Long Jump

Move 10+ feet, and jump a number of feet up to your Strength score. When you make a standing long jump, you can leap only half that distance.

High Jump

Move 10+ feet, and jump a number of feet equal to 3 + your Strength modifier. When you make a standing high jump, you can jump only half that distance.

Suffocating

You can hold your breath for a number of minutes equal to 1 + your Constitution modifier (minimum of 30 seconds).

If you run out of breath or you're choking, you can survive for a number of rounds equal to your Constitution modifier (minimum of 1 round). At the start of your next turn, you drop to 0 hit points and are dying, and you can't regain hit points or be stabilized until you can breathe again.

Concentration

If a spell must be maintained with concentration, its description specifies how long you can concentrate on it. You can end concentration at any time (no action required). The following factors can break your concentration:

- You cast another spell that requires concentration.
- You take damage. Succeed on a Constitution saving throw to maintain your concentration, with a DC equal to 10 or half the damage you take, whichever number is higher.
- You're incapacitated or killed.
- You're overwhelmed by an enormous distraction, such as a wave crashing into you. Succeed on a DC 10 Constitution saving throw to maintain your concentration.

Things You Can Do on Your Turn

- Move up to your speed.
- Take one action.
- Communicate with speech, gestures, or both.
- Interact with one object or feature of the environment as you move or take your action. To interact with a second object, take the Use an Object action.

Actions in Combat

Attack
You make a melee or ranged weapon attack.

Cast a Spell
You cast a cantrip or a spell of 1st level or higher. See the spell's casting time.

Dash
You gain extra movement equal to your speed (plus any modifiers) for the current turn.

Disengage
Your movement doesn't provoke opportunity attacks for the rest of the turn.

Dodge
Until the start of your next turn, any attack roll made against you has disadvantage if you can see the attacker, and you make Dexterity saving throws with advantage. You lose this benefit if you are incapacitated or if your speed drops to 0.

Help
You help one creature with a task, giving that creature advantage on the next ability check it makes for that task. Or you distract one creature within 5 feet of you, and the next attack roll that an ally of yours makes against that creature has advantage.

Whichever option you choose, the advantage goes away once used or when your next turn starts.

Hide
You make a Dexterity (Stealth) check in an attempt to become hidden—unseen and unheard.

Ready
You wait for a particular circumstance before you act, which lets you act using your reaction before the start of your next turn. You must decide in advance (a) what perceivable circumstance will trigger your reaction and (b) the action you will take in response to that trigger.

If you ready a spell, it must have a casting time of 1 action, and you must concentrate on it until you release it.

Search
You make a Wisdom (Perception) check or an Intelligence (Investigation) check to find something.

Use a Magic Item
You use a magic item that requires your action for its use.

Use an Object
You use an object, other than a magic item, that requires your action for its use.

Use a Special Ability
You use a class feature or other special ability that requires your action for its use.

Conditions

Blinded
- A blinded creature can't see and automatically fails any ability check that requires sight.
- Attack rolls against the creature have advantage, and the creature's attack rolls have disadvantage.

Charmed
- A charmed creature can't attack the charmer or target the charmer with harmful abilities or magical effects.
- The charmer has advantage on any ability check to interact socially with the creature.

