

Pokémon Ruby /Sapphire Item Lists

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This walkthrough was originally written for Pokémon Sapphire on the GBA, but the walkthrough is still applicable to the GBA version of the game.

Pokemon Sapphire/Ruby Item/Move Lists

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Introduction: Hello, my name is Chris Oh. This is my 2nd faq/guide for Pokemon Ruby/Sapphire.

If you have any problems in this FAQ, please contact me via E-mail or Private Message by Neoseeker.

Do not hesitate to contact me, I'll have no problems with anyone who suggests for updates.

Now, about me, I'm 16 years old.(Quite old age to play Pokemon games eh?)

Anyways, I'm Korean and I'm learning English in New Zealand.

If you are American, you'll have some trouble with my word because some New Zealand words and American Words have different Spellings.

Thanks for reading my FAQ.

Item lists

Acro Bike: A folding bicycle capable of jumps and wheelies.

Aguav Berry: When held, 1/8 HP recovers when HP is below half, but Confusion occurs for Pokemon that are Naughty, Lax, Naive, or Rash.

Amulet Coin: When held by a Pokemon, double the money is earned from battles.

Antidote: Recover from Poison status.

Apicot Berry: When held, while in a pinch, Special Defense raises one stage.

Aspear Berry: When held, Freeze status recovers by itself.

Awakening: Recover from Sleep status.

Basement Key: The key for NEW MAUVILLE beneath MAUVILLE CITY.

Bead Mail: Mail which shows a sketch of the Pokemon holding it.

Belue Berry: Bury in the earth to grow BELUE ingredients for PokeBlocks.

Berry Juice: Made completely from berries, it restores 20 HP for a Pokemon.

Big Mushroom: A rare mushroom. Sells high.

Big Pearl: A very pretty large pearl. Sells high.

Black Belt: When held, a Pokemon's Fighting type moves' power increases by 10%.

Black Flute: Play this glass flute to encounter wild Pokemon less often.

Blackglasses: When held, a Pokemon's Dark type moves' power increases by 10%.

Blue Flute: Play this glass flute to recover from Sleep status.

Blue Orb: A blue, glowing orb said to contain an ancient power.

Blue Scarf: When held, raises BEAUTY in contests.

Blue Shard: Appears to be a fragment of an item made long ago. Sells low.

Bluk Berry: Bury in the earth to grow BLUK ingredients for PokeBlocks.

Brightpowder: Hold and a light lowers the opponent's accuracy.

Burn Heal: Recover from Burn status.

Calcium: Raises Special Attack points.

Carbos: Raises Speed points.

Charcoal: When held, a Pokemon's Fire type moves' power increases by 10%.

Cheri Berry: When held, Paralyze status recovers by itself.

Chesto Berry: When held, Sleep status recovers by itself.

Choice Band: The attack power of a move becomes times 1.5, but only that move can be used.

Claw Fossil: A fossil of an ancient Pokemon believed to live on the sea floor.

Cleanse Tag: When held by a Pokemon, wild Pokemon will be encountered less often.

Coin Case: A case that holds up to 9,999 COINS.

Contest Pass: A pass required to participate in a contest.

Cornn Berry: Bury in the earth to grow CORNN ingredients for PokeBlocks.

Deepseascale: A scale that doubles Clamperl's SPECIAL DEFENSE when held.

Deepseatooth: A fang that doubles Clamperl's SPECIAL ATTACK when held.

Devon Goods: A package that contains DEVON's machine parts.

Devon Scope: A special item made by Devon. It makes a sound when it finds an unseen Pokemon.

Dire Hit: Critical hits occur more often in battle.

Dive Ball: A ball that makes it easy to catch Pokemon on the ocean floor.

Dragon Fang: When held, a Pokemon's Dragon type moves' power increases by 10%.

Dragon Scale: A mysterious scale held by Dragon type Pokemon.

Dream Mail: Mail which shows a sketch of the Pokemon holding it.

Durin Berry: Bury in the earth to grow DURIN ingredients for PokeBlocks.

Elixir: Recovers 10 PP for all moves.

Energy Root: A very bitter root which recovers 200 HP for a Pokemon.

Energypowder: A very bitter powder which recovers 50 HP for a Pokemon.

Enigma Berry: Bury in the earth to grow mysterious ingredients for PokeBlocks.

Eon Ticket: The ticket for a ferry to a distant southern island.

Escape Rope: Escape from caves and dungeons.

Ether: Recovers 10 PP for one move.

Everstone: A mysterious rock that prevents a Pokemon from evolving when held.

Exp. Share: When held by a Pokemon, its Experience Value and Effort Value raise without battling.

Fab Mail: Gorgeous-print mail which a Pokemon holds.

Figy Berry: When held, 1/8 HP recovers when HP is below half, but Confusion occurs for Pokemon that are Bold, Timid, Modest, or Calm.

Fire Stone: A stone which evolves special Pokemon.

Fluffy Tail: Run away from wild Pokemon without fail.

Focus Band: When held, sometimes the Pokemon will survive with 1 HP instead of 0 HP.

Fresh Water: A mineral-filled water which recovers 50 HP for a Pokemon.

Full Heal: Recovers from any status ailment.

Full Restore: Pokemon recovers full HP and from any status ailment.

Ganlon Berry: When held, while in a pinch, Defense raises one stage.

Glitter Mail: Pikachu-print mail which a Pokemon holds.

Go-Goggles: Great goggles which protect the eyes from desert sandstorms.

Good Rod: A better rod used to fish for Pokemon.

Great Ball: Easier to catch than with a Poke Ball.

Green Scarf: When held, raises SMART in contests.

Green Shard: Appears to be a fragment of an item made long ago. Sells low.

Grepa Berry: Bury in the earth to grow GREPA ingredients for PokeBlocks.

Guard Spec: Abilities cannot be lowered in battle.

Harbor Mail: Wingull-print mail which a Pokemon holds.

Hard Stone: When held, a Pokemon's Rock type moves' power increases by 10%.

Heal Powder: An extremely bitter powder which completely recovers from any

status ailment.

Heart Scale: A beautiful scale which is popular among collectors.

Hondew Berry: Bury in the earth to grow HONDEW ingredients for PokeBlocks.

HP Up: Raises HP.

Hyper Potion: Pokemon recovers 200 HP.

Iapapa Berry: When held, 1/8 HP recovers when HP is below half, but Confusion occurs for Pokemon that are Lonely, Hasty, Mild, or Gentle.

Ice Heal: Recover from Freeze status.

Iron: Raises Defense points.

Itemfinder: Makes a sound when an unseen item is detected.

Kelpsy Berry: Bury in the earth to grow KELPSY ingredients for PokeBlocks.

King's Rock: When held by a Pokemon, its attacks may cause the opponent to flinch.

