

Aarakocra *(Monsters of the Multiverse)*

A winged people who originated on the Elemental Plane of Air, aarakocra soar through the sky wherever they wander. The first aarakocra served the Wind Dukes of Aaqa-mighty beings of air, and were imbued with a measure of their masters' power over winds. Their descendants still command echoes of that power.

From below, aarakocra look like large birds and thus are sometimes called birdfolk. Only when they roost on a branch or walk across the ground is their Humanoid nature clear. Standing upright, aarakocra are typically about 5 feet tall, and they have long, narrow legs that taper to sharp talons. Feathers cover their bodies-usually red, orange, yellow, brown, or gray. Their heads are also avian, often resembling those of parrots or eagles.

Creature Type: Humanoid

Size: Medium (5 ft tall, 80-100 lbs.)

Speed: 30 ft (6 squares)

Flight: Because of your wings, you have a flying speed equal to your walking speed. You can't use this flying speed if you're wearing medium or heavy armor.

Talons: You have talons that you can use to make unarmed strikes. When you hit with them, the strike deals 1d6 + your Strength modifier slashing damage, instead of the bludgeoning damage normal for an unarmed strike.

Wind Caller: Starting at 3rd level, you can cast the gust of wind spell with this trait, without requiring a material component. Once you cast the spell with this trait, you can't do so again until you finish a long rest. You can also cast the spell using any spell slots you have of 2nd level or higher.



Aasimar *(2024 Player's Handbook)*



Aasimar (pronounced AH-sih-mar) are mortals who carry a spark of the Upper Planes within their souls. Whether descended from an angelic being or infused with celestial power, they can fan that spark to bring light, healing, and heavenly fury.

Aasimar can arise among any population of mortals. They resemble their parents, but they live for up to 160 years and have features that hint at their celestial heritage, such as metallic freckles, luminous eyes, a halo, or the skin color of an angel (silver, opalescent green, or coppery red). These features start subtle and become obvious when the aasimar learns to reveal their full celestial nature.

Creature Type: Humanoid

Size: Medium or Small

Speed: 30 ft (6 squares)

Celestial Resistance: You have resistance to necrotic damage and radiant damage.

Darkvision: You have Darkvision with a range of 60 feet.

Healing Hands: As a Magic action, you touch a creature and roll a number of d4s equal to your Proficiency Bonus. The creature regains a number of Hit Points equal to the total rolled. Once you use this trait, you can't use it again until you finish a Long Rest.

Light Bearer: You know the Light cantrip. Charisma is your spellcasting ability for it.

Celestial Revelation: When you reach character level 3, you can transform as a Bonus Action using one of the options below (choose the option each time you transform). The transformation lasts for 1 minute or until you end it (no action required). Once you transform, you can't do so again until you finish a Long Rest.

Once on each of your turns before the transformation ends, you can deal extra damage to one target when you deal damage to it with an attack or a spell. The extra damage equals your Proficiency Bonus, and the extra damage's type is either Necrotic for Necrotic Shroud or Radiant for Heavenly Wings and Inner Radiance.

Here are the transformation options:

- **Heavenly Wings:** Two spectral wings sprout from your back temporarily. Until the transformation ends, you have a Fly Speed equal to your Speed.
- **Inner Radiance:** Searing light temporarily radiates from your eyes and mouth. For the duration, you shed Bright Light in a 10-foot radius and Dim Light for an additional 10 feet, and at the end of each of your turns, each creature within 10 feet of you takes Radiant damage equal to your Proficiency Bonus.
- **Necrotic Shroud:** Your eyes briefly become pools of darkness, and flightless wings sprout from your back temporarily. Creatures other than your allies within 10 feet of you must succeed on a Charisma saving throw (DC 8 plus your Charisma modifier and Proficiency Bonus) or have the Frightened condition until the end of your next turn.

Bugbear *(Monsters of the Multiverse)*



Neither bugs nor bears, bugbears are the hulking cousins of goblins and hobgoblins. With roots in the Feywild, early bugbears resided in hidden places, in hard-to-reach and shadowed spaces. Long ago and from out of the corner of your eye, they came to the Material Plane, urged to spread throughout the multiverse by the conquering god Maglubiyet. Centuries later, they still bear a fey gift for lurking just out of sight, and many of them have sneaked away from that god's influence.

They are long of limb and covered in coarse hair, with wedge-shaped ears and pointed teeth. Despite their formidable build, bugbears are quiet skulkers, thanks to a fey magic that allows them to hide in spaces seemingly too small for them.

Creature Type: Humanoid/Goblinoid

Size: Medium (6 to 8 ft tall, 250 to 350 lbs.)

Speed: 30 ft (6 squares)

Darkvision: You can see in dim light within 60 feet of you as if it were bright light and in darkness as if it were dim light. You discern colors in that darkness only as shades of gray.

Fey Ancestry: You have advantage on saving throws you make to avoid or end the charmed condition on yourself.

Long-Limbed: When you make a melee attack on your turn, your reach for it is 5 feet greater than normal.

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

Sneaky: You are proficient in the Stealth skill. In addition, without squeezing, you can move through and stop in a space large enough for a Small creature.

Surprise Attack: If you hit a creature with an attack roll, the creature takes an extra 2d6 damage if it hasn't taken a turn yet in the current combat.

Centaur *(Monsters of the Multiverse)*



Centaurs gallop throughout the multiverse and trace their origins to many different realms. The centaurs presented here hail from the Feywild and mystically resonate with the natural world. From the waist up, they resemble elves, displaying all the elf varieties of skin tone. From the waist down, they have the bodies of horses.

Creature Type: Fey

Size: Medium (6 to 7 feet tall, 4 feet long)

Speed: 40 ft (8 squares)

Charge: 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 a bonus action, making one attack against the target with your hooves.

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

In addition, any climb that requires hands and feet is especially difficult for you because of your equine legs. When you make such a climb, each foot of movement costs you 4 extra feet instead of the normal 1 extra foot.

Hooves: You have hooves that you can use to make unarmed strikes. When you hit with them, the strike deals 1d6 + your Strength modifier bludgeoning damage, instead of the bludgeoning damage normal for an unarmed strike.

Natural Affinity: Your fey connection to nature gives you an intuitive connection to the natural world and the animals within it. You therefore have proficiency in one of the following skills of your choice: Animal Handling, Medicine, Nature, or Survival.

Changeling (*Monsters of the Multiverse*)

With ever-changing appearances, changelings reside in many societies undetected. Each changeling can supernaturally adopt any face they like. For some changelings, a new face is only a disguise. For other changelings, a new face may reveal an aspect of their soul.

The first changelings in the multiverse appeared in the Feywild, and the wondrous, mutable essence of that plane lingers in changelings today—even in those changelings who have never set foot in the fey realm. Each changeling decides how to use their shape-shifting ability, channeling either the peril or the joy of the Feywild. Sometimes they adopt new forms for the sake of mischief or malice, and other times they don a new identity to right wrongs or delight the downtrodden.

In their true form, changelings appear faded, their features almost devoid of detail. It is rare to see a changeling in that form, for a typical changeling changes their shape the way others might change clothes. A casual shape—one created on the spur of the moment, with no depth or history—is called a mask. A mask can be used to express a mood or to serve a specific purpose and then might never be used again. However, many changelings develop identities that have more depth, crafting whole personas complete with histories and beliefs. A changeling adventurer might have personas for many situations, including negotiation, investigation, and combat.

Personas can be shared by multiple changelings; a community might be home to three healer changelings, with whoever is on duty adopting the persona of Andrea, the gentle physician. Personas can even be passed down through a family, allowing a younger changeling to take advantage of contacts established by the persona's previous users.

Creature Type: Fey

Size: Medium or Small

Speed: 30 ft (6 squares)

Changeling Instincts: Thanks to your connection to the fey realm, you gain proficiency with two of the following skills of your choice: Deception, Insight, Intimidation, Performance, or Persuasion.

Shapechanger: As an action, you can change your appearance and your voice. You determine the specifics of the changes, including your coloration, hair length, and sex. You can also adjust your height and weight and can change your size between Medium and Small. You can make yourself appear as a member of another race, though none of your game statistics change. You can't duplicate the appearance of an individual you've never seen, and you must adopt a form that has the same basic arrangement of limbs that you have. Your clothing and equipment aren't changed by this trait.

You stay in the new form until you use an action to revert to your true form or until you die.



Custom Lineage *(Tasha's Cauldron of Everything)*

Instead of choosing one of the game's species for your character at 1st level, you can use the following traits to represent your character's lineage, giving you full control over how your character's origin shaped them.

Size: Medium or Small

Speed: 30 ft (6 squares)

Feat: You gain one origin feat of your choice for which you qualify.

Variable Trait: Choose either Darkvision with a range of 60 feet or 1 skill proficiency of your choice.