Deafened
- A deafened creature can't hear and automatically fails any ability check that requires hearing.
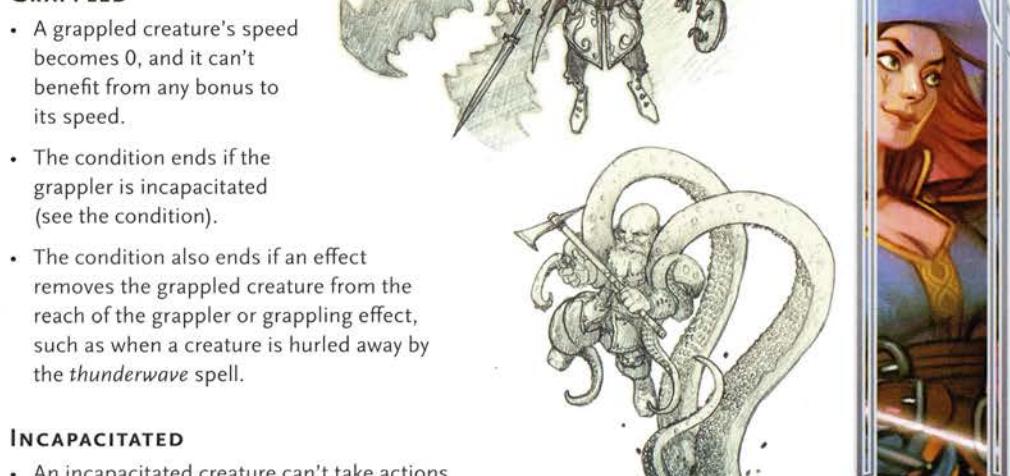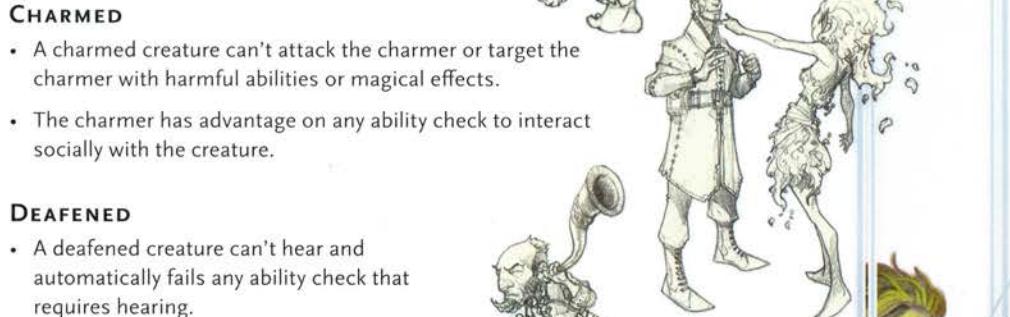
Frightened
- A frightened creature has disadvantage on ability checks and attack rolls while the source of its fear is within line of sight.
- The creature can't willingly move closer to the source of its fear.

Grappled
- A grappled creature's speed becomes 0, and it can't benefit from any bonus to its speed.
- The condition ends if the grappler is incapacitated (see the condition).
- The condition also ends if an effect removes the grappled creature from the reach of the grappler or grappling effect, such as when a creature is hurled away by the thunderwave spell.
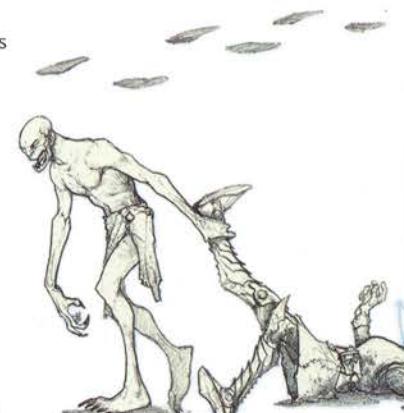
Incapacitated
- An incapacitated creature can't take actions or reactions.

Invisible
- An invisible creature is impossible to see without the aid of magic or a special sense. For the purpose of hiding, the creature is heavily obscured. The creature's location can be detected by any noise it makes or any tracks it leaves.
- Attack rolls against the creature have disadvantage, and the creature's attack rolls have advantage.
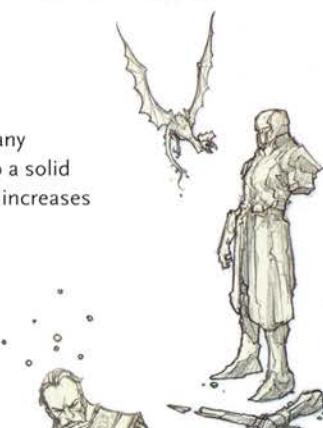
Paralyzed
- A paralyzed creature is incapacitated (see the condition) and can't move or speak.
- The creature automatically fails Strength and Dexterity saving throws.
- Attack rolls against the creature have advantage.
- Any attack that hits the creature is a critical hit if the attacker is within 5 feet of the creature.

