Shaman

The highwaymen descend on a strangely dressed girl, paying no thought to the odd-looking pole she stabs into the ground as they surround her—until that pole belches gouts of crimson flame, igniting their cloaks and beards and searing their lungs when they open their mouths to curse her.

Wreathed in the spirit of the cave winds, a dwarf vaults the escarpment and barrels into a band of orcs. Quick to gather himself, he swings his warhammer in wide circles, buffeting his startled enemy with a blasting wind, scattering them in all directions.

A dust-covered party of adventurers stagger from an ancient tomb, badly wounded by a collapsed ceiling, but before they have a chance to feel defeated, a gentle rain starts to fall, washing away dust, vanishing bruises, mending bones, and restoring vigor.

Shamans are powerful spellcasters who call upon their ancestors for divine knowledge and upon the forces of nature to heal their allies and punish their foes. Shamans act as sacred intermediaries between the natural and the supernatural world, using magic to cure illness, foretell the future, and harness elemental forces to help their tribes and clans in troubled times. Shamans create their own reality, having discovered the weave after experiencing an inner awakening.

Ancestors and Elements

As the spiritual leaders of their tribes and clans, shamans commune with the unseen spirits that walk among us—their dead ancestors and other creatures that inhabit the spirit world, both benevolent and malevolent. Shamans also revere the spirits that dwell in all things—trees and mountains, heirlooms and apples, waterfalls and shooting stars. A powerful shaman can manipulate these spirits to gain hidden knowledge and to access the secret openings through which the inexhaustible elemental energies of the cosmos pour into the world.

Adventuring shamans use their spiritual power to restore health to injured allies, leap into the fray with weapons enhanced with elemental energy, and devastate enemies from afar with lightning strikes, earthquakes, and lava bursts.

Totems

Shamans use totems to call forth the aid of powerful spirits and to focus the four elements—air, earth, fire, and water—to help themselves and their allies or to hinder those who threaten them.
Creating a Shaman

When creating a shaman, think about where your character comes from, his or her place in the world, and their connection to the tribe or clan where they spent their formative years. Talk with your GM about an appropriate origin for your shaman. Were they instructed by an older shaman? Did they come from a distant land, making them an oddity in your campaign? Or is the campaign set in the wilds, where shamanic practices are common? Consider why your character walks with one foot in the spirit world. Perhaps your character had a dramatic encounter with a malevolent spirit and survived the experience, or was born during a blizzard or earthquake, which was interpreted as a sign that becoming a shaman was your character’s destiny.

What led your shaman to take up the adventuring life? Does the tribe or clan require their shaman to spend time in the outside world before returning to lead them in spiritual matters? Did monsters or an invading horde drive your shaman out of their homeland? Or maybe your shaman was cast out from their people because of a crime committed, a taboo violated, or a coup that removed your shaman from a position of authority. Perhaps your character was a runaway or orphan, befriended by a wandering shaman; or maybe their homeland was beset by evil, and they took up an adventurous life in hopes of returning one day to cleanse it.

Quick Build

You can make a shaman quickly by following these suggestions. First, Wisdom should be your highest attribute, followed by Strength or Constitution. Second, choose the Outlander background. Third, choose control flames and guidance as your cantrips, and choose earth tremor, cure wounds, and thunderous smite as your 1st-level spells.

Class Features

As a shaman, you gain the following class features.

Hit Points

- Hit Dice: 1d8 per shaman level
- Hit Points at 1st Level: 8 + your Constitution modifier
- Hit Points at Higher Levels: 1d8 (or 5) + your Constitution modifier per shaman level after 1st

Proficiencies

- Armor: Light armor
- Weapons: Simple weapons
- Tools: Woodcarver’s tools

Saving Throws: Wisdom, Charisma

Skills: Choose two from Animal Handling, Athletics, History, Insight, Medicine, Nature, and Survival

Equipment

You start with the following equipment, in addition to the equipment granted by your background:

- (a) a spear or (b) any simple melee weapon
- (a) 4 javelins or (b) a shortbow and 20 arrows
- (a) leather armor, an explorer’s pack, and a totemic focus

Alternatively, you can ignore the equipment here and in your background, and buy $d4 × 10 gp worth of equipment from the equipment chapter in the core rules.
**Primordial**

You can speak, read, and write Primordial, the language of the elemental planes. Primordial is a guttural language, filled with harsh syllables and hard consonants.

**Spirit Guide**

Whenever you make a Charisma check when interacting with spirits or elementals, your proficiency bonus is doubled if it applies to the check.