Lansat Berry: When held, while in a pinch, it becomes easy to Critical Hit the enemy.

Lava Cookie: A local specialty which completely recovers from any status ailment.

Lax Incense: When held, the enemy's accuracy lowers slightly by 5%.

Leaf Stone: A stone which evolves special Pokemon.

Leftovers: When held, HP recovers by 1/16th every turn.

Lemonade: A very sweet which recovers 80 HP for a Pokemon.

Leppa Berry: When held, 10 PP recovers by itself when PP is 0.

Letter: A letter to STEVEN from the PRESIDENT of the DEVON CORP.

Liechi Berry: When held, while in a pinch, Attack raises one stage.

Light Ball: A glowing ball that doubles Pikachu's SPECIAL ATTACK when held.

Lucky Egg: When held, a Pokemon gains more experience

Lucky Punch: When held, it is easier for Chansey to Critical Hit.

Lum Berry: When held, any status ailment recovers by itself.

Luxury Ball: A caught Pokemon's Tameless Value is higher.

Mach Bike: A folding bicycle that more than doubles movement speed.

Macho Brace: When held by a Pokemon, Speed lowers one stage, but Effort Values earned doubles.

Magnet: When held, a Pokemon's Electric type moves' power increases by 10%.

Mago Berry: When held, 1/8 HP recovers when HP is below half, but Confusion occurs for Pokemon that are Brave, Relaxed, Quiet, or Sassy.

Magost Berry: Bury in the earth to grow MAGOST ingredients for PokeBlocks.

Master Ball: The greatest ball, it catches Pokemon without fail.

Max Elixir: Recovers all PP for one Pokemon.

Max Ether: Recovers full PP for one move.

Max Potion: Pokemon recovers full HP.

Max Repel: Do not encounter weaker Pokemon for 250 steps.

Max Revive: Recovers from Faint status with full HP recovered.

Mech Mail: Magmemite-print mail which a Pokemon holds.

Mental Herb: When held, Attract recovers by itself.

Metal Coat: When held, a Pokemon's Steel type moves' power increases by 10%.

Metal Powder: When held, Ditto's DEFENSE and SPECIAL DEFENSE become times 1.5.

Meteorite: A fallen meteorite found in Meteor Falls.

Miracle Seed: When held, a Pokemon's Grass type moves' power increases by 10%.

Moomoo Milk: A nutrition-filled milk which recovers 100 HP for a Pokemon.

Moon Stone: A stone which evolves special Pokemon.

Mystic Water: When held, a Pokemon's Water type moves' power increases by 10%.

Nanab Berry: Bury in the earth to grow NANAB ingredients for PokeBlocks.

Nest Ball: A ball that easily catches Pokemon weaker than your own.

Net Ball: A ball that makes it easy to catch Water and Bug type Pokemon.

Nevermeltice: When held, a Pokemon's Ice type moves' power increases by 10%.

Nomel Berry: Bury in the earth to grow NOMEL ingredients for PokeBlocks.

Nugget: A solid gold nugget. Sells high.

Old Rod: Use to fish for Pokemon in the water.

Oran Berry: When held, 10 HP recovers by itself when HP is below half.

Orange Mail: Zigzagoon-print mail which a Pokemon holds.

Pamtre Berry: Bury in the earth to grow PAMTRE ingredients for PokeBlocks.

Parlyz Heal: Recover from Paralyze status.

Pearl: A pretty pearl. Sells low.

Pecha Berry: When held, Poison status recovers by itself.

Persim Berry: When held, Confusion status recovers by itself.

Petaya Berry: When held, while in a pinch, Special Attack raises one stage.

Pinap Berry: Bury in the earth to grow PINAP ingredients for PokeBlocks.

Pink Scarf: When held, raises CUTE in contests.

Poison Barb: When held, a Pokemon's Poison type moves' power increases by 10%.

Poke Ball: Item used to catch wild Pokemon.

Poke Doll: Run away from wild Pokemon without fail.

PokeBlock Case: A case for holding PokeBlocks made with a BERRY BLENDER.

Pomeg Berry: Bury in the earth to grow POMEG ingredients for PokeBlocks.

Potion: Pokemon recovers 20 HP.

PP Max: PP's maximum raises to its limit.

PP Up: PP's maximum raises.

Premier Ball: A new, commemorative Poke Ball.

Protein: Raises Attack points.

Qualot Berry: Bury in the earth to grow QUALOT ingredients for PokeBlocks.

Quick Claw: When held by a Pokemon, a preemptive attack may occur.

Rabuta Berry: Bury in the earth to grow RABUTA ingredients for PokeBlocks.

Rare Candy: Pokemon raises 1 level.

Rawst Berry: When held, Burn status recovers by itself.

Razz Berry: Bury in the earth to grow RAZZ ingredients for PokeBlocks.

Red Flute: Play this glass flute to recover from Attract status.

Red Orb: A red, glowing orb said to contain an ancient power.

Red Scarf: When held, raises COOL in contests.

Red Shard: Appears to be a fragment of an item made long ago. Sells low.

Repeat Ball: Pokemon already caught are easier to catch.

Repel: Do not encounter weaker Pokemon for 100 steps.

Retro Mail: Three starter Pokemon-print mail which a Pokemon holds.

Revival Herb: A very bitter herb which recovers from Faint status.

Revive: Recovers from Faint status with half HP recovered.

Rm. 1 Key: A key that opens a door inside the ABANDONED SHIP.

Rm. 2 Key: A key that opens a door inside the ABANDONED SHIP.

Rm. 4 Key: A key that opens a door inside the ABANDONED SHIP.

Rm. 6 Key: A key that opens a door inside the ABANDONED SHIP.

Root Fossil: A fossil of an ancient Pokemon believed to live on the sea floor.

S.S. Ticket: A ticket required to sail on a ferry.

Sacred Ash: Revives all Pokemon from Faint status.

Safari Ball: A special ball made to use only in the Safari Zone.

Salac Berry: When held, while in a pinch, Speed raises one stage.

Scanner: A device found inside the ABANDONED SHIP.

Scope Lens: When held, it is easier for a Pokemon to Critical Hit.

Sea Incense: When held, a Pokemon's Water type moves' power increases slightly by 5%.

Shadow Mail: Duskull-print mail which a Pokemon holds.

Sharp Beak: When held, a Pokemon's Flying type moves' power increases by 10%.

Shell Bell: When held, a Pokemon recovers HP equal to 1/8th the damage its attacks deal to the opponent.

Shoal Salt: Salt obtained from deep inside the SHOAL CAVE.

Shoal Shell: A seashell found deep inside the SHOAL CAVE.

Silk Scarf: When held, a Pokemon's Normal type moves' power increases by 10%.

Silk Scarf: When held, a Pokemon's Bug type moves' power increases by 10%.

