Movement

Move	2 feet of movement to move 1 foot
Climb	2 feet of movement to move 1 foot
Swim	2 feet of movement to move 1 foot
Drop Prone	No movement or action required
Crawl	Half movement
Stand Up	Halves movement until next turn
High Jump	Jump [3 + Strength modifier] feet high, halved without a 10 foot start
Long Jump	Jump your Strength score in feet, halved without a 10 foot start
Difficult Terrain	Use 2 feet of movement to move 1 foot

Actions

Attack	Make a melee or ranged attack
Cast a Spell	Cast a spell with a casting time of 1 action
Dodge	Until the start of your next turn, all attacks against you are made with disadvantage, and you get advantage on Dexterity saving throws
Use Object	Interact with an object in the environment or use an item's special ability
Search	Search an area for items or information of interest
Grapple	Make a Strength (Athletics) check opposed by either a Strength (Athletics) or Dexterity (Acrobatics) check. On a success, the target is Grappled. Can be done as part of an Attack action if your have multiple attacks
Dash	Double your movement speed for the rest of your turn
Escape	Make a Strength (Athletics) or Dexterity (Athletics) check against a Strength (Athletics) check to escape a grapple
Use Shield	Equip or unequip a shield
Ready	Take an action or move in response to a pre-defined trigger

Actions (cont)

Shove	Make a Strength (Athletics) check opposed by either a Strength (Athletics) or Dexterity (Acrobatics) check. On a success, you may knock the target prone or push it back 5 feet. Can be done as part of an Attack action if your have multiple attacks
Disengage	Prevents attacks of opportunity against you for moving out of an enemy's reach
Help	Grant advantage to an ally
Hide	Make a Dexterity (Stealth) check to hide. May require cover or other obscuring conditions
Use a Class Feature	Some class features require actions to use
Improvised Action	It is possible to perform actions not on this list

Reactions

Opportunity Attack	When an enemy leaves your reach, you may use a reaction to make an attack roll against that enemy
Readied Action	Used as part of the Ready action in response to a pre-defined trigger
Cast a Spell	With a cast time of 1 reaction

Bonus Actions

Offhand Attack	⚙ When you use the Attack action to make an attack with a light weapon, you may take a bonus action to make an extra attack with a light weapon in your off-hand ⚙ Offhand attacks do not add STR modifier to damage
Cast a Spell	⚙ With a cast time of 1 bonus action
Use Class Feature	⚙ Some class features use bonus actions

Conditions

Blinded	✿ You an't see and fail any check that requires sight ✿ Attack rolls against you have advantage, and your attack rolls have disadvantage
Charmed	✿ You can't attack charmer or target it with harmful abilities or magical effects ✿ Charmer has advantage on ability checks to interact socially with you
Deafened	✿ You can't hear and automatically fails any ability check that requires hearing
Fatigued	✿ See Exhaustion, elsewhere
Frightened	✿ You have disadvantage on ability checks and attack rolls while source of fear is within line of sight ✿ You can't willingly move closer to source of fear
Grappled	✿ Your speed becomes 0, and can't benefit from any bonus to speed ✿ Ends if grappler Incapacitated ✿ Ends if effect removes you from reach of grappler
Incapacitated	✿ You can't take actions or reactions
Invisible	✿ You are impossible to see without magic or special senses. You are considered heavily obscured for purposes of hiding, but can be detected by any noise made or tracks left ✿ Attack rolls against you have disadvantage, and your attack rolls have advantage
Paralyzed	✿ You are Incapacitated and can't move or speak ✿ Automatically fail Strength and Dexterity saving throws ✿ Attack rolls against you have advantage ✿ Any attack made from within 5 feet that hits you is a critical hit

Conditions (cont)

Petrified	✿ Transformed into a solid inanimate substance. Weight multiplied by 10. Stops aging. ✿ You are Incapactitated, can't move or speak and are unaware ✿ Automatically fail STR and DEX saving throws ✿ Gain resistance to all damage ✿ Immune to poison and disease
Poisoned	✿ Disadvantage on attack rolls and ability checks
Prone	✿ Can only crawl. Standing ends condition You have disadvantage on attack rolls ✿ Attacks against you have advantage if attacker within 5 feet, otherwise attack roll has disadvantage
Restrained	✿ Speed becomes 0, can't benefit from any bonus to speed ✿ Attack rolls against you have advantage, and your attack rolls have disadvantage ✿ Disadvantage on DEX saving throws
Stunned	✿ Incapacitated, can't move, can speak falteringly ✿ Fail all STR and DEX saving throws ✿ Attacks against you have advantage
Unconscious	✿ Incapacitated, can't move or speak, unaware ✿ Drop what you are holding and fall prone ✿ Fail all STR and DEX saving throws ✿ Attack rolls against you have advantage ✿ Attacks made within 5 feet that hit you are critical hits