

AKA: BUD, CHOOF, CONES, DOPE,  
GANJA, GRASS, GREEN, MARIJUANA,  
WEED, YARNDI.

# CANNABIS



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**Hi-Ground**

Cannabis is an annual, flowering herb. Cannabis plants produce a group of chemicals called cannabinoids, which produce mental and physical effects when consumed. In Australia, it is understood as a prescribed medicinal treatment, accessible through your GP.

**Compound:** The main active component in Cannabis is DELTA-9- TETRAHYDROCANNABINOL (THC). One of the other key components is CANNABIDIOL (CBD).

## ADMINISTRATION

Cannabis is most commonly smoked but can also be vaporised, eaten, infused into food and beverages, tinctures, topicals, patches and ingesting raw cannabis.



## DURATION OF EFFECTS

	INHALING	INGESTING
<b>TOTAL</b>	1-6HRS	6-12HRS
<b>ONSET</b>	0-10MINS	0.5-2HRS
<b>PEAK</b>	15-30MIN	0.5-4HRS
<b>COME DOWN</b>	1-2.5HRS	4-8HRS
<b>AFTER EFFECTS</b>	6-24HRS	2-24HRS

## HALF LIFE

Even though the apparent effects of the drug wear off after a few hours the half life for THC/CBD can be far longer. This builds up over time and regular cannabis users may have the drug and its metabolites in their system for days and even weeks after stopping.

## DRUG TESTS

**Roadside Police:** THC (Cannabis) is tested for in roadside drug tests and is detectable in saliva tests for 24-48hrs+. In Australia, it's illegal to drive with any amount of THC in your system.

## MOST COMMON EFFECTS

Laughter, Physical relaxation, Increased appetite – “Munchies”, Slowed reflexes, Sleepiness/lethargy, Blood shot eyes, Dry mouth – “pasties”, Loss of coordination, Coughing, Pain relief, Euphoria, Deeper connection to music, Stress relief, Increased creative, philosophical and abstract thinking, Distorted perception of time, Loss of coordination.

## LESS COMMON EFFECTS

Distorted vision, Stimulation, Agitation, Nausea, Asthma, Dizziness/headaches, Paranoia, Mood lift, Confusion.

## RARE EFFECTS

Fear/panic, Mild hallucinations, Psychosis or psychotic episode, Racing thoughts, Anxiety, Vomiting

## POSSIBLE LONG-TERM EFFECTS

Short term memory loss – linked to periods of frequent use, Possible psychological dependence, Precipitation or exacerbation of latent or existing mental health issues, Cannabis smoking can contribute to respiratory issues, Heavy cannabis use may have a negative impact on brain development in adolescents and teenagers.

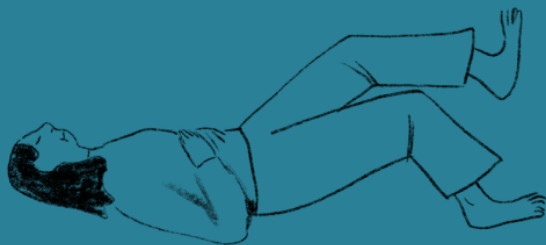
## SAFER USING

If you are new to edible cannabis or cannabis, start low by consuming an edible cannabis product with no more than 2.5 mg of THC. For smoking or vaping cannabis, start with a product that contains no more than 100 mg/g (10%) THC content.

- Strength varies greatly from source to source so dosage will vary. A couple of puffs of a joint may be more than enough to feel the effects.
- It's always a good idea to start with a small dose.
- Some people find that it's also better to start with a joint rather than bongs as it is easier to monitor dose ie. a bong will deliver a full hit in one go which can be overwhelming to first time users.
- Consider carefully before redosing as it is easy to get carried away.
- Cannabis grown hydroponically can be stronger than cannabis grown outdoors in the ground. However be mindful you can also get very strong outdoor grown weed if it contains high levels of THC.
- Clean your smoking devices by soaking in boiling water for a few minutes.
- It is best not to hold smoke in your lungs longer than 3-5 seconds. It takes this long to absorb the maximum amount of THC and holding your breath for longer will not make the effects stronger.

AKA: BENZO, BENZODIAZEPINE,  
BZ, DOWNER, MOGGIES, NORMIES,  
ROHYPNOL, SERRAS, SLEEPERS,  
TRANX, VALIUM, VALS, XANAX,  
XANNIES, XANS

# BENZØ — DIAZEPINE Ø



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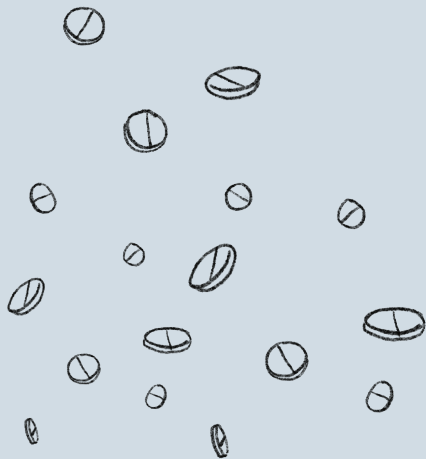
**Hi-Ground**

Benzodiazepine is the name of the drug group. Benzos, are a class of central nervous system depressant drugs that are generally prescribed for the management of anxiety disorders, insomnia, alcohol withdrawal, and seizures. Some benzos are often used to self-medicate, particularly at the end of a big weekend, or for recreational purposes.

**Compound:** ALPRAZOLAM (XANAX®), DIAZEPAM (VALIUM®), TEMAZEPAM (TEMAZE® OR NORMISON®), CLONAZEPAM (KLONOPIN®) OXAZEPAM (SERAX® OR SERAPAX®), FLUNITRAZEPAM (ROHYPNOL®)

## ADMINISTRATION

Most commonly swallowed but can also be shelved, snorted or injected.



## MOST COMMON EFFECTS

Muscle relaxation, Decreased breathing rate, heartbeat & body temperature, Decreased motor skills and lack of coordination, Increased risk of falling over due to decreased motor skills, Euphoria, Decrease of tension, anxiety, sadness, panic, Relaxation.

## LESS COMMON EFFECTS

Slurring of speech or stuttering, Dry mouth, Nausea and vomiting, Headache, Seeing double or blurry eyesight, Physical dependence, Confusion, Impaired thinking

## RARE EFFECTS

Tremors (shakiness), Vertigo, Unconsciousness, Constipation, Hypotension or hypertension (rare), Risk of suffocation due to unconsciousness

## DURATION OF EFFECTS

There are several different drugs that are included in this class, and they each have different effects. There are three types of benzos; long, intermediate and short acting and they all differentiate between the onset, peak and total durations. As a general rule, short-acting benzos have stronger withdrawal or 'come down' effects and can be more addictive than long-acting ones.

