

4e-to-5e Race Conversions v0.01 (pre-playtesting)

If your character's race is a monster currently presented in the 5e Monster Manual, use the rules from the 5e Dungeon Master's Guide presented on page XX to convert your race.

Only some of the races presented here kept their skill bonuses/proficiencies due to the ways that those changed in the new edition. You may need to recalculate/retrain skills for some characters.

Some features and powers your character had in 4e may have been altered or deleted to better fit into 5e. I tried to keep everything that I could, but there are limits between the two editions for such updates.

Notes for Quick Conversions

If your character was a deva in 4e, use the rules for aasimars in the Dungeon Master's Guide as your new race.

satyr

pixie

gith

revenants

thri-kreen

Bladeling

The people called bladelings originally dwelled on the war-torn plane of Acheron. Due to that harsh realm, they have become living weapons with sharp barbs sprouting from their flesh and a history of military excellence.

Fierce Warriors: Bladelings look very similar to humans with dark complexions with two noticable differences. The first and most obvious of these are the barbs that grow from their flesh. These barbs are metallic in nature and are the reason for the race's monicker. The second trait that sets them apart are their vivid purple eyes that lack any pupils. While bladelings can see just fine, the effect is unsettling to those that are unfamiliar with their people.

Drums of Battle: Once a bladeling is considered an adult, they are conscripted into the military and must serve 3 years, though most choose to do longer tours of duty. Possibly due to the militant nature of their people, bladelings have no real arts or crafts that they are renowned for. However, they are expert smiths and have invented wardrum cadences that no other race has yet to replicate.

Isolated Bastions: Most bladeling settlements have been likened to military bunkers. These "barracks-cities" are where young bladelings gain the combat training that their people are known for. Due to their general mistrust of outsiders, bladelings have been branded as xenophobic. And, while this is largely true, it is as much to protect their people as it is to keep their military strength hidden from their enemies.

Conquerors: Bladelings are typically encountered in groups of their own kind. And those groups are usually part of some military action that they are undertaking. However, when encountered singly or with members of other races, a bladeling is most likely being shunned from their barracks-city due to befriending those very same outsiders.

Bladeling Names: Bladeling names are derived from the dialect of Infernal that they spoke while they inhabited Acheron. Unlike most mortal races, bladelings aren't concerned with family names and instead hold military rank in very high regard.

- *Male Names:* Xekit, Dagra, Kiva, Maket
- *Female Names:* Tashi, Sheda, Rahn, Xikem

Bladeling Traits:

- *Ability Score Increase.* Your Wisdom score increases by 1, and your Strength or Dexterity score increases by 2 (your choice which one).
- *Age.* Bladelings are designated adults when they reach 17 years of age and can live to be upwards of 200 years old. Due to their militaristic lifestyle however, most bladelings don't live nearly that long.
- *Alignment.* While they aren't necessarily evil, bladelings tend to be calculating and unconcerned for others. As such, bladelings with chaotic or good alignments are rare.
- *Size.* Most bladelings stand between 5 and 6 feet tall and weigh around 140 pounds. Your size is Medium.
- *Speed.* Your base walking speed is 30 feet.
- *Acid Resistance.* You have resistance to acid damage.
- *Barbed Body.* The harsh environments that bladelings hail from have sharpened their bodies into weapons. Whenever a creature deals damage to you with a melee attack without exceptional reach, they take 2d6 piercing damage. Additionally, you may use your spines to make attacks in melee. This allows you to roll 1d6 in place of the normal damage of your unarmed strike. If you gain a feature that changes the amount of damage that your unarmed strike would deal (such as the Monk's Martial Arts feature), use that feature or 1d6, whichever is greater. When you use the Attack action with an unarmed strike or a melee weapon, you can make one unarmed strike as a bonus action.
- *Forged in Battle.* Choose two martial weapons. You are proficient with those weapons and with Charisma (intimidation) checks.
- *Languages.* You can speak, read, and write Common and Infernal. While not devils themselves, bladelings have been known to hire fiendish mercenaries for their campaigns.

