

## SET & SETTING CHECKLIST

Planning on taking substances, on your own or with others? Before you start your journey, run a cross-check on all these variables. If one of these variables feels off, consider making changes or waiting until another time to take psychedelics.

### SET: Internal Mental & Emotional Environment

- Do you have any current or ongoing mental health challenges, such as depression, anxiety, and/or trauma? Are you in the middle of a period of grief, major stress, and/or a disruptive life transition?
  - If so: Consider that your emotions around these things can come up louder than usual during a psychedelic experience and make your experience difficult. Are you resourced and prepared for that?
  - If NO: Wait until a different time
  - If YES: Make a plan for how you're going to access support if difficult psycho-emotional material comes up. This can include, but is not limited to, having a trusted, sober friend present or the Fireside Psychedelic Crisis Line (62-FIRESIDE in the US) on speed dial to assist with any emergent challenges.

### SET: Internal Physical Environment

- Injuries: Do you have any recent or chronic physical injuries? Disinhibition while you're on psychedelics may make it harder to notice if you're aggravating them
  - If you do have injuries and intend to take psychedelics or other substances anyways, consider the use of wraps, braces, or other protective/supportive equipment
- Biological Clock: Consider timing your experience for when you are normally the most alert. Psychedelics are not a substitute for sleep!
- Sick? Being ill can be distracting and makes it harder to maximize the benefits of a psychedelic experience.
  - If you do intend to take psychedelics while sick, do online research for interactions between the substance(s) you intend to take and any medications you're taking to manage the symptoms (e.g. painkillers, cough suppressants, decongestants) to ensure there are no hazardous contraindications

### SETTING: The Physical Environment Around You

- Sound insulation & noise levels: If you're sound-sensitive or think you might need a chill space at some point, identify/set up spaces you can be quiet and undisturbed during your journey as needed.
- Temperature & Humidity: Do you have all the clothes you'll need to regulate your body temperature and stay comfortable for the total duration of your experience? (Especially relevant when your journey goes from day into night)
- Note any dangerous/sharp obstacles or objects in your environment and remove them if possible. Beware of tripping hazards!
- Transportation (If you plan to be mobile): Do you have a way to get where you need to go during your journey which is appropriate and safe relative to how high you think you'll be?
- Clean and tidy your journey space if possible: External clutter can create internal clutter or an ungrounded vibe
- Pet care needs

### SETTING: Social Environment

- Do you feel safe and comfortable around the other people you're voyaging with? Every single one?
- Clear the air of any lingering interpersonal issues in advance!
- Establish boundaries around discussing difficult topics, physical/sexual contact, and any other potential triggers you or other people in your group may have.

Play safe, have fun, and may the cosmos be ever in your favor.