

"It's my first time taking shrooms!" Frequently Asked Questions¹

[PDF²](#), [ODT³](#)

Q: It's my first time! What can I expect?

Every trip is different, but there are some general similarities. The experience will be affected by many factors, e.g. dosage, set and setting, etc... (see below) These are the most common effects:

Physical effects: Muscle relaxation, weakness and twitches. Nausea. yawning, drowsiness, lack of coordination. Pupil dilation, watery eyes, facial flushing. Increased heart rate and body temperature. Body feels heavy or light, feelings of floating.

Psychological effects: Heightened sensory experiences and perceptual distortions. Auditory, tactile and visual hallucinations. Synesthesia. Difficulty in focusing and thinking. Sense of detachment from body and surroundings. Loss of boundaries. Altered perception of space and time. Emotions are intensified.

Anecdotal effects: Things seem more beautiful and meaningful. A new appreciation for nature and loved ones. Feeling at one with the universe. Insights into past and current affairs. Playfulness and child-like wonder.

Q: How much should I take?

The recommendations vary, but anything between 2g and 3.5g (dry shrooms) is usually good enough for a first trip. If you are very cautious or nervous, start out with a smaller dose like 1.5g and see how that goes. Larger doses (4g+) are not really recommended for inexperienced trippers.

If you are significantly larger or smaller than an average person, you may need to adjust your dosage with 0.5g more / less.

Q: How do I take them?

You don't need to do anything fancy, it is totally fine to just eat them as they are. However, the general consensus is that the trip will be more intense / the onset will be faster if:

- You grind the shrooms into a fine powder before consumption
- You do a [lemon tek⁴](#)
- You take them on an empty stomach

If you don't like the taste or texture, you can:

- Make [tea⁵](#)

1 [reddit.com/r/shrooms/comments/3vijwr/its_my_first_time_taking_shrooms_frequently_asked/](https://www.reddit.com/r/shrooms/comments/3vijwr/its_my_first_time_taking_shrooms_frequently_asked/)

2 github.com/alpine314/mush-love/blob/master/mush-love.pdf

3 github.com/alpine314/mush-love/blob/master/mush-love.odt

4 [zamnesia.com/blog-the-lemon-tek-for-a-faster-trip-n232](https://www.zamnesia.com/blog-the-lemon-tek-for-a-faster-trip-n232)

5 shroomery.org/9350/Shroom-Tea



- Make [shroom chocolates](#)⁶
- Make [jello](#)⁷

Many people have recommended taking shrooms with a bit of dark chocolate. There are [lots](#)⁸ of other ways to take them, just find one that works best you.

Q: Can I eat them fresh?

Yes! Fresh shrooms are 90% - 93% water, so adjust the dosage accordingly, e.g. 20g fresh = +-2 grams dry.

Q: Will I get nausea and how do I avoid it?

Not everyone will experience nausea, but some people are more susceptible than others. Nausea is mostly caused by ingesting the solid, fibrous part of the mushroom, which the stomach can have trouble digesting. Making a tea and straining out the solids can significantly reduce nausea. Ginger also helps. If you do experience nausea, it is best to just ride it out. It usually only lasts for the first hour after consumption, so try to distract yourself until it passes.

Q: How long will the trip last?

This is dependent on the dosage, but the typical timeline for a trip looks like this:

- **Onset** = 20 - 60 min. The length of the onset is usually dependent on method of consumption, e.g. taking shrooms whole or with food / on a full stomach will mean a longer onset, while lemon tek or tea makes the onset much shorter.
- **Peak** = 3 - 5 hours. This is the most intense part of the trip.
- **Come down** = 2 - 4 hours. The trip gradually becomes less intense as things start to calm down.
- **Total duration** = 6 - 10 hours.

An average first time trip of 2g should last about 6 hours. Keep in mind that just because the trip is over, you may not necessarily be ready to interact with the "real world" yet.

Q: What are "set" and "setting" and why are they important?

