

Vaping Handout

Written by Murray Winiata (GP in South Auckland)

Recommendations for vaping to quit:

Suggested devices:

Joyetech AIO or Endura T18 or similar, most sell around \$40-60. The Eleaf iCare at \$20 is a cheaper starter option.

You can buy locally online or in-store. Good vape stores in Auckland include Vapo 232 Onehunga Mall (vapo.co.nz), 09 Vapes on 394A Great North Road Henderson (09vapes.co.nz), and Vape Crew at 61 Penrose Rd and also Manukau (vapecrew.co.nz). Many vape stores allow you to try their flavours, finding a flavour you are comfortable with is important so I recommend buying in-store to allow this as well as being able to get more advice when you start out.

Eliquids:

You will want a high nicotine e-liquid, I would suggest around 18mg initially (definitely not less than 12mg). You will ideally want a juice that is 50-60% PG, E-liquids around this PG ratio will work better with the coils of starter devices and also provide a throat hit more akin to a cigarette.

Nicotine containing e-liquids are strictly speaking illegal to sell in NZ. That said it appears there is currently no will to enforce this and most vape stores are now selling openly with nicotine. Alternately you can also buy nicotine liquids from overseas and this is completely legal.

Preparation:

Make sure you always have enough e-liquid and coils to hand and purchase more before you run out. Make sure your device is charged. Once you have saved enough money from not smoking buy a back-up device in case of breakage/theft/loss.

Join the Vape NZ group on Facebook for support and troubleshooting assistance!