

MORE ANCESTRIES & CULTURES



**ARCANIST
PRESS**



© Copyright 2020 Arcanist Press LLP

Arcanist Press and their associated logos are trademarks of Arcanist Press LLP.

Product Identity: The following items are hereby identified as Product Identity, as defined in the Open Game License version 1.0a, Section 1(e), and are not Open Content: All trademarks, registered trademarks, proper names (characters, place names, new deities, etc.), dialogue, plots, story elements, locations, characters, artwork, graphics, maps, sidebars, and trade dress.

Open Game Content: The Open content in this book includes material taken from the System Reference Document 5.1 provided by Wizards of the Coast, Inc. No other portion of this work may be reproduced in any form without permission.

WRITTEN BY EUGENE MARSHALL

LAYOUT & DESIGN BY AMY BLISS MARSHALL

COVER BACKGROUND BY: PAWEŁ CZERWIŃSKI

**COVER FIGURE: INKS BY DON TANTIADO
& COLORS BY BASITH IBRAHAM**

**ART FROM: BIEN FLORES, DON TANTIADO, BASITH IBRAHIM,
DEAN SPENCER, RICK HERSHEY, JACOB E. BLACKMON,
DONOVAN REEVES, MATT MORROW, INDI MARTIN, BRETT
NEUFELD, SADE, PAWEŁ CZERWIŃSKI, DAVID BRUGGINK, ERIC
WELCH, MARCO BONOMO, SILAS BAISCH & BRUNO BALIXA**

**COVER IMAGES OPPOSITE BY: BAD MOON
ART STUDIO AND DEAN SPENCER**

WITH SPECIAL THANKS TO [SIGIL ENTERTAINMENT GROUP](#)

MORE ANCESTRIES & CULTURES

Introduction

This document is an expansion of the rules found in *Ancestry & Culture: An Alternative to Race in 5e*, available on [DriveThruRPG](#). It contains sixty-four unusual ancestries and cultures, some based on classic playable races and others based on classic fantasy monsters. You'll also find rules for altering a culture to fit with one of the eleven geographic regions, such as mountains, grasslands, arctic, underground, or forest, for example, as well as several of the planes beyond the material plane, such as the astral plane, the plane of shadow, and the plane of faerie. This allows players to take their chosen culture and swap out one or more geographic or planar trait, giving their chosen culture a new flavor.

If you'd like more custom ancestries and cultures, be sure to check out *Custom Ancestries & Cultures* on [DriveThruRPG](#) as well, which offers 62 more choices, from fantasy classics to bizarre originals.



TABLE OF CONTENTS

INTRODUCTION	3	LESHAN	28
ABOLETHI	5	NAGA KIN	29
APRI	5	OOZELING	30
ASTER	6	OWLBEAR KIN	33
BEHIRBORN	8	PACHYDERMAN	33
BLINK DOG	9	PHOENIX BORN	34
BULETTE FOLK	10	PSILOCYBE	35
CENTAUR	11	RAVEN KIN	36
CEPHALID	12	SALAMANDRITE	37
THE COMBINED	13	SCORPIAN	38
DEVAN	14	SELKIE FOLK	39
DJINN-BLESSED	15	SOBEKITE	40
DRIDER	16	SPHINX FOLK	41
EARTHBORN	17	SPIRIT BOUND	42
EFREETI-TOUCHED	18	TARRASQUER	42
ELF: FEY & SHADOW	19	UNICORAN	44
ERINYESI	20	VINEFOLK	45
ETTINFOLK	21	VULCANEN	46
FLESH CONSTRUCT	22	WATERBORNE	46
GARGOYLE	23	YETIKIN	47
GLABREZAN	24	GEOGRAPHIC CULTURAL	
HARPY	24	TRAITS	48
HOBGOBLIN	26	PLANAR CULTURAL TRAITS	52
KRAKEN FOLK	26	LEGAL INFORMATION	57
LEONINE	27		

Abolethi

Abolethis are humans who were once thralls of the ancient, evil aboleth empire. Many centuries ago, they regained their freedom, though they still carry the effects of their millennia of proximity to the aberrations.

Abolethi Ancestral Traits

Those of abolethi ancestry resemble humans, but the influence of their former masters, the aboleths, can still be seen. Abolethis have webbed fingers and toes, gills, and slimy skin. Abolethis tend to have certain traits.

Age. Abolethis mature more slowly than humans and live for around 150 years.

Size. Abolethis are human in size and shape. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Mucosal. Like their ancient masters, abolethis can excrete a thick mucus from their skin. You have advantage on rolls to escape a grapple. When you are underwater, you can exude a cloud of mucus. A creature that touches you or that hits you with a melee attack while within 5 feet of you while you are underwater must make a DC 10 Constitution saving throw or be poisoned until the end of its next turn.

Subaqueous Acclimation. Ancient abolethis adjusted over many centuries to better serve their underwater masters. You can breathe air and water and have a swim speed of 20 feet.

Abolethi Cultural Traits

Abolethi communities are few, though those that exist are harmonious and welcoming to others. Most are autonomous communes, with no hierarchy or ruler. Instead, those of these communities share property and labor communally, make decisions by consensus, and eschew concepts of private property, sovereignty, and punishment. Many can be found on the shore or near a body of water, because those of abolethi ancestry often take advantage of their natural abilities underwater to fish and otherwise live off the sea.

Ability Score Increase. Your Charisma score increases by 2 and your Strength by 1.

Alignment. Abolethi communities tend to value autonomy and individual difference, perhaps as a result of the abolethi once having been thralls. Their members tend toward neutrality, but those of all alignments can be found among them.

Abolethi Psionics. Those who grow up in abolethi communities are taught to develop special psionic abilities that the abolethi long ago learned from their former rulers. You know the *message* cantrip. When you reach 3rd level, you can cast the *command* spell once with this trait. When you reach 5th level, you can cast the *detect thoughts* spell once with this trait. Because you use psionics to create these effects, you do not need to use any spell components when casting these spells. You regain the ability to cast these spells with this trait when you finish a long rest. Charisma is your spellcasting ability for these spells.

Memory of the People. Abolethi communities have rich oral traditions in which their histories are carefully preserved. Every significant event dating back for hundreds of years is conserved in these traditions. You have proficiency in History.

Languages. You speak, read, and write Common and Deep Speech.

Apri

Apri are anthropomorphic boars. Some apri tales claim that they are direct descendants of a god named Moccus, a great boar who could take human form. Unlike their forebear, however, apri cannot transform, remaining ever in a boar-human hybrid form.

Apri Ancestral Traits

Those of apri ancestry resemble humans with short, bristly fur all over their bodies, a humanoid torso and limbs, and a boar's head, with prominent tusks. Apri tend to have certain traits.

Age. Apri mature at the same rate as humans and live for about as long.

Size. Apri are human in size and shape. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Relentless. Apri are hardy folk capable of absorbing hits that would drop other creatures. If you take damage less than twice your proficiency bonus that would reduce you to 0 hit points, you are reduced to 1 hit point instead.

Tusks. You have long teeth that grow from your lower jaw and protrude out of your mouth, which you can use to make unarmed strikes. On a hit, you deal slashing damage equal to 1d6 + your Strength modifier.

Apri Cultural Traits

Apri communities can be found virtually anywhere, though most commonly in forests and hilly areas. Most apri villages are small and matriarchal, with adults working together to raise children collectively. Young adults from these communities often leave their villages to find their fortunes abroad, sometimes returning once they are ready to settle down, but other times joining communities they encounter elsewhere. Most who grow up in apri communities share certain traits.

Ability Score Increase. Your Constitution score increases by 2 and your Wisdom score by 1.

Alignment. Apri communities tend to be direct and forthright, valuing honesty and bluntness. Their members tend to toward law.

Charge. Apri communities teach their young to tackle problems head on, including foes in combat. If you move at least 20 feet straight toward a target and then hit it with a melee attack on the same turn, the target takes an extra 3 (1d6) damage. If the target is a creature, it must succeed on a DC 11 Strength saving throw or be knocked prone.

Omnivorous. Apri communities have a very broad conception of what is and is not edible. As such, those who grow up in these communities develop strong intestinal fortitude. You have advantage on saving throws against poison, and you have resistance against poison damage.

Languages. You speak, read, and write Common.

Aster

Asters are humanoids that dwell primarily on the Astral and Outer Planes. Millennia ago, the asters were thralls of a cosmic empire that spanned worlds and planes known as the phorcysites (see the quasi-phorcysite playable ancestry in *Custom Ancestries & Cultures*). The thralls served the phorcysites for ages untold, until a champion arose among them who took the name Aster for himself. Aster led their fellows in rebellion against the phorcysites, eventually winning their freedom. In honor of Aster, the thralls took their name and became the aster. In the centuries since Aster's time, the aster have split into two cultures, one which travels the Astral Plane, raiding those who travel there and searching the multiverse for any remaining phorcysites, and another who adopted a monastic life, retreating to the outer planes in an attempt to rebuild their culture after millennia of servitude. These two groups of aster do not always agree, especially with regard to how central the continued hunt for any remaining phorcysites should be.

Aster Ancestral Traits

Those of aster ancestry resemble tall, gaunt humans with yellow, green, and brown skin, with a variety of hair colors. Asters tend to have certain traits.

Age. Asters mature at the same rate as humans, but spend much of their time on the Astral and Outer planes, where beings do not age. As such, asters can live indefinitely. If they spend their entire lives on the material plane, however, they would live roughly two hundred years.

Size. Asters are human in size and shape. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Psychic Scarring. Asters rose up against their phorcysite masters long ago, but the aster people retain vestiges of that rebellion. The phorcysites themselves were powerful psionic users who used their powers to control their thralls, but Aster developed a talent for resisting these effects, a talent which continues in asters to this day. You have advantage on saving throws against being charmed and frightened, and you are immune to any effect that would read your thoughts.

Aster Raider Cultural Traits

Aster raiders sail the Astral Sea in magical vessels, the designs for which were stolen from their former masters, the phorcysites, long ago. These communities purport to be in the business of hunting down the last remaining phorcysites, but they end up spending much of their time engaged in multiplanar piracy. When not raiding, the aster raiders dwell on several islands floating in the Astral Sea. The

communities there, as well as on the vessels, are militaristic in structure. These communities allow outsiders, but require that they follow the strict codes of the communities. Most who grow up in aster raider communities share certain traits.

Ability Score Increase. Your Strength score increases by 2 and your Intelligence score by 1.

Alignment. Aster raider communities have a martial culture and tend strongly toward law.

Military Training. The young in aster raider communities learn the ways of war, so that they might participate in the great hunt and contribute to the raids that support aster raider society. You have proficiency with light armor, medium armor, shields, shortsword, longsword,

greatsword, and heavy crossbow.

Languages. You speak, read, and write Common and one other language of your choice.

Aster Monk Cultural Traits

Aster monks retreated to the Outer Planes and there formed several monastic communities, attempting to rebuild – or create anew – a culture and identity not forged merely as a reaction to the phorcysites. These communities welcome any who wish to study the reflective ways of mindfulness and focus that the aster monks revere. Most who grow up in aster monk communities share certain traits.

Ability Score Increase. Your Constitution score increases by 2 and your Intelligence score by 1.

Alignment. Aster monk communities focus on self-discipline over all else and, as such, these communities tend toward law and neutrality.

Aster Monk Psionics. Aster monks are not pacifists, but their communities willfully chose to turn away from the sword and toward self-development. Grasping hold of the gift given to the aster by their namesake, the aster monks developed their innate psionic strengths and now teach their young these techniques. You know the *mage hand* cantrip. When you reach 3rd level, you can cast the *shield* spell once with this trait. When you reach 5th level, you



can cast the *detect thoughts* spell once with this trait. You regain the ability to cast these spells when you finish a long rest. When you cast them, you do not need any components, as you use the innate focus of your mind. Intelligence is your spellcasting ability for these spells.

Languages. You speak, read, and write Common and one other language of your choice.

Behirborn

Behirborn are humanoids descended from the monstrosity known as the behir, a twelve limbed, blue, lightning breathing serpent foe of the dragons. The gods of the giants, seeing that the draconic gods had created the dragonborn, would not be outdone. And so the behirborn were made. The wars between giants and dragons having long since simmered down to mere animosity, behirborn find themselves in the world free to live their lives as they please.

Behirborn Ancestral Traits

Behirborn are humanoid, with blue skin and small horns, but no hair. They have long torsos with four equally strong arms, as well as sharp claws and lightning breath. They usually have smooth scales and a serpentine tail as well. Behirborn have certain traits.

Age. Behirborn are born from soft-shelled eggs and mature at the same rate as humans, though they live a bit longer, to at least 120.

Size. Behirborn are slender and tall, though roughly the same size and weight as humans. Your size is Medium.

Speed. Your base walking speed is 30 feet. You have a climbing speed of 20 feet.

Four-Armed. Behir often have ten to twelve limbs along their long, serpentine body, but behirborn only have six – four arms and two legs. Having four arms allows you to wield multiple weapons or have an extra hand to cast the somatic component of a spell, though they do not grant additional attacks. You can take the Use An Object action as a bonus action.

Climbing Claws. Behirborn have sharp talons

on the fingers of their four arms that allow them to make unarmed strikes as well as to climb more efficiently. You have a base climbing speed of 20 feet. You can also scratch as an unarmed strike. On a hit, you deal slashing damage equal to 1d4 + your Strength modifier.

Lightning Breath. Behirborn can make a breath weapon attack, shooting lightning in a 5-foot-wide, 30-foot-long line. When you use your breath weapon, each creature in the area of the exhalation must make a saving throw. The DC for this saving throw equals 8 + your Constitution modifier + your proficiency bonus. A creature takes 2d6 lightning damage on a failed save, and half as much damage on a successful one. The damage increases to 3d6 at 6th level, 4d6 at 11th level, and 5d6 at 16th level. After you use your breath weapon, you can't use it again until you complete a short or long rest.

Behirborn Cultural Traits

Behirborn communities are most often found in mountainous regions or in caverns underground, though they are few. These communities have oral traditions that relate their origins and the tales of the wars between the dragons and the giants. Most often, these tales depict the giants as the protagonists, though many folks in behirborn communities understand the bias implicit in their old tales. Behirborn community traditions often include athletic competitions, especially wrestling, at which they excel. Perhaps as a result of their giant origins, behirborn communities tend to be hierarchical as well. Folks who grow up in behirborn communities tend to have certain traits.

Ability Score Increase. Your Strength score increases by 2 and your Wisdom by 1.

Alignment. Those who grow up in behirborn communities are taught traditions of respecting elders and social rank based on merit and strength. As such, these communities tend toward law.

Lore of the Dragons and Giants. You have heard the tales a thousand times and know more than most of the lives of giants and dragons. You have proficiency in History. When you roll history to recall lore about giants or dragons, you roll with advantage.

Wrestler. Those who live in behirborn communities often take part in regular wrestling competitions. You have proficiency in Athletics.

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

Blink Dog

Blink dogs are intelligent fey canines who hail from the plane of faerie. Their origins are unknown, though they have likely existed among the fey for millennia. They are not often encountered on the material plane, but certainly exist there in packs, as well as on their own.

Blink Dog Ancestral Traits

Blink dogs are canine in form, but they have intelligence and language as a human or elf might. They are quadrupedal and are otherwise entirely canine, requiring them to wear barding rather than armor, which can be acquired from any blacksmith, though it may cost more than standard armor. Beyond these features, blink dogs tend to have certain traits.

Age. Blink dogs mature more quickly than humans, reaching maturity after about ten years. They live around a century.

Size. Blink dogs are the size of large dogs like mastiffs. Your size is Medium.

Speed. Blink dogs are quick on their feet. Your base walking speed is 40 feet.

Fey Canine. You do not have hands, which makes certain tasks more difficult. You may struggle with things that require opposable thumbs and fine motor skills, such as thieves' tools. At your GM's discretion, you have disadvantage on Dexterity (Sleight of Hand) and Thieves' Tools checks. You also cannot wield two-handed weapons, though you can wield one-handed weapons by gripping them in your mouth. You can use a paw for somatic spell components as well. Your creature type is Fey.

Keen Hearing and Smell. Blink dogs have the well-honed senses of a canine. You have advantage on Wisdom (Perception) checks that rely on hearing or smell.

Blink. Blink dogs can teleport short distances several times a day. As a bonus action, you can magically teleport, along with any equipment you are wearing or carrying, up to 40 feet to an unoccupied space you can see. You can use this feature a number of times equal to your Wisdom modifier (a minimum of once). You regain any expended uses when you finish a short or long rest.



Blink Dog Cultural Traits

Blink dogs usually form packs of extended kin, though they are very social creatures. They often incorporate others not of blink dog ancestry into their social circles as well. Sometimes these extended families of choice are itinerant, but other times they settle and form villages. Such communities have the feel of extended families even when their members are not related by blood. These communities tend to provide for themselves through hunting, especially ambush hunting. Those who grow up in blink dog communities have certain traits.

Ability Score Increase. Your Dexterity score increases by 2 and your Wisdom by 1.

Alignment. Blink dog communities tend to be principled and kind places. They lean toward goodness.

Ambush Hunters. Blink dog communities usually train their young in ambush hunting, leading them to be good at hiding in wait for their prey. You have proficiency in Stealth and Perception.

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

Bulette Folk

Bulette folk are humanoids that resemble the burrowing hunters known as bulettes. Sometimes called land sharks, bulettes burrow through the earth, erupting beneath their prey. Bulette folk are said to be magical creations of ancient dwarves who planned an assault on surface dwellers. Taking dwarven volunteers and crossing them with the fearsome subterranean monstrosities, the dwarven wizards created a battalion of bulette folk to serve their ends. Even with the shocking introduction of the bulette folk troops into battle, however, the dwarven forces were routed and the bulette folk scattered.

Bulette Folk Ancestral Traits

Bulette folk are taller than dwarves and smaller than bulettes, making them roughly the size of tall, heavy humans. They have bony plates on their bodies that protect them, as well as large, strong jaws. Their hands are wide and very strong, with fingers ending in thick claws suitable for burrowing. They have tiny hairs in between their bony plates, which they can be trained to use to detect movement while burrowing through the earth. Bulette folk have certain traits.

Age. Bulette folk mature more slowly than humans, a result of their dwarven hybrid ancestry. They reach adulthood by thirty and live roughly three hundred years.

Size. Bulette folk are broad and at least as tall as humans, though they tend to weigh a good deal more. On average they are six feet tall and weigh three hundred pounds. Your size is Medium.

Speed. Your base walking speed is 30 feet. You have a burrowing speed of 20 feet.

Bony Plates. Bony plates cover a bulette folk's body. When you aren't wearing armor, your AC is 13 + your Dexterity modifier. You can use this score to determine your AC if worn armor would leave you with a lower score.

Claws and Teeth. Bulette folk have inherited the predatory instruments of the bulette. You can bite or scratch as an unarmed strike. On a hit, you deal slashing damage equal to 1d6 + your Strength modifier.

Burrower. Thanks to your strong arms and heavy claws, you can burrow through the earth, though not through solid or worked stone. When moving through earth, you have a burrow speed of 20 feet.

Bulette Folk Cultural Traits

Several small bulette folk communities exist, more than one of which was formed shortly after the bulette folk battalion was routed. These communities allow those of non-bulette folk ancestry to join, though much of the culture involves burrowing and subterranean activity. Thus those who cannot themselves burrow are often paired with a bulette folk as a guide and companion, so that the non-burrower might reach the community's subterranean homes. These relationships of ancestral bulette folk and non-bulette folk have become one of the hallmark features of bulette folk communities.

Ability Score Increase. Your Strength score increases by 2 and your Constitution by 1.

