

Races, Post-Tasha's

Ratings Scale

Superior*****

Good****

Average***

Poor**

Inferior*

Superior*** Races**

Aarakocra

Dwarf - Mountain

Goblin

Satyr

Tiefling - Winged

Yuan-Ti

Good** Races**

Custom Race + Variant Human

Dwarf - Hill, Duergar, Mark of Warding

Gnome - Svirkneblin, Mark of Scribing

Halfling - Marks of Healing & Hospitality, Stout

Kobold

Simic Hybrid

Warforged

Average* Races**

Aasimar - Protector

Bugbear

Elves

Githyanki

Gnome - Forest, Rock

Half-Elf

Halfling - Ghostwise, Lightfoot, Lotusden

Hobgoblin

Human - Marks of **Handling**, Passage, Sentinel

Locathah

Loxodon

Minotaur

Shifter - Beasthide, Swiftstride, Wildhunt

Tabaxi

Tiefling - all the others besides Winged

Turtle

Vedalken

Poor Races**

Aasimar - Fallen & Scourge
Centaur
Changeling
Dragonborn
Genasi - Fire
Githzerai
Goliath
Half-Orc
Human - Marks of Finding, Making
Kalashtar
Leonin
Lizardfolk
Orc
Shifter - Longtooth
Triton

Inferior* Races

Firbolg
Genasi - Air, Earth, Water
Human, Standard
Kenku

Custom Race

Stats: +2

Darkvision: 60' (option for extra skill proficiency instead)

Feat of choice

Rating: **Good******

Variant Human

Stats: +1/+1

Darkvision: No

Extra Skill Proficiency

Feat of choice

Rating: **Good******

Notes: *Sub-par stat bumps sneaky bad*

Half-feat below par of +2/+1

Custom Race adding to only one stat problematic for Tier 1 Point Buy

Starting Feat, in isolation, is excellent and a high bar for Racial Abilities

IMO starting Feat is 4th strongest Racial Ability

Some builds depend on Feat for Tier 1

However, sub-par stats large opportunity cost

Feats are available through play while Racial Abilities are not

Would personally consider for certain builds but not too often

Check with DM to see if Custom Race is eligible for appropriate Racial Feats

Aarakocra

Stats: +2/+1

Darkvision: No

Base Speed: 25'

Flight 50'

Talons: d4 unarmed strikes, no stat modifier added

Rating: **Superior*******

Notes: *Always on 50' Flight offers elite maneuverability*

Consider Flight to be 3rd strongest Racial Ability

Excellent option for casters and ranged attackers

Would personally consider for any non-melee build

Aasimar

Stats: +2/+1

Darkvision: 60'

Resistance to Necrotic and Radiant

Cantrip: Light

Healing Hands: touch to heal 1 HP/level 1x/day

Transformation at 3rd level for 1 minute 1x/day

 Fallen: Cha Save vs. Fear for 1 turn; extra damage (1 per level per turn)

 Protector: 30' Fly; extra damage (1 per level per turn)

 Scourge: damage (½ level) to self and 10' radius; extra damage (1 per level per turn)

Rating: **Average***** - Protector

Poor** - Fallen & Scourge

Notes: Extra damage of Aura solid at Tier 2+

But only during 1x battle/day inferior to always on abilities

 30' Fly is excellent

But only 1x battle/day inferior to always on abilities

 Damaging yourself is just weird and annoying

 Will create concentration issues

Bugbear

Stats: +2/+1

Darkvision: 60'

Extra Proficiency

+5' Reach

Powerful build: extra carrying capacity

Surprise attack: extra damage (2d6 1x/combat) when imposing surprise

Rating: **Average*****

Notes: Added reach fantastic for melee builds for avoiding OA and using Booming Blade

Centaur

Stats: +2/+1

Darkvision: No

Base Speed: 40'

Extra Proficiency

Hooves: d6 + Str unarmed strikes

Charge: Bonus action Hooves attack when moving 30' and using Attack action

Equine Build: extra carrying capacity; reduced climbing capacity

Rating: **Poor****

Notes: Some flavor in that PC can act as a mount

Intriguing for Cavaliers and Mounted Combatant Feat

 Melee buffs unimpressive but can stack nicely with Feats (e.g. Mobile)

