

TROLLBLOOD

Trolls and ogres are often seen as the enemies of mankind, especially in fairytales, folklore and other myths, be they of Arthurian or Celtic origin. This is a stereotype, however, as many trolls are peaceful giants. They only hide in swamps and under bridges because of fear they will be struck down by the ignorant. But not all people are ignorant. Some see past the unappealing physique and focus on the large heart. When a human and a troll love each other, come the Trollblood - green-skinned, long-armed creatures that their human parents often shun.

Trollblood Features

Ability Score Increase. Your Constitution score increases by 2.

Age. Trollbloods live as long as full-blooded trolls, growing larger and more distorted with age, like knotting trees. They reach maturity by the age of 5 and can live up to 800 years.

Alignment. Due to them being shunned, most trollbloods are neutral and chaotic.

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 discern colors in that darkness only as shades of gray.

Heavy-Handed. You can use your large hands to make unarmed strikes. When you hit with them, the strike deals 1d8 + your Strength modifier bludgeoning damage.

Languages. You know Common and Giant.

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

Size. You weigh around 300 pounds and stand at around 7 feet tall. Your size is Medium.

Speed. You have a walking speed of 30 feet.

Troll Regeneration. As an action on your turn or at the start of your turn when you are at 0 hit points, if you did not take fire or acid damage since the end of your last turn, you may regain hit points equal to twice your proficiency bonus. Once you use this trait, you can't use it again until you finish a long rest.

Subraces. Trollbloods are heavily influenced by their environments. They can be either Bridge Trollblood, Forest Trollblood, or Swamp Trollblood.

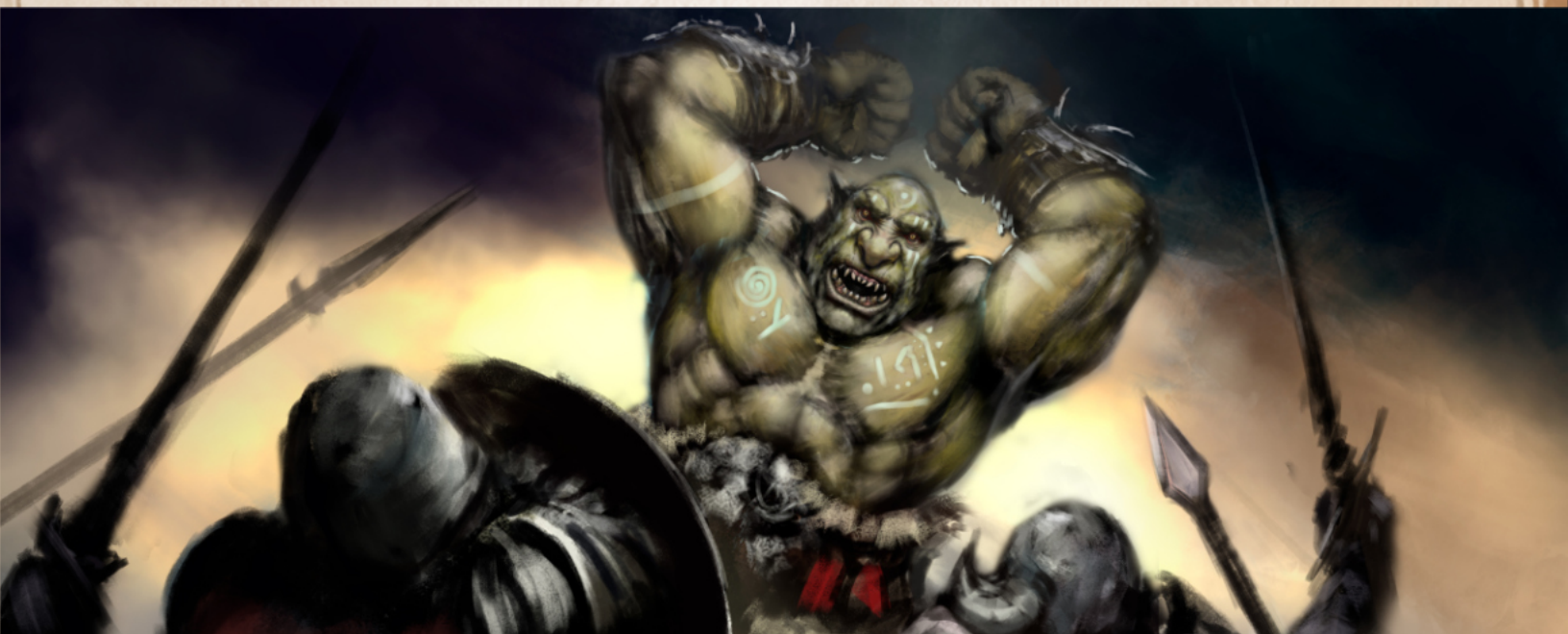
Bridge Trollblood Traits

Bridge Trollbloods have grown up on the edge of society, stalking from below the bridges, then assaulting and eating those who trespass.

Ability Score Increase. Your Dexterity score increases by 1.

Beneath the Bridges. You gain proficiency in the Stealth skill.

Devour. When a creature of size Medium or smaller dies within 10 feet of you, you may expend your reaction to devour it. If you do, you regain hit points equal to three times its CR. You can use this ability a number of times equal to your proficiency bonus and regain and can't do so again until you complete a long rest.



Forest Trollblood Traits

Forest Trollblood have accepted their lives as outsiders and retreated into the woods, where they've grown wise and learned how to find peace.

Ability Score Increase. Your Wisdom score increases by 1.

Inner Peace. You have advantage on saving throws you make to avoid or end the charmed and frightened conditions on yourself.

Forest Dweller. You gain proficiency in the Survival or Nature skill.

Woodland Friend. You learn the druidcraft cantrip, and can speak to and understand plants and woodland creatures.

Swamp Trollblood Traits

Swamp Trollblood are often the most hated, but the most valiant of the trolls, despite their awful smell. They take baths in mud, befriend donkeys and are generally brave souls, but most importantly they are layered, like onions.

Ability Score Increase. Your Strength score increases by 1.

Bayou Body. You have a swimming speed equal to your walking speed.

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

Roar. Your loud roar can convince people to get out of your swamp. As an action, you roar within a 15-foot cone. All creatures within the cone must make a Strength saving throw (DC = 8 + your Constitution modifier + your proficiency bonus). On a failure, they take 2d8 thunder damage, are pushed 10 feet away and are knocked prone. On a success, they take half damage and are not moved or knocked prone. Once you use this trait, you can't use it again until you finish a long rest.

