

NEXT Distro
STAY ALIVE , STAY SAFE.

Safer Crack/Rock Smoking

How do I smoke rock/crack cocaine as safely as possible?

FIRST THINGS FIRST: HERE ARE THE SUPPLIES YOU'LL NEED:



Pipe/stem

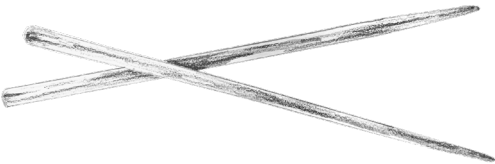
A straight (like a straw) glass or metal pipe, about 3-4 inches long, to smoke out of

- Plastic is not a good option because heat will warp or melt it



Filter

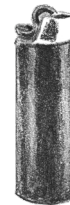
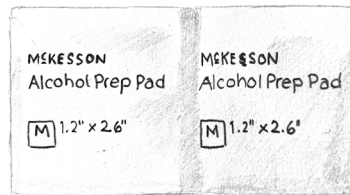
Small, rolled up piece of copper scrubber (Chore Boy is a common brand), or a copper filter screen



Pusher

A thin wooden stick to push your filter into the pipe

- Chopsticks are great to use as pushers, since they're long, wooden, and pretty easy to find
- Lots of people use long pieces of metal, but this could crack the pipe



Alcohol Pads, or Soap & Water

To clean or wash your hands with, and to wipe your pipe down with after you smoke

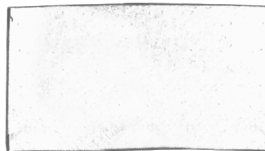
Lighter

To pre-burn your filter, and to use for heating your drugs



Mouthpiece (optional)

If you're sharing your pipe, use a rubber sparkplug cover or wrap a rubber band around the end of your pipe that your mouth will be touching. Replace for each person using the pipe.



Cigarette or Paper to Burn (optional)

To add ash to your filter, which can help it last longer.

Here's how to put them together and smoke:

1. Wash your hands, or use an alcohol pad to clean your hands. You can also use the alcohol pads to clean off your pipe before you put your mouth to it.
2. Use your lighter to burn your copper scrubber for a few seconds before you smoke. Doing this will help release toxic chemicals in the copper scrubber, and will also reduce a metallic, coppery taste when you're smoking.
 - *Don't* hold the filter in your hand when you're burning it -- you don't want to burn your fingertips! Instead, put it on the table, or in a metal cooker, or hold it between two long items like matches, pens, or chopsticks.
 - If you're using a filter screen, you don't need to pre-burn it like this
3. Use your pusher to put the copper scrubber in your pipe. You want to push it down to the end of the pipe that you *won't* be smoking from. Leave about half an inch to an inch of room for your crack.
4. Once your filter is snugly in the pipe, blow through the pipe to make sure it's in tight enough, and that you won't suck it up once you begin to smoke.
5. If you're using a mouthpiece, put it on now, before you insert your drugs.
6. Add some ash on top of your filter (on the side where you'll put in your drugs), either by ashing a cigarette or burning a small amount of paper. This will serve as a barrier to protect your filter and make it last longer, and also help your crack from being sucked through the filter.
7. Insert your crack in front of the filter.
8. Put your mouth on the pipe, and get ready to smoke. Move your lighter along the stem to distribute the heat evenly. This will keep your drugs from burning up too quickly, and will also keep your pipe from getting too hot and cracking.
9. Inhale slowly, and exhale quickly. Holding the smoke in your lungs for a long time won't get you higher, but it can do more damage to your lungs.
10. Take a break between hits! Give yourself a bit

of time to see how it feels before continuing to smoke.

My mouth feels dry after I smoke, is there anything I can do to keep it from getting so dry?

- Chewing gum can help produce saliva. It'll also help to stop you from grinding your teeth, which people sometimes do when they're using stimulants like crack.
- Drink lots of water, or other nonalcoholic liquids like juice. Staying hydrated can help curb that dry feeling, and can help fight against any cuts or blisters that you might develop.
- Use chapstick to keep your lips healthy, especially if they're cracked or burned.

I've always used steel wool/brillo pads for my filter, should I really use Chore Boy instead?

- Steel wool breaks apart more easily than copper scrubbers, so you can more easily inhale small pieces of it, which can burn your lips or the inside of your mouth, or be harmful to your lungs or stomach if swallowed/inhaled.
- Steel wool is also sometimes coated with plastic, chemicals, or soap. While copper scrubbers aren't perfect, they're much less harmful overall.
- If you only have access to steel wool, be sure to look at what's in it, and try to get the kind that is all steel or all brass, to avoid those harmful chemicals.

Resources

- <https://www.catie.ca/en/safer-crack-smoking>
- http://www.bccdc.ca/resource-gallery/Documents/Educational%20Materials/Epid/Other/ScreensQA_v3_Nov2011_.pdf
- https://www.drugsandalcohol.ie/15565/1/Chrysalis_crack_booklet.pdf
- https://aidsetc.org/sites/default/files/resources_files/stimulant.pdf