



FAT MAR'S GUIDE TO DRINKING

A Dungeons & Dragons 5th Edition Rules Supplement

BY ROBERT K LOYDE

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Introduction: Ever pay a visit to The Laughing Goblin Inn of Phlan? If so, old Markoth Hasselpond was watching, and he has the inside scoop on all the drunkards of the Moonsea Region! Supplement your campaign with these fun and simple rules for Player Characters, with race and character specific additions and rules for inebriation, hangovers, and random tables!

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BY ROBERT K LOYDE



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Intentions for future updates of this supplement

- Expanded and refined Tables
- General retooling following playtest results
- Expanded race and class options
- A “Drunken Town Encounters” table
- Expansion for the “Drinks & Dragons” drinking game as well as race and class-specific options
- An entire one-shot adventure themed around taverns and libations alike!

A note from the author:

The Author neither recommends nor condones excessive consumption of alcoholic beverages nor the underage or illegal consumption of said beverages. This document as it stands is for role play and gaming purposes only.

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PREFACE

Adventurer, I hope ye find this book in good spirit. Old Markoth's got a t'ing 'er two to say about drinking here in Phlan! While I can't condone excessive libations myself, I admit to enjoying quite a good few ales from time to time while cookin' yer fella's soup here at the Laughing Goblin. And boy 'ave I seen all sorts of queer folk around here. Elven folk and halflings alike, it ne'er hurts to be knowledgeable on such t'ings as when to throw a pint back an' when t' set her down. Hope ye find this useful, fella' and if ye ever bring this tome to the Laughing Goblin perhaps I'll serve an ale on old Markoth's dime, eh?

—Markoth Hasselpond, 1488 DR

Determining Drunkenness:

I ain't no fool, eh. I can spot a drunkard a mile away. I don't like servin' some of those folk who've already had too much, so I look at 'em and see just how drunk they are... It's a matter of the drinks they've had as well as the size and condition of 'em. A dwarf with an ale and a gnome with an ale are two different beasts in four different manners if you catch what I'm sayin'!

Step One

Add the number of servings your character has consumed

Step Two

Apply the Beverage Modifier

Step Three

Apply the Exhaustion Modifier

Step Four

Apply the Size Modifier

Step Five

Apply the Racial Modifier

Step Six

Determine Inebriation Level

Step Seven

Consult the Effects Tables

Step One: Consumption Count

The first step to getting drunk is drinking! Count the number of standard human servings consumed by your character. A standard human serving will depend strictly on the type of beverage consumed. Some examples:

Serving Sizes:

Beers & Ales

One pint, one glass, one tankard

Wines & Meads

One glass

Spirits and Distilled Liquors

One shot

Step 2: Beverage Modifiers

All drinks are not made equal!

For this reason, we will apply modifiers which depend on the alcohol content of each beverage. Multiply each number by the number of servings per drink. Once done, your character will have their "Raw Inebriation Points" (RIP).

Beverage Mods

Beer	Wine	Mead	Spirits
1x	2x	2x	4x

Step Three: Exhaustion Modifier

Wise adventurers ought not drink when unrested! The effects of being drunk weigh more heavily on the weary.

Multiply your RIP by your Exhaustion Level. This number is your number of Inebriation Points.

Step Four: Size Modifier

Race ain't the end all, be all, of a drunkard! A very small dwarf may very well drink much more than a very large halfling! Take a good look at their height... and well... width.

Size will help determine a creature's ability to resist the effects of alcohol. Use this table to further adjust Inebriation Points

Small Creatures - Add 3 Inebriation Points;

Medium Creatures - No Size Modifier

Large Creatures - Divide Inebriation Points by 2

Huge, Gargantuan, Colossal, and larger creatures suffer no consequences of any reasonable alcohol consumption, unless stated otherwise by the creature's stat block.

Step Five: Racial Modifier

Like drinks, not all creatures are made equal! Some races may succumb to the side effects of drinking more easily than other races.

Dwarves

Dwarven Resilience Millennia of mountain mead and great feasts have made the effects of inebriation less potent to you. Calculate your Inebriation Status number and subtract 2 from this value (minimum of 1).

Elves

Elven Grace Your ancient people have long enjoyed alcoholic beverages and their effects. After calculating your Inebriation Status, subtract 1 (minimum of 1). You are immune to the long-term effects of consumption, and cannot receive the Hungover Condition

Stout Halfling

Stout Halfling The rural pleasures of hardy ales have granted you some resilience to the effects of inebriation. Calculate your Inebriation Status number and subtract 1 from this value (minimum of 1).

