## **Feats**

January 5, 2023



A feat represents a talent or an area of expertise that gives a character special capabilities. It embodies training, experience, and abilities beyond what a class provides.

At certain levels, your class gives you the Ability Score Improvement feature. Using the optional feats rule, you can forgo taking that feature to take a feat of your choice instead. You can take each feat only once, unless the feat's description says otherwise.

You must meet any prerequisite specified in a feat to take that feat. If you ever lose a feat's prerequisite, you can't use that feat until you regain the prerequisite. For example, the Grappler feat requires you to have a Strength of 13 or higher. If your Strength is reduced below 13 somehow—perhaps by a withering curse—you can't benefit from the Grappler feat until your Strength is restored.

## Grappler

Prerequisite: Strength 13 or higher

You've developed the skills necessary to hold your own in closequarters grappling. You gain the following benefits:

You have advantage on attack rolls against a creature you

are grappling.

• You can use your action to try to pin a creature grappled by you. To do so, make another grapple check. If you succeed, you and the creature are both restrained until the grapple ends.

## **Inspiration**

January 5, 2023



Inspiration is a rule the game master can use to reward you for playing your character in a way that's true to his or her personality traits, ideal, bond, and flaw. By using inspiration, you can draw on your personality trait of compassion for the downtrodden to give you an edge in negotiating with the Beggar Prince. Or inspiration can let you call on your bond to the defense of your home village to push past the effect of a spell that has been laid on you.

## **Gaining Inspiration**

Your GM can choose to give you inspiration for a variety of reasons. Typically, GMs award it when you play out your personality traits, give in to the drawbacks presented by a flaw or bond, and otherwise portray your character in a compelling

way. Your GM will tell you how you can earn inspiration in the game. You either have inspiration or you don't — you can't stockpile multiple "inspirations" for later use.

## **Using Inspiration**

If you have inspiration, you can expend it when you make an attack roll, saving throw, or ability check. Spending your inspiration gives you advantage on that roll. Additionally, if you have inspiration, you can reward another player for good roleplaying, clever thinking, or simply doing something exciting in the game. When another player character does something that really contributes to the story in a fun and interesting way, you can give up your inspiration to give that character inspiration.

## Leveling Up

January 5, 2023



As your character goes on adventures and overcomes challenges, he or she gains experience, represented by experience points. A character who reaches a specified experience point total advances in capability. This advancement is called **gaining a level**.

When your character gains a level, his or her class often grants additional features, as detailed in the class description. Some of these features allow you to increase your ability scores, either increasing two scores by 1 each or increasing one score by 2. You can't increase an ability score above 20. In addition, every character's proficiency bonus increases at certain levels.

Each time you gain a level, you gain 1 additional Hit Die. Roll that Hit Die, add your Constitution modifier to the roll, and add the total to your hit point maximum. Alternatively, you can use the fixed value shown in your class entry, which is the average result of the die roll (rounded up).

When your Constitution modifier increases by 1, your hit point maximum increases by 1 for each level you have attained. For example, if your 7th-level fighter has a Constitution score of 18, when he reaches 8th level, he increases his Constitution score from 17 to 18, thus increasing his Constitution modifier from +3 to +4. His hit point maximum then increases by 8.

The Character Advancement table summarizes the XP you need to advance in levels from level 1 through level 20, and the proficiency bonus for a character of that level. Consult the information in your character's class description to see what other improvements you gain at each level.

#### **Character Advancement**

<b>Experience Points</b>	Level	<b>Proficiency Bonus</b>
0	1	+2
300	2	+2
900	3	+2
2,700	4	+2
6,500	5	+3

Experience Points	Level	<b>Proficiency Bonus</b>
14,000	6	+3
23,000	7	+3
34,000	8	+3
48,000	9	+4
64,000	10	+4
85,000	11	+4
100,000	12	+4
120,000	13	+5
140,000	14	+5
165,000	15	+5
195,000	16	+5
225,000	17	+6
265,000	18	+6
305,000	19	+6
355,000	20	+6

# Multiclassing

January 5, 2023



Multiclassing allows you to gain levels in multiple classes.

Doing so lets you mix the abilities of those classes to realize a character concept that might not be reflected in one of the standard class options.

With this rule, you have the option of gaining a level in a new class whenever you advance in level, instead of gaining a level in your current class. Your levels in all your classes are added together to determine your character level. For example, if you have three levels in wizard and two in fighter, you're a 5th-level character.

