

THE HIGH—WAY CODE

THE GUIDE TO SAFER, MORE ENJOYABLE DRUG USE

(LSD / MAGIC MUSHROOMS)



GLOBAL DRUG SURVEY

INTRODUCING THE GDS HIGH-WAY CODE

GDS knows pleasure drives drug use, not the avoidance of harm. As far as we know no guide has ever outlined the impact of harm reduction strategies on the pleasure users obtain from drugs... until now...



GLOBAL DRUG SURVEY

Ours is a simple premise: as with driving, there are things you need to know and 'rules' you should observe in order to get you to your destination safely. Being aware of these makes you much more likely to get to your planned destination in one piece and much less likely to cause harm to anyone around you.

Please share these findings, they really are important.



THE HIGH-WAY CODE



WHAT IS IT?

The first guide to safer drug use voted for by people who take drugs.

HOW WAS IT WAS DEVELOPED?

GDS asked loads of people who take drugs, as well as other experts, what strategies they thought would reduce the risk of harm when taking some commonly used drugs. As part of GDS2014, we asked people from around the world who had used those drugs in the last year to vote on these strategies. For each strategy we asked:

1. if they usually (i.e. more than 50% of the time) did it
2. to rate how important it is in reducing the risk of harm (10 being the max reduction of risk)
3. to tell us whether using that strategy increased, decreased or had no effect on the pleasure they got from the drug.

WHO DEVELOPED IT?

The guys and gals at Global Drug Survey—a nice bunch of smart people who know a bit about drugs and, with people's help everywhere, will continue to learn more and share what they find out.

ANYTHING ELSE?

Yep follow us on twitter @globaldrusurv
@drugsmeter, like us on Facebook and check out our free apps the drinks meter (www.drinksmeter.com and the app stores) and the drugs meter (www.drugsmeter.com and google play store)

For more interesting info on drugs check out our drugs meter minutes videos on the Global Drug Survey YouTube channel. For suggestions on how to improve GDS, email: adam@globaldrugsurvey.com

HOW TO READ THE HIGH-WAY CODE

This number indicates the percentage of people who told GDS they usually follow the strategy.



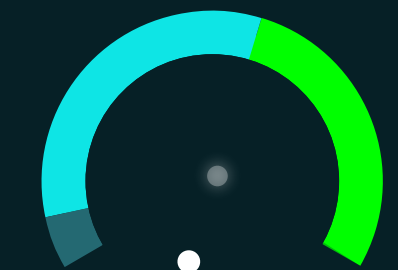
Users who usually do

This dial tells you how important users thought this strategy was in reducing the risk of harm.



Reducing risk from 0–10

X.X% XX.X% XX.X%



Pleasure impact rated by users

Here you can check how many users thought this strategy increased, decreased or didn't affect their pleasure.



KNOW YOUR DRUG EFFECT, THE DOSE, TIME TO ONSET, TIME TO PEAK AND HOW LONG IT LASTS



All drug effects are dose related. Usually the more drugs you take the stronger and longer lasting the effects (and the greater the risk of harm). Because drug purity and potency varies so much you need to treat every new batch as a new drug. This means 'test dosing' each new batch. Knowing how strong your drug is can help you titrate (adjust/measure) how much you take so hopefully you get the effect you want and avoid overdosing. By knowing how long it takes for a drug to come on and how long it lasts, you reduce your risk of taking too much. People also vary widely in how they respond to drugs and how much they need to take. Everyone has to find their own 'right dose'. Not all drugs suit all people so if you get anxious or paranoid on a drug don't use it. Remember being greedy is not good for you. Less is more. Don't ever be worried about calling for an ambulance if you're worried about the state of a mate.

GDS does not condone or promote the use of illegal drugs. GDS does promote the use of common sense when going about one's daily activities. Drugs and alcohol can be very dangerous. They can kill you. Using drugs when you are young can have a lasting negative impact on your cognitive and emotional well-being. The only way to avoid to these harms is not to take drugs. This document represents the views of those who responded to the GDS. Please note: no amount of planning and care can ensure you will have either a safe or enjoyable experience when you take drugs. GDS is simply reporting the results of the survey which may provide some guidance in reducing the risk of harm only. The best way to avoid drug related harm is to not use drugs.