Deep Gnome / Svirfneblin *(Monsters of the Multiverse)*

Deep gnomes, or svirfneblin, are natives of the Underdark and are suffused with that subterranean realm's magic. They can supernaturally camouflage themselves, and their svirfneblin magic renders them difficult to locate. These abilities have enabled them to survive for generations among the perils of the Underdark.

Like other gnomes, deep gnomes can live for centuries, up to 500 years.

Creature Type: Humanoid

Size: Small

Speed: 30 ft (6 squares)



Darkvision: You can see in dim light within 120 feet of you as if it were bright light and in darkness as if it were dim light. You discern colors in that darkness only as shades of gray.

Gift of the Svirfneblin: Starting at 3rd level, you can cast the disguise self spell with this trait. Starting at 5th level, you can also cast the nondetection spell with it, without requiring a material component. Once you cast either of these spells with this trait, you can't cast that spell with it again until you finish a long rest. You can also cast these spells using spell slots you have of the appropriate level.

Intelligence, Wisdom, or Charisma is your spellcasting ability for these spells when you cast them with this trait (choose when you select this race).

Gnomish Magic Resitance: You have advantage on Intelligence, Wisdom, and Charisma saving throws against spells.

Svirfneblin Camouflage: When you make a Dexterity (Stealth) check, you can make the check with advantage. You can use this trait a number of times equal to your proficiency bonus, and you regain all expended uses when you finish a long rest.

Dragonborn *(2024 Player's Handbook)*

The ancestors of dragonborn hatched from the eggs of chromatic and metallic dragons. One story holds that these eggs were blessed by the dragon gods Bahamut and Tiamat, who wanted to populate the multiverse with people created in their image. Another story claims that dragons created the first dragonborn without the gods' blessings. Whatever their origin, dragonborn have made homes for themselves on the Material Plane.

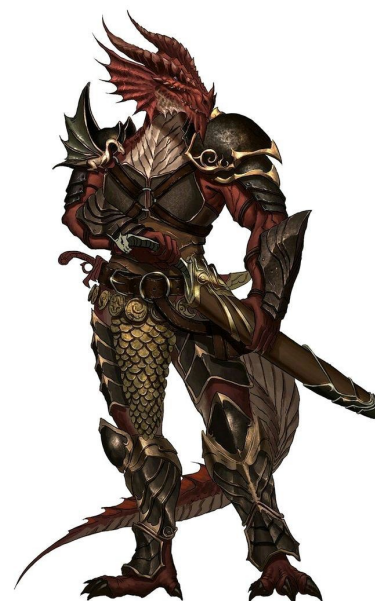
Dragonborn look like wingless, bipedal dragons-scaly, bright-eyed, and thick-boned with horns on their heads-and their coloration and other features are reminiscent of their draconic ancestors.

Creature Type: Humanoid

Size: Medium (5 to 7 feet tall)

Speed: 30 ft (6 squares)

Draconic Ancestry: Your lineage stems from a dragon progenitor. Choose the kind of dragon from the Draconic Ancestors table. Your choice affects your Breath Weapon and Damage Resistance traits as well as your appearance.



Dragon	Damage Type	Dragon	Damage Type
Black	Acid	Gold	Fire
Blue	Lightning	Green	Poison
Brass	Fire	Red	Fire
Bronze	Lightning	Silver	Cold
Copper	Acid	White	Cold

Breath Weapon: When you take the Attack action on your turn, you can replace one of your attacks with an exhalation of magical energy in either a 15-foot Cone or a 30-foot Line that is 5 feet wide (choose the shape each time). Each creature in that area must make a Dexterity saving throw (DC 8 plus your Constitution modifier and Proficiency Bonus). On a failed save, a creature takes 1d10 damage of the type determined by your Draconic Ancestry trait. On a successful save, a creature takes half as much damage. This damage increases by 1d10 when you reach character levels 5 (2d10), 11 (3d10), and 17 (4d10).

You can use this Breath Weapon a number of times equal to your Proficiency Bonus, and you regain all expended uses when you finish a Long Rest.

Damage Resistance: You have Resistance to the damage type determined by your Draconic Ancestry trait.

Darkvision: You have Darkvision with a range of 60 feet.

Draconic Flight: When you reach character level 5, you can channel draconic magic to give yourself temporary flight. As a Bonus Action, you sprout spectral wings on your back that last for 10 minutes or until you retract the wings (no action required) or have the Incapacitated condition. During that

time, you have a Fly Speed equal to your Speed. Your wings appear to be made of the same energy as your Breath Weapon. Once you use this trait, you can't use it again until you finish a Long Rest.

Duergar / Gray Dwarf *(Monsters of the Multiverse)*



Duergar are dwarves whose ancestors were transformed by centuries living in the deepest places of the Underdark. That chthonic realm is saturated with strange magical energy, and over generations, early duergar absorbed traces of it. They were further altered when mind flayers and other Aberrations invaded and performed horrific experiments on them. Fueled by Underdark magic, those experiments left early duergar with psionic powers, which have been passed down to their descendants. In time, they liberated themselves from their aberrant tyrants and forged a new life for themselves in the Underdark and beyond.

Like other dwarves, duergar typically have a life span of 350 years.

Creature Type: Humanoid

Size: Medium (4 to 5 ft tall, avg 150 lbs.)

Speed: 30 ft (6 squares)

Darkvision: You can see in dim light within 120 feet of you as if it were bright light and in darkness as if it were dim light. You discern colors in that darkness only as shades of gray.

Duergar Magic: Starting at 3rd level, you can cast the enlarge/reduce spell on yourself with this trait, without requiring a material component. Starting at 5th level, you can also cast the invisibility spell on yourself with this trait, without requiring a material component. Once you cast either of these spells with this trait, you can't cast that spell with it again until you finish a long rest. You can also cast these spells using spell slots you have of the appropriate level.

Intelligence, Wisdom, or Charisma is your spellcasting ability for these spells when you cast them with this trait (choose when you select this race).

Dwarven Resilience: You have advantage on saving throws you make to avoid or end the poisoned condition on yourself. You also have resistance to poison damage.

Psionic Fortitude: You have advantage on saving throws you make to avoid or end the charmed or stunned condition on yourself.

Dwarf *(2024 Player's Handbook)*

Dwarves were raised from the earth in the elder days by a deity of the forge. Called by various names on different worlds-Moradin, Reorx, and others-that god gave dwarves an affinity for stone and metal and for living underground. The god also made them resilient like the mountains, with a life span of about 350 years.

Squat and often bearded, the original dwarves carved cities and strongholds into mountainsides and under the earth. Their oldest legends tell of conflicts with the monsters of mountaintops and the Underdark, whether those monsters



were towering giants or subterranean horrors. Inspired by those tales, dwarves of any culture often sing of valorous deeds-especially of the little overcoming the mighty.

On some worlds in the multiverse, the first settlements of dwarves were built in hills or mountains, and the families who trace their ancestry to those settlements call themselves hill dwarves or mountain dwarves, respectively. The Greyhawk and Dragonlance settings have such communities.

Creature Type: Humanoid

Size: Medium (4 to 5 ft tall, avg 150 lbs.)

Speed: 30 ft (6 squares)

Darkvision: You have Darkvision with a range of 120 feet.

Dwarven Resilience: You have Resistance to Poison damage. You also have Advantage on saving throws you make to avoid or end the Poisoned condition.

Dwarven Toughness: Your Hit Point maximum increases by 1, and it increases by 1 again whenever you gain a level.

Stonecunning: As a Bonus Action, you gain Tremorsense with a range of 60 feet for 10 minutes. You must be on a stone surface or touching a stone surface to use this Tremorsense. The stone can be natural or worked.

You can use this Bonus Action a number of times equal to your Proficiency Bonus, and you regain all expended uses when you finish a Long Rest.

Eldarin *(Monsters of the Multiverse)*



Eladrin are elves of the Feywild, a realm of perilous beauty and boundless magic. Using that magic, eladrin can step from one place to another in the blink of an eye, and each eladrin resonates with emotions captured in the Feywild in the form of seasons-affinities that affect the eladrin's mood and appearance. An eladrin's season can change, though some remain in one season forever. Choose your season or roll on the Eladrin Seasons table. Your Trance trait lets you change your season.

Like other elves, eladrin can live to be over 750 years old.

Creature Type: Humanoid

Size: Medium (5 to 6+ ft tall, slender build)

Speed: 30 ft (6 squares)

Darkvision: You can see in dim light within 60 feet of you as if it were bright light and in darkness as if it were dim light. You discern colors in that darkness only as shades of gray.

Eldarin Seasons (1d4)

1	Autumn: peace and goodwill, when summer's harvest is shared with all
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2	Winter: contemplation and dolor, when the vibrant energy of the world slumbers
3	Spring: cheerfulness and celebration, marked by merriment and hope as winter's sorrow passes
4	Summer: boldness and aggression, a time of unfettered energy and calls to action

Fey Ancestry: You have advantage on saving throws you make to avoid or end the charmed condition on yourself.

