

TROLLS

The capacity of trolls to recover from grievous wounds is as horrifying as it is legendary, yet few truly understand the insane scope of this power; a disintegrated troll can recover from a single remaining finger, and troll with five severed fingers will shortly become six trolls. The only reason the world has not been drowned in trollflesh is their solitary and antisocial nature.

ENCOUNTER GROUPS

CR 15 Encounter 4,650 XP

- 1 Greater Manticore (CR 5)
- 1 Bridge Troll (CR 5)
- 2 Bandit Instigators (CR 2)
- 6 Bandits (CR 1/8)

CR 22 Encounter 16,350 XP

- 1 Grandmother Bheur Hag (CR 12)
- 2 Ice Trolls (CR 8)
- 8 Ice Mephits (CR 1/2)

TROLL LORE

Arcana DC 15: As a general rule, troll hearts constitute powerful magical items, imbued with a mote of the troll's essence. Though the individual effects may vary based on the troll's specific mutations, fresh troll hearts of all kinds can be reliably used to derive enchantments or tinctures of regenerative magic.

History DC 10: The fearsome ability of trolls to rapidly recover from apparently mortal wounds can be briefly disrupted with the prompt application of fire and acid, though weaker sources are often insufficient to overcome the regeneration.

Nature DC 15: Trolls reproduce by budding, where a severed piece of a troll rapidly regenerates, growing into a new full-grown troll over the course of a few meals. Troll numbers are kept in check, however, by their dislike of company, as new budlings will often find themselves forcible reattached to or eaten by their parent.

Nature DC 20: While trolls are all technically clones of one another, it is exceedingly rare for any two trolls to look alike, as their rapid growth in harsh conditions produces constant and wild mutations.



TROLL BUDLING

Small giant, chaotic evil

Armor Class 15 (Natural Armor)
Hit Points 13 (2d6 + 6)
Speed 15 ft.

STR	DEX	CON	INT	WIS	CHA
15 (+2)	7 (-2)	17 (+3)	4 (-4)	7 (-2)	7 (-2)

Senses Darkvision 60 ft., Passive Perception 8
Challenge M2 (90 XP)

Oversized Limb. The troll can grapple as if it were once size larger, and acts on initiative count 0 instead of rolling.

Clone Merger. An injured troll that starts its turn within 5 feet of a budling merges with it, partial absorbing the budling into its body. A merged budling's speed is 0, it moves with its host troll, and uses its host troll's AC.

Minion. If the creature takes damage from an attack or as the result of a failed saving throw, its hit points are reduced to 0. If the creature takes damage from another effect, it dies if the damage equals or exceeds its hit point maximum, otherwise it takes no damage.

Actions

Flailing Strikes (Group Attack). Melee Weapon Attack: +4 to hit, reach 5 ft., one target. Hit: 3 bludgeoning damage.

TROLL BUDLING TACTICS

Budlings are born ravenously hungry and with a deep terror of full-grown trolls, immediately trying to attack the nearest living non-troll creature, ideally while keeping it between themselves and their parent. While they will continuously flee an approaching troll, they freeze with terror when within the melee range of one.

BRIDGE TROLL TACTICS

Bridge trolls swing up from the underside of bridges with their prodigious strength, often into the midst of a group with the intent of splitting it. They use their Reckless Thrash whenever available if they can hit at least three enemies with it, otherwise using their claw bash to push enemies into hazards. If they spawn a budling, they chase it down, making an attack of opportunity with their Bite against it if it tries to flee, and otherwise cramming it into one of their wounds to act as an extra limb.

BRIDGE TROLL

Large giant, chaotic evil

Armor Class 15 (Natural Armor)
Hit Points 84 (8d10 + 40)
Speed 30 ft., climb 20 ft.

STR	DEX	CON	INT	WIS	CHA
18 (+4)	13 (+1)	20 (+5)	7 (-2)	9 (-1)	7 (-2)

Skills Athletics +7, Perception +5
Senses Darkvision 60 ft., Passive Perception 12
Languages Giant
Challenge 5 (1,800 XP)

Troll Healing. The troll regains 10 hit points at the start of its turn. If the troll takes 10 or more acid or fire damage from a single source, this trait doesn't function at the start of the troll's next turn. The troll dies only if it starts its turn with 0 hit points and doesn't regenerate.