**Totem Magic**

As a medium of the elemental and spiritual realms, you can cast shaman spells. See chapter 10 in your player's handbook for the general rules on spellcasting and the end of this document for the shaman class spell list.

**Cantrips**

You know three cantrips of your choice from the shaman spell list. You learn additional cantrips of your choice at higher levels, as shown on the Cantrips Known column of the Shaman table.

**Spell Slots**

The Shaman table shows how many spell slots you have. The table also shows what the level of those slots is; all of your spell slots are the same level. To cast one of your shaman spells of 1st level or higher, you must expend a spell slot. You regain all of your spell slots when you finish a short or long rest.

**Spells Known of 1st Level and Higher**

At 1st level, you know three 1st-level spells of your choice from the shaman spell list.

The Spells Known column of the Shaman table shows when you learn more shaman spells of your choice of 1st level and higher. A spell you choose must be of a level no higher than what's shown in the table's Spell Level column for your level.

Additionally, when you gain a level in this class, you can choose one of the shaman spells you know and replace it with another spell from the shaman spell list, which also must be of a level equal to or lower than your spell slot level.

**Spellcasting Ability**

Wisdom is your spellcasting ability for your shaman spells, so use your Wisdom whenever a spell refers to your spellcasting ability. In addition, you use your Wisdom modifier when setting the saving throw DC for a shaman spell you cast and when making an attack roll with one.

\[
\text{Spell save DC} = 8 + \text{your proficiency bonus} + \text{your Wisdom modifier}
\]

\[
\text{Spell attack modifier} = \text{your proficiency bonus} + \text{your Wisdom modifier}
\]

**Spellcasting Focus**

You can use a totem focus as a spellcasting focus for your shaman spells in place of any material components that do not have a gold piece cost.

**Spellcasting Flavor**

Depending on the setting, your shaman’s magic might come from a variety of sources and, as such, be interpreted differently in each.

For example, a shaman might call upon the denizens of the elemental planes to fuel his spells. If a *wall of flame* is needed, invoking an elemental of fire is the obvious choice. However, any shaman spell could have their magical origins tied to the elements. For example, the energy to cast *cure wounds* might spring from the soothing waves of a water elemental.

Alternatively, a shaman might contact the spirits of the dead—her ancestors or any willing spirit—for help. As with the previous example, any shaman spell, not just the obvious ones like *guidance* and *cure wounds*, could be driven by spirits. In this case, casting *wall of flame* might require the shaman to invoke great-great-grandfather Cy’s fiery temper.

Additionally, while totems are their own special feature for this class, using the totemic object in the description of the spellcasting of spells is certainly a viable approach. The waves of fire from *wall of flame* could emerge from the planting of a totem, while *cure wounds* could be manifested as water bubbling out of a planted totem, into the shaman’s hands, which he then pours onto the target as a balm for their wounds.

The source and manifestation of your shaman’s powers could be a mingling of these examples or something else entirely. Consult with your game master to determine what works best within the framework of the campaign.

A totem focus costs 1 gp and is made from your choice of a common metal, wood, stone, bone, coral, or glass. The image depicted on your totem focus normally has personal significance and is tied to nature.

**Shaman Totems**

On your path to becoming a shaman, you studied the craft of carving totems—wooden poles roughly 3 inches in diameter and about 3-feet tall. With painstaking effort, you learned to carve the entire length of your totems and were then taught how to imbue them with magic. After completion, the essence of the totem binds with your spirit, allowing you to call upon its power.

Starting at 2nd level, you can craft and bond with two totems of your choice. Your totem options are detailed at the end of the class description. When you gain certain shaman levels, you can craft and bond with additional totems of your choice as shown in the Totems Crafted column of the Shaman table.

Additionally, when you gain a level in this class, you can choose to break your spiritual bond with one of your totems and replace it with another totem that you could make at that level.
Using Your Totems
As an action, you can plant a totem at a point within 5 feet of you, and in doing so summon its spiritual essence. This essence is considered neither a creature nor an object, though it has the spectral appearance of the totem it represents.

When you plant a totem, it triggers its magical effect, as detailed in the totem’s description. A creature can only benefit from one totem of the same kind at a time. If a totem makes an attack roll, the attack bonus is equal to your shaman spell attack bonus. If a totem requires a creature to make a saving throw, the DC is equal to your spell save DC.

You can dismiss a totem you’ve planted as either an action or a bonus action, ending its effect. If you fall unconscious, all totems that you have planted are automatically dismissed. Unless otherwise noted in the totem description, totems last up to 1 minute before they are dismissed automatically, and once you plant a totem, you must dismiss it and finish a short or long rest before you can plant it again.