Petrified
- A petrified creature is transformed, along with any nonmagical object it is wearing or carrying, into a solid inanimate substance (usually stone). Its weight increases by a factor of ten, and it ceases aging.
- The creature is incapacitated (see the condition), can't move or speak, and is unaware of its surroundings.
- Attack rolls against the creature have advantage.
- The creature automatically fails Strength and Dexterity saving throws.
- The creature has resistance to all damage.
- The creature is immune to poison and disease, although a poison or disease already in its system is suspended, not neutralized.

Poisoned
- A poisoned creature has disadvantage on attack rolls and ability checks.

Prone
- A prone creature's only movement option is to crawl, unless it stands up and thereby ends the condition.
- The creature has disadvantage on attack rolls.
- An attack roll against the creature has advantage if the attacker is within 5 feet of the creature. Otherwise, the attack roll has disadvantage.

Restrained
- A restrained creature's speed becomes 0, and it can't benefit from any bonus to its speed.
- Attack rolls against the creature have advantage, and the creature's attack rolls have disadvantage.
- The creature has disadvantage on Dexterity saving throws.

Stunned
- A stunned creature is incapacitated (see the condition), can't move, and can speak only falteringly.
- The creature automatically fails Strength and Dexterity saving throws.
- Attack rolls against the creature have advantage.

Unconscious
- An unconscious creature is incapacitated (see the condition), can't move or speak, and is unaware of its surroundings.
- The creature drops whatever it's holding and falls prone.
- The creature automatically fails Strength and Dexterity saving throws.
- Attack rolls against the creature have advantage.
- Any attack that hits the creature is a critical hit if the attacker is within 5 feet of the creature.

Exhaustion

Level	Effect
1	Disadvantage on ability checks
2	Speed halved
3	Disadvantage on attack rolls and saving throws
4	Hit point maximum halved
5	Speed reduced to 0
6	Death

Setting a DC

Difficulty	DC
Very easy	5
Easy	10
Moderate	15
Hard	20
Very hard	25
Nearly impossible	30

Tracking DCs

Ground Surface	DC
Soft surface such as snow	10
Dirt or grass	15
Bare stone	20
Each day since the creature passed	+5
Creature left a trail such as blood	−5

Damage by Level and Severity

Level	Setback	Dangerous	Deadly
1–4	1d10	2d10	4d10
5–10	2d10	4d10	10d10
11–16	4d10	10d10	18d10
17–20	10d10	18d10	24d10

Object Hit Points

Size	Fragile	Resilient
Tiny (bottle, lock)	2 (1d4)	5 (2d4)
Small (chest, lute)	3 (1d6)	10 (3d6)
Medium (barrel, chandelier)	4 (1d8)	18 (4d8)
Large (cart, 10-ft.-by-10-ft. window)	5 (1d10)	27 (5d10)

Object Armor Class

Substance	AC	Substance	AC
Cloth, paper, rope	11	Iron, steel	19
Crystal, glass, ice	13	Mithral	21
Wood, bone	15	Adamantine	23
Stone	17		

Skills and Associated Abilities

Skill	Ability	Skill	Ability
Acrobatics	Dexterity	Medicine	Wisdom
Animal Handling	Wisdom	Nature	Intelligence
Arcana	Intelligence	Perception	Wisdom
Athletics	Strength	Performance	Charisma
Deception	Charisma	Persuasion	Charisma
History	Intelligence	Religion	Intelligence
Insight	Wisdom	Sleight of Hand	Dexterity
Intimidation	Charisma	Stealth	Dexterity
Investigation	Intelligence	Survival	Wisdom