As you advance in levels, you might primarily remain a member of your original class with just a few levels in another class, or you might change course entirely, never looking back at the class you left behind. You might even start progressing in a third or fourth class. Compared to a single-class character of the same level, you'll sacrifice some focus in exchange for versatility.

## **Prerequisites**

To qualify for a new class, you must meet the ability score prerequisites for both your current class and your new one, as shown in the Multiclassing Prerequisites table. For example, a barbarian who decides to multiclass into the druid class must have both Strength and Wisdom scores of 13 or higher. Without the full training that a beginning character receives, you must be a quick study in your new class, having a natural aptitude that is reflected by higher-than-average ability scores.

Class	Ability Score Minimum
Barbarian	Strength 13
Bard	Charisma 13
Cleric	Wisdom 13

Class	Ability Score Minimum
Druid	Wisdom 13
Fighter	Strength 13 or Dexterity 13
Monk	Dexterity 13 and Wisdom 13
Paladin	Strength 13 and Charisma 13
Ranger	Dexterity 13 and Wisdom 13
Rogue	Dexterity 13
Sorcerer	Charisma 13
Warlock	Charisma 13
Wizard	Intelligence 13

## **Experience Points**

The experience point cost to gain a level is always based on your total character level, as shown in the Character Advancement table, not your level in a particular class. So, if you are a cleric 6/fighter 1, you must gain enough XP to reach 8th level before you can take your second level as a fighter or your seventh level as a cleric.

### Hit Points and Hit Dice

You gain the hit points from your new class as described for levels after 1st. You gain the 1st-level hit points for a class only when you are a 1st-level character.

You add together the Hit Dice granted by all your classes to form your pool of Hit Dice. If the Hit Dice are the same die type, you can simply pool them together. For example, both the fighter and the paladin have a d10, so if you are a paladin 5/fighter 5, you have ten d10 Hit Dice. If your classes give you Hit Dice of different types, keep track of them separately. If

you are a paladin 5/cleric 5, for example, you have five d10 Hit Dice and five d8 Hit Dice.

## **Proficiency Bonus**

Your proficiency bonus is always based on your total character level, not your level in a particular class. For example, if you are a fighter 3/rogue 2, you have the proficiency bonus of a 5th-level character, which is +3.

## **Proficiencies**

When you gain your first level in a class other than your initial class, you gain only some of new class's starting proficiencies, as shown in the Multiclassing Proficiencies table.

#### **Multiclassing Proficiencies**

Class	Proficiencies Gained		
Barbarian	Shields, simple weapons, martial weapons		
Bard	Light armor, one skill of your choice, one musical instrument of your choice		
Cleric Light armor, medium armor, shields			
Druid  Light armor, medium armor, shields (druids will n wear armor or use shields made of metal)			
Fighter Light armor, medium armor, shields, simple weapons			
Monk Simple weapons, shortswords			
Paladin Light armor, medium armor, shields, simple weapons			

Class	Proficiencies Gained			
Ranger	Light armor, medium armor, shields, simple weapons, martial weapons, one skill from the class's skill list			
Rogue	Light armor, one skill from the class's skill list, thieves' tools			
Sorcerer -				
Warlock	Light armor, simple weapons			
Wizard	_			

#### Class Features

When you gain a new level in a class, you get its features for that level. You don't, however, receive the class's starting equipment, and a few features have additional rules when you're multiclassing: Channel Divinity, Extra Attack, Unarmored Defense, and Spellcasting.

## **Channel Divinity**

If you already have the Channel Divinity feature and gain a level in a class that also grants the feature, you gain the Channel Divinity effects granted by that class, but getting the feature again doesn't give you an additional use of it. You gain additional uses only when you reach a class level that explicitly grants them to you. For example, if you are a cleric 6/paladin 4, you can use Channel Divinity twice between rests because you are high enough level in the cleric class to have more uses. Whenever you use the feature, you can choose any of the Channel Divinity effects available to you from your two classes.

#### Extra Attack

If you gain the Extra Attack class feature from more than one class, the features don't add together. You can't make more than two attacks with this feature unless it says you do (as the fighter's version of Extra Attack does). Similarly, the warlock's eldritch invocation Thirsting Blade doesn't give you additional attacks if you also have Extra Attack.

