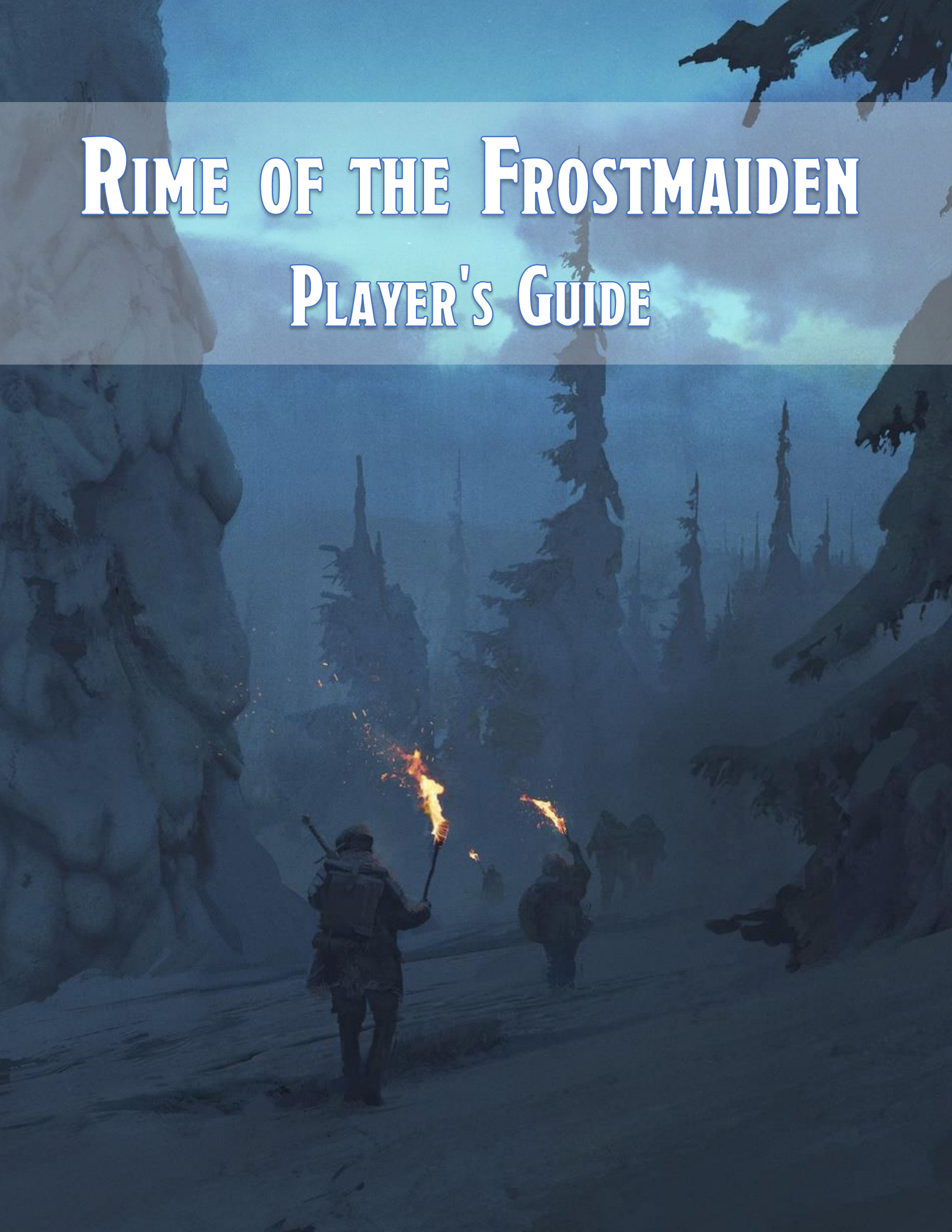


RIME OF THE FROSTMAIDEN

PLAYER'S GUIDE



The Everlasting Rime

North of the Spine of the World and west of the towering Reghed Glacier is a frigid expanse few dare to explore, let alone inhabit. This icy land of windswept tundra recently became locked in a perpetual, dark winter without reprieve.

Auril the Frostmaiden, the cold-hearted goddess of winter's wrath, has cast a terrible spell over Icewind Dale, to the detriment of most of its denizens. Each night before midnight, Auril weaves her spell, which manifests as a shimmering curtain of light—a beautiful aurora that illuminates the night sky and fades before dawn.

This powerful magic prevents the next day's sun from rising above the horizon, turning midday into twilight and trapping Icewind Dale in winter's dark embrace, with no sunlight or warmth to melt the snow and ice.

Such measures discourage travelers from approaching or leaving Icewind Dale, further isolating the region. Icewind Dale has thus been trapped in a different reality from the rest of the world, for though the sun never rises over the dale, it continues to rise everywhere else.

The people of Icewind Dale know Auril's wrath when they feel it, and they have a name for the unending winter she has inflicted on them. They call it the Everlasting Rime. No one understands why the Frostmaiden has imposed her will in this way or why the other gods refuse to challenge her.

This prolonged winter, which has gone on for more than two years, threatens to doom not just the flickering lights of civilization known as Ten-Towns but also the indigenous flora and fauna that need sunlight and the change of seasons to survive.

As desperation sets in, the people of Ten-Towns look for solutions to the unending and uncaring wrath of Auril. They look for means of survival against impossible odds. They look for hope and light. They look for heroes.

Frozen Truths of Icewind Dale

- The sun hasn't risen for two years.
- The two-year night has cut off the frozen north from the rest of the Forgotten Realms.
- The Frost Druids demand sacrifices from the people of Ten-Towns in the Frostmaiden's name.
- Ancient and powerful secrets lie hidden under the ice.
- Rumors of an evil, shadowy presence in the wilderness chill the hearts of tavern patrons across the Ten-Towns.

The Heroes We Have

Cut off from the rest of the world, the people of Ten-Towns rely upon themselves to face the dangers lurking in the tundra. Our heroes are either natives of these frozen lands, or they have arrived at some point after the curse fell, and are now unable to leave the region. Visitors were already rare in Icewind Dale before the curse, and now they have one less reason to visit. No one is coming for the rescue – only you can save yourselves.



