The Beginners GUIDE to Vaping
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The Beginners GUIDE to Vaping

Introduction
So you, or someone you know is thinking about making the switch from smoking traditional cigarettes to vaping, and you’re looking for answers. It took me forever to figure out what I needed in an e cig set up, so I wasted a ton of money trying out different things and misunderstanding the crazy amount of information out there (sue me, I’m not a rocket scientist - I’m just a normal person who wanted to quit smoking). You might be wondering what the heck vaping is, if it’s safe, what kind of investment it’ll take, if it really works, or how to get started.

The internet is a huge (and weird) place, so it can be a real chore finding accurate answers to your questions. But now, you can rejoice - for this is the promised land in your quest to find the truth about e cigs! All of us here at onVaping.com want to help answer ALL of your questions. Between this guide and our blog posts, you’ll find easy to understand answers to all of your questions about vaping. We want to help make your transition to vaping a piece of cake, and even taste like cake too (that is, if you like cake, but if you don’t it can taste like anything you want - we promise).
Fine, I Have a Question: Why Should I Care About E Cigs?

That’s kind of a huge question, but I’m glad you asked! We aren’t lying about wanting to answer all of your questions, so here’s five good answers.

1. Smoking Cigarettes is Bad for You and it’s Hard to Quit, Mmkay

We’re not here claiming that vaping is the ultimate smoking cessation technique, or that there aren’t any risks. However, there are a lot of people out there (myself included) who have successfully transitioned from smoking cigarettes, to vaping. Most people who’ve switched to vaping claim that it was much easier than quitting cold turkey and that they even prefer vaping to smoking. It’s super easy to wean yourself off of nicotine using e cigs since e juices are sold in a lot of different strengths.

2. Your Wallet Will Thank You in the Long Run

On average, vaping is way less expensive than maintaining a daily cigarette habit. Sure, purchasing your initial setup will cost more than a pack (fine, probably even more than a carton), but if you start with quality gear it’ll more than pay for itself in the long run. I vape a lot, and my current set up cost about 60 USD to get started, and I spend around 10 - 15 bucks a week to keep it running - as opposed to the 35 bucks a week I was spending on cancer-sticks (that’s about a pack a day in my rural Virginia town, and it’s even more expensive to buy smokes in other places in the country - yikes!).

3. You Control What You’re Putting Into Your Body
There’s around 4,000 chemicals in a traditional cigarette, many of which are terrible for you. But with e cigs, if you purchase quality equipment and e juice, you will take ownership of what you’re putting into your body. If you buy e juice from a reputable vendor, you’ll inhale a substance with 4 ingredients: propylene glycol, vegetable glycerin, nicotine, and food grade flavoring. Sure, not inhaling anything is probably better than inhaling something, but there’s no denying that vaping is exponentially less dangerous than smoking cigarettes.

4. Vaping Tastes Great and It’s Fun

With all of the different e juices on the market, I’m sure that you’ll be able to find quite a few that you really enjoy - even more than smoking. I’ll be honest, you won’t be able to find anything that tastes exactly like your favorite pack of reds - but with all the amazing flavors, why would you even want to? As an added bonus, for many people (myself included), vaping has become more than just a means to a smoke free end. It doesn’t have to, but vaping could turn into a really fun hobby. Since vaping became more of a hobby for me, I found that it made quitting cigarettes even easier. With all of the different types of equipment and DIY materials/techniques, you can learn all about electricity, how to make your own e juice, or how to make your own equipment at home and save even MORE money, so you can make it rain!

5. Vape Inside Your Home and Car and Smell Great Doing It

While we don’t advocate vaping anywhere you want in public, there are still a lot of areas where you can vape where you shouldn’t be smoking cigarettes. Gone are the days where I had to huddle outside in the frigid cold just to get my nic fix. Instead, I can vape in the comfort of my own home sitting contently on my worn in spot on the sofa. My landlord doesn’t care, I don’t smell like cigarettes, and it’s not damaging my electronics.

Okay You Sold Me, but What the Heck is an Electronic Cigarette Anyway?

We’ll go over this in more depth in future chapters of our guide, but all e cigs are comprised of the following three components:
1. The Battery

Batteries come in all different shapes and sizes. They might look like convincing doppelgangers of traditional cigarettes, or take the form of monstrous box and cylindrical contraptions that look more like science experiments than cigarettes.

2. Some Sort of Atomizer That Screws Onto the Battery

Atomizers come in all different shapes and sizes. However, their function (regardless of the form) is the same. The battery makes the atomizer get hot so your e juice becomes delicious vapor.

3. E Juice That transforms Into Vapor

There are a lot of different vendors out there (some good, some bad), but most e juice vendors use the following ingredients: propylene glycol, vegetable glycerin, nicotine, and food grade flavorings.

So How Do I get started?

Just, pick out your equipment and go! Okay, okay, you should probably do some research to decide what’ll work best for you - but that’s why we’re here. We’ll go over everything from the history of vaping, how to vape, dive into the different types of equipment, and more. If you have any questions about anything, just check out the relevant chapter of this guide or check out our blog. We’re passionate about all things e cig here at onVaping, and we’re stoked that you chose to take this journey with us.
The Battery

The Tank/Atomizer

The E-Liquid
In 2003 Hon Lik, introduced his version of the e cig which resembled the modern day cig-a-like.
Ch. 1 History of Vaping

The Evolution of Vaping

You might be thinking to yourself, “whatever, vaping is just a fad, it’s just too new and hasn’t been tested - it’s not here to stay.” Well, you can think what you want, but they aren’t going anywhere. Sure, e cigs have changed over the years, but for the better. As technology gets more and more advanced, the technology utilized in e cigs will continue to improve as well - there’s no stopping it.

From Humble Beginnings

The first electronic cigarette patent was filed in 1963 by a dude named Herbert A. Gilbert. According to an interview with Mr. Gilbert, he said that it was kind of obvious that inhaling burnt stuff was gross. So he did what any normal human being would do and used “logic” to create a smoking alternative that didn’t rely on the need for combustion (okay, maybe not any normal human being - I’m hardly industrious enough to cook Kraft Dinner on my own).