LSD/ MAGIC MUSHROOMS

OVER 12,000 USERS

AKA: Psychedelics

Although diverse in origin and source, these drugs are similar enough in effect for the High-way Code to treat them as a single group. They do differ in peak-time, effect and duration. Tripping with trusted company and being somewhere you feel safe are important.

Check our drugs meter minute on mushrooms at:
<http://youtu.be/6fxdhU9HCFc>

LSD

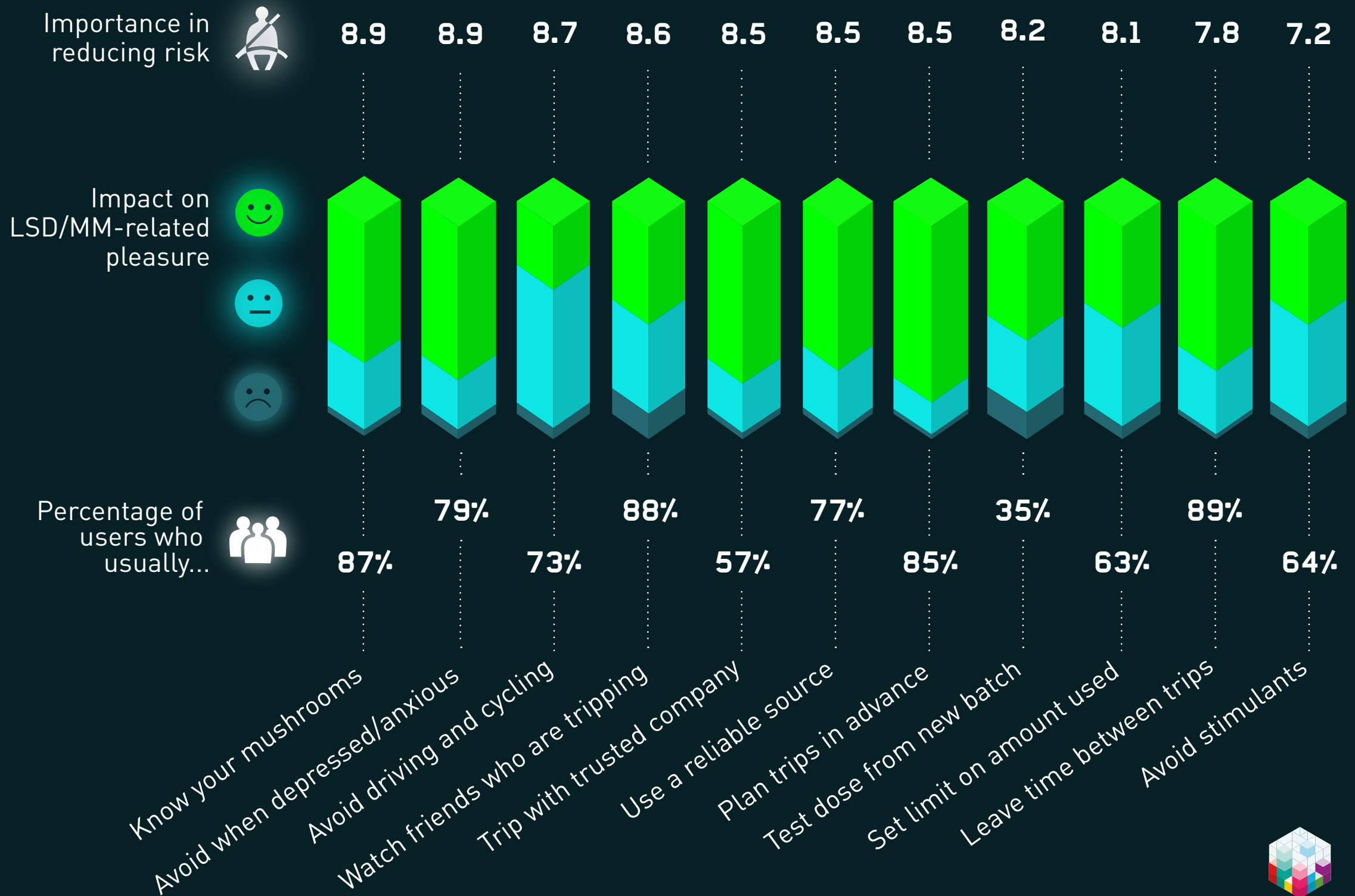
Usual dose	100–200	mcg
Time to onset	30–60	min
Time to peak	2–3	hrs
Duration of action	8–12	hrs

