

## TIPS AND TRICKS

- Use in a safe environment with people that you trust.
- Have a experienced person you trust present as a trip sitter, especially if it is your first time.
- If it is your first time, avoid taking mushrooms in combination with any other drug.
- Avoid taking mushrooms if you are feeling distressed, emotional, anxious, or depressed. Psychedelics can intensify these feelings.
- Stretching or meditating before the trip may help to prepare your mind and body for the experience.
- Always dose yourself, so that you have control of how much you are taking.
- Brewing mushrooms into tea with lemon juice can reduce the nausea and stomach cramping.
- Work out why you are taking them and what you hope to get out of the experience before taking a dose.
- Eat well before your trip, but allow some time for the food to digest to prevent nausea.
- Have regular snacks throughout your trip to keep yourself sustained.
- Stay hydrated. Do not drink too much water as this can be fatal. Drink 1 cup of water (250 mL) per hour when relaxing or 2 cups (500 mL) per hour when dancing/exercising. Switch water with an electrolyte drink from time to time
- If you are feeling overwhelmed/anxious during the experience, tell a trusted friend how you feel and move away from loud music or intense stimuli. Find a nice calm place to relax with your friend and talk about your feelings.
- Make sure you don't have anything important to do the next day.
- Avoid making any big decisions about life or relationships during the experience. Psychedelics can distort your thoughts and perceptions, and a decision that may seem like the right one while you're tripping may not seem so right once you're sober.



## MORE INFO

This resource is not a complete guide so do some further research. The following websites may help:

[www.dancewizensw.org.au](http://www.dancewizensw.org.au)  
[www.nuaa.org.au](http://www.nuaa.org.au)  
[www.prism.org.au](http://www.prism.org.au)  
[www.erowid.org](http://www.erowid.org)  
[www.hrvic.org](http://www.hrvic.org)  
[www.dancesafe.org](http://www.dancesafe.org)  
[www.trippproject.ca](http://www.trippproject.ca)  
[www.yourroom.health.nsw.gov.au](http://www.yourroom.health.nsw.gov.au)

This resource has been developed for people who use or intend to use drugs. Our role is to provide factual, relevant and practical information so you can make informed decisions. We promote harm reduction and safer partying.

This resource has been developed and adapted by DanceWize NSW with support from DanceWize, Harm Reduction Victoria, PRISM, and DanceSafe.

DanceWize NSW is a program of NSW Users and AIDS Association (NUAA).

# JUST SAY KNOW.



# MAGIC MUSHROOMS

## GOLD TOPS, BLUE MEANIES, MUSHIES, SHROOMS, FUN GUYS, FUNGUS, SUBS, CUBES, MUSHY CAPS

**Know your mind, know your body, know your substance, and know your limits**

Magic mushrooms are among the most commonly used psychedelic substances and contain the psychoactive compounds psilocybin and psilocin. They have been used for thousands of years by indigenous cultures around the world to induce altered states of consciousness during festive and religious ceremonies. Magic mushrooms are usually eaten raw or brewed into a tea. They can be consumed fresh or dried for later use. They can also be ground up after drying and put into caps.

Psychedelics affect all the senses, especially auditory and visual senses, leading to hallucinations. Psychedelics alter the way we think, our sense of time, and our emotions. Reactions and experiences can vary dramatically from person to person. Even if you've taken mushrooms many times before, every experience is unique and unpredictable.

### CHEMICAL COMPOUND

Psilocybin (4-phosphoryloxy-N,N-dimethyltryptamine)  
Psilocin (4-hydroxy-N,N-dimethyltryptamine)



## HOW IT'S TAKEN

Swallowed

## DOSAGE AND SAFER USING TIPS

Taking drugs is never without risk. Information on dose and length of action are of a general nature. Each person's response to a drug will depend heavily upon individual factors such as body weight, kidney and liver function. Because most purchased drugs are of unknown purity and weight, use caution when dosing, start low and go slow.