Alignment. Those who grow up in bulette folk communities learn early on to respect difference and to see those of different ancestries as equals, thanks in part to their practice of mixed ancestry friendship pairs. These communities tend toward goodness.

Earth Listeners. Those who grow up burrowing or following the burrows of bulette folk learn to sense movement in the solid soil around them from the subtle vibrations such movements emit. You have tremorsense to a range of ten feet.

Leaping Ambush. Like the bulettes from which the ancestral bulette folk descend, bulette folk communities practice ambush hunting by bursting from out of the ground and leaping at foes. Even those who cannot burrow learn these leaping attacks. Add ten feet to your running long jump distance and five feet to your high jump distance. When you hit a foe of your size or smaller with a melee attack after leaping at least ten feet, they must make a DC 13 Strength saving throw or be knocked prone.

Languages. You speak, read, and write Common and Terran.

Centaur

Centaur are fey creatures that traditionally dwell in the wilder parts of the ancient forests. Their origin is unknown.

Centaur Ancestral Traits

Centaur are equine-human hybrids, with the body of a horse and the torso, arms, and head of a human. Centaur have certain traits.

Age. Centaur mature at the same rate as humans and live about as long.

Size. Centaur are taller than humans, thanks to their equine lower half, standing at least 7 feet tall. Their equine lower half extends back four to five feet. Your size is Medium.

Speed. Your base walking speed is 40 feet.

Fey. You have the Fey creature type.

Hooves. You can make unarmed strikes with your hooves. On a hit, you deal bludgeoning damage equal to 1d4 + your Strength modifier.

Equine Strength. You count as one size larger with regard to how much you can carry, lift, or push.

Equine Form. Maneuvering a world built for bipedal humanoid can be a challenge for centaur. Climbing things like ropes and ladders are much harder for you, for example. When you climb something built for a humanoid creature, you move at half the speed a humanoid would and make checks to do so at disadvantage.

Centaur Cultural Traits

Centaur communities are most often found in forests and grasslands away from larger settlements. Usually, their villages exist in harmony with nature, following the natural

rhythms with their celebrations and practices. Most centaur communities are tightly knit as well, thinking of each other as one extended family. Because of these diverse and varied communities, you have certain traits.

Ability Score Increase. Your Strength score increases by 2. In addition, your Wisdom increases by 1.

Alignment. Members of centaur communities tend to follow the cycles of nature, but also tend to show compassion for their fellows. They tend toward neutrality or goodness.

Quick Charge. Centaur communities teach their young the ways of centaur combat, which includes a charging attack. If you move at least 30 feet straight toward a target and then hit it with a melee weapon attack on the same turn, you can immediately follow that attack with another attack as a bonus action.

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



Cephalid

Cephalids are humanoids whose progenitors served or encountered beings from the Outer Realms. Some passed through portals and momentarily found themselves in the presence of Azathoth or Yog-Sothoth. Simply by being in the presence of such entities warps mortal beings in profound ways, and these experiences cannot be expressed in mortal language. Other humanoids joined cults and worshipped being from beyond space and time like Nyarlathotep or Shub-Niggurath and were transformed, though whether this was as a reward or a punishment is uncertain. Either way, these experiences warped their minds and transformed their bodies, resulting in the ancestry now known as the cephalids.

Cephalid Ancestral Traits

Cephalids are humanoid, with skin that is rubbery and slick, like that of an octopus or squid. The colors vary from purple to gray to green. To heighten the cephalopod connection, cephalids also have tentacles extending from the bottom half of their heads, behind which lurks a sharp

beak of a mouth, making them appear something like a human with an octopus for a head. The cephalid's tentacles are one to two feet long and prehensile, and cephalids use them to bring food to their concealed mouths. Beyond that, they are thin and relatively tall, with long, spidery fingers. Cephalids have certain traits.

Age. Cephalids are born in watery pools of slime from eggs that their parents jointly secrete in a process that some non-cephalids find disturbing. After the eggs are laid and fertilized, the parents eat many of them, until only a few remain, which eventually hatch a few weeks later. From this point, cephalids take ten years to reach adulthood, though they can live to be upward to 70 years old.

Size. Cephalids are the same size and weight as humans. Your size is Medium.

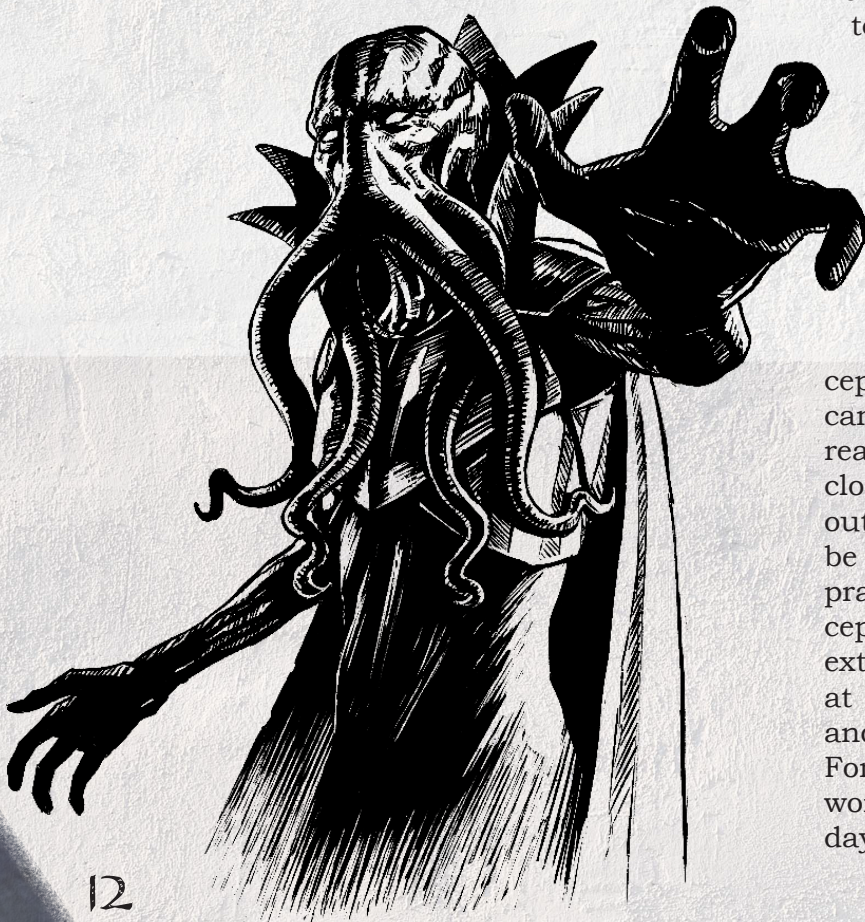
Speed. Your base walking speed is 30 feet.

Concealed Beak. Hiding behind the face tentacles of a cephalid is a sharp beak, which you can use to make unarmed attacks. On a hit, you deal piercing damage equal to 1d4 + your Strength modifier.

Head Tentacles. Cephalids have four to six tentacles growing from the bottoms of their faces, with which they can grapple foes within five feet. You can make an unarmed attack with your head tentacles. On a hit, you successfully grapple your foe and can bring them in for a beak bite as a bonus action. The target's escape DC equals 8 + your proficiency modifier + your Strength bonus.

Cephalid Cultural Traits

Cephalid communities are fundamentally influenced by those among them who are of cephalid ancestry. And many of those individuals carry with them an unusual perspective on reality, inherited from their forebears and their close proximity to the Outer Realms. Indeed, outsiders tend to find cephalid communities to be eerie, preternatural places, full of strange practices and unsettling folk. To be fair, most cephalid communities are indeed odd in the extreme, though they need not be malevolent at all. Rather, they are as often idiosyncratic and unusual as they might be truly disturbing. For example, some cephalid communities still worship the gods of the Outer Realms, hoping one day to open a portal to bring them to our plane;



unsurprisingly, many visitors find this upsetting. Yet many other cephalid villages simply want to go about their relatively mundane lives in peace, even though they do indeed sing strange, atonal songs to their children and dance unnatural jigs in silence at their seasonal ceremonies. Thus it can be hard to generalize about those who grew up in cephalid communities.

Ability Score Increase. Your Intelligence score increases by 2 and your Constitution by 1.

Alignment. Those who grow up in cephalid communities are quite often more in tune with the disorder of the Outer Realms. As such, they communities tend toward chaos.

Eldritch Psionics. Cephalid communities have forebears who gained unnatural psychic practices learned from the Outer Realm. You know the *eldritch blast* cantrip. When you reach 3rd level, you can cast the *hideous laughter* spell once with this trait. When you reach 5th level, you can cast the *alter self* spell once with this trait. Because you use psionics to create these effects, you do not need to use any spell components when casting these spells and Intelligence is your spellcasting ability. You regain the ability to cast these spells with this trait when you finish a long rest.

Eerie Intuition. Those who grow up among the cephalids become used to their uncanny ability to tell what might be bothering someone. You have proficiency in Insight.

Languages. You speak, read, and write Common and Deep Speech.

The Combined

The combined, as they call themselves, are humanoids who use magic to graft and grow animal limbs and organs from reptiles, amphibians, and fish onto their bodies. This body modification occurs through a magical ritual that lasts several days and includes a series of purifying ceremonies.

The priests and priestesses who perform this ritual are themselves combined. Their order, the Order of Combination, believes that the animals others see as lower – the fish, reptiles, and amphibians – are actually closest to the gods. They take it as their holy mission to help others draw closer to the gods by adopting the forms of these beasts. And because they wish

to see all humanoids draw closer to the gods, they offer the ritual of transformation to any who desire it, whether or not they share the Order's views. Even so, the priests recognize that the ritual is extreme, and respect any who choose not to undergo the transformation, viewing the decision as a deeply personal choice.

These priests of self-experimentation operate out of several remote monasteries, where they study and perfect the magics necessary to perform the combination rituals.

Combined Ancestral Traits

The combined are people of another humanoid ancestry who only choose to become combined as adults. They hail from any other humanoid ancestry, though humans tend to make up their majority. Through the ritual of combination, a body part of one of the holy beasts is magically grafted onto the humanoid's body, merging the two. Once complete, the added body part is a true part of the humanoid; effects like the *dispel magic* spell or an *anti-magic field* have no effect on the animal graft of a combined.

Choose an ancestry that represents your ancestry from before you underwent your combination ritual. Then select one trait from that ancestry other than Age, Size, Speed, or Darkvision, and replace it with one from the Ritual of Combination list below. You may choose this ancestry at character creation or, if the GM allows, whenever you have a chance to visit one of the remote monasteries during play. At your GM's discretion, you may return to the monastery at fifth level or higher and undergo the ritual again, adding a second trait for free from the list below.

The Ritual of Combination. Those who visit the combined monasteries are given the opportunity to undergo the ritual of combination. This multi-day, celebratory affair ends in a magical ritual in which animal parts are grafted onto you. Choose one of the following traits:

Bat Wings. Leathery skin connecting the underside of your arms with the sides of your torso allows you to glide for short distances. As long as you aren't incapacitated, you can reduce falling damage to zero from a fall up to 100 feet in distance. What's more, when you fall, you can move two feet in a horizontal direction for every foot you fall.

Gecko Fingers. You have sticky, coarse pads on your hands and feet that allow you to climb vertical surfaces. You have a climbing speed equal to your walking speed.

Shark Gills. You have gills along your ribs that allow you to breathe underwater, as well as webbed fingers and toes. You can breathe in air and water and have a swim speed equal to your walking speed.

Squid Tentacles. You graft two cephalopodan tentacles onto your torso, allowing you to grab onto objects and foes. When you use your action to attempt to grapple a foe, you do so with advantage. As a bonus action, you can use your tentacles to take the Use an Item action.

Crab Shell. Your skin hardens to resemble the shell of a crustacean. When you aren't wearing armor, your AC is 13 + your Dexterity modifier. You can use this score to determine your AC if worn armor would leave you with a lower score.

Spitting Viper Venom. You grow venom sacks in your throat and are able to spit venom. When you do so, you spit at a creature you can see within 10 feet and project a spout of noxious spittle. The creature must succeed on a Constitution saving throw or take 1d12 poison damage. At 5th level, the damage increases to 2d12. At 11th level, it increases to 3d12 and at 17th level it increases to 4d12.

Combined Cultural Traits

Combined communities are places of experimentation and radical self-exploration. These communities are usually centered around one of the monasteries at which the ritual of combination takes place. Those who grow up in these communities tend to develop very expansive notions of self-improvement, extending to body modification and, of course, the magical ritual of combination itself. Children of combined are not themselves combined, inheriting only the original ancestral traits of their parents. Upon reaching adulthood, they are given the choice to become combined or to remain as they are born. Some in these communities choose to become combined

while others do not, and the members of these communities accept either choice as valid. Those who reach adulthood in combined communities share certain traits.

Ability Score Increase. Your Constitution score increases by 2 and two other abilities of your choice also increase by 1.

Alignment. Combined communities literally change their bodies, which leads to a broad acceptance of folks changing their minds and forging individual paths as well. The members of these communities tend away from law.

Biomancers. Those who grow up among the combined learn more about humanoid and animal biology and magic than most. You have proficiency in Medicine and Arcana.

Languages. You speak, read, and write Common and one other language of your choice.

Devan

Devans are humanoids descended from celestials known as devas. These divine forebears were often tasked with spending time among mortals, disguised as one of them. In rare cases, such devas fell in love with mortals and had offspring with them, resulting in small communities of those who descend from such unions.

Devan Ancestral Traits

Those of devan ancestry can vary in their appearance as widely as other humans, though their skin and eyes glow faintly with an otherworldly luster. This glow is not quite enough to cast light in the darkness, but it is noticeable to others.

Age. Devans mature at the same rate as humans, but live for somewhat longer, often to 150.

Size. Devans are human in size and shape. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Darkvision. Perhaps because of their lightborn heritage, devans can see despite the darkness. 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.

Inner Radiance. Like their eyes and skin, devan blood also glows faintly, a sign that their bodies are replete with radiant energies. You have resistance to radiant damage. What's more, when you take slashing or piercing damage from a creature you can see within 60 feet, you can use your Reaction to cast the *hellish rebuke* spell once with this trait, but the spell does radiant damage instead. You regain the ability to do so when you finish a short or long rest.

Devan Cultural Traits

Devan communities most often celebrate their celestial heritage. As such, they feature temples to lawful good deities and have practices that celebrate the sunrise and spring. Such communities often have a strong clergy, even among those who live in these communities who are not of devan ancestry. Above all, these communities are known for taking in refugees and those who suffer.

Ability Score Increase. Your Charisma score increases by 2 and your Wisdom score by 1.

Alignment. Devan communities usually pride themselves on their celestial heritage; as such, they more often lean toward law and goodness. There are notable exceptions, however, and individuals within these communities span all moralities.

Celestial Magic. Devan communities teach their young certain magics that hold a special place in their cultural heritage. You know the *light* cantrip and can cast it without its material component. When you reach 3rd level, you can cast the *cure wounds* spell once with this trait. When you reach 5th level, you can cast the *alter self* spell once with this trait. You regain the ability to cast these spells with this trait when you finish a long rest. Charisma is your spellcasting ability for these spells.

Languages. You speak, read, and write Common and Celestial.

Djinn-Blessed

The djinn-blessed are humans descended from the union of humans and a djinn, a genie of elemental air. The djinn are known to be friendly with humans, though they enjoy

their reputation as tricksters as well. Their fondness for humans has naturally led to the occasional offspring, and now there are more than a few who descend from them, carrying the blessings of this unique ancestry.

Djinn-Blessed Ancestral Traits

Those blessed by djinn ancestry appear humanoid, with blue skin of varying shades. They more often than not have dark hair and eyes, though not always. Your djinn-blessed character has several distinctive features due to this ancestry.

Age. Djinn-blessed mature at the same rate as humans and live for about as long.

Size. Djinn-blessed are human in size and shape, though tend to be tall and athletic. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Darkvision. Because of the magical creatures in their ancestry, djinn-blessed can see in darkness. 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.

Friend of the Storms. Because their ancestors were creatures of elemental air, djinn-blessed are less vulnerable to the energies of sky and storm. You are resistant to lightning and thunder damage.

Djinn-Blessed Cultural Traits

Djinn-blessed communities are not common, as those of djinn-blessed ancestry tend to wander from place to place, traveling where the wind takes them. When they do settle down and form communities, however, these villages tend to be informal and disorganized places, feeling more like temporary communes than long-established bastions.

Ability Score Increase. Your Constitution score increases by 2 and your Charisma score by 1.

Alignment. Djinn-blessed communities are full of free-spirited folk who change their minds as often as the wind. As such, their communities tend toward chaos, though away from evil.

Elemental Magic. Djinn-blessed communities enjoy passing along the magical traditions that their djinn-blessed ancestral members learned from their forebears. You know the *shocking grasp* cantrip and can cast it without its material component. When you reach 3rd level, you can cast the *thunderwave* spell once with this trait. When you reach 5th level, you can cast the *gust of wind* spell once with this trait, without its material component. You regain the ability to cast these spells with this trait when you finish a long rest. Charisma is your spellcasting ability for these spells.

Languages. You speak, read, and write Common and Auran.

Drider

Driders are a combination of elf and giant spider, in a union reminiscent of a centaur. Records of driders dwelling underground go back for millennia. For the deep elven communities, the driders represent a cautionary

tale not to blaspheme or offend their gods. To others, the driders are believed to be the result of dark elven magic long ago. Still other sages believe both tales are true – that driders were originally created by the deep eleven gods but have since been replicated by unnatural magics. Whatever their origins, once created, driders are their own creatures, no longer elven but drider.

Drider Ancestral Traits

Driders are arachnid-elven hybrids, with the body of a giant spider and the torso, arms, and head of an elf emerging from the head of the spider form. Like giant spiders, driders have large abdomens and eight arachnid legs, with which they can navigate webs with ease. Individuals of drider ancestry possess certain traits.

Age. Driders mature at the same rate as elves and live about as long.

Size. Driders are taller than humans, thanks to their giant arachnid lower half, standing roughly 7 feet tall. Their arachnid lower half extends back four to five feet. Your size is Medium.

