

# Origin Traits

This system is to be used in place of choosing a race and background for your character.

## Your Origin

To create your character's origin, you choose a collection of Traits that represent different aspects of their biology, their upbringing, and supernatural influences.

At 1st level, you choose the following:

- Your choice: (a) two Ancestry Traits and one Lineage Trait or (b) one Ancestry Trait and two Lineage Traits.
- One Size Trait
- One Heritage Trait.
- Your choice: (a) one Experience Trait or (b) one Planar Trait.

At 3rd level, you choose the following:

- Your choice: (a) one Experience Trait or (b) one Advancement Trait.

In addition to your Traits, all characters gain the following benefits:

**Ability Score Increases.** Choose either: (a) one ability score of your choice increases by 2 and one other ability score of your choice increases by 1 or (b) three ability scores of your choice each increase by 1.

**Skill Proficiencies.** You have proficiency with two skills of your choice.

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

**Spellcasting.** The spellcasting modifier for any spells granted by a Trait is the highest of your Intelligence, Wisdom, or Charisma.

## TRAITS

A Trait is made up of the following parts:

- A trait name.
- A trait type.
- Any prerequisites or restrictions.
- A description.
- Any restriction unlocks.

### TRAIT NAME

Trait Type

**Prerequisite:** A condition you must meet to choose this Trait. If it instead says **Restricted** then the Trait can only be chosen if another Trait unlocks the restriction. Not all Traits have prerequisites or restriction.

Description of the effects of the Trait.

**Unlocks.** A list of restricted Traits unlocked by this Trait. Not all Traits unlock restrictions.

## Ancestry

Ancestry Traits represent your species. Hybrid characters will have two Ancestry Traits, a half-elf will have both the Human Ancestry and Elf Ancestry Traits.

Ancestry Traits all list additional information.

- One or more creature types.
- A description of the species size.
- The average lifespan of a member of the species.

## COMMON SPECIES

### HUMAN ANCESTRY

Ancestry Trait

**Creature Type.** Humanoid.

**Size.** Medium (about 4-7 feet tall) or Small (about 2-4 feet tall).

**Lifespan.** 80 years on average.

**Human Versatility.** One ability score of your choice increases by 1.

**Unlocks.** Size: Agile Frame, Fleet of Foot, Medium Build, Pint-Sized.

### DWARF ANCESTRY

Ancestry Trait

**Creature Type.** Humanoid.

**Size.** Medium (about 4-5 feet tall).

**Lifespan.** 350 years on average.

**Dwarven Resilience.** You have advantage on saving throws against poison, and you have resistance against poison damage.

**Unlocks.** Size: Medium Build, Short and Stout. Lineage: Darkvision.

### ELF ANCESTRY

Ancestry Trait

**Creature Type.** Humanoid.

**Size.** Medium (about 5-6 feet tall).

**Lifespan.** 750 years on average.

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

Elves don't need to sleep. Instead they meditate deeply, remaining semiconscious, for 4 hours a day. While meditating, you can dream after a fashion; such dreams are actually mental exercises that have become reflexive through years of practice. After resting in this way, you gain the same benefit as a human does from 8 hours of sleep.

**Unlocks.** Size: Fleet of Foot, Medium Build. Lineage: Darkvision, Fey Step.

### GNOME ANCESTRY

Ancestry Trait

**Creature Type.** Humanoid.

**Size.** Small (about 3-4 feet tall).

**Lifespan.** 425 years on average.

**Gnome Cunning.** You have advantage on all Intelligence, Wisdom, and Charisma saving throws against magic.

**Unlocks.** Size: Agile Frame, Pint-Sized. Lineage: Darkvision,

## HALFLING ANCESTRY

Ancestry Trait

**Creature Type.** Humanoid.

**Size.** Small (about 2-3 feet tall).

**Lifespan.** 150 years on average.

**Lucky.** When you roll a 1 on an attack roll, ability check, or saving throw, you can reroll the die and must use the new roll.

