

The following (rare) armour set pieces may be traded, through a number of quest chains, for better (rare/epic) sets:

Item Sets		
Start with	Upgrade to	Preferred by:
Dungeon Set 1 (Tier 0)	Dungeon Set 2 (Tier 0.5)	
Vestments of the Devout (Cloth)	Vestments of the Virtuous	Priest
Magister's Regalia (Cloth)	Sorcerer's Regalia	Mage
Dreadmist Raiment (Cloth)	Deathmist Raiment	Warlock
Shadowcraft Armor (Leather)	Darkmantle Armor	Rogue
Wildheart Raiment (Leather)	Feralheart Raiment	Druid
the Elements	the Five Thunders	Shaman
Beaststalker Armor (Mail)	Beastmaster Armor	Hunter
Lightforge Armor (Plate)	Soulforge Armor	Paladin
Battlegear of Valor (Plate)	Battlegear of Heroism	Warrior

Quest Chains		
	Quest Giver(s)	
	Alliance	Horde
1 Bracers		
.1 An Earnest Proposition	Deliana, Ironforge	Mokvar, Orgrimmar
2 Belt and Gloves		
.1 A Supernatural Device	Deliana, Ironforge	Mokvar, Orgrimmar
.2 The Ectoplasmic Distiller	Mux Manascrambler, Tanaris	
.3 Hunting for Ectoplasm	Mux Manascrambler, Tanaris	
.4 A Portable Power Source	Mux Manascrambler, Tanaris	
.5 A Shifty Merchant	Mux Manascrambler, Tanaris	
.6 Return to (Deliana/Mokvar)	Mux Manascrambler, Tanaris	
.7 Just Compensation	Deliana, Ironforge	Mokvar, Orgrimmar
3 Boots, Pants, Shoulders		
.1 In Search of Anthon	Deliana, Ironforge	Mokvar, Orgrimmar
.2 Dead Man's Plea (Baron Run)	Ghost of Anthon Harmon, Stratholme Meeting Stone	
.3 Proof of Life	Ghost of Anthon Harmon, Stratholme Meeting Stone	
.4 Anthon's Strange Request	Ghost of Anthon Harmon, Stratholme Meeting Stone	
.5 Anthon's Old Friend	Ghost of Anthon Harmon, Stratholme Meeting Stone	
.6 Falrin's Vendetta	Farin Treeshaper, Dire Maul Library	
.7 the Instigator's Enchantment	Farin Treeshaper, Dire Maul Library	
.8 The Challenge	Farin Treeshaper, Dire Maul Library	
.9 Anthon's Parting Words	Ghost of Anthon Harmon, Stratholme Meeting Stone	
4 Helm, Chest		
.1 Bodley's Unfortunate Fate	Deliana, Ironforge	Mokvar, Orgrimmar
.2 Three Kings of Flame	Bodley, Molten Span	
.3 Components of Importance (Elite)	Bodley, Molten Span	
.4 The Left Piece of Lord Valthalak's Amulet	Bodley, Molten Span	
.5 I See Alcaz Island in Your Future	Bodley, Molten Span	
.6 * More Components of Importance (Elite)	Bodley, Molten Span	
.7 The Right Piece of Lord Valthalak's Amulet	Bodley, Molten Span	
.8 Final Preparations (Raid)	Bodley, Molten Span	
.9 Mea Culpa, Lord Valthalak	Bodley, Molten Span	
.10 Return to Bodley	Lord Valthalak, UBRS	
.11 Back to the Beginning	Bodley, Molten Span	
.12 Saving the Best for Last	Deliana, Ironforge	Mokvar, Orgrimmar

* existence and sequence of "More Components of Importance" is not yet confirmed