

THE SAND THING

Legend has it that the sand things slumber deeply burrowed beneath the desert surface. Feeding on mummified corpses preserved in the hot soils since ancient times, they dig their far reaching tunnels completely unnoticed by the surface-dwelling folks. Once these eldritch scavengers run out of food, however, they emerge from the dark depths to hunt for the living and wreak havoc wherever they appear.



SAND THING

Medium monstrosity, unaligned

Armor Class 14 (natural armor)
Hit Points 105 (14d8 + 42)
Speed 10 ft., burrow 30 ft., climb 10 ft.

STR	DEX	CON	INT	WIS	CHA
18 (+4)	10 (+0)	17 (+3)	5 (-3)	18 (+4)	4 (-3)

Saving Throws Con +5
Skills Perception +6
Damage Vulnerabilities piercing
Damage Resistances bludgeoning
Damage Immunities fire
Senses darkvision 30 ft., tremorsense 120 ft., passive Perception 16
Languages —
Challenge 4 (1,100 XP)

Soilbound. When the sand thing starts its turn not touching at least 500 pounds of soil (like sand or earth), it takes 9 (2d8) necrotic damage.

Spider Climb. The sand thing can climb difficult surfaces, including upside down on ceilings, without needing to make an ability check.

ACTIONS

Multiattack. The sand thing makes two pincer attacks.

Pincer. *Melee Weapon Attack:* +6 to hit, reach 10 ft., one target. *Hit:* 11 (2d6 + 4) slashing damage and the target is grappled (escape DC 13). Until this grapple ends, the sand thing can only attack the grappled creature and has advantage on attack rolls to do so.

Heat Wave (Recharge 5-6). The sand thing emits a blast wave instantly heating up the soil in a 15-foot-radius sphere centered on its space. Each creature touching the soil in that area must succeed on a DC 14 Dexterity saving throw or fall prone. The soil in that area is heated until the end of the sand thing's next turn and is difficult terrain. Each time a creature starts its turn touching soil within the heated area, it takes 4 (1d8) fire damage.
The sand thing ignores the difficult terrain caused by the heat wave.

REACTIONS

Heat Trap. If a creature is within 15 feet of the sand thing, the sand thing can use its heat wave, provided the ability is charged.