- Potency can vary greatly from one mushroom to the next and between mushy caps. To test strength, start with a small dose and wait 2 hours before re-dosing.
- An average dose is between 1g-2.5g of dried mushrooms, depending on body weight, tolerance, frequency of usage, recent meals.
- Give the drug plenty of time to work. On an empty stomach, the full effects should be felt within 30 minutes to an hour. On a full stomach it could take much longer.
- The greatest danger associated with taking magic mushrooms is accidentally ingesting poisonous mushrooms instead. There are about 7 types of edible, magic mushrooms in NSW, but only a handful of these are common. Several mushroom species look very similar to magic mushrooms but are actually very toxic. Learn how to identify them with somebody who has plenty of experience. If you are purchasing, buy from a trusted source.
- If you don't know what you are looking for, don't eat wild mushrooms!

## ROADSIDE DRUG TEST

It is illegal to drive under the influence of any illicit drugs, including psilocybin/psilocin. Psilocybin/psilocin are not detectable by a saliva test. It's best not to drive until the effects have completely worn off and you have had a decent sleep. Make sure you take this into consideration when planning your ride home from a festival or event.

## DURATION OF EFFECTS

Total duration: 4 - 9 hours

Onset: 15 - 120 minutes

Peak: 2 - 3 hours

Coming down: 1 - 3 hours

Hangover/after effects: 0 - 6 hours

Even though the apparent effects of the drug wear off after 4-6 hours, the drug is still active in your system for 9 hours after you have taken it. The effects may linger until you have slept properly. It is important to remember this if choosing to use other substances.

## MOST COMMON EFFECTS\*

Visual hallucinations

Sensory enhancement (taste, smell, touch)

Muscle tension

Increased sweating / heart rate

Difficulty regulating body temperature ⚠

Dilated pupils

Unusual body sensations (chills, goosebumps, tingling)

Feeling numb

Euphoria

Mood Lift

Meaningful spiritual experiences

Uncontrollable laughter

Downward spiralling thoughts and emotions ⚠

Confusion ⚠

Sleepiness

Distorted perception of time

Yawning (but not tired)

\*Effects vary greatly from one person to another.

## UNSAFE COMBINATIONS

Magic mushrooms combined with...

- **Ice, cocaine and other stimulants** = increased risk of anxiety and psychosis
- **Other psychedelics** = intensified psychedelic effects and risk of challenging experience
- **Cannabis** = confusion, can lead to challenging experience. Can also trigger paranoia or psychosis. Wait until after the peak of the experience is over before using cannabis.
- **Ketamine** = affects the intensity of the trip. Can lead to a challenging experience
- **Alcohol** = nausea, confusion, blackout
- **Depressants** = decrease in effects
- **MAOIs** = significant increase in potency and duration
- **SSRIs** = may decrease the effects

Take a look at the TripSit drug combinations chart online, or in the DanceWize NSW chill space for info on other combinations.

## LESS COMMON EFFECTS

Increased salivation and mucus production (irritable coughing for some)

Nausea – especially during onset ⚠

Dizziness ⚠

Anxiety ⚠

Lethargy (feeling heavy)

Increased awareness and appreciation of music

Feeling of oneness with the universe and all beings

Blurred boundaries between self and others

Increased lateral thinking and problem solving

Reduced connection to ego (ego death)

## RARE EFFECTS

Paranoia, fear and panic ⚠

Synaesthesia (tasting colour, seeing sounds etc.)

## POSSIBLE LONG-TERM EFFECTS

- Some people re-experience the individual effects of magic mushrooms days, weeks, months, or even years later. These experiences can be as minor as slight changes in perception, through to powerful recollections of images and emotions.
- Psychedelic drugs may accelerate the onset of schizophrenia and other mental health issues if you are genetically predisposed.



**Magic mushroom use is not recommended if you have or have had:**

- Sleep deprivation/ insomnia
  - Anxiety
  - Depression
  - Schizophrenia
  - Psychotic disorders
  - Other mental health issues
  - Or if you are pregnant
- Speak to your doctor for more info on drug combinations/health conditions. Speak to DanceWize NSW for referrals.



**Seek help from onsite medical, DanceWize NSW or call 000 if experiencing adverse reactions**