



ADVENTURE SIDEKICKS

RIME OF THE FROSTMAIDEN



INTRODUCTION

Do you want to run or play *Rime of the Frostmaiden* but you only have two or three people in your gaming group? Do you want an easy way to track and level up NPCs and beasts that join the adventure? Do you want to reintroduce allies later in your Icewind Dale campaign but aren't sure how to scale their power level? If you answered yes to any of these questions, then this supplement is for you.

ADVENTURE SIDEKICKS

"Adventure Sidekicks: Rime of the Frostmaiden" is the thirteenth volume in an ongoing series that supplies sidekicks based on the major NPCs and potential allies of each of the *DUNGEONS & DRAGONS* adventures. On your adventure, the DM might reveal that you've befriended an NPC or other creature that then joins your party as a sidekick. It's up to you and the DM to decide who controls the sidekick in play.

SIDEKICK STAT BLOCKS

A sidekick's game statistics are presented in a box called a stat block, which is essentially a miniature character sheet. A stat block contains things like ability scores and hit points, as well as the actions a sidekick is most likely to take in combat. A sidekick can use the action options in the combat rules.

For more information on stat blocks, see the introduction of the *Monster Manual*.

SIDEKICK LEVEL

Your DM will inform you at which level your sidekick starts, usually equal to the average level of the party. As the heroes and their sidekick adventure together, the sidekick gains experience points and reaches new levels the same way a player character does, using the rules found in the *Player's Handbook*.

When a sidekick gains a level, look at the sidekick's progression table, and consult the new level's row, which shows the sidekick's new hit point maximum and features.

If the DM starts a sidekick at a level higher than 1st, use the hit point maximum for its level on the appropriate table on the pages that follow. Also, give the sidekick the features for its current level and any earlier levels on that table.

SIZE

Some sidekicks start as an adolescent version of the creature the sidekick was based on. To reflect this, these sidekicks start as one size and then, at some point in their progression table, grow enough to increase in size.

When size increases, the type of Hit Dice changes. Depending on the sidekick, other benefits may also come with a change in size.

PROFICIENCIES

A sidekick is proficient with any armor, weapons, and tools included in its stat block.

LANGUAGES

If there is a communication problem between the party and their sidekick, such as no shared language, the language barrier may still be overcome. The party must succeed on a Wisdom (Animal Handling) check, or the sidekick on a Wisdom (Insight) check, to make themselves understood.

On a success, the sidekick is able to understand the party well enough to comply with their request or get their general meaning. On a failure, the sidekick defends itself from hostile creatures and acts according to its own desires (as determined by the DM), but otherwise takes no actions.

The DM determines the DC of the skill check, using the following table as a guide.

Task	DC	Example
Very easy	5	"Heel" or "fetch"
Easy	10	"Get that out of your mouth!"
Moderate	15	"Find help in town"
Hard	20	"Heel, even if they hurt me"
Very hard	25	"Give this only to the blond elf"
Nearly impossible	30	"Attack every other gnome"

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CHWINGA

1st-level Tiny elemental

Armor Class 15

Hit Points 5 (2d4)

Speed 20 ft., climb 20 ft., swim 20 ft.

STR	DEX	CON	INT	WIS	CHA
1 (-5)	20 (+5)	10 (+0)	14 (+2)	16 (+3)	16 (+3)

Skills Acrobatics +7, Perception +7, Stealth +7

Senses blindsight 60 ft., passive Perception 17

Languages understands Common but cannot speak it

Evasion. When the chwinga is subjected to an effect that allows it to make a Dexterity saving throw to take only half damage, it instead takes no damage if it succeeds on the saving throw, and only half damage if it fails.

Innate Spellcasting. The chwinga's innate spellcasting ability is Wisdom. It can innately cast the following spells, requiring no material or verbal components:

At will: *druidcraft*, *guidance*, *pass without trace*, *resistance*

Unusual Nature. The chwinga doesn't require air, food, or drink. When it dies, it turns into a handful of flower petals, a cloud of pollen, a stone statuette resembling its former self, a tiny sphere of smooth stone, or a puddle of fresh water (your choice).

Actions

Magical Gift (1/Day). The chwinga targets a humanoid it can see within 5 feet of it. The target gains a supernatural charm of the DM's choice. See the *Dungeons Master's Guide* for information on supernatural charms.

Natural Shelter. The chwinga magically takes shelter inside a rock, a living plant, or a natural source of fresh water in its space. The chwinga can't be targeted by any attack, spell, or other effect while inside this shelter, and the shelter doesn't impair the chwinga's blindsight. The chwinga can use its action to emerge from a shelter. If its shelter is destroyed, the chwinga is forced out and appears in the shelter's space, but is otherwise unharmed.



CHWINGAS BEYOND 1ST LEVEL

Level	Hit Points	New Features
2nd	7 (3d4)	Magical Recovery. When the chwinga finishes a short rest, it can restore one ally's spell slots equal to half the chwinga's level rounded up, and none of the spell slots can be 6th level or higher. Once the chwinga uses this feature, it cannot use this feature again until it finishes a long rest.
3rd	10 (4d4)	Acclimatization. Once the chwinga finishes a short or long rest in an area with extreme weather conditions, the chwinga becomes immune to the effects of the extreme conditions until it spends an hour outside of those extreme conditions.
4th	12 (5d4)	Ability Score Improvement. The chwinga's Wisdom score increases by 2. This raises the Wisdom modifier, Perception bonus, and passive Perception each by 1.
5th	15 (6d4)	Humanoid Fascination. The chwinga can innately cast the spell <i>disguise self</i> . Should the chwinga choose a form identical to one of its allies, the illusion is a perfect copy. Proficiency Bonus. The chwinga's proficiency bonus increases by 1. This raises the skill bonuses and passive Perception each by 1.
6th	17 (7d4)	Expanded Spellcasting. The chwinga adds the following spells to their Innate Spellcasting feature: <i>arcane lock</i> , <i>blur</i> , <i>immovable object</i> , <i>knock</i> , and <i>spare the dying</i> .

d8 After waking from a long rest, the chwinga seems...