Your Character

Characters begin at level 1. You can find rules for creating your character in the Character Creation section.

Your character has joined with the rest of the party to help the people of Ten-Towns survive the terrors of the unending night.

Build a well-rounded character that is able to interact with the denizens of Icewind Dale, survive the frozen tundra, and endure the madness of indifferent winter.

During session 0, you will work together with the rest of the group to create a cohesive and functional party of heroes. The primary motivation for the party will be the text in blue above. The details of your relations to other characters is something for the group to figure out together. The DM will have suggestions ready in case a little inspiration is needed.

You might consider being long-time friends, coming from the same village, serving the same patron or religion, being siblings, or something along those lines.

As the adventure begins, you will be in immediate dire circumstances, fleeing for your life in the face of the cruelty of the unending winter and the evils that it spawns. The starting location depends on the backgrounds of the heroes.

Safety Tools

This adventure feature themes of isolation, extreme cold, paranoia, parasitic infestation, cannibalism, mental illness, body horror and religious fanaticism. If any of these themes upset you, please let the DM know that ahead of time.

Despite the grim themes of this adventure, the most gory and disturbing parts will be **veiled** and not described in great detail. The goal is for your character to experience these horrifying themes and stand as a beacon of light in the darkness – the goal is not to upset you as a player.

If, at any time, you feel the game is moving in an uncomfortable direction, you can raise your hand and say “**pause for a moment**”, and the table will immediately address your concerns.

Quick Guide to the Setting

This section will give you a brief introduction to the exciting setting of Icewind Dale..

Geography

You will begin this campaign in the region known as **Ten-Towns** – a collection of small towns that barely make it in these harsh, arctic lands. Ten-Towns is located in the larger region of **Icewind Dale**, stretching from the mountain range called the **Spine of the World** all the way to the **Sea of Moving Ice** in the West. This frozen region is located in the far north on the continent of **Faerûn**, which is located on the planet of **Abeir-Toril**. The setting is more commonly known as the **Forgotten Realms**.

Ten-Towns

The towns of the region are the pockets of civilization that survives against all odds. **Bryn Shander** is the de-facto capitol of the region, and following that, the towns of **Targos**, **Easthaven** and **Termalaine** are the largest population centers in Icewind Dale, each with 500 or more villagers present, while **Bryn Shander** stands 1.200 villagers strong.

Few are the towns that does not have at least a tavern in these lands, but services across the towns vary greatly.

Bryn Shander and **Targos** both offer excellent services, such as equipment shops, and **Bryn Shander** has the only functional smithy in the region.

The Temple of the Morninglord can be found in **Bryn Shander**, and **Good Mead** has a run-down shrine devoted to Tempus, the god of War.

Adventuring supplies can be found in the four major towns, but also in **Caer-Konig**.

Easthaven had a ferry service connecting several of the other towns, but it has been shut down due to the waters of the lakes being frozen almost completely solid at this point.

The remaining smaller towns of **Caer-Dineval**, **Dougan's Hole** and **Lonelywood** each have interesting nearby features, but little in the ways of commerce.



Relevant Factions

The Forgotten Realms are filled with dastardly factions of all sorts. Factions mentioned here are relevant to the campaign.

Arcane Brotherhood

The Arcane Brotherhood is a cabal of powerful wizards sworn into the service of the Hosttower of the Arcane in Luskan, a maritime city-state south of Icewind Dale. In the past few months, members of the brotherhood have started to appear with their own, obscure agendas and rivalries, and the people of Ten-Towns treat them with caution. Members are free to pursue their own interests, so long that they remain loyal to the Hosttower and the five archmages that oversee the affairs of the cabal at a higher level.

Reghed Nomads

Reghed nomads are the children of the Reghed Glacier. They are people of the wild, as revealed by their tribal names—the **Elk** (led by King Jarund Elkhardt), the **Tiger** (led by Queen Bjornhild Solvigsdottir), the **Wolf** (led by Chieftain Isarr Kronenstrom), and the **Bear** (led by King Gunvald Halraggson). They are the tribes of Icewind Dale, proud and strong, bound to ancient traditions that have kept them alive through countless harsh winters. The Reghed tribes rely on a nomadic lifestyle to survive, as they follow herds of reindeer along the route of the animals' annual migration. When they make camp, the tribesfolk live in large, round tents made of deerskin and supported by wooden shafts.

Spine of the World Goliaths

Goliaths inhabit the Spine of the World, where their mettle is tested against orcs, ogres, frost giants, remorhazes, ice trolls, young white dragons, the treacherous mountain terrain, and the cruel indifference of nature. **Skytower Shelter** and **Wyrmdoom Crag** are two mountain strongholds inhabited by goliaths. The former is home to the **Skytower (Akannathi)** clan, the latter to the **Wyrmdoom (Thuunlakalaga)** clan. The two groups refuse to get along, and competition is fierce and often violent. They stare at each other across mountain peaks and fight over everything from necessities to territory. The likelihood of peace between them is remote, because they like to hold grudges.

The Zhentarim

The Zhentarim is a mercenary company that seeks to become omnipresent and inescapable, more wealthy and powerful, and most importantly, untouchable. The public face of the organization appears benign, offering the best mercenaries money can buy, but the organization hides a dark past of villainy in Faerûn. The Zhents are rumored to be infiltrating Icewind Dale, plotting to make it a new bastion of their less-than-honourable operations far from prying eyes. Should Icewind Dale end up in Zhentarim hands it will be backed by one of the most powerful factions of Faerûn – but at what cost to the lands and the morality of its people?