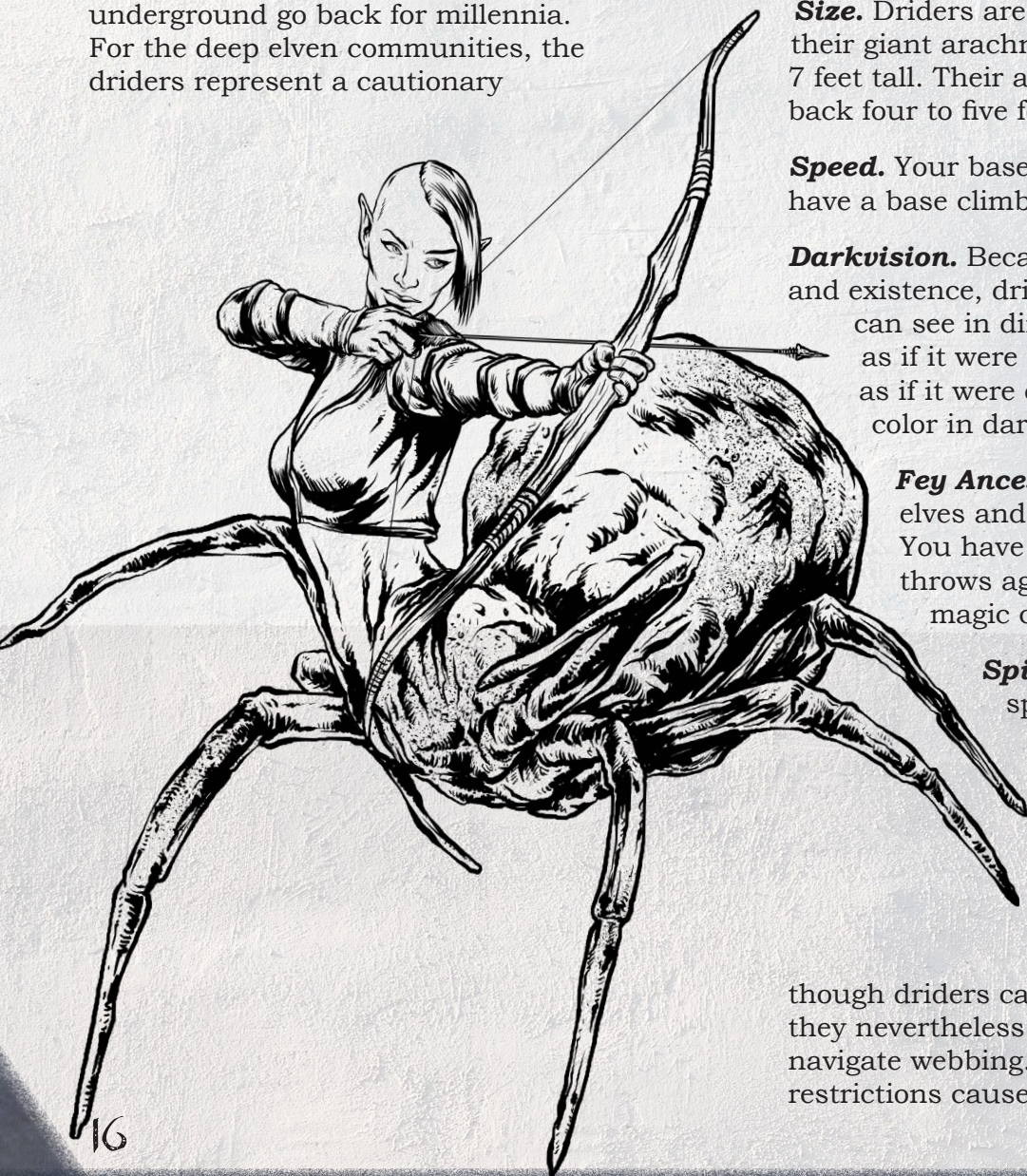
Speed. Your base walking speed is 30 feet. You have a base climbing speed of 30 feet as well.

Darkvision. Because their subterranean history and existence, driders can see in darkness. 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. Driders descend from elves and have some of their abilities. You have advantage on saving throws against being charmed, and magic can't put you to sleep.

Spider Climb. Thanks to their spider legs, driders can climb difficult surfaces, including upside down on ceilings, without needing to make an ability check. You have a climb speed equal to your walking speed.

Web Walker. Even though driders cannot spin their own webs, they nevertheless have the natural legs to navigate webbing. You ignore movement restrictions caused by webbing.



Drider Cultural Traits

Drider communities are exclusively found underground, usually away from elven communities, from which they often feel shunned. Drider communities sometimes include enclaves of folks of other subterranean ancestries, such as dark gnomes and dwarves, among others. Most drider communities raise domesticated giant spiders as mounts for those not of drider ancestry, and the creatures often serve as guards and beasts of burden. Driders and spider-mounted others often take hunting forays out into the darkness to find sustenance for their communities. In drider communities, an ability to provide for the village is respected, as is both combat prowess and wisdom. As a member of drider community, you have certain traits.

Ability Score Increase. Your Strength score increases by 2. In addition, your Wisdom increases by 1.

Alignment. Members of drider communities have formal hierarchies, are usually matriarchal, and tend toward law.

Sunlight Sensitivity. People who live their whole lives in drider communities never see the sun. While in sunlight, you have disadvantage on attack rolls, as well as on Wisdom (Perception) checks that rely on sight. You lose this trait once you have spent a year or more above ground.

Drider Sorcery. Drider communities teach their young the ways of drider magic, in part inherited from their elven forebears. You know the *dancing lights* cantrip. When you reach 3rd level, you can cast the *faerie fire* spell once with this trait. When you reach 5th level, you can cast the *darkness* spell once with this trait, without needing a material component. You regain the ability to cast these spells with this trait when you finish a long rest. Wisdom is your spellcasting ability for these spells.

Languages. You can speak, read, and write Common, Undercommon, and Elven.

Earthborn

Like the djinn-blessed and efreeti-touched, the earthborn ancestry originates in the congress of humanoids and genies, in this case, genies of elemental earth. The earth genies are not usually on good terms with mortal folk, but it does happen, occasionally, that one dallies with a human or elf for a time, perhaps out of love, or perhaps for some more selfish reason, such as greed, for earth genies tend to be greedy hoarders of wealth. The earthborn are therefore the descendants of these unions and carry aspects of earth genies to this day.

Earthborn Ancestral Traits

Those born of the earth appear humanoid. Their skin and hair feature earthen tones, with hues of tan, brown, or gray, matching the colors of sand, soil, or stone. They are most often broad-shouldered, solid people. Your earthborn character has several distinctive features due to this ancestry.

Age. Earthborn mature at the same rate as humans and live for about as long.

Size. Earthborn are human in size and shape, though tend to be short and strong. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Darkvision. Because their earth genie ancestors spent much time beneath the ground, earthborn can see in darkness. 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.

Steadfast. Earthborn are denser and heavier than most other creatures of their size, making them more difficult to knock down. You have advantage on Strength or Dexterity rolls to resist being knocked prone.

Stoneborn. Because their ancestors were creatures of elemental earth, earthborn are not vulnerable to petrification. You are immune to the petrified condition.

Earthborn Cultural Traits

Earthborn communities are most often found in the mountains or beneath the earth in caverns. These communities are often dour places, with a tendency to resist change; indeed, a kind of inertia settles over most folks who dwell in these communities. This can lead to some conflict with visitors, or their own young people, who might wish for things to change more quickly than they do in such places. Whereas a young member of an earthborn community might complain about the intransigent nature of their community, an earthborn elder most often would praise this same conservatism, calling it wisdom.

Ability Score Increase. Your Constitution score increases by 2 and your Wisdom score by 1.

Alignment. Earthborn communities are conservative, structured, and slow to change. As such, their communities tend toward law.

Elemental Magic.

Earthborn communities feel a duty to pass along the magical traditions that their earthborn ancestral members learned from their forebears. You know the *resistance* cantrip and can cast it without its material component. When you reach 3rd level, you can cast the *grease* spell once with this trait, without its material component. When you reach 5th level, you can cast the *silence* spell once with this trait. You regain the ability to cast these spells with this trait when you finish a long rest. Wisdom is your spellcasting ability for these spells.

Languages. You speak, read, and write Common and Terran.

Efreeti-Touched

The efreeti-touched are humanoids descended from the union of humans and an efreeti, a genie of elemental fire. The efreeti themselves are usually cruel and devious creatures who view humanoids as beneath contempt, though this personality is not heritable and so is not found among the efreeti-touched any more than it is among other humanoids. Arcanists report that human warlocks who made pacts of service to efreeti lords received an aspect of efreeti power and nature as payment for their services, thus creating the efreeti-touched.

Efreeti-Touched Ancestral Traits

Those whose ancestry is touched by an efreeti resemble humans or elves with red or black skin and hair. Their bodies are hot to the touch and their eyes smolder like embers. Your

efreeti-touched character has several distinctive features due to this ancestry.



Age. Efreeti-touched mature at the same rate as humans and live for about as long.

Size. Efreeti-touched are human in size and shape, though tend to be tall and athletic. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Darkvision. Because of the inner fire each carries within them, efreeti-touched can see in darkness. 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.

Avatars of the Flame. Because their ancestors were creatures of elemental fire, efreeti-touched are less vulnerable to the heat and flame. You are resistant to fire damage.

Efreeti-Touched Cultural Traits

Efreeti-touched communities are rare, as those of efreeti-touched ancestry are as well. Those that do exist are most often found in deserts and other warm places in the world. Efreeti-touched communities enjoy the finer things, celebrating art, fine food, and music, often forming into artists' and craftspersons' guilds.

Ability Score Increase. Your Constitution score increases by 2 and your Intelligence score by 1.

Alignment. Efreeti-touched communities tend to be well-ordered places, with hierarchical structures and clear but strict laws. As such, their communities tend toward law.

Elemental Magic. Efreeti-touched communities feel an obligation to pass along the magical traditions that their efreeti-touched ancestral members learned from their forebears. You know the *produce flame* cantrip. When you reach 3rd level, you can cast the *burning hands* spell once with this trait. When you reach 5th level, you can cast the *scorching ray* spell once with this trait. You regain the ability to cast these spells with this trait when you finish a long rest. Intelligence is your spellcasting ability for these spells.

Languages. You speak, read, and write Common and Ignan.

Elf

Elf Ancestral Traits

Note: These traits are the same for all people of elven ancestry and are listed in Ancestry & Culture: An Alternative to Race in 5e. One elven culture is also listed there, that of high elf. Several more elven cultures can be found in Custom Ancestries & Cultures.

Fey Elf Cultural Traits

Elven communities can sometimes be found beyond the material plane, most commonly on the Plane of Faerie, in part because the elves claim an ancestry that originates on that mystical plane. Some of these communities were founded by elves who traveled from the material plane, but others may very well have always existed among the fey. Those who grow up in a fey elf community share certain traits.

Ability Score Increase. Your Dexterity score increases by 2 and your Charisma score by 1.

Alignment. More so than other elven communities, those that dwell on the plane of Faerie often exhibit the same fickle variety that personifies the plane itself. As such, their communities tend strongly toward chaos.

Fairy Pathways. Those who grow up in fey elven communities come to learn how to see the invisible seams of reality all around us. With effort, you can step through one of these seams, momentarily passing through a nebulous area of the plane of faerie, only to step out in another location near to where you started. As a bonus action, you can cast the *misty step* spell. Once you use this trait, you can't do so again until you finish a short or long rest.

Cyclical Magic. Members of fey elven communities come to attune to the seasons to a remarkable degree, learning to draw magical power from the seasons. During the winter, you know the *ray of frost* cantrip. During the Spring, you know the *druidcraft* cantrip. During the Summer, you know the *firebolt* cantrip. And during the Autumn, you know the *chill touch* cantrip. If you already have one of these cantrips, then, when you cast that cantrip during the season it is active, you may reroll any damage roll from the spell once each casting and take the higher result.

Languages. You speak, read, and write Common, Elvish, and Sylvan.

Shadow Elf Cultural Traits

Shadow elf communities are those founded by elves who have passed from the material plane into the plane of Shadow. These elven communities have dwelt in the Shadow for long enough to have developed their own beliefs and practices, ones colored by the dismal and dreary realm around them. Some of these communities originated in those who worshiped the deities of Shadow, but just as many found themselves pulled through a portal, or fled here to hide from some threat. Now, though, these communities remain because this is where their history lies. In general, members of shadow elf communities tend to have certain traits.

Ability Score Increase. Your Dexterity score increases by 2 and your Constitution score by 1.

Alignment. Shadow elf communities are reserved and quiet places, in which folks spend time contemplating life miseries and mysteries. Many among them adopt a stoci pessimism that nevertheless does not prevent them from striving for greatness. As such, their communities tend toward neutrality.

Shadow Resistance. The many years spent amidst the shadows have hardened you against the dark energies that swirl here. You have resistance to necrotic damage.

Shadow Step. Your time in the shadow has taught you to see the mystical connections that all darkness shares. As a bonus action, you can cast the *misty step* spell, but the space in which you cast the spell and the space of your destination must be in dim light or darkness. Once you use this trait, you can't do so again until you finish a short or long rest.

Languages. You speak, read, and write Common and Elvish.

Erinyesi

Erinyesi are humanoids descended from a human or elf and an erinyes, a devilish fiend of the Hells. Sometimes these relations come about through infernal pacts, with the humanoid selling their soul in exchange for power, a trade that corrupts their bloodline for generations to come. Other times, the offspring is the result of fiendish corruption of a more direct and carnal sort. Erinyesi are those humanoids that result from one or the other of these interactions.

Erinyesi Ancestral Traits

Erinyesi appear human or perhaps elven, but they usually have deep red or black hair and eyes. Most striking are their deep red or black



wings, which match their other coloring. Their skin can be a variety of hues but is always pristine and healthy. They sometimes feature horns and tails, but just as often do not. Erinyesi tend to have certain traits.

Age. Erinyesi mature at the same rate as humans, but live substantially longer, upwards to three hundred years.

Size. Erinyesi are the same size and weight of humans. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Infernal Heritage. Fiendish blood runs in your veins, giving you devilish familiarity with fire. You are resistant to fire damage.

Devilish Wings. Erinyesi are born with feathery wings that resemble an angel's, or rather, one that has fallen from grace. You have a flying speed equal to your current walking speed, though only for short distances. You may remain aloft for up to 1 hour per day, all at once or in several shorter flights. You regain the hour of flying time when you complete a long rest.

Erinyesi Cultural Traits

Erinyesi communities are rare, but several exist near major cities, where they interact with tieflings, treating them as cousins. Their communities pride themselves on their self-sufficiency and the ability to defend their territory, often adopting a martial atmosphere. Indeed, erinyesi community members drill long hours throughout their youth and adulthood, learning the ways of battle, how to tend to armor, and more. Whether this militaristic culture is inherited from their fiendish forebears or a product of some past oppression or experience is unknown. Those raised in erinyesi communities share the following traits.

Ability Score Increase. Your Constitution score increases by 2 and your Charisma by 1.

Alignment. Erinyesi communities feel like military encampments to outsiders, with strict and orderly behaviors, compete with a morning reveille. These communities are lawful.

Erinyesi Troop Training. Erinyesi communities pride themselves on their discipline and training. You have proficiency

with the longsword and longbow, as well as with medium and heavy armor.

Languages. You speak, read, and write Common and Infernal.

Ettinfolk

The ettinfolk are humans who have ettin ancestors. At some point in the past, historians claim, humans and ettins had offspring, probably through the intervention of magic. The resulting children were human sized, but retained the ettin's trademark two heads. Some scholars theorize that ettinfolk are not in fact descended from ettins at all, however, but are instead a lineage of humans cursed by some foul two-headed demon god.

Ettinfolk Ancestral Traits

Ettinfolk appear human, save one very obvious difference: they have two heads. The two heads tend to resemble one another as siblings might, though they each have a distinct appearance and personality. Your ettinfolk character has several distinctive features due to this ancestry.

Age. Ettinfolk mature at the same rate as humans and live for about as long.

Size. Ettinfolk resemble unusually tall, broad-shouldered humans, normally reaching 7-8 feet in height and 300-400 lbs in weight. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Two Heads. You have advantage on Wisdom (Perception) checks and on saving throws against being blinded, charmed, deafened, frightened, stunned, and knocked unconscious.

Wakeful. When one of your heads is asleep, the other head is awake.

Ettinfolk Cultural Traits

Ettinfolk communities are as rare as those of ettinfolk ancestry themselves, though some can be found in mountainous areas throughout the world. These communities celebrate diversity of opinion, offering an alternative perspective for every opinion they encounter, almost endlessly, though some less charitable visitors

describe them as argumentative. Their collective decisions often take a long time to resolve, as these communities pride themselves on considering as many alternatives as possible on a given issue. Even so, this also means that they are very welcoming to outsiders, delighted at the chance to learn new perspectives and attitudes from those who have traveled to other places. In general, members of ettinfolk communities tend to have certain traits.

Ability Score Increase. Your Strength score increases by 2 and your Constitution score by 1.

Alignment. Ettinfolk communities carefully consider multiple perspectives, weighing them equally before making a decision. As such, their communities tend fairly strongly toward neutrality.

Ettinfolk Weapon Training. Ettinfolk communities teach their youth to wield a variety of weapons in self-defense. You have proficiency with the battleaxe, greataxe, morningstar, and javelin.

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

Flesh Construct

Flesh constructs are flesh golems endowed with true life and sentience. Flesh constructs are created through magical means, beginning their lives in a necromancer's lab. In most cases when a wizard creates a flesh golem, the resulting creature awakes without self-consciousness, being no more than crudely animated flesh. In a few rare cases, however, the creature that awakes is self-aware, though often they begin their new existences like a child and must learn what it means to exist just as any other self-aware being must.

Flesh Construct Ancestral Traits

Flesh constructs are humanoids in shape and size, but made of pieces of other humanoids sewn together and endowed with life through magic. They resemble a human sized flesh golem, but with an awareness in their eyes, indicating their intelligence. Each flesh construct is unique, a product of the amalgam of creatures that went into creating them. Your flesh

construct character has several distinctive traits, thanks to being a your being made, not born.

Age. Constructs are created in their mature forms and remain that way indefinitely, eventually breaking down after many centuries.

Size. Most often, such amalgams of other creatures only manage to reach self-awareness when they have been built in a form that most resembles the original existence of their constituent parts. Thus, flesh constructs are almost always smaller than their flesh golem counterparts. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Reanimated. Flesh constructs are dead flesh reanimated by magic. Due to this nature, you have advantage on saving throws against being poisoned, and you have resistance to poison and lightning damage. Also, you need neither food, nor drink, nor air, and you cannot catch a disease. Despite your undead origin, your creature type is still humanoid, thanks to the fact that you possess a soul and are truly alive.

Flesh Construct Cultural Traits

Flesh constructs begin their existences in the cultures of those wizards who have created them. Thus, many become a part of those cultures. Occasionally, however, flesh constructs leave the culture of their makers and forge their own path. And rarely, they join with other flesh constructs to try to create their own communities. Such places are locations of self-cultivation and experimentation, in which members explore a variety of different experiences.

Ability Score Increase. You may increase any three ability scores each by 1 point.

Alignment. Flesh construct communities tend to value self-expression and individuality. As such, they tend toward chaos and neutrality.

Dilletante. You are proficient in one skill and with one tool of your choice.

Languages. You can speak, read, and write Common and one other language of your choice, most likely of the culture in which you were created.

Gargoyle

Gargoyles are sentient stone statues that usually resemble devils or demons, though they can have a variety of appearances. Sages say that gargoyles are the result of demonic or devilish influence on the elemental plane of earth, though others argue that gargoyles were created as soldiers by an elemental lord of rock and stone. Some gargoyles serve evil creatures, fulfilling the unsavory tasks for which they were created, but many do not. Indeed, some have broken free from a life of evil servitude or were created with no such purpose in mind.

Gargoyle Ancestral Traits

Gargoyles have flexible stone bodies, usually featuring wings and devilish features. Their hands usually end in sharp claws as well. Being made of solid stone means that they are unusually heavy, however, and their wings struggle to keep them aloft for long. Gargoyles tend to have certain traits.

Age. Gargoyles are made, not born. Once created, they last as long as their stone forms endure. Some gargoyle communities have discovered magics to create offspring, which they guard zealously, lest evil wizards steal the secrets to make gargoyle servants of their own.

Size. Gargoyles are as tall as humans but much heavier, weighing at least 500 lbs. Your size is Medium.

Speed. Your base walking speed is 30 feet.

False Appearance. While a gargoyle remains motionless, it is indistinguishable from an inanimate statue. In places where one might expect to find a statue, this can be useful, though not so much in natural environments.

Limited Flight. You have a flying speed equal to your current walking speed. At 1st level, you fall if you end your turn in the air with nothing holding you aloft. When

you reach 5th level, you may remain aloft for up to 1 hour per day, all at once or in several shorter flights. You regain one hour of flying time when you complete a long rest.

Rocky Talons. Gargoyles have hard stone talons, with which they can claw as an unarmed strike. On a hit, you deal slashing damage equal to 1d4 + your Strength modifier. When you hit with a bite, you can attempt to grapple the foe as a bonus action.

