

Trollkin Playable Ancestry

Ability Score Increase:

+2 Constitution, +1 Dexterity or Wisdom

Size:

Medium. Trollkin range between 6 and 7 feet tall and weigh around 180–240 pounds.

Speed:

Your base walking speed is 30 feet.

Age:

Trollkin tend to live around four centuries. The oldest was recorded to 403 upon his death.

Regenerative Resilience: When you use Hit Dice to regain hit points during a short rest, you add your proficiency bonus to each die rolled. Additionally, as a reaction when reduced to 0 hit points but not killed outright, you can drop to 1 hit point instead. You can use this feature once per long rest.

Natural Prowess: You have proficiency in either Athletics or Survival (your choice).

Darkvision: Accustomed to shadowy environments, you can see in dim light within 60 feet as if it were bright light, and in darkness as if it were dim light.

Trollish Instinct. Once per long rest, as a bonus action, you may consume a chunk of raw meat or flesh or some organic muck (rotting moss, insect husks, old bone, etc.) to stimulate rapid regeneration. You regain hit points equal to your level + your Constitution modifier.

This primal act is instinctive and foul-smelling, and may draw unwanted attention if done in polite company.

Languages:

You can speak, read, and write Common and one additional language of your choice (often Giant or Sylvan).

Subraces: Desert, Forestborne, Glacial, Swamp, Fireborne or Waterborne

Subraces

Desert

Natives of the Sunscorched Badlands

- **Ability Score Increase.** Your Charisma score increases by 1.
 - **Desert Dweller.** You are naturally adapted to hot environments. You automatically pass Constitution checks made to avoid exhaustion from extreme heat, and you ignore difficult terrain caused by sand.
 - **Mirage Magic.** You know the *minor illusion* cantrip. At 3rd level, you can cast *longstrider* once per day. At 5th level, you can cast *blur* once per day. Charisma is your spellcasting ability for these spells.
 - **Survivalist.** You have proficiency in the Survival skill.
 - **Animal Lore.** You have advantage on Intelligence (Nature) checks to recall information about beasts.
 - **Languages.** You know Common and Terran.
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Forestborne

Natives of the Kingdom of Tirnanog

- **Ability Score Increase.** Your Dexterity score increases by 1.
- **Forestborne Climber.** You gain proficiency in the Acrobatics and Athletics skills. You also have a climbing speed of 25 feet, which you cannot use while wearing heavy armor.
- **Forestborne Training.** You have proficiency with spears, shortbows, and nets.
- **Mask of the Wild.** You can attempt to hide even when lightly obscured by foliage, heavy rain, falling snow, mist, and other natural phenomena.
- **Keen Senses.** You have proficiency in the Perception skill.
- **Friend of the Forest.** Using gestures and sounds, you can communicate simple ideas with any beast that has a climbing speed.
- **Languages.** You know Common and Terran.

Glacial

Natives of the Frostheim Expanse

- **Ability Score Increase.** Your Intelligence score increases by 1.
- **Weapon Proficiency.** You are proficient with war picks, spears, longswords, shortswords, and longbows.
- **Resistant to Cold.** You suffer no harm from cold environments and have resistance to cold damage.
- **Ray of Frost.** You know the *ray of frost* cantrip. This does not count against your known spells.
- **Arctic Hunter.** You have advantage on Dexterity (Stealth) and Wisdom (Perception) checks in icy, natural terrain.
- **Snow Walk.** You ignore difficult terrain caused by ice or snow.
- **Fire Vulnerability.** You take double damage from weapons or spells that deal fire damage.
- **Languages.** You know Common and one other language of your choice.

Swamp

Natives of the Misthollow Marsh

- **Ability Score Increase.** Your Wisdom score increases by 1.
- **Superior Darkvision.** You can see in dim light within 120 feet as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness.
- **Mire Magic.** You know two cantrips from the druid spell list. These do not count toward your known spells.
- **Mire Fortitude.** You have resistance to poison damage and immunity to the poisoned condition.

- **Child of the Swamp.** You can breathe both air and water. You have a swimming speed equal to your walking speed.
 - **Friend of the Swamp.** You can communicate simple ideas to native plants and to beasts that can breathe both air and water. They understand you, but you cannot understand them in return.
 - **Languages.** You know Common, Aquan, and Terran.
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Fireborne

Natives of the Gorvothkur Dominion

- **Ability Score Increase.** Your Constitution score increases by 1.
 - **Born of Fire.** You have resistance to fire damage.
 - **Reach to the Blaze.** You know the *produce flame* cantrip. At 3rd level, you can cast *burning hands* once per day. At 5th level, you can cast *flame blade* once per day, without material components. You may also cast these spells using spell slots. Intelligence is your spellcasting ability.
 - **Hungry Flames.** You require twice as much food as a typical Medium creature.
 - **Blazing Aura.** As a reaction, you may deal 1d6 fire damage to each creature within 5 feet of you.
 - **Languages.** You know Common and one other language of your choice.
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Waterborne

Natives of coastal cities, lakeside towns, and underwater settlements

- **Ability Score Increase.** One ability score of your choice increases by 1 (maximum of 20).
- **Aquatic Adaptation.** You can breathe both air and water.

- **Speed.** You have a swim speed of 40 feet.
- **Aquatic Resistance.** You are immune to cold caused by water and resistant to all other cold damage. You are unaffected by pressure from deep water.
- **Tidal Sense.** You have advantage on Wisdom (Perception) checks made underwater.
- **Marine Empathy.** You can communicate simple ideas to any animal or plant that lives in water.
- **Languages.** You know Common and Aquan.