Hamadryad

The living embodiments of nature, the hamadryads are fey beings that help protect the natural world. They are bound, heart and soul, to the very trees that they serve.

Oaken Beauties: Nobody's quite sure why, but all hamadryads are females that look very similar to their dryad cousins. The primary difference between the two is that dryads are completely covered in bark, but hamadryads have patches of soft, flesh-like skin. Their "hair" is actually made of leaves and vines that resemble those of their trees.

Unaging Glory: Because they are the living spirit of their trees, hamadryads are effectively immortal creatures that never seem to age. They live in great respect for nature, maintaining their own beauty by protecting their groves.

Life in the Grove: Hamadryads gather in small collections that are called groves, just as the gathering of trees are. And while they are not overly concerned with outsiders, hamadryads form very strong bonds among those that share their home.

Nature's Guardians: While they spend most of their lives in their groves, hamadryads are known for leaving their natural sanctuaries to go into the world and correct imbalances in nature. Large dimensional rifts, uprisings in undead across the land, and even just rapid deforestation may all be reasons for a hamadryad to leave her forest.

Hamadryad Names: Hamadryads do not have names. However, when adventuring with outsiders, they will adopt names that reflect their favorite plants or animals.

- *Adventuring Names:* Fawn, Sparrow, Rose, Ivy, Willow, Una

Hamadryad Traits:

- *Ability Score Increase.* Your Wisdom score increases by 2, and your Intelligence or Charisma score increases by 1 (your choice which one).
- *Age.* As long as the hamadryad's tree is well-kept and neither meets a violent end, she is effectively immortal. Hamadryads also don't age like most mortals - they age at the same rate as their tree and only show signs of aging if their tree does.
- *Alignment.* Hamadryads tend to have neutral alignments. Much like the trees that they call home, hamadryads will bend in the breeze but always return to center.
- *Size.* Though their appearances vary wildly, most hamadryads are about the same height and weight as elven females. Your size is Medium.
- *Speed.* Your base walking speed is 30 feet.
- *All Female.* There are no male hamadryads.
- *Fey Ancestry.* You have advantage on saving throws against being charmed, and magic can't put you to sleep.
- *Nature Strider.* Moving through nonmagical difficult terrain caused by plant life costs you no extra movement. You can also pass through nonmagical plants without being slowed by them and without taking damage from them if they have thorns, spines, or a similar hazard.
- *Photosynthesis.* As the living spirit of a tree, you have no need to sleep. Instead, you must absorb sunlight and be in contact with natural earth for 4 hours. While you are photosynthesizing, you are aware of your surroundings and may even move about. At the end of that time, you gain the same advantages that a human does from 8 hours of sleep.
- *Nature's Charms.* You may add half of your proficiency bonus on Intelligence (nature) and Charisma (persuasion) checks with which you are not proficient.
- *Languages.* You can speak, read, and write Common and Sylvan. You speak the tongues of the cities and the wild-things.

Hengeyokai

The hengeyokai are a race with the unique ability to transform into animal forms. They frequently use this talent to play tricks on travellers, but are loyal companions and dear friends once they know you have a good sense of humor.

Wily Shapeshifters: All hengeyokai can take on three different shapes that are unique to them. These include an attractive human shape, a specific kind of animal, and a hybrid form that blends features of both together. In their human forms, hengeyokai vary as much in appearance as the humans they mimic.

Fey Inheritors: Despite the fact that hengeyokai can take on animal forms, they are not lycanthropes - they are descended from creatures that came to the material plane from the Feywild in ages past. This is evident in their unique powers and their lengthened lifespans. However, some superstitious or prejudiced individuals have been known to cause trouble for the peaceful hengeyokai due to a prank going awry.