Sitrus Berry: When held, 30 HP recovers by itself when HP is below half.

Smoke Ball: Run away from wild Pokemon without fail.

Soda Pop: A fizzy soda which recovers 60 HP for a Pokemon.

Soft Sand: When held, a Pokemon's Ground type moves' power increases by 10%.

Soot Sack: A sack used to gather and hold volcanic ash.

Soothe Bell: When held, a Pokemon's Tameless Value raises more easily.

Soul Dew: When held, Latias or Latios's SPECIAL ATTACK and SPECIAL DEFENSE raise.

Spell Tag: When held, a Pokemon's Ghost type moves' power increases by 10%.

Spelon Berry: Bury in the earth to grow SPELON ingredients for PokeBlocks.

Star Piece: A red gem shard. Sells very high.

Stardust: Beautiful red sand. Sells high.

Starf Berry: When held, while in a pinch, one ability raises two stages.

Stick: When held, it is easier for Farfetch'd to Critical Hit.

Storage Key: The key to the storage inside the ABANDONED SHIP.

Sun Stone: A stone which evolves special Pokemon.

Super Potion: Pokemon recovers 50 HP.

Super Repel: Do not encounter weaker Pokemon for 200 steps.

Super Rod: The best rod used to fish for Pokemon.

Tamato Berry: Bury in the earth to grow TAMATO ingredients for PokeBlocks.

Thunderstone: When held, Cubone and Marowak's ATTACK becomes times 2.

Timer Ball: A stone which evolves special Pokemon.

Tinymushroom: After a number of turns that go by, it becomes easier to catch a Pokemon.

Tropic Mail: A plain, ordinary mushroom. Sells low.

Twistedspoon: Bellossom-print mail which a Pokemon holds.

Ultra Ball: When held, a Pokemon's Psychic type moves' power increases by 10%.

Up-Grade: Easier to catch than with a Great Ball.

Wailmer Pail: When held, evolves Porygon when traded.

Water Stone: Used to pour water on the ground. Buried trees will quickly grow berries.

Watmel Berry: A stone which evolves special Pokemon.

Wave Mail: Wailmer-print mail which a Pokemon holds.

White Flute: Play this glass flute to encounter wild Pokemon more often.

Wepear Berry: Bury in the earth to grow WEPEAR ingredients for PokeBlocks.

White Herb: When held by a Pokemon, if an ability is lowered, it will be raised back up.

Wiki Berry: When held, 1/8 HP recovers when HP is below half, but Confusion occurs for Pokemon that are Adamant, Impish, Jolly, or Careful.

Wood Mail: Slakoth print mail which a Pokemon holds.

X Accuracy: Accuracy raises in battle.

X Attack: ATTACK power raises in battle.

X Defend: DEFENSE power raises in battle.

X Special: SPECIAL ATTACK's power raises in battle.

X Speed: SPEED raises in battle

Yellow Flute: Play this glass flute to recover from Confusion status.

Yellow Scarf: When held, raises TOUGH in contests.

Yellow Shard: Appears to be a fragment of an item made long ago. Sells low.

Zinc: Raises Special Defense points.

TH/HM

Name	Type	Accuracy	Effects
Absorb	Grass	20 100%	20 User recovers half damage dealt.
Acid Poison	Poison	40 100%	30 May lower opponent's DEFENSE ability down one stage.
Acid Armor	Poison	--- ---	40 Raises user's DEFENSE ability up two stages.
Aerial Ace	Flying	60 ---	20 If opponent is on screen, hits without fail.
Aeroblast	Flying	100 95%	5 Has a high critical hit rate.
Agility	Psychic	--- ---	30 Raises user's SPEED ability up two stages.
Air Cutter	Flying	55 95%	25 Has a high critical hit rate.
Amnesia	Psychic	--- ---	20 Raises user's SPECIAL DEFENSE ability up two stages.
Ancientpower	Rock	60 100%	5 May raise all of user's abilities up one stage.

Arm Thrust Fighting 15 100% 20 Attacks 2-5 times. Has a 37.5% chance each of hitting 2 or 3 times and a 12.5% chance each of hitting 4 or 5 times.

Aromatherapy Grass --- --- 5 Party recovers from all status ailments.

Assist Normal --- 100% 20 An attack chosen in random from the other Pokemon in your team.

Astonish Ghost 30 100% 15 May cause opponent to FLINCH.

Attract Normal --- 100% 15 Induces opponent with ATTRACT condition.

Aurora Beam Ice 65 100% 20 May lower opponent's ATTACK ability down one stage.

Barrage Normal 15 85% 20 Attacks 2-5 times. Has a 37.5% chance each of hitting 2 or 3 times and a 12.5% chance each of hitting 4 or 5 times.

Barrier Psychic --- --- 30 Raises user's DEFENSE ability up two stages.

Baton Pass Normal --- --- 40 Allows you to switch Pokemon during battle, new Pokemon retains any stat changes the previous Pokemon had.

Beat Up Dark 10 100% 10 Your Pokemon attacks as many times as the number of Pokemon you are currently carrying, afflicted (poison, sleep, etc) Pokemon don't count.

Belly Drum Normal --- --- 10 Raises user's ATTACK ability up very high. Will consume half of the user's maximum HP is available.

Bide Normal --- 100% 10 Withstands attacks for 2, 3 turns, then deals back double the damage.

Bind Normal 15 75% 20 Traps opponent for 2-5 turns. Deals 1/16 HP of damage each turn.

Bite Dark 60 100% 25 May cause opponent to FLINCH.

Blast Burn Fire 150 90% 5 Attacks in two turns. The second turn, user does not attack.

Blaze Kick Fire 85 90% 10 May induce opponent with BURN status. Has a high critical hit ratio.

Blizzard Ice 120 70% 5 May induce opponent with FREEZE status.

Block Normal --- 100% 5 Opponent cannot escape as long as user remains in battle.

Body Slam Normal 85 100% 15 May induce opponent with PARALYSIS status.

Bone Club Ground 65 85% 20 May cause opponent to FLINCH.

Bone Rush Ground 25 80% 10 Attacks 2-5 times. Has a 37.5% chance each of hitting 2 or 3 times and a 12.5% chance each of hitting 4 or 5 times.

Bonemerang Ground 50 90% 10 Attacks twice.

Bounce Flying 85 85% 5 Attacks in two turns. The first turn, user does not take damage.

Brick Break Fighting 75 100% 15 The effects of Reflect and Light Screen are removed.

Bubble Water 20 100% 30 May lower opponent's SPEED ability down one stage.

Bubblebeam Water 65 100% 20 May lower opponent's SPEED ability down one stage.

Bulk Up Fighting --- --- 20 Raises user's ATTACK and DEFENSE abilities each up one stage.

