

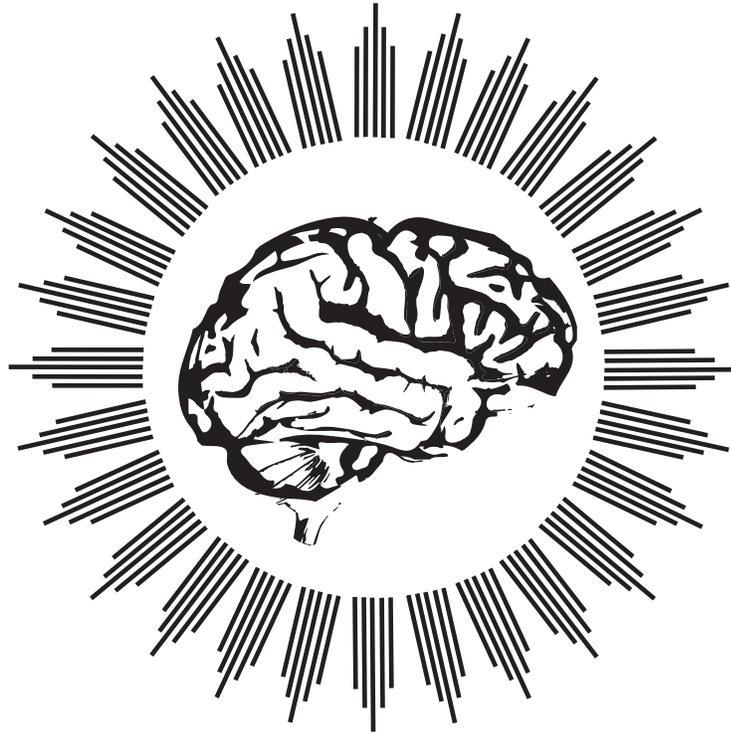


PSYCHEDELIC SAFETY FOR RESPONSIBLE ADULTS

Pre-Launch Checklist

Your regular needs don't go away while you're on drugs!
Intuition is not substitution for preparation for body care.

- Intention & Consent Conversations (if applicable)
- Water & Electrolytes (aim for one liter of water per hour)
- Transportation plans appropriate to sobriety level
- Food that's easy to eat and digest
 - Approximately every 2.5-3 hours for consistent blood sugar levels
- Check the weather! Be dressed not just to impress, but for dynamic temperatures.
- Personal body care
 - Ex: medications, eye drops, sunscreen
- Charged phone w/ emergency contact & timer
- Journaling materials
- Neutral distractions ex. toys, coloring book, portable speaker.
- Safety Plan - Write it down and keep in an accessible location!
 - What you're on, how much you took, & when you took it
 - Personal Emergency Contact
 - Medications - Dosage & Timing
 - Set a timer if necessary!
 - Medical Emergencies - nearest location & contact
 - Sober Sitter (if needed) - either virtually or in person
 - Legal contact & **Know Your Rights card**



Obligatory Disclaimer:

The Psychedelic Safety Alliance does not provide mental healthcare, medical services, or individual consultation on cases. The Psychedelic Safety Alliance is not a substitute for drug treatment or similar services, medical, psychological, or psychiatric diagnosis, treatment, or advice.

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Using psychedelics can pose serious risks to your mental and physical health, and in some cases, using psychedelics can lead to addiction or death. The Psychedelic Safety Alliance does not condone or condemn the use of psychedelics, nor do we encourage you to begin or continue taking psychedelics.

Do not disregard or delay seeking professional advice because of the availability of services or educational materials offered by the Psychedelic Safety Alliance. If you are in a crisis or if you or any other person may be in danger or experiencing a mental health emergency, immediately call 911 (USA) or your local emergency resources. If you are experiencing a medical emergency, please seek medical attention.