Budding. When the troll suffers a critical hit that deals piercing or slashing damage, one of its limbs is severed, giving it disadvantage on attack rolls and Dexterity saving throws.

At the end of each of its turns, the troll makes a DC 20 Constitution saving throw. On a success, this condition ends, and the severed piece grows into a **Troll Buddling**. The severed limb is destroyed if it takes acid or fire damage.

Actions

Multiattack. The troll makes three attacks, one of which may be with its bite.

Bite. Melee Weapon Attack: +7 to hit, reach 5 ft., one target. Hit: 13 (2d8 + 4) piercing damage.

Claw Bash. Melee Weapon Attack: +7 to hit, reach 5 ft., one target. Hit: 11 (2d6 + 4) slashing damage and the target must succeed on a DC 14 Strength saving throw or be pushed 10 feet away and knocked prone.

Reckless Thrash (Recharge 5-6). Each creature within 10 feet of the troll must succeed on a DC 15 Dexterity saving throw or take 14 (4d6) bludgeoning damage and be knocked prone. Until the beginning of its next turn, attacks that target the troll are made at advantage.

VENOM TROLL

Large giant, chaotic evil

Armor Class 15 (Natural Armor)

Hit Points 147 (14d10 + 70)

Speed 30 ft.

STR	DEX	CON	INT	WIS	CHA
18 (+4)	13 (+1)	20 (+5)	7 (-2)	9 (-1)	7 (-2)

Skills Perception +5

Damage Immunities Poison

Condition Immunities Poison

Senses Darkvision 60 ft., Passive Perception 12

Languages Giant

Challenge 7 (2,900 XP)

Troll Healing. The troll regains 10 hit points at the start of its turn. If the troll takes 10 or more acid or fire damage from a single source, this trait doesn't function at the start of the troll's next turn. The troll dies only if it starts its turn with 0 hit points and doesn't regenerate.

Budding. When the troll suffers a critical hit that deals piercing or slashing damage, one of its limbs is severed, giving it disadvantage on attack rolls and Dexterity saving throws.

At the end of each of its turns, the troll makes a DC 20 Constitution saving throw. On a success, this condition ends, and the severed piece grows into a **Troll Budding** that acts on initiative count 0. The severed limb is destroyed if it takes acid or fire damage.

Poison Splash. When the troll takes damage of any type but psychic, each creature within 5 feet of the troll takes 9 (2d8) poison damage.

Poison Reliance. If it would be subjected to an effect that would neutralize poison, the venom troll instead must succeed on a DC 10 Constitution saving throw or die, taking 36 (8d8) necrotic damage on a success.

Actions

Multiaction. The troll makes three attacks: one with its bite and two with its claws.

Slaving Bite. Melee Weapon Attack: +7 to hit, reach 5 ft., one target. Hit: 7 (1d6 + 4) piercing damage plus 4 (1d8) poison damage.

Claw Bash. Melee Weapon Attack: +7 to hit, reach 5 ft., one target. Hit: 11 (2d6 + 4) slashing damage and the target must succeed on a DC 14 Strength saving throw or be pushed 10 feet away and knocked prone.

Reckless Thrash (Recharge 5-6). Each creature within 10 feet of the troll must succeed on a DC 16 Dexterity saving throw or take 17 (5d6) bludgeoning damage and be knocked prone. Until the beginning of its next turn, attacks that target the troll are made at advantage.

Reactions

Venom Spray (1/Day). As a reaction to being reduced below 74 hit points, the troll slices itself with a claw, releasing a spray of poison in a 20-foot cone. The troll takes 7 (2d6) slashing damage.

Each creature in the area must succeed on a DC 16 Constitution saving throw or take 27 (6d8) poison damage and be Poisoned until the end of its next turn. On a success, the creature takes half as much damage.

VENOM TROLL LORE

Nature DC 15: Despite their name, venom trolls have no venom to speak of. Rather, they are named for the incredible toxicity of their blood and saliva. While it is unclear what primary role this adaptation serves for the trolls, some have been known to weaponize it by intentionally spitting or bleeding on their prey.

