

We are
the Drug
Policy
Alliance.

Your #SaferPartying checklist

You know alcohol and other drugs are part of the music festival and concert scene – and you know that using them carries both pleasures and risks.

We want people to have honest, non-judgmental information about drugs so if they choose to use they'll stay safe and we can all enjoy the music and have fun. Here are 5 things to keep in mind if you're thinking about adding alcohol or other drugs to your party:

#1 Where's your head at?

Before you go out, review your mental state. Are you excited? Nervous about being in a new venue or around strangers? Understanding your set and setting is basic for safer drug use. Compare this to your past experience with alcohol and other drugs (if any). This will help you know what kind of choices make sense for your night out.

#2 Remember, there are laws

Most of the drugs people take at festivals are illegal, regardless of their actual benefits or harms to people. Even with alcohol there are rules about where and when – and what age. Be aware music festivals and concerts are often specially targeted for drug law enforcement.

#3 Test it before you ingest it

Due to our prohibition-based drug laws, whatever product you may choose is coming from an unregulated market. Understand that “my friend says it's okay” or “I trust my guy” could give you a false sense of security. Drug checking kits are available for purchase via DanceSafe or Bunk Police if you don't already have one.

#4 Don't mix intoxicants (but...)

The best plan is to pick one substance for a more controllable experience – or at the very least do one thing at a time. If you know in advance you can't hold to that rule, at least research drug interactions on Erowid.org. Read up on what you're in for and find safer ways to combine.

#5 Have a buddy/ Be a buddy

Talk to a responsible friend about what you're planning and ask them to keep an eye on you. Caveat: this person cannot be going along the same path of indulgence as you. Choose someone who's staying sober or partaking lightly.

Regardless of your state, keep an eye out for others – even those you don't know – who may need some help.