

WEAR YOUR HELMET.
Psychedelic Harm Reduction for
a Safe Bicycle day!

CANADIAN STUDENTS FOR SENSIBLE DRUG POLICY



**KNOW YOUR SOURCE.
TEST YOUR SUPPLY.**

Test your supply with reagent kits.
If it's bitter, quit her.

MINDSET, AND SETTING.

Headspace dictates trip quality.
Be mentally prepared to trip.
Choose a safe space to trip.



HAVE A HAPPINESS STRATEGY.

Stay hydrated.
Have a playlist ready.
Have a trip sitter for support.

HAVE A PLAN TO GET HOME.

Sometime a change of scenery can
be refreshing, just make sure you
have a plan to get there!