MAGIC MUSHROOMS

Usual dose	Depends on mushroom
Time to onset	30–60 min
Time to peak	1.5–2 hrs
Duration of action	6–8 hrs

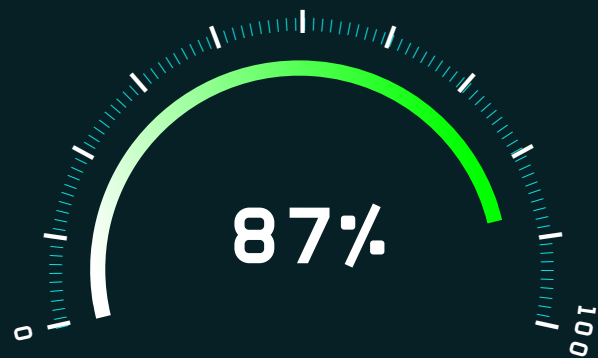


LSD / MAGIC MUSHROOMS



1

KNOW YOUR MUSHROOMS

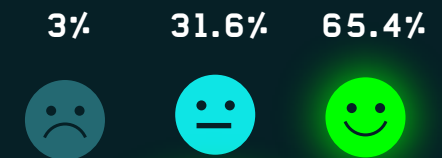


Users who usually do



8.9

Importance in reducing risk



Impact on
LSD/MM-related
pleasure



1

KNOW YOUR MUSHROOMS

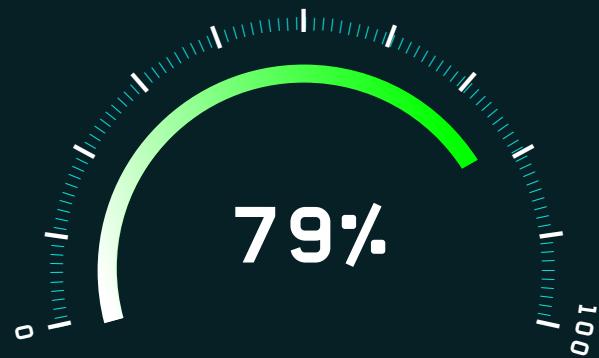
Make sure that you have the right mushrooms before you eat them (e.g by using past experience, checking with an experienced user or getting them from a reliable and trusted source)

Not all mushrooms are magic. The riskiest thing about mushrooms is picking the wrong one (some can be very poisonous). Making sure that you have the right mushroom is really important. Make sure that you pick your first mushroom with an experienced mycologist (fungi expert, or just someone who knows what they are doing). Liberty caps have got a nipple on them but don't risk eating the wrong ones or you feel like a tit. Just rummaging around hopefully in sheep and cow poo might land you in the shit.



2

AVOID WHEN DEPRESSED/ANXIOUS/PARANOID



Users who usually do



8.9

Importance in reducing risk



Impact on
LSD/MM-related
pleasure



2

AVOID WHEN DEPRESSED, ANXIOUS OR PARANOID

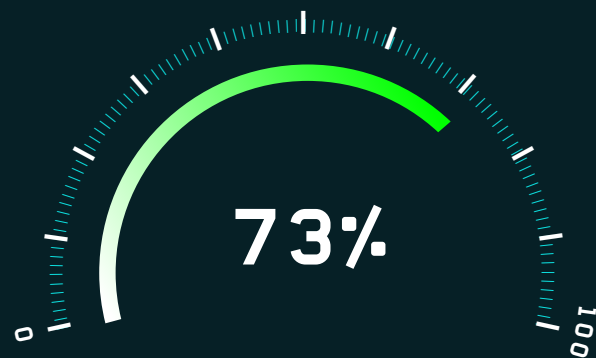
Avoid using LSD/magic mushrooms when you are feeling depressed, anxious or physically worn out

Set and setting—old school drug law. Although there is increasing research that suggests psychedelics drugs like ketamine and psilocybin can have beneficial effects on mental health and even treat psychiatric disorders, most users agree that most drugs tend to worsen whatever state you are in when you take them. Getting paranoid when tripping is not uncommon. Being somewhere safe with trusted mates can help reduce this risk. If you are on antidepressants or other psychiatric meds, it is best to avoid any drug because of unpredictable interactions and the possibility that those drugs work against the effects of the medication.



