

Monstrous Races 2

Compact Edition

*Character Options for Playing Every Monster in
Volo's Guide to Monsters*



Monstrous Races 2

Compact Edition

Character Options for Playing Every Monster in the Monster Manual

The compact companion to *Monstrous Races 2*, this document contains all of the racial traits, feats, items, and spells from *Monstrous Races 2*, but omits art, the Introduction section, design notes, and appendices in order to make this document a convenient, portable option while gaming on the go.

by Tyler Kamstra



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Contents

Contents 3

New Rules & Rules

Clarifications 4

Healing Constructs and Undead	4
Monks and Natural Weapons.....	4
Templates	4
Somatic Components	5
Tiny Creatures	5
Unconsciousness and Immunity.....	5

Monstrous Races 6

Banderhobb.....	6
Barghest	6
Beholders	7
Bodak.....	9
Boggle.....	10
Catoblepas.....	10
Cave Fisher	11
Chitine	12
Cranium Rats	13
Darkling	13
Deep Scion [Template: Acquired]..	14
Demons	15
Devourer.....	16
Dinosaurs.....	17
Draegloth.....	19
Firenewts.....	19
Firenewt Giant Strider	20
Flail Snail.....	20

Froghemoth	21
Giants.....	21
Girallon	22
Gnolls	23
Grungs.....	23
Guard Drake.....	24
Hags	25
Hobgoblins	25
Ki-rin	25
Kobolds	26
Korred	26
Leucrotta.....	27
Meenlock	27
Mind Flayers	28
Mindwitness	29
Morkoth.....	30
Neogi.....	31
Neothelid	31
Nilbog.....	32
Orcs.....	32
Quicklings.....	33
Redcap	33
Sea Spawn.....	34
Shadow Mastiff.....	34
Slithering Tracker.....	35
Spawn of Kyuss	36
Tlincalli	36
Trapper	37
Vargouille.....	37
Vegepygmies.....	38

Wood Woad.....	39
Xvart.....	40
Yeth Hound	41
Yuan-Ti	41

Assorted Beasts 44

Aurochs	44
Cattle.....	44
Dolphin.....	45
Rot Grub.....	45

Feats..... 47

General Feats	47
Racial Feats	47

Backgrounds..... 52

Born of Magic.....	52
Dungeon Denizen.....	53
Locale Spirit.....	54

Magic Items..... 56

Automagical Hand.....	56
Collar of Mighty Claws	56
Flind's Flail.....	56
Graystaff.....	56
Nilbog Spirit.....	56

Spells 58

Spell Lists.....	58
Spell Descriptions.....	58

New Rules & Rules Clarifications

While this document attempts to live within the confines of existing rules, adapting some parts of the monster manual requires some new concepts and mechanics.

Healing Constructs and Undead

The most common magical healing options (*cure wounds*, *healing word*, and *heal*) do not affect constructs or undead. This creates a unique challenge for players hoping to play those creature types.

Jeremy Crawford suggested [on twitter](#) that constructs and undead could heal themselves by resting, just as living creatures can, and also noted that the Regenerate spell still applies to constructs and undead.

In addition to these options, I recommend introducing matching spells which only affect constructs and undead. *Repair damage* matches *cure wounds*, *word of repair* matches *healing word*, and *repair* matches *heal*. You might also introduce more spells for newer options like *healing spirit*, published in Xanathar's Guide to Everything. Any class which has the normal version of the spell on their spell list should have the "repair" version on their spell list.

Alternatively, you could allow undead to be healed by necrotic damage. However, since necrotic damage is available as a cantrip, I don't advise this.

Monks and Natural Weapons

Monks gain a superhuman ability to deal damage with their unarmed strikes. While this causes no issues for humans and similar races, creatures which have powerful natural weapons already deal more unarmed strike damage than 1st-level monks.

For the purposes of Martial Arts and Flurry of Blows, the bonus unarmed strikes made as a Bonus Action must be conventional unarmed strikes: punches, kicks, etc. instead of relying upon claws, teeth, etc. These attacks deal bludgeoning damage, and follow the standard Monk Unarmed Strike damage progression.

Templates

The Monster Manual introduces the concept of Templates, which can be applied to existing creatures

to customize them. These templates include iconic creatures like liches, lycanthropes, and skeletons. While the existing rules work well for monsters, they don't function well for player characters, and granting players a template like lycanthropy presents a huge power increase, often at little cost.

The alternate rules presented here are intended as a replacement for the existing rules, allowing players to use templates without gaining an unfair benefit over other player characters, and presenting easily used means to play iconic creatures like vampires and werewolves while still fitting into the normal bounds of the game.

Natural vs. Acquired templates

Natural templates are templates which must be applied to a creature at creation. These templates are specific to some circumstance of the creature's birth or creation, such as the half-dragon template or the skeleton template.

Acquired templates can be applied to a creature at any point as specified by the specific template, and represent a dramatic change to the creature at some point in their existence, such as a creature and returning as a ghost, or a creature being afflicted with lycanthropy.

Some templates can be either natural or acquired, such as the lycanthrope template. In these cases, the template's description elaborates on the mechanics of acquiring the template.

Acquiring Templates

Natural templates can be applied to valid creatures when the creature is created, and acquired templates can be applied to valid creatures at any time, as specified by the template's description. All templates apply a set of traits immediately upon gaining the template.

Template Levels

In addition to the traits applied when a template is initially applied, some templates also have "template levels." These levels function similarly to gaining levels in a class, but when you can or must take them is dictated by the template itself. More powerful templates will require more levels.

Template levels grant hit dice, as specified in the template's description. Template levels may only be taken by characters with at least one class level. A character's proficiency bonus advances with their total

level, including any template levels, just as if they had taken levels in a class.

Removing Templates

If a character ever loses a template, such as by being cured of a curse, they immediately lose any traits gained from the template. If they have levels in the template, they lose those levels and may replace them with the same number of levels in a class upon completing a long rest.

Somatic Components

The rules for somatic components states that “the caster must have free use of at least one hand”. As written, this requires an actual hand. However, the core rules are clearly intended to cover humanoid races, and this document ranges far beyond humanoids, venturing into creatures like beholders and rocs, which clearly don’t have hands. However, lack of perfectly human-like hands should not prevent a race from performing somatic components.

Any creature can perform somatic components appropriate to their forms, whatever that form may be. However, any circumstance which would prevent a human from performing somatic components, such as being tightly restrained, similarly prevents monstrous races from performing somatic components.

Tiny Creatures

Due to their small stature, tiny creatures require additional mechanics not covered in the core rules. Being the size of a house cat carries certain complications not faced by common humanoid races like halflings and elves.

Tiny creatures have difficulty using weapons which small and medium creatures can wield comfortably. Tiny creatures may not use weapons made for larger creatures unless they have the Light property. Using those weapons requires two hands and negates the Finesse property, and tiny creatures suffer disadvantage on attack rolls with those weapons. Tiny creatures may not use weapons for larger creatures to engage in two-weapon fighting, even though they have the Light property, just as a medium creature cannot use two two-handed weapons for two-weapon fighting.

Due to their inability to use weapons made for larger creatures, tiny creatures usually wield weapons better suited to their size. Such weapons add the Tiny weapon property, in addition to any other properties, and

remove the Reach property if the weapon possesses it normally.

Weapons with the tiny property deal reduced damage, as per the table below, and weigh one quarter the normal weight for that type of weapon, and have half the range of the normal weapon (if any). Ranged weapons, thrown weapons, and thrown improvised weapons with the tiny property have ranges equal to half of their normal range, rounded down to the nearest 5 feet and to a minimum range of 5 feet. In addition, weapons with the Tiny property ignore the restrictions described in the preceding paragraph since they are size appropriately for tiny creatures.

Original Damage	Tiny Damage
1d4	1
1d6	1
1d8	1d2
1d10	1d3
1d12/2d6	1d4

Tiny creatures use armor which weighs less than armor for small or medium creatures. Armor made for tiny creatures weighs one quarter of the armor’s listed weight.

Finally, tiny creatures can lift and carry one quarter the amount which a medium or small creature would be able to carry with the same Strength score.

Unconsciousness and Immunity

The Monster Manual presents a long list of creatures with immunity to the Unconscious condition. However, it’s never explicitly explained what happens to these creatures when they drop to 0 hit points. The text in question, taken from the “Dropping to 0 Hit Points” section, is as follows:

“When you drop to 0 hit points, you either die outright or fall unconscious”

While this isn’t explicitly stated anywhere, it seems reasonable that if you’re presented with two options and one option is disallowed, you must take the other option. Therefore, creatures that are immune to unconsciousness are outright slain when they fall to 0 hit points.

Several of the races presented in this document are immune to the Unconscious condition. This presents a tradeoff for those races. They are immune to effects which would render them prematurely unconscious, such as the *sleep* spell. However, they also lose the relative safety of falling unconscious during a difficult fight. Expect these players to play more defensively than usual, and possibly to flee when the possibility of 0 hit points seems likely.

Monstrous Races

Banderhobb

Horrifying shadow creatures which resemble bipedal toads with massive, toothy maws.

Banderhobb Traits

Banderhobbs share the following racial traits.

Creature Type. Monstrosity.

Ability Score Increase. +1 Strength, +1 Constitution.

Alignment. Summoned for nefarious purposes and giving no concern to whatever pain or damage they might cause, most Banderhobbs are neutral evil.

Size. Your size is medium.

Speed. Your base walking speed is 30 ft.

Bite. Your unarmed strikes deal 1d8 piercing damage on a hit.

When you take the Attack action and make an unarmed strike, you can use a bonus action to initiate a grapple with the target of your successful unarmed strike.

Can't Speak. You are unable to speak, but are still able to read, write, and understand any languages which you know. You are unable to perform verbal spell components.

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 color in darkness, only shades of gray.

Natural Armor. While unarmored, your AC is equal to 12 + your Dexterity modifier.

Resonant Connection. If you have even a tiny piece of a creature or an object in its possession, such as a lock of hair or a splinter of wood, you know the most direct route to that creature or object if it is within 1 mile of you.

Shadow Stealth. While in dim light or darkness, you can take the Hide action as a bonus action.

Tongue. As an action, you may use your extendable tongue to draw foes toward you. Make a melee weapon attack as though you were making an unarmed strike against a creature within 15 feet. On a hit, you deal as much damage as you would normally deal with an unarmed strike, but the damage dealt is necrotic damage rather than its normal damage type. In addition, you pull the target into an adjacent unoccupied space. If you pull the foe adjacent to you,

you can use a bonus action to initiate a grapple as though you had attacked with your bite.

Languages. You can understand, read, and write in Common.

Playing a Banderhobb

Banderhobbs are strong and make excellent grapplers. Their Tongue ability allows them to keep foes nearby, and their ability to grapple easily makes them great at isolating and overpowering single foes. Consider classes like barbarian and fighter which can capitalize on the Banderhobb's capabilities in melee.

Banderhobbs are summoned via a secret ritual for some specific, nefarious purpose by an evil creature. Banderhobbs pursue that goal as instructed with little care for anything else. In a party with a specific goal in mind, a benefactor might introduce a banderhobb to the party, or one of the party members might discover the ritual to conjure a banderhobb to serve them. Consider who your master is, as you are wholly bound to follow their instructions, your brief existence ending when your task is complete.

Barghest

Canine fiends the size of horses, barghests were created to prey upon and consume the souls of goblins.

Barghest Traits

share the following racial traits.

Creature Type. Fiend.

Ability Score Increase. +1 Strength, +1 Dexterity

Alignment. Fiends created to prey upon sentient creatures, most barghests are neutral evil.

Size. Your size is medium.

Speed. Your base walking speed is 60 ft.

Bite and Claw. Your unarmed strikes deal 1d8 piercing or slashing damage on a hit.

When you take the Attack action and make an unarmed strike, you can use a bonus action to initiate a grapple with the target of your successful unarmed strike.

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 color in darkness, only shades of gray.

Fire Banishment. When you start your turn engulfed in flames that are at least as large as your space (5 ft. square for a small or medium creature), you must succeed on a DC 15 Charisma saving throw or be instantly banished to Gehenna.

Instantaneous bursts of flame (such as breath weapons or a *fireball*) don't have this effect on you, but magically conjured fire which has a non-instantaneous duration (such as *create bonfire*) do. In the case of magically created fire, if you succeed on a Dexterity saving throw to reduce the damage taken, you do not need to make the Charisma saving throw to avoid banishment.

Natural Armor. While unarmored, your AC is equal to 12 + your Dexterity modifier.

Shapechanger. As an action, you can magically take the form of a Small goblin or return to your true form. Any equipment you are holding or wearing is not transformed. You retain all of your own statistics, except as noted below.

To discern that you are disguised, a creature can use its action to inspect your appearance and must succeed on an Intelligence (Investigation) check. The DC of this check is 8 + your proficiency bonus + your Charisma modifier.

While in goblin form, your walking speed is 30 ft. and you may not use your bite attack, so your natural weapons deal 1d8 slashing damage and may not deal piercing damage.

Soul Feeding. You can feed on the corpse of a humanoid that you kill, and that has been dead for less than 10 minutes, devouring both the creature's flesh and its soul. This feeding takes at least 1 minute (but may take longer for exceptionally large humanoids like goliaths), and it destroys the victim's body. The victim's soul is trapped in your stomach for 24 hours, after which time it is digested. If you die before the soul is digested, the soul is released.

While a humanoid's soul is trapped in your stomach, any form of revival that could work has only a 50 percent chance of doing so, freeing the soul from your stomach if it is successful. Once a creature's soul is digested, however, no magic short of divine intervention can restore it.

Languages. You can speak, read, and write in Abyssal, Common, Goblin, and Infernal.

Playing a Barghest

Barghests spend most of their time pretending to be a goblin, so consider classes which goblins normally pursue. Monk, ranger, and rogue are all great choices, but fighter is also an option. Because Fire Banishment presents a way to quickly remove you from your party, be extremely cautious around open flames and spellcasters, and consider improving your Charisma saving throws to protect yourself.

Barghests are normally found in two places: among goblins, and among yugoloths. Barghests found among goblins are actively preying upon them, but might still cooperate with a party of goblins long enough to entrap them individually, or might wait until the goblins grow strong and prestigious to elevate the barghest's own status upon completing its quota of 17 goblin souls.

Beholders

A variety of magical creatures identified by their shared features: A floating, orb-like creature with a single central eye, and some variety of tentacles or stalked growing outward from their body.

Originally presented in the original *Monstrous Races*, this section adds additional Beholder subraces. The shared beholder racial traits presented in *Monstrous Races* have been altered below to reflect new subraces. If you use Beholder subraces from the original *Monstrous Races*, use the version of the racial traits presented there.

Beholder Traits

Beholders share the following racial traits.

Creature Type. Aberration.

Speed. Your base walking speed is 0 ft.

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 color in darkness, only shades of gray.

No Hands. You are unable to wield weapons or wear shields, and cannot use items which require manipulation, including spellcasting foci, wands, tools, etc.

Subrace. Choose one of these subraces. You gain the traits listed under your chosen subrace in addition to those listed above.

Death Kiss Traits

Ability Score Increase. +1 Strength.

Alignment. Violent and predatory, most death kiss beholders are neutral evil.

Size. Your size is medium.

Blood Drain. Using the Attack action, you can make a special melee attack to drain blood from a creature which you are currently grappling. No attack roll is required for this attack. Instead, the target makes a Constitution saving throw. The DC of this saving throw is 8 + your proficiency bonus + your Constitution modifier. On a failed saving throw, the creature takes lightning damage equal to the damage dealt by your

unarmed strikes, and you can spend a hit die to heal yourself.

Flight. You have a flying speed of 30 feet, and can hover. To use this speed, you can't be wearing medium or heavy armor. You are immune to the prone condition.

Damage Resistance. You have resistance against lightning damage.

Tentacle. Your unarmed strikes deal 1d8 piercing damage on a hit.

When you take the Attack action and make an unarmed strike, you can use a bonus action to initiate a grapple with the target of your successful unarmed strike.

Languages. You can speak, read, and write in Deep Speech and Undercommon

Gauth Traits

Ability Score Increase. +1 Intelligence.

Alignment. Deceptive, manipulative, and willing to enslave creatures to help it find magic items to eat, most gauths are lawful evil.

Size. Your size is medium.

Bite. Your unarmed strikes deal 1d6 piercing damage on a hit.

Death Throes. When you fall to 0 hit points, the magic within you explodes. Each creature within 10 feet of you must make a Dexterity saving throw, taking 1d6 force damage on a failed save, or half as much damage on a successful one. The DC of this check is 8 + your proficiency bonus + your Constitution modifier. The damage increases by 1d6 when you reach 5th level (2d6), 11th level (3d6), and 17th level (4d6).

Eye Rays. You know the *devour magic* (see the Spells chapter) and *fire bolt* cantrips. You may cast spells as though you were using a magic focus, even if you are not doing so. Intelligence is your spellcasting ability for these spells.

Flight. You have a flying speed of 30 feet, and can hover. To use this speed, you can't be wearing medium or heavy armor. You are immune to the prone condition.

Natural Armor. While unarmored, your AC is equal to 12 + your Dexterity modifier.

No Hands. You are unable to wield weapons or wear shields, and cannot use items which require manipulation, including spellcasting foci, wands, tools, etc.

Stunning Gaze. As an action, you can incapacitate a creature that you see within 30 feet of you with a look from your central eye. The creature must make a Wisdom saving throw. On a failed save the creature

becomes incapacitated until the beginning of your next turn. The DC of this saving throw is 8 + your Proficiency bonus + your Intelligence modifier.

After you use this ability, you can't use it again until you complete a long rest.

Languages. You can speak, read, and write in Deep Speech and Undercommon

Gazer Traits

Ability Score Increase. +2 Dexterity.

Alignment. Petulant, impolite, hostile, and generally unpleasant and aggressive, most gazers are neutral evil.

Size. Your size is tiny.

Aggressive. As a bonus action, you can move up to your speed toward a hostile creature that you can see.

Bite. Your unarmed strikes deal 1d4 piercing damage on a hit.

You can use Dexterity instead of Strength for the attack and damage rolls of your unarmed strikes. Your unarmed strikes count as a weapon with the Finesse property for all effects which require it, such as Sneak Attack.

Eye Rays. You know the *daze* (see the Spells chapter), *mage hand*, *spook* (see the Spells chapter), and *ray of frost* cantrips. You may cast spells as though you were using a magic focus, even if you are not doing so. Intelligence is your spellcasting ability for these spells.

Flight. You have a flying speed of 30 feet, and can hover. To use this speed, you can't be wearing medium or heavy armor. You are immune to the prone condition.

Mimicry. You can mimic any sounds you have heard, including voices. A creature that hears the sounds can tell they are imitations with a successful Insight check against a DC equal to 8 + your Charisma (Deception) bonus.

Languages. You can understand, read, and write in Undercommon, but are unable to speak except through your Mimicry ability.

Playing an Beholder

Beholders are all evil, aggressive, territorial, and borderline insane. They rarely play well with others, and when they deign to cooperate with other creatures, it's typically because it has enslaved, dominated, or otherwise compelled the other creatures to work toward the beholder's goals.

The beholders presented here differ from the beholders presented in original Monstrous Races. Death Kiss Beholders are powerful melee combatants.

Gazers lack the intelligence to make natural wizards, but make for fine rogues, especially arcane tricksters. Gauths make excellent wizards, and present a slightly different set of traits more in line with Eye Tyrants and Spectators.

Death Kiss

Death Kiss Beholders are all about grappling. Select a class that gets you proficiency with Athletics like Barbarian and Fighter, and get into melee as quickly as possible to start grappling things. Blood Drain lets you use hit dice to heal quickly in combat so consider the Durable feat to make your hit dice a more reliable source of healing.

Motivated almost exclusively by the need to feed, it's unclear what might compel a Death Kiss Beholder to join a party. They might be bullied into service by an Eye Tyrant, or they might be persuaded to work alongside cannibalistic monsters that don't mind their prey being drained of blood immediately prior to consumption.

Gauth

Gauths are much like eye tyrants in many ways: intelligent, evil, and magically powerful. While they don't have as many eye ray options as an eye tyrant, their Stunning Gaze is a reliable and potent way to temporarily incapacitate foes. Like the Eye Tyrant, Gauths make natural wizards.

Gauths are less xenophobic than eye tyrants, and are more willing to team up with, hire, or enslave other creatures that might assist the Gauth in its goal of locating and consuming magic items.

Gazer

Gazers are small and nimble, and combined with their ability to fly and hover, they make excellent rogues. While they lack the raw magical power of other beholders, Gauths can still succeed as Arcane Tricksters.

Gazers like to serve creatures with magical power, so a party with numerous spellcasters in it might find a gazer willing to join them. However, Gazers are bullies who will pick on anything small enough or obviously weak, so they need frequent shepherding to prevent them from getting distracted by the urge to harass other creatures.

Bodak

Evil undead created when a follower of Orcus willingly performs a ritual upon themselves.

Bodak Traits

Bodaks share the following racial traits.

Creature Type. Undead. You don't require air, food, drink, or sleep. Instead, you enter a restful state, remaining semiconscious, for 4 hours a day. While resting, you can dream after a fashion; such dreams are reflexive mental exercises inherent to your consciousness. After resting in this way, you gain the same benefit that a human does from 8 hours of sleep.

Ability Score Increase. +1 Strength, +1 Dexterity, +1 Constitution.

Alignment. Murderous undead utterly loyal to Orcus, most Bodaks are chaotic evil.

Size. Your size is medium.

Speed. Your base walking speed is 30 ft.

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 color in darkness, only shades of gray.

Death Gaze. As an action, you can turn your deadly gaze upon a creature to harm it. A creature within 120 ft. than you can see and that can see you must succeed on a Constitution saving throw, or take 1d10 necrotic damage. The DC of this saving throw is 8 + your proficiency bonus + your Constitution modifier.