Set = your mindset, the way you are currently feeling and the things you are currently thinking about.

Setting = The place / environment that you will be tripping in.

The kind of trip you have is very much dependent on set and setting, since shrooms will make you much more sensitive to even the slightest stimuli. It is recommended that you only trip when you have a good set and setting, e.g. you are in a fairly stable and happy frame of mind, and the environment will be somewhere beautiful and peaceful. You are far more likely to have a negative experience if you trip while feeling lonely in a crowded bar full of loud drunk people, than if you trip with some good friends on the beach at sunset.

⁶ reddit.com/r/shrooms/comments/2asqx0/homemade_shroom_chocolates_anyone/

⁷ shroomery.org/forums/showflat.php/Number/20903584

⁸ reddit.com/r/shrooms/comments/21vvuw/reddit_whats_your_favorite_way_to_consume_shrooms/

Some people do choose to take shrooms to help them deal with depression, death of a loved one, etc, but these trips are very heavy and best left until you have more experience with shrooms.

For your first time, wait until you have a good set and setting, even if that means delaying your plans a few times.

Q: What can I do to make sure I am fully prepared for my trip?

- **Make sure you will not be disturbed.** Turn your cell phone off, make sure that you have no other commitments and that you won't be having random visitors dropping by.
- **Maximize comfort.** Have warmer / cooler clothes on hand. Have a place where you can lie down and relax. Make sure there is easy access to a bathroom. Water is always a good idea.
- **Gather and prepare what you'll need.** E.g. Have a good playlist already queued up, since motor function will be impaired and navigating a computer can be difficult. If you think you may want to draw or write, have some pen and paper nearby. Have food ready and prepared for the comedown.
- **Plan a rest day if possible,** e.g. trip on Saturday and rest on Sunday. That way you have time to fully integrate everything that happened on the trip, and to recuperate. Trips can be physically, mentally and emotionally draining and it can be very rough to have to go right back to work / class the very next day.

Q: What is a trip-sitter? Do I need one?

A trip-sitter is a sober person who is nearby while you are tripping. They can be in the room with you, or just chilling nearby to give you your space. They are there to comfort you in case you start feeling overwhelmed, and to deal with things like the doorbell ringing or ordering a pizza so that you don't have to. It is helpful if the trip sitter has had previous experience with psychedelics.

For first timers, a trip sitter is recommended, especially if you intend to trip alone. Even if they are not with you, it will be a comfort to know that there is someone you can call if you need them.

Q: Should I trip alone or with other people?

There are pros and cons to both, so choose the option that suits you best.

Alone: You may feel overwhelmed and confused, especially if this is your first experience with psychedelics. However, if you want a more introspective trip, then having other people around can be a distraction.

With others: If you don't know a person very well or if there is any underlying tension, then you may react negatively in their presence while tripping. However, with a good friend, a shared trip can be an amazing bonding experience and fun adventure.

Q: Should I take them during the day or at night?

Both experiences are beautiful in their own way, so it really depends on your setting. Don't trip at night if you are going to be out in the wilderness and could potentially get stuck somewhere unsafe in the dark. Don't trip during the day if you are worried about people coming over and disturbing your trip. Light transitions (sunrise and sunset) are very beautiful while tripping.

Q: What is a bad trip and how do I avoid having one?

When you take shrooms (or other psychedelics) and you have a negative experience, some people label this as a "bad trip". Common features include: extreme anxiety, feelings of terror and alienation, overwhelming sadness, paranoia, confusion, loss of self-identity, and physical discomfort. Some people are of the opinion that there are no "bad trips", only "difficult trips", and that working through the issues that come up during these trips can present great opportunities for growth and healing.

How to avoid bad trips:

- Proper preparation (see above)
- Proper set and setting (see above)
- Have a trip sitter

If the trip starts going bad:

- Focus on remaining calm. Take some deep breaths and drink some water
- Change something, e.g. change the music, get up and walk around / go lie down / go outside
- Talk to someone and let them reassure you
- Remember that the trip is temporary and will end in a few hours.