Fey Step: As a bonus action, you can magically teleport up to 30 feet to an unoccupied space you can see. You can use this trait a number of times equal to your proficiency bonus, and you regain all expended uses when you finish a long rest.

When you reach 3rd level, your Fey Step gains an additional effect based on your season; if the effect requires a saving throw, the DC equals 8 + your proficiency bonus + your Intelligence, Wisdom, or Charisma modifier (choose when you select this race):

- **Autumn.** Immediately after you use your Fey Step, up to two creatures of your choice that you can see within 10 feet of you must succeed on a Wisdom saving throw or be charmed by you for 1 minute, or until you or your companions deal any damage to the creatures.
- **Winter.** When you use your Fey Step, one creature of your choice that you can see within 5 feet of you before you teleport must succeed on a Wisdom saving throw or be frightened of you until the end of your next turn.
- **Spring.** When you use your Fey Step, you can touch one willing creature within 5 feet of you. That creature then teleports instead of you, appearing in an unoccupied space of your choice that you can see within 30 feet of you.
- **Summer.** Immediately after you use your Fey Step, each creature of your choice that you can see within 5 feet of you takes fire damage equal to your proficiency bonus.

Keen Senses: You have proficiency in the Perception skill.

Trance: You don't need to sleep, and magic can't put you to sleep. You can finish a long rest in 4 hours if you spend those hours in a trancelike meditation, during which you retain consciousness.

Whenever you finish this trance, you can change your season, and you can gain two proficiencies that you don't have, each one with a weapon or a tool of your choice selected from the Player's Handbook. You mystically acquire these proficiencies by drawing them from shared elven memory, and you retain them until you finish your next long rest.

Elf *(2024 Player's Handbook)*

Created by the god Corellon, the first elves could change their forms at will. They lost this ability when Corellon cursed them for plotting with the deity Lolth, who tried and failed to usurp Corellon's dominion. When Lolth was cast into the Abyss, most elves renounced her and earned Corellon's forgiveness, but that which Corellon had taken from them was lost forever.

No longer able to shape-shift at will, the elves retreated to the Feywild, where their sorrow was deepened by that plane's influence. Over time, curiosity led many of them to explore other planes of existence, including worlds in the Material Plane.



Elves have pointed ears and lack facial and body hair. They live for around 750 years, and they don't sleep but instead enter a trance when they need to rest. In that state, they remain aware of their surroundings while immersing themselves in memories and meditations.

An environment subtly transforms elves after they inhabit it for a millennium or more, and it grants them certain kinds of magic. Drow, high elves, and wood elves are examples of elves who have been transformed thus.

Creature Type: Humanoid

Size: Medium (5 to 6+ ft tall, slender build)

Speed: 30 ft (6 squares)

Darkvision: You have Darkvision with a range of 60 feet.

Elven Lineage: You are part of a lineage that grants you supernatural abilities. Choose a lineage from the Elven Lineages table. You gain the level 1 benefit of that lineage.

When you reach character levels 3 and 5, you learn a higher-level spell, as shown on the table. You always have that spell prepared. You can cast it once without a spell slot, and you regain the ability to cast it in that way when you finish a Long Rest. You can also cast the spell using any spell slots you have of the appropriate level.

Intelligence, Wisdom, or Charisma is your spellcasting ability for the spells you cast with this trait (choose the ability when you select the lineage).

Fey Ancestry: You have Advantage on saving throws you make to avoid or end the Charmed condition.

Keen Senses: You have Proficiency in the Insight, Perception, or Survival skill.

Trance: You don't need to sleep, and magic can't put you to sleep. You can finish a Long Rest in 4 hours if you spend those hours in a trancelike meditation, during which you retain consciousness.

Choose an Elven Lineage:

Drow

- **Level 1:** The range of your Darkvision increases to 120 feet. You also know the Dancing Lights cantrip.
- **Level 3:** Learn Faerie Fire
- **Level 5:** Learn Darkness

High Elf

- **Level 1:** You know the Prestidigitation cantrip. Whenever you finish a Long Rest, you can replace that cantrip with a different cantrip from the Wizard spell list.
- **Level 3:** Learn Detect Magic
- **Level 5:** Learn Misty Step

Wood Elf

- **Level 1:** Your Speed increases to 35 feet. You also know the Druidcraft cantrip.

- **Level 3:** Learn Longstride
- **Level 5:** Learn Pass without Trace

Fairy *(Monsters of the Multiverse)*

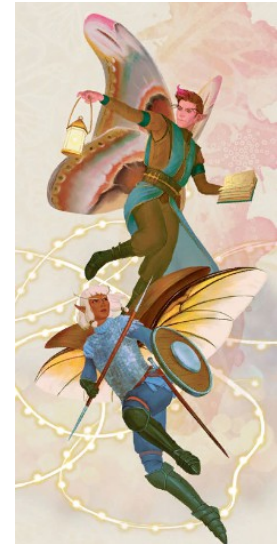
The Feywild is home to many fantastic peoples, including fairies. Fairies are a wee folk, but not nearly as much so as their pixie and sprite friends. The first fairies spoke Elvish, Goblin, or Sylvan, and encounters with human visitors prompted many of them to learn Common as well.

Infused with the magic of the Feywild, most fairies look like Small elves with insectile wings, but each fairy has a special physical characteristic that sets the fairy apart. For your fairy, roll on the Fey Characteristics table or choose an option from it. You're also free to come up with your own characteristic if none of the suggestions below fit your character.

Creature Type: Fey

Size: Small

Speed: 30 ft (6 squares)



Fairy Magic: You know the druidcraft cantrip.

Starting at 3rd level, you can cast the faerie fire spell with this trait. Starting at 5th level, you can also cast the enlarge/reduce spell with this trait. Once you cast faerie fire or enlarge/reduce with this trait, you can't cast that spell with it again until you finish a long rest. You can also cast either of those spells using any spell slots you have of the appropriate level.

Intelligence, Wisdom, or Charisma is your spellcasting ability for these spells when you cast them with this trait (choose when you select this race).

Flight: Because of your wings, you have a flying speed equal to your walking speed. You can't use this flying speed if you're wearing medium or heavy armor.

Fey Characteristics (1d8)

1	Your wings are like those of a bird.
2	You have shimmering, multicolored skin.
3	You have exceptionally large ears.
4	A glittering mist constantly surrounds you.
5	You have a small spectral horn on your forehead, like a little unicorn horn.
6	Your legs are insectile.
7	You smell like fresh brownies.
8	A noticeable, harmless chill surrounds you.

A firbolg's magic is an obscuring sort, which allowed their ancestors to pass through a forest without disturbing it. So deep is the connection between a firbolg and the wild places of the world that they can communicate with flora and fauna. Firbolgs can live up to 500 years.

Size: Medium (7 to 8 ft tall, 240 to 300 lbs.)

Firbolg Magic: You can cast the detect magic and disguise self spells with this trait. When you use this version of disguise self, you can seem up to 3 feet shorter or taller. Once you cast either of these spells with this trait, you can't cast that spell with it again until you finish a long rest. You can also cast these spells using any spell slots you have.

Hidden Step: As a bonus action, you can magically turn invisible until the start of your next turn or until you attack, make a damage roll, or force someone to make a saving throw. You can use this trait a number of times equal to your proficiency bonus, and you regain all expended uses when you finish a long rest.

Speech of Beast and Leaf: You have the ability to communicate in a limited manner with Beasts, Plants, and vegetation. They can understand the meaning of your words, though you have no special ability to understand them in return. You have advantage on all Charisma checks you make to influence them.

Tracing their ancestry to the genies of the Elemental Planes, each genasi can tap into the power of one of the elements. Air, earth, fire, and water—these are the four pillars of the Material Plane and the four types of genasi. Some genasi are direct descendants of a genie, while others were born to non-genasi parents who lived near a place suffused by a genie’s magic.

Air genasi are descended from djinn, the genies of the Elemental Plane of Air. Embodying many of

the airy traits of their otherworldly ancestors, air genasi can draw upon their connection to the winds. Air genasi's skin tones include many shades of blue, along with the full range of human skin tones, with bluish or ashen casts. Sometimes their skin is marked by lines that seem like cracks with bluish-white energy spilling out. An air genasi's hair might blow in a phantom wind or be made entirely of clouds or vapor.

Tracing their ancestry to dao, the genies of the Elemental Plane of Earth, earth genasi inherit dao's steadfast strength and control over earth. An earth genasi's skin can be the colors of stone and earth or a human skin tone with glittering sparkles like gem dust. Some earth genasi have lines marking their skin like cracks, either showing glimmering gemlike veins or a dim, yellowish glow. Earth genasi hair can appear carved of stone or crystal or resemble strands of spun metal.