Stone Form. A gargoyle is made from solid stone. When you aren't wearing armor, your AC is 13 + your Dexterity modifier. You can use this score to determine your AC if worn armor would leave you with a lower score. You are also immune to the petrified condition.

Gargoyle Cultural Traits

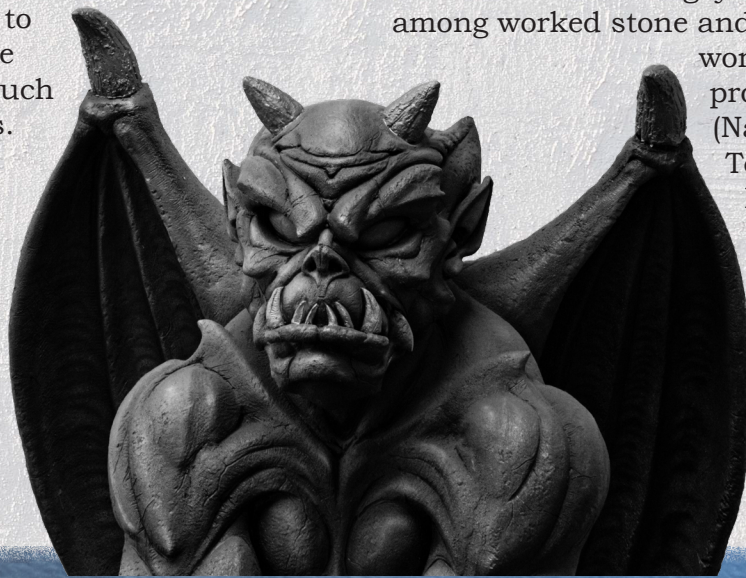
Most gargoyles live in multicultural urban areas, though sometimes gargoyle enclaves do form outside them. In urban areas, their enclaves are found atop large buildings, such as temples. In the wilds, gargoyle villages might be found in a mountainous region or in some old ruins. Wherever they arise, these communities tend to stay put, its members rather sedentary, and their cultural practices sedate. Stonework and masonry have become popular pastimes in these communities. Those who grow up in these gargoyle communities tend to have certain traits.

Ability Score Increase. Your Constitution score increases by 2 and your Strength by 1.

Alignment. Gargoyle communities are disorganized but quiet. They lean toward chaos, but of a most reserved kind.

Stone Masters. Gargoyle communities live among worked stone and study the stone working arts. You have proficiency in Intelligence (Nature) and with Mason's Tools. When you make a Nature roll to ascertain something about worked stone, such as its age or origin, you roll with advantage.

Languages. You speak, read, and write Common and Terran.



Glabrezan

Glabrezans are humanoids descended from the congress of a humanoid and a glabrezu, a demonic fiend of the abyss who revels in corrupting mortals. Glabrezus often seek out mortals to tempt and corrupt, taking pleasure in warping and tainting the mortal's body and soul. The result of this corruption, either spiritual or bodily, is a glabrezan. Such beings pass along their abyssal heritage to their children as well, thus creating the glabrezen ancestry.

Glabrezan Ancestral Traits

Glabrezans are humanoid in shape and size. They have reddish or brown skin, with strips of white on their chests and arms. One arm ends in a crab-like pincer, while the other arm resembles a normal human arm and hand. They often though not always have fiendish horns. Because of this abyssal ancestry, you have certain traits.

Age. Glabrezans mature more quickly than humans, reaching adulthood by fifteen, and live to be at least one hundred years old.

Size. Glabrezans are formidable looking, standing six to seven feet tall. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Abyssal Heritage. Demonic blood runs in your veins, giving you familiarity with the cold. You are resistant to cold damage.

Demonic Pincer. One of your arms, either left or right, has a large, crab-like pincer in place of a hand. You can hold items, swing weapons, and even perform somatic spell components with the pincer. You can also use the pincer to make unarmed attacks. On a hit, you deal piercing damage equal to 1d6 + your Strength modifier. When you hit, you can choose to attempt to grapple the target as a bonus action.

Glabrezan Cultural Traits

Glabrezans are more visibly fiendish than even many tieflings, thanks to their pincer hand. Perhaps because of this, they have tended to shun large cities, preferring more removed areas. As such, what few glabrezan

villages exist might be encountered anywhere. Visitors are sometimes surprised to discover that glabrezan communities are relatively cerebral environments, with scholarship and games of logic and strategy serving as hobbies in equal measure. Those raised in glabrezan communities share the following traits.

Ability Score Increase. Your Intelligence score increases by 2 and your Constitution by 1.

Alignment. Glabrezu communities favor the silence and solitude of study or a quiet chess match, but they also avoid placing overt restrictions on anyone or any activity, preferring structure and harmony to develop autonomously. Remarkably, it usually does. Because of this these communities favor neutrality.

Abyssal Magics. Glabrezan communities pass along certain magical traditions said to have been gleaned from one or more of the original glabrezus who sired the ancestry. You know the *resistance* cantrip. When you reach 3rd level, you can cast the *detect magic* once with this trait, without the material component. When you reach 5th level, you can cast the *darkness* spell once with this trait, without needing the material component. You regain the ability to cast these spells when you finish a long rest. Intelligence is your spellcasting ability for these spells.

Strategist. Glabrezan communities often engage in games of strategy and tactics. You have proficiency with chess or cards.

Languages. You speak, read, and write Common and Abyssal.

Harpy

Harpies have a reputation as foul and despicable creatures, yet this is not in fact true of all creatures with harpy ancestry. Indeed, some harpies hail from an older ancestral line of divine servants who were created to punish the vicious, carrying them off to be judged by the gods or harrying them and stealing their food. Those who descend from this ancient and venerable line of harpies continue to this day, though few now serve as instruments of divine justice explicitly.

Harpy Ancestral Traits

Those of harpy ancestry have the legs, talons, and wings of a giant vulture and the torso, arms and head of a human. More often than not, harpies are assigned female at birth, but all genders can be found among the harpies. Harpies tend to have certain traits.

Age. Harpies mature at the same rate as humans and live for about as long.

Size. Harpies are the same height as humans, though they rarely weigh more than one hundred pounds. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Talons. Harpies have sharp talons on their feet. You can scratch as an unarmed strike. On a hit, you deal piercing damage equal to 1d4 + your Strength modifier. You can also grip things with your feet while you fly, though you cannot manipulate objects beyond picking them up and dropping them.

Vulture Wings. A harpy's wings are functional, but small given the harpy's size. You have a flying speed equal to your current walking speed, but only if you are not wearing medium or heavy armor. At 1st level, you fall if you end your turn in the air with nothing holding you aloft. When you reach 5th level, you may remain aloft for up to 2 hours per day, all at once or in several shorter flights. You regain one hour of flying time when you complete a long rest.

Harpy Cultural Traits

Harpy communities are usually found in remote areas, often in the mountains. Despite their isolation and reputation, harpy communities welcome visitors and tend to make good hosts. Among their cultural practices, harpy communities excel at music and song, including it in their children's education from a young age. Harpy towns usually have at least several vibrant faith communities as well, perhaps a vestige of the divine calling of harpy ancestry long ago.

Ability Score Increase. Your Dexterity score increases by 2 and your Charisma by 1.

Alignment. Harpy communities tend to respect individuality and privacy, though their communities also tend to be harmonious places. Even so, they lean toward chaos.

Musical Savants. Those who grow up in harpy communities are taught to develop music and performance from a young age. You have proficiency in Performance and with one musical instrument of your choice. When you roll Performance to sing a pleasing song, you roll with advantage.

Divine Heritage. Though most of those of harpy ancestry no longer serve the gods as instruments of retribution, there is still a strong tradition of religious practice in harpy communities. You have proficiency in Religion.

Languages. You speak, read, and write Common and Celestial.



Hobgoblin

Hobgoblins are humanoids related to goblins and bugbears and often found among them. Their origins are unknown, though their history has always been entwined with the other two goblinoid ancestries. Indeed, in many old hobgoblin tales, hobgoblins occupied positions of leadership in multicultural goblinoid communities. Whether these tales are self-serving or accurate is unknown.

Hobgoblin Ancestral Traits

Hobgoblins usually have red, orange, or brown skin and hair. They tend to be somewhat stronger and taller than humans, with a somewhat feline appearance to their faces. Thanks to your distinctive goblinoid ancestry, your character has certain traits.

Age. Hobgoblins mature at the same rate as humans and live for about as long.

Size. Hobgoblins often stand a few inches taller than the average human but are similar in size. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Darkvision. As part of their goblinoid heritage, hobgoblins can see well in darkness. 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.

Martial Cooperation. Hobgoblins are born in litters and cooperate with each other in mock combat, even in infancy. Even if they grow up outside of hobgoblin communities, those of hobgoblin ancestry find themselves able to coordinate with allies in combat. Once per turn, you can deal an extra 4 (1d6) damage to a creature you hit with a melee weapon attack if that creature is within 5 feet of an ally of yours that isn't incapacitated.

Hobgoblin Cultural Traits

Hobgoblin communities are found in any environment, but are usually structured like a military encampment. Often, these communities have shared dormitories, or barracks, well-organized educational training systems, and efficient and productive craftspeople.

Ability Score Increase. Your Strength score increases by 2 and your Intelligence score by 1.

Alignment. Hobgoblin communities are most often very regimented according to a military philosophy. As such, their members tend toward law.

Martial Training. Hobgoblin communities instill martial combat training in their members from a very young age. You have proficiency with longsword, longbow, and shield.

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

Kraken Folk

The kraken folk are humanoids who resemble a human sized fish standing erect on fins that loosely resemble feet. They originate in the wide oceans of the world and are said to be children of the kraken, a great and terrible master of the seas. Some historians believe that the kraken folk were a naturally occurring sea-dwelling people that fell under the sway of a powerful kraken and became its servitors for a time, whereas others believe a magic wielding kraken created them as subjects long ago. In either case, most kraken folk now no longer serve krakens. Indeed, many kraken folk themselves deny any personal connection to the gargantuan monstrosity, preferring not to be associated with it.

Kraken Folk Ancestral Traits

Kraken folk resemble five-foot tall fish standing upright. Their arms end in fins with bony ridges that double as webbed fingers. They have a fish tail as well, and their bodies are covered in shiny scales of any color. Your kraken folk character has several distinctive features due to this ancestry.

Age. Kraken folk mature more quickly than humans, reaching adulthood in twelve years, and have an average lifespan of sixty years.

Size. Kraken folk are human in size, though tend to be short and squat. Your size is Medium.

Speed. Your base walking speed is 25 feet.

Darkvision. Due to centuries of life in the deeps, kraken folk can see well in darkness. 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.

Aquatic. You are a creature at home in the sea. You can breathe air and water and have a swim speed equal to your walking speed. Despite your ability to survive on land, however, you need to be submerged in water for at least one hour every day. If you do not, you suffer the poisoned condition until you do.

Bravery of the Deep. Whether on account of having descended from such an awesome and dread creature or from centuries of life amidst the other horrors of the deep, kraken folk have an uncanny ability to shake off things that might shock others. When you make a saving throw to resist being frightened, paralyzed, or stunned, you roll with advantage.

Kraken Folk Cultural Traits

Kraken folk communities are almost always beneath sea, usually carved from dead coral in a reef. Sometimes they can be found in buildings half submerged in bays and lagoons as well, though water is always part and parcel of these settlements. Because kraken folk communities take the sea as their domain, their ceremonies and services usually revolve around the tides, as well the storms that bring crashing surf and swelling waves. As such, most kraken folk communities are led by a high priest or priestess who leads them in reverent worship of the ocean and its powers.

Ability Score Increase. Your Constitution score increases by 2 and your Intelligence score by 1.

Alignment. Kraken folk communities respect the ocean and follow its lead. As such, they are organized but accept sudden change. They tend toward chaos.

Aquatic Magic. Kraken folk communities celebrate their connection to the sea and demonstrate it through the maintenance of special magical traditions, allegedly learned from the krakens themselves, who wield the power to conjure violent storms at sea. You know the *shocking grasp* cantrip. When you reach 3rd level, you can cast the *speak*

with animals spell once with this trait. When you reach 5th level, you can cast the *gust of wind* spell once with this trait. You regain the ability to cast these spells with this trait when you finish a long rest. Intelligence is your spellcasting ability for these spells.

Languages. You speak, read, and write Common and Aquan.

Leonine

Leonines are humanoid lions. Hailing from regions of vast grasslands, leonines claim to be descended from an ancient god named Maahes, himself appearing as an anthropomorphic lion as well. Maahes was a god of war with a strong connection to the sun and many leonine cultures follow those traditions.

Leonine Ancestral Traits

Leonines resemble humanoids with the head of a lion. Their bodies are covered in short, golden or yellow fur. Leonines of all genders grow manes as they age, leading to the eldest having the most majestic manes. They also have formidable claws and teeth, befitting creatures descended from a lion god of war. Your leonine character has several distinctive features due to this ancestry.

Age. Leonines mature at the same rate as humans and live for about as long.

Size. Leonines are human in size, though tend to be tall and broad shouldered. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Tooth and Claw. You are a creature descended from natural predators. You can bite or scratch as an unarmed strike. On a hit, you deal damage equal to 1d6 + your Strength modifier. If you use your teeth, the damage is piercing. If you use your claws, the damage is slashing.

Mighty Roar. Leonines naturally have strong vocal chords and can produce a loud roar that can frighten nearby enemies. Leonines need not learn how to roar in this way; indeed, there are tales of leonines growing up among other cultures who even surprise themselves when they roar in their first battle. As a bonus action, you can emit a loud roar. Each creature that you choose within 10 feet of you and that is able to hear must succeed on a Wisdom saving throw

or be frightened until the end of your next turn. The DC for this saving throw equals 8 + your Constitution modifier + your proficiency bonus.

Leonine Cultural Traits

Leonine communities are mostly found in grasslands regions. Some of these communities are migratory, following herds of game across the vast seas of grass, while others settle in particular locations and send out hunting parties to track the herds instead. In both cases, though, leonine communities tend to value the hunt as the primary way to support and provide for each other. Most such communities are led by the eldest few community members among them, often including leonines with majestic manes that indicate their seniority. Such leaders were usually hunters in their youth as well.

Ability Score Increase. Your Constitution score increases by 2 and your Strength score by 1.

Alignment. Leonine communities tend to respect the judgments of their elders. This need not mean they are conservative, however, as some elders are



forward thinking and lead their communities to grow and change. Even so, leonine communities lean slightly toward law.

Hunter's Tradition.

Those raised in leonine communities learn to hunt from a young age. You have proficiency in Survival.

Languages. You speak, read, and write Common and Leonine, a sophisticated language of subtle growls, muted roars, and guttural words.

Leshan

Leshans are forest-dwelling humanoids with blue skin and antlers. Myths hold that leshans were elves who served a mystic god of the wild woods names Cernunnos, himself endowed with antlers, who blessed the elves with his appearance and powers. Others say the leshans are fey creatures who came from the plane of faerie to serve Silvanus, another horned god of the forest. Whichever tale is correct, the leshans are widely known as protectors of wild natural places, particularly deep woods, and said to be fierce wild hunters.

Leshan Ancestral Traits

Those of leshan ancestry are tall, standing seven to eight feet, with blue or gray skin. They have hair of a range of colors from dark brown to red to pink. Their ears resemble those of gnomes, though larger, to suit their large frames, and their prominent noses appear somewhat beast-like. Many leshans also have antlers that grow from the tops of their heads, though not all do, and the presence or absence of antlers does not map onto gender or any other attribute. Leshan antlers resemble those of an elk's, though they are usually smaller than an adult elk's. Leshans tend to have certain traits.

Age. Leshans mature more slowly than humans, reaching adulthood by fifty years and living to be upwards to five hundred.

Size. Leshans are taller and heavier than humans, averaging seven to eight feet in height and weighing three hundred pounds. Your size is Medium.

Speed. Your base walking speed is 30 feet.

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

Forest Walker. Leshans are born of the forest, even if they are not born in a forest. All leshans have the magical ability to move through natural terrain more quietly than other creatures. When you walk through a natural environment and not on a road or humanoid-made path, your steps make no sound, regardless of the surface you are moving across. You also have advantage on Dexterity (Stealth) checks that rely on moving silently in such circumstances.

Leshan Cultural Traits

Leshan communities are almost exclusively found deep in old growth forests, integrated with their environments to a remarkable degree. Indeed, some travelers have stumbled through leshan villages and not even realized they were anywhere other than a wild untamed woodland clearing. Leshan homes are often built beneath great oaks, with entrances among tangled roots, or fabricated out of peat moss from a nearby bog. These communities celebrate their environments, seeing themselves not only as its protectors, but its exemplars. Those raised in leshan communities share the following traits.

Ability Score Increase. Your Wisdom score increases by 2 and your Constitution by 1.

Alignment. Leshan communities revere nature in all its forms, celebrating both life and death, growth and decay, as well as the cycles of the sun and moon. As a rule, their communities lean toward neutrality.

Forest Affinity. Leshan communities feel a connection with the creatures of the forest and teach their children to be close to them. Through simple movements and sounds, you can communicate simple ideas with woodland beasts that are Small or smaller.

Wild Hunt. Leshan communities protect and revere the forests in which they dwell, but they are not pacifists. Rather, they embrace both the nurturing growth of the wood, but also its more violent, predatory aspects as well. To commemorate the fullness of the environment in which they live, members of leshan communities conduct great hunts on special days, usually solstices or equinoxes. As a part of these rituals, all leshan community members learn to participate in the hunt. You are proficient in Survival and with simple weapons.

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

Naga Kin

Naga kin are humanoids descended from nagas, either the benevolent guardian nagas or the imperious spirit nagas. None know whether all naga kin descend from a single act of creation, or several. Nagas are powerful magic users, and it is likely that naga kin began their existence as

servants to mighty elder nagas, many centuries ago. As the naga kin have propagated, however, they have left the service of those ancient beings, and now live as free as any other creature.

Naga Kin Ancestral Traits

Those of naga kin ancestry have a bottom half that resembles a giant serpent and a top half that appears humanoid. Their serpentine lower half is scaled and strong, capable of grappling foes, while their upper half is, effectively, human, though even their humanoid torso and heads have serpentine qualities, including subtle scales, snake-like eyes, and forked tongues. Naga kin have certain traits.

Age. Naga kin mature at the same rate as humans but live to be around 150 years old.

Size. Naga kin are taller than humans, reaching eight feet tall when standing fully erect. Thanks to their long, serpentine bodies, they also weigh more than humans, averaging three hundred pounds. Your size is Medium.

Speed. Your base walking speed is 30 feet.



Constrict. Naga kin can grapple foes with their serpentine lower halves, squeezing and crushing them. In place of one of your attacks, you can attempt to grapple a foe with your snake tail. When you are grappling a foe, you can use an attack to constrict them, doing bludgeoning damage equal to 1d6 + your Strength modifier. Until this grapple ends, you cannot grapple another target.

Poisonous Heritage. Naga kin are descended from immortal snakes. You have resistance to poison damage.

Venom Spitter. Naga kin have small venom glands in their throats with which they can produce venomous spit. As an action, you can spit venom at a target within 10 feet. The target must make a Constitution saving throw or take 1d6 poison damage. This damage increases by 1d6 when you reach 5th level (2d6), 11th level (3d6), and 17th level (4d6).

Naga Kin Cultural Traits

Naga kin communities are found in a variety of places. Those communities that practice spirit naga magic, listed below, or more often found in subterranean environments. Those that practice guardian naga magical enchantments, however, are more often found in remote places above ground. These environmental and traditional differences aside, naga kin communities tend to revere prophecy and are often led by an augur or seer.

Ability Score Increase. Your Strength score increases by 2 and your Charisma by 1.

Alignment. Naga kin communities differ, with some being havens of peace and sanctuary, and others being only loosely associated families of independent folks. As a rule, then, their communities do not lean in any particular direction.