If you look at Herbert’s patent, you’ll see that it looks almost exactly like those cig-a-likes that you see advertised on t.v., and if you know anything about e cigs (it’s okay if you don’t because that’s why we’re writing this guide - there’s no judging here) you’ll find familiar concepts in his patent like flavor cartridges, heating elements, and smokeless flavored air.

Why Don’t I Remember E Cigs in the 60s?

Well, uh, because they weren’t really around. There’s no denying that Herbert had a great idea and invented e cig technology, but the world just wasn’t ready - that and the manufacturers he pitched his idea to didn’t feel like manufacturing his idea
until his patent expired. At least, that’s what Herbert claimed happened, but why shouldn’t we believe him? It’s not like cigarette companies are the nicest people, and there certainly wasn’t any rush at the time to find an alternative. I mean come on, it was the 60s - cigarette ads were still allowed on t.v. and people smoked everywhere.

Heck, I remember people smoking in the Arby’s in the mall as recently as the 90s. So why release a less addictive, healthier alternative when there were so many people purchasing cigarettes already? So poor Herbert’s revolutionary invention was ignored and his patent was left to rot in the archives - until 2003.
Herbert A. Gilbert in the 1960s
Along Came Hon lik

Hon Lik, a small time medical researcher from China, hated his smoking addiction with a passion. Smoking was ruining his life, and he lost his dad to lung cancer. Hon Lik’s idea for his e cig literally came to him in a dream. No, I’m not making this up - here’s the story:

Once upon a time, Hon Lik forgot to take his nicotine patch off one night before bed. The nicotine made his subconscious mind produce one of the trippiest, yet most informative, dreams of his life. He dreamed that he was drowning in a sea. He was dying, his lungs were filling with water. Then, miraculously, the water he was drowning in transformed into harmless vapor that he could easily breathe.

After a lot of research and trial and error, Hon Lik turned his dream into a reality. He released his smoking alternative to the international public in 2006. Hon Lik’s first e cig consisted of a battery, a plastic cartridge containing a nicotine solution suspended in propylene glycol, and an ultrasonic atomizer.

Cartomizer Component Description

1: battery connector
2: positive electrical heater connection
3: negative electrical heater connection
4: heater coil/element
5: synthetic filler material
6: air passage
7: cartomizer body/housing
Didn’t You Tell Me That E Cigs Used a Heating Element?

Well, they do - now. Most mainstream cig-a-likes that you see on the market today utilize a cartomizer, instead of an ultrasonic atomizer. The cartomizer was invented in the UK by a couple of bros (like, real bros not friend bros - though I’m pretty sure the two types of bros aren’t mutually exclusive) named Umer and Tariq Sheikh. The cartomizer was a bit more user friendly and worked differently than the traditional atomizer/cartridge combo. Before the cartomizer, you needed a separate cartridge that attached to an atomizer (heated or ultrasonic). Now, instead of requiring multiple pieces, you only needed one since cartomizer is a self contained disposable unit.

Cartwheels for Cartomizers

Cartomizers are comprised of a tube filled with a dense poly fill material surrounding a heating element. The poly fill material absorbs the e juice and keeps it in place around the heating element. Sure, atomizer/cartridge combos still exist, but there’s no denying that the cartomizer dominates the current mainstream e cig market. They’re simple to use, produce great flavor, and they’re entirely disposable.

MODern E Cig Culture

As e cigs were gaining popularity in the early 2000s, so did the subculture. While a lot of people liked the stock e cigs on the market, there was a small subset of people who wanted more out of their vaping experience. Since the concept of the e cig isn’t all that complicated (I mean it’s just a battery, a heating element, and juice), people began experimenting and modifying their own e cig configurations.

Lighting the Way

A modded flashlight was one of the first common e-cig battery “mods,” and is the grandfather of a lot of the current e cig mech mods you’ll see on the market today. Flashlights were easy to work with since they’re just comprised of a hollow
tube for batteries, a switch, and threading where you’re supposed to screw in your light bulb (well, a simple flashlight anyway, we’re not denying the existence of complex crazy flashlights out there).

Anyway You Like it – That’s the Way You Need It

While e cig mods come from humble beginnings, as the culture grew because more and more people wanted higher performing e cigs/batteries with different features, different batteries, mods, and accessories were manufactured and sold. Any e cig that doesn’t resemble a traditional cigarette is referred to as a “mod,” even if it’s an out of the box professionally manufactured device. Now, there’s e cigs in all shapes and configurations - so even though a lot are manufactured, most are customizable and MODifiable.

There are digital mods with variable voltage/wattage settings, mechanical mods without complex circuitry, pen shaped mods, cylindrical mods, and even box mods (this is starting to sound like a bad Forrest Gump impersonation, so I’ll stop because I’m sure you get the point). In addition to different battery configurations, there are a wide variety of atomizers to choose from that exhibit different properties. There are a lot of premade atomizers like cartomizers, clearomizers, and dripping atomizers, but a lot of people mod their atomizer set up as well (there I go using that mod word again). You’ll find people changing the wicking material, building their own coils with wire (instead of buying replacement coils) for their atomizers or cartomizers, or punching holes in the sides of cartomizers and submerging them in tanks of e juice.