Descended from efreet, the genies of the Elemental Plane of Fire, fire genasi channel the flamboyant and often destructive nature of flame. They show their heritage in their skin tones, which can range from deep charcoal to shades of red and orange. Some bear skin tones common to humanity but with fiery marks, such as slowly swirling lights under their skin that resemble embers or glowing red lines tracing over their bodies like cracks. Fire genasi hair can resemble threads of fire or sooty smoke. Water genasi descend from marids, aquatic genies from the Elemental Plane of Water. Water genasi are perfectly suited to life underwater and carry the power of the waves inside themselves. Their skin is often shades of blue or green, sometimes a blend of the two. If they have a human skin tone, there is a glistening texture that catches the light, like water droplets or nearly invisible fish scales. Their hair can resemble seaweed, waving as if in a current, or it can even be like water itself.

Creature Type: Humanoid

Size: Medium or Small

Speed: 30 ft (6 squares)

Darkvision: You can see in dim light within 60 feet of you as if it were bright light and in darkness as if it were dim light. You discern colors in that darkness only as shades of gray.

Choose a subrace:

Air Genasi

- **Speed:** Your walking speed is 35 feet (7 squares).
- **Lightning Resistance:** You have resistance to lightning damage.
- **Mingle with the Wind:** You know the shocking grasp cantrip. Starting at 3rd level, you can cast the feather fall spell with this trait, without requiring a material component. Starting at 5th level, you can also cast the levitate spell with this trait, without requiring a material component. Once you cast feather fall or levitate with this trait, you can't cast that spell with it again until you finish a long rest. You can also cast either of those spells using any spell slots you have of the appropriate level. Intelligence, Wisdom, or Charisma is your spellcasting ability for these spells when you cast them with this trait (choose when you select this race).
- **Unending Breath:** You can hold your breath indefinitely while you're not incapacitated.



Earth Genasi

- **Earth Walk:** You can move across difficult terrain without expending extra movement if you are using your walking speed on the ground or a floor.
- **Merge with Stone:** You know the blade ward cantrip. You can cast it as normal, and you can also cast it as a bonus action a number of times equal to your proficiency bonus, regaining all expended uses when you finish a long rest. Starting at 5th level, you can cast the pass without trace spell with this trait, without requiring a material component. Once you cast that spell with this trait, you can't do so again until you finish a long rest. You can also cast it using any spell slots you have of 2nd level or higher. Intelligence, Wisdom, or Charisma is your spellcasting ability for these spells when you cast them with this trait (choose when you select this race).

Fire Genasi:

- **Darkvision:** You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You discern colors in that darkness only as shades of gray.
- **Fire Resistance:** You have resistance to fire damage.
- **Reach to the Blaze:** You know the produce flame cantrip. Starting at 3rd level, you can cast the burning hands spell with this trait. Starting at 5th level, you can also cast the flame blade spell with this trait, without requiring a material component. Once you cast burning hands or flame blade with this trait, you can't cast that spell with it again until you finish a long rest. You can also cast either of those spells using any spell slots you have of the appropriate level. Intelligence, Wisdom, or Charisma is your spellcasting ability for these spells when you cast them with this trait (choose when you select this race).

Water Genasi

- **Acid Resistance:** You have resistance to acid damage.
- **Amphibious:** You can breathe air and water.
- **Swim:** You have a swimming speed equal to your walking speed.
- **Call to the Wave:** You know the acid splash cantrip. Starting at 3rd level, you can cast the create or destroy water spell with this trait. Starting at 5th level, you can also cast the water walk spell with this trait, without requiring a material component. Once you cast create or destroy water or water walk with this trait, you can't cast that spell with it again until you finish a long rest. You can also cast either of those spells using any spell slots you have of the appropriate level. Intelligence, Wisdom, or Charisma is your spellcasting ability for these spells when you cast them with this trait (choose when you select this race).

Githyanki *(Monsters of the Multiverse)*

Once members of a people who escaped servitude to mind flayers, githyanki split from their cousins, githzerai, and fled to the Astral Plane. In that timeless, silvery realm, githyanki honed their psionic powers and built a great city called Tu'narath.

They have since spread throughout the multiverse, starting in outposts outside the Astral Plane, called creches, where time passes and their children can reach adulthood.

A lanky people with skin tones of yellows, greens, and browns, githyanki complement their physical prowess with psionic might, instilled in them by mind flayers and cultivated over eons in the Astral



Plane. Now all githyanki can use their psychic bond with that plane to access splinters of knowledge left behind by beings who travel, live, and die among the silver astral clouds.

Githyanki who reside in the Astral Plane can live indefinitely.

Creature Type: Humanoid

Size: Medium (typically 6 ft tall and lean build)

Speed: 30 ft (6 squares)

Astral Knowledge: You can mystically access a reservoir of experiences of entities connected to the Astral Plane. Whenever you finish a long rest, you gain proficiency in one skill of your choice and with one weapon or tool of your choice, selected from the Player's Handbook, as you momentarily project your consciousness into the Astral Plane. These proficiencies last until the end of your next long rest.

Githyanki Psionics: You know the mage hand cantrip, and the hand is invisible when you cast the cantrip with this trait.

Starting at 3rd level, you can cast the jump spell with this trait. Starting at 5th level, you can also cast the misty step spell with it. Once you cast jump or misty step with this trait, you can't cast that spell with it again until you finish a long rest. You can also cast either of those spells using any spell slots you have of the appropriate level.

Intelligence, Wisdom, or Charisma is your spellcasting ability for these spells when you cast them with this trait (choose when you select this race). None of these spells require spell components when you cast them with this trait.

Psychic Resilience: You have resistance to psychic damage.

Githzerai (*Monsters of the Multiverse*)

Githzerai migrated to the Everchanging Chaos of Limbo after the ancient schism that split their ancestors from their cousins, githyanki. Limbo is a roiling maelstrom of matter and energy, collapsing and reforming without purpose or direction, until a creature exerts deliberate will to stabilize it. Through their potent psionic power, githzerai carved a home for themselves amid the chaos. As the ages passed, githzerai explorers ranged out to other planes and worlds of the multiverse.

Githzerai are generally slender, with speckled skin in shades of yellow, green, or brown. Eons of cultivating their mental powers within the endless chaos of Limbo have imbued githzerai with the ability to shape psionic energy to protect themselves and probe minds.



Creature Type: Humanoid

Size: Medium (typically 6 ft tall and lean build)

Speed: 30 ft (6 squares)

Githzerai Psionics: You know the mage hand cantrip, and the hand is invisible when you cast the cantrip with this trait.

Starting at 3rd level, you can cast the shield spell with this trait. Starting at 5th level, you can also cast the detect thoughts spell with it. Once you cast shield or detect thoughts with this trait, you can't cast that spell with it again until you finish a long rest. You can also cast either of those spells using any spell slots you have of the appropriate level.

Intelligence, Wisdom, or Charisma is your spellcasting ability for these spells when you cast them with this trait (choose when you select this race). None of these spells require spell components when you cast them with this trait.

Mental Discipline: Your innate psychic defenses grant you advantage on saving throws you make to avoid or end the charmed and frightened conditions on yourself.

Psychic Resilience: You have resistance to psychic damage.

Gnome *(2024 Player's Handbook)*



Gnomes are magical folk created by gods of invention, illusions, and life underground. The earliest gnomes were seldom seen by other folk due to the gnomes' secretive nature and their propensity for living in forests and burrows. What they lacked in size, they made up for in cleverness. They confounded predators with traps and labyrinthine tunnels. They also learned magic from gods like Garl Glittergold, Baervan Wildwanderer, and Baravar Cloakshadow, who visited them in disguise. That magic eventually created the lineages of forest gnomes and rock gnomes.

Gnomes are petite folk with big eyes and pointed ears, who live around 425 years. Many gnomes like the feeling of a roof over their head, even if that "roof" is nothing more than a hat.

Creature Type: Humanoid

Size: Small (3 to 4 ft tall, avg 40 lbs.)

Speed: 30 ft (6 squares)

Darkvision: You have Darkvision with a range of 60 feet.

Gnome Cunning: You have Advantage on Intelligence, Wisdom, and Charisma saving throws.

Gnomish Lineage: You are part of a lineage that grants you supernatural abilities. Choose one of the following options; whichever one you choose, Intelligence, Wisdom, or Charisma is your spellcasting ability for the spells you cast with this trait (choose the ability when you select the lineage).

Choose a Gnomish Lineage:

Forest Gnome

- You know the Minor Illusion cantrip. You also always have the Speak with Animals spell prepared. You can cast it without a spell slot a number of times equal to your Proficiency Bonus, and you regain all expended uses when you finish a Long Rest. You can also use any spell slots you have to cast the spell.

