Trip Prearation Checklist

Preparing for a psychedelic journey is a crucial step that can shape the entire experience. Careful preparation helps ensure safety and promotes a more profound exploration of the psyche. Here are some useful practices and questions to consider before embarking on such a journey:

Intention Setting

- What is my intention for this experience?
- What do I hope to learn, understand, or explore during this journey?

Health and Safety

- Is my current mental and physical health suitable for a psychedelic experience?
- Have I researched the potential risks and effects of the substance I'm considering?
- Do I have a plan in case of a difficult or overwhelming experience?

Environment

- Have I chosen a setting that is safe, comfortable, and free from interruptions?
- Could changing the setting in any way make it more conducive to a positive experience?

Support

- Who will be my trip sitter or guide, and do I trust them completely?
- Have I discussed my intentions with this person so they know how to best support me?

Logistics

- Have I cleared my schedule to ensure I won't have any obligations or disruptions?
- Do I have everything I need, such as water, comfortable clothing, and a safe means of transportation if needed?

Mood and Mindset

- What is my current emotional state, and how might it affect the experience?
- Am I feeling pressured in any way to partake, and if so, is this the right time for me?

Educational Preparation

- Have I done sufficient research to understand the substance, its effects, the dosage, and the duration?
- Do I know the legal status and potential legal consequences surrounding the use of psychedelics in my area?

Integration Planning

- How will I give myself space and time for reflection and integration after the experience?
- Who can I speak with afterward who will understand and support my integration process?

Contingency Planning

- What's my plan if I experience anxiety, panic, or another intense negative reaction?
- Who can I contact in an emergency, and do they have access to necessary information?

Personal Growth

- What personal patterns or behaviors am I open to examining, and am I prepared to confront them?
- How committed am I to translating any insights gained into my daily life?