The Backrooms

+1000 CP

"If you're not careful and you noclip out of reality in the wrong areas, you'll end up in the Backrooms, where it's nothing but the stink of old moist carpet, the madness of mono-yellow, the endless background noise of fluorescent lights at maximum hum-buzz, and approximately six hundred million square miles of randomly segmented empty rooms to be trapped in."

"God save you if you hear something wandering around nearby, because it sure as hell has heard you."

That's what the original text said, at least, but nowadays there are all sorts of variations on this theme, all sorts of urban legends and retellings and reimaginings. Many of which are beloved, some of which are *very* mixed, and some of which are quite obscure.

The nature of this space depends heavily on the interpretation. In some, the Backrooms can be left and re-entered, albeit with great difficulty or resources. In some, it can't. In some, the space is primarily the infamous yellow walls and carpet and *may* change in gradients or sudden shifts, while in some the picture seen behind us is only the *entrance*, with plenty of other clearly distinct spaces to roam in.

The version you like often depends on your tastes and flavors; it is, after all, a setting with no clear cut canon to work with! Hence, this jump is something of a necessity for those who like *their* interpretation of the Backrooms more than others.

Backrooms Difficulty

A kind of fill-in for starting locations. *Pick one.* If you have your own design for the Backrooms, pick whatever you like. If you want an existing continuity, pick whatever's closest. Start on whatever 'Level' you'd like, if relevant.

Hostile (+200CP)

Sometimes, it feels like the Backrooms are malicious. There are *plenty* of dangers, both ambient and active. Living conditions are difficult. This tends to resemble game continuities, such as Escape the Backrooms, which have more prevalent dangers to be more interesting.

Difficult (+100CP)

The Backrooms aren't full of constant threats, but that's not to say they're devoid of danger, either. Living here means staying on your toes, since there is danger around every corner. This is where most 'SCP'-type continuities sit; Wikidot, Liminal Archives, or what have you.

Empty (0CP)

Not completely devoid of life or danger, but very empty, and very large. It's more a question of your survival skills, than escaping or fighting or managing communities; you might not even see another person in your time here. This is probably where the original continuity sits.

Neutral (0CP)

It's a lot more even with this one. Sure, there's danger, but there's also a lot of good to be found. Unusual artifacts, stunning spaces, but I'd still be wary of where you stick your nose. This is where continuities like Kane Pixels may sit, where the Backrooms are *dangerous* but not *threatening*.

Comfortable (200CP)

Not perfectly safe, but much less dangerous, and you won't want for quite so much. This is closer to an actual abandoned building in its dangers, where most danger is ambient and the rare living threats aren't unbeatable. Often found in more hopeful interpretations of existing continuities.

Easygoing (300CP)

There's a lot to work with here. It's still probably not *harmless* or *utopian*, but you'll find no shortage of resources, any communities are likely to be well-knit, monsters rare and often not quite so harmful. Maybe even better than life on Earth. I've not seen a continuity like this.

Perks

This jump does not grant *any* discounts for perks, items, or what have you. However, all purchasable options are designed to be very cheap to account for this.

Liminal Archive (First Jump Free, Otherwise 200CP)

Much of the Backrooms lore was founded on replicating the SCP Foundation's formula. While most don't like it, keeping that analytical attitude will help. Whenever you encounter something (be it a location, a creature, an item, or so on), you instantly recognize how dangerous it is, and a few basic ideas as to how to deal with it. The more you're around it, the more detail you get, enough to build complex profiles. However, no matter how much you investigate, this won't tell you the origins of anything; you get the 'what', 'where', 'when', and 'how', but not the 'who' or 'why'. People *also* tend to trust information you get from this perk.

Point of View (First Jump Free, Otherwise 200CP)

'Shit happens', as they say. Fortunately, you are *the protagonist!* This perk gives you just a bit of luck, a bit of something extra to help you make it through. This does not protect you from bad luck, nor will it give you the kind of luck that wins casinos. This will give you *a chance to survive*. Circumstances tend to arrange themselves in ways that give you more agency; you'll hear a floorboard creak as an enemy sneaks up on you, or get a brief burst of energy right as you're running away. It's not perfect, sometimes there's simply too much for this perk to handle, but you'll find that it's *invaluable* for survival in the Backrooms.