Dragonborn

Dragonborn Ancestry A dragonborn whose ancestry is of a Green Dragon will always have an Inebriation Status Number of 1. They cannot suffer the effects of inebriation or hangover.

Gnome

Gnomish Susceptibility Your delicate size and stature make you more sensitive to the effects of alcoholic beverages! After calculating an Inebriation Status Number higher than 1, add 2.

Half-Elf

Ancestral Grace Your Fey Ancestry has made you immune to the long-term effects of consumption. You cannot receive the Hungover Condition

Half-Orc

Ancestral Constitution Your Orcish lineage has granted you some resistance to the effects of inebriation, but you have a strong taste for the stuff as well. Calculate your inebriation points and add 3. Then, subtract 1 from your Inebriation Level.

Tiefling

Hellish Drunkard For every Inebriation Level you have, add 1 Inebriation Point to each creature within a 20 ft. radius of you.

Step 6: Inebriation Level & Status

Inebriation

Points	Level	Status
0 - 1	1	Sober
2 - 3	2	Buzzed
4 - 7	3	Tipsy
8 - 10	4	Plastered
11 - 15	5	Drunk
16 - 20	6	Wasted
20+	7	Danger

Removing Inebriation Levels

Inebriation can be reduced or removed in a variety of ways. The best way is through concerted rest and recovery!

Through a Short Rest

A single Short Rest will remove 3 Inebriation Points, and the Hungover Condition is received. The Hungover Condition will last 1 Hour for every 2 Hours spent in a Short Rest.

Through a Long Rest

A single Long Rest will remove all Inebriation Points, and the Hungover Condition is received. The Hungover Condition lasts 1 Hour following a Long Rest.

Without Resting

The player will lose 2 Inebriation Points for every hour spent in game without resting. The Hungover Condition is received. The Hungover Condition remains for a number of hours up to the number of hours spent inebriated without rest.

The Hungover Condition

The effects of your hangover will depend strictly on the level of your inebriation prior to gaining the condition. Hangover-related Saves are made with the d20 + CON Mod.

Level 1 No effects

Level 2 In the first hour of your hangover, make a DC 5 Vomit Save. On a failed save, your character vomits and takes 1 Acid Damage

Level 3 In the first hour of your hangover, make a DC 10 Vomit Save. On a failed save, your character vomits and takes 1 Acid Damage

Level 4 Every hour in the first two hours of your hangover, make a DC 10 Vomit Save. On a failed save, your character vomits and takes 1 Acid Damage. Your head aches. Disadvantage on Wisdom and Intelligence Ability Checks in the first hour of the Condition. Sunlight Sensitivity.

Level 5 Every hour of your condition, make a DC 10 Vomit Save. On a failed save, your character vomits and takes 1d4 Acid Damage. Your head pounds in your hangover. You have Disadvantage on all Wisdom and Intelligence Ability Checks while you have the condition. Your perceptions are cloudy and therefore you have Disadvantage on all Charisma Ability Checks during the first two hours of the condition. You remember only 1d10 moments from your most recent bout of drinking. Sunlight Sensitivity.

Level 6 Every half hour while you have the Condition, make a DC 10 Vomit Save. On a failed save, you vomit and take 1d4 Acid Damage. You have Disadvantage on all Wisdom and Intelligence Ability Checks while you have the condition. Your perceptions are cloudy and therefore you have Disadvantage on all Charisma Ability Checks during the first two hours of the condition. You remember only 1d4 moments from your most recent bout of drinking. Sunlight Sensitivity.

Level 7 Your most recent binge threatened your health. You have disadvantage on all Ability Checks and Saves. Additionally, for the next 2 days, make a DC 10 Vomit Save. On a failed save, you take 1d4 Acid Damage. Sunlight Sensitivity.

Reducing your Hangover Level & Removing the Condition

You can reduce your Hangover Level by 1 once per hour by drinking water or consuming meat. Additionally, any Short or Long Rest will cure your hangover.

Inebriation in Combat

Level 1 – Sober

All stats are normal

Level 2 – Buzzed

Advantage on Grapple-related strength checks
Can't take attacks of opportunity

Level 3 – Tipsy

Can't take Attacks of Opportunity.
If the Dash action is taken, roll a d4. If the result is a 1 or 2, your character "trips" and is knocked prone before movement.