- Smitten.** The chwinga chooses one ally to keep within 10 feet of all day, and that ally's Charisma checks and saving throws have advantage until the next long rest.
- Patient.** The chwinga's initiative rolls are reduced by 2, and it gains advantage on Dexterity saving throws until the next long rest.
- Fascinated.** The chwinga grants advantage to allies' Investigation checks until the next long rest.
- Calm.** As an action, the chwinga may end the rage of a creature within 30 feet once until the next long rest.
- Energetic.** Until the next long rest, the chwinga's movement increases by 10 feet.
- Generous.** The chwinga may use Magical Gift twice today.
- Astute.** Until the next long rest, the chwinga grants advantage to any ally attempting to track a creature.
- Amused.** The chwinga is immune to fear until the next long rest.

CHWINGA

7th-level Tiny elemental

Armor Class 15

Hit Points 20 (8d4)

Speed 20 ft., climb 20 ft., swim 20 ft.

STR	DEX	CON	INT	WIS	CHA
1 (-5)	20 (+5)	10 (+0)	14 (+2)	18 (+4)	16 (+3)

Skills Acrobatics +8, Perception +9, Stealth +8

Senses blindsight 60 ft., passive Perception 19

Languages understands Common but cannot speak it

Acclimatization. Once the chwinga finishes a short or long rest in an area with extreme weather conditions, the chwinga becomes immune to the effects of the extreme conditions until it spends an hour outside of those extreme conditions.

Evasion. When the chwinga is subjected to an effect that allows it to make a Dexterity saving throw to take only half damage, it instead takes no damage if it succeeds on the saving throw, and only half damage if it fails.

Humanoid Fascination. When casting *disguise self*, the chwinga can choose to form a perfect copy of one of its allies.

Innate Spellcasting. The chwinga's innate spellcasting ability is Wisdom. It can innately cast the following spells, requiring no material or verbal components:

At will: *arcane lock*, *blur*, *disguise self*, *druidcraft*, *guidance*, *immovable object*, *knock*, *pass without trace*, *resistance*, *spare the dying*

Magical Recovery (Recharges after a Long Rest). When the chwinga finishes a short rest, it can restore one ally's spell slots equal to 4, and none of the spell slots can be 6th level or higher.

Unusual Nature. The chwinga doesn't require air, food, or drink. When it dies, it turns into a handful of flower petals, a cloud of pollen, a stone statuette resembling its former self, a tiny sphere of smooth stone, or a puddle of fresh water (your choice).

Actions

Magical Gift (1/Day). The chwinga targets a humanoid it can see within 5 feet of it. The target gains a supernatural charm of the DM's choice. See the *Dungeons Master's Guide* for information on supernatural charms.

Natural Shelter. The chwinga magically takes shelter inside a rock, a living plant, or a natural source of fresh water in its space. The chwinga can't be targeted by any attack, spell, or other effect while inside this shelter, and the shelter doesn't impair the chwinga's blindsight. Every minute the chwinga remains inside a shelter, it regains 1d4 hit points. The chwinga can use its action to emerge from a shelter. If its shelter is destroyed, the chwinga is forced out and appears in the shelter's space, but is otherwise unharmed.

CHWINGAS BEYOND 7TH LEVEL

Level	Hit Points	New Features
8th	22 (9d4)	Ability Score Improvement. The chwinga's Intelligence score increases by 2. This raises the Intelligence modifier by 1.
9th	25 (10d4)	Greater Natural Shelter. If the chwinga dies within 1 hour of emerging from an intact shelter, reuniting its remains with the intact shelter for 10 minutes revives the chwinga, granting it 1 hit point. Proficiency Bonus. The chwinga's proficiency bonus increases by 1. This raises the skill bonuses and passive Perception each by 1.
10th	27 (11d4)	Empowered Spellcasting. The chwinga adds the following spells to their Innate Spellcasting feature: <i>enhance ability</i> , <i>feign death</i> , <i>gaseous form</i> , <i>haste</i> , <i>Leomund's Tiny Hut</i> .
11th	30 (12d4)	Improved Magical Recovery. When the chwinga uses this feature, a second ally may also benefit from the feature.
12th	32 (13d4)	Ability Score Improvement. The chwinga's Wisdom score increases by 2. This raises the Wisdom modifier, Perception bonus, passive Perception, spell attack bonus, and spell save DC each by 1. Master Natural Shelter. The chwinga can teleport as a ritual to any previously utilized natural shelter so long as it is still intact.

CRAG CAT

1st-level Medium monstrosity

Armor Class 13

Hit Points 15 (2d8 + 6)

Speed 30 ft., climb 20 ft.

STR	DEX	CON	INT	WIS	CHA
15 (+2)	17 (+3)	16 (+3)	4 (-3)	14 (+2)	8 (-1)

Saving Throws Dex +5

Skills Perception + 4, Stealth +5, Survival +4

Senses darkvision 60 ft., passive Perception 14

Languages understands Common but cannot speak it

Nondetection. The crag cat can't be targeted or detected by any divination magic or perceived through magical scrying sensors.

Actions

Bite. *Melee Weapon Attack:* +5 to hit, reach 5 ft., one creature. *Hit:* 8 (1d10 + 3) piercing damage.

Claws. *Melee Weapon Attack:* +5 to hit, reach 5 ft., one target. *Hit:* 7 (1d8 + 3) slashing damage.

CRAG CATS BEYOND 1ST LEVEL

Level	Hit Points	New Features
2nd	22 (3d8 + 9)	Lickety-Split. On the crag cat's turn in combat, it can take the Dash action as a bonus action.
3rd	30 (4d8 + 12)	Catmouflage. In snowy terrain, the crag cat's proficiency bonus for Stealth checks made to hide is doubled. Sure-Footed. The crag cat can move at normal speed through deep snow and on icy ground.
4th	42 (5d10 + 15)	Ability Score Improvement. The crag cat's Strength and Constitution scores each increase by 1. This raises the Strength modifier by 1. Maturity. The crag cat reaches its full growth. Its Hit Dice are now d10s and its speed increases to 40 feet and its climb speed to 30 feet.
5th	51 (6d10 + 18)	Proficiency Bonus. The crag cat's proficiency bonus increases by 1. This raises the saving throw bonus, skill bonuses, passive Perception, and attack bonus each by 1. Pounce. If the crag cat moves at least 20 feet straight toward a creature and then hits it with a claw attack on the same turn, that target must succeed on a DC 13 Strength saving throw or be knocked prone. If the target is prone, the cat can make one bite attack against it as a bonus action.
6th	59 (7d10 + 21)	Spell Turning. The crag cat has advantage on saving throws against any spell that targets only the cat (not an area). If the cat's saving throw succeeds and the spell is of 7th level or lower, the spell has no effect on the cat and instead targets the caster. Claws is the Laws. The crag cat can make two claw attacks instead of one, whenever it takes the Attack action on its turn.