Bullet Seed Grass 10 100% 30 Attacks 2-5 times. Has a 37.5% chance each of hitting 2 or 3 times and a 12.5% chance each of hitting 4 or 5 times.

Calm Mind Psychic --- --- 20 Raises user's SPECIAL ATTACK and SPECIAL DEFENSE abilities each up one stage.

Camouflage Normal --- 100% 20 Type changes based on surroundings. On and under water, changes to Water type. In caves and on rocks, changes to Rock type. Elsewhere, changes to Normal type.

Charge Electric --- 100% 20 Stores electricity to increase the power of the next electric attack.

Charm Normal --- 100% 20 Lowers opponent's ATTACK ability down two stages.

Clamp Water 35 75% 10 Traps opponent for 2-5 turns. Deals 1/16 HP of damage each turn.

Comet Punch Normal 18 85% 15 Attacks 2-5 times. Has a 37.5% chance each of hitting 2 or 3 times and a 12.5% chance each of hitting 4 or 5 times.

Confuse Ray Ghost --- 100% 10 Induces opponent with CONFUSION condition.

Confusion Psychic 50 100% 25 May induce opponent with CONFUSION condition.

Constrict Normal 10 100% 35 May lower opponent's SPEED ability down one stage.

Conversion Normal --- --- 30 User's Type becomes the same as the Type of one of its moves.

Conversion 2 Normal --- 100% 30 User becomes a Type resistant to last attack's Type.

Cosmic Power Psychic --- --- 20 Raises user's DEFENSE and SPECIAL DEFENSE abilities each up one stage.

Cotton Spore Grass --- 85% 40 Lowers opponent's SPEED ability down two stages.

Counter Fighting --- 100% 20 If hit by a physical attack, deals back double the damage.

Covet Normal 40 100% 40 If user is not holding an item, user takes opponent's item.

Crabhammer Water 90 85% 10 Has a high critical hit rate.

Cross Chop Fighting 100 80% 5 Has a high critical hit rate.

Crunch Dark 80 100% 15 May lower opponent's SPECIAL DEFENSE ability down one stage.

Crush Claw Normal 75 95% 10 May lower opponent's DEFENSE ability down one stage.

Curse ??? --- --- 10 Raises user's ATTACK and DEFENSE abilities each up one stage. Lowers user's SPEED ability down one stage.

Cut Normal 50 95% 30 No effect.

Defense Curl Normal --- --- 40 Raises Defense up one stage. Damage from Rollout will increase.

Destiny Bond Ghost --- --- 5 If user is knocked out by opponent's next move, then opponent is also knocked out.

Detect Fighting --- --- 5 Takes no damage from opponent's attack. May fail if used more than once in a row.

Dig Ground 60 100% 10 Attacks in two turns. The first turn, user does not take damage.

Disable Normal --- 55% 20 Disables an opponent's move for a short amount of time.

Dive Water 60 100% 10 Attacks in two turns. The first turn, user does not take damage.

Dizzy Punch Normal 70 100% 10 May induce opponent with CONFUSION condition.

Doom Desire Steel 120 85% 5 No effect.

Double Kick Fighting 30 100% 30 Attacks twice.

Double Team Normal --- --- 15 Raises user's Evasion ability up one stage.

Double-Edge Normal 120 100% 15 User is dealt recoil damage equal to 1/3 damage dealt to opponent.

Doubleslap Normal 15 85% 10 Attacks 2-5 times. Has a 37.5% chance each of hitting 2 or 3 times and a 12.5% chance each of hitting 4 or 5 times.

Dragon Claw Dragon 80 100% 15 No effect.

Dragon Dance Dragon --- --- 20 Raises user's ATTACK and SPEED abilities each up one stage.

Dragon Rage Dragon --- 100% 10 Always deals 40 HP of damage.

Dragonbreath Dragon 60 100% 20 May induce opponent with PARALYSIS status.

Dream Eater Psychic 100 100% 15 Only works when opponent is SLEEP condition. User recovers HP based on damage to opponent.

Drill Peck Flying 80 100% 20 No effect.

Dynamicpunch Fighting 100 50% 5 May induce opponent with CONFUSION condition.

Earthquake Ground 100 100% 10 Hits all opponents.

Egg Bomb Normal 100 75% 10 No effect.

Ember Fire 40 100% 25 May induce opponent with BURN status.

Encore Normal --- 100% 5 Makes opponent repeat it's last attack for 2 to 6 turns.

Endeavor Normal --- 100% 5 Damage is equal to opponent's current HP minus user's current HP.

Endure Normal 0 0% 10 Ensures that opponent's next attack will leave user with at least 1 HP.

Eruption Fire 150 100% 5 Power decreases as user's HP lowers.

Explosion Normal 250 100% 5 Attack deals double damage. User faints.

Extrasensory Psychic 80 100% 30 May cause opponent to FLINCH.

Extremespeed Normal 80 100% 5 Always attacks first.

Facade Normal 70 100% 20 Attack power is double if user is inflicted with POISON, PARALYZE, or BURN.

Faint Attack Dark 60 --- 20 If opponent is on screen, hits without fail.

Fake Out Normal 40 100% 10 Hits only on the first turn, will cause FLINCH.

Fake Tears Dark --- 100% 20 Lowers opponent's SPECIAL DEFENSE ability down two stages.

False Swipe Normal 40 100% 40 Always leaves opponent with at least 1 HP.

Featherdance Flying --- 100% 15 Lowers opponent's ATTACK ability down two stages.

Fire Blast Fire 120 85% 5 May induce opponent with BURN status.

Fire Punch Fire 75 100% 15 May induce opponent with BURN status.

Fire Spin Fire 15 70% 15 Traps opponent for 2-5 turns. Deals 1/16 HP of damage each turn.

Fissure Ground --- 30% 5 Knocks out opponent in one hit. Accuracy increases by an amount equal to the difference between user and enemy's experience levels, then divided by 128.

Flail Normal --- 100% 15 The less HP user has, the higher the attack power. When HP is very low, attack power is 200. When HP is highest, attack power is 20.

Flame Wheel Fire 60 100% 25 May induce opponent with BURN status. Can remove FREEZE status from user.

Flamethrower Fire 95 100% 15 May induce opponent with BURN status.

Flash Normal --- 70% 20 Lowers opponent's Hit Ratio ability down one stage.

Flatter Dark --- 100% 15 Raises opponent's SPECIAL ATTACK ability up two stages, then induces opponent with CONFUSION condition.

Fly Flying 70 95% 15 Attacks in two turns. The first turn, user does not take damage.

Focus Energy Normal --- --- 30 Increases user's critical hit rate.

Focus Punch Fighting 150 100% 20 No effect.

Follow Me Normal --- 100% 20 User takes all hits from opponents' attacks. Best used in 2VS2 battles.