<i>Heraldry</i>	<i>Town</i>	<i>Friendliness</i>	<i>Services</i>	<i>Comfort</i>	<i>Description</i>
	Bremen	***	*	**	An old, dwarven trade outpost, 150 people strong, Bremen is now one of the most desolate of the towns. the town is most famous for its beloved Speaker, Dorbulgruf, its comfortable inn and its five taverns.
	Bryn Shander	***	***	***	The de-facto capital of Icewind Dale, Bryn Shander is a walled town of 1.200 people. Lanterns suspended over narrow streets twist in the wind. All merchants and caravans in the region make a stop here.
	Caer Dineval	*	**	*	Travelers to Caer-Dineval have to follow the rocky shore of Lac Dinneshere now that the ferry is out of service. The 100 townsfolk are furious, mostly from lack of mead, and they feel isolated and abandoned.
	Caer Konig	**	**	***	Caer-Konig, 150 people strong, started as a camp for mountaineers from the Moonsea region. It used to sport both a Caer and a palisade wall, but these were lost to frequent and relentless orc raids.
	Dougan's Hole	*	*	*	The 50 residents aren't fond of visitors or warmth, and in-breeding has caused the population to dwindle. It also has given rise to often-seen physical deformities in the superstitious residents here.
	Easthaven	**	***	***	Easthaven, with its 750 residents, has continued to grow and reinvent itself through the years. After the Eastway was paved, Easthaven evolved into a frontier traders' paradise, fueling the jealousy of its neighbors.
	Good Mead	**	*	**	Good Mead lives up to its name by hosting the only major brewery in the region. The town of 100 folk is troubled by nearby verbeeg giants having taken a liking to the mead, halting all deliveries.
	Lonelywood	***	**	**	A quiet town of 100 loggers, fishers, and scrimshanders living on the edge of the world, Lonelywood is known for its beautiful houses with carvings of dragons, lions and goats.
	Targos	**	***	**	A walled town of roughly 1.000 residents, Targos has the largest fleet of fishing vessels. Founded by Luskan settlers, the town is constructed in the traditional style of the pirate town that sponsored it.
	Termalaine	***	**	***	Termalaine spreads out from the shore of Maer Dualdon and in the north and west by tall pines. The 600 residents here work in various fields, including the cutting of gems found in the nearby mine.
Friendliness	*Residents are mostly unfriendly		**Residents are a varied bunch		***Residents are helpful
Services	*No trade or service possible		**Basic trade service available		***Excellent offering of trade
Comfort	*Lifestyle capped at Poor		**Lifestyle capped at Comfortable		***Lifestyle capped at Aristocratic

Character Creation

Adventuring in the cold north is a job reserved for hardy, brave, and skilled individuals, ready to pay the ultimate sacrifice in pursuit of their destinies. Few venture into these frigid regions on their own volition – your character must have a really good reason to get up, and get out there, and if nothing else, someone has to face the horrors of these lands heads-on – or see themselves and their loved ones succumb to the chill winds of these unforgiving lands.

Races

You can choose any race from the PHB, or the Goliath as your race. Other options must be approved by the DM.

Classes

You can choose any class and subclass from official sources, with the following principles in mind:

- Options that trivialize the themes of survival and cosmic horror will be altered or rejected by the DM.
- Builds set up to break the game mechanically will also be subject to change or rejection.

Ability Scores

For this adventure, you will be using the point buy system to determine your ability scores. Due to the inclusion of the new Sanity ability score (read more later in this chapter), you gain 3 additional points to spend as you see fit.

Racial Ability Scores. Most races gain a +1 and a +2 to certain ability scores. You are free to distribute these racial bonuses to ability scores as you see fit.

Skills

When you gain proficiency in a skill, regardless of source, you may choose to replace that skill proficiency with another one of your choice. This campaign use the standard skills found in the PHB.

Feats

You are free to use feats for your character in Whytespur. Your selection of feats is limited to the options presented in PHB, XGtE, TCoE. Any other option must be approved by the DM first.

Religion

None can deny the existence of the gods in Faerûn. Miracles, while rare, do occur, to prove the might of these celestial beings that oversee existence in the realm. Most people pay respect to all of the gods at various stages of their life. Clerics tend to be the only people that devote themselves to the dogma of just one of the gods.



Character Characteristics

When you create a character, you must give them:

- **1-2 personality traits.** These are meant to *help you roleplay the character* and determine their behavior.
- **2 bonds.** These are *something of great importance* to your characters well-being and in some cases, sanity. It should be something physical, like a location or a person, and something intangible, like a prophecy they believe in, or a destiny they work towards.
- **2 ideals.** These are *concepts that helps your character make difficult decisions*, while revealing something about their philosophical and moral beliefs.
- **2 flaws.** These are *personality traits that hinders your character in some way*, something they can work on to overcome, to become a better version of themselves. Flaws with a great impact on the group as a whole needs to be discussed and accepted in the group before play.
- **A motivation.** There are *things that your character strive towards*, the things that make them get out of bed every morning to go on dangerous adventures. Think about what this might be for your character.
- **1 personality twist (recommended).** You can give your character a twist to *make them more realistic*. This is typically a facet of your character that contradicts their general appearance in public. An example would be the tough barbarian that has a soft spot for fluffy animals.
- **1 backstory.** Your backstory should be no longer than a full A4 page, and preferably half of that. Your adventures lie ahead of you, not behind. Keep your background focused, and remember that your background might already feed you a lot of inspiration for this part.

Alignment

Player characters are too complex to be reduced to a single D&D alignment. You can consider one for your character as a guiding star for your actions, but your alignment will have no effect on narrative or mechanics.

Languages

All of the languages mentioned in the PHB are viable options for your character in this module.

Tool Proficiencies

In this game, we use the rules presented in XGtE for tools. Discuss further wishes for uses with the DM. Tools can be very useful in Ten-Towns, so do not disregard them!

Character Secret

Your character will have a secret, chosen at random from a deck of cards during character creation. It is up to you whether your character reveals this secret to their friends – or if they take it with them to the grave.

Equipment

This adventure will eventually offer a unique selection of equipment that thematically fits the cold north. Do not worry about equipment as you create your character. You will start with nothing but a set of warm clothes and a purse of gold with 1d4x10 gp – for reasons revealed as we start playing.

Iron Shortage. Any weapon or armor made primarily of steel and iron have their price increased by 50%.

Spells

You may learn and use any spell found in PHB, XGtE or TCoE. Spells from any other source is banned. The complete list of spells is too long to include in this document, but you can follow [this link](#) for clarification.

Some spells in this module has been updated to work with the curse of Auril, with the Sanity ability score, and with the unique possibilities on offer in Icewind Dale. See the section discussing spells for more information.