Totemic Specialty
At 3rd level, an inner awakening reveals the shamanic path you must take. Choose one of the following specialties: Totemic Enhancement, Totemic Elementalism, or Totemic Restoration. Your choice grants you features at 3rd level and again at 6th, 10th, 14th, and 18th levels. These specialties are detailed below.

Ability Score Improvement
When you reach 4th level, and again at 8th, 12th, 16th, and 19th level, you can increase one ability score of your choice by 2, or you can increase two ability scores of your choice by 1. As normal, you can’t increase an ability score above 20 using this feature.

Spirit Walk
At 7th level, you can cast commune without expending a spell slot. Instead of contacting a deity, you briefly step into the Ethereal Plane, where you can query a dead ancestor, a different spirit, or an elemental.

Once you use this feature, you can’t use it again until you finish a short or long rest.

Spiritual Awakening
Starting at 11th level, you are more attuned to the elemental and spiritual nature of the universe. Choose one 6th-level spell from the shaman spell list as this Spiritual Awakening. When you gain a level in this class, you can choose one of your awakened spells and replace it with another spell of the same level.

You can cast your awakened spell once without expending a spell slot. You must finish a long rest before you can do so again.

At higher levels, you gain more shaman spells of your choice that can be cast in this way: one 7th level spell at 13th level, one 8th level spell at 15th level, and one 9th-level spell at 17th level. You regain all uses of your Spiritual Awakening when you finish a long rest.

Totemic Mastery
At 20th level, you are a master of planting and using your totems. Any totem that requires you to finish a short or long rest before you can plant it again can now be planted at will, and any totem that requires you to finish a long rest before you can plant it again can now be planted after you finish a short or long rest. In addition, you can now plant your totems as a bonus action.

Totemic Specialties
Every shaman’s path eventually comes to a fork in the road where they must choose how their magic develops going forward.

Totemic Enhancement
Warriors at heart, the shaman of Totemic Enhancement chooses to specialize in magic that bolsters their own and their allies’ ability to deal damage in melee combat.

Bonus Proficiencies
When you choose this specialty at 3rd level, you gain proficiency with medium armor, shields, and martial weapons.

Fighting Style
Also at 3rd level, you adopt a particular style of fighting as your specialty. Choose one of the following options from among those available to the fighter class: Dueling, Great Weapon Fighting, or Two-Weapon Fighting. You can’t take a Fighting Style option more than once.

Extra Attack
Starting at 6th level, you can attack twice, instead of once, whenever you take the Attack action on your turn.

Enhancement Totem Boost
At 10th level, your understanding of totemic magic has increased. Your totems now have additional effects if they possess an Enhancement Boost.

Spirit Beast
Starting at 14th level, you gain the services of a pair of spectral animals. These creatures can take the form of any beast that the shaman finds most fitting. As a bonus action, you can summon the beasts to the material realm and command them to pursue and distract a creature of your choice that you can see within 30 feet of you. You and your allies have advantage on melee attack rolls against the creature until the start of your next turn, after which the beasts return to the spirit realm until you use this feature again.

You can use this feature a number of times equal to your Wisdom modifier (a minimum of once). You regain all expended uses when you finish a long rest.

Maelstrom Strikes
At 18th level, you have learned to harness the essence of storms with your weapons. When you damage a hostile creature with a melee weapon attack on your turn, you can use a bonus action to cause you and your totems to burst with electrical power.
When you do this, each hostile creature within 15 feet of you or one of your totems must make a Dexterity saving throw against your spell save DC, taking 8d6 points of lightning damage on a failed save, or half as much damage on a successful one. In addition, when you damage a creature in this way, you and all allies within 15 feet of you or one of your totems gain temporary hit points equal to the damage dealt to one of the creatures, whichever took the most damage.

Once you use this feature, you can’t use it again until you finish a short or long rest.

**Totemic Elementalism**

Heeding the call of nature’s destructive wrath, shamans of the Elemental Totem focus their magic into totems and into casting combat spells that harness the elements of air, earth, fire, or water.

**Elemental Attunement**

Beginning when you choose this specialty at 3rd level, whenever one of your totems deals acid, cold, fire, lightning, or thunder damage, add your Wisdom modifier to that damage.

In addition, choose one of the following damage types: acid, cold, fire, lightning, or thunder. You gain resistance to damage of the chosen type.

**Elemental Amplification**

Starting at 6th level, any totem related to your specialty that has an Elemental Boost now has a radius of 30 feet if its normal radius was 15 feet.

**Elemental Totem Boost**

At 10th level, your understanding of totemic magic has increased. Your totems now have additional effects if they possess an Elemental Boost.