## DRUG TESTS

**Drug Checking:** The pharmaceutical market is regulated and because of this pills are made to a very high standard. When sourcing from a dealer you could encounter counterfeit pills, unknown substances and Fentanyl overdoses have been linked to counterfeit pharmaceutical pills such as benzodiazepines like Xanax or Valium. Marquis, Mecke and Ehrlich reagent kits can test for Fentanyl, as will Fentanyl test strips.

## SAFER USING

- Benzos vary in their effects; just because you've had Valium, does not mean you know what Xanax is like. Approach all new benzos with caution and research information online around doses for different types of benzos.
- Benzos generally remain in your system (bloodstream) long after the apparent effects have worn off. Keep this in mind before considering re-dosing or using other drugs.
- Avoid driving under the influence as the effects can make this very dangerous.
- There is a significant risk of developing a dependence on benzos, especially with extended use. Withdrawal from benzos can be very difficult.
- A single pill generally contains a dose within the effective therapeutic range.
- If unsure what the strength of the tablet is, or to test for possible hypersensitivity or allergies to benzos, it is safer to take half or quarter of a pill to test the effects.
- 'Maximum safe dose' is person-specific and dependent on current opioid exposure, as well as on whether the person takes benzos regularly and has a tolerance or is dependent on them.
- Consider carefully before redosing as it is easy to take too much.
- Always research your drugs from a reliable source

Example of standard doses of some common benzos:

- Alprazolam (Xanax®) - 1mg - 10mg daily
- Diazepam (Valium®) - 2mg-10mg 3-4x per day
- Temazepam (Temaze®) - 7.5mg-30mg daily
- Lorazepam (Ativan®) - 2mg-6mg per day

**AKA: BLOW, CHARLIE, COKE,  
COLA, NOSE BEERS, NOSE  
CANDY, POWDER, RACK,  
SNOW, TOOT, YAY-YO**

# COCAINE



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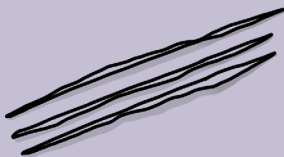
**Hi-Ground**

Cocaine hydrochloride is a crystalline white powder produced by adding hydrochloric acid to coca leaf paste. Cocaine is a short acting stimulant that acts on the CNS (central nervous system) speeding up heart rate and breathing.

**Compound:** BENZOYLMETHYLECGONINE HYDROCHLORIDE

## ADMINISTRATION

Most commonly intranasal (snorted) but can also be shelved/plugged (rectal), injected intravenously (IV) or swallowed.



## DURATION OF EFFECTS

	INTRANASAL
<b>TOTAL</b>	45MINS-1.5HRS
<b>ONSET</b>	5-10MINS
<b>PEAK</b>	20-40MINS
<b>COME DOWN</b>	10-30MINS
<b>AFTER EFFECTS</b>	1-4HRS

## HALF LIFE

Even though the apparent effects of the drug wear off after 1 hour, the drug is still active in your system for up to 2 hours after you have taken it. Remember this if using other substances or redosing.

## DRUG TESTS

**Roadside Police:** Cocaine is tested for in roadside drug tests and is detectable in saliva tests for 24 to 72 hours.

**Drug Checking:** DIY reagent tests can be used with cocaine.' Robadope, Mecke, Liebermann, Ehrlich, and Scott can be used to positively identify cocaine and to rule out meth/amphetamines, cathinones, lidocaine, levamisole and less predictable/desirable, highly toxic dangerous drugs.

## MOST COMMON EFFECTS

Increased energy, Insomnia, Increased heart rate/ blood pressure, Dilated pupils, Increased body temperature, Sweating, Decreased appetite, Euphoria, Increased confidence and/or sense of self-importance, Increased or decreased sex drive, Confusion

## LESS COMMON EFFECTS

Nasal tissue damage, Irritability / Aggression, Increased focus, Fear, Anxiety

## RARE EFFECTS

Risk of seizure, stroke or heart attack, Psychosis, Excited delirium syndrome, Paranoia Hallucinations (caused by sleep deprivation)

## SAFER USING

Taking drugs is never without risk. In an unregulated market it's impossible to know the purity or dose of any drug.

Light: 10 – 30 mg

Common: 30 – 60 mg

Strong: 60 – 90 mg

- Start with a very small amount to gauge strength and assess your sensitivity.
- Give it plenty of time to work – it may take longer than you expect for the effects to come on
- Due to the potency of cocaine, it is often used in small doses or 'bumps' rather than in one large amount, such as a line, and enters the bloodstream via the membrane inside the nostril..
- Try to set a limit of how much you want to use and what time you plan to stop to avoid taking too much.
- Crush the powder so there's no crystals (sparkles can cause little cuts).
- Snort water before and after to avoid damaging the protective lining in your nose
- Use your own clean straw/spoon for snorting to prevent the risk of infection, 'Snorter' warts (HPV), or BBV transmission (e.g. hepatitis C) via microscopic amounts of blood
- Do not use money – it is covered in bacteria.
- Repeated snorting can damage the membranes of the nose leading to possible permanent damage to the septum (the middle bit). It can lead to frequent nosebleeds and runny nose, loss of smell, and problems swallowing
- Switch nostrils regularly and give your nose a break.

AKA: K, KET, KETTERS, KITKAT,  
SPECIAL K, VITAMIN K



# Ketamine

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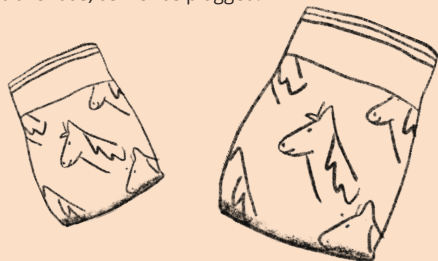
**Hi-Ground**

Ketamine is a dissociative anaesthetic with psychedelic properties, used for medical, therapeutic and recreational purposes. Ketamine is liquid in its original form but it is commonly sold as a white powder for recreational use.

**Compound:** KETAMINE HYDROCHLORIDE  
2-(2-CHLORO-PHENYL)-2-METHYLAMINOCYCLOHEXANONE

## ADMINISTRATION

Most commonly intranasal (snorting) but can also be swallowed, intramuscular injected (less commonly intravenous) as well as plugged.



## DURATION OF EFFECTS

	INTRANASAL
<b>TOTAL</b>	1-2HRS
<b>ONSET</b>	5-15MINS
<b>PEAK</b>	20-60MINS
<b>COME DOWN</b>	30-60MINS

## HALF LIFE

The felt effects of the drug wear off after approx 2 hours, but it's still active in your system for 3 hours. Remember this if mixing with other drugs.