Hiding in Plain Sight: Hengeyokai tend to dwell in lands where humans have settled. This allows them to blend in better, which makes their tricks all that much better. Hengeyokai sometimes also gather in small towns with their own kind, where they pass as humans until they wish to pull a prank on outsiders that decide to stay the night.

Seeking New Thrills: Most hengeyokai that are encountered outside of their homelands are usually seeking some sort of thrilling adventure or new trick to play. Of course, any given hengeyokai may have other, more personal reasons for adventuring, but they often take on quests just for the fun of it.

Hengeyokai Names: Just like the humans that they often impersonate, hengeyokai have a given name and a family name. Their names tend to sound exotic compared to most human names.

- *Male Given Names:* Akio, Daichi, Goro, Hotaka, Katsu, Nobu, Shou, Yuki
- *Female Given Names:* Akane, Chinatsu, Etsuko, Hitomi, Kasumi, Misaki, Sora, Umeko
- *Family Names:* Akiyama, Fujimoto, Ito, Kagome, Matsushita, Oshiro, Tsukino, Yukimura

Hengeyokai Traits:

- *Ability Score Increase.* Your Wisdom or Charisma score increases by 1 (your choice which one).
- *Age.* The hengeyokai age at about the same rate as humans do, but they can live to be much older. Hengeyokai reach adulthood at 14 years and can live to be upwards of 180 years old.
- *Alignment.* Due to their penchant for trickery, most hengeyokai tend to be chaotic. Whether this is malicious or joyful deception is up to the individual.
- *Size.* Despite being shapeshifters, all hengeyokai only ever assume two sizes. Your size is Medium while in your human and hybrid forms.
- *Speed.* Your base walking speed is 35 feet in your hybrid and human forms.
- *Trickster's Tongue.* You are proficient with Charisma (deception) checks.
- *Shapechanger.* You are able to change your shape into three specific forms. As a bonus action, you may assume the form of an attractive human, the shape of a specific kind of beast, or a hybrid form that blends the two. Your features are unique to you in any form that you assume this way.

While in your humanoid or hybrid form, you gain access to the traits and features detailed for your subrace below.

While in beast form, you follow the same rules presented in the Player's Handbook for the druid class' Wild Shape feature. However, you may only assume the shape of one specific animal and may ignore the level based limitations of the Wild Shape feature. While transformed, use the statistics for the creature listed in your subrace below.

- *Languages*. You can speak, read, and write Common. You can also speak with animals whose general nature closely resembles that of your beast form. For example, you may speak with a parrot if your beast form is a sparrow, with moles if you take the shape of a badger, and so forth.
- *Subraces*. Every hengeyokai can assume the form of a specific beast or a hybrid form incorporating both humanoid and bestial traits. Choose one of these subraces.
 - *Anaguma*: The anaguma hengeyokai can take on the form of the resilient badger.
 - *Ability Score Increase*. Your Constitution score increases by 1.
 - *Badger Form*. When you assume the shape of an animal, you become a badger.
 - ???
 - *Inu*: Inu hengeyokai can take on the forms of dogs.
 - *Ability Score Increase*. Your Wisdom score increases by 1.
 - *Dog Form*. When you assume the shape of an animal, you become a dog. Use the statistics presented for a wolf, but your size is Small instead of Medium.
 - ???
 - *Kitsune*: One of the most common types of hengeyokai, kitsune can take on the form of a fox.
 - *Ability Score Increase*. Your Charisma score increases by 1.
 - *Fox Form*. When you assume the shape of an animal, you become a fox. Use the statistics presented for a weasel.
 - ???
 - *Neko*: Neko hengeyokai are able to take on the forms of house cats.
 - *Ability Score Increase*. Your Dexterity score increases by 1.
 - *Cat Form*. When you assume the shape of an animal, you become a cat.
 - ???
 - *Kani*: Though not very common, kani hengeyokai can take the shapes of crabs.
 - *Ability Score Increase*. Your Strength score increases by 1.
 - *Crab Form*. When you assume the shape of an animal, you become a crab.
 - *Iron Grip*. You have advantage on checks to grapple and to resist becoming disarmed.
 - *Saru*: The saru are a type of hengeyokai that can take on the shape of monkeys.
 - *Ability Score Increase*. Your Strength score increases by 1.
 - *Monkey Form*. When you assume the shape of an animal, you become a monkey. Use the statistics presented for a baboon, but your size is Small instead of Medium.
 - ???