Level 4 – Drunk

Can't take Attacks of Opportunity.
If the Dash action is taken, roll a d4. If the result is a 1, 2, or 3, your character "trips" and is knocked prone before movement.
Attack Rolls are made at Disadvantage.

Level 5 – Plastered

Speed is reduced by half.
Can't take Attacks of Opportunity.
If the Dash action is taken, your character "trips" and is knocked prone before movement.
Attack Rolls are made at Disadvantage.
Grapple-related Checks are made at disadvantage.
Before any Attack Roll, roll the d20. If the result is lower than a 5, the ensuing attack is made against yourself using your AC and target stats.

Level 6 – Wasted

You can't take Attacks of Opportunity.
You can't ready an action.
If the Dash action is taken, your character "trips" and is knocked prone before movement.
Attack Rolls are made at Disadvantage.
Grapple-related Checks are made at disadvantage.
Before any Attack Roll, roll the d20. If the result is lower than a 10, the ensuing attack is made against yourself using your AC and target stats. If the roll is lower than a 5, you also vomit, taking 1d4 Acid Damage.

Level 7 – Danger

You can't take Attacks of Opportunity.
You can't ready an action
If the Dash action is taken, your character "trips" and is knocked prone before movement.
Attack Rolls are made at Disadvantage.
Grapple-related Checks are made at disadvantage.
Before any Attack Roll, roll the d20. If the result is lower than a 15, the ensuing attack is made against yourself using your AC and target stats. If the roll is lower than a 10, you also vomit, taking 1d4 Acid Damage.
If any creature other than the creature you target for an attack is within 5 ft. of you, roll a d4 before your Attack Roll. If the result is lower than a 3, the DM chooses a target other than the intended target.

Inebriation in Role Play

Level 1 – Sober

All stats are normal.

Level 2 – Buzzed

Liquid Courage Advantage on Charisma Checks

Level 3 – Tipsy

Physical Folly Disadvantage on all Dexterity Checks and Saves

Liquid Courage Advantage on Charisma Checks

Level 4 – Drunk

One Too Many Disadvantage on all Ability Checks and Saving Throws.

Roll once every ten in-game minutes on the *Plastered Table* at the DM's request.

Level 5 – Plastered

One Too Many Disadvantage on all Ability Checks and Saving Throws.

Roll once every ten in-game minutes on the *Drunk Table* at the DM's request.

Move at half-speed

Once every half hour, roll a d4. If the result is a 1, you vomit, taking 1d4 Acid Damage.

Level 6 – Wasted

One Too Many Disadvantage on all Ability Checks and Saving Throws.

Roll once every ten in-game minutes on the *Wasted Table* at the DM's request.

Move at quarter-speed.

Once every ten minutes, roll a d4. If the result is a 1, you vomit, taking 1d4 Acid Damage.

Level 7 – Danger

One Too Many Disadvantage on all Ability Checks and Saving Throws.

Roll once every ten in-game minutes on the *Wasted Table* at the DM's request.

Speed is 0

Once every ten minutes, roll a d4. If the result is a 1 or 2, you vomit, taking 1d4 Acid Damage.

Inebriation Tables

Unless stated otherwise, the following effects are assumed to last until the character's Inebriation Level is 4 or below (i.e. No longer *Drunk*), or otherwise circumstantially prevented to display the effect of the roll.

Drunk Table

d20	Result
1	For the next minute, you're determined to convince others that you're sober, regardless of whether they believe you or not.
2	You attempt to convince the nearest person to give you another drink. If they provide it without prevention, you drink it willingly.
3	You are determined to boast of your previous adventures, frequently stretching the truth along the way.
4	For 10 minutes, any idea that doesn't immediately threaten your life seems wildly appealing. Assume Advantage on Persuasion or Intimidation Checks against you.
5	You are determined to initiate a safe physical challenge with another party member. (i.e. Wrestling, non-lethal combat, etc.)
6	You flirt casually at the first opportunity.
7	Until comforted by another, your character starts weeping, verbally dismayed with their listed <i>Flaw</i> .
8	You lose your balance and fall.
9	Your character insists on telling everyone about their listed Ideals and Bonds, explaining them to anyone in the vicinity.
10	Look to the player to your right. Their character is your character's best friend now. Now let them know why!
11	You're convinced that some trinket or mundane item in your possession is magical, but you can't quite tell why.

