

No	Race	Ability Adjustments	Proficiencies	Other	Source
1	Hill or Gold Dwarf	+2 CON, +1 WIS	Battleaxe, Handaxe, Throwing Hammer, Warhammer, Light armor, Medium armor	+1 HP per level	PHB
2	Mountain or Shield Dwarf	+2 CON, +2 STR	Battleaxe, Handaxe, Throwing Hammer, Warhammer, Light armor, Medium armor		PHB
3	Grey Dwarf (Duergar)	+1 STR	Battleaxe, Handaxe, Throwing Hammer, Warhammer, Light armor, Medium armor	1 Bonus Language, 120' Darkvision, Sunlight sensitivity, Duergar Magic	SCAG
4	High, Sun or Moon Elf	+2 DEX, +1 INT	Perception, Longsword, Shortsword, Shortbow, Longbow	1 Bonus Language	PHB
5	Wood Elf	+2 DEX, +1 WIS	Perception, Longsword, Shortsword, Shortbow, Longbow		PHB
6	Dark Elf (Drow)	+2 DEX, +1 CHA	Perception, Rapier, Shortsword, Hand Crossbow		PHB
7	Eladrin Elf	+2 DEX, +1 INT	Perception, Longsword, Shortsword, Shortbow, Longbow, cast Misty step	Feywild Race	DMG
8	Lightfoot Halfling	+2 DEX, +1 CHA	Lucky, Brave, Nibleness, Natural Stealthy		PHB
9	Stout or Strongheart Halfling	+2 DEX, +1 CON	Lucky, Brave, Nibleness, Stout Resilience		PHB
10	Human	See text	+1 to all Ability Scores OR +1 to two Ability scores and 1 bonus Feat plus proficiency in 1 skill	1 Bonus Language	PHB
11	Dragonborn	+2 STR, +1 CHA	Draconic Ancestry, Breath weapon, Dmg resistance	Dragon Color, speaks Draconic and Common	PHB
12	Forest Gnome	+2 INT, +1 DEX	Natural Illusionist, Speak with small beasts	60' Darkvision, Gnome Cunning,	PHB
13	Rock Gnome	+2 INT, +1 CON	Artisan Tools, 2x proficiency bonus to some History checks	60' Darkvision, Gnome Cunning,	PHB
14	Deep Gnome (Svirfneblin)	+2 INT, +1 DEX	Darkvision 120 feet, Stone Camouflage, Access to Svirfnebling Feat	Gnome Cunning, 1 bonus language	SCAG/EE Comp.
15	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.
16	Fire Genasi	+2 CON, +1 INT	Can Cast "Produce Flame" and "Burning Hands", Darkvision, Fire resistance		EE Comp.
17	Air Genasi	+2 CON, +1 DEX	Can Cast "Levitate", hold breath forever		EE Comp.
18	Earth Genasi	+2 CON, +1 STR	Can Cast "Pass without trace"		EE Comp.
19	Goliath	+2 STR, +1 CON	Mountainborn, proficient in Athletics, Stone endurance (Damage reduction)		EE Comp.

No	Race	Ability Adjustments	Proficiencies	Other	Source
20	Half Elf	+2 CHA, +1 to two other Ability Scores	Proficiency in 2 skills	1 Bonus Language	PHB
21	Half Orc	+2 STR, +1 CON	Intimidation		PHB
22	Tiefling	+1 INT, +2 CHA	Infernal Legacy trait	Fiendish Race	PHB
23	Feral Tiefling	+1 INT, +2 DEX	Infernal Legacy trait	Fiendish Race	SCAG
24	Hellfire Tiefling	+1 INT, +2 CHA	Can cast Burning Hands	Fiendish Race	SCAG
25	Winged Tiefling	+1 INT, +2 CHA	Bat wings, fly speed 30'	Fiendish Race	SCAG
Devils Tongue					
26	Tiefling	+1 INT, +2 CHA	Can cast Vicious mockery, Charm Person, Enthrall	Fiendish Race	SCAG
27	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
28	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
29	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
30	Goliath	+2 STR, +1 CON	Natural Athlete, Stones Endurance, Powerfull Build, Mountain Born	Speaks Common and Giant	VGTM
31	Firbolg	+2 WIS, +1 STR	Firbolg Magic, Hidden Step, Powerfull Build, Speed of Beast and Leaf	Speaks Common, Elvish, Giant	VGTM
32	Aarakocra	+2 DEX, +1 WIS	Fly 50 ft, Dive attack, Talon Attack	Speaks Auran	EE Comp.
33	Kenku	+2 DEX, +1 WIS	Expert Forgery, Kenku Training, Mimicry	Speaks Auran and Common	VGTM
34	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
35	Tabaxi	+2 DEX, +1 WIS	Darkvision 60 feet, Feline Agility, Cats Claws, Cats Talent	Speaks Common and 1 other bonus language	VGTM
36	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

EE Comp. = Elemental Evil Compendium

SCAG = Sword Coast Adventures Guide

PHB = Players Handbook

DMG = Dungeon Masters Guide

VGTM = Volos Guide To Monsters