

First Time at the Dispensary Checklist

**Walk in Like a Pro and Save Yourself Time & Embarrassment
Discussing Personal Details with a Budtender**



Lucy's 



Introduction



Welcome & thank you for bringing me along on your journey to take control of your healing.

Learning to medicate with cannabis can sometimes be frustrating, whether you are new to the plant or not. My goal is to provide you an easy-to-use checklist to help give you the peace of mind you so deserve so you can make wise choices from the moment you take your first step into your local dispensary.

Walk in like a pro and save yourself time and embarrassment having to discuss personal details with a “budtender.” Be ready with the right questions to get the right products for yourself--the first time and every time.

This checklist will help prepare you for your visit to a dispensary, from what documents to bring to register in their system to what questions to ask to save you time in narrowing down your selection to find the right product for you.



First Time at the Dispensary Checklist



What is the purpose of your visit?

Are you looking for medicinal relief? Trying to stop your insomnia or end your battle with chronic pain? Are you going because there's a new strain you heard is only available at a certain dispensary? Are you going because it is finally legal in your state and why the heck not? All of the above are great reasons--and there are so many more--but it is important to have the right mindset when walking in. The many options can be overwhelming and you want to make sure you spend your dollars wisely.



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New patient check-in procedure

This happens at every new dispensary you visit, whether it's your first dispensary of your life or that week. Some dispensaries allow new patients to create an online profile before coming into the store to speed-up the process. Check their website for up-to-date information.



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What documents to bring

The requirements for documents can vary by state, but generally you will need to bring at the least the following:

- Active Government ID
- Active state-provided medical cannabis card
- If you have a temporary card, you may need to bring proof of the doctor's medical recommendation



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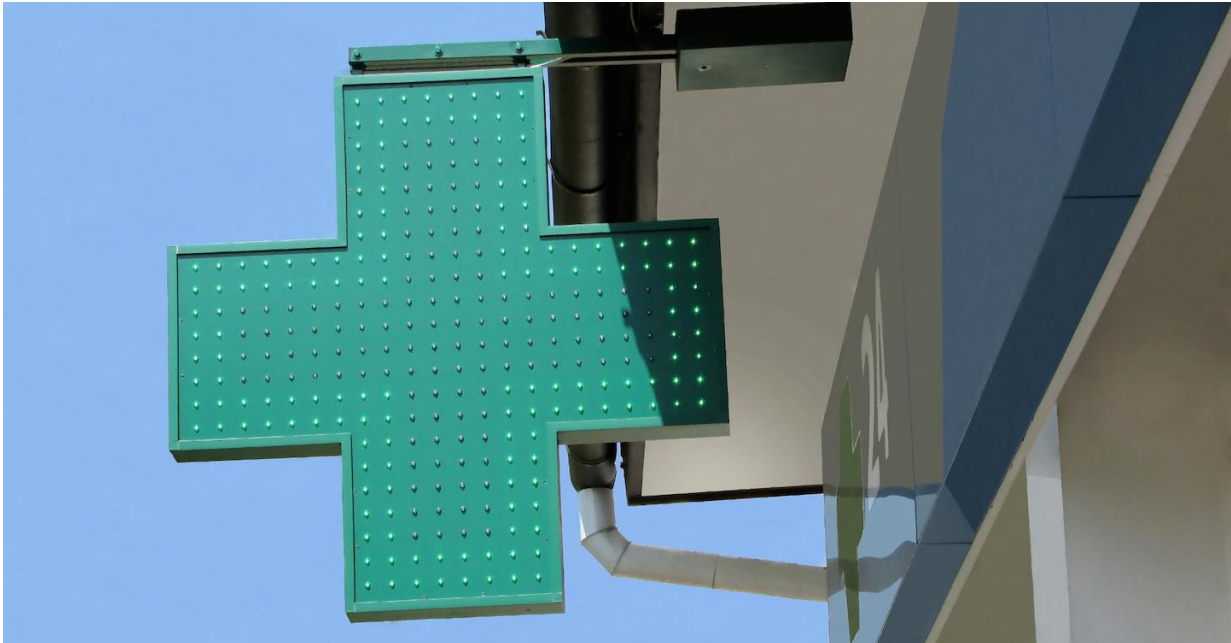


What staff will be available to answer questions?