#### **Unarmored Defense**

If you already have the Unarmored Defense feature, you can't gain it again from another class.

## **Spellcasting**

Your capacity for spellcasting depends partly on your combined levels in all your spellcasting classes and partly on your individual levels in those classes. Once you have the Spellcasting feature from more than one class, use the rules below. If you multiclass but have the Spellcasting feature from only one class, you follow the rules as described in that class.

Spells Known and Prepared. You determine what spells you know and can prepare for each class individually, as if you were a single-classed member of that class. If you are a ranger 4/wizard 3, for example, you know three 1st-level ranger spells based on your levels in the ranger class. As 3rd-level wizard, you know three wizard cantrips, and your spellbook contains ten wizard spells, two of which (the two you gained when you reached 3rd level as a wizard) can be 2nd-level spells. If your Intelligence is 16, you can prepare six wizard spells from your spellbook.

Each spell you know and prepare is associated with one of your classes, and you use the spellcasting ability of that class when

you cast the spell. Similarly, a spellcasting focus, such as a holy symbol, can be used only for the spells from the class associated with that focus.

**Spell Slots.** You determine your available spell slots by adding together all your levels in the bard, cleric, druid, sorcerer, and wizard classes, and half your levels (rounded down) in the paladin and ranger classes. Use this total to determine your spell slots by consulting the Multiclass Spellcaster table.

If you have more than one spellcasting class, this table might give you spell slots of a level that is higher than the spells you know or can prepare. You can use those slots, but only to cast your lower-level spells. If a lower-level spell that you cast, like *burning hands*, has an enhanced effect when cast using a higher-level slot, you can use the enhanced effect, even though you don't have any spells of that higher level.

For example, if you are the aforementioned ranger 4/wizard 3, you count as a 5th-level character when determining your spell slots: you have four 1st-level slots, three 2nd-level slots, and two 3rd-level slots. However, you don't know any 3rd-level spells, nor do you know any 2nd-level ranger spells. You can use the spell slots of those levels to cast the spells you do know — and potentially enhance their effects.

Pact Magic. If you have both the Spellcasting class feature and the Pact Magic class feature from the warlock class, you can use the spell slots you gain from the Pact Magic feature to cast spells you know or have prepared from classes with the Spellcasting class feature, and you can use the spell slots you gain from the Spellcasting class feature to cast warlock spells you know.

## Multiclass Spellcaster: Spell Slots per Spell Level

Level	1st	2nd	3rd	4th	5th	6th	7th	8th	9th
1st	2	_	_	_	_	_	_	_	_
2nd	3	_	_	_	_	_	_	_	_
3rd	4	2	_	_	_	_	_	_	_
4th	4	3	_	_	_	_	_	_	_
5th	4	3	2	_	_	_	_	_	_
6th	4	3	3	_	_	_	_	_	_
7th	4	3	3	1	_	_	_	_	_
8th	4	3	3	2	_	_	_	_	_
9th	4	3	3	3	1	_	_	_	_
10th	4	3	3	3	2	_	_	_	_
11th	4	3	3	3	2	1	_	_	_
12th	4	3	3	3	2	1	_	_	_
13th	4	3	3	3	2	1	1	_	_
14th	4	3	3	3	2	1	1	_	_
15th	4	3	3	3	2	1	1	1	_
16th	4	3	3	3	2	1	1	1	_
17th	4	3	3	3	2	1	1	1	1
18th	4	3	3	3	3	1	1	1	1
19th	4	3	3	3	3	2	1	1	1
20th	4	3	3	3	3	2	2	1	1

## **Proficiency Bonus**

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Characters have a proficiency bonus determined by level. Monsters also have this bonus, which is incorporated in their stat blocks. The bonus is used in the rules on ability checks, saving throws, and attack rolls.

Your proficiency bonus can't be added to a single die roll or other number more than once. For example, if two different rules say you can add your proficiency bonus to a Wisdom saving throw, you nevertheless add the bonus only once when you make the save.

Occasionally, your proficiency bonus might be multiplied or divided (doubled or halved, for example) before you apply it. For example, the rogue's Expertise feature doubles the proficiency bonus for certain ability checks. If a circumstance suggests that your proficiency bonus applies more than once to the same roll, you still add it only once and multiply or divide it only once.