Unless surprised, a creature can avert its eyes to avoid the saving throw as a reaction. If the creature does so, it has Disadvantage on attack rolls against you and you have Advantage on attack rolls against it until the end of your next turn. If the creature looks at you in the meantime, it must immediately make the saving throw, taking the damage on a failed save as normal.

This damage increases to 2d10 at 5th level, 3d10 at 11th level, and 4d10 at 17th level. Charisma is your spellcasting ability for this attack.

Fist. Your unarmed strikes deal 1d4 bludgeoning damage on a hit.

Natural Armor. While unarmored, your AC is equal to 12 + your Dexterity modifier.

Undead Nature. You have resistance to lightning damage. You have immunity to poison damage, and to the poisoned condition.

Languages. You can speak, read, and write in Abyssal.

Playing a Bodak

Bodaks are physically strong and resilient, so they can succeed in a variety of classes. Their Death Gaze offers a potent ranged option, allowing them to deal necrotic damage, or force a creature to look away from the Bodak, affording the Bodak a significant advantage.

Bodaks are devout worshippers of Orcus. As such, they are at home in a party of demons, undead, or Orcus adherents.

Boggle

Small fey born out of a feeling of loneliness, boggles resemble mishshapen humanoids covered in thick, black oil.

Boggle Traits

Boggles share the following racial traits.

Creature Type. Fey.

Ability Score Increase. +1 Dexterity.

Alignment. Unreliable, flighty, and often annoying though rarely malicious, most boggles are chaotic neutral

Size. Your size is small.

Speed. Your base walking speed is 30 ft. You have a climb speed of 30 ft.

Boggle Oil. You naturally excrete a nonflammable oil from your pores. You can choose whether the oil is slippery or sticky, and can change the oil on your skin from one consistency to another as a Bonus Action.

Slippery Oil: While coated in slippery oil you gain Advantage on Dexterity (Acrobatics) checks made to escape bonds, squeeze through narrow spaces, and end grapples.

Sticky Oil: While coated in sticky oil, you gain Advantage on Strength (Athletics) checks made to grapple and any ability check made to maintain a hold on another creature, a surface, or an object. You can also climb difficult surfaces, including upside down on ceilings, without needing to make an ability check.

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 color in darkness, only shades of gray.

Dimension Rift. As a Bonus Action you create an invisible rift in space and step through it. You create this rift in an immobile, enclosed frame that you can see within 5 feet, such as an open doorway or window, the space between bars of a cell, or an open container. You instantly emerge from another suitable frame within 30 ft. of the first frame.

Oil Puddle. As an action you create a puddle of oil that is either slippery or sticky (depending on the current state of your Boggle Oil trait). The puddle is 1 inch deep and, and fills a 10 ft. square area. The puddle is difficult terrain for all creatures except boggles and lasts for 1 hour.

If the oil is slippery, any creature that enters the puddle's area or starts its turn there must succeed on a Dexterity saving throw or fall prone.

If the oil is sticky, any creature that enters the puddle's area or starts its turn there must succeed on a Strength saving throw or be restrained. On its turn, a creature can use an action to try to extricate itself from the sticky puddle, ending the effect and moving into the nearest safe unoccupied space with a successful Strength check.

The DC of these saving throws and ability checks are 8 + your proficiency bonus + your Constitution bonus.

After you use this ability, you can't use it again until you complete a long rest.

Pummel. Your unarmed strikes deal 1d4 bludgeoning damage on a hit.

Languages. You can speak, read, and write in Sylvan.

Playing a Boggle

Nimble, slippery, and surprising, boggles make excellent monks, rangers, and rogues. Oil Puddle is a useful option for trapping foes in place, or otherwise making it difficult for your enemies to move.

Brought into being by profound feelings of loneliness, boggles might suddenly appear to join a solitary adventurer, or one who surrounds themselves with allies with whom they have trouble connecting emotionally, like a long-lived elf wizard in a party of short-lived goblins. In any case, boggles are unrepentant tricksters, and love all manner of practical jokes, surprises, and even the occasional jump scare.

Catoblepas

Loathsome, foul-smelling quadrupedal swamp creatures, the presence of a catoblepas is seen as a bad omen, and brings corruption and disease to wherever it resides.

Catoblepas Traits

Catoblepas share the following racial traits.

Creature Type. Monstrosity.

Ability Score Increase. +1 Strength, +1 Constitution.

Alignment. Normally unintelligent beast-like creatures, most catoblepas are neutral.

Size. Your size is medium.

Speed. Your base walking speed is 30 ft.

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 color in darkness, only shades of gray.

Death Ray. As an action, you may target one creature you can see within 30 ft. of you. The target must succeed on a Constitution saving throw or take 1d8 necrotic damage. The DC for this saving throw is 8 + your proficiency bonus + your Intelligence modifier. The damage increases by 1d8 when you reach 5th level (2d8), 11th level (3d8), and 17th level (4d8).

Keen Smell. You have advantage on Wisdom (Perception) checks that rely on smell.

Natural Armor. While unarmored, your AC is equal to 13 + your Dexterity modifier.

No Hands. You are unable to wield weapons or wear shields, and cannot use items which require manipulation, including spellcasting foci, wands, tools, etc.

Stench. As a bonus action you can exude a horrifying stench for up to one minute. Any creature which starts its turn within 5 ft. of you must succeed on a Constitution saving throw or be poisoned until the start of its next turn. The DC for this saving throw is 8 + your proficiency bonus + your Constitution modifier.

You must maintain concentration during that time, as if you were casting a spell. If you lose concentration, affected creatures are no longer poisoned by this ability.

After you use this ability, you can't use it again until you complete a short or long rest.

Tail. Your unarmed strikes deal 1d8 bludgeoning damage on a hit.

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

Playing a Catoblepas

Strong and tough with good natural armor and Stench, the Catoblepas is a strong melee threat. Consider classes like barbarian and fighter which play to the catoblepas's strengths.

Catoblepas are normally solitary creatures, but occasionally hags keep them as pets, and legends tell of evil knights who have tamed a catoblepas to use as a mount.

Cave Fisher

Pale monstrosities resembling a spider with crab arms, cave fishers are dangerous ambush predators whose whole bodies are prized for their numerous valuable components.

Cave Fisher Traits

Cave fisher share the following racial traits.

Creature Type. Monstrosity.

Ability Score Increase. +2 Strength.

Alignment. Normally unintelligent beast-like creatures, most cave fishers are neutral.

Size. Your size is medium.

Speed. Your base walking speed is 20 ft.

Claw. Your unarmed strikes deal 1d8 piercing or slashing damage on a hit.

Filament. As an action, you can fire a sticky filament up to 60 feet in a straight line. This line is blocked by total cover. The filament adheres to everything that it touches. You automatically attempt to grapple every creature adhered to the filament, making a Strength (Athletics) check opposed by their Strength (Athletics) or Dexterity (Acrobatics) check as normal. If a creature adhered to the filament has half or three-quarters cover, they receive Advantage on this check because less of the filament strikes them. Creatures that fail this opposed check are grappled by you.

Creatures adhered by the filament may attempt to escape the grapple as normal, but no longer gain Advantage if they had cover when you fired the filament. In addition, the filament may be attacked. It has an AC of 8 + your proficiency bonus + your Constitution modifier. It has hit points equal to your number of total hit dice + your Constitution modifier. The filament is immune to poison and psychic damage. It uses your Strength and Constitution saving throws, if applicable, but automatically fails any other saving throws.

You may release the filament as a reaction. If you move after firing the filament, become incapacitated, or die, you automatically release the filament. When you release the filament, creatures remain adhered, but have Advantage on their ability checks to escape and on attack rolls to damage the filament.

If you begin your turn while still holding the filament, as an action you can reel in a creature or unattended object which your filament has adhered to. If you do so, all other targets of your filament are immediately released. The target must weigh no more than your carrying capacity (your Strength score multiplied by 15). If the target is a creature, you must make a Strength (Athletics) check opposed by their Strength (Athletics) or Dexterity (Acrobatics) check. On a successful check, you pull the target into an unoccupied space within 5 feet of you. The target remains grappled by you, and you may make an unarmed strike against the target as a bonus action.

Flammable Blood. While your current hit points are equal to or less than half of your hit point maximum, you have vulnerability to fire damage.

Natural Armor. While unarmored, your AC is equal to 14 + your Dexterity modifier.

Spider Climb. You can climb difficult surfaces, including upside down on ceilings, without needing to make an ability check.

Languages. You can speak, read, and write in Undercommon.

Playing a Cave Fisher

Cave fishers thrive in melee. They have excellent natural armor, and their Filament allows them to reel in foes who are too far away or too quick for the Cave Fisher to catch. Consider classes like barbarian, especially because it improves your movement speed.

Chitines and hobgoblins both tame cave fishers to serve as guards or beasts of war, so a cave fisher might fit into a party with a chitine or hobgoblin to command them. Because cave fishers have an instinctive fear of fire, characters who use fire spells, breath fire, or weird magical flaming weapons might have trouble befriendng a cave fisher.

Chitine

Creatures with features of both arachnids and humanoids, chitine are fiercely loyal servants of Lolth, and exist to carry out her revenge upon disloyal Drow.

Chitine Traits

Chitines share the following racial traits.

Creature Type. Monstrosity

Alignment. Fanatically devoted to Lolth, and created to exact cruel revenge upon her disloyal worshippers, most chitines are chaotic evil.

Speed. Your base walking speed is 30 ft. You have a climb speed of 30 ft.

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 color in darkness, only shades of gray.

Fey Ancestry. You have advantage on saving throws against being charmed, and magic can't put you to sleep.

Spider Climb. You can climb difficult surfaces, including upside down on ceilings, without needing to make an ability check.

Web Walker. You ignore movement restrictions caused by webbing.

Languages. You can speak, read, and write in Undercommon.

Subrace. Choose one of these subraces. You gain the traits listed under your chosen subrace in addition to those listed above.

Chitine Traits

Size. Your size is small.

Ability Score Increase. +2 Dexterity

Arachnid Skills. You are proficient in Athletics and Stealth.

Four Arms. You have four arms, and may hold and use items in each of your hands.

If you have Extra Attacks, when you take the Attack action you may make each of your attacks using any weapon you are holding.

When you take the Attack action and attack with a weapon which qualifies for use with two-weapon fighting, you can use a bonus action to attack with a different qualifying weapon. You don't add your ability modifier to the damage of the bonus attack unless the modifier is negative or you have an ability which allows you to add your ability modifier to the bonus attack granted by two-weapon fighting. If you choose to make this additional attack, you may not benefit from using a shield until the beginning of your next turn.

If you use a weapon with the Heavy property or use a Versatile weapon two-handed you may not benefit from using a shield until the beginning of your next turn, but you may switch between multiple Heavy or Versatile weapons with each attack.

Choldrith Traits

Size. Your size is medium.

Ability Score Increase. +1 Dexterity, +1 Wisdom

Innate Spellcasting. You know one Cantrip of your choice from the cleric spell list. At 3rd level, you may cast *spiritual weapon* (dagger) once per day. Wisdom is your spellcasting these spells.

Web. You may shoot sticky webs from your body as a ranged weapon attack. This attack has 30/60 range. On a hit, the creature is restrained by webbing. As an action, the restrained creature can make a Strength check against a DC equal to 8 + your proficiency bonus + your Constitution bonus, escaping from the webbing on a success. The effect ends if the webbing is destroyed. The webbing has AC 10, 5 hit points, resistance to bludgeoning damage, and immunity to poison and psychic damage.

Playing a Chitine

Chitines have uncomfortable relationships with drow. They worship the same deity, and perform many of the same activities like rearing giant spiders, but drow view

chitines like wayward slaves, and chitines view drow like less-devout adherents of the same religion.

Chitine

For a monstrosity, chitines are remarkably similar to humanoids. Their high dexterity and multiple arms make them excellent at using finesse and ranged weapons, able to quickly switch from melee to ranged weaponry, without needing to sheath or drop a weapon. Consider classes like fighter, ranger, and rogue which can capitalize on these strengths, but don't overlook monk as a potential option.

Chitines are divided into strict worker and warrior castes, and serve the good of their colony in whatever capacity they are assigned. They might naturally follow a Choldrith party leader on an adventure. Chitines are also occasionally re-enslaved by the drow, in which case a chitine might be found in party with one or more drow characters.

Choldrith

With high Dexterity and Wisdom, choldrith make good clerics, druids, rangers, and rogues. They're not quite as capable with weapons as chitines, but their innate spellcasting offers some useful options, and the Web trait allows them to easily inhibit their foes without relying on magic.

Choldriths are the leaders of Chitine society, and despite their hatred for the Drow they they share many similar tendencies. Choldriths constantly vie for position, but differ from drow in that choldriths always place the good of their colony above their own ambitions.

Cranium Rats

Normal rats subjected to considerable psychic energy by mind flayers in order to create a breed of creatures capable of forming a hive mind.

Cranium Rat Traits

Cranium rats share the following racial traits.

Creature Type. Beast

Ability Score Increase. +2 Dexterity.

Alignment. Normally unintelligent beasts, most rats are neutral.

Size. Your size is tiny.

Speed. Your base walking speed is 30 ft.

Bite. Your unarmed strikes deal 1 piercing damage on a hit.

You can use Dexterity instead of Strength for the attack and damage rolls of your unarmed strikes. Your unarmed strikes count as a weapon with the Finesse

property for all effects which require it, such as Sneak Attack.

Darkvision. You can see in dim light within 30 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

Keen Smell. You have advantage on Wisdom (Perception) checks that rely on smell.

No Hands. You are unable to wield weapons or wear shields, and cannot use items which require manipulation, including spellcasting foci, wands, tools, etc.

Telepathic Shroud. You are immune to any effect that would sense your emotions or read your thoughts, as well as all divination spells.

Telepathy. You can communicate telepathically with any creature that knows a language within 30 ft.

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

Playing a Cranium Rat

Cranium rats are just as sneaky and nimble as regular rats, but are considerably faster and smarter. Their Dexterity and their ability to communicate telepathically allow them to operate silently while still cooperating with their allies. However, be wary of the fact that your brain is visible atop your head, clearly distinguishing you from normal rats. Consider classes like monk and rogue which can capitalize on your capabilities.

Cranium rats are created by mind flayers, and serve them as spies. A cranium rat might fit into a party with a mind flayer, or with other mind flayer servants like intellect devourers.

Darkling

Fey cursed by the queen of the Summer Court, darklings are cursed to suffer rapid aging when they are exposed to light, and so they live out their lives in complete darkness, covering themselves head to toe to ward off any trace of light which might fall upon them.

For Darkling Elders, see Racial Feats, later in this document.

Darkling Traits

Darklings share the following racial traits.

Creature Type. Fey.

Ability Score Increase. +1 Dexterity.

Alignment. Natural thieves and assassins, most darklings are chaotic neutral.

Size. Your size is small.

Speed. Your base walking speed is 30 ft.

Blindsight. You have blindsight 30 ft.

Death Flash. When you fall to 0 hit points, nonmagical light flashes out from you in a 10-foot radius. Each creature within 10 feet of you which can see the bright light must make a Constitution saving throw or be blinded until the end of their next turn. The DC of this check is 8 + your proficiency bonus + your Constitution modifier.

While you are at 0 hit points and dying, you cast bright light within a 10-foot radius, and shadowy light for an additional 10 feet. If you are stabilized or regain hit points, this effect immediately ends.

When you die, your body gives off one final flash of light as your body and your possessions burn to ash. Any equipment that you were carrying or wearing is immediately destroyed, excluding any metal or magical items.

Light Sensitivity. While in bright light, you have disadvantage on attack rolls, as well as on Wisdom (Perception) checks that rely on sight.

Superior Darkvision. You can see in dim light within 120 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

Languages. You can speak, read, and write in Elvish and Sylvan.

Playing a Darkling

Darklings are nearly humanoid, making them an excellent choice for a player who wants to play a fey without a lot of complicated traits. Their Dexterity, speed, and small size make them excellent rangers and rogues, and their blindsight and Darkvision make them adept at working in complete darkness. However, their light blindness means that they may have trouble fighting creatures that need light to see, especially in melee combat.

Darklings sell their services, so a mercenary darkling could fit into many parties. However, their light sensitivity may make it difficult for them to work alongside races which lack Darkvision.

When you have gained a few levels and built prestige in the Darkling community, consider taking the Darkling Elder feat.

Deep Scion [Template: Acquired]

Shapechangers coerced into undergoing a horrifying ritual, deep scions serve their aquatic masters as spies and assassins, venturing onto dry land where their masters cannot.

Becoming a Deep Scion

Any living humanoid of 5th level or greater can become a deep scion. Lower-level humanoids are typically not powerful enough to attract the notice of the powerful creatures with the knowledge and power to create deep scions.

Becoming a deep scion is a bargain made with the humanoid's new master. While it is technically possible to enter this bargain willingly, most deep scions are not so fortunate. The bargain is traditionally offered to a humanoid facing the certainty of drowning, and transformation and subjugation are offered as an alternative to death.

Once the ritual is complete, the subject is released safely, typically on dry land. The effects of the ritual may not be immediately obvious.

The next time the character gains enough experience to gain a level, instead of selecting a class in which to take a new level the character immediately gains the single level of the Deep Scion template.

Deep Scion Traits

All deep scions have the following traits, adding these traits to their existing racial traits upon gaining the template.

Hit Points

Hit Dice. 1d8 per revenant level

Hit Points at Higher Levels. 1d8 (or 5) + your Constitution modifier per deep scion level

Traits

Deep scions gain the following traits at each level, as indicated on the table below.

Level	Features
1	Creature Type, Alignment, Speed, Languages, Bite and Claw, Psychic Screech, Shapechanger

Creature Type. You gain the Shapechanger subtype.

Alignment. Your alignment changes to neutral evil.

Speed. You gain a swim speed of 40 feet.

Languages. You learn the Aquan language.

Amphibious. You can breathe air and water.

Bite and Claw. Your unarmed strikes deal 1d6 piercing or slashing damage on a hit.

Psychic Screech. As an action you can emit a horrifying screech that can be heard clearly within 300 feet. Creatures within 30 feet of you must make a Wisdom saving throw or be frightened for until the end of your next turn. The DC of this saving throw is 8 + your proficiency bonus + your Constitution modifier.

In water, psychic screech also telepathically transmits your memories of the last 24 hours to your

master (the creature which make you a deep scion), regardless of distance, so long as you and your master are in the same body of water.

After you use this ability, you can't use it again until you complete a long rest.

Shapechanger. You can cast Disguise Self once per day. Charisma is your spellcasting ability for this spell.

Demons

The vile denizens of the Abyss.

This section expands on the demon options presented in the original Monstrous Races. The core racial traits are identical in both documents.

Demon Traits

Demons share the following racial traits.

Creature Type. Fiend (demon)

Alignment. Embodiments of chaos and evil, most demons are chaotic evil.

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 color in darkness, only shades of gray.

Subrace. Choose one of these subraces. You gain the traits listed under your chosen subrace in addition to those listed above.

Babau Traits

Ability Score Increase. +1 Strength, Dexterity, or Constitution, and +1 Wisdom.

Size. Your size is medium.

Speed. Your base walking speed is 35 ft.

Claws. Your unarmed strikes deal 1d8 slashing damage on a hit.

Natural Armor. While unarmored, your AC is equal to 13 + your Dexterity modifier.

Weakening Gaze. Starting at 3rd level, as an action, you can weaken one creature within 20 feet that you can see. The target must make a Constitution saving throw. On a failed save, the target deals only half damage with weapon attacks that use Strength for 1 minute. The target can repeat the saving throw at the end of each of its turns, ending the effect on itself on a success. The DC of this saving throw is 8 + your Proficiency Bonus + your Wisdom modifier.

After you use this ability, you can't use it again until you complete a long rest.

Languages. You can speak, read, and write in.

Maw Demon Traits

Ability Score Increase. +1 Strength, +1 Constitution.

Size. Your size is medium.

Speed. Your base walking speed is 30 ft.

Bite. Your unarmed strikes deal 1d8 piercing damage on a hit.

Can't Speak. You are unable to speak, but are still able to read, write, and understand any languages which you know. You are unable to perform verbal spell components.

Natural Armor. While unarmored, your AC is equal to 13 + your Dexterity modifier.

Rampage. When you reduce a creature to 0 hit points with a melee attack on your turn, you can take a bonus action to move up to half your speed and make a bite attack.

Three Arms. You have three arms, and may hold and use items in each of your hands.

If you have Extra Attacks, when you take the Attack action you may make each of your attacks using any weapon you are holding.

When you take the Attack action and attack with a weapon which qualifies for use with two-weapon fighting, you can use a bonus action to attack with a different qualifying weapon. You don't add your ability modifier to the damage of the bonus attack unless the modifier is negative or you have an ability which allows you to add your ability modifier to the bonus attack granted by two-weapon fighting. If you choose to make this additional attack, you may not benefit from using a shield until the beginning of your next turn.

If you use a weapon with the Heavy property or use a Versatile weapon two-handed you may not benefit from using a shield until the beginning of your next turn, but you may switch between multiple Heavy or Versatile weapons with each attack.

Unwavering Hunger. You are immuned to the Charmed and Frightened conditions.

Languages. You can understand, read, and write in Abyssal.

Shoosuva Traits

Ability Score Increase. +1 Strength, +1 Constitution.

Size. Your size is medium.

Speed. Your base walking speed is 40 ft.

Bite and Sting. Your unarmed strikes deal 1d8 piercing damage on a hit. Attacks made with your sting are made with an additional 5 feet of reach.

Natural Armor. While unarmored, your AC is equal to 13 + your Dexterity modifier.

No Hands. You are unable to wield weapons or wear shields, and cannot use items which require manipulation, including spellcasting foci, wands, tools, etc.

Rampage. When you reduce a creature to 0 hit points with a melee attack on your turn, you can take a bonus action to move up to half your speed and make a bite attack.

Unwavering Hunger. You are immuned to the Charmed and Frightened conditions.