Cameraman (100CP)

You are *quite* perceptive. All of your senses are top-notch, and you've got a perceptive mind to make the best of it with. Best of all, you have a sort of *instinct* for falsehoods; illusions, lies, disguises; you won't pierce through them so easily, but you'll at least *notice* them.

Drywall (100CP)

Fitness is important! Your strength and stamina are bolstered, able to lift large objects and run for hours, though this isn't *quite* world record stuff. Your might is also more pronounced against the environment; doors break down easy, and walls *crumble* when you hit them with hammers.

Lucid (100CP)

This represents an overall mental boost; to memory, intellect, cleverness, cerebral activity in general. Uniquely, you have the ability to push through any sort of 'brain-fog'; exhaustion, fear, stress, even more esoteric things, none of them will keep you from putting together a plan.

Moxie (100CP)

You can really take a hit! You have impressive resilience and vitality, enough to take a dozen haymakers to the jaw before going down, only to nap it off and feel fine. Your body also resists 'corruption'; viruses are easily rebuffed, as are supernatural parasites or baleful transformations.

Sentiment (100CP)

You have a strong (though not infinite) well of resolve and morale. Not only that, but this also wards off supernatural mental effects. This seems to bleed into people around you, giving them hope and comfort, and even warding them off from mental effects as well, to a lesser degree.

Urbane (100CP)

Mobility is also important! You gain a big boost to agility, coordination, and dexterity, and all manner of skill in acrobatics, parkour, and similar. Strangely enough, anywhere you go, there always seems to be something to climb, ramps to jump, ledges to shimmy on, navigable terrain to exploit.

Explorer (200CP)

You know how to make do. First, your needs are greatly reduced, rarely worrying about isolation or privation. You *also* gain a guiding sense in everything you do. Tracking, crafting, talking, and more. It's minor, but you'll always have an idea of where to start, what to do, and what *not* to do.

Militant (200CP)

This perk comes with no small amount of discipline and combat experience, but what you'll really like is the ability to at least *push back* anything. Even against a ghost or a deity; if all you have is a rock, you could at least make them *blink*. Maybe more, with enough firepower.

Optimist (200CP)

Can't things go right for once? Good fortune is more common and pronounced for you. Finding quality supplies, a lucky hit that lands harder, it's almost like you frequently get 'critical successes'. This does not ward against bad luck, only sprinkles in some good luck at random.

Postman (200CP)

Postman's creed! You and anything you carry are also much less affected by the environment; carry a cardboard box through a thunderstorm or a poisonous swamp and it'll only be *slightly* damp! Resists heat, cold, water, or electricity *especially* well, even if they're not part of the environment.

Refurbish (200CP)

Weird. You've a strong talent and some skill in crafts and mechanics. Most of all is your ability to modify or kitbash supernatural things. Sew a pocket space into a backpack! Funnel ley lines into your generator! You have to be able to *interact with it* in order to mod it, though.

Wallflower (200CP)

Don't start none, won't be none. You can dial your presence, risk, and reward up or down, but you have to do it all together. Make yourself known, things get riskier, but if you can make it out, tend to go right. Play it safe and you become harder to detect, but nothing tends to happen.

Clipping Error (300CP)

What is this, a video game? Physics get looser with you. With the right angle you can move through solid objects, move your head around to bunnyhop, jump backwards at stupid speeds, maybe more if you experiment. Clipping also lets you travel dimensions, but it's *very* unreliable.

Major Exploration Group (300CP)

A new faction? While this doesn't help you get anyone on your side, anyone who teams up with you not only becomes much more sensible, but impressive. They're much less likely to go off the walls or betray you, they hit harder, learn faster, really *get their act together*. For everyone's sakes.

Nostalgia (300CP)

You and the Backrooms, both caricatures of the past. You dampen fate, reality warping, transmutation, and spatiotemporal effects, enough to *at least weaken* those kinds of things. Your surroundings benefit from this too, which so happens to stifle a lot of the Backroom's dangers.

Renovation (300CP)

The Backrooms won't let you die. You constantly emit *some* kind of energy from your body that physically repairs and re-energize you and anything on your person. It's slow, but it's enough that you could recover a lost limb in a week, or charge a phone to full in a few hours.

Speedrun (300CP)

You're *crazy!* The more you do something over long periods of time, the more efficient you get at that *specific* thing. Faster, stronger, even *luckier*. Travel through levels a lot, and moving between them could be a piece of cake. This has limits, but it's based on *your* limits, not default human ones.