Changeling

Stats: +2/+1

Darkvision: No

2x Extra Proficiency

Change Appearance at will using action

Unsettling Visage (UA version): reaction to impose disadvantage when attacked 1x/short rest

Rating: **Poor****

Notes: Always on "Disguise Self" is flavorful but easily replaceable so unimpressive

Good for RP build but offers no combat benefits

Dragonborn

Stats: +2/+1

Darkvision: No

Breath Weapon: Action to create 30' line or 15' cone

of uses = Con bonus per short rest

2d6 damage (3d6 at level 6; 4d6 at level 11; 5d6 at level 16)

Extra Abilities:

Standard: Damage Resistance

Draconblood: Darkvision 60' + Intimidation/Persuasion at advantage 1x/day

Ravenite: Darkvision 60' + Reaction to attack when damaged 1x/short rest

Rating: **Poor****

Notes: Great RP flavor but otherwise unimpressive

Breath Weapon consumes action for unimpressive damage

Damage Resistance can be solid if Fire or Poison

Dwarf

Stats: +2/+1

Darkvision: 60'

Base Speed: 25'

Extra Proficiency

Stone Cunning: free expertise on History checks about stonework

1x Martial Weapon Proficiency

Advantage on Saves vs. Poison; Poison Resistance

Powerful build: extra carrying capacity

Extra Abilities:

Duergar: Darkvision 120' + Spells 1x/day (Enlarge at 3rd level; Invisibility at 5th level)

Hill: +1 HP per level

Mark of Warding: +d4 w/ Thieves' Tools + Spells 1x/day (Alarm, Mage Armor, Arcane Lock at 3rd level) + expanded spell list

Mountain: **+2/+2 stat bumps + Medium Armor Proficiency**

Rating: **Superior******* - Mountain

Good**** - Hill, Duergar, MoW

Notes: nothing elite (except Mountain) but many solid abilities that add up

*Duergar suffer from **Sunlight Sensitivity***

Martial Weapon Proficiency enables Fighting Initiate Feat without dipping

Mountain Dwarf good for armor without dipping (but no shield is disappointing)

Can take Dwarven Fortitude which combos with Bloodwell Vial if sorcerer

Would personally consider Mountain Dwarf for sorcerer build

Elf

Stats: +2/+1

Darkvision: 60'

Advantage on Saves vs. Charm; Immune to Sleep

4-hour long rests

Extra Proficiency

Extra Abilities:

Drow: Darkvision 120' + 3x Martial Weapon Proficiency + Spells 1x/day (Dancing Lights, Faerie Fire at 3rd level, Darkness at 5th level)

Eladrin: Bonus action 30' Teleport 1x/short rest + Spell Effect w/Teleport at 3rd level

High: Extra wizard cantrip + 4x Martial Weapon Proficiency

Mark of Shadow: +d4 to Stealth/Performance + Spells 1x/day (Minor Illusion, Invisibility at 3rd level) + expanded spell list

Pallid: Advantage to Insight & Investigation + Spells 1x/day (Light, Sleep at 3rd level, Invisibility (self) at 5th level)

Sea: Swim 30' + water breathing + 4x Martial Weapon Proficiency + Speak w/Fish

Shadar-Kai: Necrotic Resistance + Bonus action 30' Teleport 1x/day + Damage Resistance for 1 round w/Teleport at 3rd level

Wood: 35' move + hide in natural Light Obscurement + 4x Martial Weapon Proficiency

Rating: **Average*****

Notes: Access to Elven Accuracy

Drow suffer from *Sunlight Sensitivity*

Martial Weapon Proficiency enables Fighting Initiate Feat without dipping

Free wizard cantrip nice for martials to pick up Booming Blade

Firbolg

Stats: +2/+1

Darkvision: No

Powerful build: extra carrying capacity

Speak to animals and plants; interactions at advantage

Spells 1x/short rest (Detect Magic, Disguise Self)