**Unlocks.** Size: Agile Frame, Pint-Sized.

## UNCOMMON SPECIES

### DRAGONBORN ANCESTRY

Ancestry Trait

**Creature Type.** Humanoid.

**Size.** Medium (about 5-7 feet tall).

**Lifespan.** 80 years on average.

**Draconic Legacy.** Choose a type of Dragon from the Draconic Ancestry table.

#### DRACONIC ANCESTRY

Dragon	Family	Damage Type
Black	Chromatic	Acid
Blue	Chromatic	Lightning
Brass	Metallic	Fire
Bronze	Metallic	Lightning
Copper	Metallic	Acid
Gold	Metallic	Fire
Green	Chromatic	Poison
Red	Chromatic	Fire
Silver	Metallic	Cold
White	Chromatic	Cold

**Breath Weapon.** When you take the Attack action on your turn, you can replace one of your attacks with an exhalation of magical energy in a 30-foot line that is 5 feet wide. Each creature in that area must make a Dexterity saving throw (DC = 8 + your Constitution modifier + your proficiency bonus). On a failed save, the creature takes 1d10 damage of the type associated with your Draconic Ancestry. On a successful save, it takes half as much damage. This damage increases by 1d10 when you reach 5th level (2d10), 11th level (3d10), and 17th level (4d10).

You can use your Breath Weapon a number of times equal to your proficiency bonus, and you regain all expended uses when you finish a long rest.

**Unlocks.** Size: Medium Build, Powerful Build. Lineage: Draconic Resistance, Flight.

### GOBLIN ANCESTRY

Ancestry Trait

**Creature Types:** Humanoid and Goblinoid.

**Size.** Small (about 3-4 feet tall).

**Lifespan.** 60 years on average.

**Fury of the Small.** When you damage a creature with an attack or a spell and the creature's size is larger than yours, you can cause the attack or spell to deal extra

damage to the creature. The extra damage equals your proficiency bonus.

You can use this Trait a number of times equal to your proficiency bonus, regaining all expended uses when you finish a long rest, and you can use it no more than once per turn.

**Unlocks.** Size: Agile Frame, Slippery as an Eel. Lineage: Darkvision, Fey Ancestry.

### GOLIATH ANCESTRY

Ancestry Trait

**Creature Type.** Humanoid.

**Size.** Medium. (about 7-8 feet tall).

**Lifespan.** 80 years on average.

**Stone's Endurance.** You can supernaturally draw on unyielding stone to shrug off harm. When you take damage, you can use your reaction to roll a d12. Add your Constitution modifier to the number rolled and reduce the damage by that total.

You can use this Trait a number of times equal to your proficiency bonus, and you regain all expended uses when you finish a long rest.

**Unlocks.** Size: Medium Build, Powerful Build. Lineage: Cold Resistance.

### ORC ANCESTRY

Ancestry Trait

**Creature Type.** Humanoid.

**Size.** Medium (about 6-7 feet tall).

**Lifespan.** 80 years on average.

**Relentless Endurance.** When you are reduced to 0 hit points but not killed outright, you can drop to 1 hit point instead. Once you use this Trait, you can't do so again until you finish a long rest.

**Unlocks.** Size: Medium Build, Powerful Build. Lineage: Darkvision.

### TIEFLING ANCESTRY

Ancestry Trait

**Creature Type.** Humanoid.

**Size.** Medium (about 4-7 feet tall) or Small (about 3-4 feet tall).

**Lifespan.** 100 years on average.

**Fiendish Legacy.** Choose a legacy from the Fiendish Legacies table.

#### FIENDISH LEGACIES

Legacy	Damage Type
Abyssal	Poison
Cthonic	Necrotic
Infernal	Fire

**Hellish Resistance.** You have resistance to the damage type associated with your Fiendish Legacy.

**Unlocks.** Size: Agile Frame, Medium Build, Short and Stout. Lineage: Darkvision, Flight, Otherworldly Presence.

## RARE SPECIES

### BUGBEAR ANCESTRY

Ancestry Trait

**Creature Types.** Humanoid and Goblinoid.

**Size.** Medium (about 6-8 feet tall).

**Lifespan.** 80 years on average.

**Surprise Attack.** If you surprise a creature and hit it with an attack on your first turn in combat, the attack deals an extra 2d6 damage to it. You can use this Trait only once per combat.