There’s Something for Everyone

Regardless of your lifestyle or expectations for your vaping experience, there’s bound to be a set up that’s just right for you. If you want something that’s easy to carry and doesn’t require any maintenance, there’s something for you. If you want an e cig that’s more complicated than the first lunar lander, there’s a mod that’s
just right for you. If you’re like Goldilocks and want one that’s customizable, but not too complicated, don’t worry because you’re covered too - we guarantee it. And as awesome as e cigs are in the current market, they’ll only continue to get better and better as technology evolves. E cigs might have only been in the mainstream for a little less than 10 years, but they’ve already undergone quite the evolution - we can’t wait to see what people with come up with next.
Advanced Personal Vaporizers (MODS)
Ch. 2 Why YOU Need to Care About Vaping
If you’re anything like me, you’ve probably tried to quit smoking a gazillion times and nothing ever worked. Then low and behold you see this new fangled e cig technology that produces smoke like vapor and may even taste and feel better than a cigarette. Whatever, your mamma didn’t raise no fool - if something looks too good to be true then it probably is - right? Not this time. Trust me, you should give a crap about e cigs because they work, they’re better for you, and people who don’t understand how to science are beginning to pass restrictive bills and regulations pertaining to e cigs.

The Myth

You might have heard a lot of negative things about e cigs like: “E cigs aren’t safe! There are crazy amounts of unknown chemicals,” or “They’re marketing e cigs to kids,” or “E cigs are the gateway to smoking,” or “E cigs don’t work, they’re only a gimmick,” or even “Vaping makes people think it’s okay to pollute the air with their dangerous second-hand vapor,” and more - but I’ll let you use your imagination.

Alright, let’s just get this out in the open since there’s no use denying it. It’s true, there’s kind of a controversy regarding e cigs. BUT(and trust me, this but is so big that would make Sir Mix-a-Lot drool), the controversy is only perpetuated by people who have strong opinions that aren’t based in fact. Yes, I know, I know, that’s a pretty serious claim but I promise, we have the facts to back this up, just bear with me!
The Tasty Truth

We’ve compiled this comprehensive list of ecig studies. The studies cover the effectiveness of e cigs as a smoking cessation device, if you need to be freaked out by second hand vapor, and if e juice is actually safe to inhale. Feel free to read all of the studies we posted, but if you’re lazy (don’t worry, no judging) we’ll go ahead and give you the highlight reel.

Safety First

Vaper is safer than cigarette smoke - hands down. While it’s probably healthiest not to inhale anything at all, e cigs are pretty darn safe. E cigs won’t immediately harden your arteries like cigarettes do, they don’t get in the way of oxygen reaching your heart, and that the most common ingredients in e liquid (propylene glycol, vegetable glycerin, and foodgrade flavorings) aren’t really a health concern at all. Plus, as an added benefit, second hand vapor contains trace amounts of the components in e juice, but it’s not nearly as dangerous as the second hand smoke of traditional cigarettes (seriously, second-hand vapor isn’t even in the same ballpark as second hand smoke - or even the same hemisphere).

...makers of products such as tutti-frutti flavored e-cigarettes and strawberry-flavored cigars have "an insidious strategy to addict our children to nicotine."

-Senator Jeff Merkley (we'll let you use your own judgement)
...and what about alcohol?

Wait – Isn’t Nicotine Worse Than the Devil?

How are E cigs safe if they use nicotine? Okay - let’s get our facts straight about nicotine before we start freaking out. Yes, nicotine is a poison and it’s addictive. No, it’s probably not going to kill you (unless you rub pure e juice all over your body and don’t wash yourself after or you drink a bottle of it - but that’s gross). Nicotine isn’t the only thing that makes traditional cigarettes addictive. There’s an insane medley of deadly chemicals in cigarettes that feed the addiction as well. So when most people think of cigarettes they think of nicotine, nicotine is primarily guilty by association.

Quitting is for Winners

Nicotine is no girl scout since it’s addictive, but in reasonable doses (for people who don’t already have cancer) it’s just a stimulant (I’m sure you’re familiar with a few people who are addicted to caffeine and can’t even function without it). In
fact, if you’re planning on using e cigs to quit smoking, you’re more likely to be successful if you use an e juice with nicotine. The great thing about vaping is that you can ingest as much (within safe limits of course), or as little, nicotine as you want. If you’re fresh off the reds, go ahead and grab a 24mg-32mg nicotine solution and then taper down from there (it’s what I did and it worked for me).

There’s more colors and candy flavors in this liquor store than a pack of skittles

Fine, I Understand the Need for Nicotine, But Don’t all Those Candy Fruity Flavors Entice Kids to Start Vaping?

Mmm...good question but no not really. Are you an adult who likes to drink juice and eat junk food from time to time? If you say you aren’t, I’m sorry because I just don’t believe you. I freaking love ice cream, juice, popsicles, pie, and cake. If you’ve ever visited a liquor store you probably saw a whole bunch of different sweetly flavored alcohols - and you probably don’t hear anyone complaining about that. Besides, the variety of flavors out there really helps people switch from smoking to utilizing e cigs.
Think about it - why vape when you can smoke if it’s only about the nicotine? Sure there’s the health benefits, but e cigs offer something that traditional cigarettes just can’t. It’s simple psychology - I’m rewarded with amazing flavors AND a nicotine rush when I use my e cig vs. the burnt butt hair tastes and nicotine rush I get with a traditional cigarette. The choice seems like an easy one, don’t you think? If it wasn’t for the amazing flavors, the choice wouldn’t be as easy.

E Cig Legislation Stinking Up the EU

In the EU, restrictions are being implemented where e cigs are treated and regulated almost as heavily as traditional cigarettes. They’re limiting the size of e juice bottles to 10 ml, e liquid tanks for e cigs are restricted to 2 ml or less (meaning you can’t carry a lot of liquid in your e cig so you’ll have to fill it up more often), they’ve put a limit on the amount of nicotine you can have in your e juice solution, and more. If that’s not bad enough, as bad as these regulations are, they’re expecting even more e cig regulations to pass in 2016 that’ll be even more controlling than Norman Bates’ mother (no refillable e cigs, and even more limitations on the nicotine ratio in e liquid solutions - it’s like they want people to keep smoking traditional cigarettes).

