

Hot Rails

What Are Hot Rails?

Smoking and snorting are common ways that a lot of people use drugs. Hot rails are when you heat up the end of a glass pipe/stem and inhale the vapor of a drug up your nose. Hot rails are usually used with meth.

Why do Hot Rails?

Some folks simply just have a preference for hot rails. For others, it's the experience of the high, how quick it hits them, or the process of setting everything up. Any reason for doing hot rails is valid!

What items do I need?



FIRE-SAFE/ HEAT SAFE SURFACE

Glass or Mirror
Silicone mat
Metal dish



GLASS TUBE

Crack pipe/stem
Glass one-hitter



SMALL BALL OF CHOREBOY (OPTIONAL)

Protect from hot particles going up nose



THIN WOODEN STICK/ CHOPSTICKS (OPTIONAL)

Use to insert small ball of choreboy into pipe



PIPE COVER (GET AT LOCAL OR ONLINE HR PROGRAMS)

Protect fingers while heating up tube
Protect nose from hot tube
Protect against HIV/HCV



BUTANE TORCH (A LIGHTER WON'T WORK)

Heat up end of glass tube

How to do Hot Rails

1. Prep Drug

- Weigh it out
- Crush into a very fine powder (avoid hot pieces going up your nose)
- Create small, thin lines on glass/mirror or other heat safe surface

2. Prep Glass Pipe

- Place rubber pipe cover on end you will be putting up your nose
- Insert small piece of chore boy 1/3 of the way into pipe, closer to where you would be inserting into

nostril (optional)

- Protect from hot pieces going up nose if drug wasn't crushed into powder, which can burn & cause intense burns, pain, or damage

3. Heat up glass pipe



- Use torch to heat up the end that isn't going in your nose
- Heat up facing away from you so that you are only heating up end of glass pipe
- Heat up about 2 minutes until end starts getting hot/slightly glowing red
 - If it's not hot enough, meth won't vaporize & stay powder

This resource is a living document that we will continue to update and refine. If you have input about how the information contained here could be improved or if you have new content to add, please email us at content@nextdistro.org.

- The hotter the glass, the hotter the vapor will be.



4. Inhale **SLOWLY** through nose

- Hold **OVER** line as you move over it, don't need to touch
- Insert the tip of the pipe cover into nose
- If sharing, changing pipe covers to avoid transmission of infections

5. Exhale

- Remove from nose before exhaling through nose/mouth
- Place pipe down somewhere safe to avoid burns

Hot Railing Tips

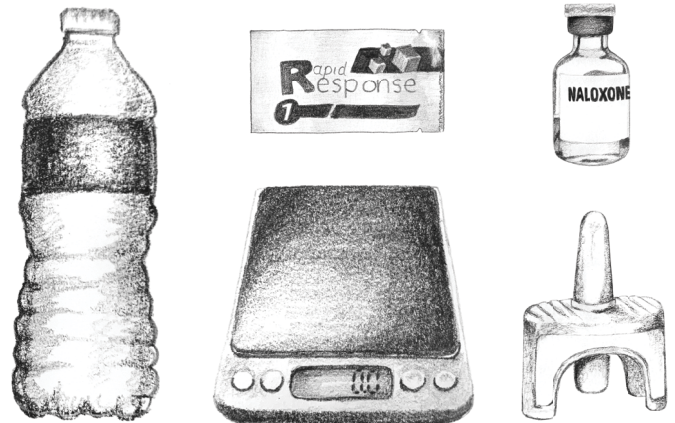
- The stem will get **very** hot! Keep that in mind whenever you hot rail.
- Pipe covers protect from infections and burns.
 - If you don't have a pipe cover, you can use a rubber band.
 - Check the heat of the stem to make sure it isn't melting your rubber band.
- Avoid if you have a wound/cut/pimple inside your nostril
 - The heat of the smoke can irritate & increase chance to infection/healing
- If asthma/other lung conditions, can irritate and increase coughing or shortness of breath.
- Rinse nose with water
 - Saline or sterile water is ideal but tap water is fine
 - Maintain nose health and avoid wounds by helping avoid dryness
- Clean your pipe and pipe cover!
 - Don't want to be heating up residue over and over
 - Dirty pipes/pipe covers can cause painful pimples inside the nose. Avoid infections!
- Pain/Discomfort
 - Some folks are more sensitive to the smoke and may be uncomfortable
- Nose Burns
 - Using something like a rubber pipe cover or pvc cover can prevent from burning your nose if your pipe is really hot AND gives you something to grab to not burn your fingers (kind of like a "roach clip")

General Harm Reduction Tips

- Drink water/stay hydrated
- Take breaks / change how you use your drug
 - Reduce damage to nose/throat/lungs
- Everyday general care: eat, shower/hygiene, liquids
- Weigh your stuff
 - Know exactly how much you dosing can help prevent discomfort if you use too much than what you are used to
- Start low and slow
 - Lower OD risk
 - If it's cut, unknown how some cuts will react when heated up
- Test your stuff
 - Use fentanyl test strips to check for the presence of fentanyl
 - If positive for fentanyl, don't do it or use a lot less
 - Don't use alone and always have naloxone/narcan on hand
 - If you don't use opioids, your risk of overdose is higher

Important Note

Hot railing can be used with other powders/drugs BUT be careful, some might burn more than others. Be aware that depending on the drug and route of administration (snorting, smoking, inject, etc), how fast you feel it can be really different.



For more drug-specific information & resources, visit:

www.nextdistro.org/drugspecific

www.nextdistro.org

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