Static Signal (300CP)

You've got a kind of… *sense* you learned while stuck here. This 'sixth sense' makes you aware of everything in a wide range around you, and gives frequent flashes of insight into closeby objects and people. With concentration, you can even read thoughts or tune into broadcasted signals.

Items

As before; no discounts, very cheap. All items regenerate or return in a week if lost, damaged, or spent, unless stated otherwise. You can import items into similar items.

Almond Water (100CP)

Three cans of Almond Water, which refill 8 hours after they've been opened. Almond Water is nutritious and calorie-dense, but is most known for acting as a minor mental and physical restorative, healing small wounds or ailments and dampening stress, or other detrimental effects.

BackPhone™ (100CP)

A phone that always seems pretty up-to-date, but never degrades. It can always connect to any form of internet it can access, and has unlimited battery. Most of all, it keeps archives of any form of internet you come across, which never seems to take up storage space.

Backrooms Candy (100CP)

A bag of a dozen candies, which replenish an hour after being used. Some greatly boost an attribute for an hour, while others do the opposite, but are *oddly* tempting. Some are just placebos that make you *feel* worse or better. Might have to use trial and error to figure out which does what.

Hazmat-Core (100CP)

A set of well-covering clothes and a mask, with your own personal flourishes or style. Its physical protection nearly equals body armor. Against biological, chemical, or radioactive threats, it's top-notch. Also weirdly comfy! The mask's filter won't provide air unless you hook it up, though.

Supply Crate (100CP)

A big crate full of perishable food, sundries, medical supplies, and office supplies. Sandwich bags, toothpaste, medkits, ibuprofen, staples, paper, pencils, duct tape, glue, those sorts of things. It's *all* mundane, but still, it's handy. Anything put to use will be restocked in a day.

Weapons Cache (100CP)

What it says on the tin, really. A small armory of weapons; guns, knives, that kind of thing. No explosives though, those don't mix well with tight spaces. Ammo supply is small but regenerates weekly, and you can get unique but mundane rounds like incendiary, AP, or flechettes.

Babel Balm (200CP)

A canister of chapstick that carries a translating effect on anything it's applied to. Put it on lips and anyone can understand your voice, put it on paper to translate the text, and so on. Lasts up to *around* two hours. It's not two-way, so if you want a conversation, both parties need to take it.

Liquid Pain (200CP)

A highly toxic and corrosive, red fluid, which you get a few vials of. Despite its properties, it seems peculiarly easy to dip it into weapons or use small amounts as poison without any big reactions. You also get gloves and a mask that can handle it safely. Just as a precaution.

Firesalt (200CP)

A small box of glowing, red, volatile and flammable rock. It also happens to be weirdly compatible with everything. You can forge it into durable alloys, shove it in generators for loads of energy, attach it to flashlights for *really* bright and hot beams, even use it in *food* with caution.

Royal Rations (200CP)

A jello-like cube that *everyone* agrees tastes amazing, which can keep you fed for a day on only a spoonful. It's also a *perfect* ingredient; the right recipes can cure disease, heal wounds, with only mundane ingredients and Royal Rations. Regenerates weekly, any less would be too much.

Squirt Gun (200CP)

A squirt gun with a backpack tank. It does look *kinda* dumb. The tank holds about 6 litres, and can hold fluids that are normally incredibly dangerous very safely. Fluids shot out of it have their force, properties, and range amplified, often gaining high combat value or utility as a result.

Worn Sack (200CP)

A ragged backpack with a *massive* internal size of 700 cubic meters, that nevertheless weighs half a pound *at all times*. The inside is actually perfectly breathable and clean due to internal air currents, and seems to sort itself based on your wishes. Note that it's also easy to *leave*.

Backroomer's Cookbook (300CP)

A book full of recipes for almost anything you come across; mostly food, but sometimes other things. If you follow it right, even dangerous materials or ingredients can be rendered safe. It also contains recipes to synthesize many things found in the Backrooms, or future jumps.

Backdoor (500CP)

That's right, 500CP; this one's special. It's a peculiar USB that, if slotted into a surface or the air, turns into a doorway to the Backrooms; this is also your *exit*, and can only be unsummoned by you specifically from the outside, so it's not like this gives you a perfect hidey-hole or anything.