AmeriCANs or AmeriCAN’Ts

“Whatever, I’m an Amurican,” you might say, “I live in the land of freedom, McDonalds, guns and eagles - those commie EU pansies don’t control me!” Well, you’re right. If you’re an American, the EU can’t and won’t control you, but your own government can. We’ve compiled a list of passed and pending e cig legislation that’s happening in the good US of A here. However, to sum it all up, certain cities in New York, California, Illinois, and more, are limiting (or trying to limit) who can purchase e cigs, who can make e juice, where you can vape e cigs (often regulating vapers to smoking areas or preventing them from vaping in parks or on sidewalks), and other various restrictions. In fact, the FDA is currently trying to extend it’s authority over to the realm of e cigs like they have for tobacco products.

While there’s no doubt that certain aspects of e cigs should be regulated (like preventing the sale of e cigs to minors - I don’t think there’s a single vaper who would disagree with you there), there’s no reason to force vapers to vape their e
cigs in designated smoking areas with smokers and subject them to the very cigarette smoke that they’ve worked so hard to avoid. We’re not saying that you should be able to vape inside your college philosophy class or a kindergarten classroom, but why shouldn’t you be allowed to vape wherever you want outside or inside an establishment where the owner doesn’t care?

Caring is Sharing

Between the health benefits and the present and pending legislation on e cigs, there’s plenty of reasons you should care about e cigs. Vaping is a great (and safer) way to get your nicotine fix than smoking. Even though the FDA doesn’t support the claim that e cigs help people quit smoking (technically onVaping doesn’t either - but a lot of our staff has experienced personal success quitting cigarettes by using e cigs), there are a lot of people out there in the world who believe that e cigs were the only reason they were able to quit smoking like this woman who was a smoker for 55 years until she discovered vaping as an alternative.

You can see even more testimonials just like hers here - or do a simple google search.

If you want to utilize e cigs (or support a family member who does), learning about the health benefits and pending legislation will keep vaping a legally viable alternative to cigarettes. Without being a crazy e cig televangelist, it’s important to have the ability to talk to people who aren’t comfortable with e cigs (smokers and nonsmokers alike) in order to do your best to clear up any common misinformation they might believe as fact. You should also stay on top of any e cig legislation (local, city, state, or federal) that might affect you and everyone else who has turned (or will turn) to e cigs as a smoking alternative.
You’ve done your research

and you want to jump head first down into the e cig rabbit hole. We totally commend your enthusiasm! Vaping is a much healthier alternative and the sooner you start, the sooner your body will thank you. But before you blindly purchase batteries, chargers, e juice, and other various accessories, let’s have a little chat about e cig safety.

Wait - Didn’t You tell me That Vaper is Safer Than Smoke?

We sure did! E cig vapor is way safer than traditional cigarettes, but the actual equipment itself has the potential to be pretty dangerous if not used/maintained/stored correctly. However, there are a few really easy precautions you can take to stay safe while you’re getting your nicotine fix adequately satiated. Here’s what you need to know about battery and e juice safety to keep you satisfied and vaping safely.
Battery Safety

You might have read about exploding e cig batteries in the news. Now we’re not telling you this to freak you out and turn you against e cigs (we think it’s pretty clear that we’re trying to do the exact opposite). Quite frankly, anything that uses batteries has the potential to literally blow up in your face (or your pocket). However, since this is an e cig blog, we’re focusing specifically on e cig batteries - makes sense, right? Most of these explosive battery incidents were because of user error - so if you follow these rules you can vape worry free (and keep your eyebrows).

1. Always Use the Charger Specifically Designed for Your Battery

(unless explicitly stated otherwise by the manufacturer). Most e cig battery explosions occur simply because the wrong charger was used - that’s it. While the “if it fits it sits” mentality is cute when animals do it - you should NEVER apply that philosophy to e cigs and chargers. Just because your cig a like has a charger that might screw onto an ego battery, it doesn’t mean it’ll work the way you want it to (i.e. charging instead of blowing up). If you have two chargers that look similar to
each other but belong to two different types of e cigs, do yourself a favor and label them so you can tell them apart.

2. Never Leave a Charging Battery Unattended

This doesn’t only apply to e cigs. Any device that has a rechargeable battery should be monitored while charging. Now we aren’t saying that you need to stare at your battery for hours while drooling as it’s plugged into the wall, but we are saying that you shouldn’t just plug it in and then abandon it while you go to the grocery store or a rave (or whatever it is people do for fun these days). Just keep your e cig in the same room as you while it’s charging and look at it every once in a while. If the battery starts hissing, looks deformed/melted, or gets hot, then STOP charging immediately and dispose of your battery properly. By disposing of your battery properly I mean don’t throw it out the window, in a fire, or in the trash. Instead, be responsible and take it to a battery recycling center - it’s not that hard. It might suck to throw away a battery, but it’ll suck even worse if it explodes.

3. Immediately Remove Your Battery From the Charger Once It’s Fully Charged

You don’t want to risk your battery blowing up because it’s overflowing with electricity, or at the very least, risk reducing your battery’s ability to hold a charge. This is why it’s not a good idea to charge your battery in your room overnight while you’re sleeping (you’re technically charging it while you’re in the room - right?). While you’re technically in the same room as your battery, if you’re asleep you won’t be able to take your battery off the charger once it’s done charging.

4. Keep Separate Batteries Away From Each Other and Protected From Metal

This mostly applies to people who are using e cigs that use separate batteries that aren’t built into the device itself. Any battery (regardless if it’s an e cig battery or not), can arc and produce a surge of heat if the terminal touches a piece of metal, or even worse, the terminal of another battery. To avoid disaster - cap the ends of these batteries to keep the terminals protected. At the very least, keep the batteries separate and away from anything metal in a well insulated case.

5. Make Sure Your Batteries Are Rated for the Coil of Your Atomizer

Atomizers come in different resistances - so it’s important to use an atomizer that’s within the safe operating limits of your battery. If you’re new to e cigs, most of the
pre built atomizers are safe to use with the majority of e cig batteries out there. However, as you get more advanced, you might want to experiment by building your own coils - this is great! Just make sure that the coils you’re building are within the safe ranges of your specific battery. It might seem complicated, but it’s not because we broke it down in an easy to understand format (just for you!). So do yourself a favor and learn about battery safety and Ohm’s Law.

