Alter Self

2-level transmutation · Concentration

Casting Time: 1 action
Range: Self
Duration: Up to 1 hour

You assume a different form. When you cast the spell, choose one of the following options, the effects of which last for the duration of the spell. While the spell lasts, you can end one option as an action to gain the benefits of a different one.

Aquatic Adaptation. You adapt your body to an aquatic environment, sprouting gills and growing webbing between your fingers. You can breathe underwater and gain a swimming speed equal to your walking speed.

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