

CUSTOM ANCESTRIES & CULTURES



ARCANIST
PRESS



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CUSTOM ANCESTRIES & CULTURES

Preface

This collection of custom ancestries and cultures is meant to be used with *Ancestry & Culture: An Alternative to Race in 5e*, available on DriveThruRPG. I created these ancestries and cultures in response to requests from backers on the *Ancestry & Culture* Kickstarter. As you can see, some are quite familiar to D&D players and the fantasy genre in general, while others are... unusual, to say the least, most often because that is what the backer had requested. My design goals in the offerings below are twofold: to give the backer what they have asked for and to do so in an interesting, fun, and respectful way that others might enjoy as well.

For several of the ancestries and cultures below, a backer requested something for which I felt I needed a sensitivity reader to guide me. In the first case, that of couatl folk, the backer specifically asked for an ancestry and culture derived from the mythology of a particular real-world culture. In the second case, the Re-Forged, the backer requested rules for characters who had received a warforged prosthesis. I normally avoid writing about real world cultures and groups of which I am not a member. Doing so feels like cultural appropriation and puts me in danger of misrepresenting the cultures in question, and of speaking for those for whom I should not speak. I would rather listen to them speak about their own cultures in their own voices. I also fear that I might fall into harmful tropes and stereotypes. Fortunately, in the case of the couatl folk, the backer was a member of the culture from which the myth originates. So I collaborated with her, as well as with a sensitivity reader, to create what they felt was a respectful representation of the myth. For the Re-Forged, I also consulted a sensitivity reader who advocates for the disability community and is herself a lower limb amputee and prosthesis wearer. We are happy with what we came up with and I hope you will like it too.



TABLE OF CONTENTS

PREFACE -----	3	INK HEXEN -----	32
AWAKENED UNDEAD -----	5	INSECT FOLK -----	33
AMAZON -----	6	KANGRA -----	34
AQUATIC ELF -----	6	KOBOLD -----	35
AZER -----	7	LEÒMAINN -----	36
BAT FOLK -----	8	LIZARD FOLK -----	36
BEAR FOLK -----	9	LYCANTHROPE DESCENDANT -----	37
BLOOD SPRITE -----	11	MEDUSAN -----	38
BUGBEAR -----	12	MERFOLK -----	39
CAT FOLK -----	12	MIMIC FOLK -----	39
CONSTRUCTS -----	13	MINOTAUR -----	40
COUATL FOLK -----	14	NICTATOR -----	41
THE CRYSTAR -----	15	NOUMENON -----	41
DHAMPIR -----	16	OCTOFOLK -----	42
DOG FOLK -----	17	OXENFOLK -----	43
DRYAD -----	18	PARAGONS -----	44
THE DULLAHAN -----	19	QĪVUX -----	44
DWARF -----	20	QUASI-PHORCYSITE -----	45
ELF -----	21	RAPTOR FOLK -----	46
ENTROPIAN -----	22	RAKSHASANS -----	46
FEY KIN -----	23	RAT FOLK -----	47
FOX FOLK -----	24	RE-FORGED -----	48
GIANT KIN -----	24	SATYRS -----	49
GNOLL -----	25	SHAPESHIFTER -----	50
GNOME -----	26	SNAKE FOLK -----	50
GOBLINS -----	27	SPIDER KIN -----	51
GRIMALKIN -----	28	TROLL FOLK -----	52
HAG FOLK -----	28	TURTLE FOLK -----	53
HALFLING -----	29	WERECAT -----	54
HIPPO FOLK -----	30	WOLF FOLK -----	55
HIVELING -----	30	LEGAL INFORMATION -----	56
HOMUNCULUS FOLK -----	31		

Awakened Undead

In order to create an awakened undead, you must first create a character as they exist prior to dying and being transformed into an undead being. You retain your Size, but otherwise have the traits listed below.

Awakened Undead Ancestral Traits

Undead are created in a variety of ways: necromancy, a curse, or even a contagion. Whatever the cause, a very few people who fall victim and are transformed into undead nevertheless retain their minds and personalities from life. These lucky (or unlucky?) few reawaken after death to discover themselves transformed into an animate corpse. Appearing like a zombie, awakened undead nevertheless behave as they did in life – at least, they try. They often find that their previous communities are unsettled by their new appearance.

Age. Awakened undead do not age.

Size. Awakened undead have the same size that they did in life.

Speed. Awakened undead have bodies that are somewhat sluggish. Your walking speed is 25 feet.

Inured to Poison. Undead bodies are not easily poisoned. You have resistance to poison damage and advantage on saves against poison.

Memory of Life. Awakened undead still resemble their previous, living selves. Choose one trait other than Age, Size, and Speed from the ancestry you had prior to being awakened.

Undead Form. Awakened undead may be sentient people, but they are still dead flesh. As such, they no longer need sleep, food or drink, or even air to breathe.



Awakened Undead Cultural Traits

Awakened undead adopt whatever culture they were members of before death.

Amazon

Amazons are a unique humanoid ancestry originating on a series of islands in an aquamarine sea. Some folk claim the amazons descend from a queen of the gods, a mighty goddess named Hera, while others say they were once the servants of Dionysus.

Amazonian Ancestral Traits

Amazons are humanoid women, almost indistinguishable from humans. As such, amazons tend to have certain traits.

Age. Amazons mature and have a life span equivalent to humans.

Size. Amazons are generally human in size and shape. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Divine Durability. Amazons have inherited a degree of godly resilience. When you aren't wearing armor, your AC is 13 + your Dexterity modifier. You can use this score to determine your AC if worn armor would leave you with a lower score. You may benefit from a shield as normal.

Olympic. Perhaps due to their divine heritage, amazons are most often strikingly strong and fit. You have proficiency in the Athletics skill.

Amazonian Cultural Traits

Amazonian culture esteems excellence in all things, but especially physical endeavor and martial prowess. Amazonian culture is welcoming of any who identify as a woman. Those who live among them are all considered equal regardless of identity, receiving accolades based on their contributions to society and their success in the games. Their friendly competition aside, amazonian communities are remarkably harmonious, almost idyllic places.

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

Alignment. Amazon communities value athleticism, martial prowess, scholarship, and the pursuit of virtue. Their members tend to lawfulness and goodness.

Rigorous Combat Training. Amazon culture celebrates martial competitions. You have proficiency with longword, longbow, javelin, and lasso (net), as well as light and medium armor.

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

Aquatic Elf

Note: These traits are the similar to those of other elven ancestries, as listed in Ancestry & Culture: An Alternative to Race in 5e, but are distinct enough to warrant their own ancestry entry.

Aquatic elves have formed three distinct community groups based on which bodies of water they choose for their settlements. There are sea aquatic elves, who take to the open seas, lake aquatic elves, who prefer the more isolated freshwater bodies inland, and the deep aquatic elves, who dwell entirely in the darkest reaches of the deep ocean. Each develops distinct cultural traits of their own, as listed below.

Aquatic Elf Ancestral Traits

Aquatic elves are of elven ancestry, though with enough differences to qualify as a distinct ancestry. They resemble elves with bluish or greenish tinted skin, with long, webbed fingers and toes, and visible gills on their ribs. They also have nictitating membranes that protect their eyes.

The ancestry of the aquatic elves has granted them certain traits as result of millennia of adaptation to living underwater.

Age. Aquatic elves age at the same rate as other elves, reaching physical maturity at about the same age as humans. The elven understanding of adulthood goes beyond physical growth, however, to encompass worldly experience. An elf typically claims adulthood and an adult name around the age of 100 and can live to be 750 years old.

Size. Aquatic elves range from under 5 to over 6 feet tall and have slender builds. Your size is Medium.

Speed. Your base walking and swimming speeds are 30 feet.

Amphibious. You can breathe air and water.

Protected Eyes. Aquatic elves have nictitating membranes that protect their eyes from the water in which they swim. You cannot be blinded by gases or liquids that reach your eyes and you have advantage on saving throws against Blindness.

Deep Aquatic Elf Cultural Traits

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

Alignment. Deep aquatic elf communities more often than not adopt a stoic attitude about the burdens and pressures they bear, both the literal water pressures of the depths and more metaphorical ones. As such they tend toward neutrality.

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

Magics of the Deep. Deep aquatic elven community members develop special magical abilities to aid them in the austere and challenging environments in which they live. You know the *light* cantrip. When you reach 3rd level, you can cast the *sanctuary* spell once with this trait. When you reach 5th level, you can cast the *hold person* spell once with this trait, requiring no material components. You regain the ability to cast these spells with this trait when you finish a long rest. Wisdom is your spellcasting ability for these spells.

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

Lake Aquatic Elf Cultural Traits

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

Alignment. Compared to the lively migrations of the sea elves and the dangers and darkness of the deeps, the lake aquatic elf communities live relatively quiet lives. They tend to form orderly communities and, as such favor law.

Lake Gardeners. Many lake aquatic elven communities focus on growing and harvesting various fisheries and sea plants. Given the limited size and nature of their environment, however, they take great care to achieve sustainable balance. You have proficiency in the Nature and Animal Handling skills.

The Magic of Stillness. Lake aquatic elven communities are defined by the stillness of their waters. When you reach 3rd level, you can cast the *sleep* spell once with this trait. When you reach 5th level, you can cast the *silence* spell once with this trait, requiring no material components. You regain the ability to cast these spells with this trait when you finish a long rest. Wisdom is your spellcasting ability for these spells.

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

Sea Aquatic Elf Cultural Traits

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

Alignment. Sea aquatic elf communities tend to embrace the wide-open nature of the oceans, moving about freely and reveling in the variety of life in the reefs and surface waters. This *joie de vivre* tends them toward chaos.

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

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

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

Azer

Originating from the elemental plane of fire, azers are humanoid in shape and rough appearance only. Azers are beings of elemental fire with heated metallic bodies. Fire roils within their metallic forms and spills out from their joints, eyes, and mouths, illuminating the area around them and keeping their metallic bodies burning hot to the touch.

Azer Ancestral Traits

Your azer character has several distinctive features due to this planar ancestry.

Age. Azer are born as adults, formed of primordial steel from the elemental plane of fire. Their lifespans can span many centuries, until their metallic forms break down and their inner flames rejoin the fiery plane.

Size. Azers are shorter than humans and stockier, and weigh a good deal more due to their hollow metallic bodies, with an average weight of 500 lbs. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Metal Militia. Your body is made of ever-burning, shining metal, granting you an incredibly tough exterior. When you aren't wearing armor, your AC is 13 + your Dexterity modifier. You can use this score to determine your AC if worn armor would leave you with a lower score. You may benefit from a shield as normal.

Jump in the Fire. You are a fiery being encased in hot metal. You are immune to fire damage.

Fade to Black. Your inner flame burns constantly, casting bright light in a 10-foot radius and dim light for an additional 10 feet. When you die, this inner fire fades to darkness.

Fight Fire with Fire. A creature that touches you or hits you with a melee attack while within 5 feet of it takes 1d4 fire damage.

Azer Cultural Traits

Azer communities on the material plane are exceedingly rare, given that they hail from the elemental plane of fire. Still, there are a few such communities, even ones that welcome those of ancestries other than azer into their number. The cultures of these communities are nevertheless deeply connected to the azer ancestry, taking ubiquitous fire and light for granted and revering the art of blacksmithing above all else. Indeed, most culturally azer communities produce weapons and armor for trade with others as their primary means of survival.

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

Alignment. Azers respect the discipline of a skilled smith, but feel the chaotic energies of fire within them. Still, the rigid exteriors that those of azer ancestry possess contains the conflagration. Perhaps it is for this reason that azer culture tends toward the lawful end of the spectrum.

Seek & Destroy. Everyone who spends sufficient time among azers eventually receives azer weapon training. You have proficiency with the mace, warhammer, war pick, and shield.

Damage Inc. Azer culture values smithing ability above almost everything else. You have proficiency with Smith's Tools.

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

Bat Folk

Bat folk are humanoids with a chiropteran ancestry, complete with large ears, fur, and leathery wings. Bat folk are humanoid, with black and leathery skin, though they also have short brown fur covering much of their body, except their hands, feet, and face. They have large, batlike ears, black eyes, and leathery wings that stretch under their arms to their torso, from their wrists to their waist.

Bat Folk Ancestral Traits

Your bat folk character has certain distinctive characteristics.

Age. Bat folk mature more quickly than humans, reaching adulthood at 16, and living roughly 60 years.

Size. Bat folk are shorter than humans, standing 3-4 feet tall, and usually slimmer as well. Your size is Small.

Speed. Your base walking and flying speeds are 25 feet.

Flight. You have a flying speed equal to your current walking speed. You may remain aloft for up to 2 hours per day, all at once or in several shorter flights. You regain one hour of flying time when you complete a long rest. Bat folk cannot wear medium or heavy armor when flying, however.

Echolocation. You have Blindsight of 30 ft., though you lose this trait when you are Deafened. Due to your heightened sense of hearing, you are vulnerable to thunder damage. You can also issue an ultrasonic screeching sound that only those of bat folk ancestry can hear.

Bat Folk Cultural Traits

Characters who grow up among the bat folk adopt certain behaviors and attitudes of their communities. Bat folk communities tend to form inside caves near surface access. These matriarchal collectives practice communal living, with a complex network of overlapping social relations among them. Indeed, bat folk are able to form relationships and communities with virtually anyone, and in huge numbers, yet often keep track of every detail of their social interactions and standing. Bat folk cultures often practice a religion of cyclical life and death worship, celebrating the passing of day into night and life into death.



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

Alignment. Bat folk cultures are accepting and tolerant, appreciating and accepting each-other's differences. That said, they also value cooperation and community. These are sometimes in tension, which results in a balance between law and chaos and a fairly strong tendency toward goodness.

Good Listeners. Bat folk value listening. You have advantage on Wisdom (Perception) checks that rely on hearing.

Social Awareness. Those who grow up in bat folk culture tend to develop a fine-tuned sense of social relations. You have proficiency in the Insight skill.

Magic of Night and Death. As a part of the religious practices of reverence for the cycles of life and death found in many bat folk communities, youth of those communities learn some simple magics. You know the *spare the dying* cantrip. When you reach 3rd level, you can cast the *gentle repose* spell once with this trait. When you reach 5th level, you can cast the *darkness* spell once with this trait, requiring no material components. You regain the ability to cast these spells with this trait when you finish a long rest. Intelligence is your spellcasting ability for these spells.

Languages. You can speak, read, and write Common and Bat Folk, a language of screeching and clicks. Those of bat folk ancestry augment the language with ultrasonic sounds that only other people of bat folk ancestry can hear.

Bear Folk

Bear folk are ursine humanoids. They resemble bipedal bears, with brown, black, or white fur, large frames, heavy, clawed paws, and long large snouts.

Bear Folk Ancestral Traits

Bear folk loremasters report that the bear folk hail from a realm beyond our reality known as the Autumn Wilds, which is an endless, idyllic forest. Whether or not this is true, all bear folk share certain ancestral traits.

Age. Bear folk live about as long as humans.

Size. Bear folk are larger than humans, standing roughly 7 feet in height and weighing in the vicinity of 300 lbs. Your size is Medium.

Speed. Your base walking and climbing speeds are 30 feet.

Climbing Claws. Bear folk can use their claws to climb trees with ease. You have a climb speed equal to your walking speed.

Keen Smell. Bear folk has advantage on Wisdom (Perception) checks that rely on smell.

Tooth and Claw. Bear folk have teeth and claws like a black bear and they can use either to make unarmed strikes. On a hit with your either claws or teeth, you deal slashing damage equal to 1d6 + your Strength modifier.

Bear Folk Cultural Traits

Bear folk communities are found in a variety of environment, though usually in colder climes. Bear folk communities tend to be reclusive but welcoming when outsiders manage to find them. Indeed, they are generally happy to welcome non-bear folk into their number. Some bear folk community members spend their time gathering berries, fishing, or hunting for small game. Others spend time upgrading their dens, which are most often small caves where bear folk hibernate during the winter months. Most members of bear folk communities share the following traits.

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

Alignment. Bear folk are relatively reclusive, forming close bonds to their den mates but not many others. They have a weak tendency toward neutrality, but many bear folk differ.

Bear Folk Weapon Training. Bear folk communities train their young to defend themselves. You are proficient with the club, handaxe, quarterstaff, and battleaxe.

Naturalists. Bear folk train their young to be experts in identifying berries, mushrooms, and other flora and fauna. You have proficiency with the Survival skill.

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

Bird Folk

Bird folk are anthropomorphic birds with humanoid arms, hands, and legs, but birdlike talons, beaks, wings, and feathers. They are said to have migrated from the material plane from the elemental plane of air.

Bird Folk Ancestral Traits

Bird folk have avian ancestry, lending them particular traits unique to birds and birdkind, including feathered wings that grow from your back, talons, and a hard beak. Some resemble large bird of prey, like eagles or hawks, while others have a more corvid appearance, looking like ravens or crows.

Age. Bird folk mature more quickly than humans, reaching adulthood by 15 years old. On average, they live about 60 years.

Size. Bird folk stand between 4 and 5.5 feet tall and average about 100 pounds. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Avian Inheritance. Your avian ancestry provides you with feathered wings that grow from your back. You have a flying speed equal to your current walking speed, though only for short distances. You fall if you end your turn in the air with nothing holding you aloft. When you reach 5th level, you may remain aloft for up to 2 hours per day, all at once or in several shorter flights. You regain one hour of flying time when you complete a long rest.

Birdlike. Bird folk vary almost as much as birds themselves. Choose one of the following avian traits:

Beautiful Song. Some bird folk resemble songbirds. You are a magnificent singer, able to repeat any tune you've heard with perfect pitch. You have proficiency in the Performance skill. When you use the Performance skill to sing a song that you have heard, you may roll with advantage.

Nocturnal. Other bird folk resemble owls. Your eyes are especially sharp at night. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

Raptor Talons. Many bird folk are hunters. You have sharp claws at the ends of your fingers and toes which you can use to make unarmed strikes. The talons deal 1d4 slashing damage plus your Strength modifier.

Waterfowl. A few bird folk spend time in the water. You have webbed feet and a swim speed equal to your base walking speed.

Bird Folk Cultural Traits

Characters who grow up among the bird folk tend to adopt their cultural practices. Most bird folk communities, often called eyries, are on cliff sides or mountain tops, though a few with a contingent of bird folk with waterfowl ancestry prefer to settle near bodies of water. Children are trained from a young age to spot game from these locations and festivals often revolve around seasons and the weather.