Level Keys (300CP)

A keychain full of keys that, leads to various levels, and out-of-jump, leads to dimensions or major locations. If inserted into a lock and slowly turned thrice, a portal to that location is created; they can also guide the user into a 'shortcut', which takes time, but doesn't need a lock.

Companions

Notably, as long as you can convince someone to follow you on your journey (they'll believe you about the Jumpchain) without coercion or supernatural manipulation, you can take them as a Companion free, guaranteed.

Create & Import (100)

It's pretty simple, and this works almost as normal. A bit *cheaper*, though, due to the nature of this jump. You only need to pay the *flat price* of 100CP, and you get up to 8 Companions imported or created. Companions get a cool 800CP to play around with, but do not benefit from your Difficulty option nor can they take Drawbacks. There is also *one* big restriction; Companions cannot buy items over 100CP. The 200CP and 300CP item sets are completely blocked off to them. If you want to get those items, you're going to have to pay for them *yourself*. This is to prevent heavy companion-based metagaming.

Entity (100CP)

Each purchase of this option gives you a chance to tame an entity found in-jump. Once you start trying, they'll be more docile and amenable; once you 'tame' them, the chance is used up, and using this to try and trick an entity is destined to *always* end poorly. The more intelligent and unique the Entity, the less of an effect this has on it. The higher you aim, the more effort you need to put in.

Jumper Trade Group (200CP)

If you're the type of Jumper to build large organizations, this is for you. This follows the same recruitment rules as above; But instead of companions, they can become *followers*! As is normal for followers, they take up no companion slots, but also can't be imported. Honestly, given how most people are *stuck here*, one would imagine you'll find no shortage of volunteers.

Drawbacks

You can feel free to take as many drawbacks as you want, as long as you recognize that taking all of them is almost certainly a bad idea. As normal, these *give you* CP, rather than taking it.

Bad Rep (100CP)

It's probably easy to imagine what this does. People as a whole are generally less trusting of you; more benevolent groups are cold to you, neutral groups dislike you, and hostile groups *really* hate you. Your reputation can improve, but it's also more easily broken.

Exit Plan (Toggle)

The Backrooms aren't *always* impossible to leave. With Exit Plan toggled on, you *can* leave, though depending on the canon that may be difficult. With this on though, the Backrooms become a lot more *clingy*. It's constantly pulling you back in, and you will be cursed with Interesting Times.

Cashew Water (100CP)

Supplies you find have a high tendency to be flawed. Not moldy or rotten, more a screwed-up variant of something, designed to trick you. This even applies to your own CP-bought supplies, though *much* less frequently. Grants a Cashew Water supply post-jump, if you want.

Constantly Lost (100CP)

The Backrooms were hard to navigate to begin with. Do you *need* to make it worse? Regardless, something about you agitates the Backrooms' impossible topology. You'll constantly drop off in random Levels, loop around and fall behind, and it's *hard* to keep track of your location.

Downside (100CP)

Backrooms get much more glitchy and unstable. On one hand, clipping through stuff is a lot easier! But on the other, things get weird. Objects fling around and break easily, sometimes you just fall through the floor, and the visual and audio errors… I hope you're not epileptic.

Weak Stomach (100CP)

You panic easily, and are more prone to *flight* than *fight.* This doesn't mean you can't fight or that you're useless when scared, but you'll be more likely to do something dumb. Having friends nearby helps a lot; but if they so much as walk into another room, you'll go *right back*.

Entity Magnet (200CP)

As it says on the tin; not only do entities notice you much more easily and have a tendency to *zone in* on you from ridiculous distances, but they're also much more persistent, tough, and numerous. This even applies to Human enemies you make, who also become much more *clever*.

Level RUN FOR YOUR LIFE! (200CP)

Every once in a while, you'll get dropped into dangerous situations, such as the titular and infamous Level ! You'll be returned to where you were soon after, but this tends to strike at the most inconvenient times, which is always the *real* challenge of this particular drawback.

Weirdcore (200CP)

The Backrooms know what you've done. It will tailor itself to remind you of all your past trauma and hardship. It will manifest them *warped*, and fight you with your past. It's going to be difficult, certainly, but never impossible. You already made it through all this before. You can do it again.

Rocks Fall (300CP)

'Shit happens', as they say. Wikidot, Fandom, Liminal Archives, Miraheze, Kane Pixels, even related communities like Samosbor, they all agree that people do not tend to live *long* in the Backrooms. You aren't exempt, it seems.

