

D&D 5e Races and Sub-races

Race	Subrace	Size	Speed	Language	Str	Dex	Con	Int	Wis	Cha	Extra	Source
Aarakocra	N/A	M	25/50F	Common Aarakocra Auran		+2			+1		Talons 1d4	ELM 4
Aasimar	--	M	30	Common, Celestial						+2	Darkvision, Celestial Resistance, Healing Hands, Light Bearer	VOL 104
	Protector									+1	Radiant Soul	VOL 104
	Scourge						+1				Radiant Consumption	VOL 104
	Fallen				+1						Necrotic Shroud	VOL 104
Bugbear	N/A	M	30	Common, Goblin	+2	+1					Darkvision, Long-limbed, Powerful Build, Sneaky, Surprise Attack	VOL 119
Changeling	N/A	M	30	Common, +2		+1				+1	Duplicity, Shape-changer	UA:EB 1
Dragonborn	N/A	M	30	Common, Draconic	+2					+1	Breath Weapon, Damage Resistance	PHB 32-34
	Dragonborn Revenant				-1		+1			-1	Necrotic Breath & Resistance, Restless Nature	UA:GH 1
Dwarf	--	M	25-HA	Common, Dwarf			+2				Darkvision, Dwarven Resistance, Dwarven Combat Training, Tool Proficiency, Stone-cunning	PHB 18
	Hill Dwarf								+1		Dwarven Toughness	PHB 20
	Mountain Dwarf				+2						Dwarven Armour Training	PHB 20
	Duergar			Undercommon	+1						Superior Darkvision, Duergar Resilience, Duergar Magic, Sunlight Sensitivity	SCG 104
Elf	--	M	30	Common, Elvish		+2					Darkvision, Keen senses, Fey Ancestry, Trance	PHB 21-23
	Drow			Drow Hand Signs						+1	Superior Darkvision, Sunlight Sensitivity, Drow Magic, Drow Weapons Training	PHB 24
	Eladrin							+1			Elf Weapon Training, Fey Step	DMG 286
	High Elf			+1 language				+1			Elf Weapon Training, +1 Cantrip	PHB 23
	Wood Elf		+5ft						+1		Elf Weapon Training, Mask of the Wild	PHB 24
	Tajuru					-2			+2	+1	+2 skill/tool	PSZ 18
	Joraga		+5ft			-1			+2		Elf Weapon Training; Mask of the Wild	PSZ 18
	Mul Daya				+1	-2			+2		Superior Darkvision; Sunlight Sensitivity; Elf Weapon Training; Mul Daya Magic	PSZ 18
Firbolg	N/A	M	30	Common, Elvish, Giant	+1				+2		Firbolg Magic, Hidden Step, Powerful Build, Speech of beast and Leaf	VOL 107
Genasi	--	M	30	Common Primordial			+2					ELM 7
	Air Genasi					+1					Unending Breath, Mingle with the Wind	ELM 9
	Earth Genasi				+1						Earth Walk, Merge with Stone	ELM 9
	Fire Genasi							+1			Darkvision, Fire Resistance, Reach to the Blaze	ELM 9
	Water Genasi		+30ft swim						+1		Acid Resistance, Amphibious, Call to the Wave	ELM 10
Gnome	--	S	25	Common Gnomish				+2			Darkvision, Gnome Cunning	PHB 35
	Deep Gnome			+ Undercommon	+1						Superior Darkvision, Stone Camouflage (Svirfneblin Magic per SCG 115)	ELM 5
	Forest Gnome				+1						Minor Illusion Cantrip, Speak with Small Beasts	PHB 37
	Rock Gnome					+1					Artificer's Lore, Tinker	PHB 37
Goblin	N/A	S	30	Common, Goblin	+2	+1					Darkvision, Fury of the Small, Nimble Escape	VOL 119
(psz)Goblin	--	S	25	Common, Goblin		+2					Darkvision; Fire & Psychic res.; Unarmoured AC (11+DEX mod)	PSZ 16-17
	Grotag										Animal Handling skill	PSZ 16
	Lavastep										Adv. on Stealth to hide in rocky or subterranean places	PSZ 16
	Tuktuk										Thieves' Tools proficiency	PSZ 16
Goliath	N/A	M	30	Common Giant	+2	+1					Natural Athlete, Stone's Endurance, Powerful Build, Mountain Born	ELM 10 VOL 109
Halfling	--	S	25	Common Halfling		+2					Lucky, Brave, Halfling Nimbleness	PHB 26
	Lightfoot Halfling									+1	Naturally Stealthy	PHB 28
	Stout Halfling						+1				Stout Resilience	PHB 28
	Ghostwise Halfling			Silent Speech					+1			SCG 110
Half-Elf	--	M	30	Common Elvish						+2	2x (+1 ASI), Darkvision, Fey Ancestry, Skill Versatility	PHB 38
	Half Wood Elf										(-Skill Versatility) Elf Weapon Training, or Fleet of Foot, or Mask of the Wild	SCG 116
	Half Moon/Sun Elf										(-Skill Versatility) Elf Weapon Training, or Cantrip	SCG 116
	Half Drow										(-Skill Versatility) Drow Magic	SCG 116

