

No	Race	Ability Adjustments	Proficiencies	Other	Source	Type
1	Hill or Gold Dwarf	+2 CON, +1 WIS	Battleaxe, Handaxe, Throwing Hammer, Warhammer, Light armor, Medium armor	+1 HP per level	PHB	Character Race
2	Mountain or Shield Dwarf	+2 CON, +2 STR	Battleaxe, Handaxe, Throwing Hammer, Warhammer, Light armor, Medium armor		PHB	Character Race
3	Grey Dwarf (Duergar)	+2 CON, +1 STR	Battleaxe, Handaxe, Throwing Hammer, Warhammer, Light armor, Medium armor	1 Bonus Language, 120' Darkvision, Sunlight sensitivity, Duergar Magic	SCAG	Character Race
3	Grey Dwarf (Duergar)	+2 CON, +1 STR	Battleaxe, Handaxe, Throwing Hammer, Warhammer, Light armor, Medium armor	Undercommon Language, 120' Darkvision, Sunlight sensitivity, Duergar Magic, Resillience	MToF	Character Race
4	High, Sun or Moon Elf	+2 DEX, +1 INT	Perception, Longsword, Shortsword, Shortbow, Longbow	1 Bonus Language	PHB	Character Race
5	Wood Elf	+2 DEX, +1 WIS	Perception, Longsword, Shortsword, Shortbow, Longbow		PHB	Character Race
6	Dark Elf (Drow)	+2 DEX, +1 CHA	Perception, Rapier, Shortsword, Hand Crossbow		PHB	Character Race
7	Eladrin Elf	+2 DEX, +1 INT	Perception, Longsword, Shortsword, Shortbow, Longbow, cast Misty step	Feywild Race	DMG	Character Race
8	Eladrin Elf	+2 DEX, +1 CHA	Perception, Longsword, Shortsword, Shortbow, Longbow, Fey step, attunement to Seasons: Autumn, Winter, Spring, Summer	Feywild Race	MToF	Character Race
9	Sea Elf	+2 DEX, +1 CON	Perception, Longsword, Shortsword, Shortbow, Longbow, Spear, Trident, net, Light crossbow.	Swimming 30 feet, Aqua creature communication, Aquan language	MToF	Character Race
10	Shadar-Kai Elf	+2 DEX, +1 CON	Perception, Longsword, Shortsword, Shortbow, Longbow	Shadowfell race, resistance to necrotic damage, teleport 30 feet	MToF	Character Race
11	Lightfoot Halfling	+2 DEX, +1 CHA	Lucky, Brave, Nibleness, Natural Stealthy		PHB	Character Race
12	Stout or Strongheart Halfling	+2 DEX, +1 CON	Lucky, Brave, Nibleness, Stout Resillience		PHB	Character Race
13	Human	+1 STR, DEX, CON, INT, WIS, CHA		1 Bonus Language	PHB	Character Race
14	Human variant	+1 to two Ability scores	1 bonus Feat	1 Bonus proficiency skill	PHB	Character Race

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15	Dragonborn	+2 STR, +1 CHA	Draconic Ancestry, Breath weapon, Dmg resistance	Dragon Color, speaks Draconic and Common	PHB	Character Race
16	Forest Gnome	+2 INT, +1 DEX	Natural Illusionist, Speak with small beasts	60' Darkvision, Gnome Cunning,	PHB	Character Race
17	Rock Gnome	+2 INT, +1 CON	Artisan Tools, 2x proficiency bonus to some History checks	60' Darkvision, Gnome Cunning,	PHB	Character Race
18	Deep Gnome (Svirfneblin)	+2 INT, +1 DEX	Darkvision 120 feet, Stone Camouflage, Access to Svirfnebling Feat	Gnome Cunning, 1 bonus language	SCAG/EE Comp.	Character Race
19	Deep Gnome (Svirfneblin)	+2 INT, +1 DEX	Darkvision 120 feet, Stone Camouflage, Access to Svirfnebling Magic Feat	Undercommon Language	MToF	Character Race
20	Water Genasi	+2 CON, +1 WIS	Can Cast "Shape Water" and "Create and Destroy", Acid Resistance, Can Swim 30 feet, Can breathe Air and Water		EE Comp.	Character Race
21	Fire Genasi	+2 CON, +1 INT	Can Cast "Produce Flame" and "Burning Hands", Darkvision, Fire resistance		EE Comp.	Character Race
22	Air Genasi	+2 CON, +1 DEX	Can Cast "Levitate", hold breath forever		EE Comp.	Character Race
23	Earth Genasi	+2 CON, +1 STR	Can Cast "Pass without trace"		EE Comp.	Character Race
24	Goliath	+2 STR, +1 CON	Mountainborn, proficient in Athletics, Stone endurance (Damage reduction)		EE Comp.	Character Race
25	Half Elf	+2 CHA, +1 to two other Ability Scores	Proficiency in 2 skills	1 Bonus Language	PHB	Character Race
26	Half Orc	+2 STR, +1 CON	Intimidation		PHB	Character Race
27	Tiefling	+1 INT, +2 CHA	Infernal Legacy trait	Fiendish Race	PHB	Character Race
28	Feral Tiefling	+1 INT, +2 DEX	Infernal Legacy trait	Fiendish Race	SCAG	Character Race
29	Hellfire Tiefling	+1 INT, +2 CHA	Can cast Burning Hands	Fiendish Race	SCAG	Character Race
30	Winged Tiefling	+1 INT, +2 CHA	Bat wings, fly speed 30'	Fiendish Race	SCAG	Character Race
31	Devils Tongue Tiefling	+1 INT, +2 CHA	Can cast Vicious mockery, Charm Person, Enthrall	Fiendish Race	SCAG	Character Race