Weather

d20	Temperature
1–14	Normal for the season
15–17	1d4 × 10 degrees Fahrenheit colder than normal
18–20	1d4 × 10 degrees Fahrenheit hotter than normal

d20	Wind
1–12	None
13–17	Light
18–20	Strong

d20	Precipitation
1–12	None
13–17	Light rain or light snowfall
18–20	Heavy rain or heavy snowfall

Travel Pace

Pace	Distance Traveled per ...			Effect
	Minute	Hour	Day	
Fast	400 feet	4 miles	30 miles	−5 penalty to passive Wisdom (Perception) scores
Normal	300 feet	3 miles	24 miles	—
Slow	200 feet	2 miles	18 miles	Able to use stealth

Services

Service	Pay
Coach cab	
Between towns	3 cp per mile
Within a city	1 cp
Hireling	
Skilled	2 gp per day
Untrained	2 sp per day
Messenger	2 cp per mile
Road or gate toll	1 cp
Ship's passage	1 sp per mile

Light

Source	Bright Light	Dim Light	Duration
Candle	5 ft.	+ 5 ft.	1 hour
Lamp	15 ft.	+ 30 ft.	6 hours
Lantern, bullseye	60 ft. cone	+ 60 ft.	6 hours
Lantern, hooded	30 ft.	+ 30 ft.	6 hours
Lowered hood	—	+ 5 ft.	—
Torch	20 ft.	+ 20 ft.	1 hour

Obscured Areas

Obscurence	Effect	Examples
Lightly obscured	Creatures have disadvantage on Wisdom (Perception) checks that rely on sight.	Dim light, patchy fog, moderate foliage
Heavily obscured	Vision is blocked; creatures are effectively blinded.	Darkness, opaque fog, dense foliage

Audible Distance

Noise	Distance
Trying to be quiet	2d6 × 5 feet
Normal noise level	2d6 × 10 feet
Very loud	2d6 × 50 feet

Visibility Outdoors

Environment	Distance
Clear day, no obstructions	2 miles
Rain	1 mile
Fog	100 to 300 feet
From a height	× 20

Cover

Cover	Effect
Half cover	+2 bonus to AC and Dexterity saving throws against attacks and effects that originate on the opposite side of the cover
Three-quarters cover	+5 bonus to AC and Dexterity saving throws against attacks and effects that originate on the opposite side of the cover
Total cover	Can't be targeted directly by an attack or a spell

Food, Drink, and Lodging

Item	Cost
Ale	
Gallon	2 sp
Mug	4 cp
Banquet (per person)	10 gp
Bread, loaf	2 cp
Cheese, hunk	1 sp
Inn stay (per day)	
Squalid	7 cp
Poor	1 sp
Modest	5 sp
Comfortable	8 sp
Wealthy	2 gp
Aristocratic	4 gp
Meals (per day)	
Squalid	3 cp
Poor	6 cp
Modest	3 sp
Comfortable	5 sp
Wealthy	8 sp
Aristocratic	2 gp
Wine	
Common (pitcher)	2 sp
Fine (bottle)	10 gp

Encounter Distance

Terrain	Encounter Distance
Arctic, desert, farmland, or grassland	6d6 × 10 feet
Forest, swamp, or woodland	2d8 × 10 feet
Hills or wastelands	2d10 × 10 feet
Jungle	2d6 × 10 feet
Mountains	4d10 × 10 feet
Underwater, bright light	60 feet
Underwater, dim light	30 feet
Underwater, no light	10 feet

Foraging DCs

Food and Water Availability	DC
Abundant food and water sources	10
Limited food and water sources	15
Very little, if any, food and water sources	20

Dungeons & Dragons

LINE   CONE   CUBE   SPHERE   CYLINDER

* POINT OF ORIGIN

ACTIONS IN COMBAT

ATTACK

You make a melee or ranged weapon attack.

CAST A SPELL

You cast a cantrip or a spell of 1st level or higher. See the spell's casting time.