## POSSIBLE LONG-TERM EFFECTS

Risk of psychological dependency, Cognitive impairments including memory problems, Severe degeneration of the bladder and urinary tract including ketamine bladder syndrome.

## DRUG TESTS

**Roadside Police:** Roadside saliva tests do not look for ketamine but other substances can be detected that might have been cut into your ketamine. Wait at least 24 hours before driving.

**Reagent Checking:** Mandelin reagent has been used to test ketamine in the past, but it is often inconsistent and can produce similar reactions with many other drugs besides ketamine. Morris reagent is the first reagent capable of distinguishing ketamine from other dissociatives.

## MOST COMMON EFFECTS

Pleasant body and mental high, Numbness, Loss of coordination and motor skills, Slurred speech, Reduced heart rate and breathing, particularly when combined with central nervous system depressants, Euphoria / meaningful spiritual experiences, Increased feeling of disconnectedness from the world and people in it, A peculiar feeling of loneliness, Sense of calm and serenity, Abstract and disjointed thinking, Dissociation of mind and body, Confusion and disorientation, Distortion, loss of time

## LESS COMMON EFFECTS

Increased energy, Increased heart rate, Loss of consciousness, Increased or decreased blood pressure, Nausea and vomiting, Urinary incontinence, pain during urination, urinary tract infection, passing blood in urine, Anxiety or panic, caused by confusion or dissociation, Visual hallucinations, Paranoia, Shifted perception of reality, Enhanced sense of connectedness with the world and people in it, Change in sensory perception – can be frightening

## RARE EFFECTS

Seizure, Heart Palpitations, Headache, Amnesia, Delirium, Nightmares, Megalomania (feeling like the centre of the universe), Out-of-body experience

## SAFER USING

Taking drugs is never without risk. In an unregulated market it's impossible to know the purity or dose of any drug. Depending on administration and purity, a standard dose of ketamine is anywhere from 20 to 200mg. Because of this huge variation, it is best to:

- Start with a very small amount to test the strength.
- Give it time to feel the effects before redosing, it can quickly become too much.
- Due to its potency, ketamine is commonly used in small doses ('bumps') rather than larger amounts ('lines').
- If injecting- especially IV- only have SMALL amounts as it comes on IMMEDIATELY and you usually k-hole right away.
- Eating within 1½ hours prior to using ketamine can cause nausea & vomiting
- Have a sober friend present
- Be seated, especially with higher doses due to the effects on coordination
- If redosing, wait at least 2 hours
- Ketamine can increase the chance of developing problems with your urinary tract, do not use if you have an infection or sensitive to getting them.
- There have been instances of methoxetamine (MXE) being sold as ketamine in Australia. MXE is much more potent and lasts much longer than ketamine.



AKA: ACID, ALICE, BLOTTERS, CID,  
CUBES, DOTS, DROPS, LIQUID,  
LUCY, MICRODOTS, TABS, TRIPS



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LSD, or lysergic acid diethylamide, is a psychedelic drug derived from a substance found in ergot, which is a fungus that infects rye (grain). LSD is an extremely powerful hallucinogen, and has immense therapeutic, spiritual and cultural potential. In its pure state, LSD is a white odourless crystalline substance. However, being so potent, an effective dose of pure drug is so small it is virtually invisible. As a result it is usually diluted with other materials.

**Compound:** LYSERGIC ACID DIETHYLAMIDE - C20H25N3O

## ADMINISTRATION

Sublingual (under the tongue) or swallowed is most common.

## DURATION OF EFFECTS

<b>TOTAL</b>	6-12HRS
<b>ONSET</b>	20-90MINS
<b>PEAK</b>	3-6HRS
<b>COME DOWN</b>	3-5HRS
<b>AFTER EFFECTS</b>	2-5HRS



## HALF LIFE

Although the effects may seem to have worn off after 8 hours, the drug is still active in your system for another 5 hours and effects may linger until you have slept.

## MOST COMMON EFFECTS

Visual hallucinations, Sensory enhancement (taste, smell, touch), Muscle tension, Increased sweating / heart rate, Difficulty regulating body temperature, Dilated pupils, Unusual body sensations (chills, goosebumps, tingling), Feeling numb, Euphoria, Mood lift, Meaningful spiritual experiences, Uncontrollable laughter, Downward spiraling thoughts and emotions, Confusion, Anxiety, Distorted perception of time

## LESS COMMON EFFECTS

Synaesthesia (tasting colour, seeing sounds etc.), Increased salivation and mucus production (irritable coughing for some, Nausea – especially during onset, Dizziness, Yawning (but not tired), Lethargy (feeling heavy), Increased awareness and appreciation of music, Feeling of oneness with the universe and all beings within it, Blurred boundaries between self and others, Increased creative thinking, Increased lateral thinking and problem solving, Increased suggestibility

## RARE EFFECTS

Psychosis or psychotic episode, Paranoia, fear and panic

## POSSIBLE LONG-TERM EFFECTS

Psychedelic drugs may lead to the onset of schizophrenia and other mental health issues if you are genetically predisposed.

## DRUG TESTS

**Roadside Police:** LSD is not detectable by a saliva test. It is illegal to drive under the influence of any illicit drugs, including LSD and any driver may be subject to a roadside behavioural impairment test. Wait at least 24 hours before driving.

**Reagent Testing:** Ehrlich reagent reacts with LSD.

## SAFER USING

For psychedelic drugs, set and setting are very important in determining the nature of the experience. It is better not to take LSD if you don't feel well (physically or emotionally) or feel uncomfortable/unsafe (environment, people, crowds). LSD can enhance these feelings.

- LSD is highly potent, a single tab, cube or drop usually contains around 100-200 micrograms (µg) dose range and produces significantly altered states of consciousness.
- LSD is tasteless, more physically harmful substances such as the NBOMBe series are sometimes sold as LSD. Follow the mantra “if it's bitter, it's a spitter” and remove the tab from your mouth if it has a bitter, chemical taste - it is likely your tab isn't LSD.
- It is best to have a sober friend or experienced user present (trip sitter), especially when it is your first time
- Eat something and wait 30 minutes before using
- Have snacks and water ready for the journey, wear comfy clothes, check in with yourself to prepare for the experience.
- Always dose yourself. This way you know how much you are taking.
- You can cut tabs into smaller pieces to make smaller doses if you are unsure of potency.
- Avoid dosing drops directly onto your tongue. You may accidentally put more drops which cannot be adjusted or undone.
- You can add a cube or a tab to water to split a dose evenly (mix well & keep sealed/ labelled).
- Do not attempt to get in the car and drive. Make sure you find a safe alternative.
- Try to make sure you haven't got anything important to do the next day - You may need some recovery time from the experience
- Try not to make any big decisions about life or people during the experience or until you have fully 'landed'
- Research 'Integration', which is an ongoing process afterward to translate your psychedelic experience to have a positive impact in your life.