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

Alignment. Bird folk culture valorizes the freedom of soaring through the sky, of colorful plumage, and of kinship. Thus there is a slight tendency toward chaos and goodness, though many also adhere to the natural cycles of nature, of hunter and prey, and thus prefer neutrality.

Keen Eyes. Your training hunting game from heights has honed your sight. You have proficiency in the Perception skill.

Weather-wise. Whenever you make an Intelligence (Nature) or a Wisdom (Survival) check related to the weather, you are considered proficient in the skill and add double your proficiency bonus to the check, instead of your normal proficiency bonus.

Languages. You can speak, read, and write Common and Auran, which is a dialect of Primordial spoken by creatures with an affinity for the element of air. As such, it has a whistling sound and a flowing rhythm.

Blood Sprite

Sprites are traditionally good-hearted fey protectors of the forests. When the forests they had vowed to protect are destroyed, however, they become blood sprites, infused with the decay and death of their lost forest.

Blood Sprite Ancestral Traits

Necrotic energies surge through the blood sprites, transforming them. Whereas sprites are green and gold, blood sprites are darker colors, usually black and red.

Age. Blood sprites reach maturity by age five and have a lifespan of 30 years.

Size. Blood sprites stand about six inches tall and weigh less than a pound. Your size is Tiny.

Speed. Your base walking speed is 10 feet and flying speed of 30 feet.

Tiny Fey. Blood sprites are small but full of attitude. You are Tiny and your creature type is Fey. You cannot wield or use equipment made for Small or larger folks and must instead fashion or acquire your own. When you attempt to fashion clothes are basic supplies for yourself from natural ingredients such as twigs and leaves, you make any rolls involved with advantage.

Fairy Wings. Blood sprites have small, butterfly-like wings on their backs that allow them to fly, though they cannot wear medium or heavy armor. You have a flying speed of 30 feet.

The Anger of Decay. Blood sprites are so small that their weapon attacks cannot do significant physical damage. Any weapon attack you make does only 1 piercing damage on a hit. Because of the anger within, however, necrotic energies spill out whenever they attack. On a hit with a weapon, you do additional necrotic damage equal to 1d6 + your proficiency bonus.

Blood Sprite Cultural Traits

When blood sprites come into being, they change colors, as well as their attitude and outlook, as they become interested in vengeance, either for their lost forest or for the pain and loss that all other good and gentle creatures suffer. A tribe of sprites that has

lost its forest often sticks together, roving the land looking to pick a fight with any whom they deem to be destructive and evil. These gangs of blood sprites, and any other likeminded folk they pick up along the way, can be much more dangerous than they appear.

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

Alignment. Blood sprites are often driven by an anger and desire for justice or vengeance against those they deem to be corruptors of the land and the good. As such, they tend toward goodness and chaos.

Attitude. Blood sprites teach their own how to talk to bigger folk in a way that... truly communicates their intensity. You have proficiency in the Intimidation skill.

Overlooked. Because of their small size, blood sprites often get overlooked by others. They teach their kin to use that to their advantage. You have advantage on Dexterity (Stealth) checks.

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



Bugbear

Bugbears are muscular, hairy humanoids with long arms and a frightening mien. Folk lore depicts bugbears as cruel thugs who form gangs to menace peaceful settlements. Indeed, some such gangs exist, but other bugbears walk a different path, despite the prejudice they often face from others.

Bugbear Ancestral Traits

Your bugbear character has a few traits in common with other bugbears, regardless of culture.

Age. Bugbears reach maturity more quickly than humans, becoming adults by 15, and living until age 50 or so.

Size. Bugbears have large, strong frames and usually stand six to seven feet tall and weigh between two hundred and three hundred pounds. Your size is Medium.

Speed. Your base walking speed is 30 feet.

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

First Strike. When you start fighting, you hit hard. The first time you hit with a melee weapon after rolling initiative, your melee weapon deals one extra die of its damage.

Bugbear Cultural Traits

Bugbear communities vary. Some fit the old stories, with bugbears forming violent roving gangs that intimidate nearby villages and extort money and goods from them before moving on. Others settle down, however, and form a more peaceful society. Crude and raucous fraternity defines these communities, with bugbears and their neighbors swilling beer, wrestling, and generally being slobs together, but suffused with a sense of camaraderie and brotherhood. In general, most who grow up in a bugbear communities gain the following features.

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

Alignment. Bugbear communities are disorganized, loud, and crass places. They tend strongly toward chaos.

Physical Pranksters. Bugbear community members often engage in play fighting, as well as rough, physical pranks that involve knocking each other over, often by springing out from hiding to startle their prey. You have proficiency in the Athletics and Stealth skills.

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

Cat Folk

Cat folk are feline humanoids, roughly human in height but thinner and usually weighing less. They are covered in short fur of as wide a variety of colors and textures as wild felines exhibit, including panthers, jaguars, leopards, cheetahs, tigers, and even lions. They have cat-like teeth and claws and a feline tail that seems to have a mind of its own.

Cat Folk Ancestral Traits

Your cat folk character has several distinctive traits, thanks to your feline ancestry.

Age. Cat folk mature more quickly than humans, reaching adulthood by 16 years old. On average, they live about 80 years.

Size. Cat folk stand between 4.5 and 6 feet tall, but tend to be more lithe than humans, averaging about 120 pounds. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Darkvision. Cat folk have a history of nocturnal behavior, granting their descendants superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

Cat's Grace. Cat folk have an uncanny ability to land on their feet from birth. You have proficiency in the Acrobatics skill.

Claws. In addition, your claws are natural weapons, which you can use to make unarmed strikes. If you hit with them, you deal slashing damage equal to 1d4 + your Strength modifier, instead of the bludgeoning damage normal for an unarmed strike.

Pounce. Cat folk have long legs and light frames, affording them superior jumping ability. Your jumping distances are doubled.

Cat Folk Cultural Traits

Cat folk communities tend to be diverse spaces, with each member adopting their own way of life and being. Despite this variety, some trends do exist, such as their shared love of hunting, which is taught from an early age.

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

Alignment. For the most part, cat folk society values individual expression and autonomy, eschewing strong leaders or a sense of group membership. Indeed, nothing is harder than herding cat folk. As such, they tend toward chaos and away from law.

Ambush Hunter. Those who are raised as cat folk learn hunting techniques that rely on stealth and surprise. You have proficiency in the Stealth skill.

Self-assured. Cat folk society values knowing one's own mind, rendering its members peculiarly resistant to having their minds changed. You have advantage on saving throws against being charmed.

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

Constructs

Constructs are humanoids in shape and size, but made of iron, wood, and other inorganic materials. They are not mere machines, however, nor mere magical constructs like a golem, for these beings are self-aware and intelligent.

Construct Ancestral Traits

Constructs usually have hands, feet, and facial features that match humans, but can come in a wide variety of appearance and structure. Their material bodies are magically reinforced and durable; those with wooden forms do not decay and are not more vulnerable to fire than humans, for example. Your construct character has several distinctive traits, thanks to your having been made, not born.

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

Size. Constructs are about the same size as humans, though they tend to weigh about twice as much. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Inorganic Machine. Due to being made of wood and iron, you have advantage on saving throws against being poisoned, and you have resistance to poison damage. You need neither food, nor drink, nor air, and you cannot catch a disease.

Powering Down. You do not need to sleep, but you must spend four hours inactive and motionless, though still aware of your surroundings to gain the benefits of a long rest.

Hardened Form. Your wood and iron body is a delicate mechanism, but it is nevertheless more resilient than flesh. When you aren't wearing armor, your AC is 13 + your Dexterity modifier. You can use this score to determine your AC if worn armor would leave you with a lower score. You may benefit from a shield as normal.

Construct Cultural Traits

Because constructs are made by tinkerers and wizards in other cultures, most constructs spend at least the first part of their lives not in any culture of their own. A few constructs have come together to form communities, however. These communities focus on projects of self-discovery and mutual support, with each member dedicating themselves to particular skills or crafts.

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

Alignment. Constructs are built and given specific tasks by their creators. This leads many to adopt lawful attitudes, but it also pushes some toward chaos, out of a rebellion or self-expression.

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

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

Couatl Folk

Note: this ancestry and culture was made in collaboration with Ashley Meissner-Teran, a Mexican-American, and with the help of two-spirit sensitivity reader Elijah Forbes.

Couatl folk have an ancestry that resembles both avian and serpentine humanoids but is distinct from both, having descended from the divine Couatl, a celestial being of great power. To be sure, this heritage lends them birdlike and serpentine traits, but it also provides them with some traits unique to couatl folk. They have a humanoid form, but a serpentine look to their face, and their skin is scaly. Along their arms, legs, shoulders, and back, as well as on the back of their head, grow green and blue colorful feathers.

Couatl Folk Ancestral Traits

Your couatl character has several distinctive traits, thanks to your unique ancestry.

Age. Couatl folk mature at the same rate as humans but live upwards to 200 years.

Size. Couatl folk are about the same size as humans, but usually a slimmer build. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Divine Resistance. Couatl folk descend from the celestial couatl. You have resistance to radiant damage.

Glide. Couatl folk have a heritage in the sky, using their limited feathers to glide through the air, though they cannot truly fly. With a leap, you can take to the air, gaining a flying speed equal to your walking speed. While flying in this way, you cannot gain altitude and you descend 1 foot for every 10 feet of horizontal movement. With the help of an updraft, however, you can retain your altitude.

Scales. Couatl folk also have a heritage on the ground. Beneath your colorful plumage are the hardened scales of a serpent, which grant you additional protection. When you aren't wearing armor, your AC is 13 + your Dexterity modifier. You can use this score to determine your AC if worn armor would leave you with a lower score. You may benefit from a shield as normal.

Weather Sense. Perhaps because the couatl ancestry traces back to celestial beings of wind and rain, all couatl folk have an innate sense of the weather. You know when the weather is about to change.

Couatl Folk Cultural Traits

Characters who grow up among the couatl folk often adopt their cultural practices. Couatl folk communities tend to be sophisticated, with large urban centers and diverse, multicultural populations. Their cities feature temples to the sky set atop impressive, narrow pyramids, where priests and priestesses study mathematical astronomy and record their observations into screen-folding books. For leisure, many young people in couatl folk communities compete in ball games conducted in large ball playing courts, though others take up history, literature, or the arts. Couatl folk cultural practices include ancestor reverence and offerings of food, mostly the maize, beans, and squash that constitute the core of their diet.

Some couatl folk communities believe themselves to serve as intermediaries between the divine and the natural. Indeed, they see the traditional couatl ancestral form as evidence of this: a snake that slithers low on the ground and a bird that can soar high in the sky, allowing them to know the mortal and the divine. In many of these couatl communities, the people see themselves as divine and natural, masculine and feminine, as well, with some blessed few possessing more than one nature, including masculine, feminine, and beyond.

Still other couatl folk communities focus more on their scientific, literary, and musical advances, or their success in trading jade and art objects. Regardless, most who grow up in a couatl folk community gain the following features.

Ability Score Increase. The couatl folk are many and varied, so you may choose to increase three abilities scores by 1. Alternatively, your Intelligence score increases by 2 and your Dexterity by 1.

Alignment. Couatl folk cultures are often theocratic, with a religious leader serving as the political head as well. The religious doctrines tend members of these cultures toward law, though of course all variety of people belong to couatl folk communities.

Dual Nature. Couatl folk are both of the divine sky and the mortal earth. As such, your education grants you proficiency in the Intelligence (Religion) and (Nature) skills.

Caretakers of Magical Tradition. Couatl folk communities revere their scribes and sages, who maintain the traditions and memories of their magical ancestors. Reflecting this, all youth are trained in special techniques from a young age that grants them some basic facility with couatl magic. You can cast the *create or destroy water* spell once with this trait, requiring no material components. When you reach 3rd level, you can cast the *detect evil and good* spell once with this trait. When you reach 5th level, you can cast the *augury* spell once with this trait. You regain the ability to cast these spells with this trait when you finish a long rest. Intelligence is your spellcasting ability for these spells.

Featherworkers. Couatl folk communities often feature expert artisans who craft objects from couatl folk feathers. These artifacts include feathered objects like fans, but the featherworker can use feathers to adorn other things, such as shields, with the height of their art being the creation of headdresses and clothing. You have proficiency with a set of Artisan's Tools unique to couatl folk culture: Feathercrafters' Tools. Not only can you craft nonmagical objects for sale as you can with any artisan's tool, but you may also use a featherworked object you have created as an arcane focus.

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

The Crystar

The crystar are crystalline constructs made by ancient elves. Created by ancient elven wizards for some purpose lost to time, the crystar are made of a glassy crystal material. Their shape resembles an elf, though their exact appearance can vary. Some are taller than elves and thinner, whereas others appear broader and than elves, resembling humans. Their glassy bodies are delicate and translucent, with swirling colors dancing across their form.

The Crystar Ancestral Traits

Your crystar character has several distinctive traits, thanks to your crystalline ancestry.

Age. The crystar are all thousands of years old with no new members being added to their ancestry for centuries. Their lifespan extends as long as their crystal form remains intact.

Size. The crystar are from 5 to 7 feet tall, weighing less than most creatures their size due to their delicate crystalline bodies. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Constructed Form. Because you are not a living creature of flesh and blood, you have advantage on saving throws against being poisoned, and you have resistance to poison damage. You need neither food, nor drink, nor air, nor sleep, and you cannot catch a disease.

Translucence. Crystar bodies allow light to pass through and, unless someone looks carefully, they might not notice a crystar from a distance. You have advantage on Stealth checks that rely on not being seen.

The Crystar Cultural Traits

The Crystar have very few opportunities to form communities, as there are so very few of them in existence. Even so, small enclaves have existed, and often end up inviting others to live among them as well. Among these groups, the crystar share their knowledge of magic and history, having lived for so very long.

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

Alignment. Crystar communities are calm and contemplative, yet they do not enforce rules on each other or expect others to do so either. As such, they tend toward chaos.

Crystalline Magic. You know the *mending* cantrip. When you reach 3rd level, you can cast the *color spray* spell once with this trait, without requiring the material component, and regain the ability to do so when you finish a long rest. When you reach 5th level, you can cast the *enthrall* spell once with this trait and regain the ability to do so when you finish a long rest. Charisma is your spellcasting ability for these spells.

Historians. You have proficiency in the History skill.

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



Age. Dhampir mature as humans do, but have extremely long lifespans due to their undead heritage, living upwards to a thousand years.

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

Speed. Your base walking speed is 30 feet.

Darkvision. Dhampir have enough vampiric heritage to be attuned to the night, granting their descendants superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

Fangs. You have retractable, sharp, canine teeth, which you can use to make unarmed strikes. If you hit with it, you deal piercing damage equal to 1d4 + your Strength modifier.

Blood Drinker. As an action, you may use your fangs to make an unarmed strike against a foe who is grappled, restrained, incapacitated, or willing. If the attack hits, it deals its normal damage plus 1d4 necrotic damage. You gain temporary hit points equal to the amount of necrotic damage you deal.

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

Undead Resistance. You have resistance to necrotic damage.

Dhampir

The dhampir is the offspring of a vampire and a human. They appear to be humans, though their skin often has a pallid or subtly corpselike aspect. They have retractable canine fangs that appear normal when not in use.

Dhampir Ancestral Traits

Your dhampir character has several distinctive traits gained from your vampiric ancestry.

Dhampir Cultural Traits

Dhampir rarely if ever forms communities for the simple reason that there are so few of their kind. In those few circumstances where they band together, it is usually in small groups that travel the land in mutual support.

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

Alignment. Dhampir usually lead solitary lives, moving from place to place. Though they may choose to follow the laws of the lands in which they travel, they themselves feel no allegiance to law.

Vampiric Magic. When you reach 3rd level, you can cast the *charm person* spell once with this trait. When you reach 5th level, you can cast the *spider climb* spell on yourself once with this trait, without requiring a material component. When you reach 7th level, you can cast the *gaseous form* spell on yourself once with this trait. You regain the ability to cast these spells with this trait when you finish a long rest. Charisma is your spellcasting ability for these spells.

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

Dog Folk

Dog folk are humanoids that resemble dogs, though they have humanoid hands. Their appearance can vary as broadly as that of dogs, with fur of virtually any kind or color. Some family lines inherit a keen sense of smell; others, hearing. Some have long fur that keeps them warm, while others are sleek.

Dog Folk Ancestral Traits

Those of dog folk ancestry have the following traits.

Age. Dog folk mature quickly, reaching adulthood in just 7 years, with lifespans of roughly 50 years.

Size. Dog folk vary widely in size and shape, ranging from four feet to six feet tall. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Bite. Your canine teeth are natural weapons, which you can use to make unarmed strikes. On a hit, you deal slashing damage equal to 1d6 + your Strength modifier.

Enhanced Sense. As a result of your canine heritage, you have one well-honed sense, either hearing or smell. You have advantage on any Wisdom (Perception) check that relies on your chosen sense.

Fur coat. Some dog folk have heavy coats, whereas others have a coat fit for hot weather. Choose whether you have a short coat or a long thick coat. If you have a thick coat, you have resistance to cold damage. If you have a short, sleek coat, your base walking speed is 35 feet.

Dog Folk Cultural Traits

Dog folk communities often form small tribes or packs of close-knit kin and companions, hunting together. Despite the focus on hunting, the leaders of such communities usually are the most charismatic of the pack, rather than the strongest or fastest, though those traits are valued as well. Charisma, competence, and kindness define dog folk communities, with loyalty being the most valued virtue of all.

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

Alignment. Members of dog folk communities tend to form close knit bonds with their kin and companions, doing whatever is necessary to help when they are in need. This loyalty and compassion tend them toward goodness.

Dog Charm. Though not very good liars, members of dog folk communities often exude a kind of natural charisma that makes it hard not to like them. You have proficiency in the Persuasion skill.

The Thrill of the Chase. Dog folk communities revel in the hunt, particularly chasing game. You have proficiency in the Athletics skill.

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



Dryad

Dryads are magical, fey creatures who embody the spirit of a tree. Once a tree has grown in a sacred grove for a century or more, a dryad may emerge, fully formed, to serve as the grove's protector and friend. Occasionally, such beings wander from their groves, perhaps because another dryad has emerged to protect the grove.

Dryads have the form of a young human or elf, but their hair looks like green, red, or golden leaves and their smooth skin resembles green, golden, or brown bark.

Dryad Ancestral Traits

Your dryad character has several distinctive traits gained from your arboreal fey ancestry.

