

# Firbolg

*Firbolgs are fey-oriented half-giants. Their tribes cloister in remote forest strongholds, preferring to spend their days in quiet harmony with the woods. When provoked, firbolgs demonstrate formidable skills with weapons and druidic magic.*

## Firbolg Features

Source: Volo's Guide to Monsters

- **Ability Score Increase.** Your Wisdom score increases by 2, and your Strength score increases by 1.
- **Age.** As humanoids related to the fey, firbolg have long lifespans. A firbolg reaches adulthood around 30, and the oldest of them can live for 500 years.
- **Alignment.** As people who follow the rhythm of nature and see themselves as its caretakers, firbolg are typically neutral good. Evil firbolg are rare and are usually the sworn enemies of the rest of their kind.
- **Size.** Firbolg are between 7 and 8 feet tall and weigh between 240 and 300 pounds. Your size is Medium.
- **Speed.** Your base walking speed is 30 feet.
- **Firbolg Magic.** You can cast [Detect Magic](#) and [Disguise Self](#) with this trait, using Wisdom as your spellcasting ability for them. Once you cast either spell, you can't cast it again with this trait until you finish a short or long rest. When you use this version of disguise

self, you can seem up to 3 feet shorter than normal, allowing you to more easily blend in with humans and elves.

- **Hidden Step.** As a bonus action, you can magically turn invisible until the start of your next turn or until you attack, make a damage roll, or force someone to make a saving throw. Once you use this trait, you can't use it again until you finish a short or long rest.
- **Powerful Build.** You count as one size larger when determining your carrying capacity and the weight you can push, drag, or lift.
- **Speech of Beast and Leaf.** You have the ability to communicate in a limited manner with beasts and plants. They can understand the meaning of your words, though you have no special ability to understand them in return. You have advantage on all Charisma checks you make to influence them.
- **Languages.** You can speak, read, and write Common, Elvish, and Giant.

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