Foresight Normal --- 100% 40 After use, opponent's raised evasion will be ignored.

Frenzy Plant Grass 150 90% 5 Attacks in two turns. The second turn, user does not attack.

Frustration Normal --- 100% 20 Power is greater when Pokemon is not happy.

Fury Attack Normal 15 85% 20 Attacks 2-5 times. Has a 37.5% chance each of hitting 2 or 3 times and a 12.5% chance each of hitting 4 or 5 times.

Fury Cutter Bug 10 95% 20 Move's power becomes stronger if it hits.

Fury Swipes Normal 18 80% 15 Attacks 2-5 times. Has a 37.5% chance each of hitting 2 or 3 times and a 12.5% chance each of hitting 4 or 5 times.

Future Sight Psychic 80 90% 15 Attack hits 2 turns later.

Giga Drain Grass 60 100% 5 User recovers half damage dealt.

Glare Normal --- 75% 30 Induces opponent with PARALYSIS status.

Grasswhistle Grass --- 55% 15 May induce opponent with SLEEP status.

Growl Normal --- 100% 40 Lowers opponent's ATTACK ability down one stage.

Growth Normal --- --- 40 Raises user's SPECIAL ATTACK ability up one stage.

Grudge Ghost --- 100% 5 If user is fainted by opponent's next move, then that move's PP drops to 0.

Guillotine Normal --- 30% 5 Knocks out opponent in one hit. Accuracy increases by an amount equal to the difference between user and enemy's experience levels, then divided by 128.

Gust Flying 40 100% 35 Forces opponent to switch. Also hits while opponent is using Fly.

Hail Ice --- --- 10 Causes hailstorm for 5 turns.

Harden Normal --- --- 30 Raises user's DEFENSE ability up one stage.

Haze Ice --- --- 30 Resets all ability stages.

Headbutt Normal 70 100% 15 May cause opponent to FLINCH.

Heal Bell Normal --- --- 5 Party recovers from all status ailments.

Heat Wave Fire 100 90% 10 May induce opponent with BURN status.

Helping Hand Normal --- 100% 20 During a 2VS2 battle, the partner's attacks are 1.5x attack power. Best used in 2VS2 battles.

Hi Jump Kick Fighting 85 90% 20 If attack misses, user takes 1/8 HP of damage.

Hidden Power Normal --- 100% 15 Power and type varies from Pokemon to Pokemon.

Horn Attack Normal 65 100% 25 No effect.

Horn Drill Normal --- 30% 5 Knocks out opponent in one hit. Accuracy increases by an amount equal to the difference between user and enemy's experience levels, then divided by 128.

Howl Normal --- --- 40 Raises user's ATTACK ability up one stage.

Hydro Cannon Water 150 90% 5 Attacks in two turns. The second turn, user does not attack.

Hydro Pump Water 120 80% 5 No effect.

Hyper Beam Normal 150 90% 5 Attacks in two turns. The second turn, user does not attack.

Hyper Fang Normal 80 90% 15 May cause opponent to FLINCH.

Hyper Voice Normal 90 100% 10 No effect.

Hypnosis Psychic --- 60% 20 May induce opponent with SLEEP status.

Ice Ball Ice 30 90% 20 Attacks for 5 turns.

Ice Beam Ice 95 100% 10 May induce opponent with FREEZE status.

Ice Punch Ice 75 100% 15 May induce opponent with FREEZE status.

Icicle Spear Ice 10 100% 30 Attacks 2-5 times. Has a 37.5% chance each of hitting 2 or 3 times and a 12.5% chance each of hitting 4 or 5 times.

Icy Wind Ice 55 95% 15 May lower opponent's SPEED ability down one stage.

Imprison Psychic --- 100% 10 Opponent cannot use any move that user knows.

Ingrain Grass --- 100% 20 HP is recovered every turn. However, the user cannot switch.

Iron Defense Steel --- --- 15 Raises user's DEFENSE ability up two stages.

Iron Tail Steel 100 75% 15 May lower opponent's DEFENSE ability down one stage.

Jump Kick Fighting 70 95% 25 If attack misses, user takes 1/8 HP of damage.

Karate Chop Fighting 50 100% 25 Has a high critical hit rate.

Kinesis Psychic --- 80% 15 Lowers opponent's Hit Ratio ability down one stage.

Knock Off Dark 20 100% 20 No effect.

Leaf Blade Grass 70 100% 15 Has a high critical hit rate.

Leech Life Bug 20 100% 15 User recovers half damage dealt.

Leech Seed Grass --- 90% 10 Absorbs a small amount of HP from the opponent every turn.

Leer Normal --- 100% 30 Lowers opponent's DEFENSE ability down one stage.

Lick Ghost 20 100% 30 May induce opponent with PARALYSIS status.

Light Screen Psychic --- 0% 30 Special type moves deal half damage to user for five turns.

Lock-On Normal --- 100% 5 Ensures that user's next attack will hit without fail.

Lovely Kiss Normal --- 75% 10 May induce opponent with SLEEP status.

Low Kick Fighting --- 100% 20 Power depends on the user's weight.

Luster Purge Psychic 70 100% 5 May lower opponent's SPECIAL DEFENSE ability down one stage.

Mach Punch Fighting 40 100% 30 Always attacks first.

Magic Coat Psychic --- 100% 15 The effect of any SPECIAL move will rebound and return to opponent.

Magical Leaf Grass 60 --- 20 If opponent is on screen, hits without fail.

Magnitude Ground --- 100% 30 Attack power is randomly 10, 30, 50, 70, 90, 110, or 150, based on the magnitude of the attack (4 through 20 respectively).

Mean Look Normal --- 100% 5 Opponent cannot escape as long as user remains in battle.

Meditate Psychic --- --- 40 Raises user's ATTACK ability up one stage.

Mega Drain Grass 40 100% 10 User recovers half damage dealt.

Mega Kick Normal 120 75% 5 No effect.

Mega Punch Normal 80 85% 20 No effect.

Megahorn Bug 120 85% 10 No effect.

Memento Dark --- 100% 10 User faints and opponent's abilities lower.

Metal Claw Steel 50 95% 35 May raise user's ATTACK ability up one stage.

Metal Sound Steel --- 85% 40 Lowers opponent's SPECIAL DEFENSE ability down two stages.

Meteor Mash Steel 100 85% 10 May raise user's ATTACK ability up one stage.

Metronome Normal --- --- 10 Randomly uses almost any attack.

Milk Drink Normal --- --- 10 User recovers half maximum HP.

Mimic Normal --- 100% 10 Copies move used by opponent.

Mind Reader Normal --- 100% 5 Ensures that user's next attack will hit without fail.

Minimize Normal --- --- 20 Raises user's Evasion ability up one stage. STOMP deals double damage to user as long as user remains in battle.