Rock Gnome

- You know the Mending and Prestidigitation cantrips. In addition, you can spend 10 minutes casting Prestidigitation to create a Tiny clockwork device (AC 5, 1 HP), such as a toy, fire starter, or music box. When you create the device, you determine its function by choosing one effect from Prestidigitation; the device produces that effect whenever you or another creature takes a Bonus Action to activate it with a touch. If the chosen effect has options within it, you choose one of those options for the device when you create it. For example, if you choose the spell's ignite-extinguish effect, you determine whether the device ignites or extinguishes fire; the device doesn't do both. You can have three such devices in existence at a time, and each falls apart 8 hours after its creation or when you dismantle it with a touch as a Utilize action.

Goblin *(Monsters of the Multiverse)*

A subterranean folk, goblins can be found in every corner of the multiverse, often beside their bugbear and hobgoblin kin. Long before the god Maglubiyet conquered them, early goblins served in the court of the Queen of Air and Darkness, one of the Feywild's archfey. Goblins thrived in her dangerous domain thanks to a special boon from her—a supernatural knack for finding the weak spots in foes larger than themselves and for getting out of trouble. Goblins brought this fey boon with them to worlds across the Material Plane, even if they don't remember the fey realm they inhabited before Maglubiyet's rise. Now many goblins pursue their own destinies, escaping the plots of both archfey and gods.

Creature Type: Humanoid/Goblinoid

Size: Small (3 to 4 ft tall, 40 to 80 lbs.)

Speed: 30 ft (6 squares)



Darkvision: You can see in dim light within 60 feet of you as if it were bright light and in darkness as if it were dim light. You discern colors in that darkness only as shades of gray.

Fey Ancestry: You have advantage on saving throws you make to avoid or end the charmed condition on yourself.

Fury of the Small: When you damage a creature with an attack or a spell and the creature's size is larger than yours, you can cause the attack or spell to deal extra damage to the creature. The extra damage equals your proficiency bonus. You can use this trait a number of times equal to your proficiency bonus, regaining all expended uses when you finish a long rest, and you can use it no more than once per turn.

Nimble Escape: You can take the Disengage or Hide action as a bonus action on each of your turns.

Goliath *(2024 Player's Handbook)*



Towering over most folk, goliaths are distant descendants of giants. Each goliath bears the favors of the first giants-favors that manifest in various supernatural boons, including the ability to quickly grow and temporarily approach the height of goliaths' gigantic kin.

Goliaths have physical characteristics that are reminiscent of the giants in their family lines. For example, some goliaths look like stone giants, while others resemble fire giants. Whatever giants they count as kin, goliaths have forged their own path in the multiverse-unencumbered by the internecine conflicts that have ravaged giantkind for ages-and seek heights above those reached by their ancestors.

Creature Type: Humanoid

Size: Medium (7 to 8 ft tall)

Speed: 35 ft (7 squares)

Large Form: Starting at character level 5, you can change your size to Large as a Bonus Action if you're in a big enough space. This transformation lasts for 10 minutes or until you end it (no action required). For that duration, you have Advantage on Strength checks, and your Speed increases by 10 feet. Once you use this trait, you can't use it again until you finish a Long Rest.

Powerful Build: You have Advantage on any ability check you make to end the Grappled condition. You also count as one size larger when determining your carrying capacity.

Giant Ancestry: You are descended from Giants. Choose one of the following benefits-a supernatural boon from your ancestry; you can use the chosen benefit a number of times equal to your Proficiency Bonus, and you regain all expended uses when you finish a Long Rest:

Choose a Giant Ancestry:

Cloud's Jaunt (Cloud Giant): As a Bonus Action, you magically teleport up to 30 feet to an unoccupied space you can see.

Fire's Burn (Fire Giant): When you hit a target with an attack roll and deal damage to it, you can also deal 1d10 Fire damage to that target.

Frost's Chill (Frost Giant): When you hit a target with an attack roll and deal damage to it, you can also deal 1d6 Cold damage to that target and reduce its Speed by 10 feet until the start of your next turn.

Hill's Tumble (Hill Giant): When you hit a Large or smaller creature with an attack roll and deal damage to it, you can give that target the Prone condition.

Stone's Endurance (Stone Giant): When you take damage, you can take a Reaction to roll 1d12. Add your Constitution modifier to the number rolled and reduce the damage by that total.

Storm's Thunder (Storm Giant): When you take damage from a creature within 60 feet of you, you can take a Reaction to deal 1d8 Thunder damage to that creature.

Halfling *(2024 Player's Handbook)*

Cherished and guided by gods who value life, home, and hearth, halflings gravitate toward bucolic havens where family and community help shape their lives. That said, many halflings possess a brave and adventurous spirit that leads them on journeys of discovery, affording them the chance to explore a bigger world and make new friends along the way. Their size-similar to that of a human child-helps them pass through crowds unnoticed and slip through tight spaces.

Anyone who has spent time around halflings, particularly halfling adventurers, has likely witnessed the storied "luck of the halflings" in action. When a halfling is in mortal danger, an unseen force seems to intervene on the halfling's behalf. Many halflings believe in the power of luck, and they attribute their unusual gift to one or more of their benevolent gods, including Yondalla, Brandobaris, and Charmalaine. The same gift might contribute to their robust life spans (about 150 years).

Halfling communities come in all varieties. For every sequestered shire tucked away in an unspoiled part of the world, there's a crime syndicate like the Boromar Clan in the Eberron setting or a territorial mob of halflings like those in the Dark Sun setting.

Halflings who prefer to live underground are sometimes called strongheart halflings or stouts. Nomadic halflings, as well as those who live among humans and other tall folk, are sometimes called lightfoot halflings or tallfellows.

Creature Type: Humanoid

Size: Small (3 ft tall, avg 40 lbs.)

Speed: 30 ft (6 squares)

Brave: You have Advantage on saving throws you make to avoid or end the Frightened condition.

Halfling Nimbleness: You can move through the space of any creature that is a size larger than you, but you can't stop in the same space.

Luck: When you roll a 1 on the d20 of a D20 Test, you can reroll the die, and you must use the new roll.

Naturally Stealthy: You can take the Hide action even when you are obscured only by a creature that is at least one size larger than you.



Harengon *(Monsters of the Multiverse)*

Harengons originated in the Feywild, where they spoke Sylvan and embodied the spirit of freedom and travel. In time, these rabbitfolk hopped into other worlds, bringing the fey realm's exuberance with them and learning new languages as they went.

Harengons are bipedal, with the characteristic long feet of the rabbits they resemble and fur in a variety of colors. They share the keen senses and powerful legs of leporine creatures and are full of energy, like a wound-up spring. Harengons are blessed with a little fey luck, and they often find themselves a few fortunate feet away from dangers during adventures.

Creature Type: Humanoid

Size: Medium

Speed: 30 ft (6 squares)

Hare-Trigger: You can add your proficiency bonus to your initiative rolls.

Leoprine Senses: You have proficiency in the Perception skill.

Lucky Footwork: When you fail a Dexterity saving throw, you can use your reaction to roll a d4 and add it to the save, potentially turning the failure into a success. You can't use this reaction if you're prone or your speed is 0.

Rabbit Hop: As a bonus action, you can jump a number of feet equal to five times your proficiency bonus, without provoking opportunity attacks. You can use this trait only if your speed is greater than 0. You can use it a number of times equal to your proficiency bonus, and you regain all expended uses when you finish a long rest.



Hobgoblin *(Monsters of the Multiverse)*

Hobgoblins trace their origins to the ancient courts of the Feywild, where they first appeared with their goblin and bugbear kin. Many of them were driven from the Feywild by the conquering god Maglubiyet, who marshaled them as soldiers, but the fey realm left its mark; wherever they are in the multiverse, they continue to channel an aspect of the Feywild's rule of reciprocity, which creates a mystical bond between the giver and the receiver of a gift.

On some worlds, such bonds lead hobgoblins to form communities with deep ties to one another. In Eberron and the Forgotten Realms, vast hobgoblin legions have emerged, with ranks of devoted soldiers famed for their unity.

Hobgoblins are generally taller than their goblin cousins but



not quite as big as bugbears. They have curved, pointed ears and noses that turn bright red or blue during displays of emotion.

Creature Type: Humanoid/Goblinoid

Size: Medium (5 to 6 ft tall, 150 to 200 lbs.)

Speed: 30 ft (6 squares)

Darkvision: You can see in dim light within 60 feet of you as if it were bright light and in darkness as if it were dim light. You discern colors in that darkness only as shades of gray.

Fey Ancestry: You have advantage on saving throws you make to avoid or end the charmed condition on yourself.

Fey Gift: You can use this trait to take the Help action as a bonus action, and you can do so a number of times equal to your proficiency bonus. You regain all expended uses when you finish a long rest. Starting at 3rd level, choose one of the options below each time you take the Help action with this trait:

- **Hospitality.** You and the creature you help each gain a number of temporary hit points equal to 1d6 plus your proficiency bonus.
- **Passage.** You and the creature you help each increase your walking speeds by 10 feet until the start of your next turn.
- **Spite.** Until the start of your next turn, the first time the creature you help hits a target with an attack roll, that target has disadvantage on the next attack roll it makes within the next minute.

