

HOW TO TRIP

Whether this is your first trip into the unknown or you are an experienced psychonaut, preparation can completely change the experience. The before, during, and after of your psychedelic truffles experience.

BEFORE THE TRIP

Set & Setting

Set and setting simply means your mindset (set) and your environment and the people around you (setting). Together, they heavily influence how the trip feels.

Before taking truffles, try ensure basic human care such as:

- Get a good night of sleep
- Eat well earlier in the day
- Stay hydrated
- Wear comfortable clothes
- Clear your schedule so you're not rushed



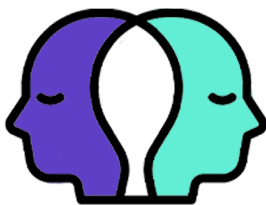
Your environment should feel safe, calm, and comfortable.

This might look like cozy blankets and soft lighting, or being surrounded by nature and trees.

If you're going to be outside, make sure you are prepared with water and snacks and for changes in temperate throughout the trip (i.e. pack a bag).

Intentions

You don't always need a deep or spiritual goal, but it helps to understand why you want to experience the truffles or mushrooms.



- Your intention could be:
- Reconnecting with yourself and your inner being
- Spending meaningful time with loved ones
- To get in touch with your creative side
- To enjoy nature
- To simply have fun!

Setting an intention before the trip results in a more meaningful and grounded experience.

Your mental state

Psychedelics tend to amplify what already exists deep in your subconscious.

When things arise that you may not be expecting, it's good to remember what you resist persists - try not to fight the emotions that come up. Let them come, see them and acknowledge them and as you process them, slowly they will pass.

If you are feeling very emotionally unstable prior to a trip, it may be better to wait until another time that you are ready to delve deep into your psyche.



MICRODOSE BROS

TAKING TRUFFLES

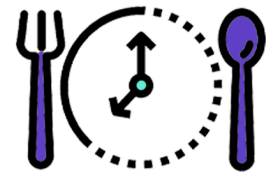
Before you eat them

Make sure they have been stored in the fridge and check the best before date as they are a fresh product!

Prepare your stomach:

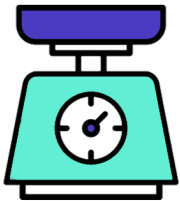
- Don't eat for approximately 2 hours beforehand
- Drink water normally

A very full stomach can weaken or delay effects, whereas a completely empty stomach can lead to nausea.



Dosage guide

A dose for one person may look completely different on somebody else, so if it's your first time, sometimes it's best to start a little lower than you may think.



Effect	Fresh Truffles	Dried Mushrooms
light "tipsy" trip	5-7g	0.6-0.8g
standard full experience	10-15g	1.3-2g
strong trip with intense effects	20-25g	2.6-3.4g

Some people like to begin with 7-10g of truffles and see how they feel after about 1 hour if they want to go a little deeper. If you redose after 1.5 hours, then tolerance has already built and the extra dose won't do much to add to the effect.

How to consume

Chew the truffles thoroughly and swallow everything. They have an earthy, slightly bitter taste, similar to an unripe walnut.

If you prefer, try them with:

- Plain yogurt
- A few squares of dark chocolate (70%+ cocoa)
- A handful of nuts
-

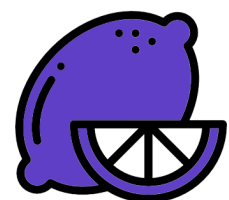
If you feel nauseous during the come up, don't panic.

This is common and usually passes. Stay calm, sip some water, and focus on slow, steady breathing.

If you're prone to nausea, you may prefer Lemon Tek.

Finely chop the truffles, soak them in fresh lemon juice for 15-20 minutes, then drink the mixture. Many users report a faster onset and less stomach discomfort.

Try to avoid heavy meals and sugary foods or drinks just before your trip, as they may prevent you from tripping.



MICRODOSE BROS

DURING THE TRIP

Surrendering to the experience

Trying to control the trip can create tension.

Instead lean into the experience and try and see what it is trying to teach you.

If you feel anxious, try:

- Box breathing to calm your nervous system quickly
- Changing your environment - can be as simple as a new chair or a new room in your house
- Change the music to match the mood you want to be in
- Talk to a trusted person
- Wrap yourself in a blanket or change into comfortable clothes



The level of stimulation around you also affects the experience.

More stimulation - crowds, bright lights and busy environments - can create more energetic trips that are more social and fun.

Less stimulation - nature, quiet, darkness - allows your imagination to flourish and can create deeper introspection and imagination.

What to expect

A truffle trip usually lasts around:

- 30-90 minutes is the onset of effects
- 2-4 hours after consumption is when peak effects will occur
- 5-6 hours is when the effects fade



The beginning of a trip can feel strange and unlike anything else you have experienced. However, it is generally a conscious high - you are still connected to yourself and to reality.

Remind yourself that:

- You are safe
- The feeling is temporary
- You took psychedelics

Suggested trip experiences

- Cozy day at home
- Forest walks / hiking and camping
- A light trip in an interesting museum or arcade
- Sunny day in the park or botanical gardens

If you're new to psychedelics, start in a familiar, comfortable place where you feel safe. Once you're relaxed, you can go outside if you like. Avoid busy public places at first, as crowds can feel overwhelming.



MICRODOSE BROS

Safety consideration

Psychedelics deserve respect and should be avoided mixing with alcohol and other drugs.

Other important reminders are:

- Don't drive while tripping
- Avoid tripping while pregnant
- Check with your doctor if they will interact with any of your medications



If you're worried about the experience becoming too intense, having **Trip Stopper** nearby can help you feel more comfortable.

DURING THE TRIP

Integrating the trip

After the trip, many people feel emotionally open, reflective, calm, and connected - often referred to as an 'afterglow'. You may also experience small waves of emotions or sensory distortions - this is very normal after a trip.



The trip doesn't end when the visuals stop - it's important to take time to reflect and integrate your learnings from your journey.

Some practices may include:

- Journaling what you learnt
- Talking with trusted friends or those you shared the experience with
- Spending time connecting in nature
- Meditating

Recovery

Unlike alcohol, psilocybin usually doesn't cause a hangover. Many people feel refreshed or clear-headed the next day, though you may still feel mentally tired.

Just as you prepared for your trip, it's important to take good care of yourself afterwards:

- Get a good night of sleep
- Eat a big, nutritious meal afterwards
- Stay hydrated
- Be gentle with yourself



Not every trip needs to be life-changing.

Sometimes it's a simple change in perception or thought about one aspect of your life. Sometimes it's learning to let go a little more and lean into the deeper parts of yourself.

Hope you had a beautiful journey.
We'd love to hear about your experience.
Scan the code to leave a quick review.

