

RACE - BLOODFLOW ELF

However long life is, it is never long enough. Bloodflow elves, also called sanguine elves, took up vampirism as a means of extending their already long lifespans. In retribution, the gods condemned them to a life reliant on bathing in blood, absorbing it through their skin in order to prolong their existence. Now, they live in small, tight-knit, and conniving communities hidden among normal elves, which they hunt for sport but take great pains in covering their tracks.

- **Ability Score Increase.** Your Dexterity score increases by 2, and your Strength score increases by 2.
- **Sanguine Curse.** Your Constitution score decreases by 2.
- **Age.** Bloodflow elves reach maturity around 100 years old, then quickly begin to wither away unless they bathe in blood once each month.

- **Alignment.** Bloodflow elves must obtain blood at all costs, else they will pass. As such, most take up chaotic and evil paths.

- **Languages.** You can speak, read, and write Common and Elven.

- **Size.** Bloodflow elves are the same as other elves. Your size is medium.

- **Speed.** Your base walking speed is 30 feet.

- **Bloodbath.** Whenever you damage a creature of CR 1 or greater with an attack roll, you regain 1 hit point.

- **Fey Ancestry.** You have advantage on saving throws against being charmed, and magic can't put you to sleep.

- **Necrotic Resistance.** You have resistance to necrotic damage.

- **Superior Darkvision.** You can see in dim light within 120 feet of you as if it were bright light, and in darkness as if it were dim light. You can't discern color in darkness, only shades of gray.

- **Trance.** Elves don't need to sleep. Instead, they meditate deeply, remaining semiconscious, for 4 hours a day. (The common word for such meditation is "trance.") While meditating, you can dream after a fashion; such dreams are actually mental exercises that have become reflexive through years of practice. After resting in this way, you gain the same benefit that a human does from 8 hours of sleep.

- **Vampiric Legacy.** You don't need to eat, drink, or breathe, and you are immune to disease.