Race	Subrace	Size	Speed	Language	Str	Dex	Con	Int	Wis	Cha	Extra	Source
	Half Aquatic Elf										Swim Speed of 30ft	SCG 116
Half-Orc	N/A	M	30	Common Orc	+2		+1				Darkvision, Menacing, Relentless Endurance, Savage Attacks	PHB 40
Human	--	M	30	Common +1 Language	+1	+1	+1	+1	+1	+1		PHB 29
	Variant Human				-1	-1	-1	-1	-1	-1	2x (+1 ASI), +1 Skill, +1 Feat	PHB 31
	Human Revenant				-1	-1	+0	-1	-1	-1	2x (+1 ASI), Restless Nature	UA:GH 1
Hobgoblin	N/A	M	30	Common, Goblin			+2	+1			Darkvision, Martial Training, Saving Face	VOL 119
Kenku	N/A	M	30	Common, Auran		+2			+1		Expert Forgery, Kenku Training, Mimicry	VOL 111
Kobold	N/A	S	30	Common, Draconic	-2	+2					Darkvision, Grovel,Cower,and Beg, Pack Tactics, Sunlight Sensitivity	VOL 119
Kor	N/A	M	30/ 30 Climb	Common, Kor Silent Speech		+2			+1		Lucky; Brave; Athletics & Acrobatics skills; 30' climb	PSZ 11
Lizardfolk	N/A	M	30/30 swim	Common, Draconic			+2		+1		Bite, Cunning Artisan, Hold Breath, Hunter's Lore, Natural Armour, Hungry Jaws	VOL 113
Merfolk	--	M	30	Common, Merfolk, +1 Language						+1	Amphibious; 30' swim	PSZ 13
	Cosi							+1		+1	1 Bard cantrip; Sleight of Hand & Stealth skills	PSZ 13
	Emeria								+2		1 Druid cantrip; Deception & Persuasion skills	PSZ 13
	Ula							+2			1 Wizard cantrip; Survival skill; Navigator's Tools proficiency	PSZ 13
Minotaur	--	M	30	Common	+1						Conqueror's Virtue, Horns, Hammering Horns, Goring Rush, Labyrinthine Recall, Sea Reaver	UA:WB 1-3
Orc	N/A	M	30	Common, Orc	+2		+1	-2			Darkvision, Aggressive, Menacing, Powerful Build	VOL 120
Shifter	--	M	30	Common Sylvan		+1					Darkvision, Shifting	UA:EB 2
	Beasthide						+1				AC Shifting Feature	UA:EB 2
	Cliffwalk					+1					Climbing Shifting Feature	UA:EB 2
	Longstride					+1					Dash Shifting Feature	UA:EB 2
	Longtooth				+1						Bite Shifting Feature	UA:EB 2
	Razorclaw					+1					Claw Shifting Feature	UA:EB 2
	Wildhunt								+1		Wisdom Shifting Feature	UA:EB 3
Tabaxi	N/A	M	30	Common, +1	+2					+1	Darkvision, Feline Agility, Cat's Claws, Cat's Talent	VOL 115
Tiefling	--	M	30	Common						+2	Darkvision	PHB 42
	Abyssal			+Abyssal			+1				Abyssal Arcana; +1hp/ 2lvls	UA:TOM
	Infernal			+Infernal				+1			Hellish Resistance, Infernal Legacy	UA: TOM
	Tiefling Revenant						+1				Restless Nature	UA:GH 1
	Variant Appearance										Variant Appearance, (Devil's Tongue, or Hellfire, or Winged)	SCG 118
	Feral					+2				-2		SCG 118
Triton	N/A	M	30/ 30 Swim	Common, Primordial	+1		+1			+1	Amphibious, Control Air and Water, Emissary of the Sea, Guardians of the Depths	VOL 118
Vampire	N/A	M	30	Common, Vampire				+1		+2	Darkvision; Necrotic resistance; Blood Thirst	PSZ 15
Warforged	N/A	M	30	Common, +1	+1		+1				+1 AC, Living Construct	UA:EB 3
Yuan-Ti Pureblood	N/A	M	30	Common, Abyssal, Draconic				+1		+2	Darkvision, innate Spellcasting, Magic Resistance, Poison Immunity	VOL 120
Revenant	SUBRACE ONLY						+1				Restless Nature	UA:GH 1