Mirror Coat Psychic --- 100% 20 If hit by a special attack, deals back double the damage.

Mirror Move Flying --- --- 20 Move is replaced by the last move used by opponent.

Mist Ice --- --- 30 Prevents user's abilities from being lowered.

Mist Ball Psychic 70 100% 5 May lower opponent's SPECIAL ATTACK ability down one stage.

Moonlight Normal --- --- 5 Restores HP, amount restored is based on time, most effective during the night.

Morning Sun Normal --- --- 5 Restores HP, amount restored is based on time, most effective during the day time

Mud Shot Ground 55 95% 15 May lower opponent's SPEED ability down one stage.

Mud Sport Ground --- 100% 15 As long as user remains in battle, Electric type moves deal less damage to user and opponent.

Muddy Water Water 95 85% 10 May lower opponent's Hit Ratio ability down one stage.

Mud-Slap Ground 20 100% 10 May lower opponent's Hit Ratio ability down one stage.

Nature Power Normal --- 95% 20 Move used depends on battle location.

Needle Arm Grass 60 100% 15 May cause opponent to FLINCH.

Night Shade Ghost --- 100% 15 Deals HP of damage equal to user's level.

Nightmare Ghost --- 100% 15 Inflicts 1/4 damage every turn. Only works if opponent is induced with SLEEP condition.

Octazooka Water 65 85% 10 May lower opponent's Hit Ratio ability down one stage.

Odor Sleuth Normal --- 100% 40 After use, opponent's raised evasion will be ignored.

Outrage Dragon 90 100% 15 Attacks 2, 3 turns, then induces user with CONFUSION condition.

Overheat Fire 140 90% 5 Lowers user's SPECIAL ATTACK ability down two stages.

Pain Split Normal --- 100% 20 Evenly divides HP so that both user and opponent have half of their combined remaining HP.

Pay Day Normal 40 100% 20 User gains money after battle.

Peck Flying 35 100% 35 No effect.

Perish Song Normal --- --- 5 All Pokemon will faint after three turns. Switching a Pokemon out of battle prevents its fainting.

Petal Dance Grass 70 100% 20 Attacks 2, 3 turns, then induces user with CONFUSION condition.

Pin Missile Bug 14 85% 20 Attacks 2-5 times. Has a 37.5% chance each of hitting 2 or 3 times and a 12.5% chance each of hitting 4 or 5 times.

Poison Fang Poison 50 100% 15 May induce opponent with TOXIC status.

Poison Gas Poison --- 55% 40 Induces opponent with POISON status.

Poison Sting Poison 15 100% 35 May induce opponent with POISON status.

Poison Tail Poison 50 100% 25 May induce opponent with POISON status. Has a high critical hit ratio.

Poisonpowder Poison --- 75% 35 Induces opponent with POISON status.

Pound Normal 40 100% 35 No effect.

Powder Snow Ice 40 100% 25 May induce opponent with FREEZE status.

Present Normal --- 90% 15 Random effect, either does 40, 80, or 120 damage or restores your opponent's HP by 80.

Protect Normal --- --- 10 Takes no damage from opponent's attack. May fail if

used more than once in a row.

Psybeam Psychic 65 100% 20 May induce opponent with CONFUSION condition.

Psych Up Normal --- --- 10 Your Pokemon receives the same temporary special effects that your opponent received from one of its moves (such as from Amnesia).

Psychic Psychic 90 100% 10 May lower opponent's SPECIAL DEFENSE ability down one stage.

Psycho Boost Psychic 140 90% 5 Lowers user's SPECIAL ATTACK ability down two stages.

Psywave Psychic --- 80% 15 Deals HP of damage equal to 1 to 1.5 x user's level.

Pursuit Dark 40 100% 20 Opponent's Pokemon receives double damage if the trainer tries to switch Pokemon the turn this attack is used.

Quick Attack Normal 40 100% 30 Always attacks first.

Rage Normal 20 100% 20 User's Attack raises when damaged by opponent.

Rain Dance Water --- --- 5 Causes "Big Rain" weather for five turns.

Rapid Spin Normal 20 100% 40 Deals damage and frees Pokemon from multi-round attacks like Wrap and Leech Seed.

Razor Leaf Grass 55 95% 25 Has a high critical hit rate.

Razor Wind Normal 80 100% 10 Attacks in two turns. Has a high critical hit ratio.

Recover Normal --- --- 20 Restores half of user's maximum HP.

Recycle Normal --- 100% 10 User's disposable held item returns.

Reflect Psychic --- --- 20 Physical type moves deal half damage to user for five turns.

Refresh Normal --- 100% 20 User recovers from BURN, FREEZE, or PARALYSIS status.

Rest Psychic --- --- 10 User restores all HP and is induced with SLEEP condition for two turns.

Return Normal --- 100% 20 Power is greater when Pokemon is happy.

Revenge Fighting 60 100% 10 If the user is damaged before it attacks, the attack power is double.

Reversal Fighting --- 100% 15 The less HP user has, the higher the attack power. When HP is very low, attack power is 200. When HP is highest, attack power is 20.

Roar Normal --- 100% 20 Escape from a wild battle. Switch opponent's Pokemon in a link battle.

Rock Blast Rock 25 80% 10 Attacks 2-5 times. Has a 37.5% chance each of hitting 2 or 3 times and a 12.5% chance each of hitting 4 or 5 times.

Rock Slide Rock 75 90% 10 May cause opponent to FLINCH.

Rock Smash Fighting 20 100% 15 May lower opponent's DEFENSE ability down one stage.

Rock Throw Rock 50 90% 15 No effect.

Rock Tomb Rock 50 80% 10 May lower opponent's SPEED ability down one stage.

Role Play Psychic --- 100% 10 User's characteristic changes to opponent's characteristic.

Rolling Kick Fighting 60 85% 15 May cause opponent to FLINCH.

Rollout Rock 30 90% 20 Attacks for 5 turns.

Sacred Fire Fire 100 95% 5 May induce opponent with BURN status. Can remove FREEZE status from user.

Safeguard Normal --- --- 25 Protects your Pokemon from special effects like PARALYSIS and SLEEP, this effect lasts temporary.

Sand Tomb Ground 15 70% 15 Traps opponent for 2-5 turns. Deals 1/16 HP of damage each turn.

Sand-Attack Ground --- 100% 15 Lowers opponent's Hit Ratio ability down one stage.

Sandstorm Rock --- --- 10 Causes sandstorm weather for five turns.

Scary Face Normal --- 90% 10 Lowers opponent's SPEED ability down two stages.

Scratch Normal 40 100% 35 No effect.

Screech Normal --- 85% 40 Lowers opponent's DEFENSE ability down two stages.