6. Keep Your Batteries Out of the Extreme Heat

This means that you shouldn’t keep you battery in the glove box of your car on a warm day, on a window sill in direct sunlight, or anywhere else where it’ll be exposed to heat for a prolonged amount of time. It doesn’t matter if your battery is charged or discharged, keep it out of the heat if you don’t want it to revolt.

E Juice Safety

Batteries are probably the most common dangers associated with e cigs, but e juice has the potential to be dangerous as well. However, just like batteries, e juice is only dangerous if it isn’t properly stored or if it’s used irresponsibly. The nicotine in e juice is poisonous if enough is ingested (especially if swallowed or rubbed all over the skin), but so is Tylenol, ibuprofen, and a lot of other medications (even medicine that tastes like candy). Most people aren’t going to stop purchasing Tylenol, because it’s toxic in large amounts. Instead, they’ll look up the proper dose, make sure they’re not allergic to any of the ingredients, and store it safely, and that’s all you need to do with e juice - let’s look at how.

1. Keep E Juice in a Cool Dark Place That Children and Pets Can’t Reach

If the vapor from your e juice tastes sweet, it probably smells just as great in the bottle. Let’s face it, small kids and pets are pretty dumb and put everything in their mouth - especially if it smells amazing. So tuck your e juice away so your pets and kids can’t reach it. If you need to, get a box with a lock on it, or put it in a drawer that isn’t accessible (but if you have kids a box with a lock is ideal - we know from personal experience that kids can be super industrious and have a tendency to climb up places that you wouldn’t have even imagined possible).
2. If You Find Your Child or Pet Covered in E Juice or They’re Near an Empty E juice Bottle - Call the Poison
Control Center Right Away

If there’s e juice on their body, wash it off IMMEDIATELY. Keep in mind, that for pets that there is a fee to call the poison control center, but it is free to call most vets. In most areas, there are emergency pet hospitals that are open during the off hours of regular vet offices (i.e. overnight and on the weekends). So get the number of your normal vet AND the emergency vet, and put those numbers in a place that’s easily accessible. In fact, you should do this even if you’re not planning on using e cigs. So if you haven’t already, do it now (or not, but don’t say we didn’t warn you)!

3. If You Get E Juice on Your Body, Wash It off As Soon As Possible

For adults, the fatal immediate dose of nicotine is between 50-60 mg (well there’s actually a debate that the fatal dose is actually higher than 60mg, but for now let’s play it safe and go with what the CDC says for now). For kids, the fatal dose of nicotine is substantially less. For your cats and dogs the fatal dose only 6.4 mg (maybe even less depending on your pet’s weight). Nicotine, while the preferred method of ingestion is through smoke or vapor, can be absorbed through your skin or ingested orally (that’s why things like the nicotine patch and gum works for some people). So if you’re vaping a 24 mg/ml nicotine e juice, per every ml you vape, you’re ingesting roughly 24 mg of nicotine - but that ingestion is spaced out over the amount of time it takes for you to vape one ml. But if you spill, let’s say, 3 ml of 24 mg/ml e juice on your skin - that’s 72 mg of nicotine. While nicotine in an e juice solution won’t absorb into your body the instant it touches your skin (unless you’re messing with PURE nicotine - seriously, use gloves for that shit), you should wash it off as soon as possible, and for the love of Pete DO NOT just wipe your hands on your pants, or lick it off your fingers (yes, we have actually seen people lick stray droplets of e juice off of their little sausage fingers). Soap and water people - use it.

4. If You Find Yourself Chain-Vaping, Use a Lower Nicotine Concentration

Nicotine tolerance varies from person to person. Since most people used to smoke cigarettes in short 10 minute bursts throughout the day, a lot of people start with a higher concentration of nicotine in their e juice. This way, they they get an adequate buzz in the same time it would have taken them to smoke a cigarette. But if you find yourself vaping with your e cig more often and start feeling nauseous,
light headed, like your heart is pounding in your chest, or any of the other symptoms of nicotine poisoning, put the e cig down right away! You’ll find e juice in concentrations anywhere from 0 mg/ml to 32 mg/ml, so find what works for you and adjust accordingly.

5. If You Have a Propylene Glycol (PG) Sensitivity, Use 100% Vegetable Glycerin (VG) E Juice

PG is everywhere. It’s in inhalers, fog machines, medical facilities as a sanitizing agent, and it’s a common preservative. However, there is a small subset of the population whose either sensitive, or full blown allergic to PG. So if you’re vaping and you have an itchy throat that doesn’t disappear after a few weeks, or your mouth/tongue/gums hurt - cut out the PG. It’s not even that hard to do. Most of the amazing e juice vendors out there have PG free e juice varieties. Just keep in mind that not every flavor can be 100% free as some flavorings contain PG within them.
Stay Safe and Vape On

E cigs are a great alternative to traditional cigarettes. While there’s no denying that the vapor from e cigs is safer than traditional cigarettes, they do require proper maintenance and storage - but don’t let that scare you! Once you understand the basics, you should feel confident in your decision to switch to vaping. After you pick out your e cig setup, just do a little research about your battery’s operational limits, learn how to charge and store it correctly, figure out how you’re going to store your e juice safely, and check out the rest of our guide for even more vaping tips, tricks, and advice.
The Beginners GUIDE to Vaping

Ch. 4 E Cig Battery Basics: Cig-a-Likes, Egos, and Mods
I like big bats, and I cannot lie

but you might not, and that’s perfectly fine. Regardless of your size preferences, there’s an e cig battery out there that’ll jive with the motion of your ocean. The problem is, if you’re not really sure what each type of battery does or what you’re looking for, then it’ll be tough figuring out which type you should choose.

