

PSYCHEDELIC SAFETY FOR RESPONSIBLE ADULTS

The Safer Psychonaut Dosing Protocol

- 1) Decide your Intention.
- 2) Review your Set & Setting for appropriateness!
- 3) Do research on [Erowid](#) or [PsychonautWiki](#) to establish the dosage range for the intensity of experience you seek
- 4) Determine which Route of Administration (ROA) you will be using and select the lowest possible dose for that route which is likely to deliver on your intention and desired intensity
- 5) Research the pharmacokinetics for that particular substance at that particular ROA to determine and plan for the timing of your experience.
- 6) Check for contraindications with other substances in your system during your experience
- 7) Acquire enough product for 3-4 doses of the size you intend to take, so you can Start Low and Go Slow with your dosing and adjust it later if desired
- 8) Test and measure your product using chemical reagents and fentanyl strips from [Dancesafe](#) or [Bunk Police](#).
- 9) Prepare a Minimum Effective Dose for your intention using quantifiable measurement methods like a milligram scale and/or volumetric measurement

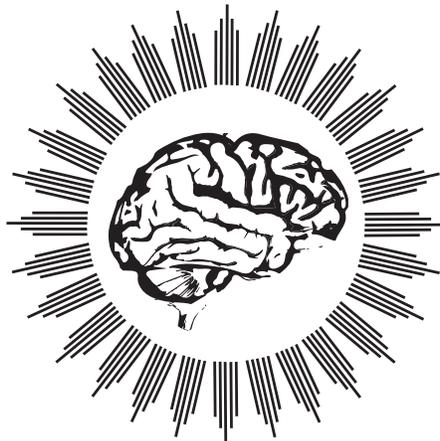
10) Take your psychedelics!

11) Take notes during and after your experience to help with integration and to provide data points for future journeys

12) Reflect on how your experience aligned with your intention and identify any variables you might want to change next time

13) Wait until you have integrated your experience before trying the substance again. If you do take the substance again, changing as few variables as possible between experiences will help you identify your “sweet spot” dose.

If it doesn't take a long time to run through all these steps, pause and check this protocol again. You may have missed something which has an impact on your health and safety.



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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