



Ability	Description
Air Lock	Prevents Pokémon from being affected by weather during battle
Arena Trap	Prevents foe from switching Pokémon or escaping; not effective against Flying-types and Pokémon with Levitate
Battle Armor	Helps Pokémon avoid critical hits
Blaze	Multiplies power of Pokémon's Fire-type attacks by 1.5 when its HP falls below 1/3 its maximum
Chlorophyll	Doubles a Pokémon's Speed when sunlight is strong
Clear Body	Prevents an opponent's move from lowering your Pokémon's stats
Cloud Nine	Prevents weather influence on all Pokémon in battle
Color Change	Changes Pokémon's type to match type of a move that hits it
Compoundeyes	Increases accuracy 30%
Cute Charm	Attracts opponent Pokémon 30% of the time when opponent strikes Pokémon
Damp	Prevents all Pokémon in battle from using Selfdestruct and Explosion
Drizzle	Changes weather to rain during battle
Drought	Changes weather to strong sunlight during battle
Early Bird	Causes Pokémon to wake earlier from Sleep conditions
Effect Spore	Afflicts opponent Pokémon with a Poison, Paralyze or Sleep condition 10% of the time when it attacks Pokémon directly
Flame Body	Afflicts opponent Pokémon with a Burn condition 30% of the time when it attacks Pokémon directly
Flash Fire	Prevents damage from Fire-type attacks and increases power of Pokémon's Fire-type attacks
Forecast	Changes Pokémon to a form and type that's connected to weather (strong sunlight=Fire-type, rain=Water-type, Hail=Ice-type)
Guts	Multiplies power of Pokémon's attacks by 1.5 when it has a status condition
Huge Power	Increases power of Pokémon's attacks, but the effect is reduced by half when its ability is changed (e.g., Skill Swap)
Hustle	Multiplies power of Pokémon's attacks by 1.5, but its Accuracy is reduced to 80%
Hyper Cutter	Prevents effects that reduce the Pokémon's attack power
Illuminate	Increases chances of meeting wild Pokémon when the Pokémon is in the lead team position
Immunity	Prevents Pokémon from getting a Poison condition
Inner Focus	Prevents Pokémon from flinching
Insomnia	Prevents Pokémon from getting a Sleep condition
Intimidate	Reduces the opponent's attack power
Keen Eye	Protects Pokémon from Accuracy reduction
Levitate	Prevents Pokémon from getting struck by Ground-type attacks
Lightningrod	Draws Electric-type attacks away from partner to Pokémon when it's in a two-on-two battle
Liquid Ooze	Causes damage when opponent Pokémon absorbs its HP
Magma Armor	Prevents Pokémon from getting an Ice condition
Magnet Pull	Prevents Steel-type opponents from escaping
Marvel Scale	Multiplies defense by 1.5 when it has a status condition
Minus	Multiplies Special Attack by 1.5 when positively charged Pokémon is also in battle
Natural Cure	Cures a Pokémon's status condition when the Pokémon is withdrawn from battle
Oblivious	Prevents Pokémon from becoming attracted
Overgrow	Multiplies power of Grass-type attacks by 1.5 when its HP falls below 1/3 its maximum
Own Tempo	Prevents Pokémon from getting a Confuse condition
Pickup	Picks up items from opponent Pokémon while in battle
Plus	Multiplies Special Attack power by 1.5 when negatively charged Pokémon is also in battle
Poison Point	Afflicts opponent Pokémon with a Poison condition 30% of the time when it attacks Pokémon directly
Pressure	Reduces opponent Pokémon's PP by two every time it damages Pokémon
Pure Power	Increases power of Pokémon's attacks, but the effect is reduced by half when the ability is changed (e.g., Skill Swap)
Rain Dish	Recovers HP in every turn when it's raining during battle
Rock Head	Prevents Pokémon from incurring damage when it uses Submission, Take Down or Double-Edge
Rough Skin	Causes opponent's HP to decrease when opponent attacks Pokémon directly
Run Away	Allows Pokémon to escape from wild Pokémon



Ability	Description
Sand Stream	Summons a sandstorm during battle
Sand Veil	Allows Pokémon to evade moves more easily during sandstorms
Shadow Tag	Prevents foe from changing Pokémon or escaping
Shed Skin	Gives a Pokémon a 30% chance of curing its status conditions every turn
Shell Armor	Prevents Pokémon from critical hits
Shield Dust	Shields Pokémon from the additional effects from moves
Speed Boost	Increases Pokémon's Speed every turn
Soundproof	Frees Pokémon from Grasswhistle, Growl, Heal Bell, Hyper Voice, Metal Sound, Perish Song, Roar, Screech, Sing, Snore, Supersonic and Uproar
Static	Afflicts opponent Pokémon with a Paralyze condition 30% of the time when it attacks Pokémon directly
Stench	Decreases chances of meeting wild Pokémon when the Pokémon is in the lead team position
Sticky Hold	Prevents opponent Pokémon from stealing an item
Sturdy	Shields Pokémon from attacks that knock out the Pokémon in one hit
Suction Cups	Prevents Pokémon from swapping out when the opponent Pokémon uses Whirlwind or Roar
Swarm	Multiplies power of Bug-type attacks by 1.5 when its HP falls below 1/3 its maximum
Swift Swim	Doubles the Pokémon's Speed when it's raining in battle
Synchronize	Causes opponent Pokémon that inflicts a Poison, Paralyze or Burn condition to receive the same condition
Thick Fat	Reduces damage by half when Pokémon is attacked by Fire- or Ice-type attacks
Torrent	Multiplies power of Water-type attacks by 1.5 when its HP falls below 1/3 its maximum
Trace	Duplicates ability that opponent Pokémon has
Truant	Causes Pokémon to make its move only every other turn
Vital Spirit	Prevents Pokémon from getting a Sleep condition
Volt Absorb	Restores Pokémon's HP when Pokémon is attacked by Electric-type attacks
Water Veil	Prevents Pokémon from getting a Burn condition
White Smoke	Prevents opponent's moves from reducing Pokémon's stats
Wonder Guard	Prevents all damage except from "super effective" hits