By the same token, if a feature or effect allows you to multiply your proficiency bonus when making an ability check that wouldn't normally benefit from your proficiency bonus, you still don't add the bonus to the check. For that check your proficiency bonus is 0, given the fact that multiplying 0 by any number is still 0. For instance, if you lack proficiency in the History skill, you gain no benefit from a feature that lets you double your proficiency bonus when you make Intelligence

(History) checks.

In general, you don't multiply your proficiency bonus for attack rolls or saving throws. If a feature or effect allows you to do so, these same rules apply.

## **Ability Checks**

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An ability check tests a character's or monster's innate talent and training in an effort to overcome a challenge. The GM calls for an ability check when a character or monster attempts an action (other than an attack) that has a chance of failure. When the outcome is uncertain, the dice determine the results.

For every ability check, the GM decides which of the six abilities is relevant to the task at hand and the difficulty of the task, represented by a Difficulty Class. The more difficult a task, the higher its DC. The Typical Difficulty Classes table shows the most common DCs.

#### Typical Difficulty Classes

Task Difficulty	DC
Very easy	5

Task Difficulty		
Easy		
Medium		
Hard		
Very hard		
Nearly impossible	30	

To make an ability check, roll a d20 and add the relevant ability modifier. As with other d20 rolls, apply bonuses and penalties, and compare the total to the DC. If the total equals or exceeds the DC, the ability check is a success—the creature overcomes the challenge at hand. Otherwise, it's a failure, which means the character or monster makes no progress toward the objective or makes progress combined with a setback determined by the GM.

#### **Contests**

Sometimes one character's or monster's efforts are directly opposed to another's. This can occur when both of them are trying to do the same thing and only one can succeed, such as attempting to snatch up a magic ring that has fallen on the floor. This situation also applies when one of them is trying to prevent the other one from accomplishing a goal—for example, when a monster tries to force open a door that an adventurer is holding closed. In situations like these, the outcome is determined by a special form of ability check, called a contest.

Both participants in a contest make ability checks appropriate to their efforts. They apply all appropriate bonuses and penalties, but instead of comparing the total to a DC, they compare the totals of their two checks. The participant with the higher check total wins the contest. That character or monster either succeeds at the action or prevents the other one from succeeding.

If the contest results in a tie, the situation remains the same as it was before the contest. Thus, one contestant might win the contest by default. If two characters tie in a contest to snatch a ring off the floor, neither character grabs it. In a contest between a monster trying to open a door and an adventurer trying to keep the door closed, a tie means that the door remains shut.

#### Skills

Each ability covers a broad range of capabilities, including skills that a character or a monster can be proficient in. A skill represents a specific aspect of an ability score, and an individual's proficiency in a skill demonstrates a focus on that aspect. (A character's starting skill proficiencies are determined at character creation, and a monster's skill proficiencies appear in the monster's stat block.)

For example, a Dexterity check might reflect a character's attempt to pull off an acrobatic stunt, to palm an object, or to stay hidden. Each of these aspects of Dexterity has an associated skill: Acrobatics, Sleight of Hand, and Stealth, respectively. So a character who has proficiency in the Stealth skill is particularly good at Dexterity checks related to sneaking and hiding.

The skills related to each ability score are shown in the following list. (No skills are related to Constitution.) See an ability's description in the later sections of this section for examples of how to use a skill associated with an ability.

#### Strength

Athletics

## **Dexterity**

- Acrobatics
- Sleight of Hand
- Stealth

## **Intelligence**

- Arcana
- History
- Investigation
- Nature
- Religion

#### Wisdom

- Animal Handling
- Insight
- Medicine
- Perception
- Survival

#### Charisma

- Deception
- Intimidation
- Performance
- Persuasion

Sometimes, the GM might ask for an ability check using a specific skill—for example, "Make a Wisdom (Perception) check." At other times, a player might ask the GM if proficiency in a particular skill applies to a check. In either case, proficiency in a skill means an individual can add his or her proficiency bonus to ability checks that involve that skill. Without proficiency in the skill, the individual makes a normal ability

check.

For example, if a character attempts to climb up a dangerous cliff, the GM might ask for a Strength (Athletics) check. If the character is proficient in Athletics, the character's proficiency bonus is added to the Strength check. If the character lacks that proficiency, he or she just makes a Strength check.

