

SAFER HANDLING

- Keep LSD away from children and pets. Use child proof lids on your bottles and containers and mark them clearly so that nobody takes acid without realising.
- LSD can be absorbed through the skin, wear gloves when handling liquids or use tweezers when handling tabs to avoid contact with the skin.
- Store LSD in a cool, dry and ideally dark place. LSD will degrade over time, especially in hot environments or when exposed to sunlight.
- Always keep in a sealed container away from food. LSD dissolves quickly in water, and even small amounts of moisture on food can cause the acid to "leech" into it and lead to someone accidentally dosing themselves by mistake.
- Carrying drugs & paraphernalia puts you at greater risk of criminal charges. You can still be charged with trafficking even if you don't actually deal.

KNOW YOUR LOCAL LAWS. KNOW YOUR RIGHTS.

DRUG COMBINATIONS

** Mixing LSD and other drugs can have many possible outcomes. What could be fun for one person could be dangerous for another. We recommend proceeding with caution.*

CAUTION

Ice, Cocaine/ other stimulants – combining psychedelics and stimulants can increase the risk of psychosis.

Psychedelics – combining different psychedelics can have unpredictable effects. It can lead to more intense, challenging experiences.

Cannabis – can cause confusion, or in rare cases trigger psychosis. Regular cannabis users will often wait till after the peak effects of LSD are over before using cannabis.

Ketamine – can increase the intensity of the trip, leading to a challenging experience.

Alcohol – causes nausea, vomiting & a blurred experience of trip.

Benzodiazepines -can counteract the subjective psychedelic effects of LSD.

Antipsychotics/Antidepressants- can counteract or inhibit the effects of LSD

DRUG TESTS & ROADSIDE 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.

Workplace: OHS law gives employers rights to test employees for drug use. This should be contained in workplace policy, it should be reasonable, and a risk assessment should be done to determine whether testing of employees is appropriate.

Urine: up to 3 days; Hair: up to 90 days; Blood: up to 12 hours

'Pill Testing'/Drug Checking: Lab-quality testing has been trialed in Australia but is not yet available as a health service outside the ACT.

**Reagent Tests: Ehrlich- Purple
Marquis- Olive Black**

MORE INFO:

This educational resource has been developed by people who use drugs for their peers and the wider community. The role of DanceWize is to provide practical, evidence-based, unbiased information to assist you to make educated choices and to promote harm reduction, community care, and wellbeing.

In an unregulated market it's impossible to know the purity or dose of any substance. Taking drugs from an unregulated market carries its own risk, and you can educate yourself and practice harm reduction to reduce this risk.

Knowledge is power.

OTHER HELPFUL PEER BASED WEBSITES

AUSTRALIA

www.dancewize.org.au

www.dancewizensw.org.au

www.hi-ground.org

www.prism.org.au,

www.consciousnest.info

www.hrvic.org.au

INTERNATIONAL

www.erowid.org

www.tripsit.me

www.dancesafe.org

www.tripproject.ca

<https://www.kosmicare.org/>

www.pillreports.com

**Research your jurisdiction's Department of Health website for drug 'alerts' or 'warnings'.
Both HRVic & DanceWize post Victorian Drug Alerts on our social media pages.**



LSD

LYSERGIC ACID DIETHYLAMIDE

STREET NAMES

Acid, Trips, Tabs, Sid, Microdots, Dots, Blotters, Lucy, Alice, Cubes, Drops, Liquid, LAD

CHEMICAL COMPOUND

lysergic acid diethylamide

KNOW YOUR BODY & MIND - 'SET'
KNOW YOUR ENVIRONMENT - 'SETTING'
KNOW YOUR DRUG - 'PRACTISE HARM REDUCTION'

SAY 'KNOW' TO DRUGS.

DESCRIPTION

LSD, or 'acid', is a psychedelic drug derived from a type of fungus called ergot. It was first synthesised by Albert Hofmann, who in 1943 unexpectedly discovered its hallucinogenic effects when a tiny amount came into contact with his skin. It is the archetypical psychedelic to which all others are compared. When pure, LSD is a white crystalline substance. However, an effective dose of pure acid is so small that it's virtually invisible, so it's usually dried onto gelatin sheets, pieces of blotting paper (tabs), or dropped onto sugar cubes. LSD can also sometimes be sold as a liquid (drops), in a tablet or in capsules. LSD is an extremely powerful and popular hallucinogen, with a relatively long history of use and research, and as such is known to be relatively safe despite its extremely high potency. LSD has immense therapeutic, spiritual and cultural potential. It is best known for its use during the counterculture of the 1960s but most recently is regaining popularity among researchers and the general public, micro dosing and using LSD as a treatment for a range of mental health conditions.