AKA: BICKIES, CAPS, ECCIES,  
FLIPPERS, GINGER, GOOGS, M, MD,  
MOLLY, PILLS, PINGAS, X, XTC



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'MDMA, the intended active ingredient of ecstasy, is a psychedelic stimulant. It belongs to a family of drugs called entactogens/empathogens, which means "touching within." MDMA was first synthesized in 1912 by Merck Pharmaceuticals in Germany. The recreational use of MDMA did not begin until the 1970s. Before it was made illegal in the mid 1980s, MDMA was a therapeutic medicine. Clinical studies are currently underway using MDMA in combination with psychotherapy to treat Post Traumatic Stress Disorder (PTSD), anxiety and depression. Due to the popularity of MDMA within the dance scene, demand often outweighs supply, leaving the market open for adulterants and substitutes. Ecstasy/or MDMA caps can contain additives or substitutes like PMMA or BZP (benzylpiperazine) which can cause a variety of side effects ranging from unpleasant to dangerous.'

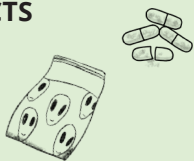
**Compound:** 3,4-METHYLENEDIOXYMETHAMPHETAMINE

## ADMINISTRATION

Most commonly swallowed but can also be snorted or shelved (rectal).

## DURATION OF EFFECTS

<b>TOTAL</b>	4-6HRS
<b>ONSET</b>	20-90MINS
<b>PEAK</b>	2-3HRS
<b>COME DOWN</b>	1-2HRS
<b>AFTER EFFECTS</b>	2-72+HRS



## HALF LIFE

Even though the effects of the drug may wear off after 5 hours, the drug is still active in your system for 10 hours after you've taken it. It is important to remember this if planning on taking other substances.

## MOST COMMON EFFECTS

Increased energy, Decreased appetite, Dilated pupils, Increased tactile and visual sensitivity, Dry mouth, jaw clenching and teeth grinding, Nausea and vomiting, Restlessness, Increased heart rate, blood pressure, body temperature, Delay or difficulty reaching orgasm, A sense of inner peace and acceptance, Mood lift, euphoria Increased love and empathy, Feelings of comfort, belonging and closeness with others Increased desire to communicate, Decreased fear, anxiety and insecurities

## LESS COMMON EFFECTS

Visual distortions, Involuntary eye wobbles, Erectile dysfunction, Reduced vaginal lubrication, Increased or decreased sexual satisfaction, Headache, Dizziness or loss of balance, Life changing spiritual experiences, Increased emotional sensitivity

## RARE EFFECTS

Psychological crisis (psychotic episodes, panic attacks, etc), Short term memory loss or confusion, Bright and intense sensations or mild visual hallucinations

## POSSIBLE LONG-TERM EFFECTS

Cognitive impairments including memory problems, Kidney failure, Risk of psychosis, Depression, Anxiety, Cardiovascular complications.

## DRUG TESTS

**Roadside Police:** MDMA IS tested for in roadside drug tests and is detectable in saliva tests for 24 to 72 hours after use.

**Drug Checking:** Lab-quality testing with a spectrophotometer is the best way to test and has been trialled in Australia, however it is not available as a permanent health service yet (only ACT). DIY reagent testing is an option. You need a three-step kit to identify MDMA and MDA in Ecstasy tablets and Molly. You need three reagents to be sure (Marquis, Simon's and Froehde).'

## SEROTONIN SYNDROME

Taking MDMA increases the level of serotonin available in your brain, which is what gives the drug it's enjoyable effects. However, having too much serotonin available in your brain can be very harmful or even fatal, and sometimes leads to what is known as Serotonin Syndrome. Serotonin Syndrome can be caused from taking MDMA alone however the risk is dramatically increased when combining MDMA with certain other drugs, antidepressants or supplements that also increase serotonin levels.

## SAFER USING

Taking MDMA increases the level of serotonin available in your brain, which is what gives the drug it's enjoyable effects. However, having too much serotonin available in your brain can be very harmful or even fatal, and sometimes leads to what is known as Serotonin Syndrome.

- Use around friends/people you trust and in a safe environment – somewhere you feel comfortable
- Remember to eat well then wait 20-30 minutes before use
- Avoid being in +30 heat when MDMA is in your system
- Be aware of overheating and try to cool down & chill out regularly
- Remember to keep your fluids up but don't drink too much – 1 cup of water (250ml) p/h when resting & up to 500ml p/h when dancing or active
- After 2-3 hours / half way through to keep your electrolytes up (soup / smoothies is good for this)
- If redosing, wait at least 2 hours
- If you take ecstasy on a regular basis, you may be releasing and depleting your serotonin before it has a chance to fully replenish itself. This means you will be operating on lower-than-normal serotonin levels and this can lead to or worsen existing depression symptoms.
- **3 MONTH RULE!** It is recommended that you leave at the very least 1-2 months between uses, ideally 3 months.
- It is not recommended to use MDMA if you have or are at risk of: Heart conditions, Hypertension, High blood pressure, Pre-existing mental health issues, Anxiety and Insomnia

AKA: BALLOONS, BULBS, HIPPY  
CRACK, LAUGHING GAS, N<sub>2</sub>O,  
NANGS, NITRO, NOS, WHIPPETS



# NITROUS OXIDE <sup>N<sub>2</sub>O</sup>

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**Hi-Ground**

Nitrous Oxide (N<sub>2</sub>O) is a colourless gas that is commonly used for sedation and pain relief. It is also used by people to feel intoxicated. When inhaled, it causes rapid analgesia (pain relief), euphoria, mild sedation & psychedelic dissociation.

**Compound:** NITROUS OXIDE

## ADMINISTRATION

The gas is inhaled. Most people use a cream whipper to extract the pressurised gas from the bulb. It is recommended to release the gas into a balloon rather than take it directly from the cream whipper.

## DURATION OF EFFECTS

<b>TOTAL</b>	1-5MINS
<b>ONSET</b>	0-60SECS
<b>PEAK</b>	1-5MINS
<b>COME DOWN</b>	10MINS
<b>AFTER EFFECTS</b>	15MINS



## HALF LIFE

Even though the apparent effects of the drug wear off after 5 -10 minutes, the drug is still active in your system for up to 15 minutes after you have taken it. Remember this if using other substances or redosing.

## DRUG TESTS

**Roadside Police:** Roadside saliva tests do not look for nitrous. It is illegal to drive under the influence of any illicit drugs, including nitrous oxide and any driver may be subject to a roadside behavioural impairment test. It is very rapidly metabolised wait at least 2 hours before driving.