In general, bad trips are quite rare, and if the above advice is adhered to, it is extremely unlikely that you will have a bad trip.

Q: I've had experience with other drugs, how do shrooms compare?

Shrooms are a [psychedelic](#)⁹, putting them in the same category as LSD, DMT, mescaline, and other hallucinogenic drugs, so there are certain similarities between those experiences. While shroom trips have their own unique flavor, if you have tried other psychedelic drugs you will not be in completely unfamiliar territory.

Stimulants (cocaine, caffeine), opiates (heroin, morphine) and alcohol produce very different effects from shrooms. People who prefer the effects of these drugs may not necessarily enjoy psychedelics.

The most common drug that people have experienced before trying shrooms is marijuana. It is important to note that shrooms are not just "a stronger version of weed", so even if you are a heavy smoker, you will most likely still be unprepared for a shroom trip. At high doses, marijuana can produce mildly psychedelic effects, so the experiences are not wholly unrelated.

If you have never tried any other drugs before taking shrooms, that is totally fine. While previous experience can make the trip less jarring, it can also interfere with the trip if you have expectations and try to make comparisons.

Q: Can I combine shrooms with other drugs?

This is a rather subjective question, but it should be noted that shrooms do not need to be combined with anything, and that taken by themselves, can produce an excellent trip that needs no "enhancement". For first timers, it is

⁹ wikipedia.org/wiki/Psychedelic_drug

recommended that they take shrooms only, so that they may fully appreciate what a shroom trip is without interference from other substances.

Combining shrooms with stimulants, opiates or alcohol is generally not recommended since the effects are very different. Shrooms have been [combined with other psychedelics](#)¹⁰ with varying results. Combining shrooms and MDMA is called [hippie flipping](#)¹¹ and most people report positive experiences with this mix.

Shrooms are most likely to be [combined with marijuana](#)¹², and the reports have been very mixed on this experience. Some say that it enhances the trip, that it helps with nausea and calms anxiety. Others have found that marijuana has a negative effect on their trip, increasing anxiety and confusion.

Q: Am I too young to take shrooms?

The general consensus is that before the age of at least 20, the brain is still developing. As such, not only shrooms but other substances like marijuana and alcohol should also be avoided, since they can affect this development in a negative and permanent way. However, there are many people who have taken shrooms while [younger than 20](#)¹³ and do not think that it has had any significant negative impact. It is your choice and the consequences are your responsibility.

Q: Can I take shrooms in my bedroom while my parents are asleep?

If this will affect your set and setting in a negative way then you probably shouldn't take shrooms. E.g. if you are going to spend the whole trip locked in your room, unable to go outside, paranoid about making a noise or your parents discovering you, then it isn't really worth the stress. If you think that this won't be a problem for you, then go ahead.

Q: I am on medication / I have a medical condition, is it safe to take shrooms?

Unless the person giving you advice is a medical doctor or psychiatrist, then it is merely speculation on their part, and it is best to err on the side of caution. Even comments by other users with similar conditions / medications cannot be viewed as a guarantee that you'll have the same experience. You need to do your own research and take responsibility for your own choices.

If you are on an SSRI (selective serotonin reuptake inhibitors) for depression etc, then you should probably steer clear of shrooms. While some say that the SSRI's weaken the trip, others claim that it can lead to [serotonin syndrome](#)¹⁴, which can be fatal, and still others have taken shrooms while on SSRI's with no ill effects. Please keep this in mind if you plan on taking shrooms to help with depression if you are on medication.

Q: What are some fun activities to do while tripping?

You don't need to worry about getting bored if you don't have a bunch of activities planned, shrooms are plenty of

10 reddit.com/r/Drugs/comments/1idodf/lsd_shrooms_anyone_have_experience_with_this_combo/

11 reddit.com/r/Drugs/comments/29bxwp/hippie_flip/

12 reddit.com/r/shrooms/comments/2fx4k6/marijuana_on_shrooms/

13 reddit.com/r/shrooms/comments/1nstyt/am_i_too_young_to_try_shrooms/

14 wikipedia.org/wiki/Serotonin_syndrome

fun when just hanging out.