Bonus action Invisibility for 1 round 1x/short rest

Rating: **Inferior***

Notes: unimpressive abilities that have very limited uses

Genasi

Stats: +2/+1

Darkvision: No

Extra Abilities:

Air: Hold breath indefinitely + Levitate 1x/day

Earth: Unaffected by difficult terrain of earth/stone + Pass w/o Trace 1x/day

Fire: Darkvision 60' + Fire Resistance + Produce Flame + Burning Hands 1x/day

Water: Acid Resistance + water breathing + 30' Swim + Shape Water +

Create/Destroy Water 1x/day

Rating: **Poor**** - Fire

Inferior* - Air, Earth, Water

Notes: *unimpressive abilities that have very limited uses (except for Fire)*

Gith

Stats: +2/+1

Darkvision: No

Extra Abilities:

Githyanki: Extra proficiency + 3x Weapon proficiency + Medium Armor proficiency + invisible Mage Hand + Spells 1x/day (Jump at 3rd level, Misty Step at 5th)

Githzerai: Advantage on Saves vs. Charmed & Frightened + invisible Mage Hand + Spells 1x/day (Shield at 3rd level, Detect Thoughts at 5th level)

Rating: **Average***** - Githyanki

Poor** - Githzerai

Notes: *unimpressive abilities that have very limited uses*

except Medium Armor proficiency which is fantastic for casters

Martial Weapon Proficiency enables Fighting Initiate Feat without dipping

Gnome

Stats: +2/+1

Darkvision: 60'

Advantage on Int/Wis/Cha Saves vs. Magic

Extra Abilities:

Forest: Minor Illusion + speak with small beasts

Mark of Scribing: +d4 to History/Calligraphy + Message + Spells 1x/day (Comprehend Languages, Magic Mouth at 3rd level) + expanded spell list

Rock: Free expertise on History of magical/alchemical/tech items + Tinker Toys

Svirfneblin (Deep): Darkvision 120', Advantage on Stealth in rocky terrain

Rating: **Good****** - Svirfneblin, Mark of Scribing

Average*** - Forest, Rock

Notes: *Gnome Cunning is elite and on par with "starting Feat" as 4th best Racial Ability IMO*

Svirfneblin excellent in Underdark campaign

Would personally consider for Underdark campaign

Bilbron Bafflestone is Svirfneblin

Goblin

Stats: +2/+1

Darkvision: 60'

Bonus action Hide/Disengage every round

Extra damage 1x/short rest (1 per level)

Can replace with Speak with Small Beasts

Rating: **Superior*******

Notes: Bonus action Hide/Disengage is strongest Racial Ability in the game, IMO

Fury of the Small is sneaky good

My favorite race that will feature heavily in many of my builds

Would change Bilbron Bafflestone to Goblin in a second, if I had the chance

Goliath

Stats: +2/+1

Darkvision: No

Extra proficiency

Powerful build: extra carrying capacity

Cold Resistance

Reaction to reduce damage taken by d12 +Con 1x/short rest

Rating: **Poor****

Notes: Cold Resistance is decent

Stone's Endurance synergizes with Armor of Agathys

Stone's Endurance excellent for casters to retain concentration

Half-Elf

Stats: +2/+1/+1

Darkvision: 60'

Extra proficiency

Advantage on Saves vs. Charm; Immune to Sleep

Versatility: Choice of 2x Extra proficiency; 4x Martial proficiencies; wizard cantrip; +5' Move;

Hide in natural Light Obscurement; 30' Swim; or Spells 1x/day (Dancing Lights,

Faerie Fire at 3rd level, Darkness at 5th level)

Mark of Detection variant: +2/+1 stat bumps + +d4 to Insight/Investigation + Spells 1x/day
(Detect Magic, Detect Poison/Disease, See Invisible at 3rd level)
+ expanded spell list

Mark of Storm variant: +2/+1 stat bumps + +d4 to Acrobatics/Navigation + Lightning Resistance
+ Gust + Spells 1x/day (Gust of Wind at 3rd level) + expanded spell list