Languages. You can speak, read, and write in Abyssal and Gnoll.

Playing a Demon

Babau

Babaus are mechanically simple, and their flexible ability scores make them very versatile. They make good clerics, fighters, and rangers, and can rely on their natural armor in place of manufactured light armor. Weakening Gaze provides a means to physically weaken enemies before overpowering them in melee combat.

Babau are described as more clever than typical demons, but they still have normal demonic tendencies. A babau could fit into a party of evil characters, especially if their activities tend to be chaotic and violent.

Maw Demon

Maw demons exist almost exclusively to eat stuff. Consider classes like barbarian which get you into melee quickly so you can get right to eating stuff. Maw demons have three arms, which allows you to easily switch between weapons and shields, but remember that your primary goal is still to eat stuff.

Created by Yeenoghu to fight alongside gnoll war packs, maw demons are at home in a party of gnolls. However, they tend to be a silent party member. With no capacity for speech, and little interest in doing anything except eating stuff, a maw demon is a welcome addition to a party with an established command structure and a lot of eating stuff to do.

Shoosuva

The Shoosuva is a strong melee combatant, and has extended reach with its sting. Consider classes like barbarian and fighter, and capitalize on the Shoosuva's high speed to stay out of reach of slower foes with shorter reach than you.

Shoosuva appear as a boon from Yeenoghu granted to gnoll leaders after a major success. A shoosuva in the party might be a divine boon for one of the party members in a gnoll party, or they might be sent by a gnoll leader who has sent the party forth on some task.

Devourer

Fiends devoted to Orcus may be deemed worthy and transformed into a Devourer, a horrifying fiend that eats the souls of living humanoids.

Devourer Traits

share the following racial traits.

Creature Type. Fiend

Ability Score Increase. +1 Strength, +1 Constitution.

Alignment. Fiends that worship Orcus and seek to bring everlasting death to all reality, most devourers are chaotic evil.

Size. Your size is medium.

Speed. Your base walking speed is 30 ft.

Claw. Your unarmed strikes deal 1d8 slashing damage on a hit.

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 color in darkness, only shades of gray.

Natural Armor. While unarmored, your AC is equal to 13 + your Dexterity modifier.

Imprison Soul. As an action, you may absorb a living, intelligent creature within 30 feet with 0 hit points. That creature is teleported into your ribcage and imprisoned there. If the creature was stabilized before being imprisoned, it again begins dying. While imprisoned, the creature has disadvantage on death saving throws. You may only have one creature imprisoned at a time.

While imprisoned this way, the creature is reduced in size in order to fit inside your ribcage, if necessary, and is clearly visible to creatures which can see your torso. The creature has three-quarters cover. Any attempt to touch the creature must overcome your own AC plus the bonus for three-quarters cover. You may choose to resist any spell which targets the creature (including beneficial ones) by making a saving throw against the caster's spell DC. If the spell does not list a saving throw, you may make a Charisma saving throw against the caster's spell DC, negating the effect on a successful saving throw.

If you are reduced to 0 hit points or if the creature regains hit points, the imprisoned creature is released into an adjacent unoccupied space, chosen at random. You may intentionally release the creature as a bonus action, releasing it into an adjacent unoccupied space.

If the creature dies while imprisoned this way, you may absorb and use a portion of its soul as the soul departs the body. At the beginning of your turn, you must release the body as a Bonus Action. In addition, you may choose to spend one hit die to recover hit

points, or you may release a wave of soul-rending necrotic energy. If you choose the soul-rending wave, each living, intelligent creature within 30 feet of you must make a Constitution saving throw. The creature takes 1d6 necrotic damage on a failed saving throw, or half as much on a successful one. This damage increases to 2d6 at 5th level, 3d6 at 11th level, and 4d6 at 17th level. The DC of this saving throw is 8 + your proficiency bonus + your Charisma modifier.

Languages. You can speak, read, and write in Abyssal.

Playing a Devourer

Devourers are primarily a melee threat, and they're most effective when facing numerous relatively weak intelligent creatures, like a pack of goblins or a squad of city guards. Reduce a target to 0 hit points, then imprison them. When they die, you can either recover some lost hit points or release a soul-rending wave to damage enemies in an area around you. In an ideal situation, you may be able to imprison creatures in successive rounds, repeatedly releasing soul-rending waves and imprisoning the dying victims. Consider classes which will boost your damage output and provide offensive options when Imprison Soul isn't useful. Barbarian and Fighter both work, but you may find options like Monk or Ranger viable, too.

Devourers are devout worshippers of Orcus, so they're at home in a party of undead, necromancers, or possibly other fiends who might revere Orcus.

Dinosaurs

Dinosaurs vary wildly in size and appearance, but the most iconic dinosaurs are typically giant reptilian creatures. In many Dungeons and Dragons settings, dinosaurs still exist in a handful of locations throughout the world.

This section expands on the dinosaur options presented in the original Monstrous Races. The core racial traits are identical in both documents.

Dinosaur Traits

Dinosaurs share the following racial traits.

Creature Type. Beast

Alignment. Simple animals motivated by little beyond basic survival instincts, most dinosaurs are neutral.

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

Subrace. Choose one of these subraces. You gain the traits listed under your chosen subrace in addition to those listed above.

Brontosaurus Traits

Ability Score Increase. +2 Strength, +1 Constitution.

Size. Your size is medium.

Speed. Your base walking speed is 30 ft.

Natural Armor. While unarmored, your AC is equal to 15 + your Dexterity modifier.

No Hands. You are unable to wield weapons or wear shields, and cannot use items which require manipulation, including spellcasting foci, wands, tools, etc.

Stomp and Tail. Your unarmed strikes deal 1d10 bludgeoning damage on a hit.

Trip. If you hit a creature with an unarmed strike, you may attempt to shove the target prone as a bonus action (see "Shoving a Creature", page 195 of the Player's Handbook).

Deinonychus Traits

Ability Score Increase. +1 Strength, +1 Dexterity, +1 Constitution.

Size. Your size is medium.

Speed. Your base walking speed is 40 ft.

Bite and Claw. Your unarmed strikes deal 1d8 piercing or slashing damage on a hit.

Keen Senses. You have proficiency in the Perception skill.

Natural Armor. While unarmored, your AC is equal to 11 + your Dexterity modifier.

Pounce. If you move at least 15 feet straight toward a creature then hit it with an unarmed strike on the same turn, you may attempt to shove the target prone as a bonus action (see "Shoving a Creature", page 195 of the Player's Handbook).

Dimetrodon Traits

Ability Score Increase. +2 Strength, +2 Constitution.

Size. Your size is medium.

Speed. Your base walking speed is 30 ft. You have a swim speed of 20 ft.

Bite. Your unarmed strikes deal 1d10 piercing damage on a hit.

Keen Senses. You have proficiency in the Perception skill.

Natural Armor. While unarmored, your AC is equal to 12 + your Dexterity modifier.

No Hands. You are unable to wield weapons or wear shields, and cannot use items which require manipulation, including spellcasting foci, wands, tools, etc.

Hadrosaurus Traits

Ability Score Increase. +2 Strength, +2 Constitution.

Size. Your size is medium.

Speed. Your base walking speed is 40 ft.

Keen Senses. You have proficiency in the Perception skill.

No Hands. You are unable to wield weapons or wear shields, and cannot use items which require manipulation, including spellcasting foci, wands, tools, etc.

Tail. Your unarmed strikes deal 1d10 bludgeoning damage on a hit.

Quetzalcoatlus Traits

Ability Score Increase. +1 Strength.

Size. Your size is medium.

Speed. Your base walking speed is 30 ft.

Bite. Your unarmed strikes deal 1d8 piercing damage on a hit.

Dive Attack. Once per turn, if you dive at least 30 feet toward a creature and hit it with a melee weapon attack, the target takes an extra 1d6 damage from the attack. This damage increases to 2d6 at 5th level, 3d6 at 11th level, and 4d6 at 17th level.

Flight. You have a flying speed of 40 feet. To use this speed, you can't be wearing medium or heavy armor.

Flyby. You may perform the Disengage action as a bonus action.

Natural Armor. While unarmored, your AC is equal to 12 + your Dexterity modifier.

No Hands. You are unable to wield weapons or wear shields, and cannot use items which require manipulation, including spellcasting foci, wands, tools, etc.

Stegosaurus Traits

Ability Score Increase. +2 Strength, +2 Constitution.

Size. Your size is medium.

Speed. Your base walking speed is 40 ft.

Natural Armor. While unarmored, your AC is equal to 12 + your Dexterity modifier.

No Hands. You are unable to wield weapons or wear shields, and cannot use items which require manipulation, including spellcasting foci, wands, tools, etc.

Tail. Your unarmed strikes deal 1d10 piercing damage on a hit.

Velociraptor Traits

Ability Score Increase. +1 Dexterity, +1 Constitution.

Size. Your size is tiny.

Speed. Your base walking speed is 30 ft.

Bite. Your unarmed strikes deal 1d6 piercing damage on a hit.

Natural Armor. While unarmored, your AC is equal to 11 + your Dexterity modifier.

Pack Tactics. As a bonus action you may take advantage of the presence of your allies. You gain Advantage on the next attack roll you make this turn against a creature if at least one of your allies is within 5 feet of the creature and the ally isn't incapacitated.

Playing a Dinosaur

Dinosaurs are simple creatures with few special abilities, but they're also built to survive on their own without the aid equipment of magic.

Like many other creatures, being awakened has a Monster Manual great deal of influence on your character's personality. Consider what effect granted your character superior intelligence, and how that effect shaped your character's personality.

Brontosaurus

The brontosaurus is well defended, even without armor. Its tail does incredible damage with its tail, and has the ability to knock foes prone. However, it has trouble dealing with challenges which can't be solved by knocking them down.

Deinonychus

Fast and with excellent physical ability scores, the Deinonychus makes an excellent melee character. Barbarian and fighter are both great class options, and be sure to capitalize on Pounce. However, because their natural armor is poor you'll want to consider manufactured armor.

Dimetrodon

Dimetrodons are slow swimmers, but their ability score increases and their natural weapon damage are both excellent.

Hadrosaurus

Hadrosaurs are very simple. With no active abilities but with decent numerical traits, they're a great simple basis for a character if you want to play a dinosaur.

Quetzalcoatlus

Powerful flyers, Quetzalcoatlus thrive when they have room to use Dive Attack and to escape using Flyby.

Stegosaurus

Fast for such a bulky creature, and with excellent natural armor and natural weapon damage, stegosauruses make great melee characters.

Velociraptor

Velociraptors are tiny, but otherwise resemble the deinonychus or the tyrannosaurus. Pack Tactics and increased Dexterity make the velociraptor an excellent rogue, but don't overlook Monk or Ranger as options.

Draegloth

Enormous drow-demon hybrids used as muscle and as a status symbol for drow households that are favored by Lolth.

Draegloth Traits

Draegloths share the following racial traits.

Creature Type. Fiend (demon).

Ability Score Increase. +1 Strength, +1 Dexterity.

Alignment. Fiends barely cowed by the commands of their drow masters, most draegloths are chaotic evil.

Size. Your size is medium.

Speed. Your base walking speed is 30 ft.

Claws. Your unarmed strikes deal 1d8 slashing damage on a hit.

Fey Ancestry. You have advantage on saving throws against being charmed, and magic can't put you to sleep.

Four Arms. You have four arms, and may hold and use items in each of your hands.

If you have Extra Attacks, when you take the Attack action you may make each of your attacks using any weapon you are holding.

When you take the Attack action and attack with a weapon which qualifies for use with two-weapon fighting, you can use a bonus action to attack with a different qualifying weapon. You don't add your ability modifier to the damage of the bonus attack unless the modifier is negative or you have an ability which allows you to add your ability modifier to the bonus attack granted by two-weapon fighting. If you choose to make this additional attack, you may not benefit from using a shield until the beginning of your next turn.

If you use a weapon with the Heavy property or use a Versatile weapon two-handed you may not benefit from using a shield until the beginning of your next turn, but you may switch between multiple Heavy or Versatile weapons with each attack.

Natural Armor. While unarmored, your AC is equal to 12 + your Dexterity modifier.

Superior Darkvision. You can see in dim light within 120 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

Languages. You can speak, read, and write in Abyssal, Elvish, and Undercommon.

Playing a Draegloth

Draegloths are very versatile. Their natural armor and natural weapons allow them to fight effectively without manufactured equipment, but their four arms make them able to wield manufactured weapons, spellcasting foci, and other items with ease.

Draegloths are created by drow in a ritual, and serve the house of their creator. This makes them a good addition to a party which includes drow or other drow associates and servants. Occasionally a draegloth sets out on their own, so they may also fit into a party of former drow servants such as svirfneblin or chitines.

Firenewts

A race of amphibious humanoids that worship elemental fire, and resemble human-sized orange newts.

Firenewt Traits

Firenewts share the following racial traits.

Creature Type. Humanoid (Firenewt).

Ability Score Increase. +2 Dexterity, +1 Constitution.

Alignment. Aggressive, wrathful, and cruel, most firenewts are neutral evil.

Size. Your size is medium.

Speed. Your base walking speed is 30 ft.

Amphibious. You can breathe air and water.

Damage Immunity. You are immune to fire damage.

Spite Fire. You can use your action to spit fire at a creature within 10 feet of you that you can see. The DC for this saving throw equals 8 + your Constitution modifier + your proficiency bonus. A creature takes 2d8 damage on a failed save and half as much damage on a successful one. The damage increases by 1d8 when you reach 5th level (3d8), 11th level (4d8), and 17th level (5d8).

After you use this ability, you can't use it again until you complete a short or long rest.

Languages. You can speak, read, and write in Draconic and Ignan.

Playing a Firenewt

Nimble and tough, firenewts make excellent fighters, monks, rangers, and rogues. Their society worships the evil prince of elemental fire, and many firenewts become warlocks. If you choose to explore pact magic, consider the Imix's Blessing feat.

Firenewts worship elemental fire, so they'll likely cooperate with any creature that is similarly fire-themed. Azers, fire elementals, and fire giants all seem like great allies for an adventuring Firenewt.

Firenewt Giant Strider

Typically referred to simply as "giant striders", these bipedal reptilian beasts serve fire newts as mounts.

Giant Strider Traits

Firenewt Giant Striders share the following racial traits.

Creature Type. Monstrosity.

Ability Score Increase. +1 Strength, +1 Constitution.

Alignment. Normally unintelligent beasts, many giant striders are neutral, but many are also neutral evil due to their close association with firenewts.

Size. Your size is medium.

Speed. Your base walking speed is 40 ft.

Bite. Your unarmed strikes deal 1d8 piercing damage on a hit.

Damage Immunity. You are immune to fire damage.

Fire Absorption. Whenever you are subjected to fire damage, you take no damage and instead heal yourself. As a reaction, you may spend one hit die and regain the number of hit points rolled.

Natural Armor. While unarmored, your AC is equal to 12 + your Dexterity modifier.

No Hands. You are unable to wield weapons or wear shields, and cannot use items which require manipulation, including spellcasting foci, wands, tools, etc.

Languages. You can speak, read, and write in Ignan.

Playing a Giant Strider

Fast and durable, giant striders make excellent front-line melee characters. Consider classes like barbarian and fighter. Due to your Fire Absorption ability, having someone in the party who deals fire damage can be a useful source of healing. A wizard who likes to cast fire spells with area effects can be especially effective as they incinerate your foes and heal you in a single turn.

Giant Striders are generally only used as mounts by Firenewts. However, other fire-elemental creatures might find themselves fighting alongside a giant strider, especially if they share devotion to evil elemental fire.

Like many other creatures, being awakened has a great deal of influence on your character's personality. Consider what effect granted your character superior intelligence, and how that effect shaped your character's personality.

Flail Snail

Enormous snail-like creatures with magic-repelling shells and flail-like appendages used to repel predators.

Flail Snail Traits

Flail snails share the following racial traits.

Creature Type. Elemental.

Ability Score Increase.

Alignment. Normally unintelligent creatures, most flail snails are neutral.

Size. Your size is medium.

Speed. Your base walking speed is 20 ft.

Antimagic Shell. Any time that you are targeted by a line spell, or a spell that requires a ranged attack roll, you have a chance to reflect the spell off of your shell. If the spell requires a saving throw, you may do so by rolling a natural 20 on the saving throw. If the spell requires a ranged attack roll, you may do so when the caster rolls a natural 1 on the attack roll. In either case, roll a d6 and consult the table below.

d6	Features
1-2	You are unaffected, and the effect is reflected back at the caster, using the spell slot level, spell save DC, attack bonus, and spellcasting ability of the caster.
3-4	No additional effect.
5-6	Your shell converts some of the spell's energy into a burst of destructive force. Each creature within 30 feet of you must make a DC 15 Constitution saving throw, taking 1d6 force damage per level of the spell on a failed save, or half as much damage on a successful one.

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 color in darkness, only shades of gray.

Flail Tentacles. Your unarmed strikes deal 1d8 piercing damage on a hit.

Natural Armor. While unarmored, your AC is equal to 17. You gain no benefit from wearing armor.

No Hands. You are unable to wield weapons or wear shields, and cannot use items which require manipulation, including spellcasting foci, wands, tools, etc.

Scintillating Shell. You shed bright light in a 10-foot radius and dim light for an additional 10 feet. You may suppress or re-activate this ability as a bonus action.

Shell Defense. As an action, you can withdraw into your shell, gaining a +4 bonus to AC until you emerge. While withdrawn in this way, you can't take the Attack

action, and you can't target objects or other creatures with spells or abilities which require line of sight, and you gain the blinded and restrained conditions.

You can emerge from your shell as a bonus action on your turn.

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

Playing a Flail Snail

Slow, but extremely durable, flail snails are crawling tanks. Their natural armor is nearly as good as full plate, and their ability to reflect spells make them dangerous to engage with magic. The Flail Snail's poor speed can be a problem, especially in large areas, so look for ways to increase your speed or consider the Charger feat so that you can use Dash to compensate without losing the ability to attack every turn.

Like many other creatures, being awakened has a great deal of influence on your character's personality. Consider what effect granted your character superior intelligence, and how that effect shaped your character's personality.

Frogemoth

Enormous, frog-like creatures with three eyes and reaching tentacles.

Frogemoth Traits

Frogemoths share the following racial traits.

Creature Type. Monstrosity.

Ability Score Increase. +2 Strength, +1 Constitution.

Alignment. Normally unintelligent beasts, most frogemoths are neutral.

Size. Your size is medium.

Speed. Your base walking speed is 30 ft. You have a swim speed of 30 ft.

Bite. Your unarmed strikes deal 1d8 piercing damage on a hit.

When you take the Attack action and make an unarmed strike, you can use a bonus action to initiate a grapple with the target of your successful unarmed strike.

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 color in darkness, only shades of gray.

Natural Armor. While unarmored, your AC is equal to 13 + your Dexterity modifier.

No Hands. You are unable to wield weapons or wear shields, and cannot use items which require

manipulation, including spellcasting foci, wands, tools, etc.

Shock Susceptibility. When you take lightning damage, you suffer several effects until the end of your next turn. Your speed is halved, attacks against you gain Advantage, you take disadvantage on Dexterity saving throws, you can't take reactions, and on your turn you may take an action or a bonus action, but not both.

Tongue. As an action, you may use your extendable tongue to draw foes toward you. Make a melee weapon attack as though you were making an unarmed strike against a creature within 15 feet. On a hit, you deal as much damage as you would normally deal with an unarmed strike, but the damage dealt is necrotic damage rather than its normal damage type. In addition, you pull the target into an adjacent unoccupied space. If you pull the foe adjacent to you, you can use a bonus action to initiate a grapple as though you had attacked with your bite.

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

Playing a Frogemoth

Strong and able to quickly grapple foes, frogemoths are dangerous melee predators. Their ability to breath underwater and swim allows them to function in a variety of environments. Consider classes like barbarian and fighter which capitalize on the frogemoth's melee capabilities, but also consider ranger for its ability to get you into melee unnoticed.

Frog giants are revered by bullywugs, which make the two natural allies. A party of bullywug characters might form to follow, serve, and worship a frogemoth character. However, frogemoths are usually unintelligent, which introduces complications.

Like many other creatures, being awakened has a great deal of influence on your character's personality. Consider what effect granted your character superior intelligence, and how that effect shaped your character's personality.

Giants

The options below are additional options for the giant races presented in the original Monstrous Races.

The Frost Giant Everlasting One template is presented below. For other giants, see the Racial Feats section later in this document.

Frost Giant Everlasting One [Template: Acquired]

Power-hungry frost giants sometimes turn to the giant deity Grolantor for an unconventional blessing. By consuming a faithful troll, the frost giant can gain the trolls powers of regeneration.

Becoming an Everlasting One

The choice to become an everlasting one is presented to a frost giant who is desperate for power. First, Grolantor presents them with visions of power, followed by horrifying nightmares of the giant committing cannibalistic acts. If the giant does not reject these nightmares, Grolantor offers them his blessing.

When the frost giant attains enough experience to gain a level, a willing troll selected by Grolantor from among his faithful presents itself to the giant. The giant must then eat the troll in its entirety (including the bones). Upon doing so, the frost giant immediately gains the single level of the Frost Giant Everlasting One template.

Everlasting One Traits

All Everlasting Ones have the following traits, adding these traits to their existing racial traits upon gaining the Everlasting One template.

Hit Points

Hit Dice. 1d10 per everlasting one level

Hit Points at Higher Levels. 1d10 (or 6) + your Constitution modifier per everlasting one level

Traits

Everlasting Ones gain the following traits at each level, as indicated on the table below.

Level	Features
1	Regeneration, Extra Heads

Regeneration. You are able to recover from wounds with horrifying speed, and can even regrow severed body parts. As a bonus action, you may spend a Hit Die to recover hit points.

If a part of your body is removed or destroyed (including your head) but you are not killed, you may re-attach the body part as an action.