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32	Tiefling of Asmodeus	+1 INT, +2 CHA	Infernal Legacy trait	Fiendish Race	MToF	Character Race
33	Tiefling of Baalzebul	+2 CHA, +1 INT	Legacy of Maladomini	Fiendish Race	MToF	Character Race
34	Tiefling of Dispater	+2 CHA, +1 DEX	Legacy of Dis	Fiendish Race	MToF	Character Race
35	Tiefling of Fierna	+2 CHA, +1 WIS	Legacy of Phlegethos	Fiendish Race	MToF	Character Race
36	Tiefling of Glasya	+2 CHA, +1 DEX	Legacy of Malbolge	Fiendish Race	MToF	Character Race
37	Tiefling of Levistus	+2 CHA, +1 CON	Legacy of Stygia	Fiendish Race	MToF	Character Race
38	Tiefling of Mammon	+2 CHA, +1 INT	Legacy of Minauros	Fiendish Race	MToF	Character Race
39	Tiefling of Mephistopheles	+2 CHA, +1 INT	Legacy of Cania	Fiendish Race	MToF	Character Race
40	Tiefling of Zariel	+2 CHA, +1 STR	Legacy of Avernus	Fiendish Race	MToF	Character Race
41	Protector Asimar	+1 WIS, +2 CHA	Dakvision 60', Celestial resistance, Cast Light, Healing Hands, Light bearer, + Radiant Soul ability	Celestial race, Speaks Celestial and Common,	VGTM	Character Race
42	Scourge Asimar	+1 CON, +2 CHA	Dakvision 60', Celestial resistance, Cast Light, Healing Hands, Light bearer, + Radiant Consumption ability	Celestial race, Speaks Celestial and Common,	VGTM	Character Race
43	Fallen Asimar	+1 STR, +2 CHA	Dakvision 60', Celestial resistance, Cast Light, Healing Hands, Light bearer, + Necrotic Shroud ability	Celestial race, Speaks Celestial and Common,	VGTM	Character Race
44	Goliath	+2 STR, +1 CON	Natural Athlete, Stones Endurance, Powerfull Build, Mountain Born	Speaks Common and Giant	VGTM	Character Race
45	Firbolg	+2 WIS, +1 STR	Firbolg Magic, Hidden Step, Powerfull Build, Speed of Beast and Leaf	Speaks Common, Elvish, Giant	VGTM	Character Race
46	Aarakocra	+2 DEX, +1 WIS	Fly 50 ft, Dive attack, Talon Attack	Speaks Auran	EE Comp.	Character Race
47	Kenku	+2 DEX, +1 WIS	Expert Forgery, Kenku Training, Mimicry	Speaks Auran and Common	VGTM	Character Race
48	Lizardfolk	+2 CON, +1 WIS	Bite, Cunning Artisan, Hold breath, Hunter Lore, Natural armor AC13+Dex, Swim 30', Hungry Jaws	Speaks Draconic and Common	VGTM	Character Race

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49	Tabaxi	+2 DEX, +1 WIS	Darkvision 60 feet, Feline Agility, Cats Claws, Cats Talent	Speaks Common and 1 other bonus language	VGTM	Character Race
50	Triton	+1 STR, +1 CHA, +1 CON	Swim 30, Amphibious, Control Air and Water, Emissary of the Sea, Guardians of the Depths	Speaks Common and Primordial	VGTM	Character Race
51	Gith - Githyanki	+1 INT, +2 STR	1 Language, 1 skill or tool, Light armor, medium armor, short sword, longsword, greatsword	Psionics: Learns to cast Mage hand, jump, misty step	MToF	Character Race
52	Gith - Githzerai	+1 INT, +2 WIS	Advantage on saves vs. Charmand fear.	Psionics: Learns to cast Mage hand, shield, Detect thoughts	MToF	Character Race
53	Bugbear	+2 STR, +1 DEX	Darkvision 60 feet, Large reach, Surprise attack, Powerful build	Speaks Common, Goblin, Proficient in stealth skill	VGTM	<i>Monstrous Race</i>
54	Goblin	+2 DEX, +1 CON	Size is small, Darkvision 60 feet, Nimble escape, Fury of the small	Speaks Common, Goblin	VGTM	<i>Monstrous Race</i>
55	Hobgoblin	+1 INT, +2 CON	Darkvision 60 feet, Saving face	Speaks Common, Goblin, Proficient in stealth, proficient Light armor and 2 martial weapons of choice	VGTM	<i>Monstrous Race</i>
56	Kobold	+2 DEX, -2 STR	Darkvision 60 feet, Agressive, Powerful build	Speaks Common, Draconic	VGTM	<i>Monstrous Race</i>
57	Orc	+2 STR, +1 CON, -2 INT	Size is small, Darkvision 60 feet, Cower and beg, Pack tactics, Sunlight Sensitivity	Speaks Common, Goblin. Proficient in Intimidation skill	VGTM	<i>Monstrous Race</i>
58	Yuan-ti Pure Blood	+2 CHA, +1 INT	Darkvision 60 feet, Innate Spellcasting: Poision spray, Animal frinedship, Suggestion. Magic resistance, poision immunity	Speaks Common, Draconic, Abyssal	VGTM	<i>Monstrous Race</i>

EE Comp. = Elemental Evil Compendium

SCAG = Sword Coast Adventures Guide

MToF = Mordenkainens Tome of Foes

PHB = Players Handbook

DMG = Dungeon Masters Guide

Races in "red text" = made redundant by later published variant

Races of "Monstrous" type must always be approved by DM in advance

VGTM = Volos Guide To Monsters

XGTE = Xanathars Guide to Everything