A lot of people jump head first and pick out a battery only to discover that they hate it, so they end up either spending more money to purchase another battery - or they just give up and go back to cigarettes. The great news is, you’re not one of those people! You found this guide and we’ll help you understand batteries like a pro. In this portion of our guide, we’ll go over the most common types of batteries for beginner to intermediate vapers: cig-a-likes, egos, and mods.
Cig-a-Like Battery With Attached Cartomizer
Like Pure Simplicity? Get a Cig-a-Like

The cig-a-like is exactly what it sounds like - an e cig battery that resembles a cigarette. If you’re looking for an easy to conceal e cig that won’t stick out in a crowd of smokers, then this might be a great fit for you, but if you prefer to customize your experience, well, then keep reading. Different brands of cig-a-likes might look alike, but it doesn’t mean that they share the same specs. Here’s what you need to keep in mind while perusing your options.

1. Automatic vs. Manual Draw

You’ll have to decide if you’re fine with pushing a button or just inhaling to activate your battery. While the automatic draw is more convenient to start with, you’ll be stuck using disposable cartomizers (which some people are perfectly content with - no shame in that). However, if you have to manually activate your battery (and your threading is compatible - see next point), you might be able to try using different atomizer options like a clearomizer.

2. Disposable or Rechargeable

Disposable cig-a-likes are great if you never ever want to think about maintaining your e cig. They are very similar to regular cigarettes and require little maintenance which may make it easier for you to quit. Just buy a new one once it runs out. While the disposable option is hella convenient, it’s also really expensive, and you can’t customize your experience. If you purchase a rechargeable kit, you’ll save money in the long run and you might even be able to experiment with different e juice flavors.

3. Threading and Refills

If you choose a rechargeable cig-a-like, different manufacturers use different threading patterns/sizes for where the cartomizer screws into the battery. Some manufacturers use the more universal 510 threading style, while others may use threading unique to the manufacturer - meaning they have your metaphorical balls in a vice and you’re forced to purchase all of your future replacement cartomizers through them.
4. Charging

There are a few cig-a-like manufacturers that provide on-the-go charging with portable chargers that look exactly like a traditional cigarette pack, others provide you with a USB cable and you’re regulated to charging your e cig with a USB port - can you guess which is probably more expensive? Regardless of what you choose, remember that you need a backup plan if your primary battery dies in the middle of your outing - even the on-the-go battery charger won’t immediately save you since we don’t have the technology to instantly charge dead batteries - so always carry a spare.

Satisfy Your ID With an Ego Battery

The ego battery is a style, not a brand, so there are quite a few manufacturers out there selling ego style batteries. This style battery is my favorite recommendation for new vapers on a budget. They’re a bit wider than a cig-a-like and range in length (I’d say anywhere from a lil’ smokey to a regular sized hot dog - okay, that was a weird comparison), they have decent battery life, and they have BOTH ego and 510 threading (meaning you’ll have more options than a celebrity dating show when choosing your atomizer because most will fit your device). They’re economical, versatile, and not as conspicuous as a lot of the other popular battery mods. Like cig-a-likes, there are a lot of different types of options when choosing your ego battery, let’s take a look at a few.

1. Variable Voltage Is Optional

To learn about variable voltage (aka VV), feel free to check out this article for an in depth explanation. In short, VV allows you to customize how hot your e juice gets and lets you have a consistent experience when switching between different atomizers with different ohm resistances. However, VV is a bit more expensive than not having it, VV tends to drain the battery more than a non VV device, and VV devices are a bit larger. You can still change how hot your vapor gets with a non VV device, but that requires you to utilize different atomizers with different ohm resistances (lower ohms = hotter, higher ohms=cooler) to get the most of your 3.7 volt non VV ego.

2. Generic vs. Name Brand
There are a butt ton of manufacturers out there producing ego batteries - so not all egos are created equally. While you might save a buck or two with a generic device, there’s no telling if the battery has the actual life that was advertised, or if the battery is of questionable quality. Sure, you might get lucky and find a gem of an off-brand ego, but there’s no guarantee. I’d recommend purchasing a name brand ego battery (Joye, Smoktek, Innokin, etc.), but you should still price it out, do the research, and make the decision for yourself.

3. Battery Size

The projected life of a battery is measured in mAh (milli amps per hour). The more mAh your ego has, the longer it’ll last and the larger it’ll be. So even though a larger battery might not be as convenient to tote around as a smaller one, it’ll last you longer throughout the day. But to be perfectly honest, regardless of the size battery you choose, just get a second one so you always have a charged battery while you’re charging your other one.
Want to Jump Down the Rabbit Hole and Become a Mod Vaper?

The variety of mods out there is more vast than Bubba’s shrimp list. Mods can be mechanically simple, digitally complex, relatively inexpensive, or more expensive than your firstborn child. This category is way too huge to define with just a few bullets, but I’ll try!
1. Mechanical vs. Digital

Mechanical mods are great because they’re simple and durable. They don’t have complex circuitry that can be damaged by water, and you get to choose the batteries that’ll power it (which can be a blessing or a curse if you don’t do your research about mech safety and battery safety). The downside with mech mods is that you don’t get to easily change the voltage or wattage unless you purchase a kicker (a mini circuit board you put in your mod to control the voltage) - even then there’s no guarantee it’ll fit.

Digital mods have their own set of advantages and disadvantages. They’re easier to use and you can customize the heat via variable wattage or variable voltage settings. However, they often have safety restrictions (for good reason) so you don’t potentially harm yourself or others, while mech mods don’t have any restrictions. But if you’re willing to do the research about battery safety and Ohm’s Law because you want to push the limits - a digital device might not be for you.

2. Built-in vs. Removable Batteries

Would you rather recharge your e cig as a whole, or have removable batteries to charge separately? Built in batteries are great because you don’t have to keep track of a lot of extra peripherals, but if you run out of power in the middle of the day, or the battery croaks and can’t hold a charge any more - you’ll have to get another unit since you can’t change the battery yourself. However, there are many e cigs out there with built in batteries that have INSANE battery life (i.e. the Innokin MVP2 - a single charge lasts me for days, and you can even vape it while it’s charging).

