



CROKIAN

Crokians are people shaped by loss and strife, forced to bear the scars inflicted by an unaccepting world. Once the proud hunters of vast, thriving wetlands, they now live either scattered among strangers or still hidden deep within their shrinking marshes. In the vast majority of lands beyond their ancestral swamps, Crokians are met with fear, or entirely dismissed as mere savages. Alas, wherever they go, their striking features—diverse as they can be—mark them as outcasts, making it impossible to blend in. Yet beneath the brutish exterior, lies a soul burdened by the memories of a home lost and filled with a yearning to belong.

Life beyond home is harsh for the Crokians. Exiled or captured, many had to learn to stay out of sight to avoid trouble. Others, however, refuse to hide, choosing instead to stubbornly embrace their fierce Crokian identity, quick to snap back when met with hostility or disrespect. With acceptance rare, many find themselves drifting to the unsavory fringes of society, which only furthers the alienation they face.

This defensive front veils a core of honor and compassion—qualities that yield the wisdom and loyalty at the heart of their deep tribal bonds. Though the civilized world may spurn them, Crokians find solace in their ancient values: harmony, strength, and kin above all. For those rare few who offer them trust, Crokians will be wise allies and loyal friends, revealing unassumed kindness beneath their armored hide. When unshackled from the burdens of the prejudice they face, a Crokian's true nature blossoms: a noble companion who will share their strength with those they consider kin.

YOU ARE WHAT YOU EAT

Among the Crokians, there exists no single mold or uniform silhouette, aside from growing distinctive spikes on their shoulders. Though they may feature plenty of reptilian traits such as scaled hides and predatory jaws—each tribe can look strikingly different from the next. Some may bear the rugged shells and broad limbs of tortoises, while others sport amphibian features such as a smooth hide and sensitive whiskers. This diversity is not mere chance, but result of a fundamental aspect of Crokian nature: assimilation.

Central to Crokian culture, assimilation is both necessity and an art that must be mastered. What a Crokian eats does not simply nourishes them; it shapes them. Over time, the traits of consumed animals—strength, armor, senses, even fragments of memory—become the Crokian's own. As a result, most can become highly selective in their diets, choosing prey carefully to guide their own evolution and the future of their kin. This act of selective consumption is called the Rite of Assimilation, an often communal act conducted by the most wise of their tribe who distribute the day's hunts. Its intricacies and wisdom are passed down through generations. To outsiders, this ability is poorly understood and judged as a barbaric ritual of carnivorous indulgence. But for the Crokians, it is the foundation of their adaptability, unity, and identity—a sacred inheritance that ensures, no matter where fate will lead the Crokian, they will adapt and overcome.

CROKIAN TRAITS

Ability Score Increase. Increase one ability score by 2 and increase a different one by 1, or increase three different ability scores by 1.

Creature Type. Humanoid.

Size. Medium (about 5-8 feet tall).

Speed. 30 feet, and you have a swimming speed equal to your walking speed.

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.

Bestial Intuition. You gain proficiency in one of the following skills: Animal Handling, Intimidation, Nature, Survival.

Bite. Your bite is a natural weapon that you can use in place of unarmed strikes. If you hit with it, you deal piercing damage equal to 1d6 + your Strength modifier instead of the bludgeoning damage normal for an unarmed strike.

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

Rite of Assimilation. You can consume 1 pound of a creature's flesh over the course of 1 minute (it is at the Dungeon Master's discretion to decide to change the necessary amount of flesh, but the necessary amount should not be more than the creature's body can provide). After you consume the creature's flesh, you learn of the creature's proficiencies in skills, tools, weapons, and which languages it knows, and the next time you finish a long rest, you choose one of the following boons, if applicable:

- You become proficient in 1 skill the creature is proficient with.

- You become proficient in the use of 1 tool or weapon the creature is proficient with.
- You know how to speak and write a language the creature knows to the same extent as the creature.

Any boon gained through the Rite of Assimilation lasts until you perform another Rite of Assimilation and choose a new boon. In addition to the boon, you also gain access to one of the creature's recent memories, no longer than one day old. It is at the Dungeon Master's discretion to decide which memory you gain, if any.

Once you perform a Rite of Assimilation, you can't do so again until you finish a Long Rest.

Languages. You speak Common, Crokian, and a language of your choice.

Tribes. Choose one of the following tribes: Boulderback, Goohide, or Snapjaw. Your tribe grants you additional traits (see next page).





BOULDERBACK TRIBE

Boulderback Bulwark. If you have not moved during your turn yet, you can use a bonus action to brace your natural defenses. Your remaining movement becomes 0 and until the beginning of your next turn, any bludgeoning, piercing, or slashing damage you take is reduced by an amount equal to your Constitution modifier. You can use this bonus action an amount of times equal to your proficiency bonus before you have to finish a Long Rest to use it again.

Natural Armor. When you wear no armor, your AC is equal to 15 + your dexterity modifier up to a maximum of +2. A shield's benefits apply as normal while you use your natural armor.

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

GOOHIDE TRIBE

Amphibious. You can breathe air and water.

Slippery. You have advantage on saving throws against effects that grapple or restrain you, and advantage on checks to escape grapples and restraints.

Tongue. Your tongue is an elastic and sticky appendage. It has a reach of 10 ft. and you can use it to manipulate tiny objects (but not use tools).

Tongue Trap. As an action or bonus action you can attempt to trap a creature with your tongue within 15 ft. of yourself. The target creature must succeed a Strength saving throw or be pulled up to 15 ft. towards you. The DC is equal to 8 + your Strength or Constitution modifier + your proficiency bonus. You can use this trait an amount of times equal to your proficiency bonus before you have to finish a Long Rest to use it again.



SNAPJAW TRIBE

Natural Armor. When you wear no armor your AC is equal to 13 + your dexterity modifier. A shield's benefits apply as normal while you use your natural armor.

Trapping Jaws. You can grapple creatures with your jaw. Additionally, whenever you hit a creature of your own Size or smaller with your bite, you can attempt to grapple the creature with your jaw as a bonus action until the end of your turn. If you successfully grapple the creature, for the duration of the grapple you can't attack other creatures with your bite and attack rolls made with your bite against the grappled creature you have advantage.

Sudden Snap. When you use your action to attack, and any of your attack rolls miss, you can use a bonus action to make a bite attack against a target you missed. If that bite attack hits, you can attempt to grapple the target with your jaw as part of the attack. You can use this bonus action an amount of times equal to your proficiency bonus before you have to finish a Long Rest to use it again.





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