DASH

You gain extra movement equal to your speed (plus any modifiers) for the current turn.

DISENGAGE

Your movement doesn't provoke opportunity attacks for the rest of the turn.

DODGE

Until the start of your next turn, any attack roll made against you has disadvantage if you can see the attacker, and you make Dexterity saving throws with advantage. You lose this benefit if you are incapacitated or if your speed drops to 0.

HELP

You help one creature with a task, giving that creature advantage on the next ability check it makes for that task. Or you distract one creature within 5 feet of you, and the next attack roll that an ally of yours makes against that creature has advantage.

Whichever option you choose, the advantage goes away once used or when your next turn starts.

HIDE

You make a Dexterity (Stealth) check in an attempt to become hidden—unseen and unheard.

READY

You wait for a particular circumstance before you act, which lets you act using your reaction before the start of your next turn. You must decide in advance (a) what perceivable circumstance will trigger your reaction and (b) the action you will take in response to that trigger.

If you ready a spell, it must have a casting time of 1 action, and you must concentrate on it until you release it.

SEARCH

You make a Wisdom (Perception) check or an Intelligence (Investigation) check to find something.

USE A MAGIC ITEM

You use a magic item that requires your action for its use.

USE AN OBJECT

You use an object, other than a magic item, that requires your action for its use.

USE A SPECIAL ABILITY

You use a class feature or other special ability that requires your action for its use.

LONG JUMP

Move 10+ feet, and jump a number of feet up to your Strength score. When you make a standing long jump, you can leap only half that distance.

HIGH JUMP

Move 10+ feet, and jump a number of feet equal to 3 + your Strength modifier. When you make a standing high jump, you can jump only half that distance.

SUFFOCATING

You can hold your breath for a number of minutes equal to 1 + your Constitution modifier (minimum of 30 seconds).

If you run out of breath or you're choking, you can survive for a number of rounds equal to your Constitution modifier (minimum of 1 round). At the start of your next turn, you drop to 0 hit points and are dying, and you can't regain hit points or be stabilized until you can breathe again.

CONCENTRATION

If a spell must be maintained with concentration, its description specifies how long you can concentrate on it. You can end concentration at any time (no action required). The following factors can break your concentration:

- You cast another spell that requires concentration.
- You take damage. Succeed on a Constitution saving throw to maintain your concentration, with a DC equal to 10 or half the damage you take, whichever number is higher.
- You're incapacitated or killed.
- You're overwhelmed by an enormous distraction, such as a wave crashing into you. Succeed on a DC 10 Constitution saving throw to maintain your concentration.

THINGS YOU CAN DO ON YOUR TURN

- Move up to your speed.
- Take one action.
- Communicate with speech, gestures, or both.
- Interact with one object or feature of the environment as you move or take your action. To interact with a second object, take the Use an Object action.

BLINDED

- A blinded creature can't see and automatically fails any ability check that requires sight.

- Attack rolls against the creature have advantage, and the creature's attack rolls have disadvantage.

CHARMED

- A charmed creature can't attack the charmer or target the charmer with harmful abilities or magical effects.

- The charmer has advantage on any ability check to interact socially with the creature.

DEAFENED

- A deafened creature can't hear and automatically fails any ability check that requires hearing.

FRIGHTENED

- A frightened creature has disadvantage on ability checks and attack rolls while the source of its fear is within line of sight.

- The creature can't willingly move closer to the source of its fear.

GRAPPLED

- A grappled creature's speed becomes 0, and it can't benefit from any bonus to its speed.

- The condition ends if the grappler is incapacitated (see the condition).

- The condition also ends if an effect removes the grappled creature from the reach of the grappler or grappling effect, such as when a creature is hurled away by the *thunderwave* spell.

INCAPACITATED

- An incapacitated creature can't take actions or reactions.

INVISIBLE

- An invisible creature is impossible to see without the aid of magic or a special sense. For the purpose of hiding, the creature is heavily obscured. The creature's location can be detected by any noise it makes or any tracks it leaves.