The activities that are mentioned most often:

- Being outside: Appreciating nature, camping, going for a walk, looking at the sky, sitting around a fire.
- Do some kind of physical activity: hiking, swimming, dancing, yoga, sex.
- Listening to cool music or watching a movie (see below)
- Doing something creative: Drawing, painting, writing, playing instruments.
- If you are tripping with friends, conversation can be very engaging.

Q: What is your favorite movie to watch / music to listen to while tripping?

When choosing a movie / music, take set and setting into consideration. Just because you and your friends are fans of death metal and horror movies when you are sober, does not mean that these will be the best choices while tripping. It is generally recommended to avoid media that will elicit strong negative emotions like sadness, fear or anger. Your choice really depends on your mood - comedies can be hysterical if you want to laugh, some movies are visually very stimulating and beautiful, some movies will make you appreciate your life and loved ones, and other movies will just make you go WTF! Some movies / music work well while peaking and others are best saved for the come-down.

Frequently mentioned movies:

Baraka, Samsara, Waking Life, Fear and Loathing in Las Vegas, Princess Mononoke (any Studio Ghibli movie), A Scanner Darkly, Across the Universe, Planet Earth Series (any David Attenborough / nature documentary), Coraline, Avatar, Alice in Wonderland, Fantastic Mr. Fox, 2001 A Space Odyssey, Interstellar, The Dark Crystal, Team America, Speed Racer, Lord of the Rings.

Frequently mentioned music:

[Pink Floyd - Dark Side of the Moon](#)¹⁵ is probably the most frequently recommended album. Depending on your tastes, jazz, rock, house, psytrance, and classical music all work well. It is recommended to make several different playlists before the trip so that you can easily switch between genres. If you just can't find the right tunes, try turning off the music. Sometimes silence is better.

Links to past threads on music: [1](#)¹⁶, [2](#)¹⁷, [3](#)¹⁸, [4](#)¹⁹, [5](#)²⁰, [6](#)²¹.

More links: [/r/psychedelicrock](#), [/r/Psybient/](#), [/r/ambientmusic](#), [/r/chillmusic](#), [Ectoplazm](#), [Stereodose](#)

Q: What can I eat / drink while tripping?

Tripping does interesting things to the taste buds - things that are normally delicious could taste really gross, and

15 youtu.be/DLOth-BuCNY

16 reddit.com/r/shrooms/comments/3d4n71/just_dropped_need_music/

17 reddit.com/r/shrooms/comments/2iqh0k/whats_some_good_music_to_trip_to/

18 reddit.com/r/shrooms/comments/3tiqbh/any_good_music_to_listen_to_while_tripping/

19 reddit.com/r/shrooms/comments/3lvr05/best_music_for_tripping/

20 reddit.com/r/shrooms/comments/2vzook/what_is_the_best_music_to_listen_to_while_taking/

21 reddit.com/r/shrooms/comments/1krcfw/what_music_to_listen_to/

things that you wouldn't think of as appealing while tripping can be amazing. You can't go wrong with water. It is important to stay hydrated, especially if involved in a physical activity, and stronger flavors can be overwhelming.

Textures are a lot of fun to experiment with, e.g. bubbles in a fizzy drink, or peeling and biting into a juicy fruit. Some people avoid junk food and opt for more organic options, but others have no problem with processed foods. Most people do not appear to feel hungry while tripping, even if they took the shrooms on an empty stomach. However, once they start coming down, they may be very hungry. It is recommended to stay away from foods / drinks that can cause gastric distress before and during the trip, since going to the bathroom while tripping is already challenging enough without added difficulties.

Q: What are the aftereffects of shrooms?

