

Session Day Checklist

Use this helpful checklist on the day of your session. Each item is a small act of self-care and readiness. These are tips and are not obligatory for a successful experience, so do not feel pressured to do all of them.

Before (Morning)

- Wake slowly — no alarm rush, no phone
- Drink 2 glasses of water
- Eat a light, nourishing meal (if not fasting)
- Spend 10 min in quiet — meditation, journaling, or nature
- Read your intention statement aloud
- Confirm support person is available
- Put phone on Do Not Disturb / airplane mode

During — Environment

- Comfortable space prepared (pillows, blanket, eyeshade)
- Lighting set (soft, not harsh — candles or dim lamps)
- Playlist loaded and ready
- Water and light snacks accessible
- Bucket nearby (nausea is common at onset)
- Meaningful objects or photos visible
- No plans for at least 8 hours after dosing

After — Coming Down

- Eat something nourishing as appetite returns
- Journal while memories are fresh
- Connect briefly with support person
- Rest — sleep is deeply restorative tonight
- Avoid alcohol and cannabis for 24 hours
- Schedule integration session or call within 48 hours