Crag Cat

7th-level Medium monstrosity

Armor Class 13

Hit Points 68 (8d10 + 24)

Speed 40 ft., climb 30 ft.

STR	DEX	CON	INT	WIS	CHA
16 (+3)	17 (+3)	17 (+3)	4 (-3)	14 (+2)	8 (-1)

Saving Throws Dex +6

Skills Perception + 5, Stealth +6, Survival +5

Senses darkvision 60 ft., passive Perception 15

Languages understands Common but cannot speak it

Catmouflage. In snowy terrain, the crag cat's proficiency bonus for Stealth checks made to hide is doubled.

Cat's Cradle. The crag cat can use its purr to help revitalize its wounded allies during a short rest. If any friendly creature who can hear the cat's purr regains hit points at the end of the short rest by spending one or more Hit Dice, it regains an extra 1d6 hit points.

Lickety-Split. On the crag cat's turn in combat, it can take the Dash action as a bonus action.

Nondetection. The crag cat can't be targeted or detected by any divination magic or perceived through magical scrying sensors.

Pounce. If the crag cat moves at least 20 feet straight toward a creature and then hits it with a claw attack on the same turn, that target must succeed on a DC 13 Strength saving throw or be knocked prone. If the target is prone, the cat can make one bite attack against it as a bonus action.

Spell Turning. The crag cat has advantage on saving throws against any spell that targets only the cat (not an area). If the cat's saving throw succeeds and the spell is of 7th level or lower, the spell has no effect on the cat and instead targets the caster.

Sure-Footed. The crag cat can move at normal speed through deep snow and on icy ground.

Actions

Mutlittack. The crag cat makes two claws attacks.

Bite. *Melee Weapon Attack:* +6 to hit, reach 5 ft., one creature. *Hit:* 8 (1d10 + 3) piercing damage.

Claws. *Melee Weapon Attack:* +6 to hit, reach 5 ft., one target. *Hit:* 7 (1d8 + 3) slashing damage.

Crag Cats Beyond 7th Level

Level	Hit Points	New Features
8th	76 (9d10 + 27)	Ability Score Improvement. The crag cat's Strength and Dexterity scores each increase by 1. This raises the Strength and Dexterity modifiers, Armor Class, Stealth bonus, DC of the Pounce feature, and attack and damage bonuses by 1. Scream. Once per day, the crag cat can emit a loud scream resembling a human cry of terror. Any unfriendly creature within 30 feet of it must succeed on a DC 14 Wisdom saving throw or be frightened for 1 minute. Frightened creatures can repeat the saving throw at the end of each of their turns, ending the effect on themselves on a success.
9th	85 (10d10 + 30)	Feline Grace. The crag cat gains proficiency in Athletics. Proficiency Bonus. The crag cat's proficiency bonus increases by 1. This raises the saving throw bonus, skill bonuses, passive Perception, and attack bonus each by 1.
10th	93 (11d10 + 33)	Fast Cat. The crag cat can put on a burst of speed, increasing its normal speed by 10 feet for one minute. If it does so, it can't use this feature again until it finishes a short or long rest.
11th	102 (12d10 + 36)	Long Jump. The crag cat can triple its jump distance. If it does so, it can't use this feature again until it finishes a short or long rest. Silent Running. The crag cat gains a permanent +1 bonus to Stealth checks.
12th	110 (13d10 + 39)	Ability Score Improvement. The crag cat's Strength score increases by 2. This raises the Strength modifier and attack and damage bonuses by 1. Deadly Pounce. If the crag cat moves at least 10 feet straight toward a creature and then hits it with at least one claw attack on the same turn, that target must succeed on a DC 15 Strength saving throw or be knocked prone. If the target is prone, the cat can make one bite attack against it with advantage as a bonus action.

SNOWY OWLBEAR

1st-level Large monstrosity

Armor Class 13 (natural armor)

Hit Points 17 (2d10 + 6)

Speed 40 ft., swim 30 ft.

STR	DEX	CON	INT	WIS	CHA
16 (+3)	12 (+1)	17 (+3)	3 (-4)	12 (+1)	7 (-2)

Saving Throws Str +5, Con +5

Skills Intimidation +5, Perception +3

Senses darkvision 60 ft., passive Perception 13

Languages understands Common but cannot speak it

Big Scary Muscles. When rolling an Intimidation skill check, the snowy owlbear uses a Strength ability check instead of Charisma.

Bristle. As a bonus action, the snowy owlbear can bristle, which lasts for 1 minute. The bristling ends early if the snowy owlbear is knocked unconscious or if its turn ends and it hasn't attacked a hostile creature or taken damage since its last turn. The snowy owlbear can bristle up to a number of times equal to its bristle bonus, shown in the bristle column of the table. While bristling, it gains the following benefits:

- It has advantage on Strength checks (including Intimidation) and Strength saving throws.
- When it hits with a melee weapon attack using Strength, it gains a bonus to the damage roll equal to its bristle bonus.
- It has resistance to bludgeoning, piercing, and slashing damage.

Keen Sight and Smell. The snowy owlbear has advantage on Wisdom (Perception) checks that rely on sight or smell.

Actions

Beak. *Melee Weapon Attack:* +5 to hit, reach 5 ft., one creature. *Hit:* 8 (1d10 + 3) piercing damage.

Claws. *Melee Weapon Attack:* +5 to hit, reach 5 ft., one target. *Hit:* 10 (2d6 + 3) slashing damage.





