

PLAYER OPTIONS FOR D&D 5e



CREATED BY

Andreas Walters Kyle Carty

ART BY

Sarah Dahlinger

Proofing by Scott Vandervalk PUBLISHED BY



LIZARDFOLK

Cold and cunning, lizardfolk are an oft misunderstood species. With a thinking process that is completely alien to mammalian mortals, they are a calculating people that warm-blooded races fear and keep at a distance. These diurnal creatures live in a variety of environments, ranging from jungles to deserts to swamps. The congregate in large collectives solely for the benefit of cooperation to make ones' life easier. They do not typically value "family" in the way that mammalian races do. Lizardfolk adventurers know to be cautious when traveling in the wide world since mammals are easily scared, paranoid, and quick to respond with violence.

BASE LIZARDFOLK

These lizardfolk are similar, yet distinctly different, from the ones presented in *Volo's Guide to Monsters*. With *Atlas Animalia's* various lizardfolk subraces, it was decided to split the lizardfolk up into a primary race and several subraces. Those looking to capture the feel of the established lizardfolk most accurately should use the base race and the wetland lizardfolk subrace.

Ability Score Increase. Your Constitution score increases by 2.

Age. Lizardfolk are considered physically mature near age 14 and usually live to be 60.

Alignment. Most lizardfolk are neutral. Depending on their subrace they will view the outside world very differently. It's widely believed that of all lizardfolk, the axoltotlean are the most likely to be outwardly good.

Size. Lizardfolk are usually lean and tall, though komodo variants are quite bulky. Your size is Medium.

Speed. Your base walking speed is 30 feet.

Bite. You have a natural weapon in your ability to bite. You can use your bite to make unarmed strikes. If you hit with a bite, you deal 1d6 + your Strength modifier piercing damage.

Natural Armor. Your scales are thicker than those of other lizardfolk. When you aren't wearing armor, your AC is 10 + your Dexterity modifier + your Constitution modifier. You can use a shield and still gain this benefit.

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



AXOLTOTLEAN LIZARDFOLK

Ability Score Increase. Your Charisma score increases by 1.

Alchemist. You gain proficiency with alchemist's tools.

Amphibious. You can breathe both air and water.

Swimmer. You gain a swimming speed of 40 feet.

Neotenic. After spending at least 24 hours above water, you temporarily lose your gills and take the appearance of a wetland lizardfolk. After spending at least 1 hour soaking in water, your regain your gills. While you do not have your gills, you cannot breathe water.

Limited Regeneration. If you roll an 18–20 on a death saving throw, you regain 1 hit point.





CHAMELEON LIZARDFOLK

Ability Score Increase. Your Dexterity score increases by 1.

Camouflage. You can cast the *invisibility* spell targeting yourself once per day, requiring no material components. When you reach 7th level, you can cast *greater invisibility* targeting yourself once per day, requiring no material components. Constitution is your spellcasting ability for these spells.

Climb. You gain a climbing speed of 30 feet.

Skill Proficiency. You are proficient with the Stealth skill.

Weapon Proficiency. You are proficient with the longbow.

KOMODO LIZARDFOLK

Ability Score Increase. Your Strength score increases by 1.

Desert Dweller. You are naturally adapted to hot climates, as described in the *Dungeon Master's Guide*.

Fatal Spittle. As a bonus action, you can apply your natural poison to a weapon or piece of ammunition you are holding, including your bite. The next attack with the coated object deals ld4 + your Constitution modifier poison damage. You can use this feature three times. You regain all expended uses of this feature after completing a long rest.

Poison Blooded. You are resistant to poison damage and have advantage on saving throws against the poisoned condition.



WETLAND LIZARDFOLK

Ability Score Increase. Your Wisdom score increases by 1.

Armor Proficiency. You are proficient with shields.

Frenzy. You can make an attack with your bite as a bonus action. Once you use this feature, you cannot use it again until you finish a short rest.

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

Skill Proficiency. You are proficient with the Stealth and Survival skills.

Swimmer. You gain a swimming speed of 30 feet.