**Elemental Augmentation**

Starting at 14th level, whenever one of your totems deals acid, cold, fire, lightning, or thunder damage you can apply the following effects to your targets. This feature cannot inflict multiple instances of the same effect. For example, a creature whose AC is reduced by acid damage can’t have their AC reduced further by this feature.

<table>
<thead>
<tr>
<th>Damage Type</th>
<th>Effect</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acid</td>
<td>The target’s AC is reduced by 2 until the start of your next turn.</td>
</tr>
<tr>
<td>Cold</td>
<td>The target’s speed is reduced by 10 feet until the end of its next turn.</td>
</tr>
<tr>
<td>Fire</td>
<td>The target takes an extra 1d6 fire damage.</td>
</tr>
<tr>
<td>Lightning</td>
<td>The target can’t take reactions until the start of your next turn.</td>
</tr>
<tr>
<td>Thunder</td>
<td>The target is pushed up to 5 feet away from the totem and is deafened until the end of their next turn.</td>
</tr>
</tbody>
</table>

**Elemental Overload**

At 18th level, you have mastered the elemental magic present in the world. As a bonus action, you can summon an aura of elemental chaos around your totems that lasts for one minute. While the aura persists, you can use your action to cause each hostile creature within 15 feet of one of your totems to take 1d4 acid damage, 1d4 cold damage, 1d4 fire damage, 1d4 lightning damage, and 1d4 thunder damage. This damage counts as a totem effect for the purposes of your Elemental Augmentation feature.

Once you use this feature, you can’t use it again until you finish a long rest.

**Totemic Restoration**

Shamans of Totemic Restoration choose this specialty because they are gentle souls that wish to ease the aches and pains of those around them, using their magic to mend bones or remove sickness.

**Bonus Proficiencies**

Beginning at 3rd level, you gain proficiency with medium armor and shields, as well as the herbalism kit. If you are already proficient with the herbalism kit, you gain proficiency in your choice of one type of Artisan’s Tools.

**Healing Wave**

Also starting at 3rd level, whenever one of your totems restores hit points to a creature, the creature regains additional hit points equal to your Wisdom modifier (minimum 1).

**Restorative Amplification**

Starting at 6th level, any totem related to your specialty that has a Restoration Boost now has a radius of 30 feet if its normal radius was 15 feet.

**Totemic Restoration Boost**

At 10th level, your understanding of totemic magic has increased. Your totems now have additional effects if they possess a Restoration Boost.

**Soul Anchor**

Starting at 14th level, your training and knowledge has lead to insights into the spirit realm and how to remain connected to life, granting you advantage on death saving throws made on your turn.

In addition, instead of making a death saving throw on your turn, you can choose to regain half your maximum hit points. Once you use this feature in this way, you must finish a long rest before you can do so again.

**Rain Dance**

At 18th level, as a bonus action on your turn, you can begin a ritual of complex dance steps and ululating sounds to summon a restorative rain cloud that lasts for 1 minute. The cloud forms at a point you can see 20 feet directly above you in a 30-foot radius. A light rain fills the cylinder, and the area is lightly obscured to hostile creatures. This feature does nothing if you can’t see a point in the air where the rain cloud could appear.

On each of your turns until the dance ends, you can use your action to channel the rain’s healing energy, causing you and each friendly creature in the rain to regain hit points equal to 3d8 + your Wisdom modifier. You can maintain the dance while taking other actions. This feature has no effect on undead or constructs.

Once you use this feature, you must finish a long rest before you can use it again.
Shaman Totems

If a totem has prerequisites, you must meet them to craft and use it. You can craft and imbue a totem at the same time that you meet its prerequisites.

Starting at 10th level, some totems have additional effects known as Totemic Boosts. There are three types of Totemic Boosts, one for each totemic specialty: Enhancement Boosts, Elemental Boosts, and Restoration Boosts.

Eagle Eye Totem
Prerequisite: 7th Level
When you plant this totem, it becomes invisible. As an action, you can see from the perspective of the totem until the start of your next turn. During this time, you are blind with regard to your own senses. The totem has truesight to a distance of 15 feet and darkvision to a distance of 120 feet.

This totem lasts up to 8 hours. Once you plant this totem, you can’t plant it again until you finish a long rest.

Enhancement Boost: All-Seeing Eye. The totem has truesight to a distance of 120 feet. In addition, while using the totem, you can see up to 1 mile away with no difficulty and can discern even fine details as though looking at something no more than 100 feet away. Additionally, dim light doesn’t impose disadvantage on your Wisdom (Perception) checks.

