



A PRACTICAL GUIDE

THE 5-MEO-DMT RETREAT VETTING CHECKLIST

The questions worth asking before you say yes to
anyone – including us.

Choosing where to do this work may be one of the most important decisions you make. This is not a marketing brochure. It is a practical resource – the exact questions to ask, the answers worth listening for, and the responses worth walking away from. A trustworthy retreat will welcome every question on these pages.

– Tandava Retreats

A NOTE BEFORE YOU BEGIN

Lean into the discomfort. You may **feel** uncomfortable asking these questions, because most of us are not taught to ask hard questions of people offering us help. But this is your nervous system, your psyche, and your trust being placed in another person's hands. The questions on these pages are the bare minimum.

A trustworthy retreat will be glad you asked.

ONE THE FACILITATORS

Who is holding the medicine, and what is their training?

The single most important variable in any psychedelic experience is the person sitting with you. Their training, lineage, and direct experience with this specific medicine matter more than almost anything else.

ASK THEM

- ›How many 5-MeO-DMT sessions has your team facilitated?
- ›What specific training do your facilitators have for **this** medicine – not psychedelics in general?
- ›What is your background in trauma-informed care?
- ›What safety protocols are in place? Walk me through what you do.

A GOOD ANSWER SOUNDS LIKE: specific numbers, named training programs, a clear protocol described without hesitation, and humility about what they have learned over time.

WATCH FOR: vague references to "years of experience," reluctance to name specific training, or any version of "we just trust the medicine."

TWO MEDICAL & PSYCHOLOGICAL SCREENING

Is there real screening before you are accepted?

A retreat that takes anyone who can pay is not screening for your safety. It is screening for your bank account. Real screening means some people are told this is not the right time – and that is a sign of integrity, not bad service.

ASK THEM

- ›What is your screening process before someone is accepted?
- ›What conditions or medications would disqualify someone?
- ›Who reviews the screening – a medical professional, or staff?
- ›Have you turned someone away in the last year? Why?

A GOOD ANSWER SOUNDS LIKE: a multi-step intake, specific contraindications named without hedging, medical involvement, and a "yes" with transparency to the last question.

WATCH FOR: a single form, no medical review, vague language like "we'll figure out if it's a fit," or being accepted within hours of inquiring.

THREE

THE MEDICINE ITSELF

What form of 5-MeO-DMT is used, and where does it come from?

The medicine can be derived from toad venom or produced synthetically. The two are chemically the same; the considerations around them are not. Asking about the source tells you how carefully a retreat thinks about everything else.

ASK THEM

- › Do you use synthetic or toad-derived 5-MeO-DMT?
- › If toad-derived, how is it sourced – and how do you reconcile the ecological and ethical questions?
- › How is the dose measured and standardized?
- › How is purity verified?

A GOOD ANSWER SOUNDS LIKE: an immediate, clear answer with reasoning behind the choice. A retreat that has thought about this will explain the logic, not just name the source.

WATCH FOR: vague answers, defensiveness about sourcing, or any version of "the medicine is the medicine, it doesn't really matter."

FOUR

PREPARATION

What does the preparation process actually involve?

A 5-MeO-DMT experience is not something the body or psyche should arrive at cold. Real preparation begins weeks before you ever step on the property, and shapes everything that follows.

ASK THEM

- › When does preparation begin, and what does it include?
- › Do I speak with a facilitator before I arrive, or only on the day of?
- › What are you asking me to do – diet, practices, intention work – in the weeks before?
- › What kind of emotional or mental preparation do you offer?

A GOOD ANSWER SOUNDS LIKE: a process that begins at least two to four weeks out, includes direct contact with a facilitator before arrival, and treats preparation as part of the medicine itself.

WATCH FOR: preparation that begins only on arrival day, generic PDFs sent automatically, or no contact with a real human until you walk in.

FIVE

THE CONTAINER DURING THE EXPERIENCE

Who is in the room, and what is the plan?

The intensity and brevity of a 5-MeO-DMT experience make the in-the-room setup extraordinarily important. You should know exactly who will be present, and what the plan is, before each session.

ASK THEM

- › How many facilitators will be present during my session?
- › What is the ratio of facilitators to participants?
- › Is there medical support on-site or on-call?
- › What is your protocol if a session becomes difficult – physically, emotionally, or both?

A GOOD ANSWER SOUNDS LIKE: more than one trained person in the room, a low ratio (ideally 1:1 or 2:1), clearly named medical backup, and a confident protocol described without improvisation.

WATCH FOR: a single facilitator holding the room, large group sessions for a medicine this intense, no medical backup, or any sense that they are figuring it out as they go.

SIX

INTEGRATION

What happens after you leave?

The experience is one half of the container. Integration – the slow work of metabolizing what arose – is the other. A retreat that ends when you leave the property is offering only half of what this work requires.

ASK THEM

- › What integration support do you offer after the retreat ends?
- › For how long, and at what frequency?
- › Is integration included, or an additional cost?
- › What do you recommend for participants whose experience continues to unfold weeks later?

A GOOD ANSWER SOUNDS LIKE: structured follow-up over weeks (not days), included in the retreat cost or transparently priced, and a clear acknowledgment that integration sometimes takes months.

WATCH FOR: "we send you home with a worksheet," integration sold as an expensive upsell, or no follow-up at all.

SEVEN
THE FELT SENSE

Does this feel like care, or like a sale?

The hardest question to ask, and the most important. Your body already knows before your mind does. Pay attention to how you are treated before you have paid anything.

ASK YOURSELF

- › Did they answer my questions, or deflect them?
- › Did I feel met as a person, or processed as a customer?
- › Was there pressure to book quickly, or space to decide?
- › If I needed to back out, would I feel safe doing so?

A GOOD EXPERIENCE FEELS LIKE: unhurried conversation, welcoming of difficult questions, no urgency tactics, and a sense that they would rather you wait than rush.

WATCH FOR: pressure, urgency, scripted responses, dismissiveness about your concerns, or anyone making you feel difficult for asking these questions.

IF A RETREAT CANNOT ANSWER THESE CLEARLY, KEEP LOOKING.

The right container will never make you feel difficult for asking. The questions on these pages are not a test – they are the conversation a real retreat is grateful to have.

When you are ready to ask us these questions, a discovery call is simply a conversation. No pressure, no commitment, no script. Just a chance to see if this work – and our way of holding it – is right for you.

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