Age. Dryads grow slowly, taking nearly 100 years to reach maturity. Once they have, however, they can live for a thousand years.

Size. Dryads are roughly human in size and weight. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Fey Creature. Your creature type is Fey.

Natural Camouflage. Your tree-like appearance allows you to blend into natural environments.

You have advantage on all Stealth rolls made while in forests, swamps, jungles, and similar environments where trees grow.

Oaken Form. Dryads are made of living wood, with skin of smooth bark. When you aren't wearing armor, your AC is 12 + your Dexterity modifier. You can use this score to determine your AC if worn armor would leave you with a lower score. You may benefit from a shield as normal.

Speaks for the Trees. Dryads still know the secret language of the natural world, though they can no longer hear it whispered back to them. You can communicate simple ideas to beasts and plants as if they shared a language, though you cannot understand them.

Dryad Cultural Traits

Dryad communities are usually situated among the trees in which those of dryad ancestry grew to maturity. As such, their cultural practices largely revolve around the trees – their growth, their changing leaves, their flowering, and so on. They celebrate when a new tree sprouts, and when a sapling first buds, or a young tree first flowers or fruits, and they memorialize when an elder tree dies and falls, thanking it for returning its energy to the soil and community.

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



Alignment. Dryads and the communities that grow around them are defined by the love of nature, but some of their number can be as fickle as the weather. Others, however, are as steady and stable as an old oak. Even so, they tend toward goodness or neutrality and away from evil.

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

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

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

The Dullahan

The dullahan are fey creatures that some find frightening, referring to them as 'headless horsemen.' They appear to be decapitated, yet still living, human beings who carry their own heads under their arms. What's more, these heads are still animated, though they appear decayed, with an unnaturally large, toothy grin. Their detached heads can still see, hear, and speak, and even eat and drink, the sustenance somehow passing into the dullahan despite the disconnection. Despite their monstrous appearance, these creatures are not always evil, though these gentler individuals nevertheless have trouble finding anyone who does not flee from them in fear.

Dullahan Ancestral Traits

Your dullahan character has several unique and unusual traits gained from your fey ancestry.

Age. The dullahan are ageless, coming into being fully formed from the twisted magic of the plane of Faerie.

Size. The dullahan human in size and weight. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Darkvision. The fey ancestry and supernatural nature of their heads likely explain the dullahan's superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

Fearsome Mien. The headless form and rotting head strikes fear into the hearts of many who see the dullahan. As an action, you can menace one creature who can see you within 30 feet. They must make a Wisdom saving throw with a DC equal to 8 + your proficiency score + your Charisma modifier. On a failure, the creature is frightened of you until the end of your next turn.

Fey Creature. The dullahan are fey beings. Your creature type is Fey.

Headless Enchantment. Because of the dullahan's unusual physiology, they cannot be beheaded or choked. What's more, if they so choose, they can leave their heads in a location and see, hear, and smell what occurs there, while the rest of their body remains insensate, apart from touch. The dullahan always know the locations of their heads, as long as they are on the same plane of existence.

Dullahan Cultural Traits

The dullahan are rare indeed, so the opportunity for them to form communities rarely arises. Indeed, for the most part, they are shunned by other communities and, so, adopt the life of a hermit or wanderer. Occasionally, a few dullahan form groups with each other and other accepting souls. When they do, they tend to exhibit the following traits.

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

Alignment. Despite what people think, the dullahan are not inherently evil. Rather, a life of being shunned and feared sometimes pushes some individuals to embrace the perception. More generally, because they so often are forced into lives of solitude, or perhaps in part because of their unseelie fey origins, many dullahan tend toward chaos.

Expert Horsemanship. Because the dullahan must always carry their heads, they have developed expertise in riding with one or no hands. You have proficiency in the Animal Handling skill and can ride as easily without hands as most people can with one or even two.

The Way is Open. Folklore says that no lock can stop the dullahan. Perhaps because of this, many dullahan teach other how to make it appear true. You have proficiency with Thieves' Tools.

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

Dwarf

Note: A dwarf's ancestral traits are the same for all people of dwarven ancestry and are listed in Ancestry & Culture: An Alternative to Race in 5e. One dwarven culture is also listed there, that of the hill dwarf.

Deep Dwarven Cultural Traits

In addition to the more common dwarf communities who live beneath the hills or on mountain tops, some dwarven communities delve deep into the subterranean reaches of the very foundations of the land. These deep dwarven communities develop their own distinctive culture and practices as a result of their exploratory practices. Indeed, they must work very hard to find sufficient food and resources for their communities to survive in such a dangerous environment.

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

Alignment. Deep dwarven society values resourcefulness, no matter the methods, accepting unconventional individuals readily if they benefit the community. As such, they tend toward chaotic values.

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

Deep Dwarven Survival Training. Everyone living in deep dwarven communities is expected to contribute to the community's survival. You have proficiency in the Survival skill as well as with the light crossbow, shortsword, and javelin.

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

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

Rock Dwarven Cultural Traits

In addition to the more common dwarf communities who live beneath the hills, some dwarven communities develop above ground, high in the mountains or deep within ravines. These rock dwarven communities develop their own distinctive culture and practices, emphasizing defense of their communities as an important value.

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

Alignment. Rock dwarven society has a martial focus, as their communities are often endangered by the fauna of the high mountains. As such, they tend toward law more often than not.

Rock Dwarven Combat Training. You have proficiency with the mace, heavy crossbow, and warpick, as well as light and medium armor.

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

Languages. You can speak, read, and write Common and Dwarvish. Dwarvish is full of hard consonants and guttural sounds, and those characteristics spill over into whatever other language a dwarf might speak.

Sea Dwarven Cultural Traits

In addition to the more common dwarf communities who live beneath the hills or on mountain tops, a few dwarven communities ply the open seas. In many cases, these communities reside on or within mountain islands that make up island chains and archipelagos, or even within the calderas of extinct oceanic volcanoes. For such communities, the sea becomes their primary means of transport, but also the source of much of their survival, as their small, rocky islands cannot produce enough food for them to at; thus, they take to the seas to fish.

Sea dwarven communities respect the fickleness of the sea and its weather, while valuing the camaraderie of a ship's crew. These experiences result in those who grow up in these communities developing certain traits.

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

Alignment. Sea dwarven society values cooperation, mutual aid, and insight, both into the sea and sky, as well as each other. They tend away from chaos and evil.

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

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

Sea Dwarven Defense. Everyone living in sea dwarven communities is expected to protect the ships from pirates and worse. You have proficiency in the Survival skill heavy crossbow, shortsword, and net.

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

Elf

Note: An elf's ancestral traits are the same for all people of elven ancestry and are listed in Ancestry & Culture: An Alternative to Race in 5e. One elven culture is also listed there, that of high elf.

Deep Elven Cultural Traits

Deep elven culture differs from that of the high elves, mostly because of centuries of subterranean life. Whereas those who live on the surface might become practiced in hunting or the use of traditional elven weapons, those who live deep in the earth adapt to their surroundings differently. Those who grow up immersed in this culture often take on certain traits.

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

Alignment. The deep elven culture has had to struggle to survive in the caverns deep beneath the surface, tending with unimaginable horrors and challenges. As such, they have adopted a more organized society and therefore ten somewhat toward law.

Languages. You can speak, read, and write Common, Elvish, and Undercommon. Elvish is fluid, with subtle intonations and intricate grammar. Elven literature is rich and varied, and their songs and poems are famous among other cultures. Many bards learn their language so they can add Elvish ballads to their repertoires.

Deep Elven Weapon Training. You have proficiency with the hand crossbow, the scimitar, the spear, and the whip.



Subterranean Magics. You know the *minor illusion* cantrip. When you reach 3rd level, you can cast the *color spray* spell once with this trait and regain the ability to do so when you finish a long rest. When you reach 5th level, you can cast the *darkness* spell once with this trait and regain the ability to do so when you finish a long rest. Charisma is your spellcasting ability for these spells.

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

Forest Elven Cultural Traits

Forest elven culture differs from that of the high elves in certain ways. Whereas those who live in high elven culture each study magic and certain traditional elven martial arts, forest elven culture is freer, embracing nature as a parent. Those who grow up immersed in this culture often take on certain traits.

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

Alignment. The forest elven culture values freedom, variety, and self-expression, so those who grow up in it may lean toward the gentler aspects of chaos. Forest elven culture tends to value the freedom of the wilds, as well as their own.

Languages. You can speak, read, and write Common, Elvish, and Sylvan. Elvish is fluid, with subtle intonations and intricate grammar. Elven literature is rich and varied, and their songs and poems are famous among other cultures. Many bards learn their language so they can add Elvish ballads to their repertoires.

Forest Elven Weapon Training. You have proficiency with the longbow, shortbow, rapier, and net.

Way of the Wood. You have proficiency in the Stealth and Survival skills. When you are in forest, you add double your proficiency bonus to the checks, instead of your normal proficiency bonus.

Entropian

Entropians are humans with a being of pure chaos in their ancestry. Neither demon nor angel, this otherworldly influence walks the balance between the two, favoring pure chaos in all its instantiations. This is not to say entropians serve pure chaos, however. Just as tieflings have infernal heritage yet may be good or evil as they choose, so too may entropians walk the path of law or chaos.

Entropian Ancestral Traits

Entropians appear as humans with a subtle shroud of swirling shadow that encompasses them. This shroud is only easily visible in daylight, though some people report feeling unsettled when within close proximity to a person of entropian ancestry. Entropians also have no pupils in their eyes; instead, their whole eye is solid gray, with the appearance of swirling mists. Your entropian character has several distinctive traits, thanks to your chaotic ancestry.

Age. Entropians have highly variable lifespans, with some reaching adulthood as young as 15 and others not until 30. Most entropians have a lifespan of a century, but a few live much longer.

Size. Entropians are human in size. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Legacy of Chaos. Entropians carry a small fragment of chaotic nature with them. On any Attack roll, Ability Check, or Saving Throw, you can choose to tap the ebb and flow of chaos within you. When you do so, gray mists swirl and spiral out from you. Roll 1d6. If the number is even, add it to your roll. If the number is odd, subtract it. You may choose to tap your chaos after you have made the roll, but before the DM has determined the result. You must keep the resulting roll. You may use this trait a number of times equal to your Charisma modifier. When you finish a long rest, you regain all expended uses.

Entropian Cultural Traits

Because entropians can be counted on to try anything once, they have formed communities at times. Indeed, a few have even persisted, though that is often through the efforts of those of other ancestries who live in them. Entropian communities are disorganized and unpredictable places by design, with homes built all ajumble, stores opening and closing at odd hours, and any number of custom coming and going in the course of a year. When several members of an entropian community feel that it is an appropriate time, they call for a celebration. Should the majority of the community agree, they hold their seasonal holiday. These festivals are different every year, but they are always interesting.

Ability Score Increase. Three of your ability scores of your choice each increase by 1.

Alignment. Though not all members of entropian society are chaotic, most assuredly are.

Chaos Magic. Entropian communities channel chaotic magics from their ancestral planes, which allows them to utilize magical talents. You know the *guidance* cantrip. When you reach 3rd level, you can cast the *fog cloud* spell once with this trait. When you reach 5th level, you can cast the *misty step* spell once with this trait. You regain the ability to cast these spells when you finish a long rest. Charisma is your spellcasting ability for these spells.

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

Fey Kin

Fey kin are descended from humans who long ago migrated to the plane of Faerie, only recently returning to the Material Plane.

Fey Kin Ancestral Traits

Except for the features listed below, fey kin are indistinguishable from other humans.

Age. Fey kin age as humans do.

Size. Fey kin are human in size. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Fey Ancestry. Fey kin have absorbed a whisper of fey magic from their generations spent on the plane of Faerie. You have advantage on saving throws against being charmed, and magic can't put you to sleep.

Fey Influence. Generations spent in Faerie have left their mark. Your fey kin has one of the following traits:

Darkvision.

You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

Natural Magic. You are innately able to do simple nature magic. You know the *druidcraft* cantrip. Wisdom is your spellcasting trait for this spell.

Woodlands Affinity. You are one with the wood. You have advantage on Dexterity (Stealth) checks made to hide in forest terrain.

Fey Kin Cultural Traits

Fey kin culture is strongly influenced by their time on the plane of Faerie. As such, they behave very much like the cultures found on that eccentric plane. Most fey kin communities have two courts of rules, the Seelie Court that commands the community from Spring equinox to Autumn equinox, and the Unseelie Court, which rules the other six months. As such, the equinoxes and solstices are especially important for their culture. During these ceremonies, the fey kin make offerings of food and dance to the *aos sí*, fey spirits that served as their benefactors in their time on the plane of Faerie. Fey kin communities are most often found deep in the woods, where they usually practice druidic magic. Most folks raised in fey kin communities have the following traits.

Ability Score Increase. Your ability scores each increase by 1.

Alignment. Those raised in fey kin cultures tend toward no particular alignment, just as human cultures themselves tend to change and vary as well.

Fey Magic. The fey kin retain a connection to the plane of Faerie that allows provides them knowledge of certain magics, which they teach their young. You know the *druidcraft* cantrip. When you reach 3rd level, you can cast the *faerie fire* spell once with this trait. When you reach 5th level, you can cast the *moonbeam* spell once with this trait, without requiring a material component. You regain the ability to cast these spells when you finish a long rest. Wisdom is your spellcasting ability for these spells.

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



Fox Folk

Fox folk are humanoid foxes that usually have red fur, large pointed ears, long, thin snouts, and a bushy tail. Some fox folk have gray or even white fur, however. They are smaller and usually more agile than humans.

Fox Folk Ancestral Traits

Your fox folk character has several distinctive traits, thanks to your vulpine ancestry.

Age. Fox folk reach maturity by age 12 and live roughly 50 years.

Size. Fox folk are shorter and lighter than humans, averaging 4 to 5 feet in height and weighing roughly 80 pounds. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Darkvision. The nocturnal ancestry of foxes provides fox folk superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

Vulpine Agility. Fox folk are nimble by nature. You have proficiency in the Acrobatics skill.

Fox Folk Cultural Traits

Quick on their feet and quicker with a word, members of fox folk communities are known for being high energy and mischievous. Indeed, a favorite pastime of younger members of fox folk communities are trickery. This may be in part because most fox folk communities revere Reynard, the fox god who tricked the old wolf Isengrim. Fox folk villages and neighborhoods are found in any environment and are always welcoming, though guests should be on the lookout for tricks.

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

Alignment. Fox folk communities rarely if ever really punish those who break the law, if they do it in order to pull off a good trick. Obviously, they tend away from lawfulness.

Vulpine Trickster Magic. Whether learned from Reynard himself or developed over centuries, the fox folk have passed on some magical acumen. You know the *mage hand* cantrip. When you reach 3rd level, you can cast the *invisibility* spell once with



this trait, without requiring a material component. When you reach 5th level, you can cast the *suggestion* spell once with this trait, without requiring a material component. You regain the ability to cast these spells when you finish a long rest. Wisdom is your spellcasting ability for these spells.

Languages. You know Common and Sylvan.

Sly as a... Like Reynard, most members of fox folk communities are clever wordsmiths. You have proficiency with the Deception skill.

Giant Kin

Giant kin are most likely the descendants of both humans and giants. Some speculate they are the result of cloud giants using magic to assume human size and having offspring with humans, though the details of this ancestry are lost to time. Giant

kin appear to be humanoid, but are significantly larger and taller than most humans, with the sturdiness of the giants apparent in their forms.

Giant Kin Ancestral Traits

Your giant kin character stands out in a crowd, in part because of giants in your ancestry.

Age. Giant kin mature at the same rate as humans but live a few years longer.

Size. Giant kin tower over most humans, standing at 7 to 8 feet in height and weighing in the vicinity of 300 lbs. This brings your size to the high end of Medium.

Speed. Your base walking speed is 30 feet.

Hardy. Like your giant ancestors, you can absorb a startling amount of damage. When you take damage from a source you can see, you can use your reaction to expend a Hit Die, if you have any. Roll the Hit Die and add your Constitution modifier to the number rolled, reducing the damage by that total. You can use this feature a number of times equal to your Constitution modifier (minimum of once).

Mighty. When you attempt to carry, push, drag, or lift something, you count as one size larger.

Giant Kin Cultural Traits

Giant kin communities are often itinerant, moving from place to place with regularity. Sometimes they do so to follow herds of big game. Other times they do so to follow the seasons, wintering in the mountain vales and summering on the peaks. Regardless, everyone in giant kin communities adjusts to the nomadic migrations, carrying their possessions up steep slopes and across wide valleys. These journeys are culturally significant for giant kin communities, with festivals marking their beginnings and endings.

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

Alignment. Giant kin communities tend to live and work in communal collaboration, in part out of necessity in the harsh climates and through their onerous migrations. As such, they tend somewhat toward lawful values.

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

Robust. The nomadic, mountain life of giant kin groups makes for strong, fit folk. You have proficiency in the Athletics skill.

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

Gnoll

Gnolls are humanoids who resemble dingoes or hyenas, with yellow and brown striped, spotted, or ringed fur, a pointed snout, sharp teeth, and large ears. Their voices are often high pitched and barky. They have long legs, a fairly lean body, and are generally quick on their feet.

Gnoll Ancestral Traits

Most gnolls share certain traits due to this ancestry.

Age. Gnolls mature more quickly than humans, reaching adulthood by age 10 and living until roughly age 50.

Size. Gnolls are about the same size as humans, though often leaner. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Darkvision. The nocturnal ancestry of gnolls provide them superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

Keen Hearing. Gnolls benefit from their sizeable ears. You have advantage on Wisdom (Perception) checks that rely on hearing.

Bite. Gnolls also retain the strong jaws and sharp canine teeth of hyenas or wild dogs, which you can use to make unarmed strikes. On a hit, you deal slashing damage equal to 1d6 + your Strength modifier.

Gnoll Cultural Traits

Gnoll communities tend to settle in open grasslands, where they have easy access to the large game they prefer to hunt, and room for their competitions. These two elements play a central role in their culture, with the matriarch overseeing them both. She sends the hunting parties out and she adjudicates the contests the members of gnoll communities engage in when they are not out on the hunt. In both the hunt and the contest, gnoll society celebrates life and vitality, embracing their strength and the thrill and joy of these challenges.