3

AVOID DRIVING AND CYCLING



Users who usually do



8.7

Importance in reducing risk



Impact on
LSD/MM-related
pleasure



3

AVOID DRIVING AND CYCLING

Always avoid driving or cycling within 24 hours of using magic mushrooms or LSD

It might feel like a video game—but it's not. Psychedelics combined with vehicular operations (driving) are just risky. Blurred or double vision, pretty lights, time and space distortion—you know the score. All the things that make psychedelics nice make driving after it risky—and against the law. If you're with someone who wants to drive while tripping, do everyone a favour and keep the keys away from him/her. Same goes for swimming by the way.



4 | WATCH FRIENDS WHO ARE TRIPPING



4

WATCH FRIENDS WHO ARE TRIPPING

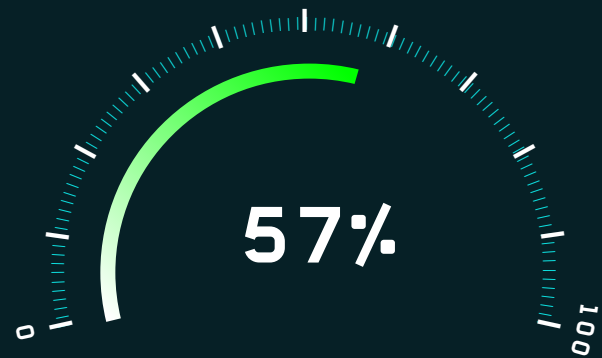
Keep any eye on friends
who have also taken
LSD/mushrooms

Common sense and being a mate don't need an explanation. Mates will spot something wrong almost before anyone else—so if you are worried do as most of you do and look out for your mates. Cheap, simple and so very important. MAPS and Project Zendo have got some great tips for helping talk people, 'through' their trip, find out more at: zendoproject.org.



5

TRIP WITH TRUSTED COMPANY



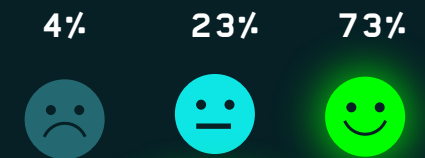
Users who usually do



LSD / MAGIC
MUSHROOMS

8.5

Importance in reducing risk



Impact on
LSD/MM-related
pleasure



5

TRIP WITH TRUSTED COMPANY

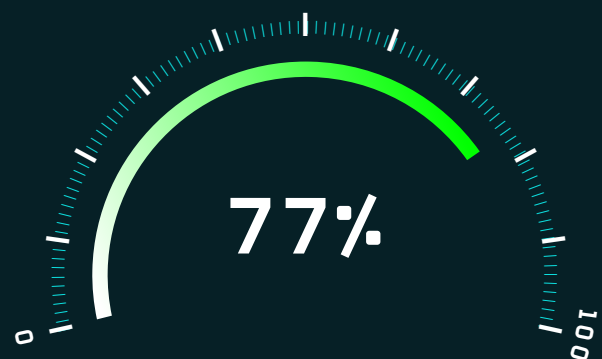
Make sure that there is a trusted, experienced psychedelic drug user or non-tripping friend about

Your mates can keep you safe. Shrooms and LSD, like all psychedelics, can be unpredictable and can result in intense, occasionally not nice experiences. Making sure that there is a trusted, experienced psychedelic drug user or non-tripping friend about to keep an eye on you and take care of you should you have an unwanted / unpleasant experience seems sensible and popular.