MUSHROOMFOLK

These fungal creatures are native to anywhere dark and damp in the world. Their soft, meaty bodies are common across all of their subspecies. Mushroomfolk culture is one of sedentary yet expansive lifestyle. They are unable to exist except for in ideal conditions, so mushroomfolk settlements are only common in the dark, cavernous, underbelly of the world. Mushroomfolk adventurers are even rarer. These unique few often don themselves with large hats and wrap themselves with cloth as protection from their natural enemy, the sun.

BASE MUSHROOMFOLK

Ability Score Increase. Your Constitution score increases by 2.

Age. Mushroomfolk mature in a matter of weeks and can live for as long as 100 years.

Alignment. Most mushroomfolk are neutral. The various subspecies of myconid approach the world in slightly different ways. However, most myconid are slow to act and tend to stay away from the more extreme alignments.

Size. Mushroomfolk are human-sized creatures of sentient fungus. Depending on the species they range from 5 to 6 feet and weigh anywhere from 100 to 200 pounds. Your size is Medium.

Speed. Your base walking speed is 25 feet.

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.

Pernicious Body. You have advantage on saving throws against being poisoned, and you have resistance against poison damage.

Plant. Your type is plant, not humanoid.

Poisonous. Your weapon attacks deal an extra 1d4 poison damage.

Sun Sickness. While in direct sunlight, you have disadvantage on ability checks, attack rolls, and saving throws.

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



AMANITA MUSCARIA MUSHROOMFOLK

Ability Score Increase. Your Wisdom score increases by 1.

Limited Telepathy. You can telepathically communicate with any creature that is within 10 feet of you. Those creatures must have an Intelligence score of 4 or more to communicate with you in this way.



MORELL MUSHROOMFOLK

Ability Score Increase. Your Wisdom score increases by 1.

Mediator. You have proficiency in the Persuasion skill.

Healing Touch. You can cast the cure wounds spell once as a 1st level spell. At 4th level, you instead cast it as a 2nd level spell and at 7th level, you cast it as a 3rd level spell and can cast it twice per day, rather than once. You regain any expended use of this feature after finishing a long rest. Wisdom is your spellcasting ability for this spell.



BEARDED TOOTH MUSHROOMFOLK

Ability Score Increase. Your Dexterity score increases by 1.

Bite. Your tooth filled mouth is a natural weapon, which you can use to make unarmed strikes. If you hit with it, you deal piercing damage equal to 1d6 + your Strength modifier, instead of the bludgeoning damage normal for an unarmed strike. Your bite has the finesse weapon property.

Quick. Your base walking speed increases by 10 feet.

Stinky. As a reaction when you are hit by a melee attack, you can secrete a stinky fluid. Creatures within 10 feet of you must make a Constitution saving throw with a DC equal to 8 + your proficiency bonus + your Constitution modifier. On a failed save, the target is poisoned for 1 minute. Once you use this trait, you can't do so again until you finish a short or long rest.

Quadrupedal. You walk on four legs. You cannot wield weapons or shields, but you can wear armor and perform somatic components for spells.



Mossy Mushroomfolk

Ability Score Increase. Your Intelligence score increases by 1.

Charming. You can cast the charm person spell once per day as a 1st level spell. At 4th level, you instead cast it as a 2nd level spell and at 7th level, you cast it as a 3rd level spell and can cast it twice per day, rather than once. Additionally, creatures do not know they have been charmed by you when the spell ends.

Trinket Crafter. You can spend 8 hours crafting a trinket made from parts of your flesh and other knickknacks. A creature in possession of a trinket can scry on you once per day for one minute as an action. Additionally, the creature has advantage on Charisma (Persuasion) checks when interacting with other plant creatures. You can have a maximum number of trinkets equal to your Constitution modifier. If you make more than that maximum, the oldest trinket is destroyed upon completion of the new trinket.

TREANT

Striding, intelligent trees, treants are a species of proud individuals with memories spanning several human, and sometimes elven, lifetimes. They live without settlements in the traditional sense and have a very irregular sense of community. They count the mundane trees around them as members of their family in the same way they would other treants. Those that gather together to form groves might live alongside one another for lengths ranging from mere weeks to over a century. Young, not fully matured treants, might get it in their mind to become adventurers. Rarely will they continue this lifestyle when they reach full maturity. At that point in their life they seek to plant roots.