- Staff names and levels of expertise can vary not just from state to state, but from dispensary to dispensary. Pro-tip: if they go by “bud-tender” they might not be the best person to ask your personal medical questions, but they might have the perfect thing for the weekend festivities.
- Wellness Advocate or Patient Adviser generally will have a better level of training and will be able to answer your more in-depth questions.
- In addition to rigorous staff training, some dispensaries will have RNs available on certain days to answer questions.



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Check Hours of Operation & Payment Methods

- This has happened to the most experience cannabis patient. You think you have the hours correct, only to show up thirty minutes too early or too late. Always check their hours of operation in case they are closed for renovations or a holiday
- Payment method laws can vary depending on your state. While most dispensaries rely on a cash-only system, many are now starting to use prepaid card services and some even will take debit and credit cards. We have even seen FSA programs process purchases without a problem. Watch out though, most dispensaries will have an ATM fee or a credit card fee, so it still might be best to bring cash.



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Method of Medicating

- Depending on your state's laws, there will be different ways to consume cannabis. Familiarize yourself with what is available in your state. There is nothing worse than expecting to come home with a nice pre-roll only to find out only tinctures are available.
- Remember that different ailments can be treated more effectively with other methods of consumption than your regular tokes and smoke. For example, the effects of a pre-roll can last anywhere between 1-3 hours, which might not be the most effective for chronic insomnia.



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Pre-Order, Curbside Pickup, or Delivery?

- With COVID impacting businesses nationwide, many dispensaries are stepping up by providing services to keep you and your loved ones safe. Check and see if they have the ability for you to place a pre-order to minimize your time inside the dispensary. Or skip the store completely if they have curbside or delivery as options.



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I'll take one of everything

- Wouldn't that be nice to walk out with a sample of everything? Unfortunately--or fortunately?--most dispensaries will have more than enough medication available to satisfy and exceed your state-mandated allotment. Each state is different--check your local guidelines to see not only how much you can purchase at a time, but how much you can carry on your person as you make your way home. Check and see if they have an updated menu online to help ward off temptation and impulse buys. Making a list can help you stay focused on why you came.



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Smelling and Touching the Products

- Dispensaries take the responsibility of handling medicine very seriously. The general rule of thumb is hands off! Think about it, do you want others handling and smelling your meds at the pharmacy? Probably not and the same applies at dispensaries.
- Some will have flowers on display in cases and “sniff jars”, but buyer beware. You have no idea of knowing if what you are seeing comes from the same harvest you will be taking home with you. Just ask!
- Other dispensaries follow a deli-style approach and will allow you to watch as they pull your medicine out of large jars and weigh it in front of you. This tends to be the freshest method but can take awhile to weight out correctly, which can cause long lines. Plan accordingly.



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If at first you don't succeed, try again.

- Didn't like the vibe? Did you feel rushed? Did you leave with unanswered questions? Maybe it was the Wellness Advocate or maybe it was more than that. But one thing is for sure and that is this is not the dispensary for you. Every place will have their own ambience and their own feel. Now that cannabis is legal in some shape or form in 36 states and the District of Columbia, it is just a matter of time until you find your favorite dispensary. And there are few things in life more joyous than spending a sunny day checking out dispensaries. Get out there and try again.



Are questions like these keeping you stuck?

- Will this work for me?
- Is it worth my money?
- I don't know where to start?
- How can I be sure I'm getting the right stuff for me?
 - Now I've got it, how much do I use, how do I use it and how do I know it's working?

You're in the right place to get your cannabis questions answered!

Schedule Your Free Clarity Call Today!