#### Variant: Skills with Different Abilities

Normally, your proficiency in a skill applies only to a specific kind of ability check. Proficiency in Athletics, for example, usually applies to Strength checks. In some situations, though, your proficiency might reasonably apply to a different kind of check. In such cases, the GM might ask for a check using an unusual combination of ability and skill, or you might ask your GM if you can apply a proficiency to a different check. For example, if you have to swim from an offshore island to the mainland, your GM might call for a Constitution check to see if you have the stamina to make it that far. In this case, your GM might allow you to apply your proficiency in Athletics and ask for a Constitution (Athletics) check. So if you're proficient in Athletics, you apply your proficiency bonus to the Constitution check just as you would normally do for a Strength (Athletics) check. Similarly, when your half---orc barbarian uses a display of raw strength to intimidate an enemy, your GM might ask for a Strength (Intimidation) check, even though Intimidation is normally associated with Charisma.

#### **Passive Checks**

A passive check is a special kind of ability check that doesn't involve any die rolls. Such a check can represent the average result for a task done repeatedly, such as searching for secret

doors over and over again, or can be used when the GM wants to secretly determine whether the characters succeed at something without rolling dice, such as noticing a hidden monster.

Here's how to determine a character's total for a passive check:

10 + all modifiers that normally apply to the check

If the character has advantage on the check, add 5. For disadvantage, subtract 5. The game refers to a passive check total as a **score**.

For example, if a 1st-level character has a Wisdom of 15 and proficiency in Perception, he or she has a passive Wisdom (Perception) score of 14.

The rules on hiding in the "Dexterity" section below rely on passive checks, as do the exploration rules.

## Working Together

Sometimes two or more characters team up to attempt a task. The character who's leading the effort—or the one with the highest ability modifier—can make an ability check with advantage, reflecting the help provided by the other characters. In combat, this requires the Help action.

A character can only provide help if the task is one that he or she could attempt alone. For example, trying to open a lock requires proficiency with thieves' tools, so a character who lacks that proficiency can't help another character in that task. Moreover, a character can help only when two or more individuals working together would actually be productive. Some tasks, such as threading a needle, are no easier with help.

### **Group Checks**

When a number of individuals are trying to accomplish something as a group, the GM might ask for a group ability check. In such a situation, the characters who are skilled at a particular task help cover those who aren't.

To make a group ability check, everyone in the group makes the ability check. If at least half the group succeeds, the whole group succeeds.

Otherwise, the group fails. Group checks don't come up very often, and they're most useful when all the characters succeed or fail as a group. For example, when adventurers are navigating a swamp, the GM might call for a group Wisdom (Survival) check to see if the characters can avoid the quicksand, sinkholes, and other natural hazards of the environment. If at least half the group succeeds, the successful characters are able to guide their companions out of danger. Otherwise, the group stumbles into one of these hazards.

## **Ability Scores**

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Six abilities provide a quick description of every creature's

physical and mental characteristics:

- Strength, measuring physical power
- Dexterity, measuring agility
- Constitution, measuring endurance
- Intelligence, measuring reasoning and memory
- Wisdom, measuring perception and insight
- Charisma, measuring force of personality

Is a character muscle-bound and insightful? Brilliant and charming? Nimble and hardy? Ability scores define these qualities—a creature's assets as well as weaknesses. The three main rolls of the game—the ability check, the saving throw, and the attack roll—rely on the six ability scores. The book's introduction describes the basic rule behind these rolls: roll a d20, add an ability modifier derived from one of the six ability scores, and compare the total to a target number.

## **Ability Scores and Modifiers**

Each of a creature's abilities has a score, a number that defines the magnitude of that ability. An ability score is not just a measure of innate capabilities, but also encompasses a creature's training and competence in activities related to that ability.

A score of 10 or 11 is the normal human average, but adventurers and many monsters are a cut above average in most abilities. A score of 18 is the highest that a person usually reaches. Adventurers can have scores as high as 20, and monsters and divine beings can have scores as high as 30.

Each ability also has a modifier, derived from the score and ranging from -5 (for an ability score of 1) to +10 (for a score of 30). The Ability Scores and Modifiers table notes the ability

modifiers for the range of possible ability scores, from 1 to 30.