Earthbind Totem
While this totem is planted, the ground underneath it becomes a churning quagmire and is treated as difficult terrain for hostile creatures.

Once you plant this totem, you can’t plant it again until you finish a short or long rest.

Elemental Boost: Hungering Earth. When you plant this totem, each hostile creature within 15 feet of the totem must succeed on a Strength saving throw or be restrained. A creature restrained by the terrain can use its action to make a Strength check against your spell save DC. On a success, it frees itself.

Elemental Blast Totem
When you plant this totem, choose one type of damage: acid, cold, fire, lightning, or thunder. As a bonus action on your turn, you can cause it to spit a bolt of elemental energy at a hostile creature you can see within 15 feet of the totem. Make a ranged spell attack against the target. On a hit, the target takes 1d8 damage of the chosen type.

At Higher Levels. This totem’s damage increases by 1d8 when you reach 5th level (2d8), and again when you reach 11th level (3d8), and 17th level (4d8).

Elemental Boost: Malleable Blasts. This totem’s damage ignores damage resistance. In addition, whenever you use the totem to attack, you can change the damage to a different type: acid, cold, fire, lightning, or thunder damage.

Elemental Resistance Totem
Prerequisite: 7th level
When you plant this totem, choose one of the following damage types: acid, cold, fire, lightning, or thunder. While within 15 feet of this totem, you and your allies have resistance to damage of the chosen type.

Farcasting Totem
When you plant this totem, you can either infuse it with a shaman cantrip that you know or spend a shaman spell slot to infuse it with a shaman spell that you know.

While planted, you can cast the infused spell as though you were in the totem’s space, though you must use your own senses. If the spell has a range of touch, you can cast it on a target that you can see within 15 feet of the totem. If the spell has a range of self, you can choose a willing creature that you can see within 15 feet of the totem and treat it as if it were the caster. If the spell requires concentration, you must maintain concentration for it.

This totem lasts up to 1 hour. The totem is dismissed early when you cast the infused spell, unless the spell is a cantrip.

Elemental Boost: Quickened Spell. If the infused spell has a casting time of 1 action, you can instead cast it as a bonus action.

Grace of Air Totem
Prerequisite: 7th level
While within 15 feet of this totem, you and your allies have a +2 bonus to ranged attack rolls.

Once you plant this totem, you can’t plant it again until you finish a long rest.

Elemental Boost: Buffeting Winds. When you or an ally within 15 feet of the totem hits with a ranged attack, the target can be pushed up to 10 feet away.

Restoration Boost: Warding Winds. Ranged attacks made against you and your allies within 15 feet of the totem have disadvantage.

Grounding Totem
Prerequisite: 7th level
When you plant this totem, the next spell cast on you or any ally within 15 feet of the totem is subject to counterspell as a 3rd level spell. If you are within 15 feet of this totem when it triggers, you can use your reaction to spend a shaman spell slot of 4th or 5th level to increase the level at which counterspell is cast.

Once you plant this totem, you can’t plant it again until you finish a long rest.

Guidance Totem
When you plant this totem, you summon a wise and knowledgeable spirit. You and friendly creatures within 15 feet of the totem have advantage on Intelligence and Wisdom checks as they converse with the spirit to receive guidance and counsel.

Once you plant this totem, you must finish a long rest before you can plant it again.

Restoration Boost: Foresight. The spirit also gives guidance to you and each creature of your choice within 15 feet of the totem about a future occurrence. Once, when the creature makes an ability check before they finish a long rest, they can choose to gain advantage on that roll. They must choose to do so before making the roll.

Restoration Boost: Surging Waters. When you or an ally take acid, cold, fire, lightning, or thunder damage, you can use your reaction to change the type of resistance granted by the totem to match the incoming damage type.
**Guardian Totem**

When a creature you can see can see attacks a target other than you within 15 feet of this totem, you can use your reaction to impose disadvantage on the attack roll using a spectral shield of force.

Once you plant this totem, you can’t plant it again until you finish a short or long rest.

**Enhancement Boost: Guardian Spirit.** When you use your reaction in this way, the target gains half cover from the shield until the start of their next turn.

**Healing Stream Totem**

You can use a bonus action to cause a creature of your choice within 15 feet of this totem to regain 1 hit point.

Once you plant this totem, you must finish a long rest before you can plant it again.

**At Higher Levels.** This totem’s healing increases to 1d4 when you reach 5th level, and again by 1d4 when you reach 11th level (2d4), and 17th level (3d4).

**Restoration Boost: Shielding Swells.** If a creature is already at maximum hit points when healed by this totem, they gain temporary hit points instead.