Notes

For Tiefling, variant appearance and Feral are both templates that can be added to Abyssal or Infernal (Not Revenant). For Abyssal Variant Appearance, remove Abyssal Arcana. For Infernal Variant, Remove Infernal Legacy.

For Revenant, it can be applied to any race with Subraces, Shifter is not recommended for obvious reasons. Certain races without subraces have specific replacements.

Legend and Links

DMG – Dungeon Masters Guide

<http://dnd.wizards.com/products/tabletop-games/rpg-products/dungeon-masters-guide>

ELM - Elemental Evil Players Companion

http://media.wizards.com/2015/downloads/dnd/EE_PlayersCompanion.pdf

PHB – Players Handbook

http://dnd.wizards.com/products/tabletop-games/rpg-products/rpg_playershandbook

PSZ – Plane Shift: Zendikar

<http://media.wizards.com/2016/downloads/magic/Plane%20Shift%20Zendikar.pdf>

SCG – Sword coast Adventure Guide

<http://dnd.wizards.com/products/tabletop-games/rpg-products/sc-adventurers-guide>
VOL – Volo's guide to monsters
<http://dnd.wizards.com/products/tabletop-games/rpg-products/volos-guide-to-monsters>
UA:CDV – Unearthed Arcana: Class Design Variants
http://media.wizards.com/2015/downloads/dnd/UA3_ClassDesignVariants.pdf
UA:CR - Unearthed Arcana: Classics Revisited
http://media.wizards.com/2015/downloads/dnd/04_UA_Classics_Revisited.pdf
UA:EB – Unearthed Arcana: UA:Ebberon
http://media.wizards.com/2015/downloads/dnd/UA_Eberron_v1.pdf
UA:GH - Unearthed Arcana: Gothic Heroes
<https://dnd.wizards.com/sites/default/files/media/upload/articles/UA%20Gothic%20Characters.pdf>
UA:MM – Unearthed Arcana: Modern Magic
http://media.wizards.com/2015/downloads/dnd/UA_ModernMagic.pdf
UA:PM – Unearthed Arcana: Psionics & the Mystic
http://media.wizards.com/2016/downloads/Psionics_and_Mystic_V2.pdf
UA:RMPC – Unearthed Arcana: Rune Magic Prestige Class
http://media.wizards.com/2015/downloads/dnd/UA_Rune_Magic_Prestige_Class.pdf
UA:RO – Unearthed Arcana: Ranger Options
http://media.wizards.com/2015/downloads/dnd/DX_0907_UA_RangerOptions.pdf
UA:TOM – Unearthed Arcana : That Old Black Magic
https://media.wizards.com/2015/downloads/dnd/07_UA_That_Old_Black_Magic.pdf
UA:WB - Unearthed Arcana : Waterborne Adventures
https://media.wizards.com/2015/downloads/dnd/UA_Waterborne_v3.pdf