- *Koi*: Koi hengeyokai tend to live near water as they can turn themselves into carp.
 - *Ability Score Increase*. Your Constitution score increases by 1.
 - *Carp Form*. When you assume the shape of an animal, you become a carp.
 - ???
- *Suzume*: The slight suzume hengeyokai are able to take on the form of a sparrow, making them the only kind of hengeyokai that can fly without magic.
 - *Ability Score Increase*. Your Charisma score increases by 1.
 - *Sparrow Form*. When you assume the shape of an animal, you become a sparrow. Use the statistics presented for a hawk.
 - ???

Kalashtar

Creatures born from the Plane of Dreams, the enigmatic kalashtar are mental paragons. Cool and disciplined, they war with forces unseen for control of their very sanity.

Headline 1: appearance (humans fused with quori [dream creatures]...)

Headline 2: lifespan and culture similar to humans

Headline 3: society

Headline 4: why adventure

Kalashtar Names: blurb

- *Given Names*:

Kalashtar Traits:

- *Ability Score Increase*. Your Charisma score increases by 2, and your Intelligence or Wisdom score increases by 1 (your choice which one).
- *Age*.
- *Alignment*. Due to their general unattachment to the physical world, most kalashtar have neutral alignments.
- *Size*. Having descended from humans, the kalashtar have very similar builds to their ancestors. Your size is Medium.
- *Speed*. Your base walking speed is 30 feet.
- *Kalashtar Proficiencies*. You gain proficiency with Wisdom (insight) checks. You also gain proficiency with one type of artisan's tools, one type of kit, or one language of your choice.
- *Telepathy*. You may communicate telepathically with any creature within 30 feet of you that has a language. (other restrictions etc?)
- *Mental Bastion*. You have advantage on saving throws to resist becoming dazed and charmed.
- *Shielding Aura*. As a reaction, you may grant yourself and all allies within 30 feet of you advantage on Wisdom and Charisma saving throws for 1 minute. You may do this once and regain the ability to so after a short rest.

- *Dreamless Sleep*. As a creature with a strong tie to the Plane of Dreams, you do not dream when you are asleep. This makes you immune to the effects of the *dream* and *nightmare* spells.
- *Languages*. You can speak, read, and write Common.

Variant Kalashtar: If playing using my homebrewed psionics rules, you may replace the Shielding Aura and Kalashtar Proficiencies traits with the following.

- *Autohypnosis*. You have one focus die, which is a d4. If you later gain a feature that changes the type of die used for your focus dice, it also affects this die. If you spend your focus die, you regain it after a short or long rest.
- *Synaptic Slayer*. You know the *synaptic slayer* psionic power. Charisma is your manifesting ability for that power.

Mul

short description

Headline 1: appearance

Headline 2: lifespan and culture

Headline 3: typically born as slaves

Headline 4: why adventure

Mul Names: blurb

- *Given Names*:

Mul Traits:

- *Ability Score Increase*. Your Constitution score increases by 2, and your Strength or Dexterity score increases by 1 (your choice which one).
- *Age*.
- *Alignment*. no particular
- *Size*. blurb. Your size is Medium.
- *Speed*. Your base walking speed is 30 feet.
- *Tireless*. You only need 8 hours of sleep in a 3 day period. You are otherwise awake during long rests.
- *Fast Healer*. When you spend one or more hit dice to recover hit points, you gain an additional two hit points for every hit die you spend.
- *Amazing Fortitude*. As a bonus action at the start of your turn, you may end one of the following conditions affecting you: dazed, slowed, stunned, or poisoned. You may do this once and regain the ability to do so after a short rest.
- *Empire Builder*. You gain proficiency with Charisma (persuasion) and Strength (athletics) checks.
- *Languages*. You can speak, read, and write Common and Dwarven.