**Healing Tide Totem**

**Prerequisite: 12th Level**

When you plant this totem, you and each friendly creature within 15 feet of it regain 3d8 hit points.

Once you plant this totem, you must finish a long rest before you can plant it again.

**At Higher Levels.** This totem’s healing increases by 1d8 when you reach 17th level (4d8).

**Restoration Boost: Cloudburst.** Any creature healed by this totem can choose to immediately expend a number of Hit Dice up to your Wisdom modifier (minimum 1) and restore hit points just as they would after finishing a short rest.

**Hungering Spirit Totem**

In exchange for power, you and your allies can feed some of your life essence to the spirits conjured by this totem. When you or an ally start their turn within 15 feet of this totem, they can choose to expend a number of Hit Dice up to your proficiency bonus. Until the totem is dismissed, attacks they make deal extra damage equal to the number of Hit Dice spent.

Once you plant this totem, you must finish a long rest before you can plant it again.

**Enhancement Boost: Bloodlust.** When you or an ally hit with an attack while within 15 feet of this totem, you (or they) can choose to expend a Hit Die. Roll the Hit Die and add it to the damage roll. Once a creature does this, it must finish a short or long rest before it can do so again.

**Lightning Rod Totem**

**Prerequisite: 7th level**

Once per turn, when a hostile creature within 15 feet of the totem is hit with a weapon attack, it takes an extra 1d6 lightning damage.

Once you plant this totem, you must finish a long rest before you can plant it again.

**At Higher Levels.** This totem’s damage increases by 1d6 when you reach 11th level (2d6), and again when you reach 17th level (3d6).

**Elemental Boost: Shock Seeker.** When a creature takes the lightning damage caused by this totem, they have disadvantage on Dexterity saving throws against your spells until the start of their next turn.

**Enhancement Boost: Malleable Strikes.** When you plant this totem, you can choose to change the type of damage from lightning to one of the following types instead: acid, cold, fire, or thunder damage.

**Resolution Totem**

While within 15 feet of the totem, you and your allies have advantage on saving throws made against charm, fear, or sleep effects from spells or abilities.

**Restoration Boost: Cleansing Waves.** While within 30 feet of the totem, you can use a bonus action on your turn to remove one of the following temporary conditions from another creature within 30 feet of the totem: blinded, charmed, deafened, frightened, poisoned, or stunned.

**Healing Tide Totem**

Prerequisite: 12th Level

When you plant this totem, you and each friendly creature within 15 feet of it regain 3d8 hit points.

Once you plant this totem, you must finish a long rest before you can plant it again.

**At Higher Levels.** This totem’s healing increases by 1d8 when you reach 17th level (4d8).

**Restoration Boost: Cloudburst.** Any creature healed by this totem can choose to immediately expend a number of Hit Dice up to your Wisdom modifier (minimum 1) and restore hit points just as they would after finishing a short rest.
Sanctuary Totem
Prerequisite: 7th level

While this totem is planted, all creatures and objects within 15 feet of the totem are invisible to creatures further than 15 feet away from the totem. The effect ends for 1 minute if a creature within 15 feet of the totem makes an attack or casts a spell.

This totem lasts for up to 8 hours. Once you plant this totem, you must finish a long rest before you can plant it again.

Restoration Boost: Cave of Respite. You and friendly creatures that finish a short or long rest while within 15 feet of this totem gain temporary hit points equal to half your shaman level plus your Wisdom modifier. A creature doesn’t receive this benefit if they spend more than 10 minutes outside the effect of this totem during the rest.

Skyfury Totem
Prerequisite: 7th level

Your attacks, and the attacks of friendly creatures score a critical hit on a roll of 19 or 20 while within 15 feet of this totem. If an affected creature normally scores a critical hit on a roll of 19 or 20, then they score a critical hit on a roll of 18–20; if they normally score a critical hit on a roll of 18–20, then they score a critical hit on a roll of 17–20.

Once you plant this totem, you can’t plant it again until you finish a long rest.

Elemental Boost: Seismic Strikes. When a creature under the effects of this totem scores a critical hit with a ranged attack, they can roll one additional damage die when determining the extra damage for the critical hit.

Enhancement Boost: Thundering Blows. When a creature under the effects of this totem scores a critical hit with a melee attack, they can roll one additional damage die when determining the extra damage for the critical hit.

Stoneskin Totem
When you plant this totem, choose one type of damage: bludgeoning, piercing, or slashing. You and your allies have resistance to damage of the chosen type dealt by nonmagical weapons while within 15 feet of this totem.

