

SET AND SETTING

'Set' is the expectations a person brings with them and includes the physical, emotional and spiritual condition of the person, their expectations of the drug and how they will react to it. 'Setting' is the environment that a person is in, including the social environment, who you are with and your physical surroundings, e.g. at home, at a festival or an unfamiliar location. In other words it includes the whole of the person at that moment.

For LSD and other hallucinogenic drugs, set and setting are very important in shaping the nature of the experience.

SAFER USING TIPS

- **Always dose yourself!**
- **Never dose drops directly onto your tongue!**
You may accidentally put additional drops which cannot be adjusted
- **Acid can be absorbed through your skin; be careful not to handle tabs and keep drops in something that won't break**
- Try to plan ahead. If you're at a doof, it is a good idea to have warm clothes ready - choose a time to get changed and set an alarm as you may not realise that it is getting colder
- It is a good idea to eat well beforehand and have regular meals/snacks while you're tripping - fresh fruit is pretty easy to get down especially if it has been cut into pieces
- Try to drink plenty of water during the experience
- It is probably not a good idea to take LSD if you are feeling depressed, anxious, tired or upset - it is likely to make you feel worse rather than lift your mood
- Try to make sure you haven't got anything important to do the next day - you may not be yourself
- It is also not a good idea to make any big decisions about life or people - LSD can distort your thinking

COMBINATIONS

LSD combined with...

(Possible outcomes - what works for one person may not work for another. We recommend you proceed with caution.)

- **Ice = psychosis - the stimulant will speed up and intensify the trip**
- Large amounts of amphetamines = psychosis
- Other psychedelics = uncontrolled overwhelming hallucinations
- Pot (cannabis) = confusion, can lead to psychosis
- Pills (ketamine or speed bombs) = complications
- Benzos (anti anxieties) = counteracts the intensity of the trip
- Antipsychotics = counteracts the effects of LSD
- Antidepressants = inhibits the effects of LSD

It is **not** recommended to use LSD if you suffer from:

- Sleep deprivation
- Anxiety
- Depression
- Schizophrenia
- Psychotic disorders
- Other mental health issues

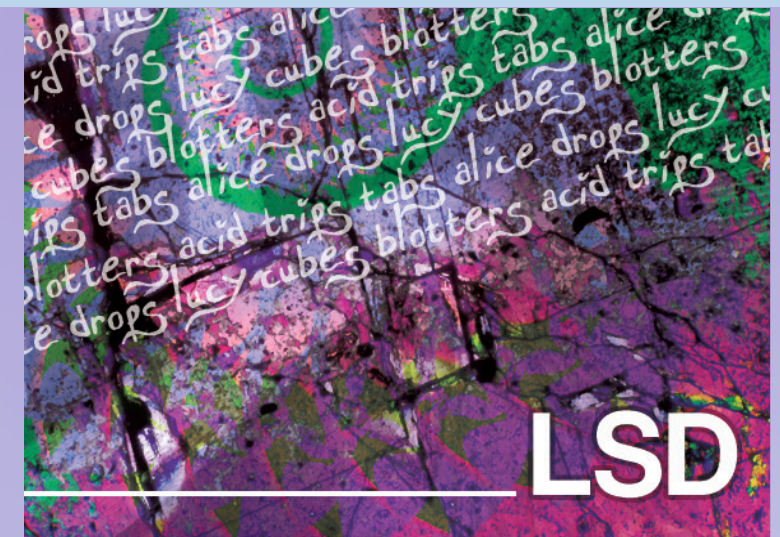
MORE INFO

This resource is designed to give a brief overview and it is recommended that you do further research. The following websites may provide you with useful information.

www.dancewize.org.au
www.hrvic.org.au
www.erowid.org
www.bluebelly.org.au

www.bluelight.ru
www.dancesafe.org
www.trippproject.ca

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KNOW YOUR MIND, KNOW YOUR BODY, KNOW YOUR SUBSTANCE AND KNOW YOUR LIMITS!

This resource has been developed for party goers and people who are already using drugs. The role of DanceWize is to provide factual, relevant and practical information to assist you to make informed choices about different drugs and to promote harm reduction, safer partying and safer drug use.

DESCRIPTION

LSD is a semi-synthetic derivative of lysergic acid. In its pure form it is a white odourless powder. Because the common dose is such a small amount, it is diluted and sold as drops, on tabs (little squares of blotter paper) or on sugar cubes.

LSD is one of the most commonly used 'psychedelic' or 'hallucinogenic' substances. Psychedelics affect all the senses, especially auditory and visual senses leading to hallucinations. Psychedelics alter a person's thinking, sense of time and emotions.

Caution: Reactions and experiences may vary dramatically from person to person. Every experience is subjective and unpredictable

DOSAGE TIPS

- A standard dose is between 50-150 micrograms
- A single tab, a cube or a drop contains somewhere in this range
- Try to find out the strength of your trip
- To be on the safe side it is always advised to halve your usual dose
- Remember: Tabs can be cut into pieces to make a smaller dose
- You can add a drop or cube to water to split a dose evenly. Remember to mix well so the LSD is dispersed and label it so you don't accidentally drink it thinking it is water
- Try and wait at least 2 hours before re-dosing

ADMINISTRATION

Almost always swallowed

DURATION

Total Duration:	6 - 13 hours
Onset:	20 - 60 minutes
Peak:	3 - 6 hours
Coming Down:	3 - 5 hours
After Effects:	2 - 5 hours

Half-life: Although the effects of the drug may seem to wear off after 8 hours, the drug is still active in your system for another 5 hours and effects may linger until you have slept

Roadside drug test: Not detectable in saliva testing

EFFECTS

(The following is a list of possible effects, which may vary from person to person)

Physical

- Closed and open eye visuals
- Sensory enhancement (taste, smell, touch, etc.)
- Neck and jaw tension
- Increased perspiration
- Difficulty regulating body temperature
- Nausea - especially as drug is coming on
- Synaesthesia; a sound may evoke sensations of colour
- Loss of control over bodily functions
- Loss of motor skills and coordination
- Pupil dilation
- Increased salivation and mucus production (causes coughing in some people)
- Unusual body sensations (facial flushing, chills, goose bumps, body energy)
- Increased body temperature (slight)
- Increased heart rate (slight)
- Increased yawning (without being tired)
- Feeling of heaviness and lethargy

Emotional

- Mood lift
- Increased awareness and appreciation of music
- Life-changing spiritual experiences
- Feeling of oceanic connectedness to the universe; blurring of boundaries between self and other
- Megalomania (grandiose): Inflated sense of self-esteem including delusional fantasies of power

Psychological

- Increased associative and creative thinking
- Anxiety
- Confusion
- Insomnia
- Paranoia, fear and panic
- Changed consciousness
- Changed perceptions of time

STREET NAMES

Acid, Tabs, Trips, Alice, Drops, Lucy, Cubes, Blotters

CHEMICAL COMPOUND

d-lysergic acid diethylamide



LONG TERM EFFECTS

Flashbacks: some people may involuntarily re-experience short bursts of hallucinations, days, weeks, months and even years after the initial LSD experience. Flashbacks are highly dependent on the amount and length of time of usage; they can come in many forms, from mild changes of perception to powerful re-experience of images and/or emotions. These experiences can be so real that one might mistake them for happening in real time.