Primary among your issues is simple bad luck. It's no murphy's law, but anything left to chance almost always goes wrong. Even finding simple supplies becomes a *chore*.

Worst among your issues is the fact that actions taken *against* you are more pronounced. If a Hound bites leave nasty wounds, fires burn, bullets core right through you, despite any protections you'd normally have. Good luck.

The Intended Emotion (300CP)

The Backrooms were never really designed with a specific canon in mind; the personal creativity's part of the *point*, you know?

The Backrooms is now much, *much* bigger and incredibly unpredictable to boot. You will see levels, entities, items, and objects that you've never seen before. While the Difficulty you chose still has sway on how dangerous this is, the danger is going to bump up a notch.

Similarly, this effect is going to shatter any Backrooms communities into pieces. There still may be ways to communicate, but nobody's gonna be able to stick together for very long. You're all on your own, now.

Wretch (300CP)

Zombies aren't a *thing* in the Backrooms. But there's a threat that resembles them. Sometimes, Backrooms inhabitants simply do not die.

Your physical needs and mental health are returned to pre-chain levels; you'll need to eat, drink, rest, sleep, and wash yourself, and put in effort to keep yourself at least somewhat stable. Any supply-granting items or perks no longer give you much to work with; you'll *need* to scavenge.

You are now vulnerable to becoming a Wretch; a scab-covered zombie. The more stressed and exhausted you are, the closer you get to turning, which is a fail condition. Almond Water helps a lot, but you need to *find some* first. Take care.

THE END

Journey's over, and it's time to move on.
Or is it? Well, it's your choice.

STAY HERE

Not really sure why you would want to. Maybe it's better than wherever you came from. You could choose *worse* places to end your chain.

If you do this, go ahead and take all perks and items totally free, and undo all the drawbacks. Just a little something to make sure you enjoy your time here, you know? Have fun.

BACK HOME

Go back home. People often have legitimate reasons to end their chains, a lot of which involves losing interest and gathering too much power.

You may also be sent back if you died. No shame in that. Your benefactor could also send you back by force if you're *particularly* boring. You almost need to *try* to get to that point.

OPEN DOOR

Take up your next Jump. Always stuff to do, power to gain, people to meet, problems to fix, Sparks to aim towards. This option was expected.

I don't know a lot about your chain. Could be hard, could be challenging, maybe it's practically a multi-century vacation for you. Regardless, I wish you luck on your future ventures.

Notes

Jump by PlaguePaladin. First started December 1st 2025, and eventually completed on January 29th, 2026. Done with the permission of LJGV / JumpchainWriter / Sin-God, who was the first to make a Generic Backrooms jump.

- ***What about Backrooms-adjacent settings? Samosbor/Kletka? Otherside Picnic's titular world? ROUTEBACKHOME's 'downside'?*** **If they're close enough to the Backrooms in vibes, and you choose the right Difficulty Option, then it should be fine. Heck, mash them all together into one hell-setting! *Nobody* will stop you!**

- ***How specific is the Speedrun perk? Could I use it to get better at, say, boxing or something?*** **Not really. Speedrun is not *overly specific*, but it doesn't apply to broader skills. If you wanted to use it to get better at boxing, you'd need to practice each specific move over and over separately. The effectiveness of Speedrun is built on the action's length; it's more for stuff like 'get from Level 0 to Level 1 really really fast'. But it *would work.***

- ***If I'm carrying someone, does that count as 'on my person' for Renovation?*** **Yeah, I figure you could use Renovation to heal someone. Just remember that it's probably going to take a *while*, and you need to be carrying them the whole time. Not *really* practical.**

- **If you're mad about monsters being a part of modern Backrooms lore, reread the original post. I won't knock you if you don't like them, you even have more than a choice to avoid them almost entirely using the Difficulty section, but they've been here from the start.**

- **As for background credits…**
  - **The Drawbacks section's background is from Escape the Backrooms' Level FUN+.**
    - *https://escapethebackrooms.fandom.com/wiki/Level_Fun%2B*
  - **The End's background is from Hazel's Picture Gallery, link to the Wayback below. It's of a Borders store that went out of business.**
    - *https://web.archive.org/web/20170612012752/http://www.boston-baden.com/hazel/Pix/*
  - **When it comes to everything else's background, I don't remember where I got them (I did the backgrounds *well* before everything else), but I remember that they're all from the first 15 Wikidot levels, if you wanna go hunting them down.**