SNOWY OWLBEARS BEYOND 1ST LEVEL

Level	Hit Points	New Features	Bristle Bonus
2nd	25 (3d10 + 9)	White as the Driven Snow. When it is snowing, it requires a successful DC 13 Wisdom (Perception) check to spot the snowy owlbear if it has neither moved nor attacked, even if the snowy owlbear is in plain sight. A creature that enters the snowy owlbear's melee range while unaware of the snowy owlbear is surprised.	+2
3rd	34 (4d10 + 12)	Encouraging Hoot. The snowy owlbear can use its action to make an encouraging noise and choose up to 3 creatures within 30 feet to gain advantage on their next attack roll. Horrific Screech. The snowy owlbear can use its action to unnerve up to 3 creatures within 60 feet. Each creature must make a DC 12 Wisdom saving throw. On a failed save, the creature gains disadvantage on their next attack roll.	+2
4th	42 (5d10 + 15)	Ability Score Improvement. The owlbear's Strength score increases by 2. This raises its Strength modifier, Intimidation bonus, and attack and damage bonuses of its attacks each by 1. Wild Spirit. The snowy owlbear embodies the spirit of the bear. While bristling, the snowy owlbear gains resistance to all damage except psychic damage.	+2
5th	51 (6d10 + 18)	Proficiency Bonus. The snowy owlbear's proficiency bonus increases by 1. This raises the saving throw bonuses, skill bonuses, passive Perception, DC of the White as Driven Snow and Horrific Screech features, and attack bonuses each by 1.	+2
6th	59 (7d10 + 21)	Fluffy Friend. As an action, an ally can touch the owlbear to remove the fear condition from itself.	+3

SNOWY OWLBEAR

7th-level Large monstrosity

Armor Class 13 (natural armor)

Hit Points 68 (8d10 + 24)

Speed 40 ft., swim 30 ft.

STR	DEX	CON	INT	WIS	CHA
18 (+4)	12 (+1)	17 (+3)	3 (-4)	12 (+1)	7 (-2)

Saving Throws Str +7, Con +6

Skills Intimidation +7, Perception +4

Senses darkvision 60 ft., passive Perception 14

Languages understands Common but cannot speak it

Big Scary Muscles. When rolling an Intimidation skill check, the snowy owlbear uses a Strength ability check instead of Charisma.

Bristle. As a bonus action, the snowy owlbear can bristle, which lasts for 1 minute. The bristling ends early if the snowy owlbear is knocked unconscious or if its turn ends and it hasn't attacked a hostile creature or taken damage since its last turn. The snowy owlbear can bristle up to a number of times equal to its bristle bonus, shown in the bristle column of the table. While bristling, it gains the following benefits:

- It has advantage on Strength checks (including Intimidation) and Strength saving throws.
- When it hits with a melee weapon attack using Strength, it gains a +3 bonus to the damage roll.

- It has resistance to all damage except psychic.

Keen Sight and Smell. The snowy owlbear has advantage on Wisdom (Perception) checks that rely on sight or smell.

White as the Driven Snow. When it is snowing, it requires a successful DC 14 Wisdom (Perception) check to spot the snowy owlbear if it has neither moved nor attacked, even if the snowy owlbear is in plain sight. A creature that enters the snowy owlbear's melee range while unaware of the snowy owlbear is surprised.

Actions

Multiattack. The snowy owlbear can make one attack with its beak and one attack with its claws.

Beak. Melee Weapon Attack: +7 to hit, reach 5 ft., one creature. *Hit:* 9 (1d10 + 4) piercing damage.

Claws. Melee Weapon Attack: +7 to hit, reach 5 ft., one target. *Hit:* 11 (2d6 + 4) slashing damage.

Encouraging Hoot. The snowy owlbear makes an encouraging noise, choosing up to 3 creatures within 30 feet to gain advantage on their next attack roll.

Fluffy Friend. An ally can touch the owlbear to remove the fear condition from itself.

Horrific Screech. The snowy owlbear unnerves up to 3 creatures within 60 feet. Each creature must make a DC 13 Wisdom saving throw. On a failed save, the creature gains disadvantage on their next attack roll.

SNOWY OWLBEARS BEYOND 7TH LEVEL

Level	Hit Points	New Features	Bristle Bonus
8th	76 (9d10 + 27)	Ability Score Improvement. The owlbear's Strength score increases by 2. This raises its Strength modifier, Intimidation bonus, and attack and damage bonuses of its attacks each by 1. Wild Spirit. The snowy owlbear embodies the spirit of the owl. While the snowy owlbear is bristling, other creatures have disadvantage on opportunity attack rolls against it, and it can use the Dash action as a bonus action on its turn.	+3
9th	85 (10d10 + 30)	Fur and Feathers. The snowy owlbear's fur and feathers are so fluffy that allied creatures that are Medium or smaller than the owlbear can use the Hide action to attempt to disappear within them.	+3
10th	93 (11d10 + 33)	Charge. The snowy owlbear can use its bonus action to move up to its speed toward an enemy that it can see, hear, or smell. Extra Attack. The snowy owlbear can now make one attack with its beak and two attacks with its claws.	+4
11th	102 (12d10 + 36)	Proficiency Bonus. The snowy owlbear's proficiency bonus increases by 1. This raises the saving throw bonuses, skill bonuses, passive Perception, DC of the White as Driven Snow and Horrific Screech features, and attack bonuses each by 1.	+4
12th	110 (13d10 + 39)	Pounce. If the snowy owlbear moves at least 20 feet straight toward a creature and then hits it with a claw attack on the same turn, that target must succeed on a DC 13 Strength saving throw or be knocked prone. If the target is prone, the snowy owlbear can make one beak attack against it as a bonus action.	+4

SOHVI HARJULA

1st-level Medium humanoid (half-elf)

Armor Class 13 (hide armor)
Hit Points 13 (2d8 + 4)
Speed 30 ft.

STR	DEX	CON	INT	WIS	CHA
12 (+1)	12 (+1)	15 (+2)	10 (+0)	14 (+2)	9 (-1)

Saving Throws Int +2, Wis +5
Skills Nature +2, Perception +4, Survival +4
Damage Resistances cold
Senses darkvision 60 ft., passive Perception 14
Languages Common, Druidic, Elvish

Fey Ancestry. Sohvi has advantage on saving throws against being charmed, and magic can't put her to sleep.

Spellcasting (Humanoid Form Only). Sohvi is a 1st-level spellcaster. Her spellcasting ability is Wisdom (spell save DC 12, +4 to hit with spell attacks). She has the following druid spells prepared:

Cantrips (at will): *druidcraft*, *primal savagery*, *shillelagh*
1st level (2 slots): *beast bond*, *cure wounds*

Actions

Quarterstaff. *Melee Weapon Attack:* +3 to hit (+5 to hit with *shillelagh*), reach 5 ft., one target. *Hit:* 4 (1d6 + 1) bludgeoning damage, 5 (1d8 + 1) bludgeoning damage if wielded with two hands, or 7 (1d8 + 3) bludgeoning damage with *shillelagh*.

