

MIINSTREL'S SUBSTANCE RULES - PLAYER GUIDE



THIS SYSTEM PROVIDES A SIMPLE WAY TO ADD magical narcotics and other substances to your game that provide immediate benefits at the risk of future consequences. These could be natural substances like herbal tonics and mushrooms or illicit compounds produced at an arcane factory. It requires minimal additional tracking and can easily be expanded and re-flavored to suit your specific needs.

At the end of each **Long Rest**, reduce your exhaustion as normal. If your AL is 1 or higher, reduce your AL by 1 and increase your WL by 1. WL can never be higher than AL. Make a Wisdom saving throw with a DC of 10+WL for *each* point of WL you have. Gain 1 point of fatigue or strife for each failure.

NEW MECHANICS

Two new numbers need to be tracked for each player character.

- **Addiction Level (AL):** This tracks your body's physical tolerance for these magical substances. The higher it gets, the more likely you are to experience side effects.
- **Withdrawal Level (WL):** This tracks your body's detoxing state and likelihood of withdrawal symptoms which manifest as levels of fatigue/strife.

OBTAINING SUBSTANCES

Foraging with a Wisdom (Survival) check allows a player to obtain substances instead of food. They obtain 1 dose of a random substance on a successful check plus an additional dose for each multiple of 5 by which they beat the DC.

HARVESTING SUBSTANCES FROM FOES

Some of these substances could potentially be harvested from slain foes for added flavor. E.g. a dose of Web could be obtained by cutting out and processing an Ettercap's webbing gland. This activity requires a Wisdom (Survival) check with a recommended DC of 10 + the monster's CR. Which substances could be harvested from which creatures is beyond the scope of these rules and up to DM discretion.

Substances can also be obtained in urban environments during downtime by spending 1 day and 10gp to find a seller. Spending more time and money can yield better results.

Make a Charisma (Persuasion) check to determine the quality of the seller found. The character gains a +1 bonus on the check for every day beyond the first spent seeking a seller and a +1 bonus for every additional 10gp spent on the search up to a maximum bonus of +10.

USING SUBSTANCES

As an **Action**, you take (ingest, snort, inject, etc.) a substance and gain its *Effect* for 1 hour. Increase your AL by 2 and set your WL to 0. Make a Constitution saving throw with a DC of 10+AL. Failure means you suffer the *Side Effect* until the end of your next Short or Long Rest.