

How to shop at a

Cannabis Dispensary



Find your shop

Start by finding a licensed and reputable cannabis dispensary in your area. You can check online directories, read reviews, or ask for recommendations from friends or trusted sources.



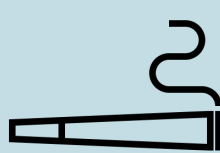
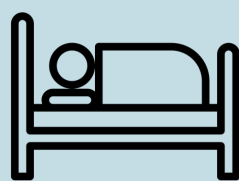
Know the rules



Before visiting, get to know the local regulations and requirements regarding cannabis use, purchase limits, payment options, and identification needed to enter the shop.

Understand your needs

Take some time to think about your needs and preferences. Consider the desired effects, consumption method (smoking, edibles, topical, etc.), potency, and any specific concerns or conditions you are looking to address.

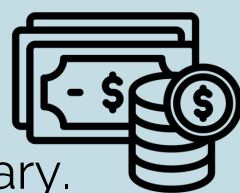


Ask questions



Ask budtenders about product options, strain potency, effects, dosages, quality testing results, and any other concerns you may have.

Consider your budget



Determine your budget before going to the dispensary. Prices can vary depending on the quality, potency, and type of product. Having a budget in mind will help you make choices that align with your financial situation.

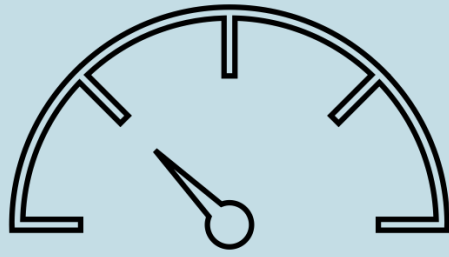
Browse the products



Take your time to browse the product selection. Look at different strains, edibles, concentrates, and other products and supplies available. Read labels and descriptions to understand the potency, effects, and recommended dosages.

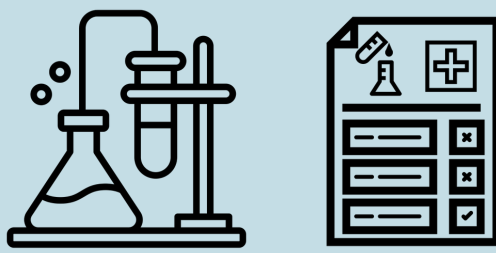
Start with low potency

If you are a beginner or have a low tolerance, it's generally recommended to start with products that have lower potency. This will allow you to gauge your response and gradually increase your consumption if needed. Remember, you can always consume more, but you can't undo an excessive intake.



Ask about lab testing

Ask the budtender about the lab testing conducted on the products. Reputable dispensaries often provide information on product testing for potency, contaminants, heavy metals, and cannabinoid profiles. This can give you more confidence in the quality and safety of the products you are considering.



Make your purchase

After deciding on the products you want to purchase, proceed to the checkout counter. The budtender will guide you through the payment process, which can vary depending on the dispensary. Cash is commonly preferred, but some may also offer other payment options such as debit card.



Make sure to store and transport your cannabis products safely and securely until you reach your destination. Always store your products securely away from children and pets.

Transport safely



Set and setting

Set and setting are crucial when consuming cannabis, especially as a beginner. Your mindset (set) and the environment (setting) can greatly influence your experience. It's important to be in a positive mindset and choose a comfortable setting to enhance your enjoyment and reduce the chance of negative effects.



Start low and go slow

Remember, everyone responds differently to cannabis, so it's important to start with low doses, take your time, and listen to your body. Relax and enjoy yourself.