You are vulnerable to acid and fire. If you take acid or fire damage, you may not use your regeneration trait to recover hit points or re-attach limbs until the end of your next turn.

When you take a short or long rest, you regain spent Hit Dice, up to a number of dice equal to half of your total number of them, rounded up. If you have lost any

body parts, the missing body parts regrow and the original body parts wither and die.

Extra Heads. Your regeneration occasionally causes you to grow disformities, most notably additional heads. At any given point you have between 1 and 4 additional heads, each of which might die and fall off as you are injured or regrow as you recover.

While at least two of your heads are awake, you have advantage on Wisdom (Perception) checks and on saving throws against being blinded, charmed, deafened, frightened, stunned, and knocked unconscious.

Girallon

Enormous four-armed primates that inhabit the ruins of human settlements.

Girallon Traits

share the following racial traits.

Creature Type. Monstrosity.

Ability Score Increase. +1 Strength, +1 Constitution.

Alignment. Normally unintelligent beasts, most Girallons are neutral.

Size. Your size is medium.

Speed. Your base walking speed is 30 ft. You have a climb speed of 30 ft.

Aggressive. As a bonus action, you can move up to your speed toward a hostile creature that you can see.

Bite and Claw. Your unarmed strikes deal 1d6 piercing or slashing damage on a hit.

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 color in darkness, only shades of gray.

Four Arms. You have four arms, and may hold and use items in each of your hands.

If you have Extra Attacks, when you take the Attack action you may make each of your attacks using any weapon you are holding.

When you take the Attack action and attack with a weapon which qualifies for use with two-weapon fighting, you can use a bonus action to attack with a different qualifying weapon. You don't add your ability modifier to the damage of the bonus attack unless the modifier is negative or you have an ability which allows you to add your ability modifier to the bonus attack granted by two-weapon fighting. If you choose to make this additional attack, you may not benefit from using a shield until the beginning of your next turn.

If you use a weapon with the Heavy property or use a Versatile weapon two-handed you may not benefit

from using a shield until the beginning of your next turn, but you may switch between multiple Heavy or Versatile weapons with each attack.

Keen Smell. You have advantage on Wisdom (Perception) checks that rely on smell.

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

Playing a Girallon

Girallons are capable melee threats. Four arms and good Strength allow them to quickly change tactics in melee to suit their needs, and their climb speed allows them to quickly navigate obstacles which would prove problematic for other adventurers.

Like many other creatures, being awakened has a great deal of influence of your character's personality. Consider what effect granted your character superior intelligence, and how that effect shaped your character's personality.

Gnolls

The options below are additional options for the gnoll race presented in the original Monstrous Races.

The Gnoll Witherling template is presented below.

The Gnoll Flind is represented by the Flind's Flail, presented in the Magic Items section later in this document. Gnoll Flesh Gnawers and Gnoll Hunters can be represented by Gnoll Rogues and Gnoll Fighters, respectively.

Gnoll Witherling [Template: Natural]

When gnolls go too long without satiating their violent and predatory urges, they occasionally turn upon and eat on another. In these cases, the consumed gnolls arise and witherlings; animated skeletons with all of the ferocity and strength of a gnoll, but without the need to eat whatever scant prey the war band has available.

Becoming a Witherling

Any formerly living gnoll can become a witherling by being killed and eaten by its own kind.

The skeleton template must be applied to a character during character creation. Witherlings retain essentially nothing of their former mind, so a witherling created from the body an experienced character loses any class levels, proficiencies, or other acquired capabilities that it may have had while it was alive. The witherling is functionally a new character, sharing only the body of the formerly living character.

Witherling Traits

All witherlings have the following traits, adding these traits to their existing racial traits upon gaining the skeleton template.

Creature Type. You replace your current creature type with Undead, and lose the Gnoll subtype.

You don't require air, food, drink, or sleep. Instead, you enter a restful state, remaining semiconscious, for 4 hours a day. While resting, you can dream after a fashion; such dreams are reflexive mental exercises inherent to your consciousness. After resting in this way, you gain the same benefit that a human does from 8 hours of sleep.

Ability Adjustments. -2 Intelligence, -2 Wisdom, -2 Charisma.

Can't Speak. You are unable to speak, but are still able to read, write, and understand any languages which you know. You are unable to perform verbal spell components.

Natural Armor. While unarmored, your AC is equal to 12 + your Dexterity modifier.

Undead Nature. You have immunity to the exhausted and poisoned conditions, and to poison damage.

Grungs

Poisonous, amphibious tree-frog humanoids.

Grung are also presented in a semi-official capacity in Christopher Lindsay's [One Grung Above](#). One Grung Above presents its own version of the Grung racial traits, which differ slightly from those presented here. One Grung Above also notably donates its proceeds to the charity Extra Life. Despite being presented as part of an official Wizards of the Coast event, Lindsay's version of Grung is not considered "official" and is not permissible in Adventurer's League organized play.

Similarities between the version of Grung presented below and the version in One Grung Above are essentially coincidental, but are to be expected because both versions are based on the same creature.

Grung Traits

Grungs share the following racial traits.

Creature Type. Humanoid (Grung).

Ability Score Increase. +2 Dexterity, +1 Constitution.

Alignment. Evil, xenophobic creatures which live in a rigid caste-based society, most grung are lawful evil.

Size. Your size is medium.

Speed. Your base walking speed is 25 ft. You have a climb speed of 25 ft.

Amphibious. You can breathe air and water.

Poison Immunity. You are immune to poison damage, and immune to the poisoned condition.

Poisonous Skin. Any creature that grapples you or otherwise comes into direct contact with your skin must succeed on a Constitution saving throw or become poisoned for 1 minute. A poisoned creature no longer in direct contact with you can repeat the saving throw at the end of each of its turns, ending the effect on itself on a success. The DC of this saving throw is 8 + your proficiency bonus + your Constitution modifier.

You may also use your poisonous skin to poison your weapons. As an action, may rub a weapon or a single piece of ammunition on your skin. The next time you hit an enemy with that weapon or piece of ammunition, your attack deals an additional 2d4 poison damage. This damage increases by 1d4 when you reach 6th level (3d4), 11th level (4d4), and 17th level (5d4). This poison dries and becomes ineffective after 1 minute.

After you use this ability, you can't use it again until you complete a short or long rest.

Standing Leap. Your long jump is up to 25 feet and your high jump is up to 15 feet, with or without a running start.

Water Dependency. If you fail to immerse yourself in water for at least 1 hour during a day, you suffer one level of exhaustion at the end of that day. You can only recover from this exhaustion through magic or by immersing yourself in water for at least 1 hour.

Languages. You can speak, read, and write in Grung.

Playing a Grung

With high Dexterity and good mobility, Grung makes excellent monks, rangers, and rogues. Poisonous Skin offers a useful defensive option in addition to the ability to add poison damage to an attack, so grappling enemies may be an effective way to handicap them. Water dependency creates a minor headache, so avoid deserts and if you need to travel through dry territory be sure to bring an adequately large source of water to soak yourself in.

Grung society is a strictly-defined caste system. Consider where your grung character falls in the caste, and what color you are. Grung like to take slaves from other races, which offers a convenient way for a grung character to meet what might become an adventuring party.

Guard Drake

Reptilian quadrupeds created in a ritual to serve as guard animals and servants for those who serve chromatic dragons and the dragon deity Tiamat.

Guard Drake Traits

share the following racial traits.

Creature Type. Dragon

Ability Score Increase. +1 Strength, +1 Constitution.

Alignment. Normally created to serve evil masters, most guard drakes are evil.

Size. Your size is medium.

Speed. Your base walking speed is 30 ft.

Bite and Tail. Your unarmed strikes deal 1d8 bludgeoning or piercing damage on a hit.

Natural Armor. While unarmored, your AC is equal to 14 + your Dexterity modifier.

No Hands. You are unable to wield weapons or wear shields, and cannot use items which require manipulation, including spellcasting foci, wands, tools, etc.

Languages. You can speak, read, and write in Draconic.

Subrace. Choose one of these subraces. You gain the traits listed under your chosen subrace in addition to those listed above.

Black Guard Drake Traits

Speed. You have a swim speed of 30 ft.

Amphibious. You can breathe air and water.

Damage Resistance. You are resistant to acid damage.

Blue Guard Drake Traits

Speed. You have a burrow speed of 10 ft.

Damage Resistance. You are resistant to lightning damage.

Green Guard Drake Traits

Speed. You have a swim speed of 30 ft.

Amphibious. You can breathe air and water.

Poison Resilience. You have advantage on saving throws against poison, and you have resistance against poison damage.

Red Guard Drake Traits

Speed. You have a climb speed of 30 ft.

Damage Resistance. You are resistant to fire damage.

White Guard Drake Traits

Speed. You have a burrow speed of 10 ft.

Damage Resistance. You are resistant to cold damage.

Playing a Guard Drake

Guard drakes are strong, versatile melee fighters. Their natural armor is excellent, and your choice of subrace provides a useful movement type.

Guard drakes are granted as boons to those who serve and worship dragons, so they fit well into parties made up of those characters. Clerics of Tiamat, kobolds, and dragonblood sorcerers all make great companions for a guard drake.

Hags

Hags are evil creatures with magical powers. They also famously form covens, typically consisting of three witches joining together for greater power.

Originally presented in the original *Monstrous Races*, this section adds additional Hag subraces. The shared hag racial traits presented in *Monstrous Races* have been altered below to reflect new subraces. If you use Hag subraces from the original *Monstrous Races*, use the version of the racial traits presented there.

Hag Traits

Hags share the following racial traits.

Creature Type. Fey.

Ability Score Increase.

Alignment. Taking delight in malevolence, misery, and destruction, most hags are chaotic evil

Size. Your size is medium.

Speed. Your base walking speed is 30 ft.

Damage Resistance. You are resistant to cold damage.

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 color in darkness, only shades of gray.

Natural Armor. While unarmored, your AC is equal to 12 + your Dexterity modifier.

Subrace. Choose one of these subraces. You gain the traits listed under your chosen subrace in addition to those listed above.

Annis Hag Traits

Bite and Claws Your unarmed strikes deal 1d8 piercing or slashing damage on a hit.

Innate Spellcasting. At 3rd level, you may cast *disguise self* once per day. Charisma is your spellcasting ability for these spells.

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

Bheur Hag Traits

Slam. Your unarmed strikes deal 1d4 bludgeoning damage on a hit.

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

Playing a Hag

Annis Hag

Bheur Hag

Hobgoblins

Volo's Guide to Monsters presents two new hobgoblin stat blocks. For either monster, use the Hobgoblin racial traits presented in the original *Monstrous Races*.

To approximate a Hobgoblin Devastator, use the Wizard class with the Evoker arcane tradition. To approximate the Hobgoblin Iron Shadow, use the Monk class with the Way of Shadow monastic tradition.

Ki-rin

Resplendant creatures resembling unicorns with scales.

Ki-rin Traits

Ki-rin share the following racial traits.

Creature Type. Celestial

Ability Score Increase. +1 to any one ability score.

Alignment. The physical embodiment of goodness, Ki-rin are nearly always lawful good.

Size. Your size is medium.

Speed. Your base walking speed is 30 ft.

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 color in darkness, only shades of gray.

Flight. You have a flying speed of 30 feet, and can hover. To use this speed, you can't be wearing medium or heavy armor.

Horn and Hooves. Your unarmed strikes deal 1d8 bludgeoning or piercing damage on a hit.

Innate Spellcasting. You know one cantrip of your choice from the cleric spell list. Charisma is your spellcasting ability for this spell. You may cast spells as though you were using a magic focus, even if you are not doing so.

No Hands. You are unable to wield weapons or wear shields, and cannot use items which require

manipulation, including spellcasting foci, wands, tools, etc.

Languages. You can speak, read, and write in common and celestial.

Playing a Ki-rin

Ki-Rin are flexible and capable of succeeding a variety of roles. Their flight and ability to hover allow them to easily navigate many obstacles, and with natural weapons and access to cleric cantrips they're capable of fighting without relying on equipment. However, with no natural armor they're reliant on manufactured armor or magic for protection.

Ki-Rin are embodiments of good, so they fit into a party of fiercely good-aligned creatures. Good paladins, celestials, and clerics of good deities all make excellent companions for a Ki-Rin, but characters with an urge to misbehave may find themselves at odds with a Ki-Rin.

Kobolds

Volo's Guide to Monsters presents three new kobold stat blocks. For any of these monsters, use the Kobold racial traits presented in the original Monstrous Races.

For the Kobold Dragonschild, see the Racial Feats section later in this document. Approximating the Kobold Inventory can be done with some clever use of existing items, and a little bit of improvisation. To approximate the Kobold Scale Sorcerer, use the Sorcerer class with the Draconic sorcerous origin.

Korred

Small cloven-hoofed fey attuned with earth and stone.

Korred Traits

Korreds share the following racial traits.

Creature Type. Fey.

Ability Score Increase. +1 Strength.

Alignment. Fiercely independent, most korred are chaotic neutral.

Size. Your size is medium.

Speed. Your base walking speed is 25 ft.

Control Hair. Korreds are famed for their magical hair, and many korreds cut their own hair with iron shears and weave it into sturdy iron rope. After completing a long rest, you may spend an hour to cut your hair and weave a 50-foot length of rope. You may only have one such rope at a time. Creating a new rope causes the old rope to wither away, leaving only a small amount of rusty iron shavings.

As an action, you may magically animate this rope to move 20 feet. If this movement ends with the rope in

the space of another creature which you can see, the rope may entangle the creature. Otherwise, if the rope ends this movement in the air it immediately falls. The creature must make a Dexterity saving throw or become grappled by the rope. The DC of this saving throw is 8 + your proficiency bonus + your Wisdom modifier. Escaping this grapple uses the grapple rules for monsters detailed in the sidebar on page 11 of the monster manual. The DC to escape this grapple is the same DC as the saving throw to avoid being grappled.

You may release a creature grappled by your hair rope as a bonus action. Creatures are automatically released if you die or are incapacitated. Spending an action to move the rope again also releases a grappled creature.

Your hair rope has AC 20 and 20 hit points. It regains 1 hit point at the beginning of your turn while it still has at least 1 hit point, and you are alive. If the rope drops to 0 hit points, it is destroyed, any entangled creatures are released, and the rope withers away, leaving only a small amount of rusty iron shavings.

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 color in darkness, only shades of gray.

Rock. You may throw a rock or similar object as a ranged weapon attack. This attack has 30/60 range, and deals 1d4 bludgeoning damage on a hit. This is made as though the object had the Thrown weapon property.

Stone Camouflage. You have advantage on Dexterity (Stealth) checks made to hide in rocky terrain.

Stone's Strength. While on the ground, you may use a bonus action to draw on your connection to stone and earth to empower your blows. After doing so, your first weapon attack that turn deals additional damage equal to half your proficiency bonus on a successful hit.

Languages. You can speak, read, and write in Terran and Undercommon.

Playing a Korred

Despite their small size, Korred are potent melee threats. Their increased Strength and Constitution make them excellent barbarians and fighters, and Control Hair provides a useful way to hinder enemies who might try to stay out of melee. Stone's Strength can provide a useful damage boost, but because it consumes your bonus action it won't work with two-weapon fighting.

Korreds are deeply attuned to the earth, and spend a lot of time around earth elemental creatures like galeb

duhr and earth elementals. They find the sound of mining annoying and revere the earth, so they may have trouble adventuring alongside dwarves.

Leucrotta

Horrifying creatures spawned by Yeenoghu that like to mislead, torture, and kill.

Leucrotta Traits

Leucrotta share the following racial traits.

Creature Type. Monstrosity.

Ability Score Increase. +1 Strength.

Alignment. Horrible, violent creatures that enjoy torturing and murder, leucrotta are nearly always chaotic evil.

Size. Your size is medium.

Speed. Your base walking speed is 40 ft.

Bite and Hooves. Your unarmed strikes deal 1d8 bludgeoning or piercing damage on a hit.

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 color in darkness, only shades of gray.

Keen Smell. You have advantage on Wisdom (Perception) checks that rely on smell.

Kicking Retreat. If you make an unarmed strike on your turn using your hooves, you may take the Disengage action as a bonus action.

Mimicry. You can mimic any sounds you have heard, including voices. A creature that hears the sounds can tell they are imitations with a successful Insight check against a DC equal to 8 + your Charisma (Deception) bonus.

Natural Armor. While unarmored, your AC is equal to 12 + your Dexterity modifier.

Rampage. When you reduce a creature to 0 hit points with a melee attack on your turn, you can take a bonus action to move up to half your speed and make a bite attack.

Languages. You can speak, read, and write in.

Playing a Leucrotta

Leucrotta are strong melee fighters with built-in hit-and-run tactics. Kicking Retreat allows you to easily move into combat, attack, and use your high speed to get away.

Like other creatures loyal to Yeenoghu, leucrotta fit alongside gnolls and may demons, and make good additions to an evil party which does a lot of killing.

Meenlock

Horrifying insectoid fey, these creatures spontaneously form in response to feelings of immense fear.

Meenlock Traits

Meenlocks share the following racial traits.

Creature Type. Fey.

Ability Score Increase. +1 Dexterity.

Alignment. Horrible creatures that prey on the fear of their victims, most meenlocks are neutral evil.

Size. Your size is small.

Speed. Your base walking speed is 30 ft.

Can't Speak. You are unable to speak, but are still able to read, write, and understand any languages which you know. You are unable to perform verbal spell components.

Claws. Your unarmed strikes deal 1d8 slashing damage on a hit.

You can use Dexterity instead of Strength for the attack and damage rolls of your unarmed strikes. Your unarmed strikes count as a weapon with the Finesse property for all effects which require it, such as Sneak Attack.

Darkvision. You can see in dim light within 120 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

Fearless. You are immune to fear.

Light Sensitivity. While in bright light, you have disadvantage on attack rolls, as well as on Wisdom (Perception) checks that rely on sight.

Paralyzing Claws. On a successful melee attack with your claws, you may attempt to paralyze the target. The target must make a Constitution save against a DC equal to 8 + your proficiency bonus + your Constitution modifier. On a failure, the target is paralyzed for 1 minute. Elves and undead are immune to this effect. At the end of the creature's turn, they may attempt this save again, ending the effect on a successful saving throw.

You may not use this ability again until you have completed a long rest.

Shadow Teleport. When you are in dim light or darkness, as a bonus action you can teleport up to 30 feet to an unoccupied space you can see that is also in dim light or darkness.

Telepathy. You can communicate telepathically with any creature that knows a language within 30 ft.

Languages. You know no languages. If you learn a language, you are only able to use it read and write. You are incapable of communicating vocally in any fashion.

Playing a Meenlock

Meenlocks are fantastic monks, rangers, and rogues. They're well-suited to stealth and ambush tactics, and their ability to communicate telepathically makes it easy to communicate with allies without giving away your position.

Because of their evil nature, meenlocks might fit into a part of other evil creatures, especially if those creatures rely on terrifying their foes.

Mind Flayers

Volo's Guide to Monsters presents three new mind flayer stat blocks. The Alhoon template and the elder brain racial traits are presented below. The Ulitharid is presented in the Racial Feats section, later in this document. If you want to play an Alhoon or a Ulitharid, use the Mind Flayer racial traits presented in the original Monstrous Races.

Alhoon [Template: Acquired]

Powerful outcast mind flayers seek immortality to replace the eternal life presented by absorption into an elder brain. Those outcast arcanists which cannot reach true lichdom find a shortcut by becoming an Alhoon.

Becoming an Alhoon

The ritual to become an Alhoon is a closely-guarded secret, known only to those rare deviant mind flayers that pursue forbidden arcane knowledge. Still, the possibility of everlasting life is a temptation that few illithid arcanists can resist.

Becoming an Alhoon requires at least three mind flayers to cooperate in the creation of a *periapt of mind trapping*. All participants must be wizards of 12th level or higher. The ritual takes three days to perform, during which the participants may not perform other strenuous activity (such as combat) for more than one hour, or the ritual fails and must begin again.

This ritual also requires the sacrifice of a living, intelligent creature with a soul such as a human for each participating mind flayer.

Upon the completion of the ritual at the end of the third day, the sacrificial victims immediately die, and their souls are trapped in the *periapt of mind trapping*. The participating mind flayers then become alhoons, and immediately become free-willed undead.

After completing the ritual, the character immediately gains their first level in the alhoon template. They must take both levels of the template

before they can take levels in another class or template.

Alhoon Traits

All alhoons have the following traits, adding these traits to their existing racial traits upon gaining the template.

Hit Points

- **Hit Dice.** 1d6 per alhoon level
- **Hit Points at Higher Levels.** 1d6 (or 4) + your Constitution modifier per alhoon level

Traits

Liches gain the following traits at each level, as indicated on the table below.

Level	Features
1	Transformation, Undead Nature, Periapt of Mind Trapping, Spellcasting
2	Alhoon Resistances, Chill Touch

Transformation. You replace your current creature type with Undead, but retain any subtypes.

You don't require air, food, drink, or sleep. Instead, you enter a restful state, remaining semiconscious, for 4 hours a day. While resting, you can dream after a fashion; such dreams are reflexive mental exercises inherent to your consciousness. After resting in this way, you gain the same benefit that a human does from 8 hours of sleep.

Undead Nature. You have resistance to necrotic damage. You have immunity to the poisoned condition, and to poison damage.

Periapt of Mind Trapping. Your soul is bound to a *periapt of mind trapping*. In the event of your destruction, your soul is entrapped in the periapt along with any previous sacrifices and any other alhoons which were previously destroyed. If your periapt is destroyed, you and any other surviving alhoons which are bound to the same periapt immediately die and your souls are destroyed, as are any souls contained in the periapt. Nothing short of divine intervention can restore you or the other creatures whose souls are destroyed in this manner.