BASE TREANT

Ability Score Increase. Your Strength and Constitution scores increase by 1.

Age. Treants reach maturity at anywhere between 5 to 15 years depending on the species. Their maximum lifespan can range from 20 years for some species to hundreds of years for others. Most treants also live much longer thanks to their magical nature.

Alignment. Most treants are neutral. They see life and death as necessary parts of nature but are not incapable of empathy for the dead or injured.

Size. As a playable race, treants are not fully matured. Your size is Medium.

Speed. Your base walking speed is 25 feet. Your speed is not reduced by wearing heavy armor.

Bark Armor. When you aren't wearing armor, your AC is 14 + your Dexterity modifier. You can use your natural armor to determine your AC if the armor you wear would leave you with a lower AC. A shield's benefits apply as normal while you use your natural armor.

False Appearance. While you remain motionless, you are indistinguishable from a normal tree of your subrace type. Intelligent creatures might still realize that a tree of your type should not exist in the area they are in.

Fire Vulnerability. You are vulnerable to fire damage.

Slam. You have a natural weapon in your powerful wooden limbs. You can slam your limbs into enemies to make unarmed strikes. If you hit, you deal ld6 + your Strength modifier bludgeoning damage.

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



BANYAN TREANT

Ability Score Increase. Your Wisdom score increases by 1.

Empathic. You are proficient with the Insight skill. Additionally, you have advantage on all Wisdom (Insight) checks.

Stalwart. You are immune to the charmed condition.



OAK TREANT

Ability Score Increase. Your Wisdom score increases by 1.

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

Siege Creature. You deal double damage to objects and structures.



WILLOW TREANT

Ability Score Increase. Your Dexterity score increases by 1.

Animal Ken. You can speak to animals as if you were always under the effects of the speak with animals spell.

Fey Magic. You know the *druidcraft* cantrip. When you reach 3rd level, you can cast the *entangle* spell one per day. When you reach 5th level, you can also cast the *locate animal or plants* spell once per day. Constitution is your spellcasting ability for these spells.



GRAFTED TREANT

Ability Score Increase. One ability score of your choice increases by l.

Born of Another. Select either the Animal Ken, Powerful Build or Stalwart feature from the other treant subraces. You gain it as a feature.

Skills. You gain proficiency in one skill of your choice.

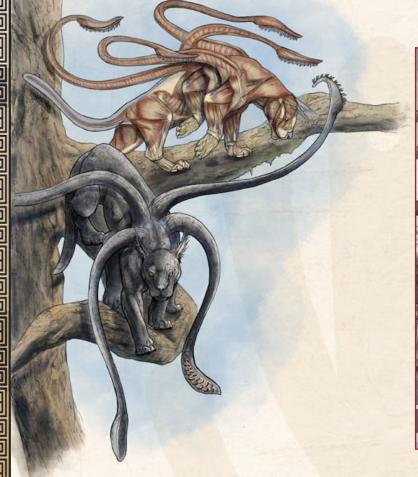
GRAFTED TREANT TEMPLATE

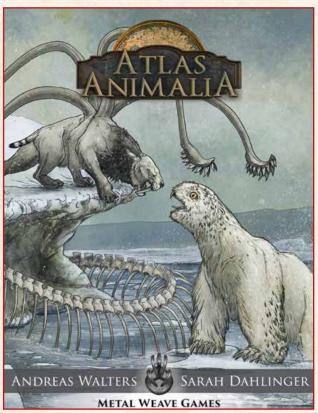
A plant can become a grafted treefolk. When a treant becomes grafted, it retains all its statistics except as noted below.

Resistances. The grafted treefolk gains resistance to necrotic damage.

Languages. The grafted treefolk speaks Common and Sylvan in addition to any other languages it knows.

Many Bodied. A grafted treefolk rolls initiative twice and has a full turn on both results.





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