Naga Enchantments. Naga kin communities once served the naga and learned from them. These communities often keep these magical traditions alive and teach them to their young ones. Because these communities likely descend from two different sources, however, each community practices only one of the following two traditions. Choose which naga kin magical tradition you know.

Guardian Naga. You know the *sacred flame* cantrip. When you reach 3rd level, you can cast the *command* spell once with this trait. When you reach 5th level, you can cast the *augury* spell once with this trait. You regain the ability to cast these spells with this trait when you finish a long rest. Charisma is your spellcasting ability for these spells.

Spirit Naga. You know the *minor illusion* cantrip. When you reach 3rd level, you can cast the *sleep* spell once with this trait. When you reach 5th level, you can cast the *detect thoughts* spell once with this trait. You do not need the material components for these spells when you use this trait to cast them. You regain the ability to cast these spells with this trait when you finish a long rest. Charisma is your spellcasting ability for these spells.

Languages. You speak, read, and write Common and either Abyssal, if you chose spirit naga enchantments, or Celestial, if you chose guardian naga enchantments.

Oozeling

Oozelings are humanoid shaped, intelligent oozes, the result of magical hybridization between humanoids and one of several oozes: the gray ooze, ochre jelly, gelatinous cube, or black pudding. Oozelings themselves know the tale of their origin. Long ago, a cabal of human wizards fought desperately to protect their citadel from conquest. In a last-ditch effort, the cabal entered themselves into a pact with a demon lord of oozes. In exchange for their souls, the foul lord would deliver unto them a battalion of oozes to fight their foes. And so the lord did, but in the most evil way imaginable: the wizards themselves were transformed into ooze-human hybrids. Now, centuries later, the few remaining oozelings are their descendants.

Oozeling Ancestral Traits

Oozelings are human shaped, with the limbs and heads of humans, yet made entirely of firm, nearly solid ooze. Depending from which of the original wizards an oozeling descends, they might be gray, like the gray ooze, and able to take on an amorphous form. Or they might be ochre, like the ochre jelly,

and be able to climb up walls and across ceilings. They might be translucent, like a gelatinous cube, or they might be oily, like a black pudding, in which case their touch is corrosive. Your oozeling character has several distinctive traits from this demonic ancestry.

Age. Oozelings are born as a puddle of ooze that gradually takes shape into a small humanoid. As you consume, you grow, reaching full size and adult intelligence in a few years. Oozelings can live indefinitely once they reach adulthood, as long as they regularly consume organic matter.

Size. Oozelings are humanoid in size and shape. Your size is Medium.

Speed. Oozelings are more solid than oozes and thus can move more quickly, yet their semi-liquid form still prevents them from being as fast as humans. Your base walking speed is 25 feet.

Oozeling Nature. Like oozes, oozelings do not require sleep. When you take a long rest, you must spend at least four hours in a motionless state, rather than sleeping. In this state, you retain your shape, but appear inert. You are not unconscious and can perceive normally. Your creature type is Ooze.

Ooze Heritage. Each oozeling has a distinctive trait gained from its ooze-cursed forebear. Select one of the following traits:

Amorphous. Your skin is gray and slimy. As an action, you can adopt a liquid form and can move through a space as narrow as 1 inch wide without squeezing. You take 5 (1d10) force damage if you end your turn and are unable to return to your natural humanoid shape.

Corrosive Skin. Your skin is oily and black. Creatures that you choose that touch you or hit you with a melee attack while within 5 feet of you take 2 (1d4) acid damage.

Spider Climb. Your skin is ochre and tacky. You can climb difficult surfaces, including upside down on ceilings, without needing to make an ability check.

Transparent. Your skin is translucent and green-tinted, revealing the outline of translucent, oozy organs floating inside of you, as well as whatever you last ate. You have advantage on Stealth

checks that rely on not being seen. Furthermore, if you are not wearing any clothes or carrying anything, spotting you requires a successful DC 15 Wisdom (Perception) check as long as you do not move or attack. When hiding in this way, a creature that tries to enter your space while unaware of you is surprised by you.

Semi-acidic. Oozelings are made of a semi-solid, acidic goo. To stay alive, you must consume three to five pounds of organic material a day, or two rations. Oozelings cannot absorb food directly into their bodies, however, due to your quasi-humanoid nature, so you must chew and swallow it like other humanoids must. Other organic material, such as wood, also suffices, but you are as prone to becoming nauseous or poisoned as other humanoids. Because of your acidic nature, you have resistance to acid damage.

Oozeling Cultural Traits

Oozelings are few, having descended from a single cabal of wizards a century or more ago. They do not always find it easy to assimilate into other communities, due to their unusual nature and appearance, so they sometimes form communities of their own. These communities of mutual support and defense are often built around principles of acceptance, especially of those beings that others might consider “monstrous”. Indeed, several prominent oozeling-founded monasteries specialize in the study of monstrous intelligence and culture, in part in an attempt to rehabilitate the reputation of such creatures. As such, members of oozeling communities often share certain traits.

Ability Score Increase. Your Constitution score increases by 2 and your Wisdom score by 1.

Alignment. Oozeling communities tend to value upholding the respect and dignity of their members. As such, they tend toward goodness.

Arcanist. You are proficient in the Arcana skill. When using this skill to recall lore about a monster, you make the check with advantage.

Languages. You can speak, read, and write Common and one other language of your choice.



OWLBEAR KIN

Owlbear Kin

Owlbear kin are the product of an errant *wish* spell that transformed an entire village into humanoid owlbears. A young sorcerer was on a quest to protect his village from an impending army's advance when he discovered a *wish* scroll. On his journey back to his village to announce his success, he learned that the army had attacked and his village was desperately fighting to survive. In a panic, the foolish young man wished that his people were as strong and fierce as the land's greatest predator, able to protect themselves for all time. As it happened, the fiercest predator in that area was the owlbear. And so, with a cataclysmic explosion of magic that forever rendered the sorcerer unable to cast such powerful magics again, the owlbear kin were born.

Owlbear Kin Ancestral Traits

Owlbear kin are human in shape and size, but their bodies are covered in fur and feathers. Their bodies resemble a feathered bear, while their faces resemble that of a furry owl, beak and all. Because of this unique ancestry, you have certain traits.

Age. Owlbear kin mature at the same rate as humans and live for about as long.

Size. Owlbear kin are hulking humanoids of impressive size, but they are still roughly humanoid in shape and size. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Darkvision. As part of their magical owlbear inheritance, owlbear kin can see well in darkness. 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 Senses. Like the owlbear, owlbear kin have the sharp senses of a predator. You have advantage on Wisdom (Perception) checks that rely on sight and smell.

Beak and Claw. Owlbear kin have heavy claws and a tough, sharp beak. You can bite or scratch as an unarmed strike. On a hit, you deal piercing damage equal to 1d6 + your Strength modifier.

Owlbear Kin Cultural Traits

Owlbear kin primarily reside in just a few communities, though which one is the original village has been lost to history. Those villages that form around owlbear kin tend to display the influences of those of owlbear kin ancestry, especially their predatory habits.

Ability Score Increase. Your Strength score increases by 2 and your Wisdom score by 1.

Alignment. Owlbear kin communities do not lean in any particular direction, but tend to favor the seasonal rhythms of nature. As such, they tend toward neutrality.

Predation. Owlbear kin communities practice wild game hunting. You are proficient in Perception and Survival.

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

Pachyderman

Pachydermans are humanoid elephants. Ancient pachyderman texts report that the pachydermans originated as avatars of a god from another plane of existence. Pachyderman scholars debate whether this is myth or fact, but they agree that the pachydermans came to this plane through a portal, which closed behind them, leaving them here.

Pachyderman Ancestral Traits

Pachydermans are anthropomorphic elephants. They have gray, tough skin, tall, broad bodies, short, thick fingers, and two elephant feet. Their heads are identical to an elephant's, though size appropriately for their humanoid body. They have large ears and a long, prehensile trunk, and some have small tusks as well. Your pachyderman character has several distinctive features due to this ancestry.

Age. Pachydermans mature more slowly than humans, reaching adulthood by age thirty. They live to roughly 150 years of age.

Size. Pachydermans are larger, broader, and heavier than humans. They average 8 feet tall and 500 lbs. Your size is Medium.

Speed. Your base walking speed is 30 feet.

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

Prehensile Trunk. You have a two- to three-foot long trunk that is agile and strong. As a bonus action, you can use your trunk to take the Use an Object action. As an action, you can use your trunk to attempt to grapple a foe. Your trunk can hold, carry, push, drag, or lift up to one third of your normal capacity for those actions. Your trunk is not dexterous enough to wield weapons or perform the somatic component of a spell, however.

Pachyderman Cultural Traits

Pachyderman communities are uncommon, but can be found in a variety of

environments. These communities are most often found in out of the way places, as they tend to develop around centers of learning and reflection. Those pachyderman communities that do develop around such locations, such as monasteries, often adopt practices of meditation and peaceful exercise. Pachyderman communities are surprisingly quiet, serene places, which makes the occasional bellowing trumpet of an ancestral pachyderman all the more surprising. Such communities are often very diverse, as pachyderman communities tend to welcome anyone willing to partake in their practices of reflection and meditation.

Ability Score Increase. Your Strength score increases by 2 and your Wisdom score by 1.

Alignment. Pachyderman communities are usually places of quiet serenity, governed by a shared commitment to reflection and peace. These communities tend toward law.

Meditative. Members of pachyderman communities often learn and practice meditation techniques that calm the mind and heal the spirit. You have advantage on saving throws against being frightened and resistance against psychic damage.

Languages. You speak, read, and write Common and Pachyderman, a language of trumpeting sounds that those not of pachyderman ancestry can learn to emulate with difficulty.

Phoenix Born

Phoenix born descend from the fiery bird of myth, though the details of this origin are unclear. Some loremasters report that the phoenix born once worshipped an elder phoenix as a goddess long ago and, as a reward, she granted them the gift of resembling her majesty. Other scholars speculate that the phoenix born migrated centuries ago from the elemental plane of fire, due to their fiery affinity. No definitive evidence can establish this, though it is the case that there is a phoenix born community in the City of Brass.



Phoenix Born Ancestral Traits

Those of phoenix born ancestry resemble humans with a feathery crest on the top and backs of their heads of red, yellow, and orange feathers. They also have small feathers on the sides of their arms and legs. Finally, their eyes glow like torches in a dark room. Phoenix born tend to have certain traits.

Age. Phoenix born mature at the same rate as humans but live to be around 150 years old.

Size. Phoenix born are the same size and shape as humans. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Fires of Rebirth. Like their forebears the phoenix, phoenix born can die and be reborn in flame, though only rarely. Once, when you die, you can choose to explode in a ball of flame and return to life with 1 hit point. When you do so, a fiery explosion deals 1d10 fire damage to anyone within 15 feet who fails a DC 15 Dexterity saving throw. Once you have been reborn in fire in this way, you cannot do so again until you gain a character level. Whether or not you ever are reborn in fire, you have resistance to fire damage.

Illuminated Eyes. Your eyes glow faintly, like a flickering candle. As an action, you can cause your eyes to flare with fiery light, illuminating the area around you with bright light in 10-foot radius and dim light for an additional 10 feet. The light remains for 1 minute, or until you use an action to extinguish it.

Phoenix Born Cultural Traits

Phoenix born communities tend to be found in hot terrains like deserts or volcanically active mountainous regions, though they can be found elsewhere too. Wherever they are, they tend to be small enclaves that develop around a family of phoenix folk and their friends and associates. These extended families of choice take their heritage of death and rebirth seriously, most often adopting clerical and cultural traditions that celebrate cycles of life, death, and rebirth. Such communities usually have one or more shrines to deities of rebirth, such as Osiris, Dionysus, or the Green Man.

Ability Score Increase. Your Charisma score increases by 2 and your Constitution by 1.

Alignment. Phoenix born communities practice cyclical traditions and revere the harmony of these patterns. As a rule, their communities lean toward law.

Spirit of the Flame. Phoenix born communities value both their fiery heritage and the cycles of life and death. They keep and teach magical traditions that illustrate these commitments as well. You know the *produce flame* cantrip. When you reach 3rd level, you can cast the *cure wounds* spell once with this trait. When you reach 5th level, you can cast the *scorching ray* spell once with this trait. You regain the ability to cast these spells with this trait when you finish a long rest. Charisma is your spellcasting ability for these spells.

Languages. You speak, read, and write Common and Ignan.

Psilocybe

Psilocybes are sentient, humanoid mushrooms. Originating deep underground, many psilocybe historians say that their people emerged from naturally occurring pockets of magical energy that pool deep within the earth. Others claim, on the contrary, that the psilocybes are the children of some great fungal being, with a mycelial network that spans the world.

Psilocybe Ancestral Traits

Psilocybes are sentient mushrooms with a roughly humanoid shape. From their stalks sprout fibrous arms and legs, with which they interact with their environment like any other humanoid might. Their stalks end with a cap that serves as their heads, complete with a face and the ability to speak. As mushrooms can vary widely in shape and color, so too can psilocybes. Your psilocybe character has several distinctive features due to this ancestry.

Age. Psilocybes mature incredibly quickly, growing from a sprout to a mature individual in no more than a few years. Once they reach adulthood, however, they can live up to fifty years.

Size. Psilocybes are short, with a wide variety of forms; some are thick and stocky, while others are thin and willowy. In all cases, they are very light, weighing no more than twenty-five pounds. Regardless, your size is Small.

Speed. Your base walking speed is 25 feet.

Hallucinogenic Spores. When they feel threatened, psilocybes can emit spores from the gills beneath their caps. As an action, you can eject spores at a creature you can see within 15 feet that you. The creature must make a DC 11 Constitution saving throw or be poisoned for 1 minute, as vivid hallucinations begin. The poisoned target is blinded while it hallucinates. The target can repeat the saving throw at the end of each of its turns, ending the effect on a success. Once you have ejected spores in this way, you cannot do so again until you take a short or long rest.

Plant. The psilocybe is a sentient fungal growth. You have the type Plant.

Psilocybe Cultural Traits

Psilocybe communities are most often found in cool, damp, subterranean places. These communities tend to be quiet and contemplative, with their members passing their time tending to fungal forests and reflecting upon the profundities of existence. When visitors arrive, the psilocybe communities often offer mushroom stews and other mushroom-based meals, accompanied with philosophical conversation about the big questions. In general, members of psilocybe communities tend to have certain traits.

Ability Score Increase. Your Wisdom score increases by 2 and your Constitution score by 1.

Alignment. Psilocybe communities spend countless hours in contemplation, sometimes using their own hallucinogenic spores to aid their reveries. Such cerebral practices leave them with a distinctive, albeit removed, attitude about life. As such, these communities tend toward neutrality.

Fungal Friends. Psilocybe communities cultivate non-sentient mushrooms for food and supplies. Over the centuries, they have developed a remarkable rapport with the plants. You can cast *Speak with Plants*

(mushrooms only) to speak to non-sentient mushrooms once a day. Wisdom is your spellcasting ability for this spell. You regain the ability to cast this spell once per long rest.

Psilocybe Naturalism. Psilocybe communities live close to the land and pride themselves on their fungal agriculture. You have proficiency in Nature.

Languages. You speak, read, and write Common and Primordial.

Raven Kin

Raven kin are humanoid ravens, though they lack the wings of their raven or bird folk siblings, having feathered arms instead. Known for their uncanny ability to replicate sounds they hear and their tendency to collect shiny things, the raven kin are sometimes referred to as mockingbirds or magpies, though the raven kin themselves usually dislike these monikers. The origin of the raven kin is unknown, though some historians speculate they are an offshoot of bird folk that fell under some foul curse.

Raven Kin Ancestral Traits

Raven kin resemble ravens or crows, with bodies covered in black feathers, as well as long, thin beaks and sharp talons for feet. Rather than wings, however, raven kin have humanoid arms. Despite their name and appearance, raven kin also have abilities that resemble those of the mockingbird, allowing them to accurately reproduce sounds and voices that they hear. Because of this avian ancestry, you have certain traits.

Age. Raven kin hatch from an egg and live about as long as humans.

Size. Raven kin are usually short and light weight by human standards. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Mockingbird's Gift. Raven kin can reproduce virtually any sound they hear with uncanny fidelity. You can reproduce a sound you have heard, from a voice to an inorganic sound. When replicating such a sound, roll Charisma (Performance) with advantage. Those who hear

the sound can roll a Wisdom (Insight) check against your result to determine whether they can tell the sound is authentic or an imitation.

Raven Kin Cultural Traits

Raven kin communities most often develop in urban areas, forming small neighborhoods in towns and cities. Such communities usually are close knit and built around a commitment to mutual support, though young members of these communities often spend most of their time outside of their neighborhoods, engaging in various activities and work elsewhere in the surrounding city or town. Members of these communities also tend to hoard knick knacks and baubles, in part to represent the various events of their lives, but also as a part of their tradition of barter and trade as well. Your raven kin community member shares certain traits.

Ability Score Increase. Your Dexterity score increases by 2 and your Charisma score by 1.

Alignment. Raven kin communities are friendly but disorganized places, with ramshackle living spaces overflowing with junk, memorabilia, and random collected items. As such, they tend toward chaos.

Magpie's Eye. Raven kin communities often celebrate collecting oddities and complete sets of things. Growing up among those who collect such cast-off things, you've learned to evaluate a thing's worth with a glance. Choose one of the following abilities:

Arcane Collector. Your family collected magical doodads and miscellany. From them, you learned to cast the *identify* spell as a ritual.

Gem Lover. You are particularly attracted to shiny baubles. You have proficiency with Jeweler's Tools.

Fakery. You know how to make something worthless appear more valuable. You have proficiency with the Forgery Kit.

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

Salamandrite

Salamandrites are humanoids who share an ancestry with salamanders, the fiery snake-like creatures from the elemental plane of fire. How the salamandrites originally came to be is unknown. All that the salamandrites themselves know is that they came from the City of Brass with a legion of salamanders a century ago, during the incursion of an elemental lord. When the fire lord fell in battle, the salamandrites alone surrendered and were allowed to remain, no doubt in part due to their humanoid nature.

Salamandrite Ancestral Traits

Salamandrites are humanoids with scaly red skin and serpentine faces, with red, flaring spines around their faces, in ridges down the back of their heads, and along the sides of their arms and legs. Their skin is so hot that, in cold weather, it steams, and their eyes smolder like hot coals. Because of this fiery ancestry, you have certain traits.

Age. Salamandrites hatch from an egg in a clutch and mature to adulthood in ten years, living roughly fifty.

Size. Salamandrites are tall, slender humanoids. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Darkvision. As part of your fiery heritage, you can see well in darkness. 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.

Fiery Heritage. Salamandrites have a history on the elemental plane of fire. You have resistance to fire damage.

Heated Body. A creature that you choose that touches you or hits you with a melee attack while within 5 feet of you takes 3 (1d4) fire damage.

Salamandrite Cultural Traits

Salamandrite communities are most commonly encountered in hot environments, such as deserts or volcanically active mountainous regions. They pride themselves on their

metal working, excelling in particular in the working of brass. This is most often the center of their trade, even leading many such communities to organize themselves around a brassworkers guild.

Ability Score Increase. Your Strength score increases by 2 and your Charisma score by 1.

Alignment. Salamandrite communities do not lean in any particular direction, but tend to favor the seasonal rhythms of nature. As such, they tend toward neutrality.

Salamandrite Weapon and Smith Training. Salamandrite communities have retained the weapons training they received in the elemental legions a century ago. You have proficiency with the spear and glaive, as well as with Smithing Tools.