In order to maintain your undead state, you must periodically sacrifice additional souls to the periapt. Your undeath is extended by the length of the sacrifice's life, starting from the moment the sacrifice is completed. For this reason, elderly victims and long-lived races are favored victims. A new sacrifice effectively resets the clock, so an alhoon sacrificing a 500-year old elf will persist for 500 years from that moment, regardless of their previous sacrifices. At the end of this period, the alhoon immediately dies, and

their soul is trapped in the periapt as normal, and any surviving alhoons bound to the same periapt are unaffected.

Souls trapped inside the periapt are in permanent communion, blind to the world outside the periapt but able to communicate with each other freely. The souls of these victims are imprisoned in the periapt, and cannot be raised from the dead except by a *wish* or *miracle* spell, or similarly powerful magic.

Carrying the periapt grants you incredible power over the alhoons bound to it. The carrier gains advantage on attacks, saves, and check against the alhoons which created it, and those alhoons suffer disadvantage on attacks, and checks against the holder, and on saving throws against effects created by the holder. In addition, the holder of the periapt can telepathically communicate with any sacrificed soul trapped within, and alhoons within the periapt can speak telepathically with the holder. A creature carrying the periapt can't prevent communication from alhoons but can silence trapped souls of sacrificed creatures.

Spellcasting. Upon gaining each level in the Alhoon template, you are treated as one Wizard level higher for the purposes of Spellcasting, including spell slots and the level of spells which you can prepare with that class.

Alhoon Resistances. You have resistance to cold damage and lightning damage, and you have advantage on saving throws against any effect which turns undead.

Chill Touch. As an action, you may make a melee spell attack against a creature within reach. On a hit, the target takes 3d6 cold damage.

Elder Brain

The center of most elder brain colonies, an Elder Brain is an immense brain with a mass of writhing tentacles and immense psychic power.

Elder Brain Traits

Elder brains share the following racial traits.

Creature Type. Abberation.

Ability Score Increase. +1 Intelligence, +1 Wisdom, +1 Charisma.

Alignment. Tyrants which lord over a tyrannical people, most elder brains are lawful evil.

Size. Your size is medium.

Speed. Your base walking speed is 5 ft. You have a swim speed of 10 ft.

Blindsight. You have blindsight 30 ft.

Brain Body. You are unable to wear armor or use shields.

Can't Speak. You are unable to speak, but are still able to read, write, and understand any languages which you know. You are unable to perform verbal spell components.

Cunning. You have advantage on all Intelligence, Wisdom, and Charisma saving throws against magic.

Innate Spellcasting (Psionics). Once you reach 3rd level, you can cast *levitate* once per day. Once you reach 5th level, you can cast *detect thoughts* once per day. You may cast spells as though you were using a magic focus, even if you are not doing so. Your spellcasting ability for these spells is Intelligence.

Mind Blast. As an action, you can magically emit psychic energy in a 15-foot cone. Each creature in that line must make an Intelligence saving throw. The DC for this saving throw equals 8 + your Intelligence modifier + your proficiency bonus. A creature takes 2d6 psychic damage on a failed save and half as much damage on a successful one. The damage increases by 1d6 when you reach 5th level (3d6), 11th level (4d6), and 17th level (5d6).

After you use this ability, you can't use it again until you complete a short or long rest.

Tentacles. Your unarmed strikes deal 1d4 psychic damage on a hit.

Telepathic Hub. You can communicate telepathically with any creature that knows a language within 30 ft, and you may allow other creatures within range to communicate telepathically with each other.

Languages. You can understand, read, and write in Common, Deep Speech, and Undercommon.

Playing an Elder Brain

Elder brains are powerful, but also very limited. With poor movement speed and few options to get around, elder brains are largely blind beyond their blindsight range. They have fantastic mental ability scores, but without the ability to perform verbal components they are severely limited as spellcasters. While official psionics rules have not been published as of this writing, consider using the Mystic presented in the *Unearthed Arcana* article series.

Elder brains make a natural leader in a mind flayer-centric party. Good allies include intellect devourers, mind flayers, mindwitnesses, and other underdark races which might be slaves to one of the other party members.

Mindwitness

Beholders captured and altered to serve as telepathic hubs for mind flayers and their servants.

Mindwitness Traits

Mindwitnesses share the following racial traits.

Creature Type. Aberration.

Ability Score Increase. +1 Intelligence.

Alignment. Subservient to tyrannical masters, most mindwitnesses are lawful evil.

Size. Your size is medium.

Speed. Your base walking speed is 0 ft.

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 color in darkness, only shades of gray.

Eye Rays. You know the *mage hand*, *mind spike* (see the Spells chapter), and *spook* cantrips. You may cast spells as though you were using a magic focus, even if you are not doing so. Intelligence is your spellcasting ability for these spells.

Flight. You have a flying speed of 20 feet, and can hover. To use this speed, you can't be wearing medium or heavy armor. You are immune to the prone condition.

Natural Armor. While unarmored, your AC is equal to 12 + your Dexterity modifier.

No Hands. You are unable to wield weapons or wear shields, and cannot use items which require manipulation, including spellcasting foci, wands, tools, etc.

Tentacles. Your unarmed strikes deal 1d4 bludgeoning and 1d4 psychic damage on a hit.

Telepathic Hub. You can communicate telepathically with any creature that knows a language within 30 ft, and you may allow other creatures within range to communicate telepathically with each other.

Languages. You can speak, read, and write in Deep Speech and Undercommon.

Playing a Mindwitness

Intelligent and gifted with flight and free cantrips, mindwitnesses make excellent spellcasters, especially wizards. Your slow speed may be a problem, so be sure to plan your position carefully.

Mindwitnesses are a natural fit in a party build around mind flayers, but they'll happily take commands from other telepathic creatures.

Morkoth

Greedy, extraplanar creatures resembling a gigantic, alien octopus that obsessively collect and hoard objects from across the multiverse.

Morkoth Traits

Morkoths share the following racial traits.

Creature Type. Aberration.

Ability Score Increase. +1 Intelligence.

Alignment. Selfish, destructive, and greedy, most morkoths are chaotic evil.

Size. Your size is medium.

Speed. Your base walking speed is 20 ft. You have a swim speed of 25 ft.

Amphibious. You can breathe air and water.

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 color in darkness, only shades of gray.

Hypnosis. As an action you may project a 30-foot cone and attempt to magically charm each creature in the cone. Creatures must succeed on a Wisdom saving throw or become charmed by you for 1 minute. The DC of this saving throw is 8 + your proficiency bonus + your Intelligence modifier.

You must maintain concentration during that time, as if you were casting a spell. If you lose concentration, affected creatures are no longer charmed by this ability.

While charmed in this way, the target tries to get as close to you as possible, using its actions on its turn to Dash until it is within 5 feet of you, and taking no other actions (including bonus actions) unless those actions move the creature closer to you. Once the target is within 5 feet of you, or as close to you as it can safely get, it may take no further actions (including bonus actions) so long as they are charmed in this way. If your position changes after this point, the target must continue to move as close to you as it can.

A charmed target can repeat the saving throw at the end of each of its turns and whenever it takes damage, ending the effect on itself on a success.

After you use this ability, you can't use it again until you complete a short or long rest.

Natural Armor. While unarmored, your AC is equal to 13 + your Dexterity modifier.

No Hands. You are unable to wield weapons or wear shields, and cannot use items which require manipulation, including spellcasting foci, wands, tools, etc.

Telepathy. You can communicate telepathically with any creature that knows a language within 30 ft.

Tentacles. Your unarmed strikes deal 1d8 bludgeoning damage on a hit.

Languages. You know no languages.

Playing a Morkoth

Morkoths are complicated creatures. They are built for melee combat with natural armor, natural weapons, and a hypnosis ability which draws foes in close. However, they generally prefer spellcasting. Consider playing a wizard, but an eldritch knight fighter may be just as appealing. Also remember that, while morkoths lack hands, they can still hold material components in their tentacles (they just can't use spellcasting foci like wands), and can perform both somatic and verbal spellcasting components.

Morkoths are naturally solitary, but they also tend to horde creatures that they find interesting. A morkoth's party might be creatures willingly contributing to the morkoth's horde, or they might be part of the morkoth's horde that's on a strange outing to fulfill one of the morkoth's other goals.

Neogi

Powerful, creatures resembling a bizarre union of eel and spider that travel the planes on magic ships capturing and trading slaves, especially umber hulks.

Neogi Traits

Neogi share the following racial traits.

Creature Type. Abberation.

Ability Score Increase. +1 Dexterity.

Alignment. Inhuman slavers with unfathomable minds, most neogi are lawful evil, but they lack the emotional and philosophical mentality to acknowledge such concepts as good and evil.

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 color in darkness, only shades of gray.

Mental Fortitude. You have advantage on saving throws against being charmed or frightened, and magic can't put you to sleep.

Spider Climb. You can climb difficult surfaces, including upside down on ceilings, without needing to make an ability check.

Languages. You can speak, read, and write in.

Neogi Hatchling

Size. Your size is tiny.

Speed. Your base walking speed is 20 ft. You have a climb speed of 20 ft.

Languages. You know no languages.

Neogi Adult

Size. Your size is small.

Speed. Your base walking speed is 30 ft. You have a climb speed of 30 ft.

Enslave. As an action, you can attempt to magically charm a humanoid you can see within 30 feet. It must make a Wisdom saving throw, and does so with advantage if you or your companions are fighting it. If it fails the saving throw, it is charmed by you for one hour per level, or until you or your companions do anything harmful to it. The DC of this saving throw is 8 + your proficiency bonus + your Intelligence modifier.

You must maintain concentration during that time, as if you were casting a spell. If you lose concentration, affected creatures are no longer charmed by this ability.

The charmed creature regards you as a friendly acquaintance. When this effect ends, the creature knows it was charmed by you.

Languages. You can speak, read, and write in Common, Deep Speech, and Undercommon.

Playing a Neogi

Neogi are nimble and able to get around easily thanks to spider climb, but they lack natural armor and their natural weapons are weaker than most manufactured weapons. Consider classes like ranger and rogue, but also consider warlock to take advantage of neogi's close association with the evil stars that are frequently the source of power for warlocks service a Great Old One patron. As you gain levels, consider taking the Neogi Master feat to improve your characters stats, and to claim your rightful rank as a master among your people.

Neogi are slavers by nature, conquering and enslaving whatever creatures they can. Neogi are especially fond of umber hulk slaves, and have tamed and traded umber hulks for an unknowably long time. A party with an umber hulk serving a neogi master is a good start, and other party members can fill in gaps around that pairing.

Neothelid

Mind flayer tadpoles that outgrew their tank, neothelids are enormous worm-like creatures with vicious tentacles and acidic breath.

Neothelid Traits

Neothelids share the following racial traits.

Creature Type. Abberation.

Ability Score Increase. +1 Strength, +1 Constitution.

Alignment. Normally unintelligent but still hideously evil, most Neothelids are chaotic evil.

Size. Your size is medium.

Speed. Your base walking speed is 30 ft.

Acid Breath. As an action, you can breathe lightning in a 15-foot cone. Each creature in that area must make a Dexterity saving throw. The DC for this saving throw equals 8 + your Constitution modifier + your proficiency bonus. A creature takes 2d6 acid damage on a failed save and half as much damage on a successful one. The damage increases by 1d6 when you reach 5th level (3d6), 11th level (4d6), and 17th level (5d6).

After you use this ability, you can't use it again until you complete a short or long rest.

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 color in darkness, only shades of gray.

Natural Armor. While unarmored, your AC is equal to 13 + your Dexterity modifier.

No Hands. You are unable to wield weapons or wear shields, and cannot use items which require manipulation, including spellcasting foci, wands, tools, etc.

Flail Tentacles. Your unarmed strikes deal 1d4 bludgeoning and 1d4 psychic damage on a hit.

Innate Spellcasting (Psionics). You can cast *mage hand* once per day. Once you reach 3rd level, you can cast *levitate* once per day. Your spellcasting ability for these spells is Wisdom.

Languages. You can speak, read, and write in undercommon.

Playing a Neothelid

Strong and durable, Neothelids make natural barbarians and fighters. Their acid breath gives them a helpful way to handle crowds of foes, and their psionics allow them to overcome challenges which they lack of hands and inability to fly.

Like many other creatures, being awakened has a great deal of influence on your character's personality. Consider what effect granted your character superior intelligence, and how that effect shaped your character's personality.

Nilbog

The Nilbog is represented by the Nilbog Spirit, presented in the Magic Items section later in this document.

Orcs

Volo's Guide to Monsters presents six new orcs. Racial traits for the Tanarukk are presented below

Tanarukk

The result of demonic corruption within an orc tribe, the Tanarukk are considered violent abominations even among orcs. On the battlefield Tanarukk are powerful warriors, but outside of battle they are a danger to their allies.

Tanarukk Traits

Tanarukks share the following racial traits.

Creature Type. Fiend (demon, orc)

Ability Score Increase. +1 Strength, +1 Dexterity.

Alignment. Created by demonic influence and raised among violent savages, most tanarukks are chaotic evil.

Size. Your size is medium.

Speed. Your base walking speed is 30 ft.

Aggressive. As a bonus action, you can move up to your speed toward a hostile creature that you can see.

Bite. Your unarmed strikes deal 1d4 piercing damage on a hit.

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 color in darkness, only shades of gray.

Damage Resistance. You have resistance to fire damage.

Natural Armor. While unarmored, your AC is equal to 11 + your Dexterity modifier.

Unbridled Fury. After being hit by a critical hit from a melee attack, you can make one melee weapon against the attacker as a reaction.

Languages. You can speak, read, and write in Abyssal, Common, and Orc.

Playing a Tanarukk

Tanarukks thrive in melee combat. Their natural armor and their natural weapons provide good fallback options, but you're probably better off using manufactured equipment. Try to draw enough attacks to trigger Unbridled Fury, but be careful not to let yourself take too much damage all at once. Consider feats like Durable to increase your hit point maximum, and be sure to improve your Constitution score when you can. Consider durable classes like barbarian, fighter, and paladin.

Tanarukk obviously fit well into a party of orcs and half-orcs, but they may also find a place in a party of demons or demon worshippers. Warlocks, evil clerics, and other unpleasant characters might find you to be a powerful and like-minded ally.

Quicklings

Tiny humanoid-like fey creatures famed for their astounding speed.

Quickling Traits

Quicklings share the following racial traits.

Creature Type. Fey.

Ability Score Increase. +1 Dexterity.

Alignment. While not directly violent, quicklings are cruel pranksters who never miss an opportunity to cause mischief. Most quicklings are chaotic evil.

Size. Your size is tiny.

Speed. Your base walking speed is 60 ft.

Blurred Movement. You may take the Dash action as a bonus action.

By moving exceptionally fast, you can move so quickly that you become an indistinguishable blur. If, on your turn, you take the Dash action and expend your full movement (including the additional movement provided by the Dash action) without re-entering a space which you just exited, you become difficult to attack. All attacks made against you until the beginning of your next turn suffer Disadvantage. If you take damage of any kind, this effect immediately ends.

Evasion. When you are subjected to an effect that allows you to make a Dexterity saving throw to take only half damage, you instead take no damage if you succeed on the saving throw, and only half damage if you fail.

Languages. You can speak, read, and write in Common and Sylvan.

Playing a Quickling

Redcap

Short, bloodthirsty fey famous for their bloody red hats.

Redcap Traits

Redcaps share the following racial traits.

Creature Type. Fey.

Ability Score Increase. +2 Strength, +2 Constitution.

Alignment. Evil and murderous, most redcaps are chaotic evil.

Size. Your size is small.

Speed. Your base walking speed is 25 ft.

Bloody Red Cap. You are born into the world with a red cap soaked in blood, and this cap is central to your existence. You must soak the cap in fresh blood from time to time to stay alive. If your cap goes three days without being soaked in fresh blood, you die and your body instantly vanishes from existence, leaving behind any items you were carrying except your red cap and your iron boots.

You may never willingly remove your red cap except to soak it in fresh blood. If your cap is removed by force, you can recall it as a bonus action, causing it to magically reappear on your head.

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 color in darkness, only shades of gray.

Iron Boots. You always wear heavy iron boots, which you cannot remove. While moving, you have disadvantage on Dexterity (Stealth) checks.

Ironbound Pursuit. If you move at least 15 feet straight toward a creature then hit it with an unarmed strike on the same turn, you may attempt to shove the target prone as a bonus action (see "Shoving a Creature", page 195 of the Player's Handbook).

Natural Armor. While unarmored, your AC is equal to 12 + your Dexterity modifier.

Outsize Strength. While grappling, you are considered to be Medium size. Also, wielding a heavy weapon doesn't impose disadvantage on your attack rolls.

Languages. You can speak, read, and write in Common and Sylvan.

Playing a Redcap

Redcaps are aggressive and dangerous in melee. Iron Boots is a great way to start combat, and their ability to use heavy weapons allows redcaps to use more dangerous weapons than small creatures can normally use without disadvantage. Be sure to keep track of how recently you've soaked your cap, though. Dying unexpedily because you forgot to keep your cap fresh is a terrible way to go.

Evil and aggressive, a redcap is welcome in all sorts of evil parties. Demons, other evil fey, or violent humanoids might all find a means to conjure redcaps,

or they might enlist one by promising it a reliable supply of victims.

Sea Spawn

Humanoids transformed into amphibious, fish-like humanoids to serve their aquatic masters.

Sea Spawn Traits

Sea Spawn share the following racial traits.

Creature Type. Humanoid.

Ability Score Increase. +1 Strength, +1 Constitution.

Alignment. Slaves to evil masters that grow to love their subjugation, most sea spawn are neutral evil.

Size. Your size is medium.

Speed. Your base walking speed is 20 ft. You have a swim speed of 30 ft.

Can't Speak. You are unable to speak, but are still able to read, write, and understand any languages which you know. You are unable to perform verbal spell components.

Natural Armor. While unarmored, your AC is equal to 12 + your Dexterity modifier.

Piscine Anatomy. Your anatomy is warped by your transformation, taking on vicious aquatic features.

Select two of the three options below:

- **Bite.** Your jaw expands and you grow rows of jagged teeth. Your natural weapons deal 1d8 piercing damage when attacking with your bite.
- **Poison Quills.** You grow poisonous quills, which you can use to poison foes. You may make a melee weapon attack which deals 1d4 poison damage on a hit, and forces the struck creature to make a Constitution saving throw. On a failure, the target is poisoned for 1 minute.

The DC of this saving throw is 8 + your proficiency bonus + your Constitution modifier. The target may repeat the saving throw at the end of each of its turns, ending the effect on a success.

After you use this ability, you can't use it again until you complete a short or long rest.

- **Tentacle.** You grow a long, prehensile tentacle. You may make melee weapon attacks with the tentacle which deal 1d4 bludgeoning damage. On a hit, you can use a bonus action to initiate a grapple with the target. You may grapple even if you have no free hands, so long as your tentacle is not already being used to grapple.

Slam. Your unarmed strikes deal 1d4 bludgeoning damage on a hit.

Superior Darkvision. You can see in dim light within 120 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

Languages. You can understand, read, and write in Aquan and Common.

Playing a Sea Spawn

Strong with natural armor and natural weapons, Sea Spawn work best in melee combat. Unfortunately, their slow land speed can limit their ability to fight on land. Do your best to surprise foes while you're up close, or look for ways to improve your movement speed. Barbarian is an especially tempting option because of Fast Movement, and because you won't need heavy armor which will slow you down more.

Because Sea Spawn were once other humanoids, you may wish to consider what race you were in a previous life. What did you do before you became a sea spawn? Who do you serve in your new life, and why?

Sea spawn work well in any party with powerful, aquatic magic creatures. Krakens, sea hags, deep scions, and even merfolk might bring along some sea spawn as bodyguards or servants.

Shadow Mastiff

Vicious, predatory pack hunters from the shadowfell.

Shadow Mastiff Traits

Share the following racial traits.

Creature Type. Monstrosity.

Ability Score Increase. +2 Strength, +1 Dexterity.

Alignment. Intelligent, ravenous hunters, most shadow mastiffs are neutral evil.

Size. Your size is medium.

Speed. Your base walking speed is 40 ft.

Bite. Your unarmed strikes deal 1d8 piercing damage on a hit.

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 color in darkness, only shades of gray.

Ethereal Awareness. You can see ethereal creatures and objects.

Keen Hearing and Smell. You have advantage on Wisdom (Perception) checks that rely on hearing or smell.

No Hands. You are unable to wield weapons or wear shields, and cannot use items which require manipulation, including spellcasting foci, wands, tools, etc.

Shadow Blend. As a bonus action while in dim light or darkness, you can magically turn invisible until the start of your next turn or until you attack, make a damage roll, force someone to make a saving throw, or are no longer in dim light or darkness.

After you use this ability, you can't use it again until you complete a short or long rest.

Sunlight Weakness. While in sunlight, you have disadvantage on attack rolls, ability checks, and saving throws.

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

Playing a Shadow Mastiff

Fast and occasionally sneaky, shadow mastiffs make great front-line melee characters in a sneaky party. Their Dexterity increase and Shadow Blend offer some stealthy options not available to many similar creatures. Consider classes like barbarian and fighter, but also consider ranger and rogue to capitalize on your ability to ambush your foes.

Shadow mastiffs don't naturally associate with other creatures, but they can be summoned and bound to service using magic. Creatures which worship deities of darkness or night might summon a shadow mastiff to serve as a bodyguard, sentry, or pet.

Slithering Tracker

Oozes created to seek out revenge upon those who harmed them in their previous life.

Slithering Tracker Traits

Slithering Trackers share the following racial traits.

Creature Type. Ooze.

Ability Score Increase. +1 Strength, +1 Dexterity.

Alignment. Created from a creature that willingly sacrifices its own life to exact bloody revenge, most Slithering Trackers are chaotic evil.

Size. Your size is medium.

Speed. Your base walking speed is 30 ft. You have a climb speed of 30 ft. and a swim speed of 30 ft.

Ambusher. You have advantage on attack rolls against any creature you have surprised.