Enhancement Boost: Earthen Shield. You and your allies have resistance to all bludgeoning, piercing, and slashing damage dealt by nonmagical weapons while within 15 feet of this totem.

Stunning Surge Totem
Prerequisite: 7th level

When you plant this totem in the ground, all creatures within 15 feet must make a Constitution saving throw or become stunned until the end of their next turn.

Once you plant this totem, you must finish a short or long rest before you can plant it again.

Enhancement Boost: Static Charge. While within 15 feet of the totem, you can use your action to repeat the effect as if you had planted the totem again. A creature that has been stunned by this totem before has advantage on the saving throw.

Tempest Totem
Prerequisite: 12th level

When you plant this totem, you can change the weather conditions within 1 mile of the totem, changing the precipitation, temperature, or wind by one stage as if with the control weather spell. This totem lasts 1 hour. When the totem is dismissed, the weather gradually returns to normal.

Once you plant this totem, you must finish a long rest before you can plant it again.

Elemental Boost: Storm Speaker. You can change the weather within 2 miles of the totem and may alter the precipitation, temperature, or wind by up to two stages, instead of one.

Tower Totem
When you plant this totem on a surface, a spectral tower rises from it. The tower is 15-feet wide on each side and rises to a height of your choice up to 30 feet, lifting the totem and anything in its space. The tower stops rising before it reaches 30 feet if it or something on it touches another surface.

Though the tower is magical in nature, it takes on the appearance and feel of the surface it was placed upon and requires a successful DC 10 Strength (Athletics) check to climb. When the totem is dismissed, the tower lowers back to the surface until it disappears.

Enhancement Boost: Sky Scraper. When you plant the totem, you can make the tower rise up to 60-feet high. In addition, you can use an action to change the height of the tower to be between 1 and 60 feet.

Elemental Boost: Lightning Bound. A hostile creature that begins climbing the side of the tower or ends its turn there must each make a Constitution saving throw, taking 3d8 points of lightning damage on a failed save, or half as much on a successful one. If a creature that fails this saving throw had to make a Strength (Athletics) check to climb the tower, it must make a DC 10 Strength (Athletics) check or fall.
**Tranquility Totem**

While within 15 feet of this totem, a creature can finish a short rest in 30 minutes or a long rest in 4 hours. In addition, creatures that need sleep only require half the usual amount. A creature doesn’t receive these benefits if it spends more than 10 minutes outside of the totem’s radius during the short or long rest.

Once you plant this totem, you must finish a long rest before you can plant it again.

*Enhancement Boost: Mountainous Endurance.* Each creature that finishes a long rest under the effect of this totem has advantage on Constitution checks made to avoid exhaustion from traveling for more than 8 hours in a day. This benefit lasts until it finish a long rest. In addition, each creature can travel at a fast pace without taking a penalty on passive Wisdom (Perception) scores.

*Restoration Boost: Restful Regrowth.* Each creature that finishes a short rest under the effect of this totem and spends one or more Hit Dice regains additional hit points as if they had spent one additional Hit Die. Each creature that finishes a long rest under the effect of this totem regains additional Hit Dice equal to your Wisdom modifier. Additionally, each creature that finishes a long rest under the effect of this totem reduces their exhaustion level by 2, rather than 1.

**Traversal Totem**

When you plant this totem, you can create a stretch of special terrain that begins from where you planted the totem, extending up to 30 feet long and 5 feet wide, shaped in any way you choose. This terrain might manifest itself in the form of vines growing up a wall, tree roots forming a bridge, lily pads or ice floating on water, a path of clouds floating in the air, or some other phenomenon of your choice. It acts as a solid surface that can be walked and climbed on, though any creature can freely pass through it if they choose to. The terrain disappears when the totem is dismissed.

*Elemental Boost: Earth Shaper.* The stretch of terrain can be up to 60 feet long.

*Enhancement Boost: Zephyr Steps.* You and your allies have advantage on Dexterity (Acrobatics) checks while on the special terrain. In addition, climbing the terrain doesn’t cost you or your allies extra movement.

**Volcanic Totem**

Prerequisite: 7th level

When you plant this totem, it begins glowing with malevolent orange light. As an action, you can cause it to erupt in an explosion of fire. Each creature within 15 feet of the totem must make a Dexterity saving throw, taking 8d6 points of fire damage on a failed save or half as much on a successful one. The totem is dismissed when you do this.

Once you plant this totem, you must finish a long rest before you can plant it again.

*At Higher Levels.* This totem’s damage increases by 1d6 when you reach 11th level (9d6), and again when you reach 17th level (10d6).