- Attack rolls against the creature have disadvantage, and the creature's attack rolls have advantage.

PARALYZED

- A paralyzed creature is incapacitated (see the condition) and can't move or speak.

- The creature automatically fails Strength and Dexterity saving throws.

- Attack rolls against the creature have advantage.

- Any attack that hits the creature is a critical hit if the attacker is within 5 feet of the creature.

PETRIFIED

- A petrified creature is transformed, along with any nonmagical object it is wearing or carrying, into a solid inanimate substance (usually stone). Its weight increases by a factor of ten, and it ceases aging.

- The creature is incapacitated (see the condition), can't move or speak, and is unaware of its surroundings.

- Attack rolls against the creature have advantage.

- The creature automatically fails Strength and Dexterity saving throws.

- The creature has resistance to all damage.

- The creature is immune to poison and disease, although a poison or disease already in its system is suspended, not neutralized.

POISONED

- A poisoned creature has disadvantage on attack rolls and ability checks.

PRONE

- A prone creature's only movement option is to crawl, unless it stands up and thereby ends the condition.
- The creature has disadvantage on attack rolls.
- An attack roll against the creature has advantage if the attacker is within 5 feet of the creature. Otherwise, the attack roll has disadvantage.

RESTRAINED

- A restrained creature's speed becomes 0, and it can't benefit from any bonus to its speed.
- Attack rolls against the creature have advantage, and the creature's attack rolls have disadvantage.
- The creature has disadvantage on Dexterity saving throws.

STUNNED

- A stunned creature is incapacitated (see the condition), can't move, and can speak only falteringly.
- The creature automatically fails Strength and Dexterity saving throws.
- Attack rolls against the creature have advantage.

UNCONSCIOUS

- An unconscious creature is incapacitated (see the condition), can't move or speak, and is unaware of its surroundings.
- The creature drops whatever it's holding and falls prone.
- The creature automatically fails Strength and Dexterity saving throws.
- Attack rolls against the creature have advantage.
- Any attack that hits the creature is a critical hit if the attacker is within 5 feet of the creature.

EXHAUSTION

Level	Effect
1	Disadvantage on ability checks
2	Speed halved
3	Disadvantage on attack rolls and saving throws
4	Hit point maximum halved
5	Speed reduced to 0
6	Death

SETTING A DC

Difficulty	DC
Very easy	5
Easy	10
Moderate	15
Hard	20
Very hard	25
Nearly impossible	30

TRACKING DCs

Ground Surface	DC
Soft surface such as snow	10
Dirt or grass	15
Bare stone	20
Each day since the creature passed	+5
Creature left a trail such as blood	−5

DAMAGE BY LEVEL AND SEVERITY

Level	Setback	Dangerous	Deadly
1–4	1d10	2d10	4d10
5–10	2d10	4d10	10d10
11–16	4d10	10d10	18d10
17–20	10d10	18d10	24d10

OBJECT HIT POINTS

Size	Fragile	Resilient
Tiny (bottle, lock)	2 (1d4)	5 (2d4)
Small (chest, lute)	3 (1d6)	10 (3d6)
Medium (barrel, chandelier)	4 (1d8)	18 (4d8)
Large (cart, 10-ft.-by-10-ft. window)	5 (1d10)	27 (5d10)

OBJECT ARMOR CLASS

Substance	AC	Substance	AC
Cloth, paper, rope	11	Iron, steel	19
Crystal, glass, ice	13	Mithral	21
Wood, bone	15	Adamantine	23
Stone	17		

SKILLS AND ASSOCIATED ABILITIES

Skill	Ability	Skill	Ability
Acrobatics	Dexterity	Medicine	Wisdom
Animal Handling	Wisdom	Nature	Intelligence
Arcana	Intelligence	Perception	Wisdom
Athletics	Strength	Performance	Charisma
Deception	Charisma	Persuasion	Charisma
History	Intelligence	Religion	Intelligence
Insight	Wisdom	Sleight of Hand	Dexterity
Intimidation	Charisma	Stealth	Dexterity
Investigation	Intelligence	Survival	Wisdom