Amoeboid. Your body is a gelatinous, amoeboid form. You can move through a space as narrow as 1 inch wide without squeezing.

You are unable to wear armor. You have no arms or hands, and are unable to wield weapons or wear shields, and cannot use items which require manipulation, including spellcasting foci, wands, tools, etc.

You are immune to the blinded, deafened, exhaustion, and prone conditions.

Can't Speak. You are unable to speak, but are still able to read, write, and understand any languages which you know. You are unable to perform verbal spell components.

Damage Transfer. While you are grappling a creature, you take only half the damage dealt to you, and the creature which you are grappling takes the other half.

Damage Vulnerability. You have vulnerability to cold and fire.

False Appearance. While motionless, you appear indistinguishable from a mundane puddle. You must spend one minute motionless before this ability takes effect. You must maintain concentration during that time, as if you were casting a spell.

Keen Tracker. You add double your proficiency bonus on Wisdom checks to track prey.

Life Leech. Your unarmed strikes deal 1d8 necrotic damage on a hit.

When you take the Attack action and make an unarmed strike, you can use a bonus action to initiate a grapple with the target of your successful unarmed strike.

Spider Climb. You can climb difficult surfaces, including upside down on ceilings, without needing to make an ability check.

Watery Stealth. You have advantage on Dexterity (Stealth) checks made while underwater.

Languages. You can understand, read, and write in Common.

Playing a Slithering Tracker

The Slithering Tracker is a complicated race. They have no natural armor, can't wear manufactured armor, and are vulnerable to two common damage types, which means that they're vulnerable to damage and can't take a lot of hits even if you invest heavily in your Constitution. Look for other ways to boost your AC like Unarmored Defense or spells, and try to avoid drawing too much attention until you can get into melee.

But the Slither Tracker also has numerous advantages that make it dangerous in combat. Its movement speeds, Amoeboid, and Spider Climb allow it to easily traverse nearly any terrain, bypassing obstacles that normally require magic. False Appearance and Watery Stealth offer excellent options for a stealthy approach. Once you're in melee range, Life Leech allows you to quickly grapple foes, bringing

Damage Transfer into play to deter other foes from attacking you while you continue to attack.

Slithering trackers are lonesome creatures, driven by a quest for vengeance, and once their quest is complete driven by the urge to lash out at anyone who might be related to their original target. Slithering trackers might fit into a party with similar themed creatures like Revenants, or they might ally themselves with creatures who performed the ritual to create the slithering tracker like clerics of gods of vengeance.

Spawn of Kyuss

Undead animated by magical worms originally created by Kyuss, a high priest of Orcus.

Spawn of Kyuss Traits

Spawn of Kyuss share the following racial traits.

Creature Type. Undead. You don't require air, food, drink, or sleep. Instead, you enter a restful state, remaining semiconscious, for 4 hours a day. While resting, you can dream after a fashion; such dreams are reflexive mental exercises inherent to your consciousness. After resting in this way, you gain the same benefit that a human does from 8 hours of sleep.

Ability Score Increase. +1 Strength, +1 Constitution.

Alignment. Undead created to spread like a plague, most spawn of kyuss are chaotic evil.

Size. Your size is medium.

Speed. Your base walking speed is 30 ft.

Burrowing Worm. As an action you can launch an undead worm at a humanoid within 10 feet. The target must make a Constitution saving throw or immediately take 1 piercing damage. The DC of this saving throw is 8 + your proficiency bonus + your Constitution modifier. Creatures which are resistant to this piercing damage make this saving throw with advantage, while creatures immune to this piercing damage are immune to this effect.

At the end of the target's turn, it takes 2d6 necrotic damage if the worm is still alive and attached to the target. After dealing this damage once, the worm detaches from the target and is destroyed. The worm remains attached to the target and does damage for one additional round at 5th level (2 rounds), at 11th level (3 rounds), and at 17th level (4 rounds).

The worm is a Tiny undead with AC 6, 1 hit point, a 2 (-4) in every ability score, and a speed of 1 foot. While on the target's skin, the worm can be killed by normal means, or any creature that can reach the worm can scrape it off as an action, removing any other worms on the target with the same action. If a worm-infested

creature is targeted by an effect that cures disease or removes a curse, all the worms infesting it are destroyed. Destroyed worms fall off of the target and wither away to dust.

Can't Speak. You are unable to speak, but are still able to read, write, and understand any languages which you know. You are unable to perform verbal spell components.

Claw. Your unarmed strikes deal 1d4 slashing damage on a hit.

Regeneration. You are able to recover from wounds with horrifying speed. As a bonus action, you may spend a Hit Die to recover hit points.

You are vulnerable to acid, fire, and radiant. If you take acid, fire, or radiant damage, you may not use your regeneration trait to recover hit points or re-attach limbs until the end of your next turn.

When you take a short or long rest, you regain spent Hit Dice, up to a number of dice equal to half of your total number of them, rounded up.

Undead Nature. You are immune to poison damage, and immune to the poisoned condition.

Worms. If you are targeted by an effect that cures disease or removes a curse, all the worms infesting you wither away, and you loses your Burrowing Worm ability until you complete a long rest.

Languages. You can understand, read, and write in Common and one other language of your choice which is spoken by humanoids.

Playing a Spawn of Kyuss

The Spawn of Kyuss is hard to kill thanks to regeneration, but three damage vulnerabilities mean that many foes may be able to halt your regeneration. Look for classes with large hit dice and invest in your Constitution. Burrowing Worm provides a useful way to harm foes who might run away or whose AC proves difficult to overcome.

The Spawn of Kyuss is created by followers of the god of undeath. They fit well into parties with death clerics, necromancer wizards, and all manner of undead.

Tlincalli

Vicious scorpion-like hunters with humanoid upper bodies.

Tlincalli Traits

Tlincalli share the following racial traits.

Creature Type. Monstrosity.

Ability Score Increase. +1 Strength, +1 Constitution.

Alignment. Uncivilized predatory hunters that feed live prey to their young, most Tlincalli are neutral evil.

Size. Your size is medium.

Speed. Your base walking speed is 40 ft.

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 color in darkness, only shades of gray.

Natural Armor. While unarmored, your AC is equal to 14 + your Dexterity modifier.

Sting. Your unarmed strikes deal 1d8 piercing damage on a hit.

The first time you successfully attack a creature with your sting, you inject the target with poison. Your attack deals 1d4 piercing and 1d4 poison damage instead of your normal unarmed strike damage, and forces the struck creature to make a Constitution saving throw. On a failure, the target is poisoned for 1 minute.

The DC of this saving throw is 8 + your proficiency bonus + your Constitution modifier. The target may repeat the saving throw at the end of each of its turns, ending the effect on a success.

After you attempt to poison a creature, you can't do so again until you complete a short or long rest.

Languages. You can speak, read, and write in Tlincalli.

Playing a Tlincalli

The Tlincalli is a simple creature with few complications. Its natural armor is good enough to compete with medium armor, and if you can increase your Dexterity enough you can be able to exceed the AC normally provided by full plate, all while being as fast as a horse. In addition, the Tlincalli's Sting allows you to temporarily handicap problematic foes by poisoning them.

Tlincalli have little in the way of culture, and no known allies. However, they might choose to become obedient to a creature which proves itself to be a superior hunter.

Trapper

Flat creatures that ambush, envelop, and digest their prey.

Trapper Traits

Trappers share the following racial traits.

Creature Type. Monstrosity.

Ability Score Increase. +1 Strength, +1 Constitution.

Alignment. Normally unintelligent beasts, most trappers are neutral.

Size. Your size is medium.

Speed. Your base walking speed is 10 ft. You have a climb speed of 10 ft.

Blindsight. You have blindsight 30 ft.

False Appearance. While motionless, you appear indistinguishable from a mundane section of ceiling, floor, or wall. A creature that can see it and succeeds on a DC 20 Intelligence (Investigation) or Intelligence (Nature) check can discern your presence.

You must spend one minute motionless before this ability takes effect. You must maintain concentration during that time, as if you were casting a spell.

Flat Body. You have no hands. You are unable to wield weapons, and cannot use items which require manipulation, including spellcasting foci, wands, tools, etc. You are unable to wear armor or use shields.

Natural Armor. While unarmored, your AC is equal to 13 + your Dexterity modifier.

Smother. Your unarmed strikes deal 1d8 bludgeoning damage on a hit, or 1d8 acid damage if you are grappling the target. When you take the Attack action and make an unarmed strike, you can use a bonus action to initiate a grapple with the target of your successful unarmed strike. You may grapple even though you have no hands.

Spider Climb. You can climb difficult surfaces, including upside down on ceilings, without needing to make an ability check.

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

Playing a Trapper

Trappers are fantastic ambush predators, but their severely limited movement speed presents a serious handicap. Look for ways to improve your movement speed to overcome your racial handicaps, but expect to spend a lot of time hiding and waiting for enemies to wander near you before you can attack them.

Like many other creatures, being awakened has a great deal of influence of your character's personality. Consider what effect granted your character superior intelligence, and how that effect shaped your character's personality.

Vargouille

The severed heads of cursed humanoids that detach, grow wings, and turn into predatory, flying fiends.

Vargouille Traits

Vargouilles share the following racial traits.

Creature Type. Fiend.

Ability Score Increase.

Alignment. Predatory fiends that prefer live prey, most vargouilles are chaotic evil.

Size. Your size is tiny.

Speed. Your base walking speed is 5 ft.

Bite. Your unarmed strikes deal 1d4 piercing damage and 1d4 poison damage on a hit.

You can use Dexterity instead of Strength for the attack and damage rolls of your unarmed strikes. Your unarmed strikes count as a weapon with the Finesse property for all effects which require it, such as Sneak Attack.

Can't Speak. You are unable to speak, but are still able to read, write, and understand any languages which you know. You are unable to perform verbal spell components.

Flight. You have a flying speed of 40 feet. To use this speed, you can't be wearing medium or heavy armor.

Kiss. As an action you may kiss a creature which you can see within 5 feet of you and inflict it with the vargouille's curse for 1 day. The target must succeed on a Charisma saving throw or become cursed. The cursed target suffers disadvantage on Charisma ability checks and saving throws.

The DC of this saving throw is 8 + your Proficiency Bonus + your Constitution modifier. The target can repeat the saving throw at the end of each of its turns, ending the effect on itself on a success. *Restoration* or any effect that removes a curse ends this effect immediately.

If the creature dies while still cursed, its head grows wings in place of its ears, detaches from the body, and becomes a new vargouille which teleports to a random location in the Abyss one round later.

After you use this ability, you can't use it again until you complete a short or long rest.

No Hands. You are unable to wield weapons or wear shields, and cannot use items which require manipulation, including spellcasting foci, wands, tools, etc.

Poison Immunity. You are immune to poison damage, and immune to the poisoned condition.

Shriek. As an action you can emit a horrifying screech that can be heard clearly within 300 feet. Creatures within 30 feet of you must make a Wisdom saving throw or be frightened for until the end of your next turn. The DC of this saving throw is 8 + your proficiency bonus + your Constitution modifier.

After you use this ability, you can't use it again until you complete long rest.

Languages. You can understand, read, and write in Abyssal and Infernal.

Playing a Vargouille

Vargouilles make natural rogues. Being tiny and able to fly allows them to easily traverse many obstacles, and their Darkvision allows them to work in the dark. However, they lack hands and can't speak, which present their own hurdles. Try to use Shriek on groups of surprised foes so that your allies can gain the upper hand early in an encounter and use Kiss to handicap foes who use Charisma-based skills.

Vargouilles have a nasty habit of reproducing by kissing adventurers (there's a joke in there somewhere, but I'm not clever enough to tell it). Conveniently, that puts a vargouille in the middle of an adventuring party right as one of its members needs to be replaced. A clever party might convince the Vargouille to stick around in exchange for easy access to a supply of food.

Vegepygmies

Plant creatures born from russet mold growing on a dead body.

The standard vegepygmy and the thorny are presented below. For the vegepygmy elder, see the racial feats section later in this document.

Vegepygmy Traits

Vegepygmies share the following racial traits.

Creature Type. Plant.

Alignment. Primitive creatures with little in the way of culture or philosophy, most vegepygmies are neutral.

Speed. Your base walking speed is 30 ft.

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 color in darkness, only shades of gray.

Plant Camouflage. You have advantage on Dexterity (Stealth) checks made to hide in terrain with ample obscuring plant life.

Regeneration. You are able to recover from wounds with horrifying speed. As a bonus action, you may spend a Hit Die to recover hit points.

You are vulnerable to cold, fire, or necrotic damage. If you cold, fire, or necrotic damage, you may not use your regeneration trait to recover hit points or re-attach limbs until the end of your next turn.

When you take a short or long rest, you regain spent Hit Dice, up to a number of dice equal to half of your total number of them, rounded up.

Languages. You can speak, read, and write in Vegepygmy.

Standard

Ability Score Increase. +1 Dexterity.

Size. Your size is small.

Claw. Your unarmed strikes deal 1d6 slashing damage on a hit.

Natural Armor. While unarmored, your AC is equal to 12 + your Dexterity modifier.

Thorny

Ability Score Increase. +1 to your choice of Strength, Dexterity, or Constitution.

Size. Your size is medium.

Bite. Your unarmed strikes deal 1d8 piercing damage on a hit.

Thorny Body. At the start of your turn, the thorny deal 1d4 piercing damage to any creature grappling you.

Natural Armor. While unarmored, your AC is equal to 13 + your Dexterity modifier.

No Hands. You are unable to wield weapons or wear shields, and cannot use items which require manipulation, including spellcasting foci, wands, tools, etc.

Playing a Vegepygmy

Vegepygmies have little in the way of culture. They're motivated almost solely by their survival instincts, and their drice to reproduce. Unfortunately that offers little fodder for a character's background, and provides little insight into how a vegepygmy might fit into a party. However, they get along with other fungoid plant creatures like myconids, so they might find their way into an adventuring party if another such creature is already a member.

Standard

Standard vegepygmies make excellent rogues and rangers thanks to their camouflage and dexterity, but their regeneration also makes them durable enough to succeed as fighters or other front-line melee classes.

Thorny

Thornies are versatile and durable. Their natural weapons and natural armor allow them to fight without relying on manufactured equipment, and their Regeneration allows them to easily handle the durability lost by fighting without heavier armor.

Wood Woad

Humanoid-like creatures made of wood created to protect natural places of great importance.

Wood Woad Traits

share the following racial traits.

Creature Type. Plant.

Ability Score Increase. +1 Strength, +1 Constitution.

Alignment. Unfeeling creatures who live to perform their sworn duty, most wood woads are lawful neutral.

Size. Your size is medium.

Speed. Your base walking speed is 30 ft. You have a climb speed of 30 ft.

Damage Vulnerability. You are vulnerable to fire damage.

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 color in darkness, only shades of gray.

Natural Armor. While unarmored, your AC is equal to 12 + your Dexterity modifier.

Tree Stride. Once per turn as a bonus action, you may enter a tree at least one size larger than you and emerge from another tree nearby. To do this, spend 10 or more feet of your movement (in 5 foot increments). You then emerge from another tree within a distance equal to twice the movement you spent. You emerge 5 feet from the tree in an unoccupied space of your choice.

Unwavering Guardian. You are immuned to the charmed and frightened conditions.

Weapons of the Forest. As a bonus action your may grow wooden armaments from your body, creating a single club and/or a shield. If the club or shield leaves your hands for more than 1 round, or if you form a new one, the existing one withers away to nothing.

Beginning at third level, you may choose to imbue the club with magic, treating it as a magic weapon for one minute. After you use this ability, you can't use it again until you complete a short or long rest.

Languages. You can speak, read, and write in sylvan.

Playing a Wood Woad

Wood Woads are a good choice for a front-line melee character. Their natural armor and their ability to create their own weapons and shields means that they can fight without relying on manufactured weapons, though you may find that they are more effective. Consider learning the *shillelagh* cantrip to enhance

your club if manufactured weapons don't sound appealing.

Because they are immortal, wood woads occasionally outlive their original purpose, their masters, and the orders which their masters may have left behind. In these cases, the Wood Woad might seek new purpose elsewhere. They are drawn to places of natural beauty, and to those who protect those places, like druids, treants, or fey.

Design Notes

Wood Woads are basically humanoids made of wood with built-in weaponry. They share the Dryad's Tree Stride ability and they have Regeneration, but otherwise they're not terribly complicated.

Wood woads are plants, costing 0.5 BP but offering no specific abilities.

The Wood Woad's best ability scores are Strength and Constitution, so we'll grant +1 to each for 2 BP.

From the stat block, we get medium size, +2 natural armor (down from +5) for 1 BP, 30 ft. speed, 30 ft. climb speed for 2 BP, vulnerability to fire for -1 BP, we'll drop their damage resistances, two condition immunities for 1 BP, 60 ft. Darkvision for 2 BP, and only racial languages for -1 BP.

That brings us to 6.5 BP before we look at the Wood Woad's special abilities. We're going to drop regeneration. It's not especially important to the theme of the creature, and the Wood Woad only has one damage vulnerability (we normally require two as part of Regeneration's 5 BP cost). That will also leave us room to keep the Wood Woad's other abilities.

Camouflage is 0.5 BP, and Tree Stride (see the Dryad design notes in the original Monstrous Races) is another 1 BP, leaving us at 8 BP before we look at Magic Club.

Magic Club gives the Wood Woad a constantly available magic weapon. The *magic weapon* spell is 2nd-level, only lasts an hour, and requires concentration. That suggests that this ability is worth a bare minimum of 2 BP (even after we remove or reduce the bonus damage), so we'll need to make some adjustments.

I think 2 BP is a good target. We'll allow the Wood Woad to grow a wooden club and a shield as a bonus action, and starting at 3rd level we'll allow the Wood Woad to make it magical for one minute per short rest. Clubs are terrible weapons, so I suspect that players will prefer to rely on manufactured weapons unless they need to get past damage resistances.

At 10 BP, the Wood Woad is at the top of our target range of 8-10 BP. If you want to strengthen the Wood

Woad, increase the damage of its magic club to 2d4. If you want to weaken the Wood Woad, remove its natural armor.

Xvart

Small, cowardly humanoids created in the image of their greedy, cowardly demigod.

The racial traits for xvarts are presented below. For the Xvart Warlock of Raxivort, play the Warlocks class and take the Eldritch Invocations Armor of Shadows and Eldritch Sight. It's not clear which type of patron Raxivort would be.

Xvart Traits

share the following racial traits.

Creature Type. Humanoid (Xvart).

Ability Score Increase. +2 Dexterity.

Alignment. Cowardly, greedy, and selfish, most xvarts are chaotic evil.

Size. Your size is small.

Speed. Your base walking speed is 30 ft.

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 color in darkness, only shades of gray.

Low Cunning. You can take the Disengage action as a bonus action.

Overbearing Pack. As a bonus action you may take advantage of the presence of your allies. You gain Advantage on the next Strength check you make this turn to shove a creature if at least one of your allies is within 5 feet of the creature and the ally isn't incapacitated.

Raxivort's Tongue. You can communicate with ordinary bats and rats, as well as giant bats and giant rats.

Stealthy. You have proficiency in the Stealth skill.

Languages. You can speak, read, and write in Abyssal.

Playing a Xvart

Xvarts are nimble, stealthy, and cowardly. They make natural rogues, though Cunning Action will make the Xvart's Low Cunning ability redundant. You may also consider other classes which can capitalize on the Xvart's talents. A fighter who enjoys hit-and-run tactics can make excellent use of Low Cunning.

Xvarts don't have a lot of friends. They mostly concern themselves with hiding, surviving, and finding treasure. However, Xvarts will often befriend bats and rats, and will occasionally serve wererats.

Yeth Hound

Hideous dog-like fey creatures sent to serve masters.

Yeth Hound Traits

Yeth hounds share the following racial traits.

Creature Type. Fey.

Ability Score Increase. None.

Alignment. Creatures created to serve evil masters which enjoy terrifying, harassing, and brutally killing their prey, most yeth hounds are neutral evil.

Size. Your size is medium.

Speed. Your base walking speed is 40 ft.

Baleful Baying. As an action you can emit a horrifying screech that can be heard clearly within 300 feet. Creatures within 30 feet of you must make a Wisdom saving throw or be frightened for until the end of your next turn. The DC of this saving throw is 8 + your proficiency bonus + your Constitution modifier.

After you use this ability, you can't use it again until you complete long rest.

Bite. Your unarmed strikes deal 1d8 piercing damage on a hit.

Dark Master. When you are first summoned, a specific non-good creature is designated as your master. You suffer disadvantage on opposed checks against your master and on saving throws to resist spells and effects created by your master. To oppose a direct command from your master, you must succeed on an opposed Charisma check, which you make with Disadvantage. However, you may willingly refuse any command which would cause you to enter sunlight without making an opposed check.

If your master is slain, you must seek out a new master immediately, or risk vanishing into nothingness.

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 color in darkness, only shades of gray.

Flight. You have a flying speed of 40 feet, and can hover. To use this speed, you can't be wearing medium or heavy armor. You are immune to the prone condition.

Keen Hearing and Smell. You have advantage on Wisdom (Perception) checks that rely on hearing or smell.

Sunlight Banishment. If you start your turn in natural sunlight, you are immediately transported to the Ethereal Plane. While sunlight shines on the spot from which it vanished, you must remain in the Deep Ethereal. Blocking light to the spot in some fashion

does not end this period; the sun must set beyond the horizon.

After sunset, you return to the Border Ethereal at the same spot, whereupon you must set out to find your dark master. You are visible on the Material Plane while in the Border Ethereal, and vice versa, but you can't affect or be affected by anything on the other plane.

Once you are in the Border Ethereal and adjacent to your dark master who is on the Material Plane, you can return to the Material Plane as an action.

Telepathic Bond. While you are on the same plane of existence as your dark master, you can magically share your senses with your master as an action, and the two of you can communicate telepathically with each other.

Languages. You can understand, read, and write in common, elvish, and sylvan.

