

Party

SAFETY TIPS

Hi-Ground

Start low, Go slow

You can always have more but you can't take less.

Just say know

Learn about effects, dosage, & unsafe combos. Scan the QR code for more info.

Heat & Hydration

Have enough water & electrolytes, take rest breaks & be sun smart.

Consent

Mutual, Ongoing, Enthusiastic, Explicit, Aware. You have to be 'with it' to give it!



Safety Plan

Have a charged phone, establish a meeting spot, and look out for your mates!

Get it tested!

Drug checking is free and anonymous!
cheqpoint.org.au

