

TROLLBLOOD

Trollbloods resemble small trolls without the hunched back. Their skin tone can range from a deep blue to pale white. Unlike the oily hair of their more savage ancestors Trollblood hair ranges from jet black to bright orange, which they carefully groom and braid. While they do not try to eat everything like their less civilized

kin, their metabolism forces them to eat much more than other races.

HISTORY

Many Trollblood claim to be decedents of Heimdall, a fabled hero in the Southern Tribes who was said to have killed the leader of a band of Trolls with his bare hands and took his place, waging raids against the rest of Midgard and even into the Feywild. Heimdall then was chosen by Asagrim and ascended to godhood after his passing and arrival at Valhalla. He now stands watch over the bridge, being called the Guardian of the Bifrost Bridge. Many scholars claim that Trollbloods in fact came out of necessity. In the cold realms where survival is difficult some trolls hired themselves out to human clans, offering their might for food. Over the years the clans intermingled with the trolls until centuries down the line, a race with the regeneration of trolls but the sharp minds of humans was born.

SOCIETY

Trollbloods usually live in small family groups called clans in Trollheim, but they are accepting of other races native to Trollheim living alongside them. An example of this would be the Swampmouth Clan, who live far to the east of Trollheim and many tennur have joined their ranks due to their proximity to their home lands. Most trollbloods stay in Trollheim for their whole lives and as a result they take on a more troll-like appearance through their use of blood magic and the influence of the swamp, being called noita trollbloods. The trollbloods that go north when they are young or are born away from Trollheim and live in colder climates, like the residents in Ísvindur Vale, reject their heritage and take on a more humanlike appearance, also growing larger from the lack of the magical influence from the swamp, becoming minna trollbloods.



Credit: Magnus Norén

TROLLBLOOD NAMES

Trollblood names are divided into three parts. They have a first name, followed by an apostrophe and their surname that identify their family, followed by their clan name.

Male: Tenho, Joonas, Vesa, Leevi, Jesse, Vilho, Alpi, Asseri, Isto, Jukka

Female: Aira, Sisko, Ulla, Petra, Anne, Lempi, Kati, Riikka, Tuula, Laina, Elisa

Surnames: 'kivi, 'arola, 'häma, 'panu, 'varis, 'jin, 'soro, 'harju, haapla, 'sibe

Tribe name: Greyspear, Riverblood, Longtusk, Bluemane, Whitebone, Spiritmask, Blackfang, Swampmouth

Examples: Tenho'kivi Riverblood, Ulla'häma Longtusk, Alpi'tuula Spiritmask, Lempi'kivi Swampmouth

A RACE DIVIDED

Legends say the trollblooms were originally one race, and that Trollheim was once a lush green pine forest. They lived in relative peace in this forest, and were divided into only two clans, the Noita and the Minna. The noita were the sages, healers and wisemen of the time, and the minna were the builders, woodcutters and workers. This peace was short lived however, and they were forever divided after the High Priest Wondsami, Chief of the Noita Clan, used a forbidden blood magic ritual and sacrificed the lives of 20 trollblood children in secret. This ritual was performed as a last resort to win the war against the dwarves that were invading from Khrummazgard, and the ritual resulted in all but the strongest dwarves that step foot in Trollheim to sicken and die very quickly. The negative energy permeated the land, converting Trollheim into the swamp it is today. The Minna Clan were against the High Priest completing this ritual, declaring the cost too high. Both clans warred for years over this dispute, until the Minna were pushed back and out of Trollheim forever. The Minna wandered for a time until they were accepted into Ísvindur Vale, the mountain elves seeing their real potential.

TROLLBLOOD TRAITS

The decedents of trolls and humans, with human ingenuity and a troll's bottomless belly.

Ability Score Increase. Your Constitution increases by 2.

Age. Trollblooms mature similar to humans, but have shorter life spans. A Trollblood that reaches the age of 70 is considered a great feat.

Alignment. Trollblooms can move from chaotic to lawful as their troll nature spurs them to wildness but their human nature makes them respect oaths and laws. While they have the capacity for evil, most Trollblooms of the north focus more on immediate survival than about philosophical questions of good or evil.

Size. An average Trollblood stands at 6-7 feet and weighs around 250 pounds. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Troll Metabolism. Trollblooms need 4 pounds of food to be completely satisfied for a day but can survive on 2 pounds a day. 1 pound of food would be considered half-ration and counts as half a day without food. If a Trollblood eats a full meal (4 pounds of food) during a long rest, remove two Exhaustion levels (if any) rather than the normal one.

Partial Regeneration. Trollblooms can expend one hit dice at the start of their turn to regain health, similar to a short rest.

Burn Weakness. When Trollblooms are hit with fire or acid damage, they cannot regenerate at the start of their next turn.

Iron Gut. You have advantage on Constitution saving throws made for ingesting poisonous or distasteful substances or from inhaling unpleasant smells, such as a monster's Stench ability or the stinking cloud spell.

Darkvision. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern colour in darkness, only shades of grey.

Languages. You can speak, read, and write Common and Giant.

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SUBRACES

Ancient divides among the trollblooms resulted in two distinct groups of them, the Noita and the Minna.

NOITA TROLLBLOOD

Ability Score Increase. Your Wisdom score increases by 1.

Learnt Healer. You gain proficiency in the Medicine skill.

Innate Blood Magic. As a Noita Trollblood, you know the *Chill Touch* cantrip. Once you reach 3rd level, you can cast *Inflct Wounds* once per long rest. Once you reach 5th level, you can also cast the *Ray of Enfeeblement* spell once per long rest. Charisma is your spellcasting ability for these spells.

MINNA TROLLBLOOD

Ability Score Increase. Your Strength score increases by 1.

Hard Skinned. You have resistance against cold damage.

Powerful Build. You count as one size larger when determining your carrying capacity and the weight you can push, drag, or lift.

Battle Born. You gain proficiency with greataxes, mauls, battleaxes and warhammers.