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MDMA FIRST TIME USE : DRUG CHECKLIST

This list has been particularly created for those trying MDMA for the first time but is useful harm reduction advice for regular users too. GDS takes no responsibility for the consequences of your drug taking. Taking drugs always carry a risk – **the only way to reduce that risk to zero is not to use drugs.**

	Have you checked?	Tick
1	You've done your homework and know lots about MDMA	
2	You've identified a trusted person who will keep an eye on you during this experience	
3	Be aware you might be breaking the law and know your rights and the potential consequence if you get caught by the police	
4	You aren't planning on drinking or taking any other drug that day	
5	You've done as much as you can to be sure what you're taking is what you think, and how much of the drug your planned dose contains	
6	You've researched what dose to take that first time, how long a dose may last and if you're going to redose (not recommended for first timers) have thought about the redosing interval	
7	You've planned ahead and know where you will be, what you will be doing and who you will be with. Ideally this should be a safe or familiar place or space	
8	Stay well hydrated : have access to water or other non-alcoholic drinks and stay cool	
9	Make sure you're in a good head space and feel physically well before you try MDMA for the first time	
10	Make sure you don't have commitments, important appointments or responsibilities coming up in the following few days	
11	Know that it's OK to tell someone if you're not feeling right or are worried about anything during your MDMA experience	
12	Know that you don't have to take any drug ever and if it doesn't feel right today then don't do it. There's always another day	

Further harm reduction advice can be found on our website: www.globaldrugsurvey.com