AURIL'S CURSE

The Frostmaidens curse over Icewind Dale botches spells that produce light. As long as the curse remains, any spell that produces a light source (such as *Light* and *Faerie Fire*) no longer does so. Other effects from such spells function as intended. Refer to the Spell section for more information.

Optional Class Features (TCoE)

The rules for optional class features from TCoE are only partly implemented in the game. Any optional class feature that grants you additional spells for your spell list is allowed, but any other option must be approved by the DM first.



Backgrounds

You can choose one of the backgrounds provided in the Player's Handbook. Your background is very important in this adventure. Each of them have a unique tie-in to the adventure, a unique way for your character to interact with the story. If you feel that none of the options here appeal to you, discuss other options with the DM.

Background Features: Backgrounds do not grant their background features. Instead, your background will give you a unique connection to this setting, its characters, and its adventures.

Flexible Proficiencies: Your background grants you proficiencies as you see fit. Disregarding the suggestions listed in the PHB, and choose instead:

- 2 skill proficiencies of your choice
- 2 tool proficiencies or languages of your choice

Acolyte

Auril has cast an evil curse over Icewind Dale. As an acolyte, you can bring hope and faith to the people of Ten-Towns, and hopefully free them from the curse in the name of your god.

SUGGESTED DEITIES

Deity	Description
Auril (NE)	The Frostmaiden is a cold-hearted goddess of winter's wrath and darkness.
Lathander (NG)	The Morninglord stands for renewal, birth, and the coming of a new dawn.
Malar (CE)	The Beastlord represents hunting, lycanthropy and the dark side of nature.
Silvanus (N)	The Oakfather oversees wild nature and the beasts that makes it their home.

Auril. While other people fear the Frostmaiden, you seek to fully understand her recent behavior, and what can be done to gain the favor of the goddess once more. You know the frost druids in this region fairly well, and might gain their respect, and their ears, if the need arise.

Lathander. You are affiliated with the House of the Morninglord in Bryn Shander, and you have befriended the two priests there – Copper Knobberknocker and Mithann. In doing Lathanders work, you hope to one day see the sun rise again and usher in an era of new dawns in this dark place.

Malar. Only the hunter survives in this cruel land, and you have taken the teachings of the greatest of all hunters to heart. You are familiar with the goliath and reghad people of Icewind Dale, and your understanding of lycanthropy might help you and your allies should you ever encounter one.

Silvanus. The suffering of plants and beasts in these lands moves your heart, and the Oakfathers teachings brings you hope that nature might be in balance in these lands again someday. You are friends with the verbeeg longstrider, Tinjong, who venerate the Oakfather as well. Her druidic magic and survival expertise might come in handy.

Charlatan

Regardless of the nature of your schemes, your foul play eventually caught up with you, and you spent time acquainting yourself with the workings and the walls in Revel's End, a desolate prison facility, until you found a way to scam yourself out of that sticky situation.

Criminal

You were involved with shady business working for a wizard of the Arcane Brotherhood named Dzaan, who organized an expedition of adventurers to seek out strange ruins near Easthaven. You assisted him well in your criminal activity, earning the enmity of the authorities of that town, but never went on the adventure with the wizard.

Entertainer

You have spent many an evening entertaining the people of Easthaven at the White Lady Inn, where you may stay and live at a comfortable lifestyle for free at any time. During these times, you befriended Rinaldo, a halfling entertainer, and Bartaban, the innkeeper, though you left your gig behind to pursue new adventures.

Folk Hero

When the elderly and beloved Speaker of Bremen, Dorbulgruf Shalescar, lost himself in the wilderness recently, you convinced a group of townfolk to go search for him, and led them in this charge. Although there were losses, you were successful in your endeavor. After the event, you couldn't bear to live among the families that lost dear ones in that heroic quest, and you decided to leave home behind.

WHAT IS A SPEAKER?

The people of Ten-Towns are all represented by a Speaker of the town that they live in. Speakers can be considered mayors of their towns, a voice of authority overseeing the otherwise fairly autonomous folk that live here.

Guild Artisan

You came to Icewind Dale to start a business. Your shop in Termaloine was doing well until Auril the Frostmaiden cast her evil spell to banish the sun. Now, businesses throughout Ten-Towns are suffering, and you were forced to shut your operation down without a reliable supply of supplies. You know the town of Termaloine well, and you can rely on favorable interactions with denizens of that town at any time.

Hermit

Your time spent in solitude have not earned you any friendships in Ten-Towns, but it has caused you to hallucinate of frightening places hidden in these lands – and thus far, these hallucinations have aided you in avoiding stepping into them by accident. If your adventures lead into one of these places, you can attempt to recall hallucinations that might reveal a secret about that place, at the risk of succumbing yourself to madness.



Noble

You are of the house Harpell, and are well-acquainted with Vellynne Harpell, an aged and capable mage affiliated with the Arcane Brotherhood in Luskan, whom you accompanied on her journey to Icewind Dale a few months ago. Vellynne is not a people person, and regardless of your family relation to her, you have found your moments with her to be few and far between, though always respectful. Though your family holdings are located outside of Icewind Dale in the distant town of Longsaddle, your name carries weight among most of the Speakers of Ten-Towns.

Outlander

You were born and raised among the reghed nomads who roam the wilderness of these lands. You know all 4 of the reghed tribes well, you know who leads them, and how to interact successfully with them. Unfortunately, you also earned the spite of one of the Kings or Queens of these tribes, and you had to departure to refrain from causing political tension between the tribes. Life in Ten-Towns has been good, but part of you might long to remedy past transgressions with your people.

Sage

At some point, you were hired by a wizard called Nass Lantomir to assist in keeping her notes organized and tidy while she performed the bulk of field research. Nass kept her affiliations and details of her research hidden from you, but you did manage to pick up that she was looking for something buried beneath the snows and glaciers that could forever change the face of Faerûn. One day, she simply didn't return from a field excursion, and you assume that she is still out there somewhere. Naerth Maxildanarr, the Speaker of Targos, found out about the research being made by Nass and laid claim to all of her notes, taking you by surprise. You still despise him for this act of greed.