Sohvi is a young frost druid of the lands of Icewind Dale. Unlike most frost druids, however, she doesn't subscribe to the notion that all outsiders who dare intrude into the arctic wilderness should be destroyed. She recognizes that there are many people who do no harm, and she has no taste for wanton killing.

That said, she also has no tolerance for any who would desecrate her lands; for those, she gladly makes an exception.

Personality. I'll trust you until you show yourself to be untrustworthy. Then I'll kill you.

Ideal. The frozen lands of the north must be protected from those who would defile them.

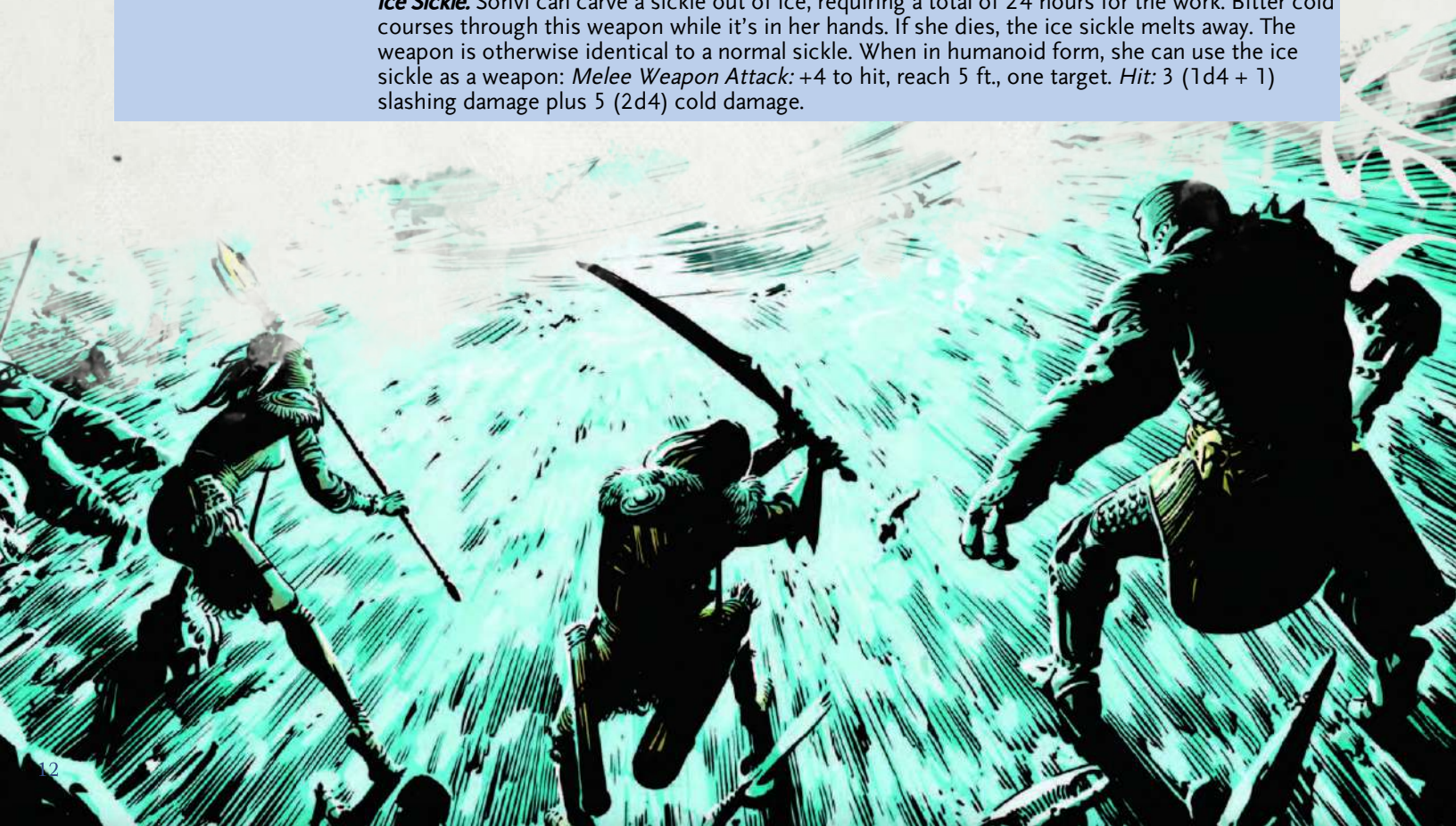
Bond. My heart belongs to this wilderness and all its creatures.

Flaw. I have a tendency to perceive insult where none is intended.



FROST DRUIDS BEYOND 1ST LEVEL

Level	Hit Points	New Features
2nd	19 (3d8 + 6)	<p>Spellcasting. Sohvi learns the 1st-level spell <i>ice knife</i>.</p> <p>Change Shape. As an action, Sohvi magically polymorphs into an arctic fox, or back into her humanoid form as a bonus action. She can stay in beast form for a number of hours equal to half her level. She can use this feature twice, regaining expended uses when she finishes a short or long rest. Any equipment she is wearing or carrying is absorbed or borne by the beast form (her choice). She reverts to humanoid form if she dies. Her statistics are the same in each form, except for the following:</p> <p>In fox form, Sohvi can burrow at a speed of 5 feet, has advantage on Wisdom (Perception) checks that rely on hearing, and can attack as a fox:</p> <p>Bite. <i>Melee Weapon Attack:</i> +3 to hit, reach 5 ft., one creature. <i>Hit:</i> 1 piercing damage.</p>
3rd	26 (4d8 + 8)	<p>Spellcasting. Sohvi gains one 1st-level spell slot and learns the 1st-level spell <i>animal friendship</i>.</p>
4th	32 (5d8 + 10)	<p>Ability Score Improvement. Sohvi's Wisdom score increases by 2. This raises her Wisdom modifier and saving throw, Perception and Survival bonuses, passive Perception, spell save DC, and spell attack bonus each by 1.</p> <p>Spellcasting. Sohvi learns the <i>frostbite</i> cantrip.</p>
5th	39 (6d8 + 12)	<p>Improved Change Shape. Sohvi adds mountain goat to her list of forms. When in goat form, she can climb at a speed of 30 feet, has advantage on Strength and Dexterity saving throws made against effects that would knock her prone, and can attack as a goat:</p> <p>Ram. <i>Melee Weapon Attack:</i> +3 to hit, reach 5 ft., one target. <i>Hit:</i> 4 (1d6 + 1) bludgeoning damage.</p> <p>Spellcasting. Sohvi gains one 1st-level spell slot and two 2nd-level spell slots and learns the 2nd-level spell <i>animal messenger</i>.</p>
6th	45 (7d8 + 14)	<p>Proficiency Bonus. Sohvi's proficiency bonus increases by 1. This raises her skill bonuses, saving throw bonuses, spell save DC, passive Perception, and the bonuses to hit of her spell and weapon attacks by 1.</p> <p>Ice Sickle. Sohvi can carve a sickle out of ice, requiring a total of 24 hours for the work. Bitter cold courses through this weapon while it's in her hands. If she dies, the ice sickle melts away. The weapon is otherwise identical to a normal sickle. When in humanoid form, she can use the ice sickle as a weapon: <i>Melee Weapon Attack:</i> +4 to hit, reach 5 ft., one target. <i>Hit:</i> 3 (1d4 + 1) slashing damage plus 5 (2d4) cold damage.</p>