Nature DC 20: Venom trolls exist in a precarious balance, their toxic blood just barely holding back the tide of expanding flesh. If the poisons in their blood are neutralized, the troll rapidly "heals" new flesh into its veins and arteries, grievously wounding or even killing it.

VENOM TROLL TACTICS

Venom trolls behave much as bridge trolls do in combat, but use the movement control on their claw bash to herd enemies together so they can camp within 5 feet of as many of them as possible and make good use of their Poison Splash. A venom troll that survives being subjected to something like a Lesser Restoration or Lay on Hands typically flees, or else tries to kill the creature that cast it as quickly as possible.



ICE TROLL

Large giant, chaotic evil

Armor Class 16 (Natural Armor)

Hit Points 161 (14d10 + 84)

Speed 30 ft.

STR	DEX	CON	INT	WIS	CHA
18 (+4)	8 (-1)	22 (+6)	9 (-1)	9 (-1)	7 (-2)

Skills Perception +2

Damage Immunities Cold

Senses Darkvision 60 ft., Passive Perception 12

Languages Giant, Jotunise

Challenge 8 (3,900 XP)

Freezing Flesh. A creature not resistant or immune to cold damage that starts its turn within 10 feet of the ice troll has its movement speed reduced by 10 until the beginning of its next turn.

If the ice troll starts its turn in water, it must succeed on a DC 15 Dexterity saving throw or be restrained (escape DC 15) as a mass of clinging ice forms around it.

Brittle Joints. When the troll suffers a critical hit that deals bludgeoning damage, one of its limbs breaks off, giving it disadvantage on attack rolls and Dexterity saving throws.

Actions

Multiattack. The troll makes two frostbite claw attacks, one of which it may replace with its bite or Cryoheal, if available.

Bite. Melee Weapon Attack: +7 to hit, reach 5 ft., one target. Hit: 13 (2d8 + 4) piercing damage plus 9 (2d8) cold damage.

Frostbite Claw. Melee Weapon Attack: +7 to hit, reach 5 ft., one target. Hit: 11 (2d6 + 4) slashing damage plus 4 (1d8) cold damage and the target has disadvantage on the next attack roll it makes before the troll's next turn.

Cryoheal (Recharge 5-6, Requires Water). The troll packs its wounds with nearby snow, ice, or water, which freezes into a semblance of its flesh. The troll regains 30 hit points, may reattach one of its lost limbs, and gains vulnerability to fire damage until the beginning of its next turn.

Reactions

Rimestrike Retaliation. As a reaction to being missed with a melee attack the troll makes an attack with its Frostbite Claw against the attacker. If the attack hits, the target is knocked prone.

ICE TROLL LORE

Arcana DC 20: If an ice troll's heart is carved out and buried in unfrozen ground within 24 hours of the troll's death, a terrible and deadly blizzard will bear down on that location, regardless of the season.

Nature DC 10: Ice trolls naturally foul the weather around them, particularly when encountered in large numbers and at high elevations, their lairs plagued by biting and unpredictable gusts of wind.

Nature DC 15: Injured ice trolls pack their wounds with water or snow, sealing them shut as their natural cold freezes it into a semblance of their natural trollflesh. This freezing aura can become a hazard to the troll when they are submerged in water, as if they are unable to escape quickly they can become entombed in the ice that forms around them.

Survival DC 15: The heart of an ice troll contains the concentrated essence of the cold that sustains it in life; though extracting it can be an arduous task, many attempt to do so for its purported arcane utility.

ICE TROLL TACTICS

Ice trolls hide in snowbanks or frozen in glacial deposits, bursting out when they detect the heat of potential prey nearby. They use their cryoheal whenever available if below max hit points, but once reduced to half hit points often retreat to heal, returning to the fight immediately once their wounds are sealed.



SPIRIT TROLL

Large giant, chaotic evil

Armor Class 17 (Natural Armor)

Hit Points 132 (22d10 + 22)

Speed 30 ft., fly 10 ft.