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

Scorpion

Scorpions are humanoids that resemble humans with scorpion pincers and stingers. Scholars say that the scorpions traveled to this land through a planar portal, having arrived from a magical land. They themselves claim they descend from a great warrior princess named Scorpia, from whom they take their name. Who this powerful princess was is sadly unknown.

Scorpion Ancestral Traits

Scorpions resemble humans, but they have scorpion-like pincers for hands, as well as stingers. They also have a hard carapace that covers their humanoid shaped torso, arms and legs. Their heads appear almost fully human, with their scorpion carapaces wrapping up their necks, ending at their cheeks. Their pincers are strong and their sting venomous, though its poison only causes paralysis, not death. Scorpions share certain traits.

Age. Scorpions mature at the same rate as humans and live for about as long.

Size. Scorpions tend to be stronger and taller than humans, but are still roughly human sized. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Carapace. Scorpions have a hard shell that covers much of their bodies, granting them a measure of protection. When you aren't wearing armor, your AC is 13 + your Dexterity modifier. You can use this score to determine your AC if worn armor would leave you with a lower score.

Pincers. Scorpions have pincers instead of hands. This makes certain fine motor skills difficult for them. You have disadvantage on Dexterity (Sleight of Hand) and Thieves' Tools checks. You can hold items, swing weapons, and even perform somatic spell components with the pincer. Finally, you can also use the pincers to make unarmed attacks. On a hit, you deal bludgeoning damage equal to 1d6 + your Strength modifier.

Stinger. Scorpions have a stinger at the end of a long tail. This tail is long enough to strike a foe in front of them over their shoulders, or within five feet of them. You can sting as an unarmed strike. On a hit, you deal piercing damage equal to 1 + your Strength modifier. When you hit with a sting, the target must make a DC 12 Constitution saving throw. On a failure, the target falls prone and is paralyzed until the end of your next turn. Once you have stung a target, you cannot do so again until you have completed a short or long rest.

Scorpion Cultural Traits

Despite the reputations that scorpions themselves have as frightening, cold blooded hunters, scorpion communities are surprisingly kind, good-natured places. The values of friendship and loyalty reign supreme in these places, as does an appreciation for the arts, especially singing. Those who grew up in scorpion communities tend to have certain traits.

Ability Score Increase. Your Strength score increases by 2 and your Constitution by 1.

Alignment. Scorpion communities are gentle places. They lean toward goodness.

Supportive. Scorpion communities pride themselves on their ability to offer aid and mutual support to one another through times of need. You can offer the same to your companions. You can use the Help action as a bonus action.

Languages. You speak, read, and write Common and one other language of your choice.

Selkie Folk

Selkie folk are humanoids that descend from humans and selkies. Selkies are fey creatures who can appear in two forms, as a human or as a seal. When a selkie transforms from a seal into their humanoid form, they shed their seal fur and leave it behind, leaving them vulnerable. Occasionally, selkies and humans form a bond and have children. Eventually, those offspring formed their own ancestry, known as the selkie folk.

Selkie Folk Ancestral Traits

Selkie folk still retain a vestige of the fey magic of their forebears, allowing them to transform into a seal once a day, though they need not shed their skin – only their clothes. Even in human form, though, they have webbed fingers and toes. Selkie folk tend to have certain traits.

Age. Selkie folk mature at the same rate as humans and live about as long.

Size. In their humanoid form, selkie folk are the same size and shape as humans. In their seal form, they are roughly the same length and weight. In both forms, your size is Medium.

Speed. In your humanoid form, your base walking speed is 30 feet and your swim speed is 20 feet. In your seal form, your swim speed is 30 feet and your base walking speed is 20 feet.

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

Selkie Gift. Like their selkie forebears, selkie folk can transform from humanoid to seal and back. Once a day, you can transform into a seal, though this feature does not affect your clothing and equipment. When in seal form, you retain your game statistics, though you cannot speak, use weapons, or cast spells. You gain a swim speed of 30 feet and a walking speed of 20 feet. When in your seal form, you can hold your breath for 30 minutes. You can remain in seal form for up to one hour. Once you transform back, you cannot transform again until the next dawn. Your creature type is Humanoid (shapechanger).



Selkie Folk Cultural Traits

Selkie folk communities most often are found in coastal regions, perhaps as a result of their selkie forebears emerging from the seas long ago. Selkie folk communities most often take their sustenance from fishing. Often, these coastal fishing communities can grow to be fairly large, yet still harmonious communities. Those who grow up in selkie folk communities have certain traits.

Ability Score Increase. Your Dexterity score increases by 2 and your Wisdom by 1.

Alignment. Selkie folk communities tend to be friendly and relaxed communities. They lean toward goodness.

Fishing Folk. People in selkie folk communities grow up by the sea. You have proficiency in Athletics and have proficiency with Vehicles (Water).

Peoples of the Sea. Selkie folk communities teach their young how to communicate with the creatures of the sea in simple terms. Through simple movements and flapping in the water, you can communicate simple ideas with sea creatures that are Small or smaller.

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

Sobekite

Sobekites are crocodilian humanoids that resemble anthropomorphic crocodiles. Scholars disagree about the origins of sobekites. Some say they arrived from the elemental planes, originating in an unending swamp where the plane of water intersects with the plane of earth. The sobekites themselves say they were created as avatars of a primordial crocodilian deity name Sobek, a fierce warrior god who protected his worshippers, who dwelt in swamps and along great rivers.

Sobekite Ancestral Traits

Sobekites resemble humanoids with crocodile heads, tails, and scales. Their arms and legs are humanoid in shape, though they are nevertheless covered in thick green scales like a crocodile's. They are excellent swimmers and can hold their breath for extended periods of time, like their crocodile cousins. They also feature the strong and menacing jaws of the crocodile as well. Sobekites tend to have certain traits.

Age. Sobekite mature at the same rate as humans and live for about as long.

Size. Sobekites are as tall as humans and often muscular. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Hard Scales. Thick scales cover a sobekite's body. When you aren't wearing armor, your AC is 13 + your Dexterity modifier. You can use this score to determine your AC if worn armor would leave you with a lower score.

Riverborn. Sobekites are at home in swamps and rivers. They are strong swimmers and share the powerful lungs of their animal kin. You can hold your breath for 15 minutes and have a swim speed equal to your walking speed.

Powerful Jaws. Sobekites has strong bites that can rend and grapple. You can bite as an unarmed strike. On a hit, you deal slashing damage equal to 1d6 + your Strength modifier. When you hit with a bite, you can attempt to grapple the foe as a bonus action.

Sobekite Cultural Traits

Sobekite communities are most often found in swamps or along large rivers and deltas. These communities value martial prowess and see themselves are protectors of their territory. Despite this, sobekite communities are relaxed places, where members often spend warm days lounging by the water and chatting casually. When they gather to hunt, however, they tend to be deadly serious. Those who grow up in sobekite communities have certain traits.

Ability Score Increase. Your Constitution score increases by 2 and your Strength by 1.

Alignment. Sobekite communities are orderly but relaxed. They lean toward neutrality.

Riverside Hunters. Sobekite communities practice ambush hunting and are especially good at such activities around and in water. You have proficiency in Stealth and roll with advantage when ambushing a foe in or around water.

Languages. You speak, read, and write Common and Primordial.



Sphinx Folk

Sphinx folk are humanoids who resemble anthropomorphic lions. Sphinx folk loremasters report that sphinx folk originated in an order of monks who dedicated themselves to the service of a powerful group of sphinxes in the distant past. As a reward, the monks were transformed to resemble the sphinxes they served so well. Since then, some of their children have remained in service to the ancient sphinxes, but just as many have ventured out to find their own fortunes in the world. Now, sphinx folk can be found in a variety of places.

Sphinx Folk Ancestral Traits

Sphinx folk are human in size and shape, though their bodies are covered with short, yellow or golden fur. Their heads resemble lions, either with or without manes. Because of this mystic ancestry, you have certain traits.

Age. Sphinx folk reach maturity by age 30 and live two centuries.

Size. Sphinx folk are human sized. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Darkvision. As part of your magical ancestry, you can see well in darkness. 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.

Inscrutable. Sphinx folk are immune to any effect that would sense their emotions or read their thoughts. Wisdom (Insight) checks made to ascertain the sphinx folk's intentions or sincerity have disadvantage.

Lionine Claws. Sphinx folk have lion-like claws at the tips of their fingers. You can scratch as an unarmed strike. On a hit, you deal piercing damage equal to 1d4 + your Strength modifier.

Mental Fortress. Sphinx folk have inherited some of the psychic strength of the sphinxes. You are resistant to psychic damage.

Time Sense. The sphinxes have a unique relationship with time and sphinx folk are also attuned to time to a lesser extent. You always know how many hours have passed since the last dawn.

Sphinx Folk Cultural Traits

Sphinx folk communities are as rare as sphinx folk themselves. When sphinx folk do come together to form a community, however, they often form libraries or monasteries dedicated to learning and knowledge. Once these bastions of learning are established, the sphinx folk open them to people of any ancestry who respect the community's mission.

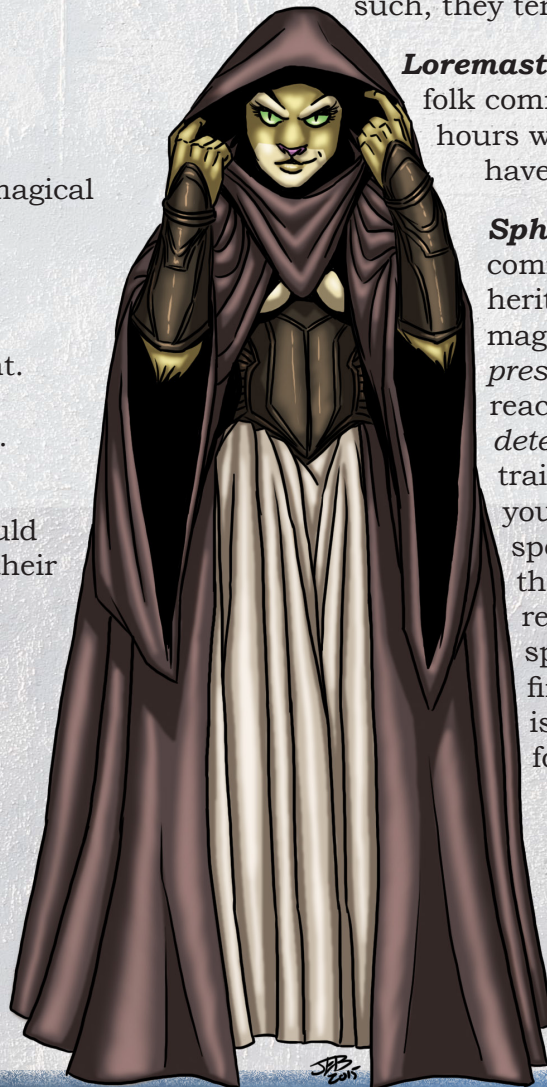
Ability Score Increase. Your Intelligence score increases by 2 and your Charisma score by 1.

Alignment. Sphinx folk communities value knowledge and learning above all else. As such, they tend toward neutrality.

Loremasters. Members of sphinx folk communities spend many hours with books and scrolls. You have proficiency in History.

Sphinx Magic. Sphinx folk communities celebrate their magical heritage and pass along a set of magical traditions. You know the *prestidigitation* cantrip. When you reach 3rd level, you can cast the *detect magic* spell once with this trait. When you reach 5th level, you can cast the *locate object* spell once with this trait, without the material component. You regain the ability to cast these spells with this trait when you finish a long rest. Intelligence is your spellcasting ability for these spells.

Languages. You can speak, read, and write Common, Sphinx, and one other language of your choice.



Spirit Bound

Spirit bound are humans whose ancestors became bound to one of a collection of spirits that fled the astral plane after a cosmic battle. According to spirit bound lore, a timeless war wages in the astral plane between forces of thought and light, and those of darkness and destruction. On the astral plane, these entities are less like creatures and more like concepts and abstract ideals, ebbing and flowing amidst the eternal mists and pools. At some point, the forces of darkness forced a collection of the spirits of light to flee through a swirling portal to the material plane, where they merged with embodied creatures – humans – to hide from their pursuers. The evil forces were unable to find them, so they returned to the astral plane to continue their war. The astral spirits now find themselves permanently bound to the humanoids that they merged with, as well as their descendants.

Spirit Bound Ancestral Traits

Spirit bound resemble normal humans, though they tend to have an otherworldly look to them. Some are born with silver hair; others have eyes that glow indistinctly; and still others have voices that sound as if they are coming from far away. Because of this extra-planar ancestry, you have certain traits.

Age. Spirit bound reach maturity at the same rate as humans, but remain young looking for much longer, only beginning to age after 100 years. They usually live around two centuries.

Size. Spirit bound are human sized. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Astral Nature. You carry a piece of the timeless astral plane within you. You therefore require half as much food and water as a normal human and can hold your breath for twice as long.

Thought Warrior. Because of the astral spirit bound to you and your ancestors, you are more mentally resilient than most. You have resistance to psychic damage and advantage on Wisdom saving throws.

Spirit Bound Cultural Traits

Spirit bound communities are those that are founded by predominantly those of spirit bound ancestry. Such communities tend to be peaceful places, with some even adopting principles of pacifism and non-violence. Even so, there are always some in such communities who rise to defend their neighbors should the need arise.

Ability Score Increase. Your Wisdom score increases by 2 and your Charisma score by 1.

Alignment. Spirit bound communities tend to eschew warfare and open conflict, a vestige of having been formed by refugees fleeing a cosmic war. They tend toward neutrality.

Peacemakers. Spirit bound communities teach their children techniques of peaceful conflict resolution. You have proficiency in Persuasion. When using this skill to persuade people not to resort to violence or to seek a peaceful solution to a problem, you roll with advantage.

Languages. You can speak, read, and write Common and one other language of your choice.

Tarrasquer

Tarrasquers are humanoids who descend from a battalion of soldiers who were transformed by the blood of a tarrasque. Several centuries ago, the last time the gargantuan horror awoke, armies of the world's mightiest heroes rallied to fight it. After days of carnage and incalculable losses, the massive creature was brought down. As the tarrasque fell, its blood flowed from its wounds and inundated many of the warriors fighting it. In the aftermath, some of them gradually began to transform, their bodies taking on aspects of the tarrasque. In the intervening centuries, those who were transformed formed several small communities, now known as tarrasquers.

Terrasquer Ancestral Traits

Terrasquers are human in size and shape, but their bodies are covered by a reddish carapace, with bony plates across their back and head. The bony plate on the top of their head ends in two prominent horns that protrude out from just above their foreheads. Because of this monstrous ancestry, you have certain traits.



TARRASQUER

Age. Terrasquers mature at the same rate as humans and live for about as long.

Size. Terrasquers are human sized, though terrasquers weigh more than humans, due to their bony armor. Terrasquers average weight is 500 lbs. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Carapace. You have a thick carapace that provides a measure of protection. When you aren't wearing armor, your AC is 13 + your Dexterity modifier. You can use this score to determine your AC if worn armor would leave you with a lower score. You may benefit from a shield as normal.

Limited Magic Reflection. Any time the terrasquer is targeted by a *magic missile* spell, a line spell, or a spell that requires a ranged attack roll, roll a d20. On a 20, the terrasquer is unaffected, and the effect is reflected back at the caster as though it originated from the terrasquer, turning the caster into the target.

Tooth and Horn. Terrasquers have large teeth and sharp bony horns that protrude from their foreheads. You can bite or gore as an unarmed strike. On a hit, you deal piercing damage equal to 1d4 + your Strength modifier.

Siege Creature. A terrasquer's body is unusually dense and sturdy. You deal double damage to objects and structures.

Terrasquer Cultural Traits

There are only a few terrasquer communities in existence. Those communities tend to be located in out of the way places, in part because some folks mistakenly associate terrasquers with the nightmarish creature, rather than with those that rose up to fight it. Terrasquer communities tend to be quiet, but the fact that their founders were warriors is still reflected in the martial atmosphere of their communities.

Ability Score Increase. Your Constitution score increases by 2 and your Strength score by 1.

Alignment. Terrasquers communities were founded by military folks. As such, they tend toward law.

Know Thyself. Members of terrasquer communities make their origin story a central part of the education of their young. You have

proficiency in History. You have advantage on such checks that concern the terrasque.

Terrasquer Weapon Training. Terrasquer communities retain some of the military training their founders received. You have proficiency with the glaive, pike, and heavy crossbow.

Languages. You can speak, read, and write Common and one other language of your choice.

Unicoran

Unicorans are those who descend from servants of the majestic celestial creatures, the unicorns. For millennia, unicorns have protected the holy natural places of the world and, since humans have arrived, some communities have served them, standing at their side in those holy magical places. Centuries of life at the unicorn's side in places so replete with magical energies has had its effects on those pure-hearted humans who have served, thus creating the unicoran.

Unicoran Ancestral Traits

Those of unicoran ancestry are humanoids with a single, spiraling horn in the center of their foreheads. The length of these horns vary, from several inches to a foot. Other than the horn, they resemble unusually healthy human beings. Even so, their horns focus the vestiges of celestial magic within them, inherited from their ancestors' unicorn patrons. Unicorans tend to have certain traits.

Age. Unicorans mature at the same rate as humans but live to be at least 200 years old.

Size. Unicorans are the same size and shape as humans. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Celestial Boon. Like your unicorn forebears, unicorans are resistant to certain hostile effects. You have advantage on saving throws against being charmed, paralyzed, or poisoned.

Unbreakable Horn. As long as the unicoran lives, their horns are magically unbreakable. As such, you can use the horn to make an unarmed attack. On a hit, you deal piercing damage equal to 1d4 + your Strength modifier. This attack is magical.

Unicoran Cultural Traits

Unicoran communities are almost exclusively found in remote areas deep in primeval forests, which also happen to be the places one is most likely to encounter a unicorn. Even so, most unicoran communities no longer actively serve or even interact with any unicorns, though some assuredly do. Most unicorans retain the unicorn's commitment to protecting the wood and shepherding gentle and innocent beings through their domain.

Ability Score Increase. Your Wisdom score increases by 2 and your Strength by 1.

Alignment. Unicoran communities follow their forebears and are usually good.

Gift of the Unicorn. Unicoran communities have passed down certain magical practices from their celestial patrons, which they still teach their young today. You know the *druidcraft* cantrip. When you reach 3rd level, you can cast the *cure wounds* spell once with this trait. When you reach 5th level, you can cast the *pass without trace* spell once with this trait, without needing its material component. You regain the ability to cast these spells with this trait when you finish a long rest. Wisdom is your spellcasting ability for these spells.

Languages. You speak, read, and write Common, Celestial, and Sylvan.

Vinefolk

Vinefolk are humanoid plants that resemble a human-shaped mass of tightly-wound vines. Some say an ancient circle of druids created the vinefolk when they awakened an entire swamp. Others say that the vinefolk rose up from the swamp as defenders of all plantlife in the land. Still others speculate that vinefolk are in fact descended from cursed vines that have gained freedom from the wicked forces that once controlled them.

Vinefolk Ancestral Traits

Vinefolk are humanoid in size and shape, but their bodies are made of living vegetative matter, like vines wound around mossy tree branches. Despite their plant nature, vinefolk have functioning hands, mouths, and vocal cords, and eat and drink as other humanoids

do. Because of this unique ancestry, you have certain traits.

Age. Vinefolk sprout from a seed that two vine folk have fertilized. The seedling grows to adulthood in about five years and lives for about fifty years.

Size. Vinefolk are human sized. Your size is Medium.

Speed. Your base walking speed is 30 feet.

False Appearance. While the vinefolk remains motionless, it is indistinguishable from a tangle of vines.

Plant Nature. Vinefolk are living, sentient plant matter. Your creature type is Plant.

Tangled Vines. Vinefolk limbs are tangles of tough vines. When you attempt to grapple a target, you make the roll with advantage.