Perhaps this focus on the vital present explains the attitude gnolls take toward the dead. According to the practices of most gnoll communities, when someone dies, either a foe or their kin, the bodies the creatures leave behind are nothing but meat. Being resourceful hunters who sometimes scavenge recently dead game, gnolls do not allow the dead to go to waste. This practice sometimes disturbs people from other cultures, unfortunately. Regardless, those who are raised in gnoll culture share the following traits.

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

Alignment. Gnoll culture tends to be chaotic, focusing on the vagaries of the hunt and the excitement of the contest.

Languages. You can speak, read, and write Common and Gnoll, a distinctive language of barks and yips.

Gnoll Weapon Training. Gnoll communities train their young in weapons for hunting, but they work well for self-defense too. You are proficient in the longbow, scimitar, spear, and flail.

Rampage. Gnoll communities train in a particular kind of quick and brutal combat. When you reduce a creature to 0 hit points with a melee attack on your turn, you can take a bonus action to move up to half your speed and make another melee attack.

Gnome

Gnome Ancestral Traits

Note: These traits are the same for all people of gnomish ancestry and are listed in Ancestry & Culture: An Alternative to Race in 5e. One gnomish culture is also listed there, that of rock gnome.

Dark Gnome Cultural Traits

High mountain dwellers, worshippers of the spirits of storm and avalanche, which makes them pariahs.

Ability Score Increase.

Your Constitution score increases by 2 and Charisma by 1.

Alignment.

Dark gnomish culture reflects the harsh environments in which they choose to live.

Most folk in these communities have little pity or sympathy for anyone who is not contributing to the community. As such, they tend somewhat away from goodness.

Dark Gnome Magic.

When you reach 3rd level, you can cast the *fog cloud* spell once with this trait. When you do so, the



fog resembles swirling snow. When you reach 5th level, you can cast the blindness/deafness spell once with this trait. When you do so, the blinded target experiences it as snow blindness. You regain the ability to cast these spells when you finish a long rest. Charisma is your spellcasting ability for these spells.

Weapon Focal Training. Dark gnomes train in the use of daggers mixed with the arcane arts. When you wield a dagger, you may cast the *true strike* cantrip. Furthermore, whenever you cast a spell, you may use the dagger as a spellcasting focus.

Languages. You can speak, read, and write Common and Gnomish. The Gnomish language, which uses the Dwarvish script, is renowned for its technical treatises and its catalogs of knowledge about the natural world.

Wood Gnomish Cultural Traits

Wood gnomish culture revolves around the connection to the forests in which they live. Whereas rock gnomish cultures value ingenuity and craft, wood gnomish communities tend to value harmony with and the comprehension of nature.

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

Alignment. Gnomish culture values kindness and harmony. Many culturally gnomish people work to uphold harmonious relations with each other and their environments, serving as caregivers of their fellows and stewards of the natural world.

Arborist's Lore. Whenever you make an Intelligence (Nature) check related to the forest or its creatures, you can add twice your proficiency bonus, instead of any proficiency bonus you normally apply.

Languages. You can speak, read, and write Common and Gnomish. The Gnomish language, which uses the Dwarvish script, is renowned for its technical treatises and its catalogs of knowledge about the natural world.

Herbalist. You have proficiency with the herbalism kit. Using the kit, you can spend 1 day and 25 gp worth of materials to concoct either an antitoxin or a basic potion of healing.

Goblins

Goblins are small, green skinned humanoids with yellow eyes and teeth.

Goblin Ancestral Traits

Your goblin character has several distinctive traits, thanks to your goblinoid ancestry.

Age. Goblins age very quickly, reaching adulthood by ten years old, with lifespans up to 60 years.

Size. Goblins at between 3 and 4 feet tall, weighing not much more than 60 or 70 pounds. Your size is Small.

Darkvision. Goblins historically lived in caves and subterranean regions, granting their descendants superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

Speed. Your base walking speed is 30 feet.

Omnivorous. Goblins can eat almost anything without fear of getting sick. You have advantage on saving throws against poison and disease, and you have resistance against poison damage, triggered by something you have eaten or drunk.

Goblin Cultural Traits

Goblin communities tend to form small, communal villages and neighborhoods. They prefer open, shared living spaces and common areas. Children in these communities often participate in competitive, almost constant games of hide-and-seek and tag, which tends to promote their being quick on their feet and hard to catch. Indeed, adults still engage in these games during festivals, making for playful and mischievous experiences.

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

Alignment. Goblin culture vacillates between dutiful obedience and mischief, so individuals raised in these environments can take on any set of values, though chaos is somewhat more common.

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

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

Sneaky. Goblin communities, adults and children both, love to hide. You have proficiency in the Stealth skill.

Grimalkin

Grimalkin are humanoids with several cat-like features, including cat's ears that sprout from the tops of their otherwise human looking heads. They have human-looking skin, hands, and feet. Most grimalkin also have subtle cat's whiskers, slightly elongated, slender but sharp canine teeth, short claws, and thin tails that do little but cause trouble.

Grimalkin Ancestral Traits

Your grimalkin character has a number of traits from this humanoid feline ancestry.

Age. A grimalkin reaches adulthood at the age of 15 and generally lives into their 80s.

Size. Grimalkin are shorter and slighter than humans, from roughly four and a half to five and a half feet tall. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Claws and Teeth. Grimalkin have small but sharp claws and teeth. You can bite or scratch as an unarmed strike. On a hit, you deal piercing damage equal to 1d4 + your Strength modifier.

Darkvision. Perhaps from their distant feline ancestry, Grimalkin have superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

Exceptional Balance. Grimalkin are born with an inborn sense of balance. You have proficiency in the Acrobatics skill.

Grimalkin Cultural Traits

Grimalkin communities tend to be highly organized, driven, and focused. Most commonly, they form into republics, governing by a senate in which various grimalkin community members of high standing present arguments with dazzling displays of rhetoric. Dominated by fierce debaters and politicians, these grimalkin communities accept all people into their number as long as they can demonstrate their merit. Beyond the senate house, the grimalkin republics can be fearsome military powers as well, with canny generally raising highly disciplined legions should a threat arise.

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

Alignment. Grimalkin society is organized around the rule of law and meritocracy. Its members tend heavily toward lawfulness.

Grimalkin Martial Training. All members of grimalkin society study military science in school. You have proficiency with light and medium armor, spear, shortsword, and javelin, as well as shields.

Rhetoricians. The culture of rhetoric and argumentation dominates grimalkin society. You have proficiency in the Persuasion skill.

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

Hag Folk

Hag folk are humans who have an ancestry that traces back to hags, the fey creatures of myth and nightmare. Whether hags are all in fact evil is controversial, with some hag folk insisting that their hag forebears are misrepresented in lore and, indeed, are the victim of misogyny targeting older women who chose to live alone and practice natural herbalism. First of all, though hag folk can be any gender, the large majority are women. Second, they tend to age very quickly, but live unusually long lives, taking on an elderly appearance at a young age. They often have intensely focused, sometimes unsettling eyes, as well as claws on their fingertips.

Hag Folk Ancestral Traits

Hag folk descend from hags, an ancestry which grants them some unique traits.

Age. Hag folk reach adulthood at the age of 13 and appear elderly by age 30, but generally live for 200 years.

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

Speed. Your base walking speed is 30 feet.

Claws. Hag folk have serrated claws on their fingertips. On a hit, you deal slashing damage equal to 1d6 + your Strength modifier.

Darkvision. Hag folk's magical ancestry grants them superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

Fearful Visage. Once a day, a hag folk can call on their hag heritage to twist their face into a frightful appearance. As an action, you can choose one creature whom you can see and who can see you within 30 feet of you, contorting your face and frightening them. The creature must make a DC 11 Wisdom saving throw. On a failed save, the creature is frightened of you for 1 minute. A creature can repeat the saving throw at the end of each of its turns, with disadvantage if you are within line of sight, ending the effect on itself on a success. If a creature's saving throw is successful or the effect ends for it, the creature is immune to your fearful visage for the next 24 hours.

Hag Folk Cultural Traits

Hag folk communities most often are removed from civilization, found in remote locations in forests, or swamps, or mountain vales. These groups are matriarchal and practice herbalism and witchcraft. Though they keep to themselves, members of hag folk communities are accepting of others, as long as they are not openly hostile or prejudiced against hag folk themselves. Members of hag folk communities tend to form into triads of three members each, though members of these triads often switch from group to group.

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

Alignment. Hag folk society is open minded and accepting of those that accept them as well. They tend toward chaos.

Herb Lore. Hag folk villages usually practice herbalism. You have proficiency with Herbalism Kit.

Witchcraft. Members of hag folk communities practice special magical traditions, both in isolation and together with one of their triads, colloquially called covens. You know the *minor illusion* cantrip. When you reach 3rd level, you can cast the *disguise self* spell once with this trait. When you reach 5th level, you can cast the *invisibility* spell, without requiring the material component, once with this trait. You regain the ability to cast these spells when you finish a long rest. Intelligence is your spellcasting ability for these spells.

Languages. You can speak Common and Sylvan.

Halfling

Note: A Halfling's ancestral traits are the same for all people of halfling ancestry and are listed in Ancestry & Culture: An Alternative to Race in 5e.

Sturdy Halfling Cultural Traits

Sturdy halfling culture can be as warm and friendly as lightfoot halfling culture, but they often also adhere to dwarven cultural practices in addition to halfling ones.

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

Alignment. Halfling society also tends toward neatness, both in their physical spaces and in the social relations. As a rule, they are good-hearted and kind, hate to see others in pain, and have no tolerance for oppression. They are also orderly and traditional, leaning heavily on the support of their community and the comfort of their old ways.

Artisan Brewers. Sturdy halfling culture marks the passing of holidays and seasons with special brews of ale, stout, and spirits. From a young age, people raised in sturdy halfling culture sample these artisanal brews. You have advantage on saving throws against poison.

Tool Proficiency. You gain proficiency with the artisan's tools of your choice: smith's tools, brewer's supplies, mechanic's tools, or mason's tools.

Languages. You can speak, read, and write Common and Halfling. The Halfling language isn't secret, but members of halfling culture are loath to share it with others. They write very little, so they don't have a rich body of literature. Their oral tradition, however, is very strong. Almost all halflings speak Common to converse with the people in whose lands they dwell or through which they are traveling.

Urban Halfling Cultural Traits

Urban halfling neighborhoods spring up in large towns and cities with some regularity. Rather than living in grassy hills, tending their gardens, and puffing pipes, urban halfling communities hock wares at the market, grow networks of contacts and customers, and prefer snuff tobacco. Urban halfling communities tend to be who work hard and celebrate with as much intensity.

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

Alignment. Urban halfling community members look out for one another, but they also recognize that each person has to work to support themselves and their kin as well. In general, those who grow up in urban halfling communities tend toward neutrality.

Artful Dodgers. Those who grow up in urban halfling neighborhoods surrounded by larger folk get used to getting out of way of others, either through agility or smooth words. You have proficiency in either the Acrobatics or the Persuasion skill.

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

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

Hippo Folk

Hippo folk are large, humanoid creatures with gray to black skin, bulbous heads, snouts, and bodies, and short, thick arms and legs. Though some claim they must be related to the hippopotamus, their origin is a mystery. Because of this, people have come to call them hippo folk, including the hippo folk themselves.

Hippo Folk Ancestral Traits

Your hippo folk character has several distinctive features due to this mysterious ancestry.

Age. Hippo folk mature at the same rate as humans but only live about 60 years.

Size. Hippo folk are about the same height as humans, though more stout, standing roughly 6 feet tall and weighing 4-500 lbs. Your size is Medium.

Speed. Your base walking speed is 30 feet and you have a swimming speed of 30 feet.

Hungry, Hungry. Hippo folk have large appetites and larger jaws. In fact, though they have only flat, herbivorous teeth, their bite can nevertheless crush bones easily. Your large mouth is a natural weapon with which you can make unarmed strikes. On a hit, you deal bludgeoning damage equal to 1d6 + your Strength modifier.

Capacious Lungs. Perhaps due to a history of dwelling in semiaquatic environments, you can hold your breath for up to 15 minutes.

Leathery Hide. Your thick skin is difficult to penetrate. When you aren't wearing armor, your AC is 13 + your Dexterity modifier. You can use this score to determine your AC if worn armor would leave you with a lower score. You may benefit from a shield as normal.

Hippo Folk Cultural Traits

Hippo folk culture is a study in contrasts. On the one hand, these communities thrive on invention, developing mechanical marvels and even utilizing gunpowder. On the other hand, they revel in delicate forms of music and dance known as ballet. Grizzled chemists and engineers, or the soldiers who wield their creations, gather regularly to gaze in awe and wonder at the latest performances by hippo folk ballerinas. For members of hippo folk culture, engineering, warfare, and ballet are all creative acts demanding the utmost focus, dedication, and sacrifice. As such, they revere them all.

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

Alignment. Hippo folk communities are usually highly organized. Some are militaristic, others organized around engineering guilds, and still others around dance schools. In all three, strong leaders rule with a firm hand and countless underlings vie for their attention. As such, hippo folk culture tends to favor law.

Engineer's Mind. Students in these communities widely study chemistry and engineering. You have proficiency with Alchemist's Supplies and Tinker's Tools. What's more, you know the recipe to make gunpowder and the methods with which to make a flintlock weapon.

Light Footed. Everyone in hippo folk communities, hippo folk and non-hippo folk alike, is taught to dance from a young age. You have proficiency in the Acrobatics skill.

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

Hiveling

Hivelings are collective beings. Some are made up out of insects, others of worms. Whatever their constituents, the parts of the hiveling are more than mere swarms. They act as one being, sharing a single, distributed consciousness. One constituent at the hiveling's core serves as the queen, directing the collective. Despite being constituted by bugs and worms, hivelings are still humanoid.

Hiveling Ancestral Traits

Your unusual ancestry grants you certain features.

Age. New hivelings form when an adult hiveling grows large enough to split off into a new being,

with one of its constituents ascending to the role of queen. Juvenile hivelings grow rapidly, adding members as its constituents reproduce and as the hiving encounters new insects or worms in its environment. Hivelings reach maturity within a few years and can live upwards to 50 years.

Size. Hivelings take on a roughly human shape. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Ebb and Flow. The hiving's constituents can flow around and over obstacles, including foes attempting to grapple. You cannot be Grappled or Restrained.

Hive Swarm. The hiving is made up of a swarm of insects or worms. The swarm can occupy another creature's space and vice versa, and the swarm can move through any opening large enough for a Tiny creature.

Hiving Cultural Traits

Hivelings are unusual beings that some folk find unsettling. For this reason, perhaps, they tend to form their own communities, though they can of course be found in diverse environments as well. Hiving culture celebrates the dynamic between the individual

and the collective, appreciating how each hiving is distinct, yet they each come together to form the whole community. Indeed, within each hiving is a similar dichotomy, with a group of members gathering around a queen, both individuals and a collective individual. It is perhaps unsurprising, then, that most hiving communities are ruled by queens as well.

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

Alignment. Hiving culture values serving the collective, though not at the expense of needless sacrifice. As such, members of these communities tend toward law.

Unflappable. Those who grow up around hivelings develop a thick skin with regard to things that other cultures might find off-putting, frightening, or gross. You have advantage on saving throws against being Frightened.

Watchful. Those who grow up in hiving culture tend to adopt a practice of awareness of one's environment. Ancestral hivelings use their hundreds of constituents to look in every direction at once. Those of different ancestries simply adapt to the practice by becoming more watchful as well. You have proficiency in the Perception skill.

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

Homunculus Folk

Homunculus folk, as called the homunculi, are originally alchemical creations, made by transmuters long ago. In the many generations since then, however, some of them have gained freedom and found their own way in the world. As this process unfolded over the centuries, these creatures have grown from tiny to small. The homunculi are roughly humanoid in shape, with round torsos and short, thin arms and legs, and bat-like wings that grow from their backs. Their skin resembles a lizard made of clay.

Homunculus Folk Ancestral Traits

All homunculi have certain traits.

Age. Homunculi reach adulthood in 15 years and live to about 60 years.

Size. Homunculi are two and a half feet tall, weighing 30 pounds. Your size is Small.



Speed. Their short legs struggle to move the homunculi very quickly, though their wings compensate. Your base walking speed is 20 feet and your flying speed is 30 feet.

Limited Flight. Homunculi have leathery wings that can provide them limited flight, as long as you are not wearing medium or heavy armor. You may remain aloft for up to 2 hours per day, all at once or in several shorter flights. You regain one hour of flying time when you complete a long rest.

Homunculus Folk Cultural Traits

Homunculi sometimes form small congregations of their kind, though they are also happy to live with people of other ancestries. Their communities tend to be calm and harmonious places, with their members focused on study or crafts, coming together to share updates on their latest projects. Indeed, their villages quite often have a studious and quiet air, with whole days passing without anyone doing much of anything aside from working happily on their chosen tasks.

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

Alignment. Homunculi were once created to serve others above all else. Now that they are their neighbors are free, they are no longer constrained, but they still prefer order and harmony with one another, thus favoring law.

Alchemical Tradition. Homunculi embrace their alchemical heritage, studying the science themselves. You have proficiency with Alchemist's Supplies.

Psychic Connection. The long history of homunculi serving wizards as familiars have taught them certain secret magical techniques for joining minds, techniques that they now teach to the children in their communities. As an action, you can join hands with a willing creature and forge a telepathic link. For 24 hours, as long as the two creatures are within one mile of each other, they can telepathically communicate through the bond whether or not they have a common language. Creatures with Intelligence scores of 2 or less aren't affected by this trait.

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

Ink Hexen

Ink hexen are an ancestry of humans who originate in the plane of Shadow. Some folks say that the ink hexen are humans who lived for generations in the Shadow and have been forever changed. Others say one or more of their ancestors made a deal with the ruler of Shadow and forever carry the shadowy mark. In truth, ink hexen are born appearing human, with only one tattoo they magically receive in utero from their parents. Even so, this tattoo is exceptionally powerful, formed from the blood magics at play during conception and birth.

Ink Hexen Ancestral Traits

Those born of ink hexen have the following traits.

Age. Ink hexen have lifespans similar to humans, though they live a few more decades.

Size. Ink hexen are human sized. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Birth Tattoo. Virtually all ink hexen are born with a tattoo magically appearing on their skin. The design is unique for each individual, though motifs in the design are drawn from the birth tattoos of the mother and father as well, assuming they too are ink hexen. If one or both are not, then the child's birth tattoo resembles what its parents' ink hexen tattoos *would have been*, had they been ink hexen. The ink hexen claim the tattoos one has at birth, and those one chooses, reveal the soul. Describe your birth tattoo and choose one of the following magical effects it grants. The tattoo becomes empowered once ink hexen reaches puberty. Choose your birth tattoo from the list below under the Tattoo Witchcraft trait.

