaan Attacks You

If Uragaan manages to land an attack on you, it will put you very close to dying. In the event that you sustain damage from Uragaan, run straight back to camp and use the cot. Take some time to restore your Hunger so that you can sprint for longer periods. You will then have to climb all the way back to the peak to get a new Powderstone and try again. Exercise prudence by checking with your Shakalaka frequently to see what regions to avoid.

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