Score	Modifier
1	-5
2-3	- 4
4-5	-3
6-7	-2
8-9	- 1
10-11	+0
12-13	+1
14-15	+2
16-17	+3
18-19	+4
20-21	+5
22-23	+6
24-25	+7
26-27	+8
28-29	+9
30	+10

# **Saving Throws**

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A saving throw—also called a save—represents an attempt to resist a spell, a trap, a poison, a disease, or a similar threat. You don't normally decide to make a saving throw; you are forced to make one because your character or monster is at risk of harm.

To make a saving throw, roll a d20 and add the appropriate ability modifier. For example, you use your Dexterity modifier for a Dexterity saving throw.

A saving throw can be modified by a situational bonus or penalty and can be affected by advantage and disadvantage, as determined by the GM.

Each class gives proficiency in at least two saving throws. The wizard, for example, is proficient in Intelligence saves. As with skill proficiencies, proficiency in a saving throw lets a character add his or her proficiency bonus to saving throws made using a particular ability score. Some monsters have saving throw proficiencies as well.

The Difficulty Class for a saving throw is determined by the effect that causes it. For example, the DC for a saving throw allowed by a spell is determined by the caster's spellcasting ability and proficiency bonus.

The result of a successful or failed saving throw is also detailed in the effect that allows the save. Usually, a successful save means that a creature suffers no harm, or reduced harm, from an effect.

## Charisma

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Charisma measures your ability to interact effectively with others. It includes such factors as confidence and eloquence, and it can represent a charming or commanding personality.

#### Charisma Checks

A Charisma check might arise when you try to influence or entertain others, when you try to make an impression or tell a convincing lie, or when you are navigating a tricky social situation. The Deception, Intimidation, Performance, and Persuasion skills reflect aptitude in certain kinds of Charisma checks.

**Deception.** Your Charisma (Deception) check determines whether you can convincingly hide the truth, either verbally or through your actions. This deception can encompass everything from misleading others through ambiguity to telling outright lies. Typical situations include trying to fast-talk a guard, con a merchant, earn money through gambling, pass yourself off in a disguise, dull someone's suspicions with false assurances, or maintain a straight face while telling a blatant lie.

Intimidation. When you attempt to influence someone through overt threats, hostile actions, and physical violence, the GM might ask you to make a Charisma (Intimidation) check. Examples include trying to pry information out of a prisoner, convincing street thugs to back down from a confrontation, or using the edge of a broken bottle to convince a sneering vizier to reconsider a decision.

**Performance.** Your Charisma (Performance) check determines how well you can delight an audience with music, dance, acting, storytelling, or some other form of entertainment.

**Persuasion.** When you attempt to influence someone or a group of people with tact, social graces, or good nature, the GM might ask you to make a Charisma (Persuasion) check. Typically, you use persuasion when acting in good faith, to foster friendships, make cordial requests, or exhibit proper etiquette. Examples of persuading others include convincing a chamberlain to let your party see the king, negotiating peace between warring tribes, or inspiring a crowd of townsfolk.

**Other Charisma Checks.** The GM might call for a Charisma check when you try to accomplish tasks like the following:

- Find the best person to talk to for news, rumors, and gossip
- Blend into a crowd to get the sense of key topics of conversation

## Spellcasting Ability

Bards, paladins, sorcerers, and warlocks use Charisma as their spellcasting ability, which helps determine the saving throw DCs of spells they cast.

## Constitution

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Constitution measures health, stamina, and vital force.

#### **Constitution Checks**

Constitution checks are uncommon, and no skills apply to Constitution checks, because the endurance this ability represents is largely passive rather than involving a specific effort on the part of a character or monster. A Constitution check can model your attempt to push beyond normal limits, however.

The GM might call for a Constitution check when you try to accomplish tasks like the following:

- Hold your breath
- March or labor for hours without rest
- Go without sleep
- Survive without food or water
- Quaff an entire stein of ale in one go

#### **Hit Points**

Your Constitution modifier contributes to your hit points. Typically, you add your Constitution modifier to each Hit Die you roll for your hit points.

If your Constitution modifier changes, your hit point maximum changes as well, as though you had the new modifier from 1st level. For example, if you raise your Constitution score when you reach 4th level and your Constitution modifier increases from +1 to +2, you adjust your hit point maximum as though the modifier had always been +2. So you add 3 hit points for your first three levels, and then roll your hit points for 4th level using your new modifier. Or if you're 7th level and some effect lowers your Constitution score so as to reduce your Constitution modifier by 1, your hit point maximum is reduced by 7.