## MOST COMMON EFFECTS

Trance-like sensation, Auditory hallucinations, Dissociation, Reduces vitamin B12 Levels, Kaleidoscopic visual effects, Mild euphoria, Clumsiness I loss of motor control, Reduced awareness of external stimuli, Feeling numb, Headaches, Mood lift, Confusion, Distorted perception of time, Uncontrollable laughter

## LESS COMMON EFFECTS

Nausea, Reduced anxiety, Buzzing sensation in fingers/toes, Synaesthesia

## RARE EFFECTS

Psychosis or psychotic episode, Paranoia, fear and panic, Numbness in fingers, nose, lips, and toes with extended use

## POSSIBLE LONG-TERM EFFECTS

Depletion of vitamin B12 can cause numbing of fingers, toes, and nerve endings. This can be addressed by increasing the intake of B12 supplements. If left untreated, B12 deficiency can lead to long-term damage

In a small number of cases, extended nitrous use has been followed by psychosis. This was thought to be due to vitamin B12 deficiency, as B12 supplementation plus time in care resulted in resolution of effects

Exposure to nitrous oxide has been linked to lower fertility rates in women

## SAFER USING

- Try to use it in a safe environment with friends and people you trust - somewhere you feel comfortable.
- Each bulb contains 8 grams of nitrous oxide, the average amount used during the course of a session is 1-5 cartridges/bulbs or 1-5 balloons. Only a couple of inhalations from a balloon is needed to absorb most nitrous.
- Although nitrous has a very short duration, it can cause blackouts in some people and in high doses. Sit or lie down when using it as it can affect your ability to stand.
- Take breaks between sessions & breathe lots of fresh air between inhalations.
- Releasing the nitrous oxide into a balloon helps to warm the gas and normalise the pressure before inhaling.
- The gas is freezing (-40C degrees) & can cause frostbite to the nose, lips and throat (including vocal cords).
- The gas is under constant pressure, it can cause ruptures in lung tissue when inhaled directly from these containers.
- Use cotton balls or pieces of fabric to filter out possible metal particles from the bulbs when inhaling directly from the cream whipper.
- If using a small handheld cracker, always put into a balloon and do not directly inhale. You can get frostbite and internal burns from direct using.
- Avoid sharing balloons and cream whippers to reduce the risk of transferring bacteria and viruses like herpes to one another.
- Make sure you are breathing oxygen and not blocking your airway while high. Oxygen deprivation does not increase the high.
- For instructions on filtering cream chargers check out DanceWize NSW's nangs guide

AKA: BLUE MEANIES, FOOD OF  
THE GODS, FUNGUYS, GOLD  
TOPS, GOLDIES, LIBERTY CAPS,  
MAGIC MUSHROOMS, MUSHIES,  
SHROOMS



# PSILO CYBIN

Disclaimer: This resource is produced  
by Hi-Ground & DanceWize. In an  
unregulated market it's impossible  
to know the purity or dose of any  
substance, educate yourself and  
practice harm reduction to reduce  
this risk. For more information visit  
[www.hi-ground.org](http://www.hi-ground.org)

Supported by: QuIVAA & QuIHN

**Hi-Ground**

**Psilocybin** is a naturally occurring psychedelic prodrug compound produced by more than 200 species of mushrooms, collectively known as psilocybin mushrooms or more commonly-magic mushrooms. As a prodrug, psilocybin is quickly converted by the body to psilocin, which has mind-altering effects similar, in some aspects, to those of LSD, mescaline, and DMT. Nearly all of the psilocybin containing mushrooms are small brown mushrooms easily mistaken for any number of non-psychoactive, or poisonous mushrooms in the wild. This makes identifying true magic mushrooms not only difficult, but potentially hazardous and possibly lethal.

**Compound:** PSILOCYBIN (4-PHOSPHORYLOXY-N,N-DIMETHYLTRYPTAMINE)

## ADMINISTRATION

Swallowed



## DURATION OF EFFECTS

<b>TOTAL</b>	4-9HRS
<b>ONSET</b>	15-120MINS
<b>PEAK</b>	2-3HRS
<b>COME DOWN</b>	1-3HRS
<b>AFTER EFFECTS</b>	0-6HRS

## HALF LIFE

You may feel that the effects of the mushrooms may seem to decrease after a few hours as Psilocybin has an elimination half-life of 160 minutes, however it takes about 13 hours for more than 95 percent of psilocybin to leave the body. The effects may linger until you have slept properly.

## DRUG TESTS

**Police Roadside:** Standardised drug tests don't test for psilocybin however it is illegal to drive under the influence and any driver may be subject to a roadside behavioural impairment test. Wait at least 24 hours before driving.

**Drug Checking:** There are DIY ways to identify the right mushroom. Research taking a spore print. You can also use a Ehrlich reagent to produce a reaction with psilocybin.

## MOST COMMON EFFECTS

Visual hallucinations, Sensory enhancement (taste, smell, touch), Muscle tension, Increased sweating / heart rate, Dilated pupils, Unusual body sensations (chills, goosebumps, tingling), Feeling numb, Euphoria, Mood Lift, Meaningful spiritual experiences, Uncontrollable laughter, Downward spiralling thoughts and emotions, Confusion, Sleepiness, Distorted perception of time, Yawning (but not tired)

## LESS COMMON EFFECTS

Increased salivation and mucus production (irritable coughing for some), Nausea – especially during onset, Dizziness, Anxiety, Lethargy (feeling heavy), Increased awareness and appreciation of music, Feeling of oneness with the universe and all beings, Blurred boundaries between self and other, Increased lateral thinking and problem solving, Reduced connection to ego (ego death)

## RARE EFFECTS

Paranoia, fear and panic, Synaesthesia (tasting colour, seeing sounds etc.), Psychedelic drugs may accelerate the onset of schizophrenia and other mental health issues if you are genetically predisposed.

## SAFER USING

- Magic mushrooms are usually eaten raw or brewed into tea. They can be consumed fresh or dried for later use. They can also be ground up after drying and put into caps.
- Potency can vary greatly from one mushroom to the next so it is important to test the strength by starting with a small dose.
- Use a milligram scale to weigh your dose.
- Weight of dose will vary depending on whether you use fresh, dried or capped (powdered and in capsules) mushrooms.
- A standard recreational dose of dried magic mushrooms is between 1 and 2.5 grams depending on body weight, tolerance, frequency of usage, and if you've eaten recently.
- It is best to wait at least 2 hours before redosing.
- Re-dosing usually does not intensify the trip due to tolerance build up but rather can extend the duration of the trip.
- Some people will make a tea with lemon to reduce nausea and stomach cramps and to reduce the come-up time of the psilocybin. It can come on quicker and be a more intense experience.