Sailor

You were a sailor on the ship called Dark Duchess that hailed from Luskan about half a year ago, braving the dangers of sailing to Icewind Dale. Before the ship reached shore in the Sea of Moving Ice, a horrendous white dragon made short work of the ship, and you managed to barely survive your escape to the town of Lonelywood where you settled down and befriended Iriskree, the bleak owner of The Happy Scrimshander shop in that town. You have become restless and eager for adventure once more, but you can't help but wonder if anyone else survived, and if the cargo of the Dark Duchess might still be there, frozen in the water.

Soldier

You have become all that you are by working for and training with the militia of Icewind Dale, situated primarily in the town of Bryn Shander, and led by the commander of the militia – a brawny, black-skinned man called ser Southwell. As a soldier, you have great connections in Bryn Shander. You can easily gain access to ser Southwell if need be, and as a defender of Ten-Towns, you have a discount of 10% when shopping at the Blackiron Blades, one of the few smiths of the region.

Urchin

You grew up in the town of Targos, where you relied upon the kindness of strangers to keep you warm and fed. Eventually, you proved to be a useful pair of eyes and ears for a tiefling named Skath, who you know are affiliated with the Zhentarim. For some reason (which you can decide), you feel obliged to assist him if the need arise. Despite your harsh upbringing, one person turned out to be a guardian angel when times were dark – a plump, gray-haired woman named Ethen who used to waiter tables in the Three Flags Sailing tavern in Targos. She recently took over the business as its owner, and helped you get started on your adventure before you set out to see the world.

Rules Compendium

In a survival game influenced by cosmic horror themes, there is a place for heroism, but not for reckless heroism. Heroes struggle to survive, and the horrors they face threaten to drive them mad as they uncover horrifying truths.

In order to reinforce these radically different themes, several parts of the 5e system has been altered, and additional rules are in place. These rules are not meant to punish you as a player. Instead, they are meant to provide a solid foundation for mechanics that will hopefully immerse you into the setting and entertain you!

Inspiration

Inspiration in this module is not given by the DM, but primarily acquired through camping activities. Read more about this in the Camping section.

Using Potions

Potions come with their own additional rules.

- **Using a Potion.** You must use an Action to use a potion.
- **Mixing Potions.** Mixing the contents of potions might result in unforeseen effects. Be careful.
- **Using Potions On Companions.** You can use an Action to use a potion, such as a Healing Potion, on a party member, only if both you and the target of your potion is not currently in melee range of an enemy.

Wear & Tear on Gear

Armor and weapons are affected by critical hits and fumbles.

- **Being targeted by a critical hit** reduces your AC by 1 if you are wearing any type of armor.
- **Rolling a natural 1** on a weapon or spell attack reduce future attack and damage rolls with that item by 1.

When armor is reduced to 0, it shatters, and must be repaired. A weapon that is reduced to a -5 penalty also shatters. Proficiency with a relevant tool allows you to repair your items, either during a long rest, or when you camp in the wilds, provided that you have what you need to fix it.

Summoning Spells

When you cast a spell that calls forth summoned creatures, you can only ever have 2 creatures under your control. If your spell allow you to summon small armies of creatures (such as 8 tiny animals or fiends), you may opt to either summon the more powerful option in the spell description, or you may summon a swarm of the tiny creatures, who will then act as one, in a swarm.

Identifying Magic Items

When you obtain a magic item, including potions, you must make an Intelligence (Arcana) check, as part of a Short Rest, in order to identify its properties. Alternatively, an *Identify* spell must be cast on it. *Identify* does not reveal whether an item is cursed or not.

Sanity (New Ability Score)

Sanity is an optional rule from the DMG that is in effect in this campaign. Sanity functions as an additional ability score that calls for its own checks and saving throws.

- **Sanity checks** are made when a character interacts with text or other media that disturbs the mind, to overcome effects of madness conditions or to understand something alien or horrific in nature.
- **Sanity saving throws** are made when experiencing something so horrific that it breaks a creatures understanding of existence, dignity and hope, but a Sanity saving throw can also replace the default saving throw of certain spells that affects the psyche (such as *Dissonant Whispers*).

A failed Sanity save might result in short-term, long-term, or indefinite madness. Any time a character suffers from long-term or indefinite madness, Sanity is reduced by 1. If Sanity is reduced to 0, the character becomes catathonic and loose their minds permanently.

A *Greater Restoration* spell can restore Sanity lost in this way, and a character can increase his or her Sanity through level advancement.

Madness Effects

Madness can be short-term, long-term, or indefinite. Relatively mundane effects impose short-term madness, while more horrific effects or cumulative effects can result in long-term or indefinite madness.

A character afflicted with **short-term madness** is subjected to an effect for 1d10 minutes.

A character afflicted with **long-term madness** is subjected to an effect for 1d10 × 10 hours. A character afflicted with **indefinite madness** gains a new character flaw that lasts until cured.

EFFECTS OF MADNESS

The DM keeps a full list of possible effects, but fairly common effects includes being frightened, panicked, paralyzed or even falling unconscious. Madness can also alter a characters perception of reality, and in severe cases control of your character might be transferred to the DM while the madness lingers and festers.



Conditions

A few conditions has been updated or added.

Bloodied (New Condition)

- You are considered bloodied when you are at half your maximum amount of hit points, or lower.
- You can be healed normally through magical means, but you must spend a use of a healer's kit, or something equivalent, to restore hit points using hit dice. Class features that heal, such as Second Wind or Lay on Hands, can still heal you while you are bloodied.
- Certain features work better against targets that are bloodied, or they require a target to be bloodied to function in the first place.

Exhaustion (Updated Condition)

- This condition is cumulative. Each time you receive it, you gain 1 point of exhaustion. You die if your exhaustion reach level 10.
- When you make a d20 roll, you subtract your level of exhaustion from the result.
- When you cast a spell that requires a saving throw, you subtract your level of exhaustion from your spell save DC.
- Finishing a Short Rest reduce your exhaustion by 1 point. Completing a long rest resets it to 0. When your exhaustion level reaches 0, you are no longer exhausted.

CHANGES TO DEATH SAVING THROWS

While you are dying, you must make a death saving throw at the start of each of your turns.