6

USE A RELIABLE SOURCE

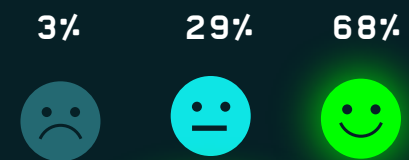


Users who usually do



8.5

Importance in reducing risk



Impact on
LSD/MM-related
pleasure



6

USE A RELIABLE SOURCE

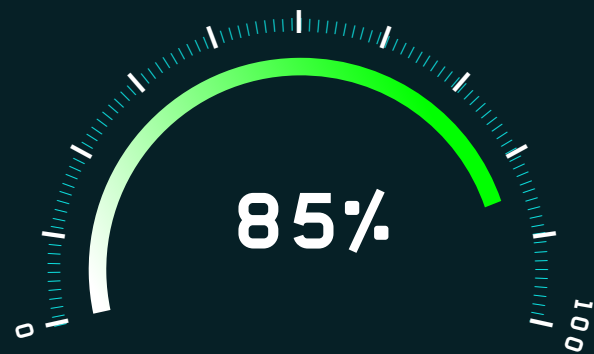
Make sure that you get your LSD or magic mushrooms from a reliable and trusted source

It's no guarantee but a bit of common sense —someone you know is probably less likely to rip you off and may be more interested in your welfare than a random bar of soap you meet in the street. It's no guarantee but people seem to think it is very important.



7

PLAN YOUR TRIP IN ADVANCE

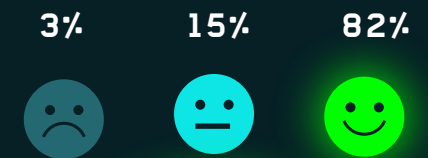


Users who usually do



8.5

Importance in reducing risk



Impact on
LSD/MM-related
pleasure



7

PLAN YOUR TRIP IN ADVANCE

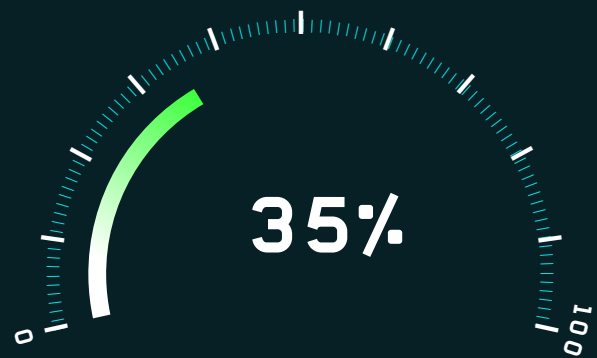
Plan your psychedelic session (trip) with LSD or mushrooms in advance (think about where you will be, what you will be doing and who you will be with)

Old fashioned drug common sense—set and setting. Psychedelics can be a ticket to many places. To make sure you arrive and get back home safely, advance planning (where you will be, who you will be with and what you'll be doing) is very important. Not only will planning increase your enjoyment of 'travel' but it will also reduce your risk of taking a wrong turn (or if you do quickly finding your way back).



8

TEST DOSE FROM NEW BATCH

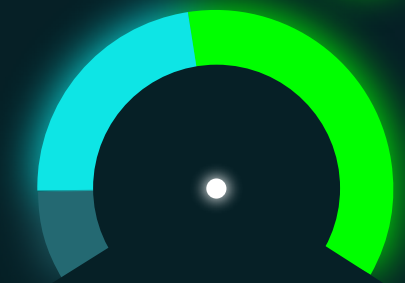


Users who usually do



8.2

Importance in reducing risk



Impact on
LSD/MM-related
pleasure



8

TEST DOSE FROM NEW BATCH

Test dose your LSD/mushrooms before a full trip by taking a smaller dose than a full trip dose and waiting at least 90–120 min before taking a further dose)

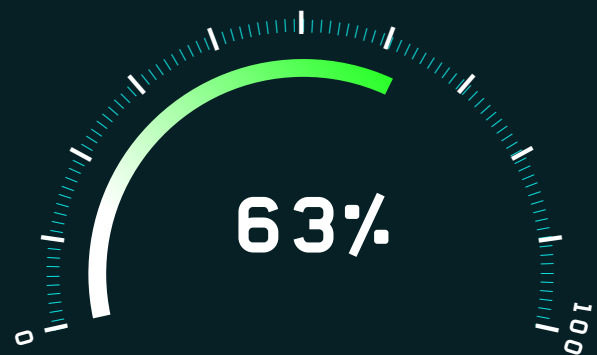
Drug purity varies—buyers beware! Because illicit preparations vary in potency and precise composition, you should check new batches by taking a small ‘test’ dose at least 90–120 minutes before re-dosing. Better still: test on a completely separate day. Note that small doses of LSD or psilocybin may take longer to come on than expected and 90 min may not be long enough for some people to feel the effect. This is often the reason that people take too much psilocybin: they take more before the effects of the initial dose come on.