AKA: BUPE, GRAPES, GREY NURSES,  
GREYS, HILLBILLY HEROIN,  
KICKERS, LEAN, MS CONTIN,  
OC, ORANGES, OX, OXY, PURPLE  
DRANK, SUBBIES

# OPIODS



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Supported by: QuIVAA & QuIHN

**Hi-Ground**

Opioids are a class of central nervous system (CNS) depressant drugs that includes codeine, morphine, heroin, fentanyl, and many more. They are derived from, or similar to, substances found in the opium poppy, and include naturally occurring (i.e. opiates) and synthetic substances. Opioids are painkillers of varying potency. They are often prescribed for chronic or post-operative pain, or for short-term treatment of severe pain from injuries such as broken bones. Opioids are also commonly used recreationally, either through the illicit use of prescription opioids or through the use of illicit substances (especially heroin).

## ADMINISTRATION

Most commonly swallowed but can also be shelved (rectal), snorted or injected (IV or IM liquids).



## DURATION OF EFFECTS

Duration and Half Life is dependent on the type of opioid and differentiate between onset, peak and total durations. Research the specific pharmaceutical you are taking.

\*Opioids vary in the duration of their effects. 15 minutes - 36 hours, e.g. pethidine is much shorter acting than oxycodone. Fentanyl can last for up to 72 hours.

Even though the apparent effects of the drug may have worn off, Opioids can stay active for a long period of time (up to a couple of days) dependent on what type. Do your research.

## MOST COMMON EFFECTS

Pain Relief, Euphoria, Feeling of wellbeing, Contentment, Decreased heart rate, Decreased blood pressure, Warm sensations in extremities, Lethargy, Drowsiness, Constipation, Itchiness, Relief of anxiety, A 'rush' of warmth, Confusion, Constricted ("pinpoint") pupils, Slowed breathing

## LESS COMMON EFFECTS

Unconsciousness, Vomiting, Nausea, Sensitivity to light, Respiratory depression / failure, Paranoia, Muscle spasms, Death

## RARE EFFECTS

Risk of coma, Bluish fingers, toes, lips, Brain damage due to respiratory depression

## POSSIBLE LONG-TERM EFFECTS

These effects are possible with extended use, Poor dental health with gum swelling and damaged teeth, Severe constipation, Malnutrition, Dependency and risk of acute withdrawal symptoms, Weakened immune system, Insomnia

## DRUG TESTS

**Roadside Police:** Roadside saliva tests do not look for opioids but other substances can be detected that might have been cut into illicit opioids. It is illegal to drive under the influence of any illicit drugs, including opioids and any driver may be subject to a roadside behavioural impairment test. Wait at least 24 hours before driving.

**Drug Checking:** DIY reagent kits such as Mecke and Marquis produce reactions with opiates and it is advised to always use fentanyl testing strips to rule out adulterated opioids as it is 100 times stronger than heroin or morphine.

## SAFER USING

- Use around friends/people you trust and in a safe environment - somewhere you feel comfortable
- Wait at least 30mins after eating before taking.
- Each opioid is different, and strength can vary greatly so start with a small dose.
- When prescribed by a doctor, opioid medications come with dosage instructions.
- Carry naloxone. Depending on your state you can either buy naloxone over the counter in a pharmacy with/without a prescription. QulHN's NSP service also offer free naloxone training and then you receive a free take home one with you.

## SWALLOWING

- Use as per recommended on packaging if available.

## INJECTING

- Many opioids are now tamper proof and do not mix up well. This can result in dangerous outcomes if injecting. Many also now contain naloxone and people need to be mindful of this to avoid withdrawal effects.
- Avoid Blood Borne Viruses by using new & sterile syringes & equipment.
- Use sterile water to mix up.
- Wash your hands thoroughly before and after, you can also use an alcohol swab to clean your fingertips.
- Alcohol wipes can reduce the risk of skin infections if they are used correctly. For maximum effect, swab once, in one direction on the injection site, and leave to dry naturally.
- Dispose of syringes & equipment responsibly in a yellow disposal bin, all NSPs have bins available.

AKA: SPEED, ADDS, DEXIS, FAST,  
GOEY, LOUIS, OX BLOOD, PEP,  
UPPERS, WHIP, WHIZZ

AKA: METH, CRYSTAL, FROSTY, ICE,  
ROCK, SHABU, SHARD, T, TINA

# AMPHETAMINES METHAMPHETAMINE



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**Hi-Ground**

Amphetamines are stimulant drugs, which means they act to speed up heart rate and breathing. Methamphetamine stimulates the release of dopamine and noradrenaline from nerve cells in the brain. Some types of amphetamines are legally prescribed by doctors to treat conditions such as attention deficit hyperactivity disorder (ADHD), narcolepsy and Parkinson's. Other types of amphetamines such as speed are produced and sold illegally. The more potent form is crystal methamphetamine (ice), speed now mostly contains methamphetamine of varying purity. Chemically, methamphetamine and amphetamine have very similar structures. There is one small structural difference that allows meth to enter your brain more quickly than an amphetamine can, which is why the onset of the high is faster and more intense.

**Compound:** AMPHETAMINE (AMPHETAMINE SULPHATE) AND METHAMPHETAMINE (N-METHYL AMPHETAMINE).

## ADMINISTRATION

It can be smoked, swallowed, snorted, injected, or plugged (rectal administration using a syringe without a needle).



## DURATION OF EFFECTS

<b>TOTAL</b>	4-8HRS
<b>ONSET</b>	0-10MINS
<b>PEAK</b>	2-4HRS
<b>COME DOWN</b>	12-4HRS
<b>AFTER EFFECTS</b>	2-24HRS

## HALF LIFE

Even though the apparent effects of the drug wear off after 6 hours, the drug is still active in your system for up to 12-14 hours after you have taken it. Try to remember this if using other substances or redosing.

## DRUG TESTS

**Roadside Police:** Roadside saliva tests do look for meth/amphetamines. It is illegal to drive under the influence of any illicit drugs, wait at least 48-72 hours before driving.

**Drug Checking:** DIY reagent testing is an option, Marquis and Mandelin give a reaction with amphetamines whereas Mecke and Robadope do not give a reaction which can be used to cross-reference results. Mandolin, Marquis, Mecke and other reagents produce reactions with Methamphetamine.