Playing a Yeth Hound

Yeth hounds are versatile and powerful. Their flight and excellent senses make them good scouts, and Baleful Baying allows them to briefly handicap foes while allies move to attack. Consider classes like barbarian and fighter which allow you to thrive in melee combat while isolated from your allies.

Yeth hounds are granted by powerful as boons, which makes them easy to introduce to a party. An existing party that aids a powerful fey in some fashion might welcome a new Yeth Hound part member as a reward.

Yuan-Ti

Volo's Guide to Monsters presents five new Yuan-Ti stat blocks. The Yuan-Ti Anathema and the Yuan-Ti Broodguard are presented below. The Yuan-Ti Mind whisperer, Yuan-Ti Nightmare Speaker, and Yuan-Ti Pit master are presented in the racial feats section later in this document. For racial traits for Yuan-Ti purebloods, malisons, and abominations, see the original Monstrous Races.

Yuan-Ti Anathema [Template: Acquired]

Yuan-ti Abominations sometimes seek to ascend to near-godhood by undergoing a horrifying, transformative ritual.

Becoming a Yuan-Ti Anathema

Any Yuan-ti Anathema of 5th level or greater can become a Yuan-ti Abomination. Lower-level Yuan-ti are

typically not powerful or influential enough to perform the ritual.

Once the character gains enough experience to gain a level, the character may choose to perform the ritual to become an anathema. This ritual requires sacrificing hundreds of snakes. After sacrificing the snakes, the character must kill an enemy and bath themselves in their enemy's blood. This enemy must be specifically known to the character; it may not be an unknown member of some group with which the character is enemies. The whole ritual requires 8 hours to complete, and if interrupted must be restarted from the beginning.

Upon completing the ritual, the character immediately gains the single level of the Yuan-Ti Anathema template.

Yuan-Ti Anathema Traits

All yuan-ti anathemas have the following traits, adding these traits to their existing racial traits upon gaining the template.

Hit Points

Hit Dice. 1d10 per yuan-ti anathema level

Hit Points at Higher Levels. 1d10 (or 6) + your Constitution modifier per yuan-ti anathema level

Traits

Yuan-ti anathemas gain the following traits at each level, as indicated on the table below.

Level	Features
1	Flurry of Bites, Natural Armor, Phidiophobia, Six Heads

Flurry of Bites. After taking the Attack action, you may use a bonus action to make an unarmed strike using your natural weapons. You don't add your ability modifier to the damage of the bonus attack, unless that modifier is negative.

Natural Armor. While unarmored, your AC is equal to 12 + your Dexterity modifier.

Ophidophobia. As an action you can cause creatures to gain a profound fear of snakes. Creatures other than snakes or yuan-ti within 30 feet of you must make a Wisdom saving throw or be frightened of snakes and yuan-ti for until the end of your next turn. The DC of this saving throw is 8 + your proficiency bonus + your Constitution modifier.

After you use this ability, you can't use it again until you complete a long rest.

Six Heads. You have advantage on Wisdom (Perception) checks and on saving throws against being

blinded, charmed, deafened, frightened, stunned, and knocked unconscious.

Yuan-Ti Broodguard

Stripped of your former humanity, reptilian broodguards live to serve their yuan-ti masters.

Yuan-Ti Broodguard Traits

Yuan-ti broodguards share the following racial traits.

Creature Type. Humanoid (Yuan-ti)

Ability Score Increase. +1 to Strength, Dexterity, or Constitution.

Alignment. Driven to serve their evil masters, most yuan-ti broodguards are neutral evil.

Size. Your size is medium.

Speed. Your base walking speed is 30 ft.

Bite and Claw. Your unarmed strikes deal 1d4 piercing or slashing damage on a hit.

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 color in darkness, only shades of gray.

Mental Resistance. The broodguard has advantage on saving throws against being charmed, and magic can't paralyze it.

Natural Armor. While unarmored, your AC is equal to 12 + your Dexterity modifier.

Poison Immunity. You are immune to poison damage, and immune to the poisoned condition.

Reckless. At the start of its turn, the broodguard can gain advantage on all melee weapon attack rolls it makes during that turn, but attack rolls against it have advantage until the start of its next turn.

Languages. You can speak, read, and write in abyssal, common, and draconic.

Playing a Yuan-Ti Broodguard

Yuan-ti broodguards are intended to be subservient to other yuan-ti, and are enraged by the mere sight of creatures which yuan-ti consider enemies. Consider classes like barbarian to play to this theme, but a well-trained broodguard might also be a fighter, a ranger, or even a paladin of some sort.

Broodguards follow the orders of other yuan-ti, making them an excellent addition to a party with one or more other yuan-ti in it. However, they hate non-reptilian creatures, so any other creature in the party that isn't reptilian or a slave to the yuan-ti may be a point of conflict.

It's notable that broodguards were humans before being transformed, but the transformation process obliterates the creature's former personality. As such,

consider using the Born of Magic background presented later in this document.

Assorted Beasts

Aurochs

Immense herbivorous herd animals, aurochs resemble larger and more bestial cattle.

Aurochs Traits

share the following racial traits.

Creature Type. Beast.

Ability Score Increase. +2 Strength, +2 Constitution.

Alignment. Normally unintelligent beasts, most aurochs are neutral.

Size. Your size is medium.

Speed. Your base walking speed is 50 ft.

Charge. Once per turn, if you move at least 25 feet toward a creature and hit it with a Strength-based melee weapon attack, the target takes an extra 1d6 damage from the attack. This damage increases to 2d6 at 5th level, 3d6 at 11th level, and 4d6 at 17th level.

Gore. Your unarmed strikes deal 1d8 piercing damage on a hit.

Natural Armor. While unarmored, your AC is equal to 11 + your Dexterity modifier.

No Hands. You are unable to wield weapons or wear shields, and cannot use items which require manipulation, including spellcasting foci, wands, tools, etc.

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

Playing an Aurochs

Strong and fast, but lacking hands, aurochs make natural barbarians. Their Charge ability provides a significant damage boost, but requires them to rush in and out of combat, potentially endangering them.

Like many other creatures, being awakened has a great deal of influence of your character's personality. Consider what effect granted your character superior intelligence, and how that effect shaped your character's personality.

Cattle

Herd animals commonly kept for meat, milk, and leather, their size and immense horns can make them dangerous if angered or startled. "Cattle" includes a variety of species including oxen and cows.

Cattle Traits

Cattle share the following racial traits.

Creature Type. Beast.

Ability Score Increase. +1 Strength, +1 Constitution.

Alignment. Normally unintelligent beasts, most cattle are neutral.

Size. Your size is medium.

Speed. Your base walking speed is 30 ft.

Charge. Once per turn, if you move at least 25 feet toward a creature and hit it with a Strength-based melee weapon attack, the target takes an extra 1d6 damage from the attack. This damage increases to 2d6 at 5th level, 3d6 at 11th level, and 4d6 at 17th level.

Gore. Your unarmed strikes deal 1d6 piercing damage on a hit.

No Hands. You are unable to wield weapons or wear shields, and cannot use items which require manipulation, including spellcasting foci, wands, tools, etc.

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

Subrace. Choose one of these subraces. You gain the traits listed under your chosen subrace in addition to those listed above.

Cow Traits

Ability Score Increase. Additional +1 Strength and +1 Constitution.

Natural Armor. While unarmored, your AC is equal to 11 + your Dexterity modifier.

Deep Rothe Traits

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 color in darkness, only shades of gray.

Innate Spellcasting. You know the *dancing lights* cantrip. Wisdom is your spellcasting ability for this spell.

Ox Traits

Ability Score Increase. Additional +1 Strength and +1 Constitution.

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

Rothe Traits

Ability Score Increase. Additional +1 Constitution.

Darkvision. You can see in dim light within 30 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

Stench Kow Traits

Darkvision. You can see in dim light within 30 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

Extraplanar Resistance. You are resistant to cold, fire, and poison damage, and you have advantage on saving throws against poison.

Playing Cattle

Strong and tough, cattle make good barbarians and fighters. However, their lack of hands and limited racial traits may make it difficult to succeed in other classes.

Like many other creatures, being awakened has a great deal of influence of your character's personality. Consider what effect granted your character superior intelligence, and how that effect shaped your character's personality.

Dolphin

Aquatic mammals famed for their intelligence and social nature.

Dolphin Traits

Dolphins share the following racial traits.

Creature Type. Beast.

Ability Score Increase. +1 Dexterity, +1 Intelligence.

Alignment. Normally unintelligent beasts, most dolphins are neutral.

Size. Your size is medium.

Speed. Your base walking speed is 0 ft. You have a swim speed of 60 ft.

Blindsight. You have blindsight 50 ft.

Charge. Once per turn, if you move at least 25 feet toward a creature and hit it with a Strength-based melee weapon attack, the target takes an extra 1d6 damage from the attack. This damage increases to 2d6 at 5th level, 3d6 at 11th level, and 4d6 at 17th level.

Echolocation. You can't use your blindsight while deafened.

Slam. Your unarmed strikes deal 1d6 bludgeoning damage on a hit.

You can use Dexterity instead of Strength for the attack and damage rolls of your unarmed strikes. Your unarmed strikes count as a weapon with the Finesse property for all effects which require it, such as Sneak Attack.

No Hands. You are unable to wield weapons or wear shields, and cannot use items which require manipulation, including spellcasting foci, wands, tools, etc.

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

Playing a Dolphin

Able to function in perfect darkness, dolphins make excellent Rogues.

Like many other creatures, being awakened has a great deal of influence of your character's personality. Consider what effect granted your character superior intelligence, and how that effect shaped your character's personality.

Rot Grub

Oversized maggots that instinctively burrow into the heats of living creatures to kill and consume them.

Rot Grub Traits

Rot grubs share the following racial traits.

Creature Type. Beast.

Ability Score Increase. +1 Constitution.

Alignment. Normally unintelligent beasts, most rot grubs are neutral.

Size. Your size is tiny.

Speed. Your base walking speed is 10 ft. You have a climb speed of 10 feet.

Bite. Your unarmed strikes deal 1d6 piercing damage on a hit.

Grappler. You have advantage on attack rolls against a creature you are grappling.

Infest. When you take the Attack action and make an unarmed strike, you can use a bonus action to initiate a grapple with the target of your successful unarmed strike.

When you grapple, your bite and burrow you're your target's flesh. Applying fire to the bite wound deals 1 fire damage to the target and ends the grapple. Any effect that cures disease also ends the grapple.

If a target that you are grappling ends its turn with 0 hit points, it dies as you burrow into its heart and kill it.

No Hands. You are unable to wield weapons or wear shields, and cannot use items which require manipulation, including spellcasting foci, wands, tools, etc.

Grub Body. You have no arms or hands. You are unable to wield weapons or wear shields, and cannot use items which require manipulation, including spellcasting foci, wands, tools, etc. You are unable to wear armor. You have vulnerability to Bludgeoning damage.

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

Playing a Rot Grub

Rot grubs can grapple, and that's about it. Consider playing a barbarian, a fighter, or a monk.

Like many other creatures, being awakened has a great deal of influence of your character's personality. Consider what effect granted your character superior intelligence, and how that effect shaped your character's personality.

Feats

This section presents new feats catered to specific races presented in this document and in the original Monstrous Races.

Design notes discussing the general design of racial feats are included at the end of this chapter.

General Feats

Improved Petrification

Your capacity to petrify your victims is legendary.

Prerequisite: Racial trait which petrifies creatures, such as Petrifying Gaze.

- Increase the saving throw DC to resist your petrification effect by 1.
- When a creature fails a saving throw to resist your petrification by 5 or more, it is treated as gaining two levels of exhaustion instead of one.

Racial Feats

Blade of Ilneval

A devotee of Grumsh's battle captain Ilneval, you lead your orc brethren in battle.

Prerequisite: Orc or Half-orc race.

- When you hit a creature with a melee weapon attack, you may choose to smite it to deal 1d8 additional damage. This damage increases to 2d8 at 5th level, 3d8 at 11th level, and 4d8 at 17th level.

After you use this ability, you can't use it again until you complete a short or long rest.

- As an action, you can command your allies to attack. Up to three allied orcs or half-orcs within 120 feet of you that can hear you can use their reactions to each make one weapon attack.

After you use this ability, you can't use it again until you complete a long rest.

Claw of Luthic

A devotee of Grumsh's wife, you care for your tribe's home, defend it against outsiders, and ensure the long-term survival of the tribe.

Prerequisite: Orc or Half-orc race, ability to cast 2nd-level cleric spells.

- Increase your Wisdom by 1, to a maximum of 20.
- You grow out your finger nails, filing and lacquering them into wicked claws to emulate Luthic. Your unarmed strikes deal 1d8 slashing damage on a hit.

Darkling Elder

Wise and respected by your elders, you undergo a ritual which elevates you in the eyes of your peers and physically empowers you.

Prerequisite: Darkling race, 12 Wisdom, level 5.

- Your size changes to medium.
- When creatures fail the saving throw against your Death Burst, they take 2d6. This damage increases by 1d6 when you reach 11th level (3d6), and 17th level (4d6).
- You remove the Light Sensitivity racial trait.

Cloud Giant Smiling One

Devoted to the deceptive aspects of the giant god Memnor, Smiling Ones strain the tolerance of their own kind with their tricky, deceptive mannerisms.

Prerequisite: Cloud giant race, proficient in Deception and Sleight of Hands

- Increase your Charisma by 1, to a maximum of 20.
- Choose Deception or Sleight of Hand. Your proficiency bonus is doubled for any ability check you make that uses that proficiency.
- You may cast *disguise self* once per day without expending a spell slot.

Fire Giant Dreadnought

A living engine of war, you have learned to fight from behind the bulk of two shields.

Prerequisite: Fire giant race, proficient in martial weapons and shields

- You gain a +1 bonus to AC while you are wielding a shield in each hand.
- You may use shields as weapons. Shields deal 1d6 bludgeoning damage, and have the light weapon property. If the shield is spiked, it deals piercing damage instead.
- You may perform a shield charge, striking a foe and shoving them. To do so, you must move 15 feet in a straight line immediately before making the Attack action, and attacking the target. If you succeed on the attack roll, you may shove the creature as a bonus action.

Kobold Dragonshield

A beacon of courage and strength among your cowardly kind, your presence inspires your brethren to fit on in the face of terrifying foes.

Prerequisite: Kobold race.

- You gain damage resistance your choice of resistance to acid, cold, fire, lightning, or poison damage. This choice is permanent once made.
- If you are frightened or paralyzed by an effect that allows a saving throw, you can repeat the saving throw as a bonus action at the start of your turn to end the effect on yourself and all kobolds within 30 feet that can see and hear you. Any kobold that benefits from this trait (including you) has advantage on its next attack roll made before the beginning of your next turn.

Fear Aura

Your presence is terrifying, and your attacks terrify your foes.

Prerequisite: Dragon or Meenlock race.

On your turn, when you score a critical hit with a melee weapon attack or reduce a creature to 0 hit points with one, you can attempt to terrify your foes as a bonus action. Enemies within 10 feet must make a Wisdom saving throw. On a failed save, the creature is frightened of you for a number of rounds equal to your Charisma modifier (minimum 1). The DC of this saving throw is 8 + your proficiency bonus + your Charisma modifier.

Hag Coven

You and two other hags have joined your magics to form a powerful coven.

Prerequisite: Hag race, spellcasting or pact magic class feature, level 8

Upon gaining this feat, you may join a coven of hags. This coven must include exactly three hags of any type. Other hag player character must also possess this feat to join the coven. The benefits of this feat take effect after all three hags complete a long rest while within 30 feet of each other.

The power of your coven is based on your “coven level”. Your coven level is half the average spellcasting level (the number you use to determine the number of spells you have) of the coven’s members.

While within 30 feet of the other members of your coven, you share a pool of spell slots. The number of spell slots available is based on your coven level using the Multiclass Spellcaster table on page 165 of the Player’s Handbook. The spells you may cast are listed in the Hag Covens sidebar on page 176 of the Monster Manual.

For casting these spells, each hag is a spellcaster of a level matching your coven level. Intelligence is your spellcasting ability for these spells. Your spell save DC is 8 + your proficiency modifier + your Intelligence modifier, and the spell attack bonus is your proficiency modifier + your Intelligence modifier.

Finally, you and the other members of your coven may create a Hag’s Eye, as described in the Hag Covens sidebar on page 176 of the Monster Manual.

Hand of Yurtrus

A devotee of the orcish god of death, you see to the tribes ill, and performs rites for the dead. As badges of your office, you wear pale gloves made of humanoid skin, and you have removed your own tongue.

Prerequisite: Orc or Half-orc race, ability to cast 2nd-level cleric spells.

- Your Constitution increases by 1, to a maximum of 20.
- You craft a pair of pale gloves from humanoid skin, which function as a holy symbol. As an action, you can touch a creature and channel your deities’ diseased blessings into the target. Make a melee weapon attack. On a hit, the target suffers 1d8 necrotic damage. You do not add any ability modifier to this damage. This damage increases to 2d8 at 5th level, 3d8 at 11th level, and 4d8 at 17th level.
- You learn one cantrip of your choice from the cleric spell list, and you gain proficiency in your choice of Arcana, Medicine, or Religion.
- You cut out your own tongue. You lose the ability to speak, but you may still perform verbal components for spells.

Mind Flayer Ulitharid

You are more powerful than other Illithids. You bear six tentacles rather than the customary four, and you are the favored child of your colony’s elder brain.

Prerequisite: Mind flayer race

- Your tentacles deal 1d8 psychic damage on a hit.
- Increase the die size of your psychic blast to 1d8.
- You may cast *detect thoughts* once per day without expending a spell slot using your innate spellcasting trait.
- If an elder brain establishes a psychic link you, the elder brain can form a psychic link with any other creature which you can detect when casting *detect thoughts*. Such link ends if the creature falls outside the telepathy ranges of both you and the elder brain.

You can maintain a psychic link with the elder brain regardless of distance, so long as you and the elder brain are both on the same plane of existence. If you are more than 5 miles away from the elder brain, you can end the psychic link at any time (no action required).

Maddening Feast

You have no problem eating the flesh of your fallen foes, and have learned to do so in such a horrifying fashion that it frightens other creatures, rendering them wholly speechless.

Prerequisite: Bheur Hag, Ghast, or Ghoul race

As an action, you may feast on the corpse of one enemy within 5 feet of you that died within the past minute. Each creature of your choice within 30 feet of you and able to see you must succeed on a Wisdom saving throw or be frightened until the end of your next turn. While frightened in this way, a creature is incapacitated, can't understand what others say, can't read, and speaks only in gibberish. The DC of this saving throw is 8 + your proficiency bonus + your Charisma modifier.

If a creature's saving throw is successful or the effect ends for it, the creature is immune to the hag's Maddening Feast for the next 24 hours.

After you use this ability, you can't use it again until you complete a short or long rest.

Mouth of Grolantor

Starved to madness and near death, you were "blessed" with insatiable hunger by Grolantor. While your allies loath to set you loose for fear of your appetites, your drive to kill and eat your foes is impressive.

Prerequisite: Hill giant race

- Driven by madness and hunger you may bite and pummel your foes with unnatural ferocity. Your unarmed strikes deal 1d8 bludgeoning damage or piercing damage on a hit.
- As a bonus action, you can make a special attack with your bite. If the attack hits, it deals its normal damage, and you gain temporary hit points (minimum of 1) equal to your Constitution modifier. After you use this ability, you can't use it again until you complete a short or long rest.

Neogi master

Old, experienced, and powerful among your kind, you have become a master of your people.

Prerequisite: Neogi race

- Your Charisma increases by 1, to a maximum of 20.
- Your size increases to medium.
- Your unarmed strikes deal 1d4 piercing and 1d4 poison damage.

Nurtured One of Yutruss

Infected with horrible diseases and nurtured into a horrifying disease-infested monstrosity, you serve your orcish brethren as equal parts shock troop and biological weapon.

Prerequisite: Orc or Half-orc race, not immune to disease, 14 Constitution.

- You are resistant to disease, and to the poisoned condition.
- As an action, you may intentionally reduce yourself to 0 hit points.
- When you fall to 0 hit points, you explode in a burst of bile and putrid flesh. Each creature within 10 feet of you must make a Constitution saving throw, taking 1d6 poison damage on a failed save, or half as much damage on a successful one. The DC of this check is 8 + your proficiency bonus + your Constitution modifier.

The damage increases by 1d6 when you reach 5th level (2d6), 11th level (3d6), and 17th level (4d6).

After you use this ability, you can't use it again until you complete a short or long rest.

Red Fang of Shargaas

A pariah among orcs, you worship Shargaas, the orcish deity of deep darkness and sneakiness. You serve your people as thief and an assassin, working on your tribe's behalf despite their disdain for you and your ways.

Prerequisite: Orc or Half-orc race, Sneak Attack +2d6, 14 Dexterity.

- Magical darkness doesn't impede your Darkvision.
- You may cast *darkness* once per day. Wisdom is your spellcasting ability for this spell.

Stone Giant Dreamwalker

Acclimated to the dreamscape that is the surface world, you have taken on strange magical abilities to affect the creatures that inhabit the strange realm.

Prerequisite: Stone giant race

You learn the *friends* cantrip. Charisma is your spellcasting ability for this spell.

As an action, you can attempt to petrify a creature with your touch. The target must be a creature within your reach. Creatures whose bodies are not made of flesh, such as constructs, are immune to this effect, as are creatures immune to paralysis. The target creature must make a Constitution saving throw. The DC for this saving throw is 8 + your Constitution modifier + your proficiency bonus.

On a failed save, the creature begins to turn to stone. They are treated as having 1 level of exhaustion. The creature must repeat this saving throw at the end of each of its turns. On a failed saving throw, the creature is treated as gaining an additional level of exhaustion. If the creature fails 6 saving throws, it is petrified until freed by *greater restoration* or similar magic. On a successful saving throw, the creature resists the effect, and is treated as having one less level of exhaustion. The creature is treated as having one less level of exhaustion each round until they are treated as having 0 levels of exhaustion. Creatures immune to exhaustion are not immune to this effect, and any actual levels of exhaustion do not stack with this effect.

