

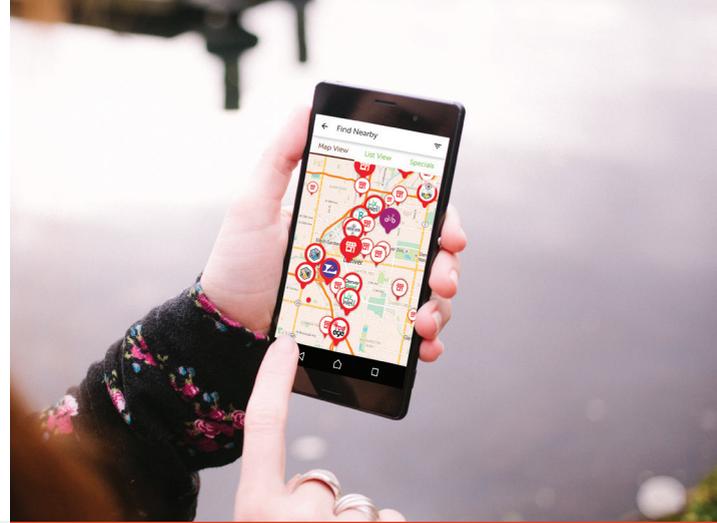


# OREGON RECREATIONAL CANNABIS GUIDELINES

As of October 1, 2015, medical dispensaries may sell dried cannabis flower to adults for recreational consumption. Persons over the age of 21 with valid identification:

- ✓ May purchase up to seven grams of dried cannabis flower or up to four seeds or clones for growing at home
- ✓ May possess up to eight ounces of dried cannabis flower at home, or up to one ounce outside your home
- ✓ May make cannabis-infused edible products at home for private use
- ✓ May NOT consume cannabis in public
- ✓ May NOT drive under the influence of cannabis
- ✓ May NOT transport cannabis across state lines

Edibles, oils and concentrates are not yet available for recreational consumption. Stay up to date on the latest news at [Leafly.com/finder](http://Leafly.com/finder)



## TO LEARN MORE

Visit [Leafly.com](http://Leafly.com) or download the free Leafly app

- Search cannabis strains by flavors, effects and medical conditions
- Find a location nearby that carries the product you're seeking
- Read up on the latest cannabis news and culture
- Join the world's largest cannabis information community

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# OREGON CANNABIS 101



TO CONSUME CANNABIS RESPONSIBLY



Dried cannabis flowers are most commonly consumed by inhalation of smoke or vapor.

Like wine or coffee, there are thousands of strains of cannabis, each with different effects and flavor profiles. However, all cannabis strains fit into one of these three categories:

- SATIVA** — Noted for uplifting and energizing effects. Good for daytime activities.
- INDICA** — Delivers heavier, full-body effects. Often preferred for nighttime use.
- HYBRID** — Provides a mix of sativa and indica effects.

Visit [Leafly.com](https://www.leafly.com) to find the right strain for you.

### CONSUMPTION METHODS

- Joint
- Pipe
- Vaporizer
- Bong



**THC** and **CBD** are the two primary compounds in cannabis. **THC** delivers euphoric effects. **CBD** is non-psychoactive and often used medicinally.



Extracts are potent concentrates derived from cannabis. They're popular primarily due to their high THC/CBD content.

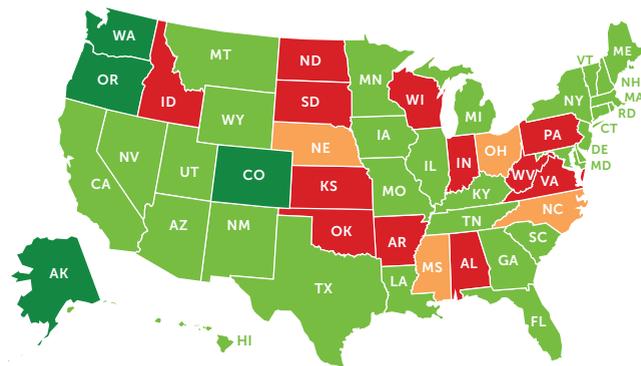
### CONSUMPTION METHODS



**HASH OIL**, often referred to as wax, shatter, or dabs, is usually inhaled as smoke or vapor.

**TINCTURES** are liquid cannabis extracts added to food or dropped under the tongue. *(Please see the next page for cautionary tips on orally-consumed cannabis.)*

### STATE OF THE LEAF



See your local cannabis laws at [leafly.com/stateoftheleaf](https://www.leafly.com/stateoftheleaf)



Edibles include any food or beverage infused with cannabis, consumed orally.

### CONSUME EDIBLES RESPONSIBLY

#### START SMALL

The effects of orally-consumed cannabis are often quite different than when smoked or vaporized and can last much longer. Until you're more experienced, the best advice is to go *slow*.



#### READ PACKAGING CAREFULLY

The average dose of THC is 10 milligrams (mg), but percentages of THC can vary product-by-product or even batch-to-batch. Also, many edibles contain multiple doses.

#### BE PATIENT

Edibles can take up to two hours to kick in. Wait before ingesting another dose.



Topicals are cannabis-infused products such as lotions, creams and lip balms.

### APPLICATION

Topicals are applied to the skin for localized effects. They are not typically considered psychoactive.

#### WHAT'S NEXT?

Now that you have the basics, you probably want to know more about the many different strains of cannabis and where you can buy them. Check the back cover to find out how.