## MOST COMMON EFFECTS

Increased energy  
Insomnia/restlessness, Dilated pupils, Increased heart rate/blood pressure, Increased body temperature, Decreased appetite, Tightening jaw muscles, Grinding/clenching teeth, Stomach cramps, Dehydration, Shortness of breath, Euphoria, Increased confidence, Increased focus

## LESS COMMON EFFECTS

Dizziness, Headache, Compulsive picking or scratching skin, Nausea and vomiting, Irritability/Aggression, Diarrhoea, Irregular heartbeat, Tooth decay and gum disease, Anxiety/Panic attacks, Paranoia Mania/Excited delirium, Hyperactivity

## RARE EFFECTS

Risk of seizure, stroke, heart attack or coma, Suicidal thoughts, especially when coming down, Psychosis  
Depression, Collapse

## SAFER USING

- Use around friends/people you trust and in a safe environment - somewhere you feel comfortable.
- Start with a very small amount to check the strength and assess your sensitivity.
- A standard dose of meth ranges somewhere between 5mg (threshold) and 50mg (high dose).
- Depending on purity, amphetamine doses will vary. Prescription based amphetamines, like Adderall contain their own prescribed dosage information.
- A standard recreational dose of snorted amphetamine is between 10mg and 40mg.
- Remember to eat well then wait 20-30 minutes before using.
- Be aware of overheating and try to cool down & chill out regularly.
- Remember to keep your fluids up but don't drink too much - 1 cup of water (250ml) p/h when resting & up to 500ml p/h when dancing or active.
- After 2-3 hours remember to keep your electrolytes up
- If you're finding it hard to eat try a smoothie or a soup!
- Sleep! Or lay down and cover your eyes during a 24-hour period. Many of the negative effects of ice are caused by sleep deprivation.
- Factor in and plan recovery time before you need to do another activity.
- See our website for all the safer using tips regarding ingesting, snorting, shelving and injecting.

**AKA: BOOZE, BREW, CHARGE,  
GOON, GROG, LIQUID GOLD,  
LONGNECK, MOONSHINE, PISS,  
SHOTS, TALLIE**



# ALCOHOL

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**Hi-Ground**

Alcohol is the most widely used psychoactive drug in Australia. Given its legal status, it is widely accepted and readily available. The intoxicating ingredient, ethanol, is found in beer, wine and spirits and is produced by fermenting sugars, yeasts and starches. Alcohol is a depressant that acts on the central nervous system (CNS) slowing down breathing and heart rate making your body and mind more relaxed.

**Compound:** ETHANOL

## ADMINISTRATION

Commonly swallowed. But can also be consumed rectally.



## DURATION OF EFFECTS

<b>TOTAL</b>	1.5-3HRS
<b>ONSET</b>	15-30MINS
<b>PEAK</b>	15-90MINS
<b>COME DOWN</b>	45-60MINS
<b>AFTER EFFECTS</b>	1-36HRS

## MOST COMMON EFFECTS

Giddiness / Dizziness, Flushing of the face, Warming sensations, Pain relief, Reduced impulse control, Lowered inhibitions, impaired judgement, Decreased coordination, Difficulty focusing eyes, Frequent urination, Dehydration, Blackouts and memory loss in high doses, Confusion, Nausea/vomiting, Mild to severe hangover the next day, Tolerance due to repeated or regular use, Drowsiness/sleepiness, Happiness, Relaxation, Emotionally volatile – angry, depressed, aggressive, sad, etc, 'Beer Goggles' – others appear more attractive

## LESS COMMON EFFECTS

Reduced ability to maintain erection/achieve orgasm, Depression/despair, Increased response to sexual stimuli, Visual distortions at high doses, Fetal damage in pregnant women

## LONG TERM EFFECTS

Cirrhosis of the liver, Cancer (mouth, pharynx, larynx, oesophagus, stomach), Heart and blood problems incl. stroke and hypertension, Alcohol dependence, Stomach problems, Lowered immune system, Nerve problems (arms and legs), Alcohol related brain injury, Problems with family, friends, work, finances etc

## HALF LIFE

Alcohol does not have a 'half life' like other drugs and passes rapidly through your system. Alcohol is metabolized at a constant rate, but some people may feel the effects of alcohol for longer amounts of time (In general terms, your body metabolises a standard drink in 60-90 minutes). After excessive alcohol consumption you may find that your BAC (blood alcohol concentration) is still over the legal limit several hours after you have ceased drinking.

## DRUG TESTS

**Roadside Police:** Alcohol is detectable by roadside breath test, which measures the amount of alcohol in your breath. A breath test reading of 0.05 or higher is considered drink driving for fully licensed drivers in Australia (different limits apply for other license types e.g. probationary or heavy vehicle).

## SAFER USING

As with other drugs, tolerance can vary greatly from one person to another, based on body weight, age, recent meals, general health, how often you drink and how well your liver functions. Tolerance also plays a part in how quickly you get drunk.

- Always pour or order your own drink so you can keep track of what you are drinking. Never leave a drink unattended. The most common substance to be spiked with is more alcohol.
- Use a nip-pourer if drinking spirits to accurately measure out one shot
- Excessive consumption may lead to alcohol poisoning.
- As a legal drug, alcohol use is normalised. People often forget that it is a drug and can impair your decision-making abilities.
- Remember, if mixing with other drugs, alcohol is also a drug.
- A tip for breastfeeding Mothers, alcohol gets into your breast milk from your blood, moving freely from the blood to the breast milk (and back out again). Alcohol will be in your breastmilk 30-60 minutes after you start drinking. It is safest to breastfeed before drinking alcohol however if you choose to drink, a general recommended dose is keeping to the same amount as you would to be able to legally drive (0.05 BAC). Be mindful it takes most women 1.5- 2hrs to process one standard drink.
- Generally to maintain a legal BAC level for drivers is:
- Men - 2 x standard drinks in the first hour and 1x drink every 1.5 hours later
- Women - 1x standard drink in the first hour and 1x drink every 1.5 - 2 hours later

**AKA: AYA (AYAHUASCA),  
CHANGA, DEEMS, DIMITRI, SPICE,  
THE SACRAMENT, THE SPIRIT  
MOLECULE**

# DMT

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**Hi-Ground**



DMT is a psychoactive chemical in the tryptamine family. It causes intense visuals and strong psychedelic mental effects when smoked, or when taken orally with a MAOI (monoamine oxidase inhibitor) such as harmine or harmaline. In Australia DMT is typically found as a white, yellow, pink and orange powder or crystal. This powder or crystal is also often infused in dried plant matter (typically caapi - a South American vine containing a MAOI) to create changa.

**Compound:** N, N-DIMETHYLTRYPTAMINE

## ADMINISTRATION

Most commonly vaporised and inhaled using a glass pipe. Changa is usually smoked through a bong, a pipe or joint. Ayahuasca is swallowed as a brew.

## DURATION OF EFFECTS

### SMOKED AND VAPORISED DMT

<b>TOTAL</b>	3-20MINS
<b>ONSET</b>	0-2MINS
<b>PEAK</b>	3-15MINS
<b>COME DOWN</b>	3-5MINS
<b>AFTER EFFECTS</b>	15-60MINS



If taken orally with MAOI duration can be much longer (4-8hrs)

## HALF LIFE

Even though the apparent effects of the drug wear off after 3-20 minutes, the drug is still active in your system for up to 20 minutes after you have taken it. Remember this if using other substances or redosing.

