

# DRINKING AND INTOXICATION

There often comes a time in every adventure when the stress of the journey weighs on the psyche of an adventuring party. Among the many earthly pleasures, one of the most common is the consumption of alcohol. Herein lies a set of rules to simulate the affects of alcohol on humanoids to further immerse your players in the world of Dungeons and Dragons.

## INTOXICATION THRESHOLD

A player's intoxication threshold is equal to their Constitution + their racial modifier + 1. A table of these racial modifiers is contained here.

For instance, a Tabaxi with a Constitution of 12 would have an intoxication threshold of 11. (12 + 1 - 2)

Race	Modifier	Race	Modifier
Aarakocra	-1	Half-Orc	+2
Aasimar	+0	Halfling	+1
Bugbear	+1	Hobgoblin	+1
Centaur	+1	Human	+0
Changeling	-1	Kalashtar	+0
Dragonborn	+2	Kenku	-1
Dwarf	+2	Kobold	-1
Elf	+1	Lizardfolk	+0
Drow	+2	Loxodon	+1
Eladrin	+1	Minotaur	+1
Firbolg	+1	Orc	+1
Genasi	+0	Shifter	+0
Gith	+0	Tabaxi	-2
Gnome	-1	Tiefling	+0
Goblin	-1	Triton	+0
Goliath	+2	Warforged	+5
Half-Elf	+0	Yuan-Ti Pureblood	+0



## DRINK STRENGTH

The alcohol content of any particular drink is represented by an abstract number of Intoxication Points. These numbers are calibrated based on a single unit, or serving, of the drink. For beer, this may be a pint, but for vodka, it's likely just a shot.

Strength	Intoxication Points
Non-Alcoholic	0
Watered-Down	1/2
Weak	1
Moderate	2
Strong	3
Very Strong	4
Deadly*	5

(\* : Consuming a Deadly drink requires a DC 10 Constitution saving throw. Failure on that throw results in being knocked unconscious for 1d6 x 10 minutes.)

## INTOXICATION

After the sum of the Intoxication Points of all the drinks a player has consumed since their last long rest reaches or exceeds their Intoxication Threshold, they become Intoxicated.

For every alcoholic drink consumed while Intoxicated, the player must make a Constitution saving throw with a DC equal to **8 + the strength of the drink + the level of exhaustion**. Failing the throw results in falling unconscious for 1d4 hours. Failing by 5 or more results in gaining a level of exhaustion.

## DETOXING

Any action that heals a player (i.e: Lay on Hands, Potion of Healing), take the amount of health restored, and lose half as many Intoxication Points. Note that you still gain the original amount of health points back as well.

After a short rest, a player loses five Intoxication points. After a long rest, Intoxication Points are reset completely.

If a player had at least one level of exhaustion gained from Intoxication, and no remaining Intoxication Points (for instance after a long rest) they become Hungover.

## HANGOVERS

While hungover, a player has -3 on all Constitution checks, and -2 on all Intelligence checks. After a long rest or being healed, the player no longer has a hangover.

## INTOXICATION PENALTIES

The pleasure of being drunk does not come without consequences, specifically to cognition. Here is a list of penalties a player might receive for excessive intoxication. I recommend DMs adjust this to suit their campaign.

### AT INTOXICATION THRESHOLD

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- +3 to Charisma checks
- -2 on Intelligence checks

### 2 POINTS OVER INTOXICATION THRESHOLD

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- +5 to Charisma checks
- -3 on Intelligence checks
- -3 on Wisdom checks
- -1 on attack rolls

### 5 POINTS OVER INTOXICATION THRESHOLD

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- +5 to Charisma checks
- Disadvantage Intelligence checks
- Disadvantage on Wisdom checks
- -3 on attack rolls

### TWO TIMES POINTS OVER INTOXICATION THRESHOLD

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- +5 to Charisma checks
- Disadvantage Intelligence checks
- Disadvantage on Wisdom checks
- -3 on attack rolls
- +3 to Strength checks
- Advantage on saving throws made against fear
- Three temporary hit points

## ALCOHOL POISONING

Once a player exceeds twice their Intoxication Threshold + 10, they are at risk for Alcohol Poisoning.

The player must make a Constitution saving throw with a DC equal to 16 - their Racial Modifier. Failing that check inflicts the player with the Poisoned condition, and takes 1d6 poison damage every half hour until cured. Alcohol Poisoning can be cured using Activated Charcoal or enough healing to bring their Intoxication Points under twice their Intoxication Threshold.



## ACKNOWLEDGEMENTS & CREDITS

Influence from Unknown @ [https://www.dandwiki.com/wiki/Drinking\\_\(5e\\_Variant\\_Rule\)](https://www.dandwiki.com/wiki/Drinking_(5e_Variant_Rule))

### IMAGES:

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Tankard: <https://www.cleanpng.com/png-beer-glasses-coffee-cup-mug-lsa-gift-beer-tankard-7080254/preview.html>

Skull and Crossbones: <https://www.uihere.com/free-cliparts/skull-and-bones-skull-and-crossbones-drawing-skull-998121>

Bottles: <https://www.uihere.com/free-cliparts/port-wine-champagne-bottle-sketch-bottle-1301344>



# APPENDIX A: DRINKS



Most any drink can be made by simply giving it a name, strength, and serving size. However, I've provided here a list of pre-made drinks.

## BASIC DRINKS

Drink	Strength	Serving Size
Beer	Moderate	1 mug
Ale	Moderate	1 mug
Wine	Moderate	1 glass
Cider	Moderate	1 glass
Mead	Moderate	1 mug
Ale	Varying	1 glass

## SPECIFIC DRINKS

Drink	Strength	Serving Size
Old Fashioned	Strong	1 glass
Margarita	Strong	1 glass
Whiskey Sour	Strong	1 glass
Martini	Strong	1 martini glass
Dark 'n Stormy	Strong	1 glass
Bloody Mary	Moderate	1 glass

## SPIRITS

Drink	Strength	Serving Size
Rum	Very Strong	1 glass
Schnapps	Strong	1 shot
Brandy	Very Strong	1 glass
Gin	Very Strong	1 shot
Whisky	Very Strong	1 glass
Bourbon	Very Strong	1 glass
Sake	Moderate	1 glass
Vodka	Very Strong	1 shot
Absinthe	Very Strong	1 shot
Tequila	Very Strong	1 shot