ADMINISTRATION (MOST COMMON ROUTES)

Note: LSD is highly potent, even tiny doses of 75-150µg (smaller than a grain of sand) is enough to produce strong psychedelic effects. Tabs & drops will be diluted to try to provide an accurate dose, but in an unregulated/illegal market, it can be extremely difficult to accurately measure doses this small.

- Swallowed, (75-150µg, single dose)
- Micro doses (below 25µg, 1-2 times a day)

DURATION OF EFFECTS

Total Duration: 6-14 hours

Onset: 20-90 minutes

Peak: 3-6 hours

Coming Down: 2-4 hours

After Effects: 12-24 hours

HALF LIFE (the time it takes for the amount of a drug's active substance in your body to reduce by half.)

Even though the apparent effects of LSD may wear off after 8-12 hours, the drug is still active in your system for up to 24 hours after taking it. The effects may linger until you have slept.

EFFECTS KEY: 🍷 LESS COMMON 🍷 RARE

= 'Set' (your mind & body) + 'Setting' (environment) + Drug

PHYSICAL

- Burping (during onset) 🍷
- Visual hallucination (both closed and open-eye)
- Dilation of pupils
- Sensory enhancement, (taste, touch, smell, etc)
- Unusual body sensations such as facial flushing, chills, goosebumps, body energy, feeling like you have urinated on yourself or have started menstruating
- Increased heart rate
- Jaw clenching/yawning when not tired
- Perspiration
- Chance of injury or accident from unusual/risky behaviour
- Nausea (during onset)
- Over-sensitivity to unpleasant sensations, (smells, tastes, sounds etc) 🍷
- Synesthesia, (altered or confused sensory perception like hearing colours or seeing sounds) 🍷
- Hyperreflexia, (absent or diminished reflex responses) 🍷
- Feeling of heaviness or lethargy 🍷
- Elevated blood sugar 🍷
- Increased saliva and/or mucus production 🍷
- Hypothermia or hyperthermia, (difficulty regulating body temperature) 🍷

EMOTIONAL

- Euphoria
- Sense of unity and connectedness to other life forms and the universe/multiverse
- Lack of focus
- Unusual thoughts and speech
- Heightened range of emotions
- Life-changing spiritual experiences 🍷
- Megalomania, (inflated sense of self-esteem or delusions of power) 🍷

PSYCHOLOGICAL

- Increase in associative and creative thinking
- Distortion of time perception
- Sense of calm and serenity
- Ego dissolution 🍷
- Fear of death 🍷
- Overwhelming feelings 🍷
- Change in consciousness 🍷
- Dissociation of mind from body 🍷
- Confusion, disorientation 🍷
- Anxiety 🍷

- Paranoia 🍷
- Out of body experience 🍷

LONG TERM EFFECTS

- Hallucination Persisting Perception Disorder is a rare and potentially chronic condition where some of the effects of LSD persist long after the drug has left your system.
- Psychedelic drugs may accelerate the onset of mental health issues if you are predisposed to them.

SAFER USING

- Remember **'Set'** (your current mindset & body), and **'Setting'**, (the other people and environment around you), can help shape a psychedelic experience as much as the drug itself. Try to only use LSD if you feel well (physically or emotionally) as it will amplify what you're feeling.
- Use around people you trust and somewhere you feel safe.
- Wear comfy clothes and check in with yourself before 'departing'.
- Have a sober or experienced safe person with you (trip sitter) if possible.
- Eat about 30 minutes before use & have snacks and water ready for the journey.
- **Always dose yourself.** Be careful when measuring drops from a dropper, as it can sometimes be hard to measure an 'even drop'.
- Avoid dosing drops directly onto your tongue, as it can be hard to gauge how much you've just taken.
- **Pure LSD is tasteless.** If it tastes metallic, bitter or produces a numbing sensation, it's very likely contaminated with something else. *Remember: 'If it's bitter, it's a spitter!'*
- You can cut tabs into smaller pieces if you are unsure of potency. Be careful when handling tabs with your bare hands as LSD will absorb through the skin.
- You can add a cube or a tab to water to split a dose evenly, (mix well & keep sealed/labelled).
- If redosing, wait at least 3-6 hours or until you have passed the peak.
- Try not to make any big decisions about life or people during the experience or until you have fully 'landed'.
- Research 'Psychedelic Integration' (ongoing learning processes after psychedelic experiences).