**Unlocks.** Size: Lanky, Medium Build, Powerful Build. Lineage: Darkvision.

### GENASI ANCESTRY

Ancestry Trait

**Creature Type.** Humanoid and Elemental.

**Size.** Medium.

**Lifespan.** 80 years on average.

**Elemental Legacy.** Choose an element from the following options:

- **Air.** You have resistance to lightning damage. In addition, you can hold your breath indefinitely while you're not incapacitated.
- **Earth.** You can move across difficult terrain without expending extra movement if you are using your walking speed on the ground or a floor.
- **Fire.** You have resistance to fire damage.
- **Water.** You have resistance to acid damage. In addition, you can breathe air and water.

**Unlocks.** Size: Medium Build, Short and Stout, Slippery as an Eel. Lineage: Darkvision.

### GITH ANCESTRY

Ancestry Trait

**Creature Type.** Humanoid.

**Size.** Medium (about 5-7 feet tall).

**Lifespan.** 100 years on average.

**Psionic Adept.** You know the *mage hand* cantrip, and the hand is invisible when you cast the cantrip with this Trait.

**Unlocks.** Size: Fleet of Foot, Medium Build. Lineage: Psychic Resistance.

### GNOLL ANCESTRY

Ancestry Trait

**Creature Type.** Humanoid.

**Size.** Medium.

**Lifespan.** 80 years on average.

**Heavy Fur.** You have natural armor. When you aren't wearing armor, your AC is 13 + 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.

**Unlocks.** Size: Medium Build, Short and Stout. Lineage: Darkvision, Pack Tactics, Tooth and Horn.

### HOBGOBLIN ANCESTRY

Ancestry Trait

**Creature Type.** Humanoid.

**Size.** Medium (about 5-6 feet tall).

**Lifespan.** 80 years on average.

**Fortune from the Many.** If you miss with an attack roll or fail an ability check or a saving throw, you can draw on your bonds of reciprocity to gain a bonus to the roll equal to the number of allies you can see within 30 feet of you (maximum bonus of +3). You can use this Trait a number of times equal to your proficiency bonus, and you regain all expended uses when you finish a long rest.

**Unlocks.** Size: Fleet of Foot, Medium Build, Short and Stout. Lineage: Darkvision, Fey Ancestry.

### KOBOLD ANCESTRY

Ancestry Trait

**Creature Type.** Humanoid.

**Size.** Small (about 2-3 feet tall).

**Lifespan.** 80 years on average.

**Draconic Cry.** As a bonus action, you let out a cry at your enemies within 10 feet of you. Until the start of your next turn, you and your allies have advantage on attack rolls against any of those enemies who could hear you. You can use this Trait a number of times equal to your proficiency bonus, and you regain all expended uses when you finish a long rest.

**Unlocks.** Size: Pint-Sized, Slippery as an Eel. Lineage: Darkvision, Draconic Resistance, Pack Tactics.

## Size

Size Traits represent your physical size relative to the world and your build relative to other members of your species.

All Size Traits are Restricted.

### AGILE FRAME

Size Trait

**Restricted**

**Size.** You are Small.

**Speed.** Your walking speed is 30 feet.

**Nimble Step.** You can move through the space of any creature that is of a size larger than yours, but you can't stop there.

### MEDIUM BUILD

Size Trait

**Restricted**

**Size.** You are Medium.

**Speed.** Your walking speed is 30 feet.

**Toughness.** Your hit point maximum increases by 2, and it increases by 2 every time you gain a level.

### FLEET OF FOOT

Size Trait

**Restricted**

**Size.** You are Medium.

**Speed.** Your walking speed is 35 feet.

**LANKY**

Size Trait

**Restricted****Size.** You are Medium.**Speed.** Your walking speed is 30 feet.**Long-Limbed.** When you make a melee attack on your turn, your reach for it is 5 feet greater than normal.**PINT-SIZED**

Size Trait

**Restricted****Size.** You are Small.**Speed.** Your walking speed is 30 feet.**Naturally Stealthy.** You can attempt to hide even when you are obscured only by a creature that is at least one size larger than you.**POWERFUL BUILD**