This effect lasts up to one minute. You must maintain concentration during that time, as if you were casting a spell. If you lose concentration, the creature is treated as having no levels of exhaustion from this effect and immediately returns to normal. If the creature becomes petrified by this effect, the effects are permanent and you no longer need to concentrate.

After you use this ability, you can't use it again until you complete a short or long rest.

Storm Giant Quintessent

Seeking to stave off inevitable death of old age, you have embraced the power of the storm.

Prerequisite: Storm giant race.

- You learn the *gust* cantrip. You can cast *fog cloud* once per day without expending a spell slot. Wisdom is your spellcasting ability for these spells.
- You can use your action to create a lightning weapon in your empty hand. This weapon can be a sword, dagger, or other similar weapon. You are proficient with it while you wield it. This weapon counts as magical for the purpose of overcoming resistance and immunity to nonmagical attacks and damage. You may dismiss the weapon as a free action during your turn, and it disappears if it leaves your hand for one round or more. It also disappears if you use this feature again, fall unconscious, or die.

- As a bonus action, you can coalesce wind into a javelin-like form. You may then throw this weapon as if it were a normal javelin. This weapon counts as magical for the purpose of overcoming resistance and immunity to nonmagical attacks and damage. The javelin disappears at the end of your turn.

Vegepygmy Chief

You have lived long enough that spore clusters have formed on your body, identifying you as an elite among your kind and allowing you to spread the fungus which produce new vegepygmies.

Prerequisite: Vegepygmy (standard) race.

- Your Strength, Dexterity, or Constitution increases by 1 to a maximum of 20.
- As an action, you can release a cloud of spores in a 5-foot radius around you. The spores spread around corners. Each creature in the area that isn't a plant must succeed on a Constitution saving throw or be poisoned. While poisoned this way, a target takes 1d8 poison damage at the start of each of its turns. The DC of this saving throw is 8 + your proficiency modifier + your Constitution modifier. A target can repeat this saving throw at the end of each of its turns, ending the effect on itself on a success.

At 5th level, the radius expands to 10 ft. At 11th level, the radius expands to 15 ft. and the damage increases to 2d8. At 17th level, the radius increases to 20 ft.

You must maintain concentration during that time, as if you were casting a spell. If you lose concentration, affected creatures are no longer poisoned by this ability.

After you use this ability, you can't use it again until you complete a long rest.

Yuan-Ti Mind Whisperer

Your pact with the Yuan-ti god Sseth, the Sibillant Death, grants you great power in return for your devotion.

Prerequisite: Yuan-ti race, level 3 warlock.

- After making a successful melee attack, as a reaction you can cause the target of the melee attack to take an additional 1d8 psychic damage. This damage increases to 2d8 at 5th level, 3d8 at 11th level, and 4d8 at 17th level. After you use this ability, you can't use it again until you complete a short or long rest.
- You gain the Dark One's Blessing warlock invocation.

Yuan-Ti Nightmare Speaker

Your devotion to your patron, Dendar the Night Serpent, grants you additional powers beyond those of most warlocks.

Prerequisite: Yuan-ti race, level 3 warlock.

- After making a successful melee attack, as a reaction you can cause the target of the melee attack to take an additional 1d8 psychic damage. This damage increases to 2d8 at 5th level, 3d8 at 11th level, and 4d8 at 17th level.

After you use this ability, you can't use it again until you complete a short or long rest.

- You may cast *dissonant whispers* once per day. Unlike normal spells, this spell is cast at a spell level equal to your level divided by 2 (minimum 1, maximum 9). Charisma is your spellcasting ability for this spell.

Yuan-Ti Pit Lord

You devote yourself wholly to your pact with the Yuna-ti god Merrshaulk, drawing magical power from his eternal slumber.

Prerequisite: Yuan-ti race, level 3 warlock.

- After making a successful melee attack, as a reaction you can cause the target of the melee attack to take an additional 1d8 psychic damage. This damage increases to 2d8 at 5th level, 3d8 at 11th level, and 4d8 at 17th level.

After you use this ability, you can't use it again until you complete a short or long rest.

- You may cast *sleep* once per day. Unlike normal spells, this spell is cast at a spell level equal to your level divided by 2 (minimum 1, maximum 9). Charisma is your spellcasting ability for this spell.

Backgrounds

The following backgrounds are designed for use primarily by monstrous characters, but frequently work just as well for more conventional characters.

Born of Magic

You were brought into being entirely by magic. You have no true parents or family, but the circumstances of your creation set your life on a path which is anything but mundane.

Skill Proficiencies: Two of your choice of Arcana, Nature, or Religion.

Tool Proficiencies: One of Artisan's Tools, Alchemist's Tools, Smiths Tools, or Tinker's Tools.

Languages: One language from the Exotic Languages table (Player's Handbook, page 123).

Equipment: An object of magical significance such as a spellcasting focus, a spell component pouch, a dagger, or an ornamental piece from a destroyed magic item. A set of tattered common clothes, and magic components (usually powdered silver, diamond dust, or small onyx gemstones) worth 15 gp.

Magical Origin

Creatures are conjured or created in an unknowable number of magical rituals.

D8 Ritual Nature

- 1 I was created in a ritual devoted to specific powerful entity.
- 2 I was created in a ritual to perform a specific task.
- 3 I was created as the result of an arcane experiment.
- 4 I was created as a side-effect of alchemy.
- 5 I was created as a boon to a favored servant.
- 6 I was the accidental result of magic gone awry.
- 7 I was the masterwork of a craftsman skilled in constructing others of my kind.
- 8 I was an unintelligent creature or object granted intelligence to better serve my master.

Feature: Magical Scrounger

You have an innate sense of what materials may have magical applications. Whenever you encounter materials which might be used as a spell component, or which might have some other useful function

related to magic, you instantly know that the material is useful. However, this ability does not grant you insight into why something is useful; merely that it has some use related to magic.

This effect stretches all the way from minor items like bat guano up to incredibly valuable items like diamonds. However, it is not limited to spell components. If, for example, you encounter a trinket which opens a magical lock, you know that the trinket has some magical purpose. Unfortunately, this ability grants no insight into the purpose of objects which you identify as useful.

Suggested Characteristics

Where most creatures were born and grew to maturity, you were brought into existence fully formed and ready to face the world. While this removes the messy emotional baggage of a previous life, it also leaves you lacking in life experience, and your personality reflects this abnormal personal history.

d4 Personality Trait

- 1 I inherited my creator's quirks, and I find myself doing small, odd things without explanation.
- 2 I recreate small elements of my creation wherever I rest.
- 3 I hoard objects of any magical significance.
- 4 I befriend spellcasters and other magical creatures whenever I can.

d6 Ideal

- 1 **Obedience.** You are utterly devoted to your creator. (Lawful)
- 2 **Vengeance.** You resent your creator and others like them, and seek to do them harm by any means possible. (Evil)
- 3 **Rebellion.** The purpose for which I was created is abhorrent, and I must never fulfill it. (Chaotic)
- 4 **Detachment.** I am not supposed to exist, and I must make my presence felt as little as possible. (Neutral)
- 5 **Charity.** My existence is a gift, and I must turn it toward the good of others. (Good)
- 6 **Passivity.** I will serve the purpose for which I was created, but I do not let those actions define me. (Any)

d6 Bond

- 1 I yearn to fulfill the purpose for which I was created.
- 2 Lacking a true family, I value personal relationships, and desire a sense of belonging.
- 3 The process of my creation fascinates me, and I want to know everything I can about it.
- 4 I think of my creator as family and treat them as such regardless of their feelings or actions.
- 5 I want to become powerful enough to one day replicate the magic which created me.
- 6 I want to destroy all knowledge of the magic which created me.

d6 Flaw

- 1 My first instinct is always to obey verbal instructions, regardless of their origin.
- 2 My first instinct is always to refuse verbal instructions, regardless of their origin.
- 3 I avert my gaze or kneel when I encounter a ritual being performed.
- 4 I cannot stand children. I find their existence deeply unsettling.
- 5 My personality and behavior are deeply ingrained, and I am slow to exhibit personal growth.
- 6 I seek magical solutions to all of my problems.

Dungeon Denizen

Until your escape, you were confined to a dungeon.

Skill Proficiencies: Two of your choice of Animal Handling, Insight, Perception, and Stealth.

Tool Proficiencies: One type of artisan's tools.

Languages: Your choice from the Exotic Languages table (Player's Handbook, page 123).

Equipment: One martial weapon or one spellcasting focus, one shield or 20 arrows or bolts, and 10 gold pieces in a small decorative container such as a chest, jewelry box, or decorative urn.

Dungeon Role

Creatures which inhabit dungeons do so for a reason, and you are no exception. Whether you are there by choice, by accident, or by the will of some other creature, you had a purpose in the dungeon.

d8 Why were you in the dungeon?

- 1 To guard an item or location.
- 2 To retrieve a specific item.
- 3 To clean up messes.
- 4 To assist other inhabitants.
- 5 To prey on other inhabitants.
- 6 To find shelter.
- 7 I was a captive or slave.
- 8 I was the master of the dungeon.

Dungeon Type

Not every dungeon is worked stone buried underground. Many dungeons take other forms.

d6 What type of dungeon?

- 1 Worked stone, underground.
- 2 Ruined city or structure.
- 3 Natural cave network.
- 4 Natural above-ground dungeon, such as a forest or canyon.
- 5 Abnormal: A pocket dimension, the inside of a giant creature, etc.
- 6 Roll again twice.

Feature: Unconventional Diet

Your life in a dungeon has taught you to find sustenance wherever you can. Dead bodies, pests, patches of lichen, and other scraps provide enough food for you to live on. You can scavenge for enough food to feed yourself anywhere that living creatures dwell, even in the most inhospitable environment.

Unfortunately, your allies may lack your digestive fortitude and cannot benefit from your ability to scavenge unconventional food sources unless they possess similar digestive capabilities.

Suggested Characteristics

Life in a dungeon is often very different from living anywhere else. The constant presence of traps, predators, and other hazards makes many dungeon denizens wary, cautious, or even paranoid.

d6 Personality Trait

- 1 I always walk along the right edge of rooms and hallways.
- 2 I never look at the faces of humanoids in artwork.
- 3 I take unnecessarily high steps when crossing thresholds.
- 4 I whisper a secret word whenever I open a door.
- 5 I never use furniture that I don't own unless I have studied it at length.
- 6 I prefer to eat and rest while sitting on the floor.

d6 Ideal

- 1 **Enforced Order.** My home exists in a carefully established balance, and the world at large will be better if it is similarly balanced. (Lawful)
- 2 **Dominion.** What is mine is mine, and I will hurt anyone who wants to take it from me. (Evil)
- 3 **Wanderlust.** Freedom to leave a place is purest expression of my personal freedom. (Chaotic)
- 4 **Exploration.** I want to see and experience the world. (Neutral)
- 5 **Mercy.** Not all of my enemies oppose me by choice, so I spare their lives when I can. (Good)
- 6 **Survival.** I'm just trying to survive in a harsh world in any way I can. (Any)

d4 Bond

- 1 I'm afraid to be alone in a locked room.
- 2 I have a secret location where I inter my valuables for safe keeping.
- 3 Finding secret doors, traps, or other hidden mechanisms makes me nostalgic for my former home.
- 4 I left someone or something behind in the dungeon and I hope to retrieve it some day.

d6 Flaw

- 1 I hoard resources like food, even when they are abundant.
- 2 I always consider members of a specific group (spellcasters, clergy of one religion, etc.) my superiors
- 3 I refuse to speak unfamiliar words until I have heard several other creatures speak them aloud.
- 4 I'm visibly uncomfortable in rooms with reflective surfaces.
- 5 I examine new objects in one strangely specific way.
- 6 Talking to strangers is always either transactional or a potential violent conflict.

Locale Spirit

You are a spirit which occupies and personifies a specific place or inanimate object, such as the spirit of a tree or a lake.

Skill Proficiencies: Two of your choice of Animal Handling, Nature, or Religion.

Tool Proficiencies: Herbalism Kit.

Languages: Your choice of dwarven, elven, giant, or one language from the Exotic Languages table (Player's Handbook, page 123).

Equipment: A club, greatclub, or quarterstaff made from materials available in your home locale, an herbalism kit, and either an antitoxin or a potion of healing.

Native Locale

Many locations are home to nature spirits. Choose the location from which you originated, or roll on the table below.

d8	Locale	d8	Locale
1	Cave	5	Mountain
2	Desert/Tundra	6	Ocean
3	Forest	7	Plain/Prairie
4	Lake	8	River

Feature: Kindred Spirits

You can always locate the homes of other locale spirits in the local area. Spirits of the same or similar type to you willingly allow you to pass through and rest in their territory, and may offer aid if they are good-natured or if your goals align with theirs.

Suggested Characteristics

Locale spirits are closely bonded to their homes, and often suffer harm or even death if their home is damaged or destroyed. They may live for as long as their home remains undisturbed, and many locale spirits never depart their homes. This reclusive nature might make locale spirits feel aloof or alien to other creatures.

d4 Personality Trait

- 1 I collect small trinkets which I find strange or unfamiliar.
- 2 I mimic animal calls and bird song from my home when I'm bored.
- 3 My life is exceptionally long, and I take a very long-term view of world events.
- 4 I frequently focus my attention on the place I'm in rather than the creatures I encounter there.

d6 Ideal

- 1 **Natural Order.** Nature eventually settles into a healthy natural balance which must not be disturbed by outside influence. (Lawful)
- 2 **Predation.** I am the apex predator; all others are my prey. (Evil)
- 3 **Self-Determination.** All creatures must choose their own path and live with the consequences. (Chaotic)
- 4 **Detachment.** It is not my place to meddle in the world's affairs unless they directly affect my home. (Neutral)
- 5 **Hospitality.** My home offers succor to all those who require it. (Good)
- 6 **Mis En Place.** Everything has a natural place in the world, and once there it should remain undisturbed. (Any)

d4 Bond

- 1 Creatures and objects from my home are things to be treasured.
- 2 I avoid changing the natural world outside of my home, for fear of consequences.
- 3 I love my home as it is now, and I want to keep it as such however I can.
- 4 My home is vulnerable to outside intrusion, so I must keep its location a closely guarded secret.

d6 Flaw

- 1 I expect everything to function the same way it does at home, and become confused or upset when it doesn't.
- 2 I am scared of creatures which don't exist in or near my home.
- 3 I want to expand the reach of my home, and often disregard the consequences for doing so.
- 4 I dislike my home, and want to distance myself from it as much as I can.
- 5 I am constantly irritable whenever I am away from my home.
- 6 Whenever I'm not sure what to do, I find myself making my way home without thinking about it.

Magic Items

Automagical Hand

Wondrous item, rare (requires attunement)

This object resembles a harness with a humanoid arm and hand extending from its center. The arm may be skeletal, mechanical, or even fleshy, and the hand may have varying numbers of fingers, but the arm is always roughly as functional as human hand and arm, possessing a thumb and at least two fingers. The harness is worn by strapping it to the wearer's torso, and the folds against the torso while not in use.

Wearing the hand allows the wearer to take the Use an Item action to use items as though they have a free hand. Creatures with two full hands can open doors and retrieve items from a backpack, and creatures with no hands can finely manipulate objects. The hand cannot be used for more complicated actions, including attacking, reloading a weapon, holding a shield, performing somatic components, or other similar actions.

Collar of Mighty Claws

Wondrous item, uncommon

This collar is made of sturdy leather, and is decorated with claws, teeth, and small bones from predators, especially those of magical nature or origin such as displacer beasts and owlbears. While wearing this collar, your unarmed strikes are treated as magic for the purposes of overcoming resistance or immunity to damage.

Flind's Flail

Weapon (Flail), very rare (requires attunement by a groll)

This terrifying weapon resembles the iconic weapon of the demon lord Yeenoghu. The handle is wrought of bones lashed together with black fur from the tail fur of a powerful groll. The heads of the flail, connected to the handle by rope made of the same black fur, are humanoid skulls pierced with metal spikes. The eyes of the skulls glow with malevolent orange light.

The flail can produce three effects, which you may choose to activate as a free action after making a successful melee attack with the flail. Each effect may be activated once per day, resetting at dawn. Each effect calls for a saving throw. The DC of these saving throws is 8 + your proficiency bonus + your Constitution modifier.

- **Madness:** The target must make a Wisdom saving throw. On a failed save, the target must make a melee attack against a random target within its reach on its next turn. If it has no targets within its reach even after moving, it loses its action on that turn.
- **Pain:** The target must make a Wisdom saving throw. The target suffers 4d10 psychic damage on a failed saving throw, or half as much on a successful one.
- **Paralysis:** the target must succeed on a Constitution saving throw or be paralyzed until the end of its next turn.

In addition, while attuned to this flail, your Rampage ability is enhanced. Whenever Rampage activates, all creatures within 10 feet of you with the Rampage trait may also activate their Rampage trait.

Graystaff

Wondrous item, very rare (requires attunement by a Bheur Hag)

This staff is composed of a long piece of gnarled, gray wood from a tree found on a snowy mountaintop.

This staff functions as a staff spellcasting focus, and as a broom of flying (Dungeon Master's Guide, page 156).

In addition, while attuned this staff allows a Bheur Hag to cast additional spells. You may cast *cone of cold*, *hold person*, *ice storm*, and *wall of ice* each once per day without expending a spell slot. Charisma is your spellcasting ability for these spells if you do not already have a spellcasting ability.

Nilbog Spirit

Wondrous item, legendary (requires attunement by a goblin)

This mysterious object is the remnant of a long-dead goblin deity. Sent to wreak havoc on the followers of Maglubiet, this mischievous spirit imbues its host with several perplexing abilities, but also drives its host acts of random violence and spite.

The spirit itself is invisible, intelligent, has a flying speed of 30 feet, can't speak, and can't be attacked. The spirit may attempt to possess a living goblin as an action. The goblin must make a DC 15 Charisma saving throw or become possessed by the Nilbog Spirit. The goblin may choose to fail this saving throw willingly. If the save succeeds, the spirit can't possess that goblin for 24 hours.

Once the goblin is possessed, it becomes attuned to the Nilbog Spirit, just as a creature attunes to other

magic items. The goblin may not remove attunement to the Nilbog spirit without first ending the possession (see Nilbog Possession, below). A goblin ending the possession immediately loses the traits granted by the Nilbog Spirit.

While possessed by the spirit, your Charisma becomes 15 (unless it was already higher), and you gain the following traits:

- **Innate Spellcasting.** You learn the *mage hand* and *vicious mockery* cantrips. If you are 3rd level or higher, you may cast *tasha's hideous laughter* once per day. If you are 7th level or higher, you may cast *confusion* once per day. Charisma is your spellcasting ability for these spells.
- **Nilbog Possession.** While possessed by the spirit, the goblin's alignment becomes chaotic evil. If the Nilbog Spirit's host is killed or the possession is ended by a spell such as hallow, magic circle, or protection from evil and good, the possession ends, and the Nilbog Spirit may not attempt to possess the same goblin again for 24 hours. If other goblin hosts are available, the Nilbog Spirit will typically go looking for another host in this period. The spirit can leave its host at any time, but it won't do so willingly unless it knows there's another potential host nearby.
- **Nilbogism.** Any creature that attempts to damage you must first succeed on a Charisma saving throw or be charmed until the end of the creature's next turn. A creature charmed in this way must use its action praising you if it speaks a language, or making suitable sounds and gestures to indicate your greatness if it does not. The DC of this saving throw is 8 + your proficiency modifier + your Charisma modifier.

Once a creature is affected by this ability, it may not be affected by your Nilbogism again until you have completed a long rest.

You can't regain hit points, including through magical healing, except through Reversal of Fortune.

- **Reversal of Fortune.** As a Reaction in response to another creature dealing damage to you, you reduce the damage to 0 and may spend a hit die to regain hit points.

Spells

Spell Lists

Bard

Cantrips (0 Level)

- Daze
- Devour Magic
- Spook

Cleric

Cantrips (0 Level)

- Devour Magic

Druid

Cantrips (0 Level)

- Devour Magic

Sorcerer

Cantrips (0 Level)

- Daze
- Devour Magic
- Spook

Warlock

Cantrips (0 Level)

- Daze
- Mind Spike
- Spook

Wizard

Cantrips (0 Level)

- Daze
- Devour Magic
- Mind Spike
- Spook

Spell Descriptions

Daze

Enchantment Cantrip

Casting Time: 1 Action

Range: 60 ft.

Components: V, S

Duration: 1 round

The targeted creature must succeed on a Wisdom saving throw or be charmed until the start of the gazer's next turn. While the target is charmed in this way, its speed is halved, and it has disadvantage on attack rolls.

Devour Magic

Abjuration Cantrip

Casting Time: 1 Action

Range: 120 ft.

Components: V, S

Duration: 1 round

The targeted creature must succeed on a Dexterity saving throw or have one of its magic items lose all magical properties until the start of your next turn.

Determine the affected item randomly, ignoring single-use items such as potions and scrolls. If the object is a charged item, it also loses 1d4 charges.

Mind Spike

Enchantment Cantrip

Casting Time: 1 Action

Range: 60 ft.

Components: V, S

Duration: Instantaneous

You fire a shimmering purple ray at the target which wracks its mind with painful sensations. The target creature must succeed on an Intelligence saving throw or take 1d6 psychic damage. The target gains no benefit from cover for this saving throw.

The spell's damage increases by 1d6 when you reach 5th level (2d6), 11th level (3d6), and 17th level (4d6).

Spook

Necromancy Cantrip

Casting Time: 1 Action

Range: 60 ft.

Components: V, S

Duration: 1 round

The target creature must succeed on a Wisdom saving throw or be frightened until the start of your next turn.