Shadar-kai

short description

Headline 1: appearance

Headline 2: lifespan and culture

Headline 3: society

Headline 4: why adventure

Shadar-kai Names: blurb

- *Given Names:*

Shadar-kai Traits:

- *Ability Score Increase.* Your Dexterity score increases by 2, and your Intelligence or Wisdom score increases by 1 (your choice which one).
- *Age.*
- *Alignment.* neutral common, good rarish
- *Size.* blurb. Your size is Medium.
- *Speed.* Your base walking speed is 30 feet.
- *Darkvision.* 60
- *Undying Spirit.* Add half of your proficiency bonus on Constitution and death saving throws. Additionally, you have advantage on saving throws to resist becoming unconscious.
- *Shadow Jaunt.* misty step 1/short rest
- *Languages.* You can speak, read, and write Common and one other language of your choice.

Shade

short description

Headline 1: appearance

Headline 2: lifespan and culture

Headline 3: society

Headline 4: why adventure

Shade Names: blurb

- *Given Names:*

Shade Traits:

- *Ability Score Increase.* Your Charisma score increases by 2, and your Dexterity or Intelligence score increases by 1 (your choice which one).
- *Age.*
- *Alignment.* no particular
- *Size.* blurb. Your size is Medium.
- *Speed.* Your base walking speed is 30 feet.
- *Darkvision.* 60ft
- *Shadowblending.* You have proficiency with Dexterity (stealth) checks. Additionally, you may use the Hide action with any amount of cover or concealment, including any adjacent allies (phrase like camouflage feature)
- *Frail.* When you spend one or more hit dice to recover hit points, you gain one less hit point for every hit die you spend.
- *arcana trained?* native to shadowfell...
- *Languages.* You can speak, read, and write Common.

Shardmind

short description

Headline 1: appearance

Headline 2: lifespan and culture

Headline 3: society

Headline 4: why adventure

Shardmind Names: blurb

- *Given Names:*

Shardmind Traits:

- *Ability Score Increase.* Your Intelligence score increases by 2.
- *Age.*
- *Alignment.* blurb
- *Size.* blurb. Your size is Medium.
- *Speed.* Your base walking speed is 30 feet.
- *Telepathy.* 30ft
- *Psychic Resistance.* You have resistance to psychic damage.
- *Living Construct.* same as warforged
- native to astral plane...
- *Shard Storm.* As an action on your turn, you may teleport up to 30 feet. When you do so, your body quickly disassembles into thousands of tiny crystal shards and reassembles where you designate. Your subrace may modify the way that your shard storm trait functions. You may use this feature once and may use it again after a short or long rest.
- *Languages.* You can speak, read, and write Common, Undercommon (name?), and one other language of your choice.
- *Subraces.* blurb. Choose one of these subraces.
 - *Alpha:* blurb
 - *Traits defensive storm*
 - *ac +1*
 - *Beta:* blurb
 - *Traits offensive storm*
 - *cha +1*
 - *Delta:* blurb
 - *Traits psionic (using my rules for now)*
 - *wis +1*

Vryloka

Headline 1: appearance

Headline 2: lifespan and culture

Headline 3: society

Headline 4: why adventure

Vryloka Names: blurb (slavic/germanic sounding)

- *Given Names:*

Vryloka Traits:

- *Ability Score Increase.* Your Charisma score increases by 2 and your Strength or Dexterity score increases by 1 (your choice which one).
- *Age.*
- *Alignment.* blurb
- *Size.* blurb. Your size is Medium.
- *Speed.* Your base walking speed is 35 feet.
- *Darkvision.* Your vampiric heritage enhances your sight. 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, but living creatures that you see in the dark give off a faint red glow that pulses with their heartbeat.
- *Living Dead.* You may choose to be affected by spells and other effects as either a living creature or an undead creature (your choice which one).
- *Necrotic Resistance.* You have resistance to necrotic damage.
- *Frail.* When you spend one or more hit dice to recover hit points, you gain one less hit point for every hit die you spend.
- *Blood Frenzy.* When you reduce an adjacent foe to 0 hit points, you may choose to gain one of the following benefits:
 - You may use the Dash action as a bonus action this turn.
 - You gain temporary hit points equal to half your level (rounded up). These temporary hit points vanish after one hour or when you take a short or long rest.
 - You gain advantage on all weapon or spell attack rolls that you make until the end of your next turn.

You may use this feature once. You regain the ability to do so after a short or long rest.
- *Unnatural Vitality.* When you would reduce a Medium or larger creature to 0 hit points with a melee attack, you may use a bonus action to drink its freshly spilled blood. If you do, you may add half your proficiency bonus on death saving throws and you no longer need to eat, drink, or breath unless you choose to. These effects last until you take a long rest. You may use this ability once and may use it again after a long rest.
- *Languages.* You can speak, read, and write Common and one other language of your choice.

Wilden

short description

Headline 1: appearance

Headline 2: lifespan and culture

Born of Nature: society

Guardians of the Realm: why adventure (seek threats from far realm)

Wilden Names: blurb

- *Given Names:*

Wilden Traits:

- *Ability Score Increase.* Your Wisdom score increases by 2.
- *Age.* ~100 with "seasons"
- *Alignment.* blurb

- *Size*. blurb. Your size is Medium.
- *Speed*. Your base walking speed is 30 feet.
- *Sylvan Lore*. You are proficient with Intelligence (nature) checks.
- *Natural Camouflage*. You have advantage on Dexterity (stealth) checks made in woodland environments.
- *Fey Ancestry*. You have advantage on saving throws against being charmed, and magic can't put you to sleep.
- *Languages*. You can speak, read, and write Common and your choice of Elven or Sylvan.
- *Subraces*. Just as the weather changes, wilden are able to shift their forms after some time. These different forms are called "aspects." Choose one of these subraces, and you may change to another subrace when you take a long rest.
 - *Aspect of the Destroyer*. Wilden that assume the aspect of the destroyer embody the harshest parts of nature. Their forms become covered in barbs, their features more feral.
 - *Aspect Score Increase*. While you are in this aspect, your Strength score is increased by 1, to a maximum of 20.
 - *Wrath of the Destroyer*. When you would deal damage to a creature that is under half of its hit point maximum, you may make that creature dazed until the end of its turn. You may use this ability once and may use it again after a short rest.
 - *Aspect of the Ancients*. While in the aspect of the ancients, a wilden's features become more serene. A wilden in this aspect channels and strengthens their fey roots.
 - *Aspect Score Increase*. While you are in this aspect, your Constitution score is increased by 1, to a maximum of 20.
 - *Voyage of the Ancients*. As a bonus action after you successfully hit an enemy with a spell or weapon attack, you may mark them with faerie fire and teleport up to 15 feet. You and all allies have advantage on attack rolls against that enemy until the end of your next turn. You may use this ability once per short rest.
 - *Aspect of the Hunter*. The aspect of the hunter is the one that wilden are most typically encountered in. A wilden in this aspect moves with predatory grace.
 - *Aspect Score Increase*. While you are in this aspect, your Dexterity score is increased by 1, to a maximum of 20.
 - *Pursuit of the Hunter*. When an enemy adjacent to you moves away from you, you may use your reaction to move up to 15 feet with it. Your next attack against that creature deals an additional 1d8 damage and ignores any cover or concealment the creature might possess. You may use this ability once. After a short rest, you may use it again.