Size Trait

**Restricted****Size.** You are Medium.**Speed.** Your walking speed is 30 feet.**Bigger is Better.** You have Advantage on any Saving Throw you make to end the grappled condition on yourself. You also count as one Size larger when determining your carrying capacity and the weight you can push, drag, or lift.**SHORT AND STOUT**

Size Trait

**Restricted****Size.** You are Medium.**Speed.** Your walking speed is 30 feet.**Steady Footing.** You have advantage on saving throws to avoid the prone condition and to avoid being pushed or pulled. In addition your speed is not reduced by wearing heavy armor.**SLIPPERY AS AN EEL**

Size Trait

**Restricted****Size.** You are Small.**Speed.** Your walking speed is 30 feet.**Nimble Escape.** You can take the Disengage or Hide action as a bonus action on each of your turns.

# Lineage

Lineage Traits represent elements of your biology that may not be shared by all members of a species.

**ACID RESISTANCE**

Lineage Trait

**Restricted**

You have resistance to acid damage.

**ADRENALINE RUSH**

Lineage Trait

**Prerequisite:** Constitution score of 13

You can take the Dash Action as a Bonus Action. When you do so, you gain a number of Temporary Hit Points equal to your Proficiency Bonus.

KOLYA THE BEAR

You can use this trait a number of times equal to your Proficiency Bonus, and you regain all expended uses when you finish a Long Rest.

**BRAWLER**

Lineage Trait

When you hit with your unarmed strike and deal damage, you can deal bludgeoning damage equal to 1d4 + your Strength modifier, instead of the normal damage of an unarmed strike.

**COLD RESISTANCE**

Lineage Trait

**Restricted**

You have resistance to cold damage.

**DARKVISION**

Lineage Trait

**Restricted**

You 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 grey.

**DURABLE**

Lineage Trait

When you roll a Hit Die to regain hit points, the minimum number of hit points you regain from the roll equals twice your Constitution modifier (minimum of 2).

**DRACONIC RESISTANCE**

Lineage Trait

**Restricted**

**Draconic Legacy.** If you don't already have a Draconic Legacy, choose a legacy from the Draconic Resistance table. Otherwise, use the choice you made previously.

**DRACONIC RESISTANCE**

Dragon	Family	Damage Type
Black	Chromatic	Acid
Blue	Chromatic	Lightning
Brass	Metallic	Fire
Bronze	Metallic	Lightning
Copper	Metallic	Acid
Gold	Metallic	Fire
Green	Chromatic	Poison
Red	Chromatic	Fire
Silver	Metallic	Cold
White	Chromatic	Cold

**Resistance.** You have resistance to the damage type associated with your Draconic Legacy.

**FEY ANCESTRY**

Lineage Trait

**Restricted**

You have advantage on saving throws you make to avoid or end the charmed condition on yourself.

**FEY STEP**

Lineage Trait

**Restricted**

As a bonus action, you can magically teleport up to 30 feet to an unoccupied space you can see. You can use this Trait a number of times equal to your proficiency bonus, and you regain all expended uses when you finish a long rest.

**FIRE RESISTANCE**

Lineage Trait

**Restricted**

You have resistance to fire damage.

**FLIGHT**

Lineage Trait

**Restricted**

You have a flying speed of equal to your walking speed. To use this speed, you can't be wearing medium or heavy armor.

**KEEN MIND**

Lineage Trait

You gain the following benefits:

- You always know which way is north.
- You always know the number of hours left before the next sunrise or sunset.
- You can accurately recall anything you have seen or heard within the past month.

**LIGHTNING RESISTANCE**

Lineage Trait

**Restricted**

You have resistance to lightning damage.

**MAUL AND RAM**

Lineage Trait

**Restricted**

You powerful paws or heavy horns which you can use to make unarmed strikes. When you hit with them, you can deal bludgeoning damage equal to 1d6 + your Strength modifier, instead of the normal damage of an unarmed strike.

**OTHERWORLDLY PRESENCE**

Lineage Trait

**Restricted**

You know the *thaumaturgy* cantrip.