12	Your character feels nauseous and wishes to lie down. With a short rest or DC 15 Constitution Saving Throw, the nausea passes.
13	You are overcome with hunger. Your plot hook is food. Your adventure is food. Your treasure is food.
14	You attempt to impress those nearby with a small party trick.
15	You begin to grieve and regret the death of the last creature you killed.
16	You start hypothesizing bizarre conspiracies ("What if we aren't adventurers, but instead controlled by giant sky gods and we're just pawns in some game...?")
17	You have a sudden desire for a lasting decision such as getting a tattoo.
18	You slur your words so dramatically that what comes out is pure nonsense.
19	If there is some animal within view, you think it would make a great pet or familiar. If no animal is within view, you feel saddened by your lack of 'cute' animal companion.
20	You are determined to provide another character with a drink, and join you in the "fun"

24-27	Until comforted by another, your character starts weeping, verbally dismayed with their listed <i>Flaw</i> .
28-31	You lose your balance and fall.
32-35	Your character insists on telling everyone about their listed Ideals and Bonds, explaining them to anyone in the vicinity.
36-39	Look to the player to your right. Their character is your character's best friend now. Now let them know why!
40-43	You're convinced that some trinket or mundane item in your possession is magical, but you can't quite tell why.
44-47	Your character feels nauseous and wishes to lie down. With a short rest or DC 15 Constitution Saving Throw, the nausea passes.
48-51	You are overcome with hunger. Your plot hook is food. Your adventure is food. Your treasure is food.
52-55	You attempt to impress those nearby with a small party trick.
56-59	You begin to grieve and regret the death of the last creature you killed.
60-63	You start hypothesizing bizarre conspiracies ("What if we aren't adventurers, but instead controlled by giant sky gods and we're just pawns in some game...?")
64-67	You have a sudden desire for a lasting decision such as getting a tattoo.
68-71	You slur your words so dramatically that what comes out is pure nonsense.
72-75	If there is some animal within view, you think it would make a great pet or familiar. If no animal is within view, you feel saddened by your lack of 'cute' animal companion.
76-79	You are determined to provide another character with a drink, and join you in the "fun"
80-83	You vomit, taking 1d4 Acid Damage
84-87	For several minutes, you lose your sense of balance. Unless another character is adjacent, you fall. Take 1d4 bludgeoning damage.
88-91	You begin to weep, but you can't quite place why.
92-95	You jovially attempt to challenge another character in dangerous, yet non-lethal combat, but are not bothered if this challenge is not acknowledged.

Plastered Table

d100	Result
1-4	For the next minute, you're determined to convince others that you're sober, regardless of whether they believe you or not.
5-8	You attempt to convince the nearest person to give you another drink. If they provide it without prevention, you drink it willingly.
9-11	You are determined to boast of your previous adventures, frequently stretching the truth along the way.
12-14	For 10 minutes, any idea that doesn't immediately threaten your life seems wildly appealing. Assume Advantage on Persuasion or Intimidation Checks against you.
16-19	You are determined to initiate a safe physical challenge with another party member. (i.e. Wrestling, non-lethal combat, etc.)
20-23	You flirt casually at the first opportunity.

96-99 You act against your Ideals and Bonds in favor of self-preservation and superficial comforts.

00 Bard or not, you attempt to impress with your alleged musical prowess

Wasted Table

d100	Result
1-3	For the next minute, you're determined to convince others that you're sober, regardless of whether they believe you or not.
4-6	You attempt to convince the nearest person to give you another drink. If they provide it without prevention, you drink it willingly.
7-9	You are determined to boast of your previous adventures, frequently stretching the truth along the way.
10-12	For 10 minutes, any idea that doesn't immediately threaten your life seems wildly appealing. Assume Advantage on Persuasion or Intimidation Checks against you.
13-15	You are determined to initiate a safe physical challenge with another party member. (i.e. Wrestling, non-lethal combat, etc.)
16-18	You flirt casually at the first opportunity.
19-21	Until comforted by another, your character starts weeping, verbally dismayed with their listed <i>Flaw</i> .
22-23	You lose your balance and fall.
24-26	Your character insists on telling everyone about their listed Ideals and Bonds, explaining them to anyone in the vicinity.
27-29	Look to the player to your right. Their character is your character's best friend now. Now let them know why!
30-32	You're convinced that some trinket or mundane item in your possession is magical, but you can't quite tell why.
33-35	Your character feels nauseous and wishes to lie down. With a short rest or

DC 15 Constitution Saving Throw, the nausea passes.