Secret Power Normal 70 100% 20 Effect depends on surroundings. In grass, effect is POISON. In tall grass, effect is SLEEP. On the ocean, ATTACK lowers one

stage. Underwater, DEFENSE lowers one stage. In a pond, SPEED lowers one stage. In sand, accuracy lowers one stage. In a cave, effect is FLINCH. On rocks, effect is CONFUSION. Elsewhere, effect is PARALYZE.

Seismic Toss Fighting --- 100% 20 Deals HP of damage equal to user's level.

Selfdestruct Normal 200 100% 5 Attack deals double damage. User faints.

Shadow Ball Ghost 80 100% 15 May lower opponent's SPECIAL DEFENSE ability down one stage.

Shadow Punch Ghost 60 --- 20 If opponent is on screen, hits without fail.

Sharpen Normal --- --- 30 Raises user's ATTACK ability up one stage.

Sheer Cold Ice --- 30% 5 Knocks out opponent in one hit. Accuracy increases by an amount equal to the difference between user and enemy's experience levels, then divided by 128.

Shock Wave Electric 60 0% 20 If opponent is on screen, hits without fail.

Signal Beam Bug 75 100% 15 May induce opponent with CONFUSION condition.

Silver Wind Bug 60 100% 5 May raise all of user's abilities up one stage.

Sing Normal --- 55% 15 May induce opponent with SLEEP status.

Sketch Normal --- --- 1 Permanently copies opponent's last move.

Skill Swap Psychic --- 100% 10 Swap characteristics with opponent.

Skull Bash Normal 100 100% 15 Raises Defense up one stage first turn, then attacks second turn.

Sky Attack Flying 140 90% 5 Attacks in two turns. May cause opponent to FLINCH.

Sky Uppercut Fighting 85 90% 15 Can hit opponent during FLY.

Slack Off Normal --- 100% 10 Restores half of user's maximum HP.

Slam Normal 80 75% 20 No effect.

Slash Normal 70 100% 20 Has a high critical hit rate.

Sleep Powder Grass --- 75% 15 May induce opponent with SLEEP status.

Sleep Talk Normal --- --- 10 Pokemon attacks with one of the opponent's attacks, only used when asleep.

Sludge Poison 65 100% 20 May induce opponent with POISON status.

Sludge Bomb Poison 90 100% 10 May induce opponent with POISON status.

Smelling Salt Normal 60 100% 10 If the opponent is induced with PARALYZE status, attack power is double. Opponent recovers from PARALYZE status.

Smog Poison 20 70% 20 May induce opponent with POISON status.

Smokescreen Normal --- 100% 20 Lowers opponent's Hit Ratio ability down one stage.

Snatch Dark --- 100% 10 Unknown?

Snore Normal 40 100% 15 Can only be used when user is induced with SLEEP.

Softboiled Normal 0 100% 10 User recovers half maximum HP.

Solarbeam Grass 120 100% 10 Attacks in two turns. The first turn, user does not attack. Attacks in one turn during Clear Skies weather.

Sonicboom Normal --- 90% 20 Always deals 20 HP of damage.

Spark Electric 65 100% 20 May induce opponent with PARALYSIS status.

Spider Web Bug --- 100% 10 Opponent cannot escape as long as user remains in battle.

Spike Cannon Normal 20 100% 15 Attacks 2-5 times. Has a 37.5% chance each of hitting 2 or 3 times and a 12.5% chance each of hitting 4 or 5 times.

Spikes Ground --- --- 20 Sets spikes down. Opponent takes damage upon switch.

Spit Up Normal 100 100% 10 Deals damage depending on how much energy is stored.

Spite Ghost 0 100% 10 Opponent's last move used loses 2 to 5 PP.

Splash Normal --- --- 40 Does nothing.

Spore Grass --- 100% 15 May induce opponent with SLEEP status.

Steel Wing Steel 70 90% 25 Deals damage and may raise your defense by 1 level temporarily.

Stockpile Normal --- --- 10 Stores energy. May be used up to three times.

Stomp Normal 65 100% 20 May cause opponent to FLINCH.

Strength Normal 80 100% 15 No effect.

String Shot Bug --- 95% 40 Lowers opponent's SPEED ability down one stage.

Struggle Normal 50 100% --- Used when user runs out of PP. User is dealt recoil damage equal to 1/4 damage dealt to opponent.

Stun Spore Grass --- 75% 30 Induces opponent with PARALYSIS status.

Submission Fighting 80 80% 25 Used when user runs out of PP. User is dealt recoil damage equal to 1/4 damage dealt to opponent.

Substitute Normal --- --- 10 Uses 1/4 of the user's HP to make a decoy. Decoy takes damage from opponent's attacks until it breaks.

Sunny Day Fire --- --- 5 Causes "Clear Skies" weather for five turns.

Super Fang Normal --- 90% 10 Deals damage equal to half opponent's current HP.

Superpower Fighting 120 100% 5 Lowers user's ATTACK and DEFENSE abilities each down one stage.

Supersonic Normal --- 55% 20 Induces opponent with CONFUSION condition.

Surf Water 95 100% 15 No effect.

Swagger Normal --- 90% 15 Raises opponent's ATTACK ability up two stages, then induces opponent with CONFUSION condition.

Swallow Normal --- --- 10 Recovers HP depending on how much energy is stored.

Sweet Kiss Normal --- 75% 10 Induces opponent with CONFUSION condition.

Sweet Scent Normal --- 100% 20 Lowers opponent's Evasion ability down one stage.

Swift Normal 60 --- 20 If opponent is on screen, hits without fail.

Swords Dance Normal --- --- 30 Raises user's ATTACK ability up two stages.

Synthesis Grass --- --- 5 Restores HP, amount of HP restored depends on time of day.

Tackle Normal 35 95% 35 No effect.

Tail Glow Bug 0 100% 20 Raises user's SPECIAL ATTACK ability up two stages.

Tail Whip Normal 0 100% 30 Lowers opponent's DEFENSE ability down one stage.

Take Down Normal 90 85% 20 Used when user runs out of PP. User is dealt recoil damage equal to 1/4 damage dealt to opponent.

Taunt Dark --- 100% 20 Unknown?

Teeter Dance Normal --- 100% 20 All Pokemon except user become induced with CONFUSION.

Teleport Psychic --- --- 20 Flees from battle. Does not work in Trainer Battles.

Thief Dark 40 100% 10 If user is not holding an item, user takes opponent's item.

Thrash Normal 90 100% 20 Attacks 2, 3 turns, then induces user with CONFUSION condition.

Thunder Electric 120 70% 10 May induce opponent with PARALYSIS. Has 100% accuracy during Big Rain weather.

Thunder Wave Electric --- 100% 20 Induces opponent with PARALYSIS status.

Thunderbolt Electric 95 100% 15 May induce opponent with PARALYSIS status.