**PACK TACTICS**

Lineage Trait

**Restricted**

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.

**PSYCHIC RESISTANCE**

Lineage Trait

**Restricted**

You have resistance to psychic damage.

**RESILIENT**

Lineage Trait

You gain proficiency in one saving throw of your choice.

**SAVAGE ATTACKS**

Lineage Trait

**Prerequisite:** Strength score of 13

When you score a critical hit with a melee weapon attack, you can roll one of the weapon's damage dice one additional time and add it to the extra damage of the critical hit.

**SUPERIOR DARKVISION**

Lineage Trait

**Prerequisite:** Darkvision

The range of your Darkvision increases to 120 feet.

**TALON AND CLAW**

Lineage Trait

**Restricted**

You have a talons or claws which you can use to make unarmed strikes. When you hit with them, you can deal slashing damage equal to 1d6 + your Strength modifier, instead of the normal damage of an unarmed strike.

**THUNDER RESISTANCE**

Lineage Trait

**Restricted**

You have resistance to thunder damage.

**TOOTH AND HORN**

Lineage Trait

**Restricted**

You have a teeth or horns which you can use to make unarmed strikes. When you hit with them, you can deal piercing damage equal to 1d6 + your Strength modifier, instead of the normal damage of an unarmed strike.

## Heritage

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Heritage Traits represent your upbringing, relating to the culture you grew up in.

Heritage Traits may list suggested languages, skills, tools, or weapons, but they do not grant those proficiencies unless explicitly stated.

### COMMON CULTURES

**ARCANIST HERITAGE**

Heritage Trait

**Arcane Knowledge.** You know one cantrip of your choice from the wizard spell list.

**ARCANIST SUGGESTED PROFICIENCIES**

**Language.** Elvish

**Skill.** Perception

**Weapons.** Longsword, shortsword, shortbow, and longbow.

## COSMOPOLITAN HERITAGE

### Heritage Trait

**Melting Pot.** You have proficiency in a skill of your choice and you can speak, read, and write one additional language of your choice.

### COSMOPOLITAN SUGGESTED PROFICIENCIES

**Skills.** Deception, Insight, and Persuasion.

## NOMADIC HERITAGE

### Heritage Trait

**Resilient.** You have advantage on checks or saves made to resist debilitating weather effects, such as those caused by extreme heat or cold. Additionally, when you complete a short rest, you can reduce your exhaustion level by one. Once used, you cannot reduce your exhaustion level in this way again until you complete a long rest.

### NOMADIC SUGGESTED PROFICIENCIES

**Language.** Giant.

**Skill.** Athletics.

## PASTORAL HERITAGE

### Heritage Trait

**Frontier Living.** You have advantage on saving throws against being frightened.

### PASTORAL SUGGESTED PROFICIENCIES

**Language.** Halfling

**Skill.** Animal Handling.

**Tool.** Carpenter's tools, cook's utensils, potter's tools, and weaver's tools.

## STONECLAN HERITAGE

### Heritage Trait

**Stonecunning.** Whenever you make an Intelligence (History) check related to the origin of stonework, you are considered proficient in the History skill and add double your proficiency bonus to the check, instead of your normal proficiency bonus.

### STONECLAN SUGGESTED PROFICIENCIES

**Language.** Dwarvish.

**Tools.** Smith's tools, brewer's supplies, and mason's tools.

**Weapons.** Battleaxe, handaxe, light hammer, and warhammer.

## SYLVAN HERITAGE

### Heritage Trait

**Mask of the Wild.** You can attempt to hide even when you are only lightly obscured by foliage, heavy rain, falling snow, mist, and other natural phenomena.

### SYLVAN SUGGESTED PROFICIENCIES

**Language.** Elvish or Sylvan.

**Skill.** Perception.

**Weapons.** Spear, shortbow, longbow, and net.

## TINKER HERITAGE

### Heritage Trait

**Artificer's Lore.** Whenever you make an Intelligence (History) check related to magic items, alchemical objects, or technological devices, you can add twice your

proficiency bonus, instead of any proficiency bonus you normally apply.