Depending on the intensity and quality of the trip, the aftereffects can last several days, even weeks or months. Many people say that shrooms have made them more empathetic, allowed them to feel more connected, given them a deeper appreciation of nature, and helped them be kinder, gentler and happier as they learn to take life, and themselves, less seriously. These emotions did not simply fade as soon as the trip was over.

Shrooms can potentially have lasting, even permanent, effects on one's personality and attitude. Whether these effects are positive or negative is largely up to the individual, which is why it is stressed over and over that psychedelics are not to be trifled with, but should be approached with respect.

Q: Will shrooms give me spiritual / philosophical insights?

It is difficult to predict exactly what will happen on any given trip. However, if you are spiritually / philosophically inclined to begin with, and you take shrooms with the intention of having these kinds of insights, then there is a pretty good chance that this will happen. It can be helpful to write out some questions or ideas before the trip, and then return to them during or after the trip. However, it is better to go into a trip without any expectations or preconceived ideas, especially for your first time. If you are too focused on one kind of experience / answer / idea, then you may completely miss the other experiences that the trip could potentially show you.

If you are interested in taking shrooms for these kinds of insights, then you should check out other subs like [/r/Psychonaut/](#), [/r/tryptonaut/](#) or [/r/entheogens/](#).

Q: What is "ego-death"?

[Ego-death](#)²² is the dissolution of the self, a moment where all the things that make you "you" fall away (the exact definition seems to differ from person to person). This is experienced either as frightening, since without a "self" to identify with one may feel lost and confused, or more commonly, as euphoric, since in the absence of the "self" that is separate from everything, you now become a part of everything.

This seems to be a fairly common experience at higher doses, and many shroomers actively seek out this experience to further their personal growth. However, some people seem too fixated on this concept and feel great disappointment if they do not achieve ego death. Every person is different and every trip is different, and getting fixated on comparisons will make it difficult to have a good trip.

²² wikipedia.org/wiki/Ego_death

Q: I don't have a scale, can you look at this photo and tell me how much these shrooms weigh?

No we can't. It could be 2 grams or 4 grams, and there is a big difference between those two trips. It would be irresponsible of us to guess.

Q: I just bought these, are they any good?

You are welcome to post a picture of your purchase if you want confirmation that they are the right kind of shrooms. Better safe than sorry. Please make sure that the photo is clear and in focus.

Q: I picked these wild mushrooms. Can I eat them? Will I trip?

The answer is most likely NO. Please remember that consuming toxic mushrooms can make you very sick, even kill you, and no trip is worth that.

If you would like to post a picture of the mushroom to ask for advice, here are some tips:

- Do some research beforehand, don't just post any random shroom you find on the off chance it's active. A quick Google image search should tell you if you are on the right track.
- Photos should be well-lit and in focus, from several angles.
- Include a photo of the spore print that the mushroom makes.
- Mention what area you found it and what it was growing on.
- If you are not interested in tripping and are just curious about the kind of mushroom it is, submit your request to one of the other subs, e.g. [/r/ShroomID](#), [/r/mycology](#) or [/r/MushroomGrowers](#).

Q: I'm interested in trying shrooms, can you tell me where to find some?

As per the sidebar rule: NO. It is forbidden to discuss the buying /selling / sourcing of shrooms, so please respect this rule.

Q: I'm curious about growing shrooms! Where can I learn more?

The [Mushroom Growers Wiki](#)²³ explains the basics. There is also a lot of information available on [Shroomery](#)²⁴. We are happy to give advice here, but you will get a far better response if you post something like "I've been reading about this tek and need some clarification" than if you post "I want to grow, please tell me what to do."

Note: 🍄 Shroomscout's Official "[Easiest Way to Learn Shroom Growing with Uncle Bens Tek](#)"²⁵ is a wonderfully cheap and simple method as well.

23 reddit.com/r/MushroomGrowers/wiki/index

24 shroomery.org/4/Growing-Mushrooms

25 reddit.com/r/unclebens/comments/el1da3/part_1_how_mushrooms_and_mycelium_grow/