Rating: **Average*****

Notes: Extra stat bump is nice but otherwise unimpressive

MoS variant is best but not so much better as to bump its rating

Free wizard cantrip nice for martials to pick up Booming Blade

Martial Weapon Proficiency enables Fighting Initiate Feat without dipping

Half-Orc

Stats: +2/+1

Darkvision: 60'

Extra proficiency

Drop to 1 hp instead of 0 1x/day

+1dX damage on critical

Mark of Finding Variant: +2/+1 stat bumps + Darkvision + +d4 to Perception/Survival + Spells
1x/day (Hunter's Mark, Locate Object at 3rd level) + expanded spell list

Rating: **Poor****

Notes: Quasi-Death Ward is nice ability but otherwise unimpressive

Some synergy with crit-fishing builds

Halfling

Stats: +2/+1

Darkvision: No

Base Speed: 25'

Reroll 1's on attack/save/check

Advantage on Saves vs. Frightened

Can move through larger creature's space

Extra Abilities:

Ghostwise: Limited Telepathy within 30'

Lightfoot: can Hide if obscured by larger creature

Lotusden: Unaffected by vegetal difficult terrain + Druidcraft + Spells 1x/day (Entangle at 3rd level, Spike Growth at 5th level)

Mark of Healing: +d4 to Healing/Herbalism + Spells 1x/day (Cure Wounds, Lesser Restoration at 3rd level) + [expanded spell list](#)

Mark of Hospitality: +d4 to Persuasion/Cooking/Brewing + Prestidigitation + Spells 1x/day (Purify Food/Drink, Unseen Servant) + [expanded spell list](#)

Stout: [Advantage on Saves vs. Poison; Poison Resistance](#)

Rating: **Good****** - Marks of Healing & Hospitality, Stout

Average*** - Ghostwise, Lightfoot, Lotusden

Notes: Mark of Healing elite option to confer Healing spells to certain spell lists

Rerolling 1's is intriguing if stacked with Lucky Feat and Chronal Shift

Portent not good combo as must be applied before roll

Hobgoblin

Stats: +2/+1

Darkvision: 60'

2x Martial Weapon proficiencies

Light Armor proficiency

Save Face 1x/short rest (+1 on attack/save/check per ally within 30', max of +5)

Rating: **Average*****

Notes: Saving Face is sneaky good, albeit limited use

Light Armor enables Medium Armor proficiency

Martial Weapon Proficiency enables Fighting Initiate Feat without dipping

Human

Stats: +1/+1/+1/+1/+1/+1

Darkvision: No

Mark of Finding Variant: +2/+1 stat bumps + Darkvision + +d4 to Perception/Survival + Spells 1x/day (Hunter's Mark, Locate Object at 3rd level) + expanded spell list if caster

Mark of Handling Variant: +2/+1 stat bumps + +d4 to Animal Handling/Nature + Spells 1x/day (Animal Friendship, Speak with Animals, both can target monstrosities at 3rd level) + **expanded spell list**

Mark of Making Variant: +2/+1 stat bumps + +d4 to Arcana/Tools + Mending + Spells 1x/day (Magic Weapon) + **expanded spell list**

Mark of Passage Variant: +2/+1 stat bumps + **+5' Move** + +d4 to Acrobatics/Driving + Spells 1x/day (Misty Step) + **expanded spell list**

Mark of Sentinel Variant: +2/+1 stat bumps + +d4 to Perception/Insight + reaction to swap places with ally next to you and take their hit + Spells 1x/day (Shield) + **expanded spell list**

Rating: **Average***** - Marks of Passage, Sentinel

Poor** - Marks of Finding, Handling, Making

Inferior* - Standard

Notes: Standard Human almost as bad as Kenku

Kalashtar

Stats: +2/+1

Darkvision: No

Advantage on Wis Saves

Psychic damage Resistance

Immune to Dream attacks

Telepathy within 10' per level

Rating: **Poor****

Notes: Nice flavor but niche abilities

Kenku

Stats: +2/+1

Darkvision: No

Advantage on Forgery

2x Extra proficiencies

Imitate sounds on successful Deception check

Rating: **Inferior***

Notes: this is the worst race

Kobold

Stats: +2

Darkvision: 60'