### TINKER SUGGESTED PROFICIENCIES

**Language.** Gnomish.

**Tool.** Tinker's tools.

## WILDER HERITAGE

### Heritage Trait

**Natural Illusionist.** You know the *minor illusion* cantrip.

**Speak with Small Beasts.** Through sounds and gestures, you can communicate simple ideas with Small or smaller beasts.

### WILDER SUGGESTED PROFICIENCIES

**Language.** Gnomish.

## RARE CULTURES

## DROW HERITAGE

### Heritage Trait

**Light and Shadow.** You know the *dancing lights* cantrip.

**Unlocks.** Advancement: Drow Magic

### DROW SUGGESTED PROFICIENCIES

**Language.** Elvish or Undercommon

**Skill.** Perception.

**Weapon.** Rapiers, shortswords, and hand crossbows.

## DUERGAR HERITAGE

### Heritage Trait

**Light and Shadow.** You know the *dancing lights* cantrip.

**Unlocks.** Advancement: Duergar Magic

### DUERGAR SUGGESTED PROFICIENCIES

**Languages.** Undercommon or Dwarvish.

## FEY-KIN HERITAGE

### Heritage Trait

**Fey Aid.** You can use this Trait to take the Help action as a bonus action, and you can do so a number of times equal to your proficiency bonus. You regain all expended uses when you finish a long rest.

**Unlocks.** Advancement: Fey-Kin Gifts.

### FEY-KIN SUGGESTED PROFICIENCIES

**Language.** Goblin or Sylvan.

## GITHYANKI HERITAGE

### Heritage Trait

**Astral Knowledge.** You can mystically access a reservoir of experiences of entities connected to the Astral Plane. Whenever you finish a long rest, you gain proficiency in one skill of your choice and with one weapon or tool of your choice, selected from the Player's Handbook, as you momentarily project your consciousness into the Astral Plane. These proficiencies last until the end of your next long rest.

**Unlocks.** Advancement: Githyanki Psionics.

### GITHYANKI SUGGESTED PROFICIENCIES

**Language.** Gith.

**Weapon.** Short Swords, long swords, and great swords.

## GITHZERA HERITAGE

Heritage Trait

**Mental Discipline.** Your innate psychic defenses grant you advantage on saving throws you make to avoid or end the charmed and frightened conditions on yourself.

**Unlocks.** Advancement: Githzerai Psionics.

## GITHZERA SUGGESTED PROFICIENCIES

**Language.** Gith.

## SVIRFNEBLIN HERITAGE

Heritage Trait

**Svirfneblin Camouflage.** When you make a Dexterity (Stealth) check, you can make the check with advantage. You can use this Trait a number of times equal to your proficiency bonus, and you regain all expended uses when you finish a long rest.

**Unlocks.** Advancement: Gift of the Svirfneblin.

## SVIRFNEBLIN SUGGESTED PROFICIENCIES

**Language.** Gnomish or Undercommon.

## CULTURAL ADVANCEMENTS

### DROW MAGIC

Advancement Trait

**Restricted.**

Starting at 3rd level, you can cast the *faerie fire* spell once with this Trait; you regain the ability to cast it when you finish a long rest. When you reach 5th level, you can also cast the *darkness* spell once per day with this Trait; you regain the ability to cast it when you finish a long rest. You can also cast these using spell slots you have of the appropriate level.

### DUERGAR MAGIC

Advancement Trait

**Restricted.**

Starting at 3rd level, you can cast the *enlarge/reduce* spell on yourself with this Trait, without requiring a material component. Starting at 5th level, you can also cast the *invisibility* spell on yourself with this Trait, without requiring a material component. Once you cast either of these spells with this Trait, you can't cast that spell with it again until you finish a long rest. You can also cast these using spell slots you have of the appropriate level.

### FEY-KIN GIFTS

Advancement Trait

**Restricted.**

Starting at 3rd level, choose one of the options below each time you take the Help action with your Fey-Kin Heritage Trait:

- **Hospitality.** You and the creature you help each gain a number of temporary hit points equal to 1d6 plus your proficiency bonus.
- **Passage.** You and the creature you help each increase your walking speeds by 10 feet until the start of your next turn.