Vinefolk Cultural Traits

Vinefolk communities are usually found in swamps, where their members dwell in harmony with the environment around them. They are welcoming of any who share their values, warning those who would harm the environment not to bring their evil here. Often, vinefolk communities are led by a circle of swamp druids.

Ability Score Increase. Your Wisdom score increases by 2 and your Constitution score by 1.

Alignment. Vinefolk communities tend to eschew divine magics, following druidic traditions that lean toward neutrality.

Plant Swamp Naturalists. Members of vinefolk communities make their homes in swamps and know them intimately. You have proficiency in Nature and Survival. You have advantage on such checks that concern the swamps.

Languages. You can speak, read, and write Common and one other language of your choice.



Vulcanen

Vulcanen are hairless humanoids with blue skin. Despite their love of knowledge and reputation as scholars, they do not know the story of their own origin, a fact which irritates many a vulcanen. Some speculate they were servants of a god of knowledge, while others believe they were created by a primordial culture of alchemists to assist with their experiments and research.

Vulcanen Ancestral Traits

Vulcanen are humanoid in size and shape, though they tend to be taller and thinner than the average human. They lack hair entirely on the bodies and their skin is a shade of blue, though the shade can range from light to dark. Their eyes are light crystal silvery blue and their ears are pointed. Because of this unique ancestry, you have certain traits.

Age. Vulcanen mature at the same rate as humans and live about as long.

Size. Vulcanen are human sized. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Beings of Reason. Vulcanen are unusually stoic by birth, feeling emotions as much as anyone, but expressing them much less often, and more subtly, than others. You have advantage on Wisdom, Intelligence, and Charisma saving throws.

Vulcanen Cultural Traits

Vulcanen communities are intellectual refuges. Children are educated in formal classrooms until well into adulthood, studying a dizzying array of topics. Social events often include disputations, formally structured intellectual engagements in which individuals take up different sides of an argument and make their case before the attending community members. The only prize is social capital, but vulcanen see knowledge as an end in itself and relish the opportunity to learn. Even so, they express this excitement in the most muted way possible, preferring dispassionate and factual descriptions over emotional language and expression.

Ability Score Increase. Your Intelligence score increases by 2 and your Wisdom score by 1.

Alignment. Vulcanen communities value reason and knowledge above all else, leading them to favor law.

Intellectual. Members of vulcanen communities grow up studying a stunningly wide range of topics, leading them to know something about almost everything. Whenever you make a skill check that uses Intelligence, you may add half of your proficiency bonus, rounded down, to the result of the roll.

Languages. You can speak, read, and write Common and one other language of your choice.

Waterborne

Like the djinn-blessed and earthborn, the waterborne ancestry originates in the congress of humans and genies, these of elemental water. Water genies are mercurial types, often difficult to fathom and full of murky motivations. Because humans and water genies encounter one another so rarely, waterborne themselves are similarly rare. Yet, occasionally, a vessel sinks in a water genie's domain, and one or more of the drowning passengers intrigues a water genie, who chooses to save them and grants them safe passage into his or her domain. The result of any relationship that might develop from that point on are the waterborne.

Waterborne Ancestral Traits

Those born of the oceans and seas appear humanoid. Their skin is usually blue or green and their ears have fin-like ridges, as does their back, arms, and legs. Waterborne also have thin gill slits underneath their jaw lines, along the sides of their necks, though they aren't noticeable except when they use them underwater. An uninformed person might mistake them for merfolk or even a sea elf, yet the waterborne are distinct. Indeed, the waterborne resemble humans more than elves or fish folk, and have a distinct ancestry from those other groups. Your waterborne character has several distinctive features due to this ancestry.

Age. Waterborne mature at the same rate as humans and live for about as long.

Size. Waterborne are human in size and shape, though tend to be rather squat, as water genies themselves are. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Darkvision. Because their water genie ancestors spent much time in the deeps of the ocean, waterborne can see in darkness. 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.

Amphibious. Waterborne are natural swimmers and can live as easily beneath the waves as above. You can breathe air and water and have a swim speed equal to your walking speed.

Waterborne Cultural Traits

Waterborne communities most often form underwater, though near surface settlements. For example, a coastal city might have a small waterborne village in its bay, or off the coast of a nearby island. Such communities often interact with the seagoing vessels that pass through their waters, trading goods and tales. Indeed, most waterborne communities value stories above all else. Whole villages regularly gather to listen to a story recounted by one member who had heard it from a passing merchant earlier that day. As such, waterborne communities value those who spin a good yarn.

Ability Score Increase. Your Charisma score increases by 2 and your Constitution score by 1.

Alignment. Waterborne communities are faddish places, entertaining new customs and habits frequently when they learn of them from a tale. As such, their communities tend toward chaos.

Elemental Magic. Waterborne communities practice some limited magics inherited from their water genie forebears. When you reach 3rd level, you can cast the *create and destroy water* spell once with this trait, without its material component. When you reach 5th level, you can cast the *enthrall* spell. You regain the ability to cast these spells with this trait when you finish a long rest. Charisma is your spellcasting ability for these spells.

Storyteller. Waterborne communities tell tales as an important cultural practice. You have proficiency in Performance.

Languages. You speak, read, and write Common and Aquan.

Yetikin

Yetikin are humans who live in arctic environments in close proximity to lairs of the yeti. Whatever strange icy magics created the yeti have had their effects on the tribes of humans in their vicinity, because some centuries ago these humans gradually transformed, becoming the yetikin.

Yetikin Ancestral Traits

Yetikin appear to be humans with shaggy white hair on their heads, the sides of their faces, and over much of their bodies. Unlike true yetis, the yetikin still wear leather and hide clothing, cook with fire, and in other ways behave as humans. In their appearance and certain other ancestral features, however, the yetikin have developed certain unique traits.

Age. Yetikin mature at the same rate as humans and live for about as long.

Size. Yetikin are somewhat larger than human, but not as big as true yeti. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Chilling Gaze. Yetikin have developed an attack that yeti themselves also have – a gaze that freezes people in place. You can use your action to target one creature you can see within 30 feet of you. If the target can see you, the target must succeed on a DC 10 Constitution saving throw against this magic or take 3 (1d6) cold damage and then be paralyzed until the end of their next turn, unless it is resistant or immune to cold damage. If the target's saving throw is successful, or if the effect ends on it, the target is immune to the Chilling Gaze of all yetis and yetifolk for 1 hour. Once you have used this ability, you cannot use it again until you have completed a short or long rest.

Ice Veins. Yetikin are influenced by the magical, icy forces that swirl around them. You are resistant to cold damage.

Yetikin Cultural Traits

Yetikin communities are found in arctic regions or, occasionally, in glacial mountain ranges, where their members live lives of grim survival. The yetikin hunt and fish for a living, working year-round to collect enough for their people to live. Because of the challenge of living in such places, members of yetikin communities have learned much of their environment and how to thrive in it.

Ability Score Increase. Your Constitution score increases by 2 and your Wisdom score by 1.

Alignment. Yetikin communities focus more on survival and comfort than law or rules. As such, they tend toward chaos.

Snow Camouflage. Due to their white fur or clothing and their familiarity with the environment, members of yetikin communities have advantage on Dexterity (Stealth) checks made to hide in snowy terrain.

Yeti Friend. Those who grow up in yetikin communities learn certain behaviors and calls that true yeti recognize. You have advantage on any Charisma check concerning yetis.

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

Geographic Cultural Traits

Below are several possible traits for each of the defined geographic regions. If you would like to customize your chosen culture according to the environment in which it developed, you can select one of the regions below, then **do a one-for-one swap of one or more of the geographic traits below for traits granted by your culture.**

For example, if you choose the rock gnome culture for your character, you could drop the Tinker trait and swap it for the Arctic trait, Drift Walker. That way, you've made a person of an arctic gnomish culture. You could make the character even more culturally arctic by also dropping the rock gnome's Artificer's Lore and adding the Snow Camouflage Arctic trait, thus making your character entirely culturally arctic.

Arctic Cultural Traits

Arctic Magic. Your arctic community is intimately familiar with the icy winds that blow across the arctic tundra, an experience which lends itself to developing certain magics. You know the *ray of frost* cantrip. When you reach 3rd level, you can cast the *fog cloud* spell once. When you reach 5th level, you can cast the *gust of wind* spell once, without requiring the material component. You regain the ability to cast these spells when you finish a long rest. Wisdom is your spellcasting ability for these spells.

Drift Walker. A life traversing icy and snowy terrain has taught you how to navigate such difficulties. Deep snow and slippery ice are not difficult terrain for you.

Inured to the Ice. Arctic communities must accommodate themselves to the extreme temperatures of their environments. You have resistance to cold damage.

Snow Camouflage. Due to their familiarity with the environment, members of arctic communities have advantage on Dexterity (Stealth) checks made to hide in snowy terrain.

Coastal Cultural Traits

Born Sailors. Coastal community members live much of their lives at sea. You have proficiency in Navigators Tools and Vehicles (Water).

Coastal Magic. You grew up on the coast, watching thunder and lightning blow in from across the water. Your community has developed



magical traditions in line with these shared experiences. You know the *shocking grasp* cantrip. When you reach 3rd level, you can cast the *create or destroy water* spell once. When you reach 5th level, you can cast the *shatter* spell once, without requiring the material component. You regain the ability to cast these spells when you finish a long rest. Wisdom is your spellcasting ability for these spells.

Sea-Wise. The young people in coastal communities are taught the ways of the sea from an early age. Whenever you make an Intelligence (Nature) or Wisdom (Survival) check related to the sea, you are considered proficient in the skill and add double your proficiency bonus to the check, instead of your normal proficiency bonus.

Strong Swimmer. Life along the coast means swimming from a young age. You have advantage on Athletics checks related to swimming and your swim speed increases by ten feet.

Desert Cultural Traits

Desert Magic. Desert communities come to know magics related to heat and flame. You know the *produce flame* cantrip. When you reach 3rd level, you can cast the *burning hands* spell once with this trait. When you reach 5th level, you can cast the *flaming sphere* spell once with this trait. You regain the ability to cast these spells with this trait when you finish a long rest. Intelligence is your spellcasting ability for these spells.

Inured to the Sun. Desert communities must accommodate themselves to the extreme temperatures of their environments. You have resistance to fire damage.

Desert Survivalist. Desert communities face the daily danger of heat and thirst. As such, all members learn how to navigate these threats. You have proficiency in Survival. Furthermore, whenever you make a check to find food or water, or to protect yourself from the heat and sun, you add double your proficiency bonus to the check, instead of your normal proficiency bonus.

Forest Cultural Traits

Forest Magic. Communities of the wood tend to study druidic magics of nature. You know the *druidcraft* cantrip. When you reach 3rd level, you can cast the *entangle* spell once. When you reach 5th level, you can cast the *barkskin* spell once, without requiring the material component. You regain the ability to cast these spells when you finish a long rest. Wisdom is your spellcasting ability for these spells.

Steward of the Wood. You have proficiency in the Nature and Animal Handling skills.

Woodland Step. You have proficiency in the Stealth skill. When you are in forest, you add double your proficiency bonus to Stealth checks, instead of your normal proficiency bonus.



Grassland Cultural Traits

Expert Horsemanship. Because members of your grasslands community often hunt from horseback, they have developed expertise in shooting a bow while riding. You have proficiency in the Animal Handling skill and can ride without hands long enough to shoot an arrow without difficulty.

Grasslands Magic. Your grasslands community has a magical tradition that serves those who live in the wide grasslands, often spending long periods of time away from their homes. You know the *mending* cantrip. When you reach 3rd level, you can cast the *longstrider* spell once. When you reach 5th level, you can cast the *find steed* spell once, without requiring the material component. You regain the ability to cast these

spells when you finish a long rest. Wisdom is your spellcasting ability for these spells.

Grasslands Tracker. You spent much of your youth tracking game across vast grassy plains. You have proficiency in Survival. When in the grasslands, you have advantage on Survival checks.

Mountain Cultural Traits

Mountain Lore. Whenever you make an Intelligence (History) or Wisdom (Survival) check related to the mountains, you are considered proficient in the skill and add double your proficiency bonus to the check, instead of your normal proficiency bonus.

Robust. The nomadic, mountain life makes for strong, fit folk. You have proficiency in the Athletics skill. When making an Athletics check to navigate mountainous or rocky terrain, you make the check with advantage.

Rock-wise. Whenever you make an Intelligence (Nature) check related to geology, such as rocks, stonework, mountains, or gems, you are considered proficient in the Nature skill and add double your proficiency bonus to the check, instead of your normal proficiency bonus.

Mountain Magic. Mountain communities are full of hardy folk who learn to navigate the dangerous mountain passes safely and then teach those techniques to their children. You know the *resistance* cantrip. When you reach 3rd level, you can cast the *feather fall* spell once. When you reach 5th level, you can cast the *spider climb* spell once,

without requiring the material component. You regain the ability to cast these spells when you finish a long rest. Wisdom is your spellcasting ability for these spells.

Swamp Cultural Traits

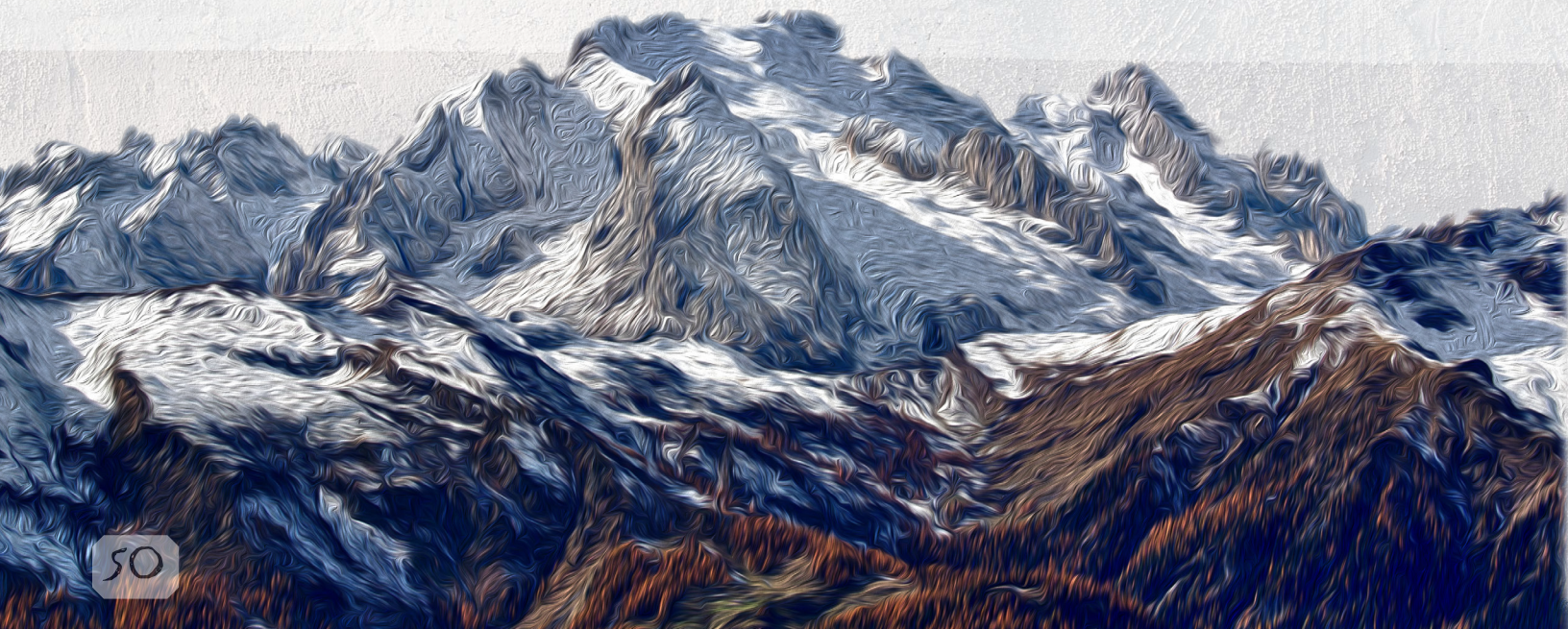
Herb Lore. Swamp communities learn to live off of the flora of the swamp around them. You have proficiency in Nature and with the Herbalism Kit.

Survivalists. Swamp communities often reside in environments with dangerous flora and fauna, unsteady ground, and murky waters. In order to survive, they must come to know how to navigate these threats. You have proficiency with the Survival skill. When in a swamp, you make Survival checks with advantage.

Swamp Magic. Communities in the swamps of the world often develop magical traditions that utilize the features of their environments. You know the *dancing lights* cantrip. When you reach 3rd level, you can cast the *purify food and drink* spell once. When you reach 5th level, you can cast the *acid arrow* spell once, without requiring the material component. You regain the ability to cast these spells when you finish a long rest. Wisdom is your spellcasting ability for these spells.

Subterranean Cultural Traits

Sunlight Sensitivity. While in direct sunlight, you have disadvantage on attack rolls, as well as on Wisdom (Perception) checks that rely on sight.



Tunnel Sense.

Subterranean communities often occupy complex networks of tunnels and rocky passages. Those who live in these communities long enough come to have a special facility with finding their way around underground. When moving in natural passages underground, you cannot become lost except through magical means. What's more, you have developed an innate sense for whether you are descending, ascending, or traveling in a straight line when moving through such tunnels.

Subterranean Magic. Children are trained in special magical techniques that provide them the tools they need to survive and contribute to subterranean culture as adults. You know the *chill touch* cantrip. When you reach 3rd level, you can cast the *expeditious retreat* spell once. When you reach 5th level, you can cast the *pass without trace* spell once, without requiring material components. You regain the ability to cast these spells with this trait when you finish a long rest. Wisdom is your spellcasting ability for these spells.

Subterranean Survival Training. Everyone living in underground communities is expected to contribute to the community's survival. You have proficiency in the Survival skill. When in natural caverns and tunnels, you have advantage on Survival checks.

Underwater Cultural Traits

Inured to the Depths. You spend time in the chilly waters of the depths. You have resistance to cold damage.

Sea Speaker. Your community dwells among the schools of fish and creatures of the surface ocean waters. You can cast *speak with animals* at will with this trait, but you can target only beasts with a swim speed that are Medium or smaller.

Underwater Magic. Underwater communities develop magical traditions that help them communicate and adapt in their underwater environments. You know the *message* cantrip and can cast it without its material component. When you reach 3rd level, you can cast the *silent image* spell once. When you reach 5th

level, you can cast the *alter self* spell once, without requiring the material component. You regain the ability to cast these spells when you finish a long rest. Wisdom is your spellcasting ability for these spells.

Wandering Schools. Many underwater communities migrate, following schools of fish and ocean life. Others prefer to remain in particular places for longer periods, forming homes from coral. Regardless, you are skilled at finding their way around the waters. You have proficiency in the Survival skill. When underwater, you have advantage on Survival checks.

Urban Cultural Traits

Cosmopolitan. Growing up in diverse environments leads to a wide range of experiences and skills. You have proficiency in one skill of your choice.

Mercantile. You gain proficiency with one artisan tool of your choice, usually studying under one of the guildmasters of the urban community and working to sell the guild's wares at the market.

Urban Magic. Those who come of age in urban areas most often develop magical talents that serve their populated city neighborhoods. You know the *prestidigitation* cantrip. When you reach 3rd level, you can cast the *comprehend languages* spell once. When you reach 5th level, you can cast the *locate object* spell once, without requiring the material component. You regain the ability to cast these spells when you finish a long rest. Wisdom is your spellcasting ability for these spells.