SOHVI HARJULA

7th-level Medium humanoid (half-elf)

Armor Class 13 (hide armor)

Hit Points 52 (8d8 + 16)

Speed 30 ft. (burrow 5 ft. in fox form; climb 30 ft. in goat form)

STR	DEX	CON	INT	WIS	CHA
12 (+1)	12 (+1)	15 (+2)	10 (+0)	17 (+3)	9 (-1)

Saving Throws Int +3, Wis +6

Skills Nature +3, Perception +6, Survival +6

Damage Resistances cold

Senses darkvision 60 ft., passive Perception 16

Languages Common, Druidic, Elvish

Fey Ancestry. Sohvi has advantage on saving throws against being charmed, and magic can't put her to sleep.

Keen Hearing (Fox Form Only). Sohvi has advantage on Wisdom (Perception) checks that rely on hearing.

Light-footed. Sohvi can move through ice and deep snow as if it were normal terrain.

Spellcasting (Humanoid Form Only). Sohvi is a 7th-level spellcaster. Her spellcasting ability is Wisdom (spell save DC 14, +6 to hit with spell attacks). She has the following druid spells prepared:

Cantrips (at will): *druidcraft*, *frostbite*, *primal savagery*, *shillelagh*

1st level (4 slots): *animal friendship*, *beast bond*, *cure wounds*, *ice knife*

2nd level (3 slots): *animal messenger*, *moonbeam*

3rd level (1 slot): *sleet storm*

Sure-Footed (Goat Form Only). Sohvi has advantage on Strength and Dexterity saving throws made against effects that would knock her prone.

Actions

Bite (Fox Form Only). *Melee Weapon Attack:* +4 to hit, reach 5 ft., one creature. *Hit:* 1 piercing damage.

Ice Sickle (Humanoid Form Only). *Melee Weapon Attack:* +4 to hit, reach 5 ft., one target. *Hit:* 3 (1d4 + 1) slashing damage plus 5 (2d4) cold damage.

Quarterstaff (Humanoid Form Only). *Melee Weapon Attack:* +4 to hit (+6 to hit with *shillelagh*), reach 5 ft., one target. *Hit:* 4 (1d6 + 1) bludgeoning damage, 5 (1d8 + 1) bludgeoning damage if wielded with two hands, or 7 (1d8 + 3) bludgeoning damage with *shillelagh*.

Ram (Goat Form Only). *Melee Weapon Attack:* +4 to hit, reach 5 ft., one target. *Hit:* 4 (1d6 + 1) bludgeoning damage.

Change Shape (2; Recharges after a Short or Long Rest). Sohvi magically polymorphs into an arctic fox or mountain goat, or back into her humanoid form as a bonus action. She can stay in beast form for 3 hours. Any equipment she is wearing or carrying is absorbed or borne by the beast form (her choice). She reverts to humanoid form if she dies. Her statistics are the same in each form.



FROST DRUIDS BEYOND 7TH LEVEL

Level	Hit Points	New Features
8th	67 (9d8 + 27)	<p>Ability Score Improvement. Sohvi's Constitution and Wisdom scores each increase by 1. This raises her Constitution and Wisdom modifiers, Wisdom saving throw, Perception and Survival bonuses, and passive Perception, spell save DC, and spell attack bonus each by 1.</p> <p>Improved Change Shape. Sohvi adds snowy owl to her list of forms. When in owl form, she can fly at a speed of 60 feet, doesn't provoke opportunity attacks when she flies out of an enemy's reach, has advantage on Wisdom (Perception) checks that rely on hearing or sight, and can attack as an owl:</p> <p><i>Talons. Melee Weapon Attack:</i> +4 to hit, reach 5 ft., one target. <i>Hit:</i> 1 slashing damage.</p>
9th	75 (10d8 + 30)	<p>Extra Attack. Sohvi can attack twice, instead of once, when she takes the Attack action on her turn.</p> <p>Potent Cantrips. Sohvi adds her spellcasting ability modifier to the damage she deals with any cantrip.</p>
10th	82 (11d8 + 33)	<p>Improved Change Shape. Sohvi adds wolf to her list of forms. When in wolf form, her speed is 40 feet, she has advantage on Wisdom (Perception) checks that rely on hearing or smell, she has advantage on attack rolls against a creature if at least one of her allies is within 5 feet of the creature and the ally isn't incapacitated, and she can attack as a wolf:</p> <p><i>Bite. Melee Weapon Attack:</i> +4 to hit, reach 5 ft., one target. <i>Hit:</i> 6 (2d4 + 1) piercing damage. If the target is a creature, it must succeed on a DC 12 Strength saving throw or be knocked prone.</p>
11th	90 (12d8 + 36)	<p>Proficiency Bonus. Sohvi's proficiency bonus increases by 1. This raises her skill bonuses, saving throw bonuses, spell save DC, passive Perception, and the bonuses to hit of her spell and weapon attacks by 1.</p> <p>Spellcasting. Sohvi gains one 3rd-level and one 4th-level spell slot and learns the 3rd-level spell <i>conjure animals</i> and the 4th-level spell <i>hallucinatory terrain</i>.</p>
12th	97 (13d8 + 39)	<p>Spellcasting. Sohvi gains one 4th-level and one 5th-level spell slot and learns the 4th-level spell <i>ice storm</i> and the 5th-level spell <i>awaken</i>.</p>



TREX & JANTH

1st-level Small humanoid (kobold)

Armor Class 14 (hide armor)

Hit Points 9 (2d6 + 2)

Speed 30 ft., climb 20 ft.