- If you roll a 1, you fail two death saving throws.
- If you roll 2-9, you fail one death saving throw.
- If you roll a 10-19, nothing happens.
- If you roll a 20, you regain 1 hit point

A character that is dying can still be stabilized by another party member with a DC 10 Wisdom (Medicine) check. This can only be done if the healer is not engaged in melee combat.

When you gain a death saving throw, it persists until it is properly handled. You can restore death saving throws by performing certain actions during a camping session, or by using magic or special gear to handle it. Read more about camping and other new resting rules later in this document.

In addition to this, any spell that restores hit points or grant temporary hit points can be used to restore 1 death saving throw per level of the spell used. The spell lose its healing potential when used for this purpose.

Resting & Recovery

This adventure use an alternative system for resting, replacing the basic rules found in the sourcebooks.

There are now three options for resting. The *Quick Rest*, the *Short Rest*, and the *Long Rest*.

Quick Rest

A Quick Rest does not have a set duration, it must take place outside combat (like all rest modes), and it allows you to restore some of your most critical resources:

- You can spend an amount of hit dice equal to half your level, rounded up, to restore hit points.
- You can attempt to heal a poison, disease or condition using one of your tools or features, if applicable.

A Quick Rest does not restore any class features, such as spell slots or uses of certain abilities. These require either a Short Rest, or a Long Rest.

Short Rest

You can consider a Short Rest the equivalent of resting out in the wilderness. Cozy as it might be, you must be on your toes, and you do not have the required facilities to restore yourself to full power. You must spend at least 8 hours on a Short Rest, and you can do the following activities:

- You can do all of the activities listed under the Quick Rest. You can spend as many hit dice as you have left.
- Certain classes have features that are restored following a Short Rest – the Warlocks pact spells, the ki points of the Monk, and so forth.
- You nominate a Lookout in the party to keep watch.
- You try to sleep to avoid suffering from going sleepless.

If you are in possession of **camping supplies**, you can use them to unlock camping activities during the Short Rest.

Camping Supplies

To make wilderness camping easier, adventurers can buy crates of camping supplies in Ten-Towns, covering all of the basics required to set up a proper camp for up to 6 people.

This includes rations of food, water, minor medical supplies, balms and other sanitories, and enough oil, cloth, wood and tinder to start and maintain a campfire for 8 hours. Unspent supplies in the crate are spoiled upon finishing the camp – they cannot be transferred for later uses.

In addition to unlocking the special camping session, the contents of these crates are secured against vermin, temperature and even crushing damage from falling.

THE ADVENTURING WEEK

The changes mentioned here mostly changes the duration of a normal adventuring period in the game from one day to one week. This does not affect the amount of encounters you will encounter between Long Rests, but it does affect how much time pass between, thus making survival and resource management more important.

Long Rest

When you find yourself in a *Sanctuary*, most often a town, you may complete a Long Rest to fully recover yourself between taxing adventures. A Long Rest requires 7 days of downtime and enables you to complete a few minor and one major downtime activity, along with other minor activities:

- **Sell basic loot and treasure** you have found if the sanctuary has a merchant. Special loot, such as monstrous components, magic items and such, are considered a major activity, and you must spend your downtime to do so.
- **You determine and pay for your lifestyle expenses** for the coming week. This choice will impact your recovery and it also determines what sort of people you surround yourself with. See more in the table below.
- **You choose one downtime activity**, choosing between the options found in XGtE. You might find that not all sanctuaries (e.g. towns) offer the same amount of options for downtime activities. The DM will let you know if your choice is not applicable.
- **The party picks up a few rumors.** One party member can attempt a special “rumor” roll, using a Charisma-based skill of their choice.
- **Perform secondary activities**, such as meeting someone, settle some personal affairs and so forth.

Not all parts of a Long Rest are roleplayed in full detail.

LIFESTYLE DURING A LONG REST

Lifestyle	GP Cost	Max. Hit Points	Starting HD
Wretched	0	50%	0
Squalid	0,5	75%	25%
Poor	1,5	75%	50%
Modest	8	100%	75%
Comfortable	15	100%	100%
Wealthy	30	110%	100%
Aristocratic	70+	120%	100%

Camping

If you are in possession of a crate of camping supplies, you can set up a camp and unlock the potential of benefitting from additional healing and minor buffs to help prepare you for the adventure ahead.

There are 5 basic steps to follow when setting up camp:

1. **Make Camp:** Camping checks are made to determine how well the camp is being set up. The more successes, the nicer the camp will be.
2. **Nominate the Lookout:** The lookout is in charge of camp defense, keeping watch for any threats.
3. **Camp Activities:** Each party member, who is not the Lookout, can perform one primary camp-related activity in addition to the activities listed under a Short Rest.
4. **Sleep:** Try to get some rest for a few hours.

1: Make Camp

Each party member rolls a *Camping Check* – a Strength, Intelligence, or Wisdom (Survival) ability check, against a target DC determined by the landscape. One of these checks must be the Wisdom (Survival) check.

The more successes the party have, the easier it is to defend, rest and perform camp activities.

CAMPING CHECK DC

DC	Description
10	Safe, dry land is easy to find / the weather is clear.
15	A campsite requires effort to find / there's bad weather—rain, light snow, heavy fog, etc.
20	It's hard to find a safe campsite / weather is terrible—heavy rain, a fierce storm, blizzard

CAMPING RESULTS

Failures	Description
0	A perfect campsite. Activity checks are DC 5.
1	A decent campsite with one glaring flaw. Activity checks are DC 10.
2 or more	A shoddy campsite just barely fit for purpose. Activity checks are DC 15.

2: The Lookout

If you are the lookout, roll an Intelligence (Survival) check to see how well you secure the camp against potential dangers. If you have any tools, equipment, or magic that might help—traps, bells, the *Alarm* spell—you may roll your check with advantage.

Success: You noted some weak spots in the camp's defense and secured them.

Failure: You made a bad job of securing the camp. You have disadvantage on perception checks against any would-be intruders while camping.

3: Camp Activities

While camping, you can perform one primary activity before you sleep. Below are listed some example activities—if an activity is not covered here, discuss it with your DM. The DC for succeeding these activities equal the the DC mentioned in the Camping Results table.