36-38	You are overcome with hunger. Your plot hook is food. Your adventure is food. Your treasure is food.
39-41	You attempt to impress those nearby with a small party trick.
42-44	You begin to grieve and regret the death of the last creature you killed.
45-47	You start hypothesizing bizarre conspiracies ("What if we aren't adventurers, but instead controlled by giant sky gods and we're just pawns in some game...?")
48-50	You have a sudden desire for a lasting decision such as getting a tattoo.
51-53	You slur your words so dramatically that what comes out is pure nonsense.
54-56	If there is some animal within view, you think it would make a great pet or familiar. If no animal is within view, you feel saddened by your lack of 'cute' animal companion.
57-59	You are determined to provide another character with a drink, and join you in the "fun"
60-62	You vomit, taking 1d4 Acid Damage
63-65	For several minutes, you lose your sense of balance. Unless another character is adjacent, you fall. Take 1d4 bludgeoning damage.
66-68	You begin to weep, but you can't quite place why.
69-71	You jovially attempt to challenge another character in dangerous, yet non-lethal combat, but are not bothered if this challenge is not acknowledged.
72-74	You act against your Ideals and Bonds in favor of self-preservation and superficial comforts.
75-77	Bard or not, you attempt to impress with your alleged musical prowess
78-80	Magic user or not, you're determined to make magic happen. If so, you seem wildly impressed with yourself
81-83	You are quick to anger if something does not go your way.
84-86	You make an offensive remark regarding the appearance of one nearby character.

87-89	You admit love, truthful or otherwise, to one visible character.
90-92	Whatever your party's primary goal is, your goal right now is staying where you are, drinking, and socializing.
93	You fall to the ground, taking 1d4 Bludgeoning Damage. You will not get up until another player lifts you to your feet.
94	The first person you see who is remotely attractive to you? They're the love of your life.
95	You challenge one person to deadly combat.
96	Make a Dexterity Saving Throw (DC 15). On success, you draw and utilize an available martial weapon in some reckless, but non-dangerous way. On failure, you do half damage to yourself with that weapon. If no martial weapon is available, you trip, taking 1d4 damage falling prone.
97	You reliably slur your words and are unintelligible in words and struggle to communicate with any physicality.
98	You have difficulty following basic conversation
99	Despite your statistics, your character plays as though they are of a different class of your character's choosing
00	For 10 minutes, you lie prone, weeping. You are inconsolable, and the reason is the number of creatures you've killed.

4	You flirt relentlessly with a chosen NPC who shows you the slightest bit of interest
5	You are determined to initiate a safe physical challenge with another party member. (i.e. Wrestling, non-lethal combat, etc.)
6	If you have a martial or ranged weapon, you accidentally injure yourself upon it, taking full damage.

Danger Table

d6	Result
1	You lose consciousness for 6 hours
2	Make a DC 20 Constitution Saving Throw. Take 10 Poison Damage as you vomit violently. Half Damage upon success.
3	You violently attack anyone who does not totally agree with you.

Drinks & Dragons

An old adventurer once came into the Laughing Goblin with tale of a wager he once had... He an' his buddy sought to defeat some frost giant up north. They were feelin' real cocky like, and o'er a game o' cards bet that the winner go on questin' drunk the whole time! Here's what he told me..

The following are rules for a Dungeons & Dragons drinking game. In good D&D tradition, try adding and changing rules to your group's liking!

In Combat:

- If you take damage, take a sip.
- If you fail a saving throw, take a sip.
- If you fail a Death Save, finish your drink.
- If you make a Critical Hit, the DM finishes their drink.
- For finishing a combat encounter, the DM finish their drink.

General Rules

- Any time you take a Short Rest, take a sip.
- Any time you take a Long Rest, finish your drink.
- Inspiration can be spent to exempt one's self from a drink.
- For failed Ability Checks, take a sip.
- On a successful Ability Check, you choose whether the DM takes a sip or not.
- Upon murdering an unarmed NPC, all players must finish their drinks.
- Upon entering any inn, pub, bar, tavern, saloon, etc., everyone, including the DM, takes a sip.
- On any roll of a Natural 1, DM or player, finish your drink.