STR	DEX	CON	INT	WIS	CHA
7 (-2)	15 (+2)	12 (+1)	14 (+2)	10 (+0)	11 (+1)

Saving Throws Con +3, Int +4

Skills Arcana +4, Investigation +4, Stealth +4

Senses darkvision 60 ft., passive Perception 10

Languages Common, Draconic

Pack Tactics. Trex & Janth have advantage on an attack roll against a creature if at least one of the their allies is within 5 feet of the creature and the ally isn't incapacitated.

Spellcasting. Trex & Janth's spellcasting ability is Intelligence (spell save DC 12, +4 to hit with spell attacks). Trex & Janth have the following wizard spells prepared:

Cantrips (at will): *fire bolt*, *prestidigitation*

1st level (2 slots): *burning hands*, *shield*

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

Two Minds Are Better Than One...Sometimes. Before rolling an Intelligence or Wisdom skill check, Trex & Janth can choose to roll a d20. If the result is even, Trex & Janth gain advantage on the skill check. If the result is odd, Trex & Janth have disadvantage on the skill check.

Actions

Dagger. *Melee or Ranged Weapon Attack:* +4 to hit, reach 5 ft. or range 20/60 ft., one target. *Hit:* 4 (1d4 + 2) piercing damage.

Janth Alowar, a human sage devoted to cataloguing the flora of Icewind Dale, was decapitated by a yeti two years ago. His restless spirit bound itself to the body of an Icewind kobold, Trex.

Now, armed with greater knowledge than his peers, Trex leads a cadre of Icewind kobolds as they loot human settlements near Termalaine. With all their extra brain power, Trex & Janth might be convinced to leave the mundane life of thieving kobolds and heed the call of adventure.

TREX & JANTH BEYOND 1ST LEVEL

Level	Hit Points	New Features
2nd	13 (3d6 + 3)	Spellcasting. Trex & Janth learn the 1st-level spell <i>mage armor</i> . A Kobold and a Ghost in a Trenchcoat. Trex & Janth are proficient with disguise kits.
3rd	18 (4d6 + 4)	Spellcasting. Trex & Janth gain one 1st-level spell slot. Trex & Janth also learn the 1st-level spell <i>sleep</i> .
4th	22 (5d6 + 5)	Ability Score Improvement. Trex & Janth's Intelligence score increases by 2. This raises the Intelligence modifier and saving throw, Arcana and Investigation bonuses, spell save DC, and spell attack bonus each by 1. Spellcasting. Trex & Janth gain a 1st-level spell slot. Trex & Janth also learn the <i>message</i> cantrip.
5th	27 (6d6 + 6)	Proficiency Bonus. Trex & Janth's proficiency bonus increases by 1. This raises the saving throw bonuses, skill bonuses, spell save DC, and spell and weapon attack bonuses each by 1. Spellcasting. Trex & Janth gain two 2nd-level spell slots. Trex & Janth also learn the 2nd-level spell <i>alter self</i> .
6th	31 (7d6 + 7)	Ability Score Improvement. Trex & Janth's Intelligence score increases by 2. This raises the Intelligence modifier and saving throw, Arcana and Investigation bonuses, spell save DC, and spell attack bonus each by 1. Spellcasting. Trex & Janth learn the <i>mending</i> cantrip and the 2nd-level spell <i>suggestion</i> .

TREX & JANTH

7th-level Small humanoid (kobold)

Armor Class 14 (hide armor, 15 with *mage armor*)

Hit Points 36 (8d6 + 8)

Speed 30 ft., climb 20 ft.

STR	DEX	CON	INT	WIS	CHA
7 (-2)	15 (+2)	12 (+1)	18 (+4)	10 (+0)	11 (+1)

Saving Throws Con +4, Int +7

Skills Arcana +7, Investigation +7, Stealth +5

Senses darkvision 60 ft., passive Perception 10

Languages Common, Draconic

Pack Tactics. Trex & Janth have advantage on an attack roll against a creature if at least one of the their allies is within 5 feet of the creature and the ally isn't incapacitated.

Spellcasting. Trex & Janth's spellcasting ability is Intelligence (spell save DC 15, +7 to hit with spell attacks). Trex & Janth have the following wizard spells prepared:

Cantrips (at will): *fire bolt*, *mending*, *message*, *prestidigitation*

1st level (4 slots): *burning hands*, *mage armor*, *shield*, *sleep*

2nd level (3 slots): *alter self*, *suggestion*

3rd level (2 slots): *fireball*

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

Tools. Trex & Janth have a disguise kit.

Two Minds Are Better Than One...Sometimes. Before rolling an Intelligence or Wisdom skill check, Trex & Janth can choose to roll a d20. If the result is even, Trex & Janth gain advantage on the skill check. If the result is odd, Trex & Janth have disadvantage on the skill check.

Actions

Dagger. *Melee or Ranged Weapon Attack:* +5 to hit, reach 5 ft. or range 20/60 ft., one target. *Hit:* 4 (1d4 + 2) piercing damage.

Boo! Trex & Janth use their action to project Janth's ghostly face toward their foes. Each living creature within 60 feet of Trex & Janth that can see them must succeed on a DC 13 Wisdom saving throw or be stunned until the beginning of Trex & Janth's next turn. If a creature's saving throw is successful or the effect ends for it, it is immune to this feature for the next 24 hours.