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TRAVEL PACE

Pace	Distance Traveled per ...			Effect
	Minute	Hour	Day	
Fast	400 feet	4 miles	30 miles	−5 penalty to passive Wisdom (Perception) scores
Normal	300 feet	3 miles	24 miles	—
Slow	200 feet	2 miles	18 miles	Able to use stealth

SERVICES

Service	Pay
Coach cab	
Between towns	3 cp per mile
Within a city	1 cp
Hireling	
Skilled	2 gp per day
Untrained	2 sp per day
Messenger	2 cp per mile
Road or gate toll	1 cp
Ship's passage	1 sp per mile

OBSCURED AREAS

Obscureness	Effect	Examples
Lightly obscured	Creatures have disadvantage on Wisdom (Perception) checks that rely on sight.	Dim light, patchy fog, moderate foliage
Heavily obscured	Vision is blocked; creatures are effectively blinded.	Darkness, opaque fog, dense foliage

WEATHER

d20	Temperature
1–14	Normal for the season
15–17	1d4 × 10 degrees Fahrenheit colder than normal
18–20	1d4 × 10 degrees Fahrenheit hotter than normal

d20	Wind
1–12	None
13–17	Light
18–20	Strong

d20	Precipitation
1–12	None
13–17	Light rain or light snowfall
18–20	Heavy rain or heavy snowfall

COVER

Cover	Effect
Half cover	+2 bonus to AC and Dexterity saving throws against attacks and effects that originate on the opposite side of the cover
Three-quarters cover	+5 bonus to AC and Dexterity saving throws against attacks and effects that originate on the opposite side of the cover
Total cover	Can't be targeted directly by an attack or a spell

LIGHT

Source	Bright Light	Dim Light	Duration
Candle	5 ft.	+ 5 ft.	1 hour
Lamp	15 ft.	+ 30 ft.	6 hours
Lantern, bullseye	60 ft. cone	+ 60 ft.	6 hours
Lantern, hooded	30 ft.	+ 30 ft.	6 hours
Lowered hood	—	+ 5 ft.	—
Torch	20 ft.	+ 20 ft.	1 hour

ENCOUNTER DISTANCE

Terrain	Encounter Distance
Arctic, desert, farmland, or grassland	6d6 × 10 feet
Forest, swamp, or woodland	2d8 × 10 feet
Hills or wastelands	2d10 × 10 feet
Jungle	2d6 × 10 feet
Mountains	4d10 × 10 feet
Underwater, bright light	60 feet
Underwater, dim light	30 feet
Underwater, no light	10 feet

AUDIBLE DISTANCE

Noise	Distance
Trying to be quiet	2d6 × 5 feet
Normal noise level	2d6 × 10 feet
Very loud	2d6 × 50 feet

VISIBILITY OUTDOORS

Environment	Distance
Clear day, no obstructions	2 miles
Rain	1 mile
Fog	100 to 300 feet
From a height	× 20

FOOD, DRINK, AND LODGING

Item	Cost
Ale	
Gallon	2 sp
Mug	4 cp
Banquet (per person)	10 gp
Bread, loaf	2 cp
Cheese, hunk	1 sp
Inn stay (per day)	
Squalid	7 cp
Poor	1 sp
Modest	5 sp
Comfortable	8 sp
Wealthy	2 gp
Aristocratic	4 gp
Meals (per day)	
Squalid	3 cp
Poor	6 cp
Modest	3 sp
Comfortable	5 sp
Wealthy	8 sp
Aristocratic	2 gp
Meat, chunk	3 sp
Wine	
Common (pitcher)	2 sp
Fine (bottle)	10 gp

FORAGING DCs

Food and Water Availability	DC
Abundant food and water sources	10
Limited food and water sources	15
Very little, if any, food and water sources	20