Separate batteries are great because your device isn’t worthless if the battery dies. Just remove the dead battery and pop in a fresh one - wow so magic! The disadvantage is that you need to carry around (and keep track of) a bunch of different batteries. You’ll need to have a system to figure out which ones are charged/not charged and a system to carry them around safely so they don’t explode in your pockets (the terminals on the batteries can’t touch metal or the terminals of another battery).

Still Need Help Deciding?

Okay, so now you know what the features are, but how do you choose? To start with, we recommend that your first e cig has these three features. Beyond that, you need to determine your budget and what’s important to you. Personally, I
started with a cig-a-like because it was convenient, but ultimately graduated to an ego then an **MVP 2**. Sure, I spent more money than I would have if I just did the research BEFORE deciding, but I don’t consider that money poorly spent because that money was used to keep me away from cigarettes.

The point is, start with what you think will work best for you, and if your preferences evolve (i.e. you might be initially concerned with a non-conspicuous device but over time you want more freedom and custom options), don’t feel bad about upgrading your e cig battery because in the long run you’re doing your future self a favor - and that’s worth every penny.
Ch. 5 Clearos, and Cartos, and Tanks (Oh My)
Part of what makes e cigs so great is the fact that they’re so customizable - but that’s also what may make them seem a little confusing (okay, a lot confusing). Once you have your battery picked out, you’ll need an “atomizer” (it’s how we’ll generically refer to different types of e cig heating element/tank combinations out there) to transform your e juice liquid into tasty vapor. But with all of the options out there, how the hell do you choose? There’s all these weird words like clearomizer, cartomizer, atomizer, and burger-meister floating around (ok, not burger-meister, but it rolls off the tongue - doesn’t it?). The good news is if you choose a battery with 510 threading AND ego threading, then the majority of atomizers will probably screw right on to your battery. But even if they all fit, you’ll still want to know what they are, what to expect, and how to choose.

Get Down and Dirty With the Basics

Alright, all atomizers essentially do the same thing. They connect to a battery, there’s some sort of e juice reservoir that draws the e juice to the heating element, the heating element gets hot, and vapor is produced - that’s it. The difference between atomizers is in the different types and placement of materials used to execute this procedure.

Now you might be thinking: “If that’s all that happens, can clearomizers, cartomizers, and any other type of mizer really be that different? Does it really matter which one I choose?” The answer to both questions is a resounding YES! Different atomizers have different advantages and disadvantages. Some will be easier to use, some will taste better, and some will produce better vapor. Now that we have a general understanding, let’s take a closer look at two of the most common atomizers for a beginner e cig set up.
Plastic Clearomizer
1. Clearomizers – Also Known As “Clearos”

Clearos consist of a tank (plastic or glass), a heating element called a coil, and a wick that draws the liquid to the heating element. There are top coil and bottom coil clearomizers, describing the relative coil placement in the tank. Top coil clearomizers are less expensive but arguably produce less flavor than bottom coil clearomizers.

Clearomizers Come in Disposable and Rebuildable Options

Do yourself a favor, and get ones that you can rebuild by purchasing replacement coils. This will save you money in the long run so you can spend your money on sampling delicious e juice. Rebuildable clearos are great because you can extend their life by cleaning them. But when the time comes to replace your coil, it’s usually only around 1-2 USD a piece (depending on your make and model).

You Can Purchase Either Glass or Plastic Clearos

While plastic clearos are undoubtedly cheaper, we definitely recommend splurging the extra dolla bills on a glass clearomizer. Acidic juices, and some cinnamon based flavors, are known to destroy plastic tanks. Don’t worry, those flavors won’t destroy your lungs, it’s just the chemical makeup of different flavorings that react with the plastic. It’s best to purchase a glass unit, so all you have to worry about is which delicious flavor to try next - instead of worrying about which juices might crack your tank.

Clearos Are Extremely Easy to Fill With Juice and Maintain

If you want to switch flavors all you have to do is clean it out and fill it with your new e juice. While certain strong flavors might be difficult to completely remove, you shouldn’t have any issues if you follow this method.
2. Cartomizers – Also Known As “Cartos”

Cartos are metallic cylinders packed with a dense poly-fill material surrounding a heating element. Cartomizers produce great flavor. While clearomizers are the most popular option for new vapers, cartos don’t get that same love. You can learn even more about cartomizers, cartomizer maintenance, and why we adore them here.

**Cartomizers Are Next to Impossible to Clean**

They have a tendency to either burn up or flood (when juice gets into the air hole and you can’t inhale properly). Once a carto burns up, there’s no bringing it back - you have to replace it. Luckily cartomizers range from 1-2 dollars a piece, so it’s not hard to have a few on hand.

**Cartos Can Only Hold Around 1-2 ML of Liquid at a Time**

If you want to switch between non-compatible flavors, you have to use another cartomizer (remember, they’re impossible to clean). Since happy cartomizers are damp cartomizers, you need to top them off a few times a day to keep them from burning out.

**You Need to Properly "Prime" Your Cartomizer Before Its First Use**

There are a lot of instructional videos out there about different priming methods (and an onVaping article coming soon), so just make sure you watch one before using your first cartomizer. I prefer the condom method (also referred to as the push method - but condom is funnier so that’s why I used it).

Most people prefer thinner e juice (e juice with a higher Propylene Glycol content) since the polyfill surrounding the heating element absorbs thinner liquids better/faster than thicker liquids. However, it’s not impossible to use a thicker e liquid, and there are people out there who prefer it.
Cartomizer

Cartotank
2 ½. Carto Tanks

Carto tanks have all of the positive qualities of cartomizers, without the need to constantly refill it. Carto tanks surround your carto with liquid to keep it damp throughout the day. Just like clearomizers, they come in plastic and glass options - use glass unless you’re willing to research all of your e juice options ahead of time to make sure they won’t crack your tank.