*Elemental Boost: Lava Bed.* After you use your action to cause the totem to erupt, the area within 15 feet of the totem becomes difficult terrain until the totem is dismissed. Any creature that enters the area or ends its turn there takes 1d6 fire damage. A creature can take this damage only once per turn.

**Voodoo Totem**

When you plant this totem, choose an ability. Creatures of your choice within 15 feet of this totem have disadvantage on ability checks made with the chosen ability.

*Enhancement Boost: Grave Strikes.* Once per turn, when a friendly creature within 15 feet of the totem hits a hostile creature within 15 feet of the totem, the hostile creature takes an extra 1d6 necrotic damage. This damage increases to 2d6 at 17th level.

*Restoration Boost: Rip Tide.* Once per turn, when a friendly creature within 15 feet of the totem hits a hostile creature within 15 feet of the totem, the friendly creature regain 1d6 hit points. This healing increases to 2d6 at 17th level.

**Windfury Totem**

Prerequisite: 12th level

While within 15 feet of this totem, you and your allies gain a +2 bonus to AC and may make one additional weapon attack whenever taking the Attack action. Once you plant this totem, you must finish a long rest before you can plant it again.

*Enhancement Boost: Static Frenzy.* Creatures under the effect of this totem have advantage on Dexterity saving throws. In addition, their speed is doubled until the end of their turn.

**Multiclassing as a Shaman**

To multiclass as a shaman, you must have a Wisdom score of at least 13. If you are multiclassing into shaman from another class, you gain proficiency with woodcarver’s tools.

If you have both the Spellcasting class feature and the Totem Magic class feature from the shaman class, you can use the spell slots you gain from the Totem 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 shaman spells you know.
## Shaman Spells

### Cantrips
- Acid Splash
- Booming Blade
- Control Flames
- Frostbite
- Guidance
- Gust
- Lightning Lure
- Magic Stone
- Message
- Mold Earth
- Resistance
- Shape Water
- Spare the Dying
- Thunderclap

### 1st Level
- Absorb Elements
- Alarm
- Bane
- Bless
- Chromatic Orb
- Create or Destroy Water
- Cure Wounds
- Detect Evil and Good
- Detect Poison and Disease
- Dissonant Whispers
- Earth Tremor
- False Life
- Find Familiar
- Healing Word
- Ice Knife
- Identify
- Protection from Evil and Good
- Searing Smite
- Thunderous Smite
- Thunderwave
- Unseen Servant
- Witch Bolt

### 2nd Level
- Acumen's Scorcher*
- Augury
- Continual Flame
- Dust Devil
- Earthbind
- Enhance Ability
- Find Steed
- Find Traps
- Flaming Sphere
- Gentle Repose
- Lesser Restoration
- Locate Animals or Plants
- Locate Object
- Morden's Acid Arrow*
- Morden's Earthen Grasp*
- Scorching Ray
- See Invisibility
- Skywrite
- Sahrothun's Snowball Swarm*
- Spike Growth
- Warding Wind

### 3rd Level
- Bestow Curse
- Call Lightning
- Clairvoyance
- Elemental Weapon
- Erupting Earth
- Haste
- Lightning Bolt
- Morden's Minute Meteors*
- Magic Circle
- Meld into Stone
- Protection from Energy
- Remove Curse
- Revivify
- Sleet Storm
- Speak with Dead
- Spirit Guardians
- Tidal Wave
- Wall of Sand
- Wall of Water
- Water Breathing
- Water Walk
- Wind Wall

### 4th Level
- Conjure Minor Elementals
- Conjure Woodland Beings
- Control Water
- Death Ward
- Elemental Bane
- Fire Shield
- Ice Storm
- Locate Creature
- Stone Shape
- Stoneskin
- Storm Sphere
- Vitriolic Sphere
- Wall of Fire
- Watery Sphere

### 5th Level
- Awaken
- Commune
- Conjure Elemental
- Conjure Other Plane
- Control Winds
- Dispel Evil and Good
- Greater Restoration
- Hallow

### 6th Level
- Bones of the Earth
- Chain Lightning
- Find the Path
- Investiture of Flame
- Investiture of Ice
- Investiture of Stone
- Move Earth
- Ophela's Freezing Sphere*
- Primordial Ward
- Wall of Ice
- Wind Walk

### 7th Level
- Etherealness
- Fire Storm
- Plane Shift
- Regenerate
- Resurrection
- Whirlwind

### 8th Level
- Control Weather
- Earthquake
- Incendiary Cloud
- Tsunami

### 9th Level
- Astral Projection
- Foresight
- Meteor Swarm
- Storm of Vengeance

*Renamed spell.
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