STR	DEX	CON	INT	WIS	CHA
1 (-5)	17 (+3)	13 (+1)	8 (-1)	9 (-1)	16 (+3)

Skills Perception +7, Stealth +7

Damage Resistances Acid, Cold, Fire, Lightning, Thunder
Damage Immunities Bludgeoning, Piercing and Slashing from Nonmagical Attacks

Condition Immunities Exhaustion, Grappled, Paralyzed, Petrified, Prone, Restrained, Unconscious

Senses Darkvision 60 ft., Passive Perception 13

Languages Giant

Challenge 11 (7,200 XP)

Troll Healing. The troll regains 10 hit points at the start of its turn. If the troll takes 10 or more acid or fire damage from a single source, this trait doesn't function at the start of the troll's next turn. The troll dies only if it starts its turn with 0 hit points and doesn't regenerate.

Budding. When the troll suffers a critical hit that deals piercing or slashing damage, one of its limbs is severed, giving it disadvantage on attack rolls and Dexterity saving throws.

At the end of each of its turns, the troll makes a DC 20 Constitution saving throw. On a success, this condition ends, and the severed piece grows into a **Troll Buddling** that acts on initiative count 0. The severed limb is destroyed if it takes acid or fire damage.

Incorporeal Movement. The troll can move through other creatures and objects as if they were difficult terrain. It takes 5 (1d10) force damage if it ends its turn inside an object.

Spectral Weapons. The troll's attacks treat all creatures as unarmored (an unarmored creature's AC is usually 10 plus its Dexterity modifier.)

Actions

Multiattack. The troll makes three attacks, one of which may be with its Confounding Bite.

Confounding Bite. Melee Weapon Attack: +7 to hit, reach 5 ft., one creature. Hit: 19 (3d10 + 3) psychic damage, and the target must succeed on a DC 15 Wisdom saving throw or be disoriented until the end of the troll's next turn.

A disoriented creature that misses with a melee attack must make a new attack roll against a friendly creature in its reach, if available.

Ephemeral Claw. Melee Weapon Attack: +7 to hit, reach 5 ft., one creature. Hit: 14 (2d10 + 3) psychic damage.

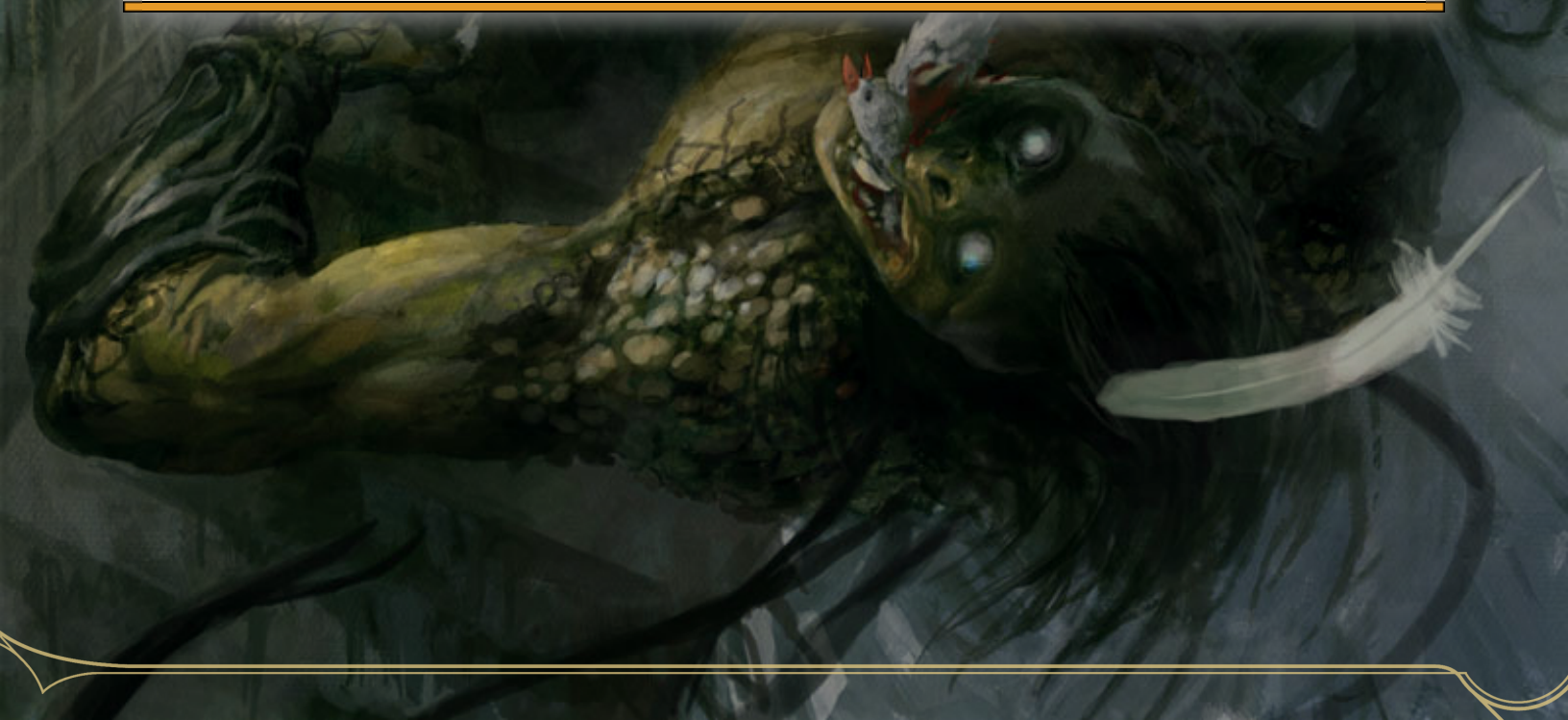
Strangling Grasp. One creature within 5 feet must succeed on a DC 15 Strength saving throw or be grappled (escape DC 15). While grappled in this way, a creature cannot speak or breathe.