Fortune from the Many: If you miss with an attack roll or fail an ability check or a saving throw, you can draw on your bonds of reciprocity to gain a bonus to the roll equal to the number of allies you can see within 30 feet of you (maximum bonus of +3). You can use this trait a number of times equal to your proficiency bonus, and you regain all expended uses when you finish a long rest.

Human *(2024 Player's Handbook)*



Found throughout the multiverse, humans are as varied as they are numerous, and they endeavor to achieve as much as they can in the years they are given. Their ambition and resourcefulness are commended, respected, and feared on many worlds.

Humans are as diverse in appearance as the people of Earth, and they have many gods. Scholars dispute the origin of humanity, but one of the earliest known human gatherings is said to have occurred in Sigil, the torus-shaped city at the center of the multiverse and the place where the Common language was born. From there, humans could have spread to every part of the multiverse, bringing the City of Doors' cosmopolitanism with them.

Creature Type: Humanoid

Size: Medium (5 to 6+ ft tall)

Speed: 30 ft (6 squares)

Resourceful: You gain Heroic Inspiration whenever you finish a Long Rest.

Skillful: You gain proficiency in one skill of your choice.

Versatile: You gain an Origin feat of your choice (see chapter 5). Skilled is recommended.

Kenku *(Monsters of the Multiverse)*

Feathered folk who resemble ravens, kenku are blessed with keen observation and supernaturally accurate memories. None of them can remember the origin of the first kenku, however, and they often joke that there are as many kenku origin stories as there are kenku. Some of them paint their genesis as a curse, being a flightless bird people doomed to mimic other people's creations. Other kenku recite cryptic but beautiful poems about their advent being a blessed event in which they were sent into the multiverse to observe and catalog its many wonders.

Whatever their true origin, kenku are most often found in the Shadowfell and the Material Plane, and they tend to have the coloration typical of ravens.

Creature Type: Humanoid

Size: Medium or Small

Speed: 30 ft (6 squares)

Expert Duplication: When you copy writing or craftwork produced by yourself or someone else, you have advantage on any ability checks you make to produce an exact duplicate.

Kenku Recall: Thanks to your supernaturally good memory, you have proficiency in two skills of your choice. Moreover, when you make an ability check using any skill in which you have proficiency, you can give yourself advantage on the check before rolling the d20. You can give yourself advantage in this way a number of times equal to your proficiency bonus, and you regain all expended uses when you finish a long rest.

Mimicry: You can accurately mimic sounds you have heard, including voices. A creature that hears the sounds you make can tell they are imitations only with a successful Wisdom (Insight) check against a DC of 8 + your proficiency bonus + your Charisma modifier.



Kobold *(Monsters of the Multiverse)*

Some of the smallest draconic creatures in the multiverse, kobolds display their draconic ancestry in the glint of their scales and in their roars. Legends tell of the first kobolds emerging from the Underdark near the lairs of the earliest dragons. In some lands, kobolds serve chromatic or metallic dragons—even worshiping them as divine beings. In other places, kobolds know too well how dangerous those dragons can be and help others defend against draconic destruction.

Whatever their relationship to dragons, kobold scales tend to be rust colored, although the occasional



kobold sports a scale color more akin to that of a chromatic or a metallic dragon. A kobold's cry can express a range of emotion: anger, resolve, elation, fear, and more. Regardless of the emotion expressed, their cry resonates with draconic power.

Creature Type: Humanoid

Size: Small (2 to 3 ft tall, 25 to 35 lbs.)

Speed: 30 ft (6 squares)

Darkvision: You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You discern colors in that darkness only as shades of gray.

Draconic Cry: As a bonus action, you let out a cry at your enemies within 10 feet of you. Until the start of your next turn, you and your allies have advantage on attack rolls against any of those enemies who could hear you. You can use this trait a number of times equal to your proficiency bonus, and you regain all expended uses when you finish a long rest.

Kobold Legacy: Kobolds' connection to dragons can manifest in unpredictable ways in an individual kobold. Choose one of the following legacy options for your kobold:

- **Craftiness.** You have proficiency in one of the following skills of your choice: Arcana, Investigation, Medicine, Sleight of Hand, or Survival.
- **Defiance.** You have advantage on saving throws to avoid or end the frightened condition on yourself.
- **Draconic Sorcery.** You know one cantrip of your choice from the sorcerer spell list. Intelligence, Wisdom, or Charisma is your spellcasting ability for that cantrip (choose when you select this race).

Lizardfolk *(Monsters of the Multiverse)*

The saurian lizardfolk are thought by some sages to be distant cousins of dragonborn and kobolds. Despite their resemblance to those other scaled folk, however, lizardfolk are their own people and have lived on the worlds of the Material Plane since the worlds' creation. Gifted by the gods with remarkable physical defenses and a mystical connection to the natural world, lizardfolk can survive with just their wits in situations that would be deadly for other folk. Because of that fact, many lizardfolk myths state that their people were placed by the gods in the Material Plane to guard its natural wonders.

Lizardfolk have colorful scales and exhibit a wide array of scale patterns. Their individual facial features are as varied as those of lizards.

Creature Type: Humanoid

Size: Medium (slightly taller and bulkier than humans)

Speed: 30 ft (6 squares), swimming 30 ft (6 squares)



Bite: You have a fanged maw that you can use to make unarmed strikes. When you hit with it, the strike deals 1d6 + your Strength modifier slashing damage, instead of the bludgeoning damage normal for an unarmed strike.

Hold Breath: You can hold your breath for up to 15 minutes at a time.

Hungry Jaws: You can throw yourself into a feeding frenzy. As a bonus action, you can make a special attack with your Bite. If the attack hits, it deals its normal damage, and you gain temporary hit points equal to your proficiency bonus. You can use this trait a number of times equal to your proficiency bonus, and you regain all expended uses when you finish a long rest.

Natural Armor: You have tough, scaly skin. When you aren't wearing armor, your base AC is 13 + your Dexterity modifier. You can use your natural armor to determine your AC if the armor you wear would leave you with a lower AC. A shield's benefits apply as normal while you use your natural armor.

Nature's Intuition: Thanks to your mystical connection to nature, you gain proficiency with two of the following skills of your choice: Animal Handling, Medicine, Nature, Perception, Stealth, or Survival.

Minotaur (*Monsters of the Multiverse*)

Minotaurs are barrel-chested humanoids with heads resembling those of bulls. Blessed with a supernaturally strong sense of direction, minotaurs make great navigators. Some sages believe minotaurs were first created by the Lady of Pain to patrol the magical mazes that she uses to trap her foes.

Minotaur horns range in size from about 1 foot long to easily three times that length. Minotaurs often carve their horns to sharpen their edges, etch symbols of power into them, or sheathe them in bronze to prevent them from shattering during battle.

Thick hair extends down minotaurs' necks and powerful backs, and some have long patches of hair on their chins and cheeks. Their legs end in heavy, cloven hooves, and they have long, tufted tails.

Creature Type: Humanoid

Size: Medium (6+ ft tall, stocky build)

Speed: 30 ft (6 squares)

Goring Rush: Immediately after you take the Dash action on your turn and move at least 20 feet, you can make one melee attack with your Horns as a bonus action.

Hammering Horns: Immediately after you hit a creature with a melee attack as part of the Attack action on your turn, you can use a bonus action to attempt to push that target with your horns. The target must be within 5 feet of you and no more than one size larger than you. Unless it succeeds on a



Strength saving throw against a DC equal to 8 + your proficiency bonus + your Strength modifier, you push it up to 10 feet away from you.

Horns: You have horns that you can use to make unarmed strikes. When you hit with them, the strike deals 1d6 + your Strength modifier piercing damage, instead of the bludgeoning damage normal for an unarmed strike.

Labyrinthine Recall: You always know which direction is north, and you have advantage on any Wisdom (Survival) check you make to navigate or track.

Orc *(2024 Player's Handbook)*

Orcs trace their creation to Gruumsh, a powerful god who roamed the wide open spaces of the Material Plane. Gruumsh equipped his children with gifts to help them wander great plains, vast caverns, and churning seas and to face the monsters that lurk there. Even when they turn their devotion to other gods, orcs retain Gruumsh's gifts: endurance, determination, and the ability to see in darkness.

Orcs are, on average, tall and broad. They have gray skin, ears that are sharply pointed, and prominent lower canines that resemble small tusks. Orc youths on some worlds are told about their ancestors' great travels and travails. Inspired by those tales, many of those orcs wonder when Gruumsh will call on them to match the heroic deeds of old and if they will prove worthy of his favor. Other orcs are happy to leave old tales in the past and find their own way.



Creature Type: Humanoid

Size: Medium (6+ ft tall, 230 to 280 lbs.)

Speed: 30 ft (6 squares)

Adrenaline Rush: You can take the Dash action as a Bonus Action. When you do so, you gain a number of Temporary Hit Points equal to your Proficiency Bonus.

