

## PRIMAL PATH

Rage burns in every barbarian's heart, a furnace that drives him or her toward greatness. Different barbarians attribute their rage to different sources, however. For some, it is an internal reservoir where pain, grief, and anger are forged into a fury hard as steel. Others see it as a spiritual blessing, a gift of a totem animal.

### PATH OF THE BEAR

To a barbarian, totems symbolize primal strengths and virtues to which the mighty should aspire. Some barbarians, however, embrace but one aspect of a totem, a single totem animal, to act as their singular inspiration and guide. This represents an abandonment of totemic virtue and a complete embrace of animal nature. In the depths of their primal rage, these barbarians even manifest traits of their chosen beast, becoming one with the totem's animal.

The spirit of the bear symbolizes strength and resolve, and a determination to protect one's loved ones. Barbarians who form a special connection to this spirit are called bear warriors, and develop a stocky build, grow a preponderance of hair, and normally tower above other men. In battle, by channeling their connection to the bear spirit, a bear warrior actually transforms into a bear while they fight.

#### GRIZZLY TRANSFORMATION

Starting at 3rd level, when you enter a rage, you can become a fearsome bear for the duration of your rage. You automatically revert to your normal form if your rage ends, if you fall unconscious, drop to 0 hit points, or die.

At 3rd level, you can transform into a black bear, at 6th level, you can transform into a brown bear, and at 10th level, you can transform into a polar bear.

While you are transformed, the following rules apply:

- Your game statistics are replaced by the bear's statistics, but you retain your alignment, personality, and Intelligence, Wisdom, and Charisma scores. You also retain your AC, Strength, and Constitution scores, if they would be higher than the bear's.
- You also retain all of your skill and saving throw proficiencies, in addition to gaining the bear's Perception proficiency, if it has one. Use your own proficiency bonus.
- When you transform, you assume the bear's hit points and hit dice. When you revert to your normal form, and you return to the number of hit points you had before you transformed. However, if you revert as a result of dropping to 0 hit points, any excess damage carries



over to your normal form.

- You retain the damage resistances from raging and rage bonus damage while in your bear form. You also retain the benefit of any other features from your class, race, or other source and can use them if your bear form is physically capable of doing so. However, you can't use any of your Special senses, such as Darkvision.
- Your equipment merges into your new form and has no effect until you leave the form.

#### HIBERNATION

At 6th level, you sleep like a rock. When you take a long rest, you regain all expended hit dice, instead of half of them.

#### BARE NECESSITIES

By 10th level, like the bear, you are hearty and resilient, requiring neither protection nor shelter. You never suffer levels of exhaustion or any other penalty for enduring the elements. In addition, you need half the amount of food and water as other members of your race to survive.

Lastly, you have advantage on Constitution saving throws you make against being exhausted.

#### MAUL

Starting at 14th level, while you're raging, if you hit a creature with two weapon attacks on your turn, the target takes an additional 2d8 damage.