Action to grant allies attacks at advantage vs. enemies within 10' for 1 round

Advantage to attacks when ally within 5' of target

Rating: **Good******

Notes: Suffer from Sunlight Sensitivity

Pack Tactics surprisingly strong as consistent advantage fairly rare

Good synergy with Battlesmith Artificer and Summoners

Leonin

Stats: +2/+1

Darkvision: 60'

Base Speed: 35'

Extra proficiency

Unarmed attacks at d4 +Str

Roar 1x/short rest to force Wis Save vs. Frightened for 1 turn within 10'

Rating: **Poor****

Notes: Almost Inferior but +5' move speed not horrible

Lizardfolk

Stats: +2/+1

Darkvision: No

30' Swim

2x Extra proficiencies

Short rest to create shield, club, javelin, darts, or blowgun needles

Unarmed attacks at d6 +Str

Unarmored AC of 13 + Dex

Bonus Action 1x/short rest to bite attack and gain temporary HP equal to Con modifier

Rating: **Poor****

Notes: Lots of abilities but none of them good

Locathah

Stats: +2/+1

Darkvision: No

2x Extra proficiencies

Water Breathing

Unarmored AC of 12 + Dex

Advantage on Saves vs. Charmed, Frightened, Paralyzed, Poisoned, Stunned, and Sleep

Rating: **Average*****

Notes: Not bad for an aquatic race

Loxodon

Stats: +2/+1

Darkvision: No

Powerful build: extra carrying capacity

Advantage vs. Charmed & Frightened

Unarmored AC of 12 + Con

Advantage to Perception, Investigation, and Survival that involve smell

Trunk can grapple, bludgeon, and crudely manipulate objects

Rating: **Average*****

Notes: Some appeal to grapple builds as trunk allows for 2-handed weapons or sword & board

Minotaur

Stats: +2/+1

Darkvision: No

Unarmed attacks at d6 +Str

Bonus action melee attack if taking Dash action and moving 20'

Bonus action imposition of Str Save to adjacent target vs. 10' push

Rating: **Average*****

Notes: Some appeal to grapple builds with melee buffs

Push has some appeal if combined with persistent AOE abilities

Orc

Stats: +2/+1

Darkvision: 60'

Bonus Action Dash, must end up closer to enemies

Powerful build: extra carrying capacity

Rating: **Poor****

Notes: unimpressive abilities

Satyr

Stats: +2/+1

Darkvision: No

Base Speed: 35'

2x Extra Proficiencies

Tool proficiency

Unarmed attacks at d4 +Str

+d8' to high/long jumps

Magic Resistance

Rating: **Superior*******

Notes: Magic Resistance is the 2nd best Racial Ability IMO

Shifter

Stats: +2/+1

Darkvision: 60'

2x Extra proficiencies

Action to transform 1x/short rest for 1 minute

Gain temporary HP equal to level +Con

Gain extra ability as per variant

Variants:

Beasthide: Shift Ability (+1 AC, +d6 temporary HP)

Longtooth: Shift Ability (unarmed attack at d6 +Str)

Swiftstride: Shift Ability (+10' Move, Reaction to Disengage +10' move)

Wildhunt: Shift Ability (advantage on Wis checks, can't be attacked at advantage within 30')

Rating: **Average****** - Beasthide, Swiftstride, Wildhunt

Poor** - Longtooth

Notes: strong Shifting abilities but only 1x/short rest

Wildhunt great synergy with Barbarian Reckless Attack

Simic Hybrid

Stats: +2/+1

Darkvision: 60'

Starting Enhancement: 1x of your choice

Glide

30' Climb

30' Swim + water breathing

Second Enhancement at 5th level: 1x of your choice

Unarmed attack at d6 +Str + **bonus action Grapple**

+1 AC if not wearing heavy armor

Acid Spit action vs. 1 target within 30' to impose Dex Save vs. 2d10 damage

Damage increases to 3d10 at 11th level and 4d10 at 17th level

Use Con modifier timer per day

Rating: **Good******

Notes: Excellent for Grapple builds

Tabaxi

Stats: +2/+1

Darkvision: 60'