Cook food	Staunch death
Brew drinks	Craft an item
Play music	Play a game
Tell a story	Relax in solitude

Cook Food

If you know how to cook with cook's utensils and have the right supplies, you can one of the following actions:

- **Stretch rations:** You thin out some basic rations into a simple meal, feeding two people for each ration you cook. If cooked successfully, everyone who eats heals 1d4 + 1 hit points per level of the cook (once per day).
- **Cook a hot meal:** You cook a hot meal for everyone, using one ration—or ration substitute—per person. If cooked successfully, everyone who eats the hot meal regains 1 spent hit die (once per day).

Before you serve the meal, roll a Wisdom (Cook's Utensils) check to see how well you prepared everything. Meals spoil after an hour, losing any restorative properties.

Success: The meal is well made.

Failure: You spoiled the meal and the ingredients, and gain no benefits from your efforts.





Brew Drinks

If you know how to brew drinks and have the right supplies, you can prepare some for the group. This requires a campfire and brewer's kit. You can try one of the following actions:

- **Brew something nice:** With a few herbs you turn some basic water rations into a delicious, soothing drink—one ration per two drinks. Everyone who drinks a fresh balm heals 1d4 + 1 hit point per character level of the brewer (once per day).
- **Brew a restorative:** You turn some basic water rations into a tasty, hot drink using one ration per drink. Everyone who drinks a fresh restorative regains 1 spent hit die (once per day).

Before you serve the drinks, roll a Wisdom (Brewer's Kit) check to see how well you prepared everything. Your brews lose their restorative properties after an hour.

Success: The drinks are well made.

Failure: You spoiled the brew and the ingredients, and gain no benefits from your efforts.

Play Music

If you know how to play an instrument, you can attempt to play music for the group. Roll a Dexterity (Performance) check to see how well you play.

Success: You perform well and inspire one of your allies. Choose a party member other than yourself or the lookout—that character gains a point of inspiration.

Failure: You made an embarrassing mistake.

Play a Game

If you have a gaming set and know the rules, you can play a game to unwind. Anyone can join in—so long as they're not occupied with another activity—but at least one person playing must be proficient in the rules. Everyone who plays roll an Intelligence (Game) ability check—highest roll wins.

Winner: You feel inspired—gain a point of inspiration.

Loser: You lost the game.

Tell a Story

People like to hear a good story. If you are proficient in Arcana, History, or Religion—or are carrying an interesting book—you can attempt to tell a captivating story to the group. Roll a Charisma (Performance) check.

Success: Your story is well told and inspires an ally.

Choose a party member other than yourself or the lookout—that character gains a point of inspiration.

Failure: You made an embarrassing mistake.

Craft an Item

You can spend time crafting simple items—bandages, salves, if you have the right materials and appropriate crafting tools. Alternatively, you can work on larger projects, such as brewing a potion or scribing a scroll. If you spend 8 hours camping, you can spend 2 of those hours to make progress on your craft. Roll the appropriate check for your craft.

Success: You successfully craft your item or make progress on a larger project.

Failure: You were unable to craft the item or make any progress.

Relax in Solitude

If you prefer to spend some time alone—reading a book, meditating, painting—you can do so. Roll a Wisdom ability check to see if you are able to unwind.

Success: You feel inspired by your seclusion—gain a point of inspiration.

Failure: You couldn't relax as something or someone was irritating you too much.



4: Sleep

Sometimes the best way to clear your mind is to shut it down for a while—rest is often the best medicine. When you attempt to sleep, make a sleeping check (Constitution saving throw) against the Camping Activity DC—if you are sleeping in a bedroll or tent, you can make the roll with advantage.

Success: Your sleep was undisturbed.

Failure: You couldn't sleep well, and for mechanical purposes, you did not sleep this night.

Wearing Armor

If you choose to keep medium or heavy armor on while you sleep, you must roll your sleeping check with disadvantage.

CONSEQUENCES OF BEING SLEEPLESS

You can go on for a day without having slept. If you are unable to sleep for next 24 hours, you must succeed a DC 10 Constitution saving throw, or gain a point of exhaustion. On every subsequent sleepless day period after this, the DC increase increase by 5, and you gain a point of exhaustion for each failure, until you eventually die.

Trance

Some races don't sleep as others do—instead, they fall into a meditative state known as a Trance. In this state, your character is semi-conscious and only partially-aware of their surroundings. While you are in a trance, you have disadvantage on all Perception rolls. You may, however, roll your sleeping checks as normal.

Characters with this feature can also spend additional time on crafting, if they choose this camp activity. Instead of 2 hours of crafting, they may spend 4 hours.

The Lookout

While the lookout is on active guard duty, they can still make a sleeping check—simply assume that they find some time to have a quick nap whilst the other party members are still awake. The lookout rolls their sleeping check with disadvantage, however—it's hard to feel refreshed after a night on watch.

Long Rest

A long rest is a period of extended downtime, at least 1 week long, in which your character performs downtime activities and pursues their own interests. This is your life between adventures—a chance to slow down, explore the setting, and mingle with NPCs in relative safety.

Changing the long rest to be a week long is one of the most critical changes to running this adventure for several reasons. Equipment becomes much more important, healing becomes more scarce, thus making potions and other healing sources more important – things you can craft or acquire during downtime, which will now actually have impact on the game. Encounters with enemies must be carefully managed. The world now has a chance to react to the players actions and their choices have a greater impact on the story.

DOESN'T THIS PENALIZE "X" CLASS?

No, because we're not changing the expected number of encounters per adventure - the DM will still aim for the suggested 6-8 encounters per long rest, and will adjust the challenge as appropriate. Changing the long-rest period means there is a longer recovery period at the end of an adventure, and that players have to be more careful with their resources over the 8 encounters to ensure they don't run out too early—but it does not mean characters with long-rest abilities are unfairly handicapped.

Taking a Long Rest

A long rest consists of one primary activity and two secondary activities, in addition to other minor activities you might want to complete during your downtime.