TREX & JANTH BEYOND 7TH LEVEL

Level	Hit Points	New Features
8th	40 (9d6 + 9)	Ability Score Improvement. Trex & Janth's Intelligence score increases by 2. This raises the Intelligence modifier and saving throw, Arcana and Investigation bonuses, spell save DC, and spell attack bonus each by 1. Spellcasting. Trex & Janth learn the 2nd-level spell <i>locate object</i> and the 3rd-level spell <i>Leomund's tiny hut</i> .
9th	45 (10d6 + 10)	Spellcasting. Trex & Janth gain one 3rd-level spell slot and two 4th-level spell slots. Trex & Janth also learn the 4th-level spell <i>banishment</i> .
10th	49 (11d6 + 11)	Proficiency Bonus. Trex & Janth's proficiency bonus increases by 1. This raises the saving throw bonuses, skill bonuses, spell save DC, and weapon and spell attack bonuses each by 1. Spellcasting. Trex & Janth learn the 3rd-level spell <i>haste</i> and the 4th-level spell <i>stone shape</i> .
11th	54 (12d6 + 12)	Spellcasting. Trex & Janth gain one 4th-level spell slot and two 5th-level spell slots. Trex & Janth also learn the 5th-level spell <i>hold monster</i> .
12th	58 (13d6 + 13)	In Another Life. Trex & Janth are able to pull knowledge from Janth's lifetime of experience. Trex & Janth can grant another party member advantage on a skill check. If they do so, they can't use this feature again until they finish a short or long rest. Spellcasting. Trex & Janth learn the 4th-level spell <i>polymorph</i> and the 5th-level spell <i>wall of force</i> .

YETI TYKE

1st-level Small monstrosity

Armor Class 11 (natural armor)

Hit Points 9 (2d6 + 2)

Speed 20 ft., climb 20 ft.

STR	DEX	CON	INT	WIS	CHA
10 (+0)	11 (+0)	12 (+1)	6 (-2)	8 (-1)	5 (-3)

Damage Immunities cold

Senses darkvision 60 ft., passive Perception 9

Languages understands Common and Yeti but can't speak

Keen Smell. The yeti tyke has advantage on Wisdom (Perception) checks that rely on smell.

Second Wind (Recharges after a Short or Long Rest). The yeti tyke can use a bonus action on its turn to regain hit points equal to 1d10 + its level.

Snow Camouflage. The yeti tyke has advantage on Dexterity (Stealth) checks made to hide in snowy terrain.

Actions

Claw. *Melee Weapon Attack:* +2 to hit, reach 5 ft., one target. *Hit:* 2 (1d4) slashing damage plus 2 (1d4) cold damage.

YETI TYKES BEYOND 1ST LEVEL

Level	Hit Points	New Features
2nd	13 (3d6 + 3)	Danger Sense. The yeti tyke has advantage on Dexterity saving throws against effects that it can see, such as traps and spells. This feature doesn't work if the tyke is incapacitated.
3rd	18 (4d6 + 4)	Improved Critical. The yeti tyke's attack rolls score a critical hit on a roll of 19 or 20 on the d20.
4th	22 (5d6 + 5)	Ability Score Improvement. The yeti tyke's Strength score increases by 2. This raises the Strength modifier and attack and damage bonuses each by 1.
5th	27 (6d6 + 6)	Extra Attack. The yeti tyke can attack twice, instead of once, whenever it takes the Attack action on its turn.
6th	31 (7d6 + 7)	Snow Gauntlets. If the yeti tyke is standing in snow, it can rake its claws through the snow as a bonus action to add an additional 2 (1d4) cold damage to claw attacks this turn.

YETI TYKE

7th-level Small monstrosity

Armor Class 11 (natural armor)

Hit Points 36 (8d6 + 8)

Speed 20 ft., climb 20 ft.

STR	DEX	CON	INT	WIS	CHA
12 (+1)	11 (+0)	12 (+1)	6 (-2)	8 (-1)	5 (-3)

Damage Immunities cold

Senses darkvision 60 ft., passive Perception 9

Languages understands Common and Yeti but can't speak

Battle Readiness. The yeti tyke has advantage on initiative rolls.

Danger Sense. The yeti tyke has advantage on Dexterity saving throws against effects that it can see, such as traps and spells. This feature doesn't work if the tyke is incapacitated.

Improved Critical. The yeti tyke's attack rolls score a critical hit on a roll of 19 or 20 on the d20.

Keen Smell. The yeti tyke has advantage on Wisdom (Perception) checks that rely on smell.

Second Wind (Recharges after a Short or Long Rest). The yeti tyke can use a bonus action on its turn to regain hit points equal to 1d10 + 7.

Snow Camouflage. The yeti tyke has advantage on Dexterity (Stealth) checks made to hide in snowy terrain.

Snow Gauntlets. If the yeti tyke is standing in snow, it can rake its claws through the snow as a bonus action to add an additional 2 (1d4) cold damage to claw attacks this turn.

Actions

Extra Attack. The yeti tyke can attack twice, instead of once, whenever it takes the Attack action on its turn.

Claw. Melee Weapon Attack: +3 to hit, reach 5 ft., one target. *Hit:* 3 (1d4 + 1) slashing damage plus 2 (1d4) cold damage.

YETI TYKES BEYOND 7TH LEVEL

Level	Hit Points	New Features
8th	40 (9d6 + 9)	Ability Score Improvement. The yeti tyke's Strength score increases by 2. This raises the Strength modifier and attack and damage bonuses each by 1.
9th	45 (10d6 + 10)	Indomitable. The yeti tyke can reroll a failed saving throw, but it must use the new roll. When it uses this feature, it can't use the feature again until it finishes a long rest.
10th	49 (11d6 + 11)	Improved Defense. The yeti tyke's Armor Class increases by 1.
11th	54 (12d6 + 12)	Extra Attack. The yeti tyke can attack three times, instead of twice, whenever it takes the Attack action on its turn.
12th	58 (13d6 + 13)	Ability Score Improvement. The yeti tyke's Strength score increases by 2. This raises the Strength modifier and attack and damage bonuses each by 1. Improved Snow Gauntlets. Increase the additional cold damage to 2d4.

d8 After waking from a long rest, the yeti tyke seems...

- Hungry.** Until the next long rest, the yeti tyke gains a +2 bonus to damage against Tiny creatures.
- Annoyed.** Until the next long rest, the yeti tyke cannot be charmed.
- Furious.** Until the next long rest, the yeti tyke gains a +2 bonus to hit on all melee attacks.
- Excited.** Until the next long rest, the yeti tyke moves up one place in the initiative order after the party rolls initiative.
- Energetic.** Until the next long rest, the yeti tyke's speed increases by 10 feet.
- Determined.** Until the next long rest, the yeti tyke ignores difficult terrain.
- Stubborn.** Until the next long rest, if the yeti tyke misses a melee attack, it gains advantage on its next attack against that target.
- Protective.** Until the next long rest, if the yeti tyke is within melee range of a creature that attacks an ally, it can immediately make an opportunity attack against the attacker as a bonus action.