You can use this trait a number of times equal to your Proficiency Bonus, and you regain all expended uses when you finish a Short or Long Rest.

Darkvision: You have Darkvision with a range of 120 feet.

Relentless Endurance: When you are reduced to 0 Hit Points but not killed outright, you can drop to 1 Hit Point instead. Once you use this trait, you can't do so again until you finish a Long Rest.

Satyr *(Monsters of the Multiverse)*

Originating in the Feywild—a realm of pure emotion—satyrs thrive on the energy of merriment. They resemble elves but have goatlike legs, cloven hooves, and ram or goat horns. The magic of the fey

realm has given them an innate ability to perform, to delight, and to resist magical intrusion. While they're usually found in the Feywild, satyrs do wander to other planes of existence, most often to the Material Plane. There they seek to bring a bit of their home plane's splendor to other worlds.

Creature Type: Fey

Size: Medium (4'10" to 5'4" tall, 105 to 225 lbs.)

Speed: 35 ft (7 squares)

Magical Resistance: You have advantage on saving throws against spells.

Mirthful Leaps: Whenever you make a long jump or a high jump, you can roll a d8 and add the number rolled to the number of feet you cover, even when making a standing jump. This extra distance costs movement as normal.

Ram: You can use your head and horns to make unarmed strikes. When you hit with them, the strike deals 1d6 + your Strength modifier bludgeoning damage, instead of the bludgeoning damage normal for an unarmed strike.

Reveler: As an embodiment of revelry, you have proficiency in the Performance and Persuasion skills, and you have proficiency with one musical instrument of your choice.



Sea Elf *(Monsters of the Multiverse)*



Sea elves fell in love with the wild beauty of the ocean in the earliest days of the multiverse. While other elves traveled from realm to realm, sea elves navigated the currents and explored the waters of many worlds. Today these elves can be found wherever oceans exist, as well as in the Elemental Plane of Water.

Like other elves, sea elves can live to be over 750 years old.

Creature Type: Humanoid

Size: Medium (4'10" to 5'4" tall, 105 to 225 lbs.)

Speed: 30 ft (6 squares), swimming 30 ft

Child of the Sea: You can breathe air and water, and you have resistance to cold damage.

Darkvision: You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You discern colors in that darkness only as shades of gray.

Fey Ancestry: You have advantage on saving throws you make to avoid or end the charmed condition on yourself.

Friend of the Sea: Aquatic animals have an extraordinary affinity with your people. You can communicate simple ideas to any Beast that has a swimming speed. It can understand your words, though you have no special ability to understand it in return.

Keen Senses: You have proficiency in the Perception skill.

Trance: You don't need to sleep, and magic can't put you to sleep. You can finish a long rest in 4 hours if you spend those hours in a trancelike meditation, during which you retain consciousness.

Whenever you finish this trance, you can gain two proficiencies that you don't have, each one with a weapon or a tool of your choice selected from the Player's Handbook. You mystically acquire these proficiencies by drawing them from shared elven memory, and you retain them until you finish your next long rest.

Shadar-Kai *(Monsters of the Multiverse)*

Shadar-kai are the elves of the Shadowfell, originally drawn to that dread realm by the Raven Queen. Over the centuries, some of them have continued to serve her, while others have ventured into the Material Plane to forge their own destinies.

Once shadar-kai were Fey like the rest of their elven kin; now they exist in a state between life and death, thanks to being transformed by the Shadowfell's grim energy.

Shadar-kai have ashen skin tones, and while they're in the Shadowfell, they also become wizened, reflecting the somber nature of that gloomy plane.

Like other elves, shadar-kai can live to be over 750 years old.

Creature Type: Humanoid/Elf

Size: Medium (4'10" to 5'4" tall, 105 to 225 lbs.)

Speed: 30 ft (6 squares)



Blessing of the Raven Queen: As a bonus action, you can magically teleport up to 30 feet to an unoccupied space you can see. You can use this trait a number of times equal to your proficiency bonus, and you regain all expended uses when you finish a long rest.

Starting at 3rd level, you also gain resistance to all damage when you teleport using this trait. The resistance lasts until the start of your next turn. During that time, you appear ghostly and translucent.

Darkvision: You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You discern colors in that darkness only as shades of gray.

Fey Ancestry: You have advantage on saving throws you make to avoid or end the charmed condition on yourself.

Keen Senses: You have proficiency in the Perception skill.

Necrotic Resistance: You have resistance to necrotic damage.

Trance: You don't need to sleep, and magic can't put you to sleep. You can finish a long rest in 4 hours if you spend those hours in a trancelike meditation, during which you retain consciousness.

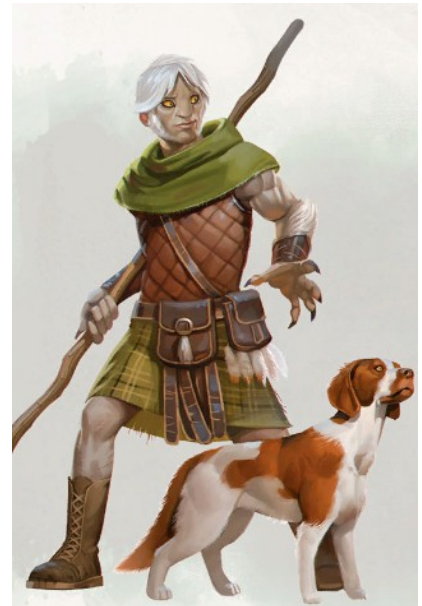
Whenever you finish this trance, you can gain two proficiencies that you don't have, each one with a weapon or a tool of your choice selected from the Player's Handbook. You mystically acquire these proficiencies by drawing them from shared elven memory, and you retain them until you finish your next long rest.

Shifter *(Monsters of the Multiverse)*

Shifters are sometimes called weretouched, as they are descendants of people who contracted full or partial lycanthropy. Humanoids with a bestial aspect, shifters can't fully change shape, but they can temporarily enhance their animalistic features by entering a state they call shifting.

Shifters are similar to humans in height and build but are typically more lithe and flexible. Their facial features have a bestial cast, often with large eyes and pointed ears; most shifters also have prominent canine teeth. They grow fur-like hair on nearly every part of their bodies. While a shifter's appearance might remind an onlooker of an animal, they remain clearly identifiable as shifters even when at their most feral.

Most shifters resemble a particular kind of lycanthrope. You can choose the kind of lycanthrope in your past, or you can determine it randomly by rolling on the Lycanthrope Ancestor table. The table also provides a suggestion for the Shifting option you might have as a result of your ancestry.



Lycanthrope Ancestor		
1d6	Ancestor	Suggested Shifting Option
1	Werebear	Beasthide
2	Wereboar	Beasthide
3	Wererat	Swiftstride
4	Weretiger	Swiftstride
5	Werewolf (wolflike)	Longtooth
6	Werewolf (doglike)	Wildhunt

Creature Type: Humanoid

Size: Medium (4'8" to 5'10" tall, 95 to 215 lbs.)

Speed: 30 ft (6 squares)

Bestial Instincts: Channeling the beast within, you have proficiency in one of the following skills of your choice: Acrobatics, Athletics, Intimidation, or Survival.

Darkvision: You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You discern colors in that darkness only as shades of gray.

Shifting: As a bonus action, you can assume a more bestial appearance. This transformation lasts for 1 minute, until you die, or until you revert to your normal appearance as a bonus action. When you shift, you gain temporary hit points equal to $2 \times$ your proficiency bonus. You can shift a number of times equal to your proficiency bonus, and you regain all expended uses when you finish a long rest.

Whenever you shift, you gain an additional benefit based on one of the following options (choose when you select this race):

- **Beasthide.** You gain 1d6 additional temporary hit points. While shifted, you have a +1 bonus to your Armor Class.
- **Longtooth.** When you shift and as a bonus action on your other turns while shifted, you can use your elongated fangs to make an unarmed strike. If you hit with your fangs, you can deal piercing damage equal to $1d6 +$ your Strength modifier, instead of the bludgeoning damage normal for an unarmed strike.
- **Swiftstride.** While shifted, your walking speed increases by 10 feet. Additionally, you can move up to 10 feet as a reaction when a creature ends its turn within 5 feet of you. This reactive movement doesn't provoke opportunity attacks.
- **Wildhunt.** While shifted, you have advantage on Wisdom checks, and no creature within 30 feet of you can make an attack roll with advantage against you unless you're incapacitated.
- **Longtooth.** When you shift and as a bonus action on your other turns while shifted, you can use your elongated fangs to make an unarmed strike. If you hit with your fangs, you can deal piercing damage equal to $1d6 +$ your Strength modifier, instead of the bludgeoning damage normal for an unarmed strike.
- **Swiftstride.** While shifted, your walking speed increases by 10 feet. Additionally, you can move up to 10 feet as a reaction when a creature ends its turn within 5 feet of you. This reactive movement doesn't provoke opportunity attacks.
- **Wildhunt.** While shifted, you have advantage on Wisdom checks, and no creature within 30 feet of you can make an attack roll with advantage against you unless you're incapacitated.