Ink Hexen Cultural Traits

People who grow up among other ink hexen receive tattoos throughout their lives marking significant events for them. Receiving these tattoos is a holy ritual for ink hexen; not only is it deeply personal, but it also infuses their very bodies with magical power. For these artists who create the tattoos, called shadow workers, are witches who infuse their inks with magics drawn from the plane of shadow. Those who live as ink hexen receive the following traits.



Secret Wisdom. Your tattoo grants you proficiency in one skill of your choice.

Swift Shadow. Your tattoo grants you an additional 5 feet of movement to your base walking speed.

Umbral Shield. Your tattoo grants you the ability to cast *mage armor* once a day.

Vicious Blade. Your tattoo grants you the ability to conjure a shadowy dagger as an action. The dagger functions as a normal dagger. If it leaves your hand, it dissipates into wisps of shadow. The dagger lasts for one minute.

Diviners. The ink magic of the shadow worker is not the only witchcraft the ink hexen practice; they also have a long tradition of divination. You can cast the *augury* spell once a day by using a tarot deck as your divination tool and material component.

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

Insect Folk

Insect folk resemble humanoid praying mantises, though their arms and legs are scaled like a human's, and they have hands. They have a hard carapace, sharp mandibles, and antennae.

Insect Folk Ancestral Traits

Your insect folk character has several distinctive traits, thanks to your insect ancestry.

Age. Insect folk age very quickly, reaching adulthood by 6 years old, with lifespans of only 40 years.

Size. Insect folk are about the same size as humans, but usually a slimmer build. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Bite. Your mandibles are a natural weapon, which you can use to make unarmed strikes. On a hit, you deal piercing damage equal to 1d4 + your Strength modifier.

Tattoo Witchcraft. Ink hexen receive a tattoo to mark significant events in their lives, such as reaching adulthood. Choose one of the following tattoos. At 3rd level, choose another. At 5th, choose a third.

Beast Tongue. Your tattoo grants you the ability to speak with small beasts.

Darkness of the Deep. Your tattoo grants you the ability to breathe underwater.

Eyes of Night. Your tattoo grants you Darkvision to 60'.

Fell Resilience. Your tattoo grants you resistance to one damage type of your choice.

Natural Magic. Your tattoo allows you to cast one cantrip of your choice.

Carapace. You have a hard carapace. When you aren't wearing armor, your AC is 14 + your Dexterity modifier. You can use this score to determine your AC if worn armor would leave you with a lower score. You may benefit from a shield as normal.

Insect Folk Cultural Traits

Insect folk collectives usually adopt a monastic lifestyle, favoring quiet meditation and intentional living. Preferring isolation and tranquility, most insect folk communities spend their time practicing quieting and controlling the mind, which leads to their developing their psychic techniques. Not all who live in these communities adopt these ways, however. Some folk choose to leave behind the quiet life for a time and travel, serving as the merchants and emissaries for insect folk communities to the outside world.

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

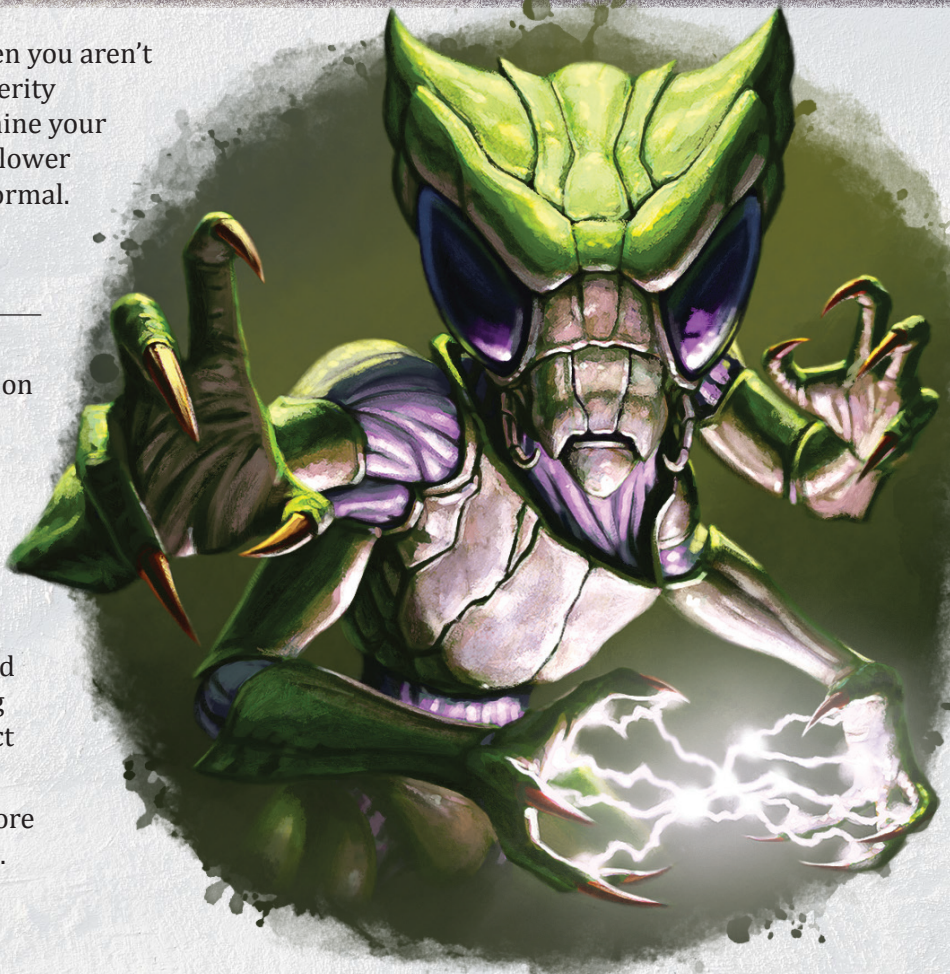
Alignment. Insect folk communities tend to be very organized and orderly, leading many to swing heavily toward lawfulness.

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

Psychic Techniques. You know the *message* cantrip. When you reach 3rd level, you can cast the *jump* spell once with this trait and regain the ability to do so when you finish a long rest. When you reach 5th level, you can cast the *blur* spell once with this trait and regain the ability to do so when you finish a long rest. Intelligence is your spellcasting ability for these spells.

Kangra

Kangras are intelligent humanoid kangaroos. Some historians claim that these unusual creatures were the creation of an animal-loving wizard, though the kangra themselves have an oral tradition that locates their origin as divine guardians of the vast plains. Whatever their origin, kangras are roughly human in height, with large, muscular legs and a long tail. Their bodies are covered in gray or brown fur and those who can bear children have pouches on their abdomens, in which they traditionally carry their young.



Kangra Ancestral Traits

This unique ancestry grants you certain features.

Age. Kangras reach adulthood in 15 years and live to about 60 years.

Size. Kangras stand six to seven feet tall. Your size is Medium.

Speed. Your powerful legs propel you more quickly than most creatures. Your base walking speed is 40 feet.

Natural Jumpers. Your legs are large and muscular, allowing you to leap great distances and heights. Your jump distance is triple that of a human of similar strength.

Powerful Legs. Kangras are mighty kickers. When you kick as an unarmed attack, you do damage equal to 1d4 + your Strength modifier.

Kangra Cultural Traits

Kangra communities are usually found in large grasslands regions, its members living in grass huts and usually practicing vegetarianism. As a rule, kangra communities are friendly, though they often practice an unusual system of law. Each community appoints a single judge, who hops from place to place adjudicating disputes. Often the judge's decisions are unfair and arbitrary, yet kangra communities by and large accept these rulings, regardless of their lack of justice. Beyond that, kangra culture enjoys competition, with young and old alike engaging in the games.

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

Alignment. Kangra culture values respecting the rulings of their appointed judges above whether such judgments are always necessarily good. As such, members of these communities tend toward law.

Competitive. Those who grow up in kangra culture are steeped in their traditions of running and jumping competitions. You have proficiency in the Athletics skill.

Powerful Kick. Those raised in kangra culture also learn the distinctive fighting style of kangra warriors, which involves adding kicks to your regular attacks. When you take the attack action, you can use a bonus action to kick the same target as an unarmed strike.

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

Kobold

Kobolds are small, scaly lizard-like humanoids with long snouts and tails. Some say they descend from dragons, but others say that they are a branch of lizard folk who have grown smaller over many generations, due to their lives spent in narrow tunnels underground.

Kobold Ancestral Traits

All kobold characters share certain traits.

Age. Kobolds reach adulthood in 15 years and live to about 60 years.

Size. Kobolds stand just three feet tall and weigh perhaps 40 pounds. Your size is Small.

Speed. Your powerful legs propel you more quickly than most creatures. Your base walking speed is 40 feet.

Darkvision. Because their ancestors lived an entirely subterranean life, kobolds have superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

Natural Caretakers. Despite their sometimes feisty or fearsome demeanors, people of kobold ancestry tend to have a strong parental instinct, so strong that they almost invariably take in orphans and lost children that they encounter. You have advantage on Wisdom (Insight) and Charisma (Persuasion) checks with juvenile creatures with an Intelligence of 3 and above.

Kobold Cultural Traits

Kobold communities live in caverns deep underground, digging out tunnels and chambers for their living spaces and pathways. Kobold communities value miners, metalworkers, and tinkerers above all else. Only those who fight to protect the community or lead it in religious rituals have as high a status. Except in the matters handled by these important roles, kobold communities generally do not take much seriously. Indeed, pranks, friendly mockery, and silliness are nearly universal in most kobold communities, with slapstick comedy and ridiculous tricks being their most beloved entertainment. Alas, this behavior sometimes irritates kobold community neighbors, so much so, that folks have nicknamed a crystal that irritates the skin "Cobalt" and causes a rash after the irritating tricksters.

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

Alignment. Kobold communities love trickery and pranks. Most of their members tend toward chaos.

Pack Tactics. Kobold military training capitalizes on teamwork and numbers. You have advantage on an attack roll against a creature if at least one of your allies is within 5 feet of the creature and the ally isn't incapacitated.

Tinkerers. Kobold society values ingenuity and invention. You have proficiency with Tinker's Tools.

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

Leòmainn

The leòmainn are humanoids that resemble moth people. They are roughly human in height, though with a more delicate frame, and covered in short, soft fur in a variety of patterns and colors. They have humanoid facial features, with large, faceted eyes and two short, fuzzy antennae that sprout from their foreheads. Their arms and legs are a hybrid between mammalian and insectile, with bony joints and only three fingers and opposable thumbs. From their backs extend thin, papery wings with complex spots and patterns upon them.

Leòmainn Ancestral Traits

All leòmainn characters have certain traits.

Age. Leòmainn infants spend the first five years of their lives crawling on all fours, wingless. Then, for a year, they enter into a pupa, emerging as a young adult that stands upright and extend their wings for the first time. They reach adulthood in 15 years and live to about 60 years.

Size. Leòmainns are roughly human in height but weigh much less, probably around 80 pounds. Your size is Medium.

Speed. You have a walking speed of 30 feet.

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

Darkvision. Because their ancestors were likely nocturnal creatures, leòmainn have superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

Lightwielders. Leòmainn have the ability to generate a warm and gentle light from their antennae. You can cast the *light* cantrip on your antennae.

Leòmainn Cultural Traits

Leòmainn communities often establish themselves in wooded areas. Their culture centers around a pastoral life of gathering vegetarian foods from the nearby terrain. In addition, they embrace the arts, with performances in which dancers twirl lights in patterns that engross their audiences. Members of leòmainn communities often decorate their fur with rings and spots, usually for cosmetic reasons, but the skill also lends itself to excellent camouflage. Citizens of leòmainn communities therefore tend to have certain traits.

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

Alignment. Leòmainn communities tend to be gentle spaces and their people natural peacemakers. They tend toward goodness.

Living off the Land. Because of their natural gathering diets, leòmainn excel at finding food and their way in the wild. You have proficiency in the Survival skill.

Masters of Disguise. Leòmainn villages regularly utilize make-up for cosmetic and other purposes. You have proficiency in Disguise Kit.

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

Lizard Folk

Lizard folk are humanoid lizards, usually with green, gold, or black scales, sharp teeth, and a tail.

Lizard Folk Ancestral Traits

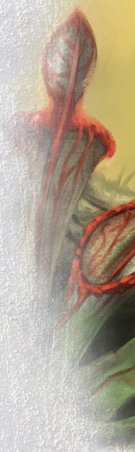
Your lizard folk character has several distinctive traits, thanks to your reptilian ancestry.

Age. Lizard folk reach adulthood at around age 16 and usually live roughly 65 years.

Size. Lizard folk are about the same size as humans. Your size is Medium.

Speed. Your base walking speed is 30 feet and you have a swim speed of 30 ft.

Bite. Your toothy jaws are a natural weapon, which you can use to make unarmed strikes. On a hit, you deal slashing damage equal to 1d6 + your Strength modifier.



Hold Breath. You can hold your breath for up to 15 minutes per time.

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

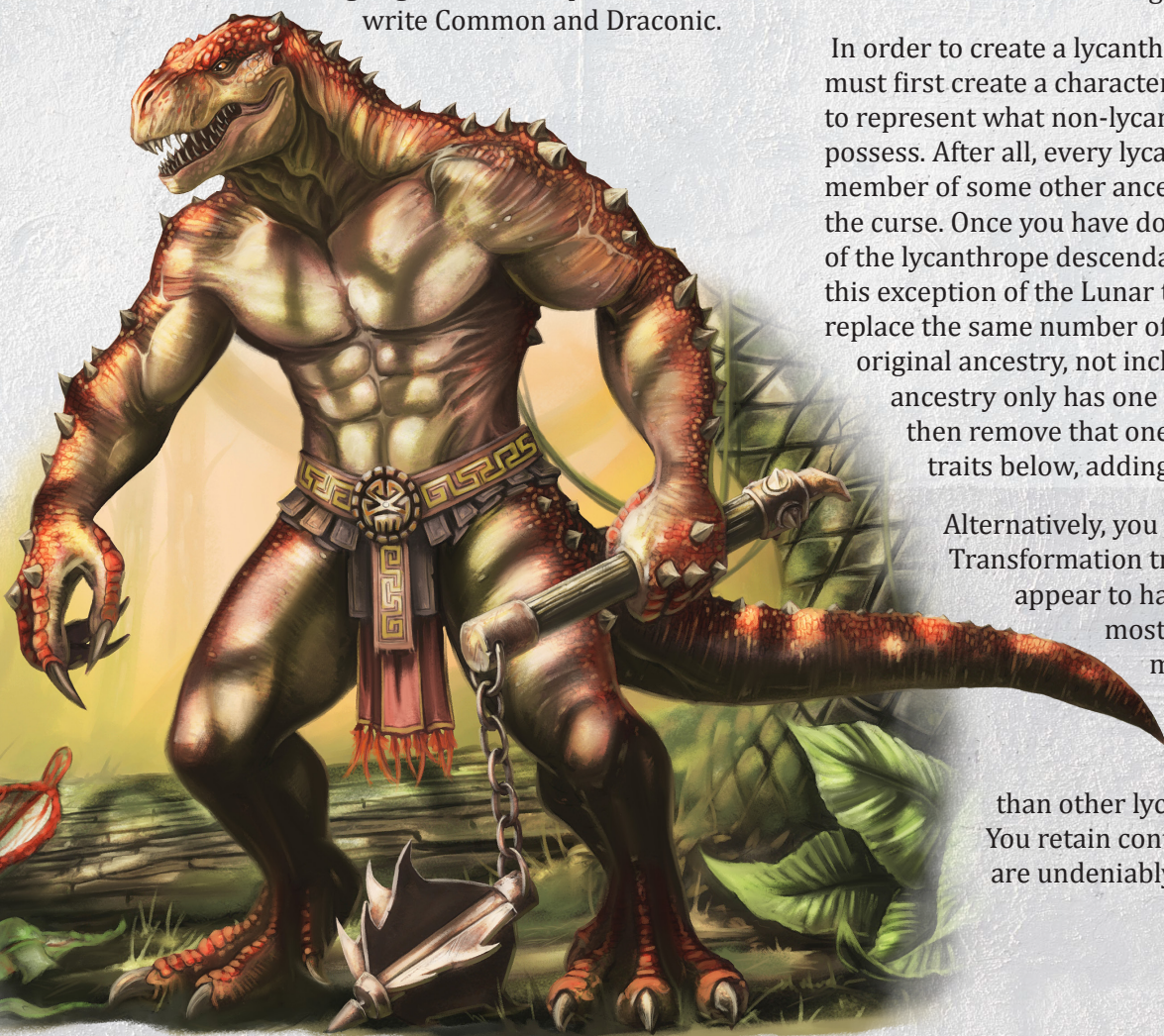
Lizard Folk Cultural Traits

Lizard folk villages are often found near or within swamps, though communities can be found in any warm environment. Lizard folk youths learn hunting skills from a young age and festivals usually revolve around the hunt as well. Beyond that, lizard folk communities value their elders, particularly those that serve a religious or shamanist role.

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

Alignment. Lizard folk communities tends toward order and respect, though they do not tend toward good or evil with any particular frequency.

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



Hunter's Senses. Years of hunting rituals have honed your ability to detect and track prey. You have proficiency in the Perception skill and advantage on Wisdom (Survival) checks to track creatures.

Lizard Folk Weapon Training. You have proficiency with the club, javelin, and shield.

Lycanthrope Descendant

Werewolves and other were-creatures are often humanoids cursed with lycanthropy. They transform against their will with the cycles of the moon, often becoming vicious, bloodthirsty beasts. Some few gain control of themselves and their bestial natures, however, and manage to live lives of relative normality. A few of these even have children, either with other lycanthropes or with those who do not suffer the curse.

Those offspring, and their descendants, bear unique traits that reflect their lycanthrope heritage, which combine with their other ancestry or ancestries in a variety of ways. Some lycanthrope descendants still undergo a transformation with the cycles of the moon, though it is usually much less extensive than those of a full lycanthrope. Others bear constant features reflecting their heritage.