**Spite.** Until the start of your next turn, the first time the creature you help hits a target with an attack roll, that target has disadvantage on the next attack roll it makes within the next minute.

## GIFT OF THE SVIRFNEBLIN

Advancement Trait

**Restricted.**

Starting at 3rd level, you can cast the *disguise self* spell with this Trait. Starting at 5th level, you can also cast the *nondetection* spell with it, without requiring a material component. Once you cast either of these spells with this Trait, you can't cast that spell with it again until you finish a long rest. You can also cast these using spell slots you have of the appropriate level.

## GITHYANKI PSIONICS

Advancement Trait

**Restricted.**

Starting at 3rd level, you can cast the *jump* spell with this Trait. Starting at 5th level, you can also cast *misty step* with it. Once you cast *jump* or *misty step* with this Trait, you can't cast that spell with it again until you finish a long rest. You can also cast either of those spells using any spell slots you have of the appropriate level.

None of these spells require spell components when you cast them with this Trait.

## GITHZERA PSIONICS

Advancement Trait

**Restricted.**

Starting at 3rd level, you can cast the *shield* spell with this Trait. Starting at 5th level, you can also cast the *detect thoughts* spell with it. Once you cast *shield* or *detect thoughts* spell with this Trait, you can't cast that spell with it again until you finish a long rest. You can also cast either of those spells using any spell slots you have of the appropriate level.

None of these spells require spell components when you cast them with this Trait.

# Planar Influences

Planar Traits represent otherworldly influences touching a character and changing them.

## PLANAR INFLUENCES

### CELESTIAL INFLUENCE

Planar Trait

**Celestial Legacy.** If you don't already have a Celestial legacy, choose a legacy from the Celestial Cantrips table. Otherwise, use the choice you made previously.

**Celestial Gift.** You know the cantrip associated with your Celestial Legacy.

**Unlocks.** Advancement: Celestial Power.

### CELESTIAL CANTRIPS

Legacy	Cantrip
Exalted	thaumaturgy
Heavenly	light

Idyllic guidance

## ELEMENTAL INFLUENCE

Planar Trait

**Elemental Legacy.** If you don't already have a Elemental Legacy, choose an element from the Elemental Cantrips table. Otherwise, use the choice you made previously.

**Elemental Gift.** You know the cantrip associated with your Celestial Legacy.

**Unlocks.** Advancement: Elemental Power.

### ELEMENTAL CANTRIPS

Element	Cantrip
Air	<i>shocking grasp</i>
Earth	<i>blade ward</i>
Fire	<i>produce flame</i>
Water	<i>acid splash</i>

## FIENDISH INFLUENCE

Planar Trait

**Fiendish Legacy.** If you don't already have a Celestial legacy, choose a legacy from the Celestial Legacies table. Otherwise, use the choice you made previously.

**Fiendish Gift.** You know the cantrip associated with your Fiendish Legacy as shown in the Fiendish Cantrips chart.

**Unlocks.** Advancement: Fiendish Power.

### FIENDISH CANTRIP

Legacy	Cantrip
Abyssal	<i>poison spray</i>
Cthonic	<i>chill touch</i>
Infernal	<i>fire bolt</i>

## PLANAR ADVANCEMENTS

### CELESTIAL POWER

Advancement Trait

#### Restricted

Starting at 3rd level and again at 5th level, you gain the ability to cast a spell associated with your Celestial Legacy with this Trait, as shown on the Celestial Spells table. Once you cast either spell with this Trait, you can't cast that spell with it again until you finish a long rest. You can also cast either of those spells using any spell slots you have of the appropriate level.

#### CELESTIAL SPELLS

Legacy	3rd Level	5th Level
Exalted	<i>divine favor</i>	<i>lesser restoration</i>
Heavenly	<i>cure wounds</i>	<i>zone of truth</i>
Idyllic	<i>healing word</i>	<i>animal messenger</i>

## ELEMENTAL POWER

Advancement Trait

#### Restricted

Starting at 3rd level and again at 5th level, you gain the ability to cast a spell associated with your Celestial Legacy with this Trait, as shown on the Celestial Spells table. Once you cast either spell with this Trait, you can't cast that spell with it again until you finish a long rest.