A creature that fails this save by 5 or more cannot hold its breath. A creature that cannot see the troll makes this save at disadvantage.

Reactions

Wraithform (1/Day). As a reaction to being reduced below 67 hit points, the troll becomes invisible until it makes an attack or regains all of its hit points.

When the troll becomes invisible, each hostile creature within 30 feet must succeed on a DC 15 Wisdom saving throw or use all of its movement on its following turn to move away from the troll.



DIRE TROLL LORE

History DC 15: Dire trolls have remarkable alacrity for their size, in part due to their multiple brains and numerous limbs allowing a tumbling, wild lope that would be impossibly complicated for most creatures.

Nature DC 15: As trolls are all clones of one another, their rapid healing has difficulty picking out differences between them; when trolls fight their wounds can heal together, each's body attempting to absorb the other's. If neither wins, a dire troll is born. Alternately, dire trolls can occasionally form when a cluster of budlings is mashed together, though newborn trolls instinctively try to keep distance from one another to avoid this.

DIRE TROLL TACTICS

Dire trolls ravenously chase after and scoop up any budlings they leave behind, using their Secret Arm and Double Actions to rapidly absorb them. They charge into the midst of a melee and use their Reckless Whirlwind, then use their claw bash until each creature has been knocked out of their range before repositioning and using their Bite against a prone target.



DIRE TROLL

Huge giant, chaotic evil

Armor Class 15 (Natural Armor)

Hit Points 207 (18d12 + 90)

Speed 40 ft., climb 20 ft.

STR	DEX	CON	INT	WIS	CHA
22 (+6)	15 (+2)	21 (+5)	9 (-1)	11 (+0)	5 (-3)

Saving Throws WIS +5, CHA +2, CON +10

Skills Athletics +11, Perception +10

Damage Resistances Attacks made without advantage

Senses Darkvision 60 ft., Passive Perception 20

Languages Giant

Challenge 13 (10,000 XP)

Double Actions. The troll rolls initiative twice, and acts on each of them.

Troll Healing. The troll regains 10 hit points at the start of its turn. If the troll takes 10 or more acid or fire damage from a single source, this trait doesn't function at the start of the troll's next turn. The troll dies only if it starts its turn with 0 hit points and doesn't regenerate.

Rapid Budding. When the troll suffers a critical hit that does not deal fire or acid damage, one of its limbs is severed, giving it disadvantage on attack rolls and Dexterity saving throws.

At the end of each of its turns, the troll makes a DC 20 Constitution saving throw. On a success, this condition ends, and the severed piece grows into a **Troll Buddling**. The severed limb is destroyed if it takes acid or fire damage.