Although dosing mushrooms might be easier if you have used that type before, there can still be marked variation in psilocybin content between batches. Sadly there’s nothing about the size, shape or logo on your blotter that gives you a clue about how much LSD is in it (note: NBOMe class of drugs that are being sold as LSD are just as potent but more unpleasant). Test dosing can help you find out how strong your drug is so you can titrate (adjust/measure) future doses and hopefully get the effect you want.



9

SET LIMIT ON AMOUNT USED



Users who usually do



8.1

Importance in reducing risk



Impact on
LSD/MM-related
pleasure



9

SET LIMITS ON AMOUNT USED

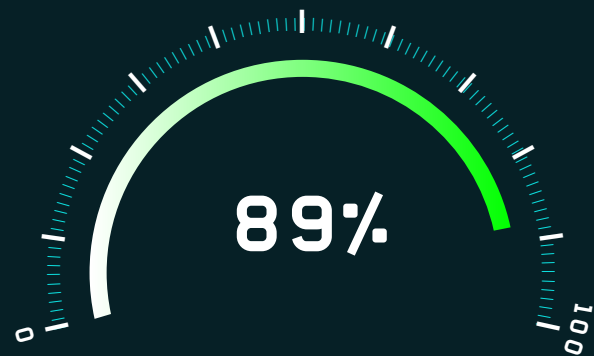
Set a limit for how much you will use on a day you use magic mushrooms/LSD

Less is more. Using any drug too often leads to the development of tolerance—with psychedelics this can occur within just a couple of days. Tolerance = less pleasure + more cost for many people. Setting a limit for how much you use on a day (we don't know how much is safe) might help keep your use under control and reduce your risk of developing tolerance and spending too much time away from earth.



10 |

LEAVE TIME BETWEEN TRIPS

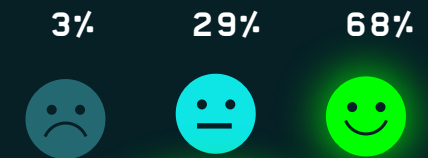


Users who usually do



7.8

Importance in reducing risk



Impact on
LSD/MM-related
pleasure



10

LEAVE TIME BETWEEN TRIPS

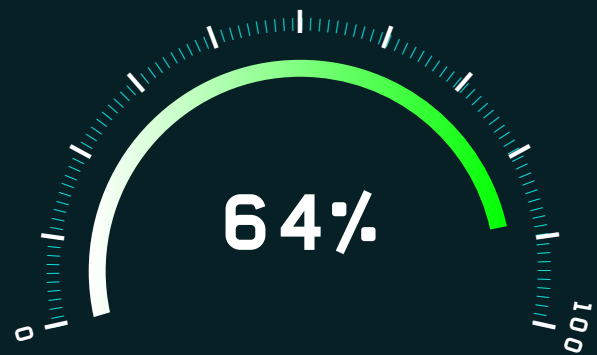
Leave enough time between trips with LSD/magic mushrooms to integrate (make sense of / understand) the experience

Wait until you have integrated the experience before tripping again. Some journeys take longer to process/recover from than others (think screaming babies, flight delays, sitting next to a Muppet on a 12hr plane journey). We asked MAPS 'how long between trips'. They said till you've integrated the experience. How long? Time's not the key issue. One issue is that people build up tolerance to psychedelics very quickly so they're best used with weeks, months, years (or a lifetime) between sessions.



11

AVOID STIMULANTS



Users who usually do



7.2

Importance in reducing risk



11

AVOID STIMULANTS

Avoid using stimulants during an LSD or Magic mushroom session

Don't rush your trip. Most psychedelics have quite marked stimulant effects but for most the serenity and tranquility of the trip is the predominant sought-after effect. Agitation, restlessness and anxiety can sometimes take you away from where you want to be. Taking stimulants on top of psychedelics can stress your system increasing the risk of these unpleasant sensations along with other things like palpitations and chest pain.