In order to create a lycanthrope descendant, you must first create a character of some other ancestry to represent what non-lycanthrope heritage they possess. After all, every lycanthrope was once a member of some other ancestry before they received the curse. Once you have done so, select one or two of the lycanthrope descendant traits below, with this exception of the Lunar transformation trait, and replace the same number of traits from your character's original ancestry, not including Age or Size. If your ancestry only has one trait beyond those two, then remove that one trait and select two of traits below, adding them to your ancestry.

Alternatively, you may choose the Lunar Transformation trait. With this trait, you appear to have no lycanthrope ancestry most of the time. When the moon is full, however, you transform into someone who is much closer to being a full lycanthrope than other lycanthrope descendants. You retain control of yourself, but are undeniably lycanthropic.

Lycanthrope Descendant Ancestry

Bestial Claws. Your fingernails are several inches long, bony, and sharp. You have sharp claws at the ends of your fingers which you can use to make unarmed strikes. When you hit, you deal 1d6 slashing damage plus your Strength modifier.

Climber. You have a climbing speed equal to your current walking speed.

Fangs. Your canine teeth are several inches long and sharp. You can make an unarmed strike as a bonus action when you have grappled a foe. You deal 1d4 piercing damage plus your Strength modifier.

Lunar Transformation. Your non-lycanthrope ancestry is dominant most of the time. On the three days a month during which the moon is full, however, you undergo a total transformation. On those three days, you remove any ancestral traits you have from your non-lycanthropic ancestry (except Age and Size) and instead possess every trait listed here.

Tough Hide. You have thick hair all over your body that resembles fur, which provides you some protection from the cold and damage. When you aren't wearing armor, your AC is 13 + your Dexterity modifier. You can use this score to determine your AC if worn armor would leave you with a lower score. You may benefit from a shield as normal. What's more, you have advantage on rolls to resist the effects of cold weather and environments.

Swift. Your knees bend the other way and you have powerful leg muscles that propel you more quickly than others. You have a base walking speed of 40 feet.

Wild Senses. Your senses are unusually sharp. You have advantage on Wisdom (Perception) checks that rely on hearing or smell.

Lycanthrope Descendant Culture

Most commonly, people of lycanthrope descent live in cultures related to the non-lycanthrope ancestry. Occasionally, Lycanthrope descendants form their own communities, though when that occurs it is usually the result of a non-lycanthrope descendant community gradually becoming one over many generations, as the ancestry spread through marriage and offspring. In truth, most people of lycanthrope descent simply continue to live as the culture they had before lycanthropic ancestry became common in their communities. In those few cases where they develop their own, distinctive culture, however, their members share certain traits.

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

Alignment. Members of lycanthrope descendant culture recognize the many ways in which people can be different, yet still a part of the same community. The many and various transformations and presentations that many members of these communities display leads most folks away from being overly lawful toward a more chaotic form of goodness.

Self-Acceptance. As a part of lycanthrope descendant culture, children are educated extensively in the lives and ways of beasts. You have proficiency in the Animal Handling skill.

Languages. You can speak, read, and write Common and two other languages of your choice.

Medusan

Medusans are humanoids who have small, writing snakes in place of the hair on their heads. Said to be descended from the gorgon sisters Medusa, Stheno, and Euryale, medusans have long since become nearly human in their natures. Their snakes can take on a variety of looks, from green to black, to any other color or type. They are usually a foot long and seem to move of their own accord, hissing and snapping, though medusans can calm them if they wish.

Medusan Ancestral Traits

Historically, medusans were women and it is still the case that most medusan babies are female, but some medusans are men or other genders as well.

Age. Medusans reach adulthood in 30 years and live to about 300 years.

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

Speed. Your base walking speed is 30 feet.

Arresting Gaze. Though medusans can no longer transform their enemies into stone, they still retain a vestige of that power. You can turn your gaze and that of all your snakes on a foe, stopping them in place. As an action, choose a creature that you can see that can see you within 30 feet. That creature must make a Constitution saving throw versus a DC equal to 8 + your proficiency bonus + your Charisma modifier. On a failed save, the creature is restrained until the end of your next turn. Once you have used this trait, you cannot use it again until you have completed a short or long rest.

Serpent Haired. Like their monstrous forebears, medusans have writhing snakes for hair. These snakes snap and bite at any within range. As an action, you can use your snake hair to make an unarmed strike. On a hit, the snakes deal 1 piercing damage and 1d4 poison damage.

Medusan Cultural Traits

Medusans have a few communities scattered in less settled areas of the lands, perhaps in part because there are some who still fear them, mistaking them for true gorgons like their forebears, and capable of petrifying their enemies. Despite prejudices, medusan communities are peaceful and friendly places, filled with people of many ancestries and genders.

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

Alignment. Medusan culture tends to be nurturing and protective of its own, valuing the good over specific rules. As such, its members weakly lean toward goodness.

Medusan Education. Medusan communities tend to retain certain skills from medusan history, especially their work with snakes, as well as their elders' preference for certain weapons. You are proficient in Animal Handling and have advantage on any Animal Handling check involving snakes. You are also proficient in the longbow and shortsword.

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

Merfolk

Merfolk are humanoids with blue-tinged skin, short, wide hands and feet, with webbed fingers and toes. They have flexible fins that run up their forearms and lower legs, as well as across the sides of their hairless heads. They have gills beneath their chins that run like a collar around their necks and their skin has a subtly scaled texture as well. They are roughly human in size.

Merfolk Ancestral Traits

Your merfolk character has several distinctive traits, thanks to your aquatic ancestry.

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

Size. Merfolk are about the same size as humans. Your size is Medium.

Speed. Your base walking speed is 30 feet and you have a swim speed of 30 ft.

Amphibious. You can breathe air and water.

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

Merfolk Cultural Traits

Merfolk communities are almost always underwater, in villages near vital ocean ecosystems, such as coral reefs. For this reason, merfolk communities are almost exclusively populated by people of merfolk ancestry, though a few exceptions have occurred. The merfolk communities see themselves as the shepherds of the sea, caring for the local ecosystems and tending the reefs and schools like gardeners might.

Ability Score Increase. Your Strength, Constitution, and Wisdom all increase by 1.

Alignment. Merfolk culture tends to value protecting the weak and the natural, which leans most of its members toward goodness.

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

Inured to the Depths. You have resistance to cold damage.

Stewards of the Sea. Your time spent cultivating the ocean ecosystems has taught you how to befriend the creatures of the sea. You can cast *animal friendship* at will with this trait, but you can target only beasts with a swim speed that are Medium or smaller.

Mimic Folk

Most mimic folk accept the belief that their ancestors were the products of some kind of magical experimentation, but no one knows for sure. However it occurred, mimic folk are descended from some magical fusion of humans and mimics the shapeshifting monstrosities. In their natural form, mimic folk are amorphous in shape, with unique properties. For example, their bodies can flow like a liquid but, when pressed upon, become solid. Their skin is gray or purple or green, sticky, and coarse.

Mimic folk rarely display their natural forms, however, reserving that for only their most intimate relationships. Instead, they adopt a humanoid appearance, much like other shapeshifters do, choosing whatever humanoid appearance they prefer.

Mimic Folk Ancestral Traits

Characters of mimic folk ancestry have the following traits.

Age. Mimic folk reach adulthood in 20 years and live to about 100 years.

Size. Mimic folk can vary from 5 to 8 feet tall, but their weight does not change with their size, remaining between 100 and 150 pounds. No matter what form you adopt, your size is Medium.

Speed. Your base walking speed is 30 feet.

Shapechanger. You can use your action to *polymorph* into an object, another humanoid, or back into you true, amorphous form. Your statistics are the same in each form. Any equipment you are wearing or carrying isn't transformed. You revert to your true form if you die.

False Appearance (Object Form Only). While you remain motionless, you are indistinguishable from an ordinary object.

Sticky Texture. When in your natural form, your skin is sticky to the touch. You have advantage on checks to grapple a foe.

Mimic Folk Cultural Traits

Although rare, a few mimic folk communities exist. Such groups use their shapeshifting abilities both for hunting and for leisure, with adults exploring their abilities and children playing serious games of hide and seek. Such communities are open, tolerant places, embracing its members' identities and choices regardless of ancestry, appearance, sexuality, and gender.

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

Alignment. Mimic folk culture reflects the flexibility that mimic folk experience as a part of their natures, so they lean strongly away from law, adopting a truly open and tolerant attitude.

Ambush Hunters. Mimic folk can hide better than most. You have proficiency in the Stealth skill.

Persona. Mimic folk and those who grow up around them value putting their best face forward. You have proficiency on either Charisma (Persuasion) or (Deception) checks, your choice.

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

Minotaur

Minotaurs resemble large humans with a bull head and horns. Tales tell of an ancient ancestor of all minotaurs who was cursed by the gods as a result of his crimes, though many minotaurs dismiss that as a myth.

Minotaur Ancestral Traits

Your minotaur character has several distinctive traits.

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

Size. Minotaurs are about the same size as humans, though often more muscular. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Horns. You have bull horns that you can use as weapons to make unarmed strikes. On a hit, you deal piercing damage equal to 1d6 + your Strength modifier. As a bonus action, you can make an unarmed strike with your horns. If the attack hits, you can't use this trait again until you finish a short or long rest.

Tough Hide. You have thick, leathery hide that provides a measure of protection. When you aren't wearing armor, your AC is 12 + your Dexterity modifier. You can use this score to determine your AC if worn armor would leave you with a lower score. You may benefit from a shield as normal.

Minotaur Cultural Traits

Minotaur communities value both martial prowess and keen intellect, usually focusing on military training. Many in these communities enjoy puzzles as well, with mazes in particular serving an important purpose. For those of this culture, the labyrinth represents not only an opportunity to hone one's mind, but to undergo a personal journey of self-development.

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

Alignment. Minotaur culture, with its focus on martial training and intellect, tends fairly strongly toward law.

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

Powerful Charge. If you move 20 feet in a straight line toward a foe before making an attack, you may use a bonus action to attempt to knock them prone. The target must be no more than one size larger than you and within 5 feet of you.

Maze Walkers. You are an expert at mazes and similar puzzles. Whenever you make an Intelligence (History) check or a Wisdom (Survival) check related to mazes or labyrinths, you are considered proficient in the skill and add double your proficiency bonus to the check, instead of your normal proficiency bonus.

Nictator

Nictators are amphibian humanoids, resembling frogs, with green, shiny, warty skin. A nictator can absorb water and oxygen through their skin, though this permeability also means they lose water more easily. Their large, bulging eyes rest near the top of their heads, and each eye has a nictitating membrane that protects it underwater.

Nictator Ancestral Traits

Your nictator character has several distinctive traits, thanks to your aquatic ancestry.

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

Size. Nictators stand between 4 and 5 feet tall and weigh between 75 and 150 pounds, with females generally being larger than males. Your size is Medium.

Speed. Your base walking speed is 30 feet and you have a swim speed of 30 ft.

Amphibious. You can breathe air and water.

Moist Skin. Nictators must keep their skin minimally moist. Once a day, you must either submerge in water or pour the equivalent of a waterskin of water on yourself. If you do not, you receive the poisoned condition the next day as your skin dries and cracks.

Panoramic Vision. Because their eyes are placed atop their heads and can rotate independently, nictator can see in 360 degrees. You have advantage on Wisdom (Perception) checks that rely on sight.

Nictator Cultural Traits

Nictator communities are underwater and see themselves as having an affinity with the element of water; indeed, some even call them the Children of

Water. Individual nictator dwellings are largely free of water, with larger settlements are built within water-free domes. As a rule, their communities are matriarchal chiefdoms, valuing honor and the keeping of vows—to break a vow is a major offense.

One way a member of nictator community can amass honor is through tending to the community's agricultural and pastoral assets, either by cultivating the aquatic plants that they plant and harvest or by shepherding the schools of small fish they domesticate.

Eating together is a sacred fellowship, so they do not dine with enemies. The springs that are the source of major rivers are often sacred sites for nictator culture.

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

Alignment. Nictator culture values the keeping of promises and, as such, tends toward lawfulness.

Languages. You know Common and Aquan.

Aquatic Naturalists. Nictator communities train their young to tend their plants and fish. You have proficiency in the Survival and Animal Handling skills.

Noumenon

The noumena are a people descended from the pure magical energies that ebb and flow on the Astral Plane. Each individual, known as a noumenon, is a human-shaped, collection of arcane plasma that thinks and acts as an individual. Some noumena believe that they were first born when a god died in the astral plane; others believe they are a natural manifestation of that plane's power, just as a fire elemental is the natural manifestation of the plane of fire, or a celestial is of the goodly planes. Regardless of the truth, each noumenon looks like a human, though they always glow faintly with a kaleidoscope of prismatic color.

Noumenon Ancestral Traits

This unique arcane ancestry endows all noumena with certain traits.

Age. Noumena come into being as a notion on the astral plane, existing there timelessly and eternally. It is only when they fall through a colorful pool into the material plane and merge with a developing human fetus that a noumenon is born. After that point, they reach maturity more quickly than a normal human, by age 10, and can live until their magically enhanced human form gives out, in roughly 500 years.

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

Speed. Your base walking speed is 30 feet.

Inherent Magical Essence. Noumena have advantage on saving throws against spells and other magical effects. However, spells and abilities that sense magic, such as the *detect magic spell*, locate noumena. Furthermore, their magical auras cannot be hidden by spells such as *arcanist's magic aura*. If the *dispel magic* spell is cast on them, they must make a Charisma saving throw against the caster's spell save DC or be Stunned until the end of the caster's next turn. Finally, if they enter an *anti-magic field*, they must make a Charisma saving throw against the caster's spell save DC or drop to zero Hit Points.

Magical Attacks. A noumenon's very body is a magical thing. Your unarmed strikes count as magical for the purpose of overcoming resistance and immunity to nonmagical attacks and damage.

Noumenon Cultural Traits

Noumena communities are few, but those that gather usually do so around a portal to the astral plane, granting them access to their home planes, which they often visit. Otherwise the primary pastime of noumena is the study and practice of magic. Everyone raised by noumena gains the following traits.

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

Alignment. Members of noumena communities say that they are governed by the necessary preconditions of the possibility of society, which is to say that they are almost purely lawful.

Languages. You can speak, read, and write Common, Celestial, Infernal, and Primordial.

Magical Acumen. Everyone in noumenon culture is taught a few magic spells. You know the *prestidigitation* cantrip. When you reach 3rd level, you can cast the *detect magic* spell once with this trait. When you reach 5th level, you can cast the *arcanist's magic aura* spell, without requiring the

material component, once with this trait. You regain the ability to cast these spells when you finish a long rest. Intelligence is your spellcasting ability for these spells.

Natural Arcanist. As beings of magic, noumena take to its study easily and their communities embrace this heritage. You have proficiency in the Arcana skill.

Octofolk

Octofolk are eight limbed octopus humanoids. Each limb is roughly three feet long, attached to a two-foot-tall and wide roughly humanoid torso, with a humanoid head. Octofolk tend to use four of their limbs as legs for walking and four to manipulate objects.

Octofolk Ancestral Traits

Your octofolk character has several distinctive traits, thanks to your aquatic, cephalopodal ancestry.

Age. Octofolk reach maturity in about 10 years and live for about 60.

Size. Octofolk are about the same size as humans. Your size is Medium.

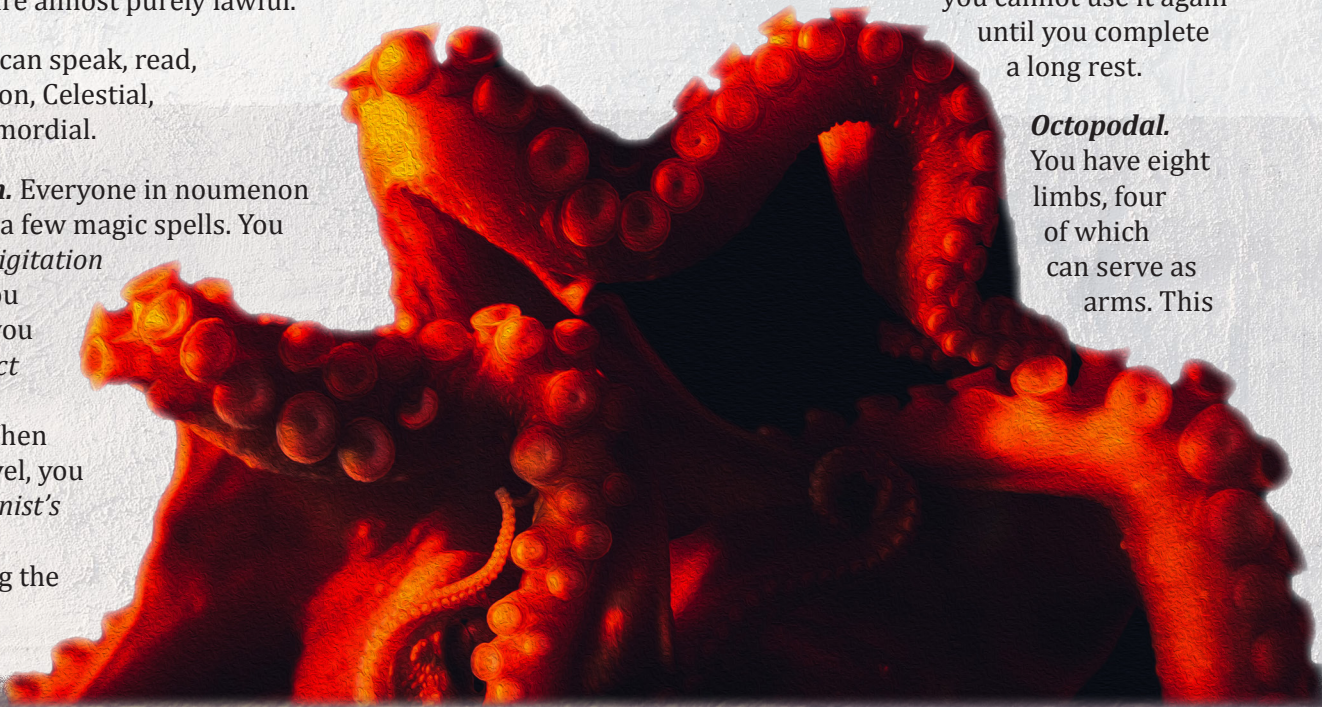
Speed. Your base walking speed is 25 feet and you have a swim speed of 40 ft.

Amphibious. You can breathe air and water.

