

*THIS KICKASS PAMPHLET IS A HOMETOWN
PRODUCTION OF MOUNTAINEER DISTRO!*

Falling over and passing out for a short or long time is pretty common at raves. Sometimes this is lethal, sometimes it's not. Learn to recognize the different types of "took too much" and what to do! If someone is passed out, check their APBs: **Airway, pulse/heartbeat and breathing.** 1 or more breaths every 5 seconds means they're probably okay, less is an alarm bell!

Keep in mind this guide is for single drug overdoses and heat illness. There's an amount you can't account for when someone is combining drugs. Combos are especially dangerous when mixing downers like K, NOS, Xanax, and Alcohol. Pick one drug to do for the night, be kind to yourself and your friends by managing your shit. No one wants to take care of you at a rave, keep it PLUR. **IF SOMEONE PASSES OUT DO NOT PUT WATER IN THEIR MOUTH, THIS CAN CAUSE DEATH.**

If someone has a fatal OD (no pulse, not breathing), call 911 and immediately work with your fellow ravers to administer CPR and Rescue Breaths while clearing the way for EMS to arrive. Ending the party sucks, it sucks more to have someone die.

Ketamine Overdose (K-Hole)

It is hard to take enough ketamine alone to die. It's fairly easy to take enough K to make yourself unconscious, puke and choke on the vomit unto death. People in a K hole are still breathing and have a pulse

Look for:

- Signs of powder around the nose
- Not responsive or minimally so
- Nausea/vomiting
- Can't stand/uncoordinated

What to do:

- Put raver in the recovery position
- Wait 45-60 minutes, with monitoring

NOS Overdose (Fishing Out)

It's very hard to take enough NOS (balloons, nitrous, galaxy gas) to die. It's easy to take enough nos to fish out, fall off a ledge and die. Fishing out means falling over and becoming unresponsive from NOS.

Look for:

- Balloon in hand or nearby
- Sudden loss of consciousness/falling over

What to do:

- Keep raver's head to the side or forward
- Wait 2-5 minutes, with monitoring

Alcohol Overdose (Alc Poisoning)

Alcohol OD is common in the rave scene. How much is too much can be a hard line to draw, especially if taking other downers like xans, ketamine or nos. Pick one drug.

Unlike K-Holes, Fishing Out or an Opioid OD, someone with alcohol poisoning is often still responsive and breathing. This doesn't mean they're perfectly safe.

Look for:

- Smell of alcohol (smell breath)
- Vomiting, nausea
- Slow breathing/heart rate
- Pissing/shitting themselves
- Unable to stand/walk straight
- Falling in and out of consciousness
- Low body temp, cold/blu-ish skin around lips and fingernails

What to do:

- Keep the person awake
- If they pass out, recovery position ASAP
- If awake, provide water, sip slowly
- Keep them warm
- If symptoms persist or worsen, hospital!

You often do not need to call 911 for alcohol poisoning, you can bring the person yourself and avoid an ambulance bill. Do not delay doing this if needed, be swift.

Opioid Overdose

Opioid overdoses do happen in the rave scene. Although few ravers take opioids intentionally, fentanyl contamination in other rave drugs is common. When the coke/molly dealer also deals fent, they can neglect to clean the scale or wash their gloves, thereby contaminating your drugs with fent. This is deadly to a raver.

Use fent and other contaminant test strips to check your drugs before dosing.

If someone overdoses from fent contamination check for these signs:

- No breathing (watch their chest, listen/feel at their nose/mouth) or notable difficulty.
- Non-responsive (won't respond to yelling, touching or sternum rub, is limp)
- Pinpoint Pupils are *sometimes* a tell
- Blue-gray lips/fingernails, cold skin
- Rattling or loud snoring

If someone doesn't respond and isn't breathing, administer naloxone and perform rescue breaths. Opioid OD can but often does not stop someone's heart.

Naloxone will not fix overdoses unrelated to opioids. Giving most ravers naloxone is not a danger and will not hurt them, but isn't a panacea.

Naloxone can put someone in an unpleasant state of extreme withdrawal, if they have been using opioids regularly.

Xanax Overdose (Benzos etc.)

Xanax/Ativan/Valium are all benzos. Benzodiazepine OD looks similar to alcohol and opioid OD and requires a hospital visit to treat effectively with flumazenil. **Never mix xans or other benzos with alcohol, you will black out and you will die.**

Heat Sickness (dehydration, heat stroke)

Heat sickness/dehydration is common for ravers, especially for indoor shows with shitty AC. Heat sickness can come on quickly if you haven't been hydrating, eating and sleeping well, especially if taking Molly or other stims while dancing. Heat sickness starts with heat illness (unpleasant but treatable at the rave) but can progress to heat stroke quickly (very dangerous and deadly, needs hospital).

Heat illness starts with: dizziness, nausea, vomiting, headache, heavy sweating, elevated body temp (but below 104f).

Heat stroke is life-threatening and is noticed with: confusion/delirium, behavior changes, blurred vision, dizziness/fainting and slurred speech

If someone has heat illness:

- Move them to a cooler area immediately, even if the venue says no ins and outs, dying isn't worth the set
- Get them cool or room temp water, ideally with added electrolytes like salt. Sip it **SLOWLY**. Do not chug it.
- Loosen or remove excess clothes
- Pour water on the person and fan them
- Apply ice packs or soaked towels

If someone has heat stroke they will need help to be moved to a cooler area, usually they won't be able to move themselves. Their internal temp will be high (near or over 104f). Use any available means to help cool them down. **Don't give the person any fluids** or administer fever reducing meds (they won't help and can make it worse). **Bring someone with heat stroke to a hospital immediately.**

Don't know what to do? Put them in the recovery position!

Recovery Position (rescue position)

Unconscious person, still breathing, has a pulse

Face/head angled toward ground to make fluids run out of mouth

Skyward arm bent upward with hand under head to cushion face

Groundward leg straight and aligned with back

Skyward leg bent with knee touching ground



Cleveland Clinic (c) 2025

If the person isn't breathing and has no pulse, administer narcan/naloxone, call 911 immediately and work with others to do CPR and Rescue Breaths.

Do not mention drug use, crime or the party while on call, you want EMS not cops. Do say: "someone is unconscious and not responding", provide location and if you've done anything to help them everything else can be answered with "don't know/unsure"

If a fellow raver asks you what you or your friend took, tell them honestly and completely. Ravers are not the cops or your parents. Clear information can save you or your friend's life.

IF SOMEONE PASSES OUT DO NOT PUT WATER IN THEIR MOUTH, THEY'LL DIE.