## MOST COMMON EFFECTS

Extremely strong visual hallucinations, Kaleidoscopic colours, Powerful rushing of sensations, Auditory hallucinations or buzzing sounds, Radical shift in perspective, Meaningful, sometimes profound & life-changing, spiritual experiences, Unusual body sensations (chills, goosebumps, tingling), Increased blood pressure, Increased heart rate, Reduced connection to ego (ego death), Confusion, Anxiety, Distorted perception of time

## LESS COMMON EFFECTS

Slight stomach discomfort, Temporary inability to communicate, Difficulty integrating experiences, Overwhelming fear, Lethargy (feeling heavy), Feeling of oneness with the universe and all beings within it, Increased awareness and appreciation of music, Exacerbation of existing mental illness

## RARE EFFECTS

Psychosis or psychotic episode, Paranoia, fear and panic

## POSSIBLE LONG-TERM EFFECTS

Some people may re-experience the subjective effects of DMT days, weeks, months, or even years later. These experiences are rare and most likely to be mild, e.g. slight changes in perception, though powerful recollections of images and emotions could occur.

## DRUG TESTS

**Roadside Police:** Roadside saliva tests do not look for DMT but it is illegal to drive under the influence of any illicit drugs, including DMT and any driver may be subject to a roadside behavioural impairment test. Wait at least 24 hours before driving.

**Drug Checking:** DIY reagent testing is an option. Marquis, Mecke and Mandelin give a reaction.

## SAFER USING

- Use around people you trust in a comfortable and safe environment
- It is best to have a sober friend or experienced user present (trip sitter), especially when it is your first time.
- Be mindful of those around you, people can have overwhelming reactions to the smell of DMT even if they are not smoking.
- Sit or lie down for the experience, as it can be overwhelming and disorientating. At times the hallucinations can be so strong that you cannot see the world in front of you only the hallucinations.
- DMT can come on with a heavy 'body load' at first. Breathe calmly in through your nose and hold a friend's hand to ground yourself. This feeling does not last forever.
- Try take it in a place with low stimuli, as loud noises, lights, crowds and people can impact your experience and can sometimes cause stress.
- Psychedelics alter the way we think, our sense of time, and our emotions. Reactions and experiences can vary dramatically from person to person.
- Even if you've taken DMT many times before, every experience is unique and unpredictable.
- Strength can vary greatly so it's best to start with a small dose to test strength
- A recreational dose (vaporised) is somewhere between 5-10mg (light) and 35+mg (heavy) or one puff (small dose) or 3 puffs (large dose)
- When smoking changa through a bong, it is easy to overdo the dose, as you take the full hit all at once. Be careful – less is more.
- It is easy to burn DMT, especially when a flame hits the DMT directly. The desired vapourise temperature is between 60-80degC.



AKA: FANTASY, FRANK, G, GBL,  
GRIEVOUS BODILY HARM, JUICE,  
LIQUID E, LIQUID X, OJ



# GHB

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**Hi-Ground**

GHB is a depressant that acts on the central nervous system (CNS) slowing down breathing and heart rate. In Australia you are more likely to find GBL or 1,4-B than GHB. GBL and 1,4-B are chemicals that are closely related to GHB. Once GBL or 1,4-B enter the body, they convert to GHB almost immediately. GHB can be described as tasting 'salty', and GBL and 1,4-B 'like drinking liquid plastic' or a strong, unpleasant, bitter, acid, chemical taste.

**Compound:** GHB (GAMMA-HYDROXYBUTYRIC ACID) OR PRODRUGS GBL (GAMMA BUTYROLACTONE) OR 1,4-B (1,4-BUTANEDIOL)

## ADMINISTRATION

GHB, GBL and 1,4-B are all usually taken orally (by mouth). It's best to use a 1ml or 3ml syringe to measure the dose and to administer.



## DURATION OF EFFECTS

<b>TOTAL</b>	1.5-5HRS
<b>ONSET</b>	10-20MINS
<b>PEAK</b>	45-90MINS
<b>COME DOWN</b>	15-30MINS
<b>AFTER EFFECTS</b>	2-4HRS

## HALF LIFE

Even though the apparent effects of the drug wear off after 1.5 hours, the drug is still active in your system for up to 5 hours after you have taken it. Remember this if choosing to use other substances.

## DRUG TESTS

**Roadside Police:** GHB is not detectable by a saliva test. It is illegal to drive under the influence of any illicit drugs, including GHB and any driver may be subject to a roadside behavioural impairment test. Wait at least 24 hours before driving.

**Drug Checking:** DIY reagent testing is an option. Robadope reagent reacts with GHB.

## MOST COMMON EFFECTS

Decreased motor skills, Lack of coordination, Relaxation, Blurred vision, Slurred speech, Involuntary muscle twitches – can cause legs to give way, Nausea, Drowsiness, Vomiting, Depressed breathing & heart rate, Euphoria, Happiness, Mood lift, Increased sexual desire, Increased appreciation of music/people/dancing

## LESS COMMON EFFECTS

Repetitive motions 'Chicken arms', Unconsciousness ("blowout"), Rolling eyes, Nodding off, Excitability, Aggression, Confusion, Blackout, Decreased social inhibition

## RARE EFFECTS

Seizure/convulsions, Incontinence, Death

## POSSIBLE LONG-TERM EFFECTS

With extended use the risk of physical and psychological dependency and stomach ulcers increases

## SAFER USING

- Taking drugs is never without risk. In an unregulated market it's impossible to know the purity or dose of any drug.
- Use around friends/people you trust and in a safe environment – somewhere you feel comfortable
- Use a syringe barrel to measure your doses to the 0.1ml. Record the time of use and mls on your arm or somewhere accessible in case you overdose and need help.
- Use 1ml or 3ml slip lock syringe barrels to dose. No larger.
- GHB may actually be 1,4-B or GBL, which convert into GHB inside your body. Meaning you'll need less to reach the same effects and the chance of overdose is increased.
- Start with small dose eg. 1ml.
- GHB doses accumulate. This means they build on one another. So it is a good idea to lower your dose if you plan on having more.
- It is best to dose yourself so that you know the precise measurement.
- Wait at least two hours before redosing. Set the alarm on your phone or try to have a sober friend with you who can keep track of time.
- Remember: Combining GHB with depressants (alcohol, opioids, benzos, ketamine) is an extremely dangerous combination and can result in overdose and death. Know how long each drug stays in the system.
- Alcohol is metabolised before GHB, so using both can cause a build up of GHB and increases the risk of overdose.