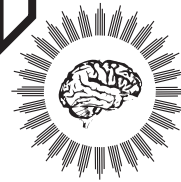


PSYCHEDELIC SAFETY  
ALLIANCE

[PsychedelioSafetyAlliance.org](https://www.PsychedelioSafetyAlliance.org)

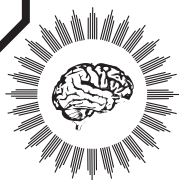
For more resources:



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# Festival Toolkit for Safer Shenanigans

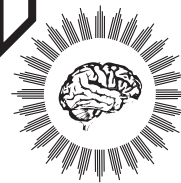
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# Festival Toolkit for Safer Shenanigans

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## The Safer Psychonaut Dosing Protocol

1. Decide your **intention**.
2. Review your **Set & Setting** for appropriateness for that intention
3. Do research on Erowid.org or PsychonautWiki.org to find the **dosage ranges for your substance**
4. **Determine which Route of Administration (ROA) you will use** and select the lowest possible dose for that ROA which is likely to deliver the desired intensity to meet your intention
5. **Identify the timing arc** for that substance at the ROA selected
6. Research potential **interactions** with other drugs or medications you may be on

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## Quick Resources

**Psychonaut Wiki:** A database of information about different substances, including dosage ranges, duration of effects, and safety concerns.

[psychonautwiki.org](http://psychonautwiki.org)

**Drug Combinations:** Resource for seeing which drugs can and can't be combined safely.

[bit.ly/DrugCombos](http://bit.ly/DrugCombos)

**FireSide Project:** A remote psychedelic-specific crisis intervention resource if you or a friend need someone to speak with.

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Dial 62-FIRESIDE in the US

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Dial 62-FIRESIDE in the US

T+ \_\_\_\_  
Physical:

Psycho-emotional:

T+ \_\_\_\_  
Physical:

Psycho-emotional:

T+ \_\_\_\_  
Physical:

Psycho-emotional:

(Continue until end of experience.  
Remember to notate aftereffects!)

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7. **Test your product** using chemical reagents and fentanyl strips from DanceSafe.org

8. **Prepare your dose** using quantifiable measurement methods like a milligram scale and/or volumetric measurement

9. Take your dose, and wait a couple hours before deciding whether to take more: **start low, go slow.**

10. **Take notes** during & after your experience to provide data points for future journeys

11. **Reflect** on how your experience aligned with your intention and identify any variables you might want to change next time

12. **Wait until your tolerance has reset, your body has recovered, and you have integrated your experience**, before trying the substance again

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13. 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 while to run through all these steps, pause and check this protocol again. You may have missed something which can have an impact on your fun, health, or safety.



T+\_\_\_  
Physical Experience:

Psycho-emotional Experience:

T+\_\_\_  
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## 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

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**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

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## Cosmic Voyage Journal Template

What else did you take today? Include all supplements, medications, & other substances:

MealTimes: \_\_\_\_\_  
\_\_\_\_\_

Substance \_\_\_\_\_ Dosage \_\_\_\_\_  
Route of Administration \_\_\_\_\_  
Launch Time \_\_\_\_\_

Set timed intervals for updates (ex. 30 minutes).

T+ 0:00  
Physical Experience:

Psycho-emotional Experience:

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

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objects in your environment and remove them. 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.**

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## Overdose Response: SAVE ME

- ❖ **Stimulate:** Speak loudly, rubbing sternum & pinching skin. Unresponsive? Call 911.
- ❖ **Airway.** Check airway; tilt head and lift chin to open.
- ❖ **Ventilate.** 1 breath every 5 seconds, using CPR mask. If their heart has stopped, administer CPR to tune of "Staying Alive" (100 compressions/minute)
- ❖ **Evaluate.** Are they now breathing?
- ❖ **Medication.** 1 dose naloxone (spray in nostrils or direct IM dosage) & write down time.
- ❖ **Evaluate & support.** Naloxone takes 2-5 minutes to work. Wait 3-5 minutes while continuing rescue breaths (approximately 40.) If no change, administer second naloxone dose.

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## Crisis Protocol

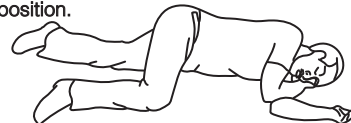
It can be difficult to remember what to do when you encounter a person in crisis, especially when psychedelics are involved! This quick reference guide, developed with our circle of medical experts, can help guide decision making in the field about whether the person is experiencing a medical crisis and needs more advanced medical attention from festival medics, or if their crisis is psycho-emotional in nature, and would be best assisted through emotional support. This is intended as a quick reference only, and is not a substitute for first aid or other medical training.

### Is It Danger or Discomfort?

Check for these survival basics.  
Are they:

- ❑ 10-20 breaths/min.
- ❑ 50-120 beats/min.
- ❑ PWD: Pink skin tone (inside lip or under fingernails for darker skin, Warm to the touch, & Dry (not sweating profusely)
- ❑ Responsive to rousing techniques

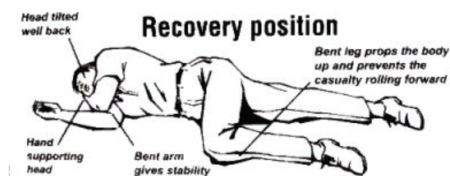
If not, or in doubt: call for medical, clear airways of obstructions, & place in recovery position.



CPR rhythm if no heartbeat: 30 chest compressions for every 2 rescue breaths to rhythm of "Staying Alive" until help arrives.

## How to Recognize an Opioid Overdose

- ❑ Not moving & not responsive to attempts to awaken
- ❑ Slow, erratic, or no breathing (under 10 breaths/minute]
- ❑ Slow, erratic, or no heartrate (under 50 beats/minute)
- ❑ Tiny, "pinpoint" pupils
- ❑ Blue/gray lips & nailbeds
- ❑ Cold, clammy skin



If you have to leave the person unattended to seek help, place in recovery position. Naloxone only temporarily reverses an overdose, and wears off within 20-90 minutes. They can still overdose. Stay with the person until EMTs arrive. Request help from other staff or bystanders if needed.

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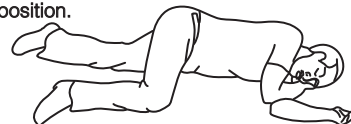
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Difficult is not necessarily the same as bad. If someone is experiencing a psycho-emotional crisis, remember the following:


- ❖ Avoid negative framing of the experience.
- ❖ Be: Calm, Patient, Kind, Non-judgmental
- ❖ Sitting, Not Guiding:
- ❖ You are their anchor, not the steering wheel.
- ❖ The only way out is through:
- ❖ Talk through, not down.
- ❖ Be noninvasive and unattached to the outcome.
- ❖ During difficult moments, reminders to breathe can be helpful

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## Nonverbal Communication Guide

Use this diagram when interacting with someone who is responsive but too altered to talk to help them answer your questions and share their needs.

 yes		 no	
? I don't know			
 help		? other	
 water	 food	 toilet	
 medical	 police	 lost	

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