Ink Cloud. When in water, an octofolk can release a cloud of ink that obscures the water around them. You release a 20-foot-radius cloud of ink extends all around you if you are underwater. The area is heavily obscured for 1 minute, although a significant current can disperse the ink. After releasing the ink, you can use the Dash action as a bonus action. Once you have used this trait,

you cannot use it again until you complete a long rest.

Octopodal. You have eight limbs, four of which can serve as arms. This



allows you to carry and wield more items or weapons than other creatures. On a turn in which you take the Attack action, you may use a bonus action to make a melee attack against a foe within range or take the Use an Object action.

Octofolk Cultural Traits

Octofolk communities are almost always underwater, usually oceans or seas, though occasionally by freshwater as well. Octofolk communities generally revolve around fishing, artisan crafts, and the lore of the sea. Even so, most octofolk themselves tend to be fairly solitary sorts, a preference which infuses all of octofolk culture as well. The only exceptions to this are wrestling competitions, which members of octofolk culture often enjoy.

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

Alignment. Octofolk culture focuses on individuality, which tends its members away from law.

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

Stealth of the Sea. While underwater, you have advantage on Stealth checks.

Octofolk Wrestling. Those raised in octofolk culture practice a distinct kind of fighting that focuses on grappling. You have advantage on checks to enter into or escape a grapple.

Oxenfolk

Oxenfolk resemble humans with an ox head, complete with horns. Tales among those of oxenfolk ancestry relate that the oxenfolk descend from a mythical warrior king, though historians debate the veracity of this story. Indeed, one myth claims that the founder of the oxenfolk ancestry is an immortal guardian, standing at the entrance to the land of the dead.

Oxenfolk Ancestral Traits

Your oxenfolk character has several distinctive traits.

Age. Oxenfolk live longer lives than humans, reaching adulthood at age 30 and living up to two centuries.

Size. Oxenfolk are somewhat taller and broader-shouldered than humans. Your size is Medium.



Speed. Your base walking speed is 30 feet.

Horns. You have ox horns on your head, which you can use as weapons to make unarmed strikes. On a hit, you deal piercing damage equal to 1d6 + your Strength modifier.

Strong Back. When determining your carrying capacity and the weight you can push, drag, or lift, you count as one size larger. You also have advantage on rolls against gaining a level of exhaustion.

Oxenfolk Cultural Traits

Oxenfolk communities are scattered, though history reports this was not always so. Most oxenfolk villages nowadays celebrate a history of military expertise and political independence. Many oxenfolk communities also value the craft of the smith, as well as magics useful in battle.

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

Alignment. Oxenfolk culture values prowess in battle, but also independence of mind, so many of its people tend toward neutrality.

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

Combat Magic. Oxenfolk communities teach their young adults magics to aid in battle. When you reach 3rd level, you can cast the *fog cloud* and *shield* spells once each with this trait. When you reach 5th level, you can cast the *magic weapon* spell once with this trait. You regain the ability to cast these spells when you finish a long rest. Wisdom is your spellcasting ability for these spells.

Weapon Mastery. You gain proficiency with smith's tools gain proficiency with the battleaxe, glaive, longsword, and spear.

Paragons

Paragon Ancestral Traits

Note: Paragons are humans who claim that they descend from legendary heroes from the days of yore. Use the human ancestry for these characters, which is listed in Ancestry & Culture: An Alternative to Race in 5e.

Paragon Cultural Traits

Paragons are a distinct human culture that claims it originates in a community of legendary heroes a thousand or more years ago. Over the generations, they have passed down the tales and values of those epic heroes in tales, practices, and beliefs. These communities welcome others into their number who are willing to take up the values and commitments that they hold dear. Thus most members of paragon communities have the following traits.

Ability Score Increase. Your ability scores each increase by 1.

Alignment. Members of paragon communities trumpet the values of duty, honor, and sacrifice they claim the legendary heroes exemplified. As such, they tend to be lawful.

Heroic Conviction. The beliefs and practices of paragon communities endow its members with bravery and fortitude. You have advantage on saving throws against being frightened.

Languages. You can speak, read, and write Common, Celestial, and a language of your choice.

Qivux

Qivux are bipedal anthropomorphic foxes. Variations in fur coloration largely stem from the ancient geographic distribution of the clans. Oral tradition among qivux communities claim that the qivux hold a deep affinity to the elemental plane of fire and their innate ability to conjure forth flame serves as good evidence. As such, many refer to the qivux as the Children of Fire.

Qivux Ancestral Traits

Your qivux character has several distinctive traits, thanks to your fiery vulpine ancestry.

Age Qivux reach maturity by age 30 and live two centuries.

Size. The average qivux stands between 5 and 6 feet tall and weighs between 115 and 200 pounds. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Darkvision. The nocturnal ancestry of foxes provides qivux superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

Fiery Heritage. Qivux can innately summon forth a magical non-consuming fire, which they use for warmth and protection. You know the *produce flame* cantrip. Charisma is your spellcasting ability for this cantrip.

Keen Senses. Qivux have keen hearing and smell. You have advantage on Wisdom (Perception) checks that rely on hearing or smell.

Qivux Cultural Traits

Qivux communities are usually structured around clans led by a male or female sage, with some clans banding together in loose confederations. Their homes tend to blend in with nature from the outside, such as underground complexes with multiple entrances hidden in mounds or dwellings carved



into cliffsides or woven into tree canopies. In most q̄ivux cultures, prophecies are highly valued and guarded. While they long ago gave up their affinity with the element of wood to create the tree-folk, q̄ivux communities still tend and protect forests. A history of persecution leads many q̄ivux communities to maintain traditions of illusion and transformation magics, having suffered much at the hands of others.

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

Alignment. Q̄ivux communities are fairly harmonious and well ordered, embracing the ways of the natural world. Its members tend weakly toward goodness and neutrality.

Q̄ivux Protective Magic. Q̄ivux communities teach their children magics to protect and conceal. You know the *minor illusion* cantrip. When you reach 3rd level, you can cast the *disguise self* spell once with this trait. When you reach 5th level, you can cast the *invisibility* spell once with this trait, without requiring a material component. You regain the ability to cast these spells when you finish a long rest. Charisma is your spellcasting ability for these spells.

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

Quasi-Phorcysite

The quasi-phorcysites are not either an ancestry or a culture, but the result of an incomplete process of transformation. In the furthest depths of the oceans dwell the Phorcysites, beings that resemble humanoids with cuttlefish heads. These creatures propagate their species by implanting an egg inside of a host body, which must be an intelligent humanoid. The egg hatches and becomes a parasite, slowly consuming various bodily and brain systems of its host, replacing them with its own ever-expanding network of tissues. After a long and painful transformational process, the host's head slowly transforms into a phorcysite's distinctive cuttlefish head and the host becomes a phorcysite.

One out of a thousand victims possess an innate magical resistance to which stops the process part way through. The result is a partially transformed creature who retains much of its original nature, yet also now has several new traits unique to the phorcysites.

In order to create a quasi-phorcysite, you must first create a character as they exist prior to being implanted with the phorcysite egg. To represent the partial transformation process, choose two of the traits below

and replace two traits from your character's original ancestry, not including Age, Size, or Speed. If your ancestry only has one trait beyond those three, then remove that one trait and select two of traits below, adding them to your ancestry. Your creature type remains what it was prior to the transformation.

Quasi-Phorcysite Replacement Ancestral Traits

Creatures partially transformed by phorcysite parasites tend to have skin that is somewhat translucent and slick, like a sea creature's, though not the gelatinous skin of the full phorcysite. This skin can subtly change color, providing a degree of camouflage. Quasi-phorcysites also often have six small, prehensile tentacles growing from their jaw, each roughly a foot long. These tentacles have suckers on them and bony hooks at their ends, which can grapple foes. Like full phorcysites, quasi-phorcysites also sometimes possess certain innate psychic abilities. Finally, some quasi-phorcysites develop an affinity for underwater environments.

Camouflage. Your semi-translucent, slimy skin changes color to match your environment. You have advantage on Stealth rolls that depend on not being seen.

Face Tentacles. Your facial tentacles are strong enough to grapple foes. When you take the attack action, you can make an unarmed attack with your tentacles against the target as a bonus action, if they are within five feet of you. On a hit, you can choose to grapple your foe rather than doing damage. The target's escape DC equals 8 + your proficiency modifier + your Strength bonus.

Phorcysite Magic. When you reach 3rd level, you can cast the *shield* spell once with this trait, without requiring a material component. When you reach 5th level, you can cast the *detect thoughts* spell once with this trait, without requiring a material component. You regain the ability to cast these spells with this trait when you finish a long rest. Intelligence is your spellcasting ability for these spells.

Submarine Affinity. You gain abilities associated with the phorcysite's deep sea habitat. You can breathe air and water and have a swim speed equal to your walking speed.

Quasi-Phorcysite Cultural Traits

There is no specific quasi-phorcysite culture. You retain the cultural traits you possessed prior to being infected.

Raptor Folk

Raptor folk are humanoids that resemble bipedal dinosaurs. They are roughly the size of human beings, though much more slender, with narrow torsos and long bony limbs. They have three fingers tipped with a talon on each hand. Covering their bodies are hard, metallic carapaces, which come to spiky points at their joints and the backs of their heads, though these head spikes are more prominent in males than females. Around their mouths are more bony plates that form mandibles of sorts as well, though they are not powerful enough to use as weapons.

Raptor Folk Ancestral Traits

All raptor folk share certain traits due to this ancestry.

Age. Raptor folk have lifespans similar to humans.

Size. Raptor folk are about the same height as humans, though often a few inches taller, and their hard carapaces make up for their slender frames in terms of weight. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Metallic Carapace. Raptor folk bodies are covered in natural plates of metallic, bony armor. When you aren't wearing armor, your AC is 13 + your Dexterity modifier. You can use this score to determine your AC if worn armor would leave you with a lower score. You may benefit from a shield as normal.

Talons. You have sharp claws at the ends of your three fingers which you can use to make unarmed strikes. The talons deal 1d4 slashing damage plus your Strength modifier.

Raptor Folk Cultural Traits

Raptor folk communities tend to focus on discipline, hierarchy, order, and military acumen. The members of these communities tend to adopt a strong sense of duty to their community, often causing them to put their duty before themselves. Indeed, most members of raptor folk communities serve in their armed forces at one point or another. If your character grew up in a raptor folk community, they would have the following traits.

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

Alignment. Raptor Folk culture is exceptionally hierarchical and militaristic, with a strong emphasis on lawfulness.



Raptor Folk Legion Training. Most raptor folk serve in their community's military. You are proficient in the heavy crossbow, glaive, flail, and shield.

Battle Paint. Members of raptor folk communities often paint patterns onto the bony plates on their faces. These patterns represent their clans and positions in raptor folk society. They also impress their enemies. You have proficiency in the Intimidation skill.

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

Rakshasans

Rakshasans are humanoids descended from a particular kind of fiend known as a rakshasa. Like tiefling, rakshasans descend from humans who either entered into an infernal pact with a fiend or had children with one. The details of the rakshasans' origin is lost to history, however, which is fitting, given then rakshasa's secretive and deceitful nature. Like tieflings, though, rakshasans only carry the outward appearance of their fiendish ancestry and bear no evil tendency or nature.

Rakshasan Ancestral Traits

Your rakshasan character has a few traits in common with other rakshasans, regardless of culture. Like their fiendish forebears, you are a humanoid tiger, with a tiger's head and a fur covered, human body. You also bear the distinctive hands of the rakshasa, with palms and thumbs on the opposite sides from a human's.

Age. Rakshasans reach maturity at the same rate as humans but live a few decades longer.

Size. Revuians vary widely in height and build, from barely 5 feet to well over 6 feet tall. Regardless of your position in that range, your size is Medium.

Speed. Your base walking speed is 30 feet.

Limited Magic Resistance. You can't be affected or detected by cantrips. You also have advantage on saving throws against spells of 2nd level or lower.

Tiger's Claws. Your fingers end in sharp claws resembling a tiger's. On a hit, you deal slashing damage equal to 1d6 + your Strength modifier.

Rakshasan Cultural Traits

Rakshasans are few and can usually be found living together in small communities. Perhaps because those who are familiar with their fiendish forebears do not always trust rakshasans, their communities tend to keep to themselves. These communities tend to value the finer things in life, such as fine food and wine, gentle music, and art. In general, most who grow up in a rakshasan community gain the following features.

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

Alignment. Rakshasan communities value order, peace, and trust. As such, those who live in them tend toward law.

Rakshasan Magic. The young in rakshasan communities are taught traditions of magic that date back to the dawn of rakshasan people. You know the mage hand cantrip. When you reach 3rd level, you can cast the disguise self spell once with this trait. When you reach 5th level, you can cast the detect thoughts spell once with this trait, without requiring a material component. You regain the ability to cast these spells when you finish a long rest. Charisma is your spellcasting ability for these spells.

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

Rat Folk

Rat folk are humanoid rats. They have rat-like heads, with large ears, long snouts, whiskers, and large, strong teeth. Their bodies are covered in short fur but are otherwise human in form.

Rat Folk Ancestral Traits

Your rat folk character has a few traits in common with other rat folk, regardless of culture.

Age. Rat folk reach maturity more quickly than humans, becoming adults after ten years. They live to be about sixty.

Size. Rat folk tend to be about four feet tall and fairly thin. Your size is Small.

Speed. Your base walking speed is 30 feet.

Heightened Smell. Rat folk share a sharp nose with their rat kin. You have advantage on Wisdom (Perception) checks that rely on smell.

Iron Stomach. Perhaps as a feature of your rat heritage, you can eat virtually anything without concern. You have advantage on saving throws against poison, and you have resistance against poison damage.



Rat Folk Cultural Traits

Rat folk communities can be found in and around large urban areas. These communities tend to be eclectic and diverse, with those of rat folk ancestry welcoming others to join them with open arms. Indeed, rat folk communities collect not only members but virtually anything they can find, with members often patrolling the cities in which they live and bringing back piles of junk to repurpose. To outsiders, rat folk communities often resemble piles of trash, but rat folk tend to find the clutter comforting. And despite the refuse and garbage they collect, the rat folk community members themselves are as clean as any other citizens of the city. In general, most who grow up in a rat folk community gain the following features.

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

Alignment. Rat folk communities revel in variety, color, and collections. Friendly competitions to collect complete sets of things are common, as are eccentric home decorating parties. As such, most in rat folk culture tend toward chaos.

Rat Folk Appraisal. Rat folk communities often support themselves by collecting finding things of value from amidst the cast offs and garbage of other communities. You have proficiency in the Survival skill. When you are searching in an urban area for useful things or things of value, you have advantage on the check.

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

Re-Forged

Note: The Re-Forged was created with the help of disability sensitivity reader Michelle Churchill.

Re-forged folk are not themselves an ancestry or culture. Rather, they are the result of a medical and magical intervention conducted by a construct artificer, in order to improve the mobility and prolong the life of an intelligent organic being.

There are a few communities of self-aware constructs (see “Constructs” above) who have developed magical techniques for fusing flesh to wood and iron. When these communities encounter a gravely injured or dying organic being, they ask the person whether they would allow a construct artificer to treat them with their special fusion techniques. If the person gives their consent, the artificer fashions new limbs and organs from wood and iron, magically fusing

them into the flesh of the injured or dying person. For those that undergo the magical procedure, they awaken still themselves, but with one or more constructed body parts. Following a period of recovery, rehabilitation, and extensive training, these new, magical components grant them certain traits.

In order to create a re-forged creature, you must first create a character as they exist prior to undergoing the re-forging procedure. To represent the process, choose one to three (your choice) of the traits below and replace the same number of traits from your character’s original ancestry, not including Age or Size. Your creature type remains what it was prior to the fusion procedure.

Re-Forged Replacement Ancestral Traits

Individuals who have undergone this procedure have one or more body parts that are made of wood or iron, or some combination of these or other materials. The cosmetic appearance of a construct prosthesis and its visibility to others is determined by the individual. You may decide which body parts are constructed and what they look like. What’s more, these new body parts are magically integrated into the body. Unlike non-magical prosthetic devices that only restore basic functionality, this magical integration acts as a go-between for the body’s biological systems and the constructed devices.

Antimagic Susceptibility. Re-forged prostheses are a combination of magic and artifice. When in an anti-magic field for 1 minute or after being targeted with the dispel magic spell, you are poisoned.

Re-forged Prostheses. Choose one to three of the traits below and use them to replace the same number of traits from your original ancestry.

Constructed Mobility. You have constructed legs that allow you to move at high speeds. Your base walking speed is 40 feet.

Forged Sight. You have one or two magical, constructed eyes that grant you normal sight, as well as the ability to see in the dark. You have Darkvision up to 60 feet.

Hardened Form. Much of your skin, muscle, or bone is now wood and iron and more resilient than flesh. When you aren’t wearing armor, your AC is 13 + your Dexterity modifier. You can use this score to determine your AC if worn armor would leave you with a lower score. You may benefit from a shield as normal.



Inorganic Digestion. Due to having an abdomen made of wood and iron, you have advantage on saving throws against being poisoned, and you have resistance to poison damage. You need neither food, nor drink, and you cannot catch a disease.

Powerful Arms. Your constructed arm, or arms, are

exceptionally strong. When you use this limb to make an unarmed attack, you deal damage equal to $1d6 +$ your Strength modifier.

Powering Down. Because a part of your head is now constructed, you do not need to sleep, but you must spend four hours inactive and motionless, though still aware of your surroundings to gain the benefits of a long rest.

Steam Powered. Your constructed elements are mechanical and operate on magically fueled steam power. You have resistance to fire damage.

Re-Forged Cultural Traits

Re-forged folk do not generally form their own separate cultures. Rather, they either remain with the construct communities that healed them, adopting the Construct cultural traits (see “Construct”, above) or they retain the culture they had prior to the re-forging process. Even so, in their chosen cultures, they tend to form connections with other re-forged around their shared experiences. You gain the following additional cultural trait.

Communities of Support. The re-forged share a unique experience and perspective with other re-forged, around which a community of mutual support often develops. When you spend a short rest in the company of another re-forged, you bolster yourself against the challenges before you. Once within the next 24 hours when you make a saving throw, you can choose to add a d4 to your roll. You can wait until after you roll to choose to add the d4, but must do so before the GM says whether the roll succeeds or fails. You may have only one such d4 at a time

Satyrs

Satyrs are fey creatures that resemble humans with the furry lower bodies and cloven hooves of goats. They also have horns upon their heads, ranging in size from short spikes to spiraling ram’s horns. Though more commonly born male than female, satyrs can be any gender.

