

Body Part	Skill Name	Type	Effect Description
Blubber Lay	Buoyancy	Passive	You naturally float in water. You have Advantage on Athletics checks to
Blubber Lay	Impact Abs	Reaction	When you take Bludgeoning damage, you can reduce the damage by yo
Folded Leg	Scuttle	Passive	You can move sideways or backwards at full speed without penalty.
Folded Leg	Compact	Action	Fold your limbs tight against your body to fit into spaces one size small
Suction Pac	Anchor	Reaction	Advantage on checks to avoid being Moved, Shoved, or Pulled against y
Suction Pac	Wall Cling	Passive	You can adhere to smooth surfaces (glass, wet stone) and climb withou
Dorsal Fin	Stabilizer	Passive	You cannot be knocked Prone while underwater.
Dorsal Fin	Cutwater	Action	Charge through water. If you move 20ft, your next attack deals extra sla
Ink Sacs	Smokescre	Reaction	When attacked, release an ink cloud (5ft radius). Attackers are Blinded
Ink Sacs	Slick	Action	Spray ink on the ground. It becomes difficult terrain; creatures must sav
Color Chan	Chromatop	Action	Match your surroundings perfectly. Turn Invisible until you move or atta
Color Chan	Flash Patte	Action	Rapidly cycle colors to confuse an enemy. Target has Disadvantage on
Tooth Rows	Shred	Passive	Your bite attacks deal Bleed damage (1d4) at the start of the target's ne
Tooth Rows	Regrow	Utility	If you lose teeth (or break them on armor), they grow back fully after a L
Heavy Scal	Deflection	Reaction	Gain +2 AC against a single melee attack by turning your armored side t
Heavy Scal	Ram	Action	Slam your armored body into an enemy. Deal Bludgeoning damage and
Crab Claw	Crush	Bonus	If you have a target Grappled, deal automatic Bludgeoning damage to th
Crab Claw	Shield Arm	Passive	You can use your large claw as a Shield (+2 AC) if you are not holding ar
Tentacle	Reach	Passive	Your melee reach increases by 5ft.
Tentacle	Wrap	Action	Attempt to Grapple a target. If successful, they are Restrained (cannot i
Electric Noi	Shock	Action	Touch attack. Target takes Lightning damage and cannot take Reaction
Electric Noi	Bio-Sense	Passive	Detect the heartbeat (electricity) of living creatures within 10ft, even th
Webbed Hæ	Propel	Passive	You gain a Swim Speed equal to your Walk Speed.
Webbed Hæ	Push	Action	Blast a wave of water at a target. They must save (Strength) or be pushe
Angler Ligh	Lure	Action	Shine your light in darkness. A creature that looks at it must save (Will)
Angler Ligh	Flashbang	Action	Flare your light. Creatures within 10ft must save (Con) or be Blinded for
Blowhole	Deep Dive	Passive	You can hold your breath for 1 hour.
Blowhole	Spout	Action	Spray a high-pressure jet of water. Extinguish fires or blind a target for 1
Throat Sac	Resonate	Action	Amplify your voice. All creatures in 30ft can hear you clearly, even unde
Throat Sac	Storage	Utility	Swallow an object size Small or smaller to carry it safely in your pouch.
Barnacles	Abrasive	Passive	Enemies that Grapple you take Slashing damage every turn from your re
Barnacles	Friction	Passive	You have Advantage on checks to maintain a Grapple on slippery enem
Moist Skin	Slippery	Reaction	Advantage on checks to escape a Grapple or bindings.
Moist Skin	Respire	Passive	You can breathe underwater as long as your skin remains wet.
Poison Stin	Neurotoxin	Action	Sting a target. They must save (Con) or be Paralyzed for 1 round.
Poison Stin	Tail Lash	Bonus	Make a quick sting attack against an enemy flanking you.
Star Scales	Sandpaper	Passive	Your skin acts as a grinding tool; you can wear through ropes or wood o
Star Scales	Toughness	Reaction	Reduce damage from a Slashing attack by half (scales are hard as teet
Ear Holes	Hydro-Hea	Passive	You have no penalty to Perception (Hearing) while underwater.
Ear Holes	Streamline	Passive	Your Swim speed increases by +10ft (drag reduction).
Jointless Li	Elastic	Action	Stretch your arm to reach an object or ledge up to 10ft away.
Jointless Li	Squeeze	Passive	Move through any opening large enough for your beak/head without slo
Long Finger	Snatch	Reaction	Catch a small moving object (fish, arrow, coin) out of the air/water.

Long Finger	Dexterity	Passive	Advantage on Sleight of Hand checks to manipulate fine mechanisms.
Blue Skin	Pelagic Camouflage	Passive	Advantage on Stealth checks while submerged in water.
Blue Skin	Deep Dwell	Passive	You are immune to the effects of extreme water pressure.
Skill Name	Required Bi	Effect	
Bioluminescence	Photophores		Shed light 20ft (Gloss/Shine).
Squeeze	Flexible Body		Move through Tiny spaces.
Padding	Blubber		Reduce Bludgeoning Dmg by 2.
Slippery	Mucus Skin		Advantage on checks to escape Grapple (Renamed from Grease).
Pressure	Deep Body		Immune to crushing depths.
Prehensile	Tentacle		Limb can hold light object.

our Constitution modifier.

and you can Disengage.