20' Climb

2x Extra proficiencies

Double Move at will for one turn, recharge by not moving for one turn

Unarmed attacks at d4 +Str

Rating: **Average*****

Notes: Intriguing for some speed builds

Movement bump affects base rate, so can stack with Dash or other move bumps

e.g. Fly/Haste + Dash = 240' per round

Excellent for "cheese grater" tactic with Spike Growth

Tiefling

Stats: +2/+1

Darkvision: 60'

Fire Resistance

Bloodlines:

Asmodeus: Thaumaturgy + Spells 1x/day (Hellish Rebuke at 3rd level, Darkness at 5th)

Baalzebul: Thaumaturgy + Spells 1x/day (Ray of Sickness at 3rd level, Crown of Madness at 5th)

Dispat: Thaumaturgy + Spells 1x/day (Disguise Self at 3rd level, Detect Thoughts at 5th)

Fierna: Friends + Spells 1x/day (Charm Person at 3rd level, Suggestion at 5th)

Glasya: Minor Illusion + Spells 1x/day (Disguise Self at 3rd level, Invisibility at 5th)

Levistus: Ray of Frost + Spells 1x/day (Armor of Agathys at 3rd level, Darkness at 5th)

Mammon: Mage Hand + Spells 1x/day (Floating Disc at 3rd level, Arcane Lock at 5th)

Mephistopheles: Mage Hand + Spells 1x/day (Burning Hands at 3rd level, Flame Blade at 5th)

Zariel: Thaumaturgy + Spells 1x/day (Searing Smite at 3rd level, Branding Smite at 5th)

Devil's Tongue: Vicious Mockery + Spells 1x/day (Charm Person at 3rd level, Enthrall at 5th)

Hellfire: Spells 1x/day (Burning Hands at 3rd level, Darkness at 5th)

Winged: 30' Flight

Rating: **Superior******* - Winged

Average**** - All the others besides Winged

Notes: Nice flavor and Fire Resistance is solid, but Flight is elite

Turtle

Stats: +2/+1

Darkvision: No

Extra Proficiency

Hold breath for 1 hour

Unarmed attacks at d4 +Str

Unarmored AC of 17 (cannot wear armor)

Action to enter shell for +4 AC but can't move or take action or reactions

Rating: **Average*****

Notes: High base AC is excellent in lower Tiers but inferior to magic armor at higher tiers

High AC very good for casters

Not technically official but included due to popularity

Triton

Stats: +1/+1/+1

Darkvision: 60'

30' Swim

Extra Proficiency

Water breathing

Cold Resistance

Spells 1x/day (Fog Cloud, Gust of Wind at 3rd level, Wall of Water at 5th level)

Talk to fish

Rating: **Poor****

Notes: Stat bump distribution is interesting, but I prefer Locathah for aquatic race

Vedalken

Stats: +2/+1

Darkvision: No

Extra Proficiency + tool proficiency, also add +d4 to both

Advantage on Int, Wis, Cha Saves

Water breathing, 1x/day for 1 hour

Rating: **Average*****

*Notes: Great saves almost got them to Good**** but otherwise lackluster*

Warforged

Stats: +2/+1

Darkvision: No

Extra Proficiency + tool proficiency

Advantage on Saves vs. Poison; Poison Resistance

Immune to Disease and Sleep

Alert during long rest

+1 AC but takes one hour to don or remove

Rating: **Good******

Notes: AC bump and Poison defenses create strong resilience

Yuan-Ti

Stats: +2/+1

Darkvision: 60'

Immune to Poisoned and poison damage

Magic Resistance

Poison Spray & Animal Friendship (snakes only) at will

Spells 1x/day (Suggestion)

Rating: **Superior*******

*Notes: Insane defenses, almost overpowered, rivals Goblin as strongest Race
RP drawbacks due to appearance*

- 1: Bonus action Hide/Disengage
- 2: Magic Resistance
- 3: Flight
- 4 (tie): Starting Feat / Gnome Cunning

[illegible]