Satyr Ancestral Traits

Your satyr character has a few traits in common with other satyrs, regardless of culture.

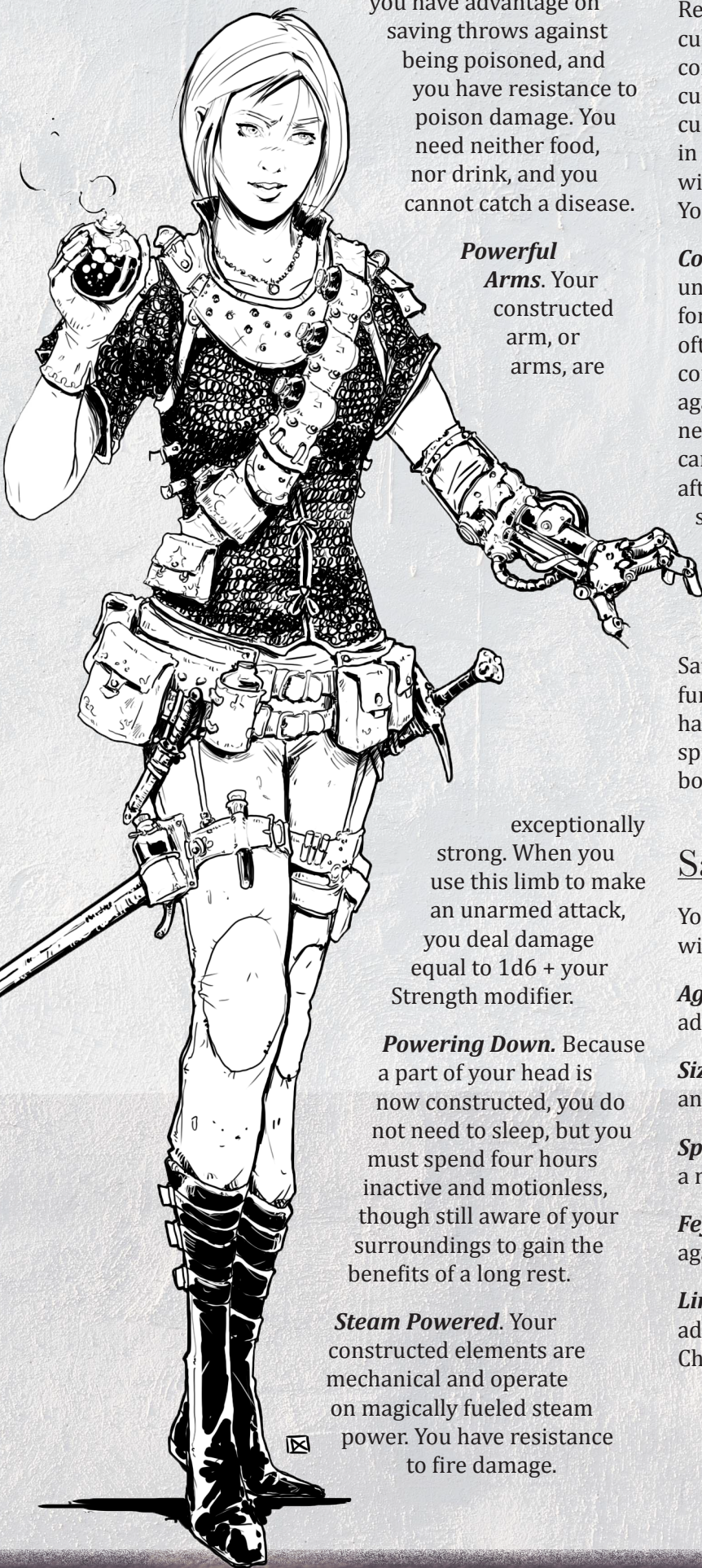
Age. Satyrs reach maturity very quickly, becoming adults after ten years, but live for well over a century.

Size. Satyrs are roughly human in size and weight. Your size is Medium.

Speed. Your animal legs propel you more quickly than a mere human’s. Your base walking speed is 35 feet.

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

Limited Magical Resistance. You have advantage on all Intelligence, Wisdom, and Charisma saving throws against magic.



Satyr Cultural Traits

Satyr communities are usually found deep in a forest or wood, with a broad, open green space at its center where gatherings occur. Indeed, celebration is a daily feature of life in a satyr community, with song and food and drink and dance bringing the community together with every meal. Despite the appearance of constant revelry, however, satyr communities still function, after a fashion, with craftspeople and education and even minimal sets of rules. In general, most who grow up in a rat folk community gain the following features.

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

Alignment. Satyr communities see laws more as guidelines than strict rules, really, as long as no harm is done. As such, most people in satyr culture tend toward chaos.

Satyr Revelry. Those who grow up in satyr communities quickly develop a love for and resistance to the effects of their celebrations, as well as facility with music and dance. You have resistance to poison and the poisoned condition. You have proficiency in the Performance skill and with one musical instrument.

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

Shapeshifter

In their natural form, a shapeshifter has gray skin and indistinct, muted features, pupil-free gray eyes, white hair, and can choose to appear as any gender.

Shapeshifter Ancestral Traits

Your shapeshifter character has several distinctive traits, thanks to your unique ancestry.

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

Size. Shapeshifters are about the same size as humans, though they tend to be more slender in the natural form. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Natural Performer. Due to your ability to mold your body and voice at will, you have proficiency in the Performance skill.

Shapechanger. You can use your action to polymorph into a Medium humanoid you have seen, or back into your true form. You can become 1 foot shorter or taller and can change your weight accordingly. You can't change your body type, so you must adopt a form that has the same basic arrangement of limbs. Your statistics are the same in each form. Any equipment you are wearing or carrying isn't transformed. You revert to your true form if you die.

Shapeshifter Cultural Traits

Shapeshifters do not always form their own communities, sometimes joining those of other ancestries. Even so, shapeshifter communities exist. Such places are defined by personal freedom and expression, where one's very appearance is a profound performance of the self. Such communities welcome peoples of any ancestry, appearance, sexuality, and gender.

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

Alignment. Shapeshifter culture leans strongly away from law, adopting a truly open and tolerant attitude.

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

Self-Expression. You are proficient in the Deception and Persuasion skills.

Snake Folk

Snake folk are humanoid serpents, featuring scaly skin, a forked tongue, snake-like eyes, smooth, streamlined ears and nose, and long, slender bodies.

Snake Folk Ancestral Traits

Your snake folk character has several distinctive traits, thanks to your serpentine ancestry.

Age. Snake folk reach adulthood at around age 16 and usually live roughly 60 years.

Size. Snake folk are about the same size as humans. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Darkvision. Snake folk have a history of nocturnal and subterranean behavior, granting their descendants superior vision in dark and dim conditions. You can

see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

Venomous Bite. Your canine teeth can elongate when you bite a foe, which you can use to make unarmed strikes. On a hit, you deal piercing damage equal to 1 + your Strength modifier, plus 1d4 poison damage.

Poison Resistance. You are resistant to poison damage and advantage on saving throws against poison.

Snake Folk Cultural Traits

Snake folk communities often settle in warm subterranean areas called dens. Within, the snake folk form kin groups that live communally, with shared educational spaces for teaching magic that reflects their myth of the Great Snake. Individuals in such communities are taught the values of independence, privacy, and self-reliance from a young age. In order to realize these values, people who are raised among snake folk develop talents for hiding themselves and their true feelings, reserving those things for only their closest associates.

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

Alignment. Snake folk communities have strongly communal behaviors and mores. On the other hand, they also trumpet independence and self-reliance. As such, they do not tend toward either law or chaos.

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

Subtle Sneak. You are proficient in the Stealth and Deception skills.

Serpent Spellcasting. You can cast *detect poison and disease*, requiring no material components, a number of times a day equal to your Wisdom modifier (minimum 1). You can also cast *speak with animals* at will, but can use this trait only to speak to snakes. At 3rd level, you can cast *charm person* a number of times a day equal to your Charisma modifier (minimum 1).

Spider Kin

Spider kin are humanoids with certain spider-like features.

They vary noticeably among them, with some having bodies are covered in short, bristly hair of various colors.

Others have eight limbs, or eight eyes, or mandibles around their mouths, or some combination. For those with eight limbs, they resemble something like a spidery centaur, with their four lower limbs function as legs and their four upper limbs as arms. Some can even spin silk from a gland in the tailbone.

Spider Kin Ancestral Traits

Sages disagree whether spider kin descend from a spider deity such as Anansi or Arachne, or if they are magical creations of some long-forgotten wizard. The variety of their appearance has even led a few scholars to argue that there is in fact a mixture of more than one ancestral origin for the group of beings



known as spider kin. Regardless, all spider kin share certain traits in virtue of their arachnid ancestry.

Age. Spider kin reach adulthood at the age of 20 and generally live a century.

Size. Spider kin are about the same size and build as humans. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Spider Form. Spider kin have several features indicative of their spider heritage. Choose three of the below.

- **Climbing.** Thanks to hook-like fingers and tiny, stiff hairs on your hands and feet, you have a climbing speed equal to your walking speed.
- **Eight Eyed.** You have two large eyes where humans normally do and six more small black eyes across your forehead. You have advantage and Wisdom (Perception) checks relying on sight.
- **Many Limbed.** Like a spider, you have eight limbs. Like a human, however, you stand erect, which means you have four legs and four arms, like a four-armed, spidery centaur. In addition to being able to wield multiple weapons while also have a hand free for casting spells, you can take the Use An Object action as a bonus action.
- **Venomous Bite.** Your mandibles can inject venom when you bite a foe, which you can use to make unarmed strikes. On a hit, you deal piercing damage equal to 1d4 + your Strength modifier of piercing damage, plus 1d4 poison damage.
- **Web Spinner.** You have a gland at the base of your back that can extrude silk. If you take one minute of time, you can extrude a 10-foot-long strand of silk. You can elect to have this rope be smooth, in which case it functions as a silk rope, or sticky and interconnected, in which case it functions as a net. Once you have done so, you cannot extrude web again until you complete a long rest.

Spider Kin Cultural Traits

Spider kin communities tend to settle in out of the way places. Some build communities in tree tops, while others settle along the walls and ceilings of in caverns. Regardless, these communities are usually built on strong, thick webs that those of spider kin ancestry have produced and woven together into impressively strong and supportive structures. Those of other ancestries can be found in these communities as well, though they must quickly learn to walk the webs of their

settlements lest they fall. In general, most who grow up in a spider kin community gain the following features.

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

Alignment. Spider kin communities literally hang on their webs being well-ordered and reliable. As such, their communities value reliability and order as well. Spider kin culture tends toward law.

Weavers. Those raised in spider kin communities learn the fine art of weaving, often specializing in silk. You have proficiency with weaver's tools.

Web Sense. While in contact with a web, you know the exact location of any other creature in contact with the same web.

Web Walker. You ignore movement restrictions caused by webbing.

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



Troll Folk

Those of troll folk ancestry are the descendants of humans and trolls. For the most part, the details of those unions are unknown, though many suspect magic was involved. Indeed, some communities tell tales of an ancient queen who tasked her wizards with creating a powerful army by magically melding her soldiers with trolls, with the troll folk being the result.



Troll Folk Ancestral Traits

Troll folk resemble tall, lanky humans with green, often warty, skin.

Age. Troll folk reach maturity quickly, by age 10, and live an average of 50 years.

Size. Troll folk are usually a foot taller than humans, standing roughly 7 feet tall, but don't weigh much more, due to their lean frames. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Fast Healing. Though not as quick to heal as their troll forebears, those of troll folk ancestry exhibit remarkable healing abilities. Once an hour when not in combat, you may roll one hit die to recover hit points. This does not deduct from your current number of hit dice.

Tough Claws. You have unusually long, hard fingernails that you can use as weapons. On a hit, you deal slashing damage equal to 1d6 + your Strength modifier.

Troll Folk Cultural Traits

The few troll folk communities that exist are often in relatively unpopulated regions, simply because prejudice toward those of troll folk ancestry persists, even though no such distrust is warranted. Nevertheless, more than one largely human community tells tales of a troll folk villain named Grendel and his mother, whom a human hero bested. Troll folk communities tell this tale differently, with Grendel and his mother simply trying to live peacefully outside of a human settlement and getting used as a scapegoat for the human king's failures. Regardless, troll folk communities now are somewhat guarded, though friendly to any and all decent folk.

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

Alignment. Troll folk communities tend to value difference and individuality. As such, they tend toward chaos.

Herbal Lore. Troll folk communities often reside in wilderness areas, near bodies of water, where their members gather and work with local herbs. You have proficiency with the herbalism kit and in the Nature skill.

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

Turtle Folk

Turtle folk are humanoid turtles, with large, hard shells, stout limbs, and a small head on a long neck. They are usually green or brown, but some can be yellow or even orange.

Turtle Folk Ancestral Traits

Your turtle folk character has certain distinctive traits.

Age. Turtle folk are incredibly long-lived, reaching adulthood at age 50 and living an average of 500 years.

Size. Turtle folk are the same height as humans, but weigh significantly more, due to their heavy shell. On average they weigh 400 pounds. Your size is Medium.

Speed. The heavy shell and short limbs of the turtle folk means they are not as swift as some other ancestries. Your base walking speed is 25 feet.

Hard Shelled. Turtle folk have a large, hard shell that gives them ample protection from attacks. When you aren't wearing armor, your AC is 16 + your Dexterity modifier. You can use this score to determine your AC if worn armor would leave you with a lower score. You may benefit from a shield as normal.

Shell Sanctuary. Turtle folk have even more protection from attack when they fall to the ground and withdraw into their shell. When you are prone but not Incapacitated, you instinctively pull in your head. Melee attacks against you while prone do not have advantage. Standing from prone requires two thirds of your movement, however.

Turtle Folk Cultural Traits

Turtle folk communities are seafaring, forming fleets of ships, large and small. In times of peace, they bind their ships together into a large, floating town out at sea. Much of the year, however, they ply their trade on the open oceans. Some transport goods as merchants of some repute, while a few take a darker path, engaging in piracy. Either way, they approach their duties with quiet determination and patience, the product of the fact that those of turtle folk ancestry are long lived.

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

Alignment. Turtle folk communities tend to be quiet, slow-paced environments, where folks behave in a habitual manner. They tend toward law.

Sea Faring. Turtle Folk communities spend their lives on the sea. You have proficiency in Vehicles (Water) and Navigator's Tools.

Turtle Folk Raider Tradition. Turtle folk people follow the ways of the sea, either as merchants or pirates. Either way, they are trained from a young age with weapons for ship battles. You are proficient with the scimitar, spear, and light crossbow.

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

Werecat

Werecats are small humanoids with feline features, who can transform into a domestic cat. In their humanoid form, they resemble halflings, but with feline ears, large cat eyes, and short, soft fur intermittently on their bodies. Most werecats have tufts of fur on the sides of their faces and down their arms and legs, as well as on the tops of their feet, similar to halflings. Their skin tone and hair color are as varied as that of domestic cats.

Werecat Ancestral Traits

Werecats share certain traits due to this ancestry.

Age. Werecats mature more quickly than humans, reaching adulthood at 14 and living roughly to 60.

Size. Werecats are small and slender, roughly the size of a halfling or gnome. Your size is Small.

Speed. Despite their small size, werecats are fleet footed. Your base walking speed is 30 feet.

Darkvision. Werecats tend to be nocturnal, granting them superior vision in dark and dim conditions. You can see in dim light within 60 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

Cat Form. In their true forms, werecats are humanoid, though they can transform into a common housecat and often spend long periods of time in this form. As an action, you can *polymorph* into a domestic cat, or back into your true form. Your statistics are the same in each form. Any equipment you are wearing or carrying isn't transformed. You revert to your true form if you die.

Werecat Cultural Traits

Werecat communities are usually small and temporary, with its members cohabiting but interacting very little, and often going their own way when the whim strikes them. Often these communities of convenience are diverse in terms of ancestry.

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

Alignment. Werecat communities tend to promote solitary and carefree lifestyles. Its members tend toward chaos.

Deft. Werecat community members tend to specialize in one or two activities that capitalize on their natural talents. You have proficiency in two of the following: the Acrobatics skill, the Perception skill, or Thieves' Tools.

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

Wolf Folk

Wolf folk are humanoid wolves, with black, gray, brown, or white fur. The walk upright and have humanoid limbs, but a distinctively lupine head. Most wolf folk have a growling undertone to their voices, though it need not sound menacing.

Wolf Folk Ancestral Traits

Most wolf folk share certain traits due to this ancestry.

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

Size. Wolf folk are about the same size as humans. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Keen Hearing and Smell. Wolf folk retain the keen senses of their lupine ancestors. You have advantage on Wisdom (Perception) checks that rely on hearing or smell.

Bite. Wolf folk also retain the strong jaws and sharp canine teeth of wolves, which you can use to make unarmed strikes. On a hit, you deal slashing damage equal to 1d6 + your Strength modifier.

Wolf Folk Cultural Traits

Wolf folk communities, or packs, can take a variety of forms, but one common social structure is that of the reaver. Adopting cultural practices that valorize combat and predation, many wolf folk communities are led by a pack shaman, who reads the stars for what they call the Great Hunt in the Sky to discern when to conduct the next raid. These raids culminate in a Great Hunt on the vernal equinox, during which multiple packs come together to celebrate. Indeed, the shamans play a central role in wolf pack culture, with the shaman performing anthropomancy over the entrails of a kill to determine the fate of a newborn pup. The stronger the sacrificed animals, these shamans claim, the greater the fate of the pup, and it falls to the parents delivering the pup to bring down the creature for the sacrifice.

Most wolf folk reavers conduct their raids by sea, promoting seafaring skills among their members. Others focus on battle, awaiting the next call for a Great Hunt. Seafaring and combat skills aside, however, these wolf folk packs also appreciate the skald who tells the tales, delivers messages, and even serves to broker peace between warring packs.

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

Alignment. Wolf folk culture focuses on the pack above all else, which tends its members toward law.

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

Pack Tactics. You have advantage on an attack roll against a creature if at least one other wolf folk ally is within 5 feet of the creature and the ally isn't incapacitated.

Sea-Wolf. All members of wolf folk culture learn the ways of the sea, able to contribute in some small way to the live at sea. You have proficiency either in Navigator's Tools or Vehicles (Water).

Wolf Folk Weapons Training. The ways of war are a part of wolf folk culture. You have proficiency with the scimitar, spear, and short bow.



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