Planar Cultural Traits

Below are several possible traits for several of the planes of existence beyond the material plane. If you would like to customize your chosen culture according to the plane on which it developed, you can select one of the planes below, then **do a one-for-one swap of one or more of the planar traits below for traits granted by your culture.**

For example, if you choose the rock gnome culture for your character, you could drop the Tinker trait and swap it for the astral plane trait, Ageless. That way, you've made a person of an astral gnomish culture. You could make the character even more culturally astral by also dropping the rock gnome's Artificer's Lore and adding the Planar Traveler astral trait, thus making your character entirely culturally astral.

Astral Plane Cultural Traits

The Astral Plane is as much a realm of thought as body. Visitors find an unending sea of gray mists, magical ebbs and flows, and swirling portals that open to every possible place in the multiverse. It is a place where disembodied souls can travel, projected from their bodies across the cosmos. In this vast expanse of thought, one can find the occasional island on which communities sometimes form. Those who hail from one of these places often develop certain traits.

Ageless. Living beings do not age on the Astral Plane. Only when they visit other planes, in particular the Material Plane, does time affect them normally. Those who hail from communities on the Astral Plane therefore have likely spent many more years existing than an average member of their ancestry, giving them time to develop any number of skill or interests. You have proficiency in one skill, one language, and with one tool of your choice.

Astral Magic. The energies of the Astral infuse the bodies of those who dwell there for any length of time, allowing communities there to develop magical traditions with relative ease. You know the *prestidigitation* cantrip. When you reach 3rd level, you can cast the *detect magic* spell once with this trait. When you reach 5th level, you can cast the *arcanist's magic aura* spell once with this trait, without the material component. You regain the ability to cast these spells when you finish a long rest. Intelligence is your spellcasting ability for these spells.

Arcanist. The Astral Plane is replete with swirling magical energies, making for the perfect environment to study and experiment with the arcane. You have proficiency in Arcana. When attempting to understand a magical effect you had not seen before, you roll with advantage.

Planar Traveler. The Astral Plane is one of the two major Transitive Planes, allowing passage from any one plane to any other. As such, communities on the Astral Plane tend to encounter travelers and hear their tales from anywhere in the multiverse far more frequently than those on the Material Plane. You have proficiency in History. When you roll to recognize or identify lore about a creature from another plane, you roll with advantage.

Elemental Planes Cultural Traits

There are four elemental planes: Earth, Air, Fire, and Water. Each of them contains unending elemental energies of their respective planes, but they also have areas where the energies eddy and more diversity can be found. For example, on the elemental plane of fire, the City of Brass stands on a basalt plateau surrounded by seas of

lava and flame. Yet humanoids and others can be found living there. Communities that exist in these places inevitably instantiate some of the features of the plane that surrounds them.

Elemental Affinity. The members of communities on one of the elemental planes live their entire lives with elemental energies flowing around and through their bodies. This leads them to develop the ability to endure the energies of their plane. If you are from the elemental plane of earth, you have resistance to poison damage. If from the plane of air, you have resistance to lightning and thunder damage. From fire, you have resistance to fire damage. And if from water, you have resistance to cold and acid damage.

Elemental Magics. Communities that dwell on an elemental plane learn to harness its energies and teach these magics to their young. Choose the magical tradition below that matches the plane from which you came.

Earth Magic. You know the *poison spray* cantrip. When you reach 3rd level, you can cast the *grease* spell once with this trait, without the material component. When you reach 5th level, you can cast the *spike growth* spell once with this trait, without the material component. You regain the ability to cast these spells when you finish a long rest. Charisma is your spellcasting ability for these spells.

Air Magic. You know the *shocking grasp* cantrip. When you reach 3rd level, you can cast the *feather fall* spell once with this trait, without the material component. When you reach 5th level, you can cast the *gust of wind* spell once with this trait, without the material component. You regain the ability to cast these spells when you finish a long rest. Charisma is your spellcasting ability for these spells.

Fire Magic. You know the *produce flame* cantrip. When you reach 3rd level, you can cast the *burning hands* spell once with this trait. When you reach 5th level, you can cast the *scorching ray* spell once with this trait. You regain the ability to cast these spells when you finish a long rest. Charisma is your spellcasting ability for these spells.



Water

Magic. You know the *ray of frost* cantrip. When you reach 3rd level, you can cast the *fog cloud* spell once with this trait. When you reach 5th level, you can cast the *acid arrow* spell once with this trait, without the material component. You regain the ability to cast these spells when you finish a long rest. Charisma is your spellcasting ability for these spells.

Friend of the Elements. Communities on the elemental planes learn to co-exist with the elementals around them. You speak Primordial. When interacting with a creature of the Elemental Type, you have advantage on any Persuasion, Deception, or Intimidation checks you might make.

Natural Alchemist. Communities that exist on a plane of pure elemental energy tend to develop a sophisticated understanding of the interaction of the elements. You have proficiency in Nature and with Alchemy Kit.

Ethereal Plane Cultural Traits

The Ethereal Plane is the place in between everywhere else. Indeed, the ethereal plane borders every other plane, a place just beyond the veil of reality. For this reason, many areas on the ethereal plane are shadowy duplicates of material places just beyond the veil. Most who wander here are lost souls, but occasionally communities form here, often of those who wish not be found by conventional means.

Ethereal Magic. The ethereal plane is no more magical than other places, yet those who dwell there often develop distinctive magical traditions suited for their environment. You know the *mage hand* cantrip. When you reach 3rd level, you can cast the *silent image* spell once with this trait, without the material component. When you reach 5th level, you can cast the *invisibility* spell once with this trait, without the material component. You regain the ability to cast these spells when you finish a long rest. Charisma is your spellcasting ability for these spells.

Just Out of Sight. Those who grow up on the ethereal plane often watch as those across the veil in the material plane go about their business, not noticing the ethereal observer. You have proficiency in Stealth.

Keeper of Secrets. Often, the groups that establish communities in the ethereal plane do so because they wish to hide secrets. Those that live their lives in communities built on secrets and whispers become attuned to the subtlest gesture or tell. You have proficiency in Insight. When you roll Insight to determine if someone to whom you are speaking is withholding information, you roll with advantage.

Lower Planes Cultural Traits

The lower planes are the home of devils and demons. As such, they tend not to be places from which any heroes ever hail. Even so, there are communities here on the various infernal or abyssal planes, though continuously inhabited locations are more often found in the Nine Hells than in some of the more chaotic environments. Wherever the community exists, however, those who live there are familiar with the endless war that rages across the lower planes.

Fiendish Endurance. Members of

communities of the Nine Hells are surrounded by unbearable heat and flame, while those who hail from the Abyss must survive impossible cold. You have resistance either to fire damage or to cold damage.

Fiendish Magics. Depending on where the community in question is, the people there are likely to develop either infernal or abyssal magical practices. Choose one of the two magical traditions below.

Abyssal Magic. You know the *ray of frost* cantrip. When you reach 3rd level, you can cast the *hideous laughter* spell once with this trait, without the material component. When you reach 5th level, you can cast the *darkness* spell once with this trait, without the material component. You regain the ability to cast these spells when you finish a long rest. Charisma is your spellcasting ability for these spells.

Infernal Magic. You know the *fire bolt* cantrip. When you reach 3rd level, you can cast the *unseen servant* spell once with this trait, without the material component. When you reach 5th level, you can cast the *flaming sphere* spell once with this trait, without the material component. You regain the ability to cast these spells when you finish a long rest. Charisma is your spellcasting ability for these spells.

Veteran of the Endless Wars. Demons, devils, and the like constantly war with one another and amongst themselves. Those who grow up in this environment inevitably learn the ways of war. You have proficiency in the glaive, whip, light and medium armor, and shields.

Outer Realms Cultural Traits

Few sentient beings indeed could survive long in the Outer Realms, which are places beyond the limits of time and space. Indeed, in most such places, simply seeing would

shatter a mortal mind irrevocably. Fortunately, there are a few places where the madness and chaos eddy and subside enough for a few tiny enclaves to arise, mostly of those who have fallen through a planar portal at some point and sought shelter. Indeed, more than once, an apocalyptic cult ceremony ended abruptly when all present were pulled into one of the Outer Realms. The descendants of such unfortunate and misguided souls make do as they can in those few places of relative calm.

Chaotic Umbra. The chaotic, mind-breaking energies of the Outer Realm still ebb and flow within you. Whenever you roll a 10 on a d20, roll a d4. If you roll a 1 or a 3, subtract it from your roll. If you roll a 2 or a 4, add it.

Eldritch Arcana. Most Outer Realm communities have at least some forebears who once served the gods of the Outer Realms and who practiced unnatural magics learned from them. You know the eldritch blast cantrip. When you reach 3rd level, you can cast the hideous laughter spell once with this trait, without needing a material component. When you reach 5th level, you can cast the alter self spell once with this trait. You regain the ability to cast these spells with this trait when you finish a long rest. Intelligence is your spellcasting ability for these spells.

Eerie Intuition. Those who grow up in the Outer Realms become used to sudden flashes of understanding and an uncanny ability to tell what might be bothering someone. You have proficiency in Insight.

Plane of Faerie Cultural Traits

The land of the fey is a wondrous and vibrant realm, filled with mystery, magic, and trickery. One can never be entirely certain of what one sees – or feels – in this manic place. The fey folk are a fickle lot, after all, so communities that develop here must learn to adapt accordingly. The realm of the fey has many domains, but two of the largest are the Seelie and the Unseelie Court.

Fey Resistance. Those who dwell on the plane of faerie long enough take on some of the magical energies there, making them resistant to certain effects. You have advantage on saving throws against being charmed, and magic can't put you to sleep.

Seelie Magic. You know the *dancing lights* cantrip. When you reach 3rd level, you can cast the *sleep* spell once with this trait, without the material component. When you reach 5th level, you can cast the *enthrall* spell once with this trait. You regain the ability to cast these spells when you finish a long rest. Charisma is your spellcasting ability for these spells.

Subtle Wit. Many of the fey creatures that inhabit this region put great stock in promises, vows, and words spoken. As such, those who must interact with them learn to guard their words well. You have proficiency in Persuasion. When rolling to solve a riddle or discern a hidden meaning in words, you roll with advantage.

Unseelie Magic. You know the *vicious mockery* cantrip. When you reach 3rd level, you can cast the *color spray* spell once with this trait, without the material component. When you reach 5th level, you can cast the *suggestion* spell once with this trait, without the material component. You regain the ability to cast these spells when you finish a long rest. Charisma is your spellcasting ability for these spells.

Plane of Shadow Cultural Traits

The land of shadow is a dark and dreary domain, filled with dreadful sorrow potent enough that those who visit sometimes simply sit down and die of ennui. This dismal land is everything that the plane of faerie is not; it is nearly monochromatic, almost entirely black and shades of gray. It is always damp and chilly. And it is most certainly not a place of glee or joy. Despite this dour atmosphere, communities do exist here, though the realm around them surely affects those who dwell in them.

Muted Emotion. The realm of shadow tends to seep into those who spend much time here, dampening their spirits. You cannot be charmed.

Shadow Fortitude. The shadow seeps into a creature's bones and saps them of their energy. Many who visit the realm of shadow find themselves exhausted almost immediately. Those who live here develop a resistance to the gloom. Whenever you roll to resist an effect that would give you a level of exhaustion, you roll with advantage. You still receive a level of exhaustion if you do not take a long rest once a day, however.

Shadow Magic. The realm of shadow abounds with dark magics and oppressive arcane effects. You know the *chill touch* cantrip. When you reach 3rd level, you can cast the *bane* spell once with this trait, without the material component. When you reach 5th level, you can cast the *darkness* spell once with this trait, without the material component. You regain the ability to cast these spells when you finish a long rest. Charisma is your spellcasting ability for these spells.

Upper Planes Cultural Traits

The upper planes are the realms whence angels and pegasi come. It is a realm of goodness and light. Many folks travel to such places in the hopes of forming or joining a community here, assuming they can find their way.

Celestial Sight. You have lived close to the divine light, internalizing it. As such, the radiant energies that flow through these realms is second nature to you, shining within. You have resistance to radiant energy, as well as Darkvision to 60'.

Divine Magic. The upper planes are suffused with divine energies, endowing those who live there long enough certain powers. You know the *light* cantrip. When you reach 3rd level, you can cast the *bleed* spell once with this trait, without the material component. When you reach 5th level, you can cast the *lesser restoration* spell once with this trait. You regain the ability to cast these spells when you finish a long rest. Wisdom is your spellcasting ability for these spells.

Prophecy. Those communities established in the upper planes inevitably adopt certain clerical and spiritual practices that they hand down to their young. In your case, these traditions concern prophecy and divine inspiration. You know the *guidance* cantrip. When you reach 3rd level, you can cast the *detect evil and good* spell once with this trait. When you reach 5th level, you can cast the *augury* spell once with this trait, without the material component. You regain the ability to cast these spells when you finish a long rest. Wisdom is your spellcasting ability for these spells.



Legal Information

Permission to copy, modify and distribute the files collectively known as the System Reference Document 5.1 ("SRD5") is granted solely through the use of the Open Gaming License, Version 1.0a.

This material is being released using the Open Gaming License Version 1.0a and you should read and understand the terms of that license before using this material.

The text of the Open Gaming License itself is not Open Game Content. Instructions on using the License are provided within the License itself.

The following items are designated Product Identity, as defined in Section 1(e) of the Open Game License Version 1.0a, and are subject to the conditions set forth in Section 7 of the OGL, and are not Open Content: Dungeons & Dragons, D&D, Player's Handbook, Dungeon Master, Monster Manual, d20 System, Wizards of the Coast, d20 (when used as a trademark), Forgotten Realms, Faerûn, proper names (including those used in the names of spells or items), places, Underdark, Red Wizard of Thay, the City of Union, Heroic Domains of Ysgard, Ever-Changing Chaos of Limbo, Windswept Depths of Pandemonium, Infinite Layers of the Abyss, Tarterian Depths of Carceri, Gray Waste of Hades, Bleak Eternity of Gehenna, Nine Hells of Baator, Infernal Battlefield of Acheron, Clockwork Nirvana of Mechanus, Peaceable Kingdoms of Arcadia, Seven Mounting Heavens of Celestia, Twin Paradises of Bytopia, Blessed Fields of Elysium, Wilderness of the Beastlands, Olympian Glades of Arborea, Concordant Domain of the Outlands, Sigil, Lady of Pain, Book of Exalted Deeds, Book of Vile Darkness, beholder, gauth, carrion crawler, tanar'ri, baatezu, displacer beast, githyanki, githzerai, mind flayer, illithid, umber hulk, yuan-ti.

All of the rest of the SRD5 is Open Game Content as described in Section 1(d) of the License.

The terms of the Open Gaming License Version 1.0a are as follows:

OPEN GAME LICENSE Version 1.0a

The following text is the property of Wizards of the Coast, Inc. and is Copyright 2000 Wizards of the Coast, Inc ("Wizards"). All Rights Reserved.

1. Definitions: (a) "Contributors" means the copyright and/or trademark owners who have contributed Open Game Content; (b) "Derivative Material" means copyrighted material including derivative works and translations (including into other computer languages), potation, modification, correction, addition, extension, upgrade, improvement, compilation, abridgment or other form in which an existing work may be recast, transformed or adapted; (c) "Distribute" means to reproduce, license, rent, lease, sell, broadcast, publicly display, transmit or otherwise distribute; (d) "Open Game Content" means the game mechanic and includes the methods, procedures, processes and routines to the extent such content does not embody the Product Identity and is an enhancement over the prior art and any additional content clearly identified as Open Game Content by the Contributor, and means any work covered by this License, including translations and derivative works under copyright law, but specifically excludes Product Identity. (e) "Product Identity" means product and product line names, logos and identifying marks including trade dress; artifacts; creatures characters; stories, storylines, plots, thematic elements, dialogue, incidents, language, artwork, symbols, designs, depictions, likenesses, formats, poses, concepts, themes and graphic, photographic and other visual or audio representations; names and descriptions of characters, spells, enchantments, personalities, teams, personas, likenesses and special abilities; places, locations, environments, creatures, equipment, magical or supernatural abilities or effects, logos, symbols, or graphic designs; and any other trademark or registered trademark clearly identified as Product identity by the owner of the Product Identity, and which specifically excludes the Open Game Content; (f) "Trademark" means the logos, names, mark, sign, motto, designs that are used by a Contributor to identify itself or its products or the associated products contributed to the Open Game License by the Contributor (g) "Use", "Used" or "Using" means to use, Distribute, copy, edit, format, modify, translate and otherwise create Derivative Material of Open Game Content. (h) "You" or "Your" means the licensee in terms of this agreement.

2. The License: This License applies to any Open Game Content that contains a notice indicating that the Open Game Content may only be Used under and in terms of this License. You must affix such a notice to any Open Game Content that you Use. No terms may be added to or subtracted from this License except as described by the License itself. No other terms or conditions may be applied to any Open Game Content distributed using this License.

3. Offer and Acceptance: By Using the Open Game Content You indicate Your acceptance of the terms of this License.

4. Grant and Consideration: In consideration for agreeing to use this License, the Contributors grant You a perpetual, worldwide, royalty-free, non-exclusive license with the exact terms of this License to Use, the Open Game Content.

5. Representation of Authority to Contribute: If You are contributing original material as Open Game Content, You represent that Your Contributions are Your original creation and/or You have sufficient rights to grant the rights conveyed by this License.

6. Notice of License Copyright: You must update the COPYRIGHT NOTICE portion of this License to include the exact text of the COPYRIGHT NOTICE of any Open Game Content You are copying, modifying or distributing, and You must add the title, the copyright date, and the copyright holder's name to the COPYRIGHT NOTICE of any original Open Game Content you Distribute.

7. Use of Product Identity: You agree not to Use any Product Identity, including as an indication as to compatibility, except as expressly licensed in another, independent Agreement with the owner of each element of that Product Identity. You agree not to indicate compatibility or co-adaptability with any Trademark or Registered Trademark in conjunction with a work containing Open Game Content except as expressly licensed in another, independent Agreement with the owner of such Trademark or Registered Trademark. The use of any Product Identity in Open Game Content does not constitute a challenge to the ownership of that Product Identity. The owner of any Product Identity used in Open Game Content shall retain all rights, title and interest in and to that Product Identity.

8. Identification: If you distribute Open Game Content You must clearly indicate which portions of the work that you are distributing are Open Game Content.

9. Updating the License: Wizards or its designated Agents may publish updated versions of this License. You may use any authorized version of this License to copy, modify and distribute any Open Game Content originally distributed under any version of this License.

10. Copy of this License: You MUST include a copy of this License with every copy of the Open Game Content You Distribute.

11. Use of Contributor Credits: You may not market or advertise the Open Game Content using the name of any Contributor unless You have written permission from the Contributor to do so.

12. Inability to Comply: If it is impossible for You to comply with any of the terms of this License with respect to some or all of the Open Game Content due to statute, judicial order, or governmental regulation then You may not Use any Open Game Material so affected.

13. Termination: This License will terminate automatically if You fail to comply with all terms herein and fail to cure such breach within 30 days of becoming aware of the breach. All sublicenses shall survive the termination of this License.

14. Reformation: If any provision of this License is held to be unenforceable, such provision shall be reformed only to the extent necessary to make it enforceable.

15. COPYRIGHT NOTICE

Open Game License v 1.0a Copyright 2000, Wizards of the Coast, LLC. System Reference Document 5.1 Copyright 2016, Wizards of the Coast, Inc.; Authors Mike Mearls, Jeremy Crawford, Chris Perkins, Rodney Thompson, Peter Lee, James Wyatt, Robert J. Schwalb, Bruce R. Cordell, Chris Sims, and Steve Townshend, based on original material by E. Gary Gygax and Dave Arneson.

More Ancestries @ Cultures, Copyright 2020, Arcanist Press LLP.

END OF LICENSE