

Shield Training



You've trained in the effective use of shields. You gain the following benefits:

- Increase your Strength, Dexterity, or Constitution score by 1, to a maximum of 20.
- You gain proficiency with shields.
- In combat, you can don or doff a shield as the free object interaction on your turn.
- If you have the Spellcasting or Pact Magic feature, you can use a shield as a spellcasting focus.

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