

#Safer Partying

**Promoting public
health and reducing harm
around drug use.**

Produced by:
Drug Policy Alliance
New Mexico office

The truth is, all drugs carry potential risks, so by sharing reliable, accurate information regarding commonly used drugs, we can make sure those around us stay safe and have the best experience possible.

Tips for #SaferPartying

- 1. Use the Buddy System!** A majority of festivals are held outdoors, which means there is wide open spaces and potential hazards. Whenever going to the restroom, the dance floor, or just to explore, bring a buddy.
- 2. Remember, laws still apply at festivals!** No matter if the substance is legal or not, there are still rules about when and where it can be used. Music festivals and concerts are often specifically targeted for drug law enforcement.
- 3. Review your mental state!** When considering if you're going to drink or use other drugs, be sure to check in with yourself. Whether you're at a party for the night, or at a multiple-day festival, if you're tired, nervous, or upset, it is probably not a good time to use substances.

4. Don't mix intoxicants! The best plan is to pick one substance so you are able to control your experience. If you know you're going to do more than one substance, it's safest to taper off one before indulging in the next.

5. Test it before you ingest it! The person you get your drugs from – even if it's a friend – may not know what they have. Many drugs are cut with other substances or are something other than what they are sold as. Drug testing kits can be purchased through DanceSafe and Bunk Police.

MDMA

- Is a psychoactive drug, derived from safrole oil.
- Acts as a central nervous system stimulant, effects resemble both stimulants and psychedelics.
- A standard dose is typically 80 mg - 120 mg. It is recommended to start with half the normal dose to test purity and strength. Wait at least 2 hours before re-dosing.
- Overdosing on MDMA is rare, but it can happen. Beware of the risk of heat stroke and water retention. Be sure not to overheat, but by the same token, be aware of your water intake – stick to 20 ounces per hour maximum.

LSD

- Is a semi-synthetic derivative of lysergic acid.
- Is one of the most commonly used psychedelics, producing visual and auditory distortions and leading to hallucinations.
- A standard dose is anywhere between 50 micrograms – 150 micrograms, typically found in 1 tab or drop. Always dose yourself. Never dose drops on your tongue directly - you may accidentally put additional drops, which you can't take back. One dose of LSD can last 8-12 hours, plan accordingly!
- For LSD and other psychedelic drugs, the setting and people you surround yourself with are an important factor in what the experience feels like to you. If you don't feel safe, or trust the people you are with, don't use LSD.

Cocaine

- Is a naturally derived stimulant extracted and refined from the Coca plant.
- Acts as a central nervous system stimulant.
- A standard dose is typically a small bump, or a line, 100 mg – 150 mg. It is recommended to start with a small amount to gauge strength/tolerance. Wait at least an hour before re-dosing, because it can be easy to get carried away. Purity levels also vary greatly.
- Beware of overheating and over stimulation. Stay hydrated and take some time to chill out. It is important to eat regularly, even if you don't feel hungry.
- Prevent risk of bloodborne viruses: don't share straws or use dollar bills.

Ketamine

- Is a dissociative anaesthetic.
- Produces visual and auditory distortions and a sense of floating and dissociation (feeling detached from reality) in users, but can also act as a psychedelic.
- A standard dose is between 150 mg–300 mg. It is recommended to start with a small amount to gauge strength and your tolerance. Wait at least an hour before re-dosing.
- It is best not to eat within 1.5 hours of dosing, as ketamine can cause nausea and vomiting. Try to remain seated or lying down during the experience.

Cannabis

- Is a plant that contains tetrahydrocannabinol (THC), a psychoactive cannabinoid, as well as an additional 80 non-psychoactive cannabinoids.
- Acts as both a depressant and a stimulant. It can increase the heart rate, blood pressure, and respiration, but many consumers report its effects as relaxing and calming.
- Ingestion can be through inhalation (smoking) or consumption (orally).

Inhalation - You can feel the effects by smoking/vaping right away, and wear off in 20-30 minutes.

Ingestion - You can feel the effects by ingesting edibles in about 1-2 hours, and can last up to 8 hours.

Cannabis, continued

- It is recommended that novice users start with no more than 5 mg and wait at least 2 hours before consuming more. If consuming an edible that isn't labeled with the amount of THC it contains, go slow. Eat a small piece first and allow it to take effect before eating more.
- Be careful with concentrates or dabbing (wax/shatter/hash), as they can contain high amounts of THC, roughly 35 times more THC than are in raw flowers. Take very small doses.

Alcohol

- Is made by a process of fermenting sugar, yeasts, and starches, which produces the intoxicating ingredient, ethyl-alcohol.
- Acts as a depressant, meaning it slows down your central nervous system.
- Tolerance of alcohol can vary greatly from person to person, due to body weight, what you recently ate/drank, and your liver function.
- The standard rule for maintaining a safe blood alcohol level is 1 standard drink in the first hour, and 1 every hour thereafter.
- Do not mix alcohol with opiates as it amplifies their effects and can lead to risk of overdose.

Drug Checking can help you understand exactly what is in the substance that you plan to take.

Organizations such as DanceSafe and Bunk Police sell drug testing kits to the public.

 **DanceSafe.org**

 **BunkPolice.com**

Mixing Drugs results in the potential for them to interact in ways that increase their overall effect. Check out tripsit.me for a reference chart when combining substances.

 **TripSit.me**

Festival Lawyer Tips

Most substances people take at festivals are illegal. If you are stopped by a police officer, always protect your cell phone from the police, and remember the following rules during your encounter:

- 1. Stay Calm.** Know your Rights.
- 2. Leave.** Ask, “Am I being detained? Why? Am I free to go, or am I under arrest?”
- 3. Remain Silent.** “Officer, I am choosing to remain silent. I want a lawyer.”
- 4. Don’t Consent.** “Officer, I am not giving you consent to search me or my property.”
- 5. Document.** Record the encounter.



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More Information



drugpolicy.org



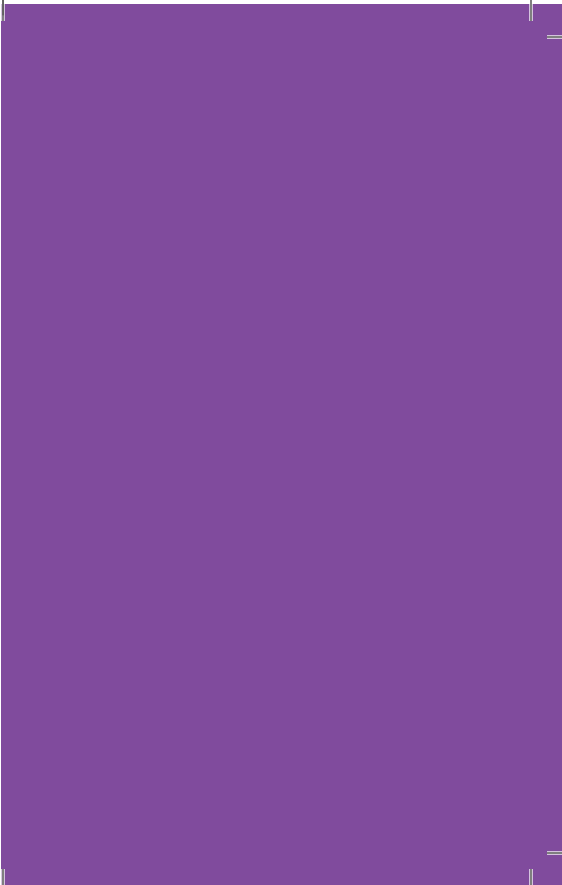
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**We are
the Drug
Policy
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