Follow these 5 steps for each week of rest:

1. **Sell mundane loot:** Trade in standard loot and treasure - gemstones, paintings, fine goblets—gained on your adventures and gain gold.
2. **Choose lifestyle:** Each of the ten-towns have various options for lifestyle depending on the availability of services (the town descriptions will have this info). Choose your quality of lifestyle for the week - wretched, squalid, poor, modest, comfortable, wealthy, or aristocratic. You'll pay for your lifestyle upfront.
3. **Choose primary activity:** Choose your primary downtime activity and pay any relevant costs.
4. **Hear rumors:** While resting, your adventuring party learns of three rumors. Some of these rumors may be false, or only mostly true—you'll have to investigate further to see for yourself.
5. **Perform secondary activities:** You can do 2 other small, secondary activities during your week—meet someone, go shopping, plan something etc.

1: Sell Loot

If you found any valuables on your adventure - precious gemstones, golden goblets, fine paintings—you can sell them at the start of your long rest. Some valuables may be too exotic for the average merchant to buy—magic items, archaeological tablets, cursed rings—and you'll need to spend your week searching for a suitable buyer.

2: Choose Lifestyle

Your lifestyle determines the level of comfort you live in during your week and the people you'll be surrounded by. The Lifestyle During A Long Rest table earlier in this chapter shows the lifestyle cost for an adventurer in gold pieces per week, and the condition it leaves you in at the end of it.

Maximum hit points and hit dice. Your lifestyle has a major impact on your health. Once you complete a long rest, update your maximum hit points and starting hit dice to match your lifestyle. These alterations lasts until your next Long Rest is completed.

3: Pick a Primary Activity

You have time to perform one primary activity per week—this is your primary focus for the days ahead. Choose one from the suggestions below, or discuss more options with the DM.

Complications. Some activities might result in unwanted complications. If your activity bears a risk, the DM will ask you to make a roll to see if a complication occurs.

Work for coin	Training
Work for renown	Carousing
Spread rumors	Rest & relaxation
Find a rare merchant	Volunteer work
Sell an exotic item	Criminal activity
Crafting	Run a business
Learn a tool	Perform a service
Research	Learn a language

HOW DOES THIS ACTIVITY WORK?

The activities here are explained in detailed in Xanathar's Guide to Everything and the Dungeon Master's Guide. The DM will help clarify them for you. You can read more about crafting in Xanathar's Guide to Everything as well.

4: Hear Rumors

One party member can attempt a special "rumor" roll, using a Charisma-based skill of their choice. The higher the result, the more rumors you will hear.

5: Two Secondary Activities

A secondary activity is something that only takes a short amount of time to do, from a few hours to a whole day. During a week of long rest, you have enough spare time to do two secondary, minor activities.

Spells

This section describes changes to certain spells.

Auril's Rime Curse

The Frostmaidens curse over Icewind Dale botches spells that produce light. As long as the curse remains, any spell that produces a light source (such as *Light* and *Daylight*) no longer does so. Other effects function as intended.

You could light a fire with the *Bonfire* or *Produce Flame* spells, but the spells do not illuminate their surroundings on their own. If you light a lasting fire with them, such as lighting a torch, or setting fire to a hut or tree, the fire from those will still illuminate the surroundings as normal fire would.

Light and *Dancing Lights* are completely useless as long as the curse remains. They cannot be used in this adventure.

Spells Dealing Psychic Damage

Psychic damage often represent magic that tear at the mind of creatures targeted by the spells. When a player character is targeted by a spell of 1st level or higher that deal psychic damage, the DM might ask them to roll a Sanity saving throw instead of Intelligence or Wisdom. Monsters that are targeted by such spells are assumed to have a Sanity score equal to their Intelligence score, and all aberrations are considered proficient in such saving throws.

Madness Chance. Any effect, including spells, that calls for a Sanity saving throw carries a chance of inflicting madness. If a creature fail their Sanity saving throw by 5 or more, they suffer from a madness effect either determined by the DM as appropriate for the situation, or rolled randomly.

Healing Death Saving Throws

Any spell that heals a target can forego that benefit, and instead restore 1 failed death saving throw to that creature, or to each creature affected, if it can target several creatures.

The Mending Spell

Mending can provide some utility in repairing simple items in the game. Weapons with the Light property can be repaired by the *Mending* spell. Armor sets heavier than light, and weapons without the Light property cannot be repaired by the spell.

Useful Spells for Resting

Some spells are very useful when trying to survive in the wilderness, or for camping.

Alarm

The alarm spell grants the Lookout advantage on checks.

Tiny Hut

A tiny hut grants the Lookout automatic success on checks, in addition to its other effects.

Spells Creating Food & Water

Spells such as *Goodberry* that creates food and water are unchanged, but due to the changes to the Long Rest, casting these spells sacrifices a valuable spell slot that cannot be easily regained until another chance for a Long Rest occurs.

Updated Spells

These spells are slightly enhanced.

Find Familiar

The **Hare** and the **Fox** can be summoned as familiars, in addition to existing choices mentioned in the spell. A Warlock with the Pact of the Chain feature may summon an **Ice Mephit** in addition to the other options listed.

Calm Emotions

This spell can suppress the effects of madness in a creature for as long as the spell lasts, after which, the madness returns.

Lesser Restoration

This spell can remove one short-term madness effect.

Enhance Ability

This spell can enhance the Sanity ability, granting the target proficiency in Sanity saving throws while it lasts.

Bestow Curse

In place of the normal options of this spell, you can afflict the target with a short-term madness effect chosen at random. If you use a spell slot of level 5 or higher, you instead afflict the target with a long-term madness. If you use a spell slot of level 9, you afflict it with an indefinite madness.

New Wizard Spell: Frost Fingers

1st Level Evocation

Casting Time: 1 Action

Range: Self (15 ft. cone)

Components: V, S

Duration: Instantaneous

Freezing cold blasts from your fingertips in a 15-foot cone. Each creature in that area must make a Constitution saving throw, taking 2d8 cold damage on a failed save, or half as much damage on a successful one.

The cold freezes nonmagical liquids in the area that aren't being worn or carried.

At Higher Levels. When you cast this spell using a spell slot of 2nd level or higher, the damage increases by 1d8 for each slot level above 1st.