Tabaxi *(Monsters of the Multiverse)*

Created by the Cat Lord—a divine being of the Upper Planes—to blend the qualities of humanoids and cats, tabaxi are a varied people in both attitude and appearance. In some lands, tabaxi live like the cats they resemble, naturally curious and at home in playful environments. In other places, tabaxi live as other folk do, not exhibiting the feline behavior the Cat Lord intended.

Tabaxi's appearance is as varied as their attitudes. Some tabaxi have features or patterning in their fur like tigers, jaguars, or other big cats, while others have appearances more like a house cat. Still others have unique patterns or might style their fur to their preferences—or might even be hairless!

Creature Type: Humanoid



Size: Medium or Small

Speed: 30 ft (6 squares), climb 30 ft (6 squares)

Cat's Claws: You can use your claws to make unarmed strikes. When you hit with them, the strike deals 1d6 + your Strength modifier slashing damage, instead of the bludgeoning damage normal for an unarmed strike.

Cat's Talent: You have proficiency in the Perception and Stealth skills.

Darkvision: You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You discern colors in that darkness only as shades of gray.

Feline Agility: Your reflexes and agility allow you to move with a burst of speed. When you move on your turn in combat, you can double your speed until the end of the turn. Once you use this trait, you can't use it again until you move 0 feet on one of your turns.

Tiefling *(2024 Player's Handbook)*

Tieflings are either born in the Lower Planes or have fiendish ancestors who originated there. A tiefling (pronounced TEE-fling) is linked by blood to a devil, a demon, or some other Fiend. This connection to the Lower Planes is the tiefling's fiendish legacy, which comes with the promise of power yet has no effect on the tiefling's moral outlook.

A tiefling chooses whether to embrace or lament their fiendish legacy. The three legacies are described below:

Abyssal: The entropy of the Abyss, the chaos of Pandemonium, and the despair of Carceri call to tieflings who have the abyssal legacy. Horns, fur, tusks, and peculiar scents are common physical features of such tieflings, most of whom have the blood of demons coursing through their veins.

Chthonic: Tieflings who have the chthonic legacy feel not only the tug of Carceri but also the greed of Gehenna and the gloom of Hades. Some of these tieflings look cadaverous. Others possess the unearthly beauty of a succubus, or they have physical features in common with a night hag, a yugoloth, or some other Neutral Evil fiendish ancestor.

Infernal: The infernal legacy connects tieflings not only to Gehenna but also the Nine Hells and the raging battlefields of Acheron. Horns, spines, tails, golden eyes, and a faint odor of sulfur or smoke are common physical features of such tieflings, most of whom trace their ancestry to devils.

Creature Type: Humanoid

Size: Medium (5 or 6+ ft tall)

Speed: 30 ft (6 squares)

Darkvision: You have Darkvision with a range of 60 feet.



Fiendish Legacy: You are the recipient of a legacy that grants you supernatural abilities. Choose a legacy from the Fiendish Legacies table. You gain the level 1 benefit of the chosen legacy.

When you reach character levels 3 and 5, you learn a higher-level spell, as shown on the table. You always have that spell prepared. You can cast it once without a spell slot, and you regain the ability to cast it in that way when you finish a Long Rest. You can also cast the spell using any spell slots you have of the appropriate level.

Intelligence, Wisdom, or Charisma is your spellcasting ability for the spells you cast with this trait (choose the ability when you select the legacy).

Choose a Fiendish Legacy:

- **Abyssal**
 - **Level 1:** You have Resistance to Poison damage. You also know the Poison Spray cantrip.
 - **Level 3:** Learn Ray of Sickness
 - **Level 5:** Learn Hold Person
- **Chthonic**
 - **Level 1:** You have Resistance to Necrotic damage. You also know the Chill Touch cantrip.
 - **Level 3:** Learn False Life
 - **Level 5:** Learn Ray of Enfeeblement
- **Infernal**
 - **Level 1:** You have Resistance to Fire damage. You also know the Fire Bolt cantrip.
 - **Level 3:** Learn Hellish Rebuke
 - **Level 5:** Learn Darkness

Otherworldly Presence: You know the Thaumaturgy cantrip. When you cast it with this trait, the spell uses the same spellcasting ability you use for your Fiendish Legacy trait.

Turtle *(Monsters of the Multiverse)*



Turtles have a saying: "We wear our homes on our backs." These turtle folk live on many worlds, most often journeying up and down coasts, along waterways, and across the sea. Turtles don't have a unified story of how they were created, but they all have a sense of being mystically connected to the natural world. Carrying their shelter on their backs gives turtles a special feeling of security wherever they go, for even if they visit a far, unknown country, they have a place to lay their heads.

Turtles exhibit the same range of coloration and patterns found among turtles, and many turtles enjoy adorning their shells in distinctive ways.

Creature Type: Humanoid

Size: Medium or Small

Speed: 30 ft (6 squares)

Claws: You have claws that you can use to make unarmed strikes. When you hit with them, the strike deals 1d6 + your Strength modifier slashing damage, instead of the bludgeoning damage normal for an unarmed strike.

Hold Breath: You can hold your breath for up to 1 hour.

Natural Armor: Your shell provides you a base AC of 17 (your Dexterity modifier doesn't affect this number). You can't wear light, medium, or heavy armor, but if you are using a shield, you can apply the shield's bonus as normal.

Nature's Intuition: Thanks to your mystical connection to nature, you gain proficiency with one of the following skills of your choice: Animal Handling, Medicine, Nature, Perception, Stealth, or Survival.

Shell Defense: You can withdraw into your shell as an action. Until you emerge, you gain a +4 bonus to your AC, and you have advantage on Strength and Constitution saving throws. While in your shell, you are prone, your speed is 0 and can't increase, you have disadvantage on Dexterity saving throws, you can't take reactions, and the only action you can take is a bonus action to emerge from your shell.

Triton *(Monsters of the Multiverse)*

Originally from the Elemental Plane of Water, many tritons entered the Material Plane centuries ago in response to the growing threat of evil elementals. Those tritons spread across the worlds' oceans, protecting the surface from terrors in the deep. Over time, tritons have extended their stewardship over the sea floor to the ocean's surface.

Tritons have webbed hands and feet, small fins on their calves, and coloration that favors blues and greens.

Creature Type: Humanoid

Size: Medium (about 5 ft tall)

Speed: 30 ft (6 squares), swimming 30 ft (6 squares)

Amphibious: You can breathe air and water.

Control Air and Water: You can cast fog cloud with this trait. Starting at 3rd level, you can cast the gust of wind spell with this trait. Starting at 5th level, you can also cast the water walk spell with it. Once you cast any of these spells with this trait, you can't cast that spell with it again until you finish a long rest. You can also cast these spells using any spell slots you have of the appropriate level.

Intelligence, Wisdom, or Charisma is your spellcasting ability for these spells when you cast them with this trait (choose when you select this race).

Darkvision: You can see in dim light within 60 feet of you as if it were bright light and in darkness as if it were dim light. You discern colors in that darkness only as shades of gray.

Emissary of the Sea: You can communicate simple ideas to any Beast, Elemental, or Monstrosity that has a swimming speed. It can understand your words, though you have no special ability to understand it in return.



Guardians of the Depths: Adapted to the frigid ocean depths, you have resistance to cold damage.

Yuan-ti *(Monsters of the Multiverse)*

Yuan-ti were originally humans who transformed themselves into serpent folk through ancient rituals. Most yuan-ti were corrupted into monsters by those rites, but some yuan-ti instead became a new people who mix characteristics of humans and snakes.

Blessed with resistance to magical and poisonous effects by the rituals that created them, each of these yuan-ti manifests their serpentine heritage in a variety of ways: a forked tongue, snake eyes, a snakelike nose, or some other ophidian characteristic. However a yuan-ti looks, they have the power to pursue great good or evil in the multiverse.

Creature Type: Humanoid

Size: Medium or Small

Speed: 30 ft (6 squares)

Darkvision: You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You discern colors in that darkness only as shades of gray.

Magic Resistance: Advantage on saving throws against spells.

Poison Resilience: You have advantage on saving throws you make to avoid or end the poisoned condition on yourself. You also have resistance to poison damage.

Serpentine Spellcasting: You know the poison spray cantrip. You can cast animal friendship an unlimited number of times with this trait, but you can target only snakes with it. Starting at 3rd level, you can also cast suggestion with this trait. Once you cast it, you can't do so again until you finish a long rest. You can also cast it using any spell slots you have of 2nd level or higher. Intelligence, Wisdom, or Charisma is your spellcasting ability for these spells when you cast them with this trait (choose when you select this race).