Thunderpunch Electric 75 100% 15 May induce opponent with PARALYSIS status.

Thundershock Electric 40 100% 30 May induce opponent with PARALYSIS status.

Tickle Normal --- 100% 20 Lowers opponent's ATTACK and DEFENSE abilities each down one stage.

Torment Dark --- 100% 15 The same move cannot be used twice in a row.

Toxic Poison --- 85% 10 Induces opponent with TOXIC status.

Transform Normal --- --- 10 User's abilities (except for HP) become that of opponent. User's ability changes and status inducement also become that of opponent. Users moves become those of opponent, but only have 5 PP each.

Tri Attack Normal 80 100% 10 May induce opponent with either BURN, FREEZE, or PARALYSIS.

Trick Psychic --- 100% 10 User and opponent exchange held items.

Triple Kick Fighting 10 90% 10 Attacks 1 to 3 times.

Twineedle Bug 25 100% 20 Attacks 2 times. May induce opponent with POISON condition.

Twister Dragon 40 100% 20 No effect.

Uproar Normal 50 100% 10 Cannot sleep for 2 to 5 turns.

Vicegrip Normal 55 100% 30 No effect.

Vine Whip Grass 35 100% 10 No effect.

Vital Throw Fighting 70 100% 10 Hits opponent without fail. Always goes last.

Volt Tackle Electric 120 100% 15 User is dealt recoil damage equal to 1/3 damage dealt to opponent.

Water Gun Water 40 100% 25 No effect.

Water Pulse Water 60 100% 20 May induce opponent with CONFUSION condition.

Water Sport Water --- 100% 15 As long as user remains in battle, Fire type moves deal less damage to user and opponent.

Water Spout Water 150 100% 5 Power decreases as user's HP lowers.

Waterfall Water 80 100% 15 No effect.

Weather Ball Normal 50 100% 10 Attack power doubles during weather. Type changes based on weather. Becomes Fire type in "Clear Skies". Becomes Water type in "Big Rain". Becomes Ice type in hailstorm. Becomes Rock type in sandstorm.

Whirlpool Water 15 70% 15 Traps opponent for 2-5 turns. Deals 1/16 HP of damage each turn.

Whirlwind Normal --- 100% 20 Escape from a wild battle. Switch opponent's Pokemon in a link battle.

Will-O-Wisp Fire --- 75% 15 Induces opponent with BURN status.

Wing Attack Flying 60 100% 35 No effect.

Wish Normal --- 100% 10 Half maximum HP is recovered at the end of the next turn. Still recovers, even if user switches.

Withdraw Water --- --- 40 Raises user's DEFENSE ability up one stage.

Wrap Normal 15 85% 20 Traps opponent for 2-5 turns. Deals 1/16 HP of damage each turn.

Yawn Normal --- 100% 10 If the opponent remains in battle, it will be induced with SLEEP on the following turn.

Zap Cannon Electric 100 50% 5 May induce opponent with PARALYSIS status.

Latias/Latios catching Guide

Intro: Latias and Latios is similar to the three Legendary dogs, but these guys are much easier to find but harder to catch(I guess).

In Ruby, you'll find Latios in the wild. In Sapphire, you'll find Latias in the wild.

You can get both of them just in one version, but your version must be Japanese or must be updated in Pokemon Center.(real life)

Now the guide to catch them.

Finding Latias/Latios

First, you must defeat Elite Four.(If you have trouble with fighting Elite Four guys, refer to my other FAQ)

After you've defeated the Elite Four, you'll be in your house. Watch the TV and it will talk about Latias/Latios (depending on your version)

Here's the secret, if you are playing Sapphire, Latias will be in the seas at most of the time. If you are playing Ruby, Latios will mostly stay the forests near at: Fortree City, Mauville City and Rustboro City.

Anyways, if you find them and is now in your pokedex, go and stay in one place and save. Now turn off the game and see your Pokedex too see where is Latias/Latios you'll notice they have changed their current location.

Now, turn off your game again and look up your Pokedex and see where it is. If it's not in your place, repeat this process until it's in your place, when this happens, just run around (or surf around if you are in water) until you see them in the battle.

Try to stay near Pacific city, because that's the place where they will frequently visit. You could use Master Ball for easy catch.

Alternate Strategy for Catching Latias/Latios Strategy One

Preparation equipments:

20~30 Ultra Balls

Wobbuffet Lv.40~60

Beautifully Lv. 45~70 (any other Pokemon which is fast and has the move to lure your enemy to sleep will be good)

Quick Claw for the Pokemon which will use sleeping move.

I suggests, you should raise your Wobbuffet to Lv.40-50, but do not raise it to too high level. If you don't know how to get Wobbuffet, refer to somewhere else FAQ/GUIDE!

Wobbuffet has ability to unable your opponent to escape, meaning Latias/Latios cannot retreat. Now, do not let your Wobbuffet die, that's the whole point. Since Wobbuffet is Psychic Pokemon, most of Latias/Latios moves isn't that painful. Even Latias/Latios is legendary Pokemon, it's actually very weak but it's great for collecting.

Anyway, you should have Psychic move on your Wobbuffet. This move lowers your opponents special defense, but it only does a little damage to Latias/Latios. Use all 10 Psychic moves until you've used it all. By now, Latias/Latios will have only 10% of health(if your level is atleast 45-50) and it's special defense has been lowered about 2~5 times.

Now change to Pokemon that has move to lure your opponent to sleep, preferably I'll use Lv.45~60 Beautifully with Quick Claw equipped, you could use Stun Spore if you want and wait for your next battle.

Now, use Ultra Balls until you've caught it.

Alternate Strategy for Catching Latias/Latios Strategy Two

Preparation equipments:

Wobbuffet Lv. 50~60

At least 10 Full Restores

20 Timer Balls

99 Potions

99 X attack/defense/speed/special optional

Use Wobbuffet and use Psychic until it's health is at most 5%, and waste your time by using Potions on Wobbuffet or other Injured Pokemon.

Keep wasting time until 60~100 turns has been passed(both Wobbuffet's and Latias/Latios), in other words, waste at least 5~15 minutes.

Now start throwing Timer Balls until you've caught it.

Alternate Strategy for Catching Latias/Latios Strategy Three

Preparation equipments:

Fast Pokemon that can lure opponent to sleep

Quick Claw

40 Ultra balls

Any Pokemon that's less than 35 level and must be dark, ghost etc.

It's simple, when you've found Latias/Latios, just lure it to sleep and change to Pokemon so you can have some heavy damage on it and catch it with Ultra ball. You can use Stun Spore but it takes a lot of patience and time.

Contact Information:

E-mail vital_straffe@hotmail.com, if you have some hard time understanding and if you want your strategies in this guide(for Latias/Latios Guide)

Please do not hesitate to contact me for I'll answer all suggestions.

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