Huge Stature. A creature adjacent to the troll may spend half of its movement to attempt a DC 19 Strength (Athletics) check. On a success, the creature climbs onto the troll. While climbing on the troll, a creature has advantage on melee attacks against the troll, and the troll has disadvantage on melee attacks against it.

Actions

Multiattack. The troll makes two attacks, one of which may be with its bite.

Bite. Melee Weapon Attack: +11 to hit, reach 5 ft., one target. Hit: 15 (2d8 + 6) piercing damage. This attack deals an additional 9 (2d8) damage to a prone creature.

Claw Bash. Melee Weapon Attack: +11 to hit, reach 5 ft., one target. Hit: 16 (3d6 + 6) slashing damage and the target must succeed on a DC 19 Strength saving throw or be pushed 10 feet away and knocked prone.

Reckless Whirlwind (Recharge 6). Each creature climbing on the troll must succeed on a DC 19 Strength saving throw or fall off, then each creature within 10 feet of the troll that is not climbing on it must succeed on a DC 19 Dexterity saving throw or take 33 (6d10) slashing damage and be knocked prone. Until the beginning of its next turn, attacks that target the troll are made at advantage.

Reactions

Secret Arm. As a reaction when a creature attempts to leave its reach, the troll extends a hidden arm from one of its mouths. The creature must succeed on a DC 19 Dexterity saving throw or be grappled until the beginning of the troll's next turn.

ART CREDITS

- Trolls by Sam Wood
- Loathsome Troll by Svetlin Velinov
- Trestle Troll by Peter Mohrbacher
- Dire Troll copyright Wizards of the Coast

THE PART WHERE I SHILL MY PATREON

Want to support the creation of content like this? I post new monsters with lore and tactics to my patreon five times a week, joining the more than 1000 already there, indexed in a big PDF along with formats for Foundry and 5eTools.



Become a patron

Also check out my [website](#) and [instagram](#), where my wife and I make handmade dice and dice bags, and where I post free books as I get them polished up. I'm trying to get a new free book like this out every other month or so.

If you've got any monsters you'd like to see statted up by me, leave me a comment over in the permanent thread in [r/bettermonsters](#) and I'll put something together for you.

SUPPORTED BY

- Aaron Rosenberg
- AHorseWithNoName
- Alex Bogart
- Alex Gillies
- Alex O'Donnell
- Alex O'Hanlon
- Alisha Herbitter
- Allis
- Anders Ivarsson
- Andrew Cheeseman
- Benji Morris
- Bernhard Fritz
- Blueberryperson
- Bradley Webb
- Brandon Malofsky
- David Jose
- Delpport Breckland
- Ex Nihilo
- Flipp
- Fletcher Herring
- George Hughes
- GramPositive
- Harrison Phillips
- Helltroll
- Hoswell
- Jack O'Keefe
- Jacob Gist
- Jake Serna
- James Hawthorne
- James McBride
- Johnathan Chavez
- Joseph Donley
- Josh Huston
- Justin King
- Kelsii Weber
- Kyle Cove
- Lascifrass
- Lawrence Courtrelle
- Luke Wheeler
- Malacandrian
- Marc Adelman
- Matt Herbert
- Matt Pierce
- Matthew Cullen
- Matthew S
- Mauricio Garcia
- Maximilian Bizjak
- Mehul Gupta
- Michael Taylor
- Mike Nicolan
- Milo Baraclough
- Mitch Whitehead
- Moritz Hackl
- Nathan Johnson
- Nathaniel Schnebly
- Niall
- Nick I
- Niki S
- ObsessiveModelmaker
- Ondřej Kříž
- Oscar Mangandid
- Patrick
- Phoenix Daniels
- Primarily Daniel
- Rae Judd
- Rici
- Robert Martin
- Robin Bjälmsjö
- Robin Roberts
- Ronan Battistoni
- Rowan
- RuggerFoodie
- Sandy Hogg
- SardScroll
- saternoutlaw
- Saz
- Shadowfield
- Shane
- Sharelle D Larsen
- Sheila Dietrich
- Simen Lande
- Simon Bell
- simon Jørgensen
- Simon Weller
- SirApetus
- Sylphreni
- Tanner F Moen
- The Coffee Bean GM
- Victor Navone
- Vince Margaretich
- Walter Downard
- William Dixon
- Zach Kozel