You can also cast either of those spells using any spell slots you have of the appropriate level.

None of these spells require material components when you cast them with this Trait.

### ELEMENTAL SPELLS

Elemental	3rd Level	5th Level
Air	<i>feather fall</i>	<i>levitate</i>
Earth	<i>earth tremor</i>	<i>pass without trace</i>
Fire	<i>burning hands</i>	<i>flame blade</i>
Water	<i>create or destroy water</i>	<i>water walk</i>

## FIENDISH POWER

Advancement Trait

#### Restricted

Starting at 3rd level and again at 5th level, you gain the ability to cast a spell associated with your Fiendish Legacy with this Trait, as shown on the Fiendish Spells table. Once you cast either spell with this Trait, you can't cast that spell with it again until you finish a long rest. You can also cast either of those spells using any spell slots you have of the appropriate level.

### FIENDISH SPELLS

Legacy	3rd Level	5th Level
Abyssal	<i>ray of sickness</i>	<i>hold person</i>
Cthonic	<i>false life</i>	<i>ray of enfeeblement</i>
Infernal	<i>hellish rebuke</i>	<i>darkness</i>

# Experiences

Experience Traits represent knowledge and abilities you have acquired in your life prior to your new life of adventure.

## EXPERIENCES

### ALERT

Experience Trait

You have proficiency in Initiative rolls.

### ARMOR TRAINING

Experience Trait

You have proficiency with light and medium armor and with shields.

### CLIMBER

Experience Trait

You have a climbing speed equal to your walking speed.

### MEDIC

Experience Trait

If you have a Healer's Kit, you can expend one use of it and tend to a creature within 5 feet of you as an Action. That creature can expend one of its Hit Dice, and you then roll that die. The creature regains a number of Hit Points equal to the roll plus your Proficiency Bonus.



**POLYGLOT**

## Experience Trait

You can speak, read, and write additional languages of your choice equal to your Intelligence modifier. You learn an additional language each time your Intelligence modifier increases.

**MECHANIST**

## Experience Trait

You have proficiency with tinker's tools. Using those tools, you can spend 1 hour and 10 gp worth of materials to construct a Tiny clockwork device (AC 5, 1 hp). The device ceases to function after 24 hours (unless you spend 1 hour repairing it to keep the device functioning), or when you use your action to dismantle it; at that time, you can reclaim the materials used to create it. You can have up to three such devices active at a time.

When you create a device, choose one of the following options:

**Clockwork Toy.** This toy is a clockwork animal, monster, or person, such as a frog, mouse, bird, dragon, or soldier. When placed on the ground, the toy moves 5 feet across the ground on each of your turns in a random direction. It makes noises as appropriate to the creature it represents.

**Fire Starter.** The device produces a miniature flame, which you can use to light a candle, torch, or campfire. Using the device requires your action.

**Music Box.** When opened, this music box plays a single song at a moderate volume. The box stops playing when it reaches the song's end or when it is closed.

**TOOLS OF THE TRADE**

## Experience Trait

You have proficiency with any combination of three artisan's tools, musical instruments, gaming sets, or vehicles of your choice. Your culture may suggest appropriate tools.

You may choose this Trait more than once, choosing different proficiencies each time.

**SKILL INITIATE**

## Experience Trait

You have proficiency in a skill of your choice. Your culture may suggest an appropriate skill.

You may choose this Trait more than once, choosing a different skill each time.

**SPEAK WITH SMALL BEASTS**

## Experience Trait

Through sounds and gestures, you can communicate simple ideas with Small or smaller beasts.

**SWIMMER**

## Experience Trait

You have a swimming speed equal to your walking speed.

**WEAPON TRAINING**

## Experience Trait

You have proficiency with two weapons of your choice. Your culture may suggest appropriate weapons.

You may choose this Trait more than once, choosing different weapons each time.

**EXPERIENTIAL ADVANCEMENTS****SKILL EXPERT**

## Experience Trait

When you reach 3rd level, choose one of your skill proficiencies. Your proficiency bonus is doubled for any ability check you make that use the chosen proficiencies.