Different Types of Carto Tanks Require Different Types of Cartos

Flanged, unflanged, short, long, regular, etc. So if you decide to get a tank, do a little research and figure out which type of carto is required.

Regardless of the Type of Tank, ALWAYS Use Naked Metal Cartomizers.

DO NOT use colorful cartomizers in your tank because the color will be in direct contact with your juice, and you don’t want to inhale whatever coating they use into your lungs.

Carto Tank Cartomizers All Need Holes Punched in the Side

This is so the juice from the tank can flow in (otherwise the tank would just be a useless waste of juice - though it would look pretty cool). You can either punch/slot your cartos by hand with a carto punch or dremel tool (which I personally think is a huge pain in the ass - then again, I’m a little lazy), or you can purchase them pre-punched. Different e liquids with different viscosities may require different sized slots/holes. Thicker e liquids may require bigger holes, while thinner liquids may require smaller holes - it takes some practice if you’re punching your own holes and you’ll have to learn how to harness your inner Goldilocks to avoid dry or flooded cartos.

Maybe now you can understand why clearos are getting all the love. They’re just a tad easier but don’t mistake that for better.
The Right to Bear Ohms

When choosing an atomizer, regardless of the type, you have a few different electrical resistance options to choose from - measured in ohms. A lower ohm resistance atomizer requires less volts to get hot, while a higher ohm resistance requires more volts. If you choose a variable voltage/wattage battery, don’t bother with low resistance atomizers since you’ll be able to adjust the heat yourself, and they’ll only drain your battery more quickly.

Double Coil Trouble

Sure, it might seem that more is always better, but you should probably choose a single coil atomizer (unless you have a more powerful e cig mod than an MVP 2 or Ego) over a double coil. Single coils produce great flavor and vapor, require less power (amperage), and are much less demanding on a beginner battery than a dual coil.

More Heads are Better than One

When it comes down to it, different atomizers have different advantages and disadvantages - so it’s up to you to decide what’ll fit best in your life. If you’re in it for the flavor, go for a carto/carto tank. If you’re in it for ease of use, go for a clearo. However, I recommend that you get one of each and try them out for yourself. Even if you’re in it for the flavor, there might be some e juices out there that are just too strong and taste best with a clearo. Or if you’re just in for ease of use, there might be some days where you have really bad cravings and you just need to taste some deliciousness to get by. The good news is, e cigs are customizable and they’re specifically designed to be interchangeable, so the world is yours - explore it!

P.S. Clearos and cartos aren’t the only options in this world. You may see some people blowing clouds larger than the ones you’ve seen in hurricanes. They are using RBA’s (ReBuildable Atomizers) and RDA’s (Rebuildable Dripping Atomizers). You won’t want to start with those....yet.
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Ch. 6 E Juice and You
Picking out amazing e cig batteries and atomizers is a blast.

There are so many options and combinations out there ranging from configurations simple enough for a caveman (no offense to our cromagnon readers out there) to set ups complex enough to keep a rocket scientist satisfied - and numerous options in between. However, your e cig, regardless of the type, ain’t worth nuthin’ without e juice. The e juice is how you’ll get your nicotine to soothe the beastly addiction within you, and how (if you choose) to eventually wean yourself off of nicotine.

Mystery Ingredients?

Now, you might have heard a few things out in the wild from uneducated sources that e juice contains insane chemicals like antifreeze that are just as bad (if not worse) than cigarettes - THIS IS FALSE. Yes, all caps were necessary, but I’ll apologize for yelling at you through the computer screen nonetheless. If you buy e juice from a quality vendor who lists their ingredients, you’ll know EXACTLY what you’re putting into your body. If for some reason the vendor doesn’t list the ingredients, or they can’t/won’t tell you what their e liquid contains if asked, runaway and buy your e juice from an HONEST vendor.
Reputable E Liquids Contain a Combination of These Ingredients:

1. **Propylene Glycol (PG) and/or Vegetable Glycerin (VG)**

These are the two most common ingredients that you’ll find in e liquid since they’re used as the suspension agent for the flavorings and nicotine. They’re both GRAS or Generally Recognized As Safe by the FDA, tasteless, and used safely by humans every day without incident. In e juice, you’ll find blends that exclusively use 100% PG or VG, or blends that use a mixture of each.

We wrote an in depth article that explains what PG and VG are, their differences, and how to choose. But we’re pretty nice folks here at onVaping, so we don’t mind repeating ourselves; here’s the cliff notes from that article: PG is thin, carries better flavor, produces less vapor, acts as a preservative and extends the life of your e juice, but a portion of the population is allergic and/or sensitive to PG, while VG is thick, produces more vapor, is super hypoallergenic (i.e. people who
have PG allergies vape VG without issue), but it’s not a preservative like PG.

2. Non-Oil Food Grade Flavorings

Yup, flavors that you might already be eating and putting into your body on a daily basis are commonly used in e juice. Most of these flavors are perfectly safe, and there’s only a few that you should avoid (we’ll list those in the next session - so keep reading). Just make sure that your favorite vendor isn’t using any oil based flavorings. If they are, or if they can’t assure you that they’re not, find another vendor A.S.A.P. - there’s plenty of great vendors out there who deserve your business.

3. Nicotine

You’re probably already familiar with this ingredient since it’s one of the primary reasons you were hooked on cigarettes. While there’s a bit of a controversy around nicotine, there’s no doubt that vaping an e cig with nicotine is MUCH safer than smoking a traditional cigarette that doesn’t only contain nicotine - but a butt load of other dangerous/deadly chemicals as well.

With e juice, you’ll find bottles commonly advertised as 0mg, 6mg, 12mg, 18mg, 24mg, and 32mg - but what the heck does that mean? Basically, nicotine in an e juice solution is measured as milligrams per milliliter (mg/ml), so each milliliter of e juice that you purchase will contain the advertised milligrams of nicotine. So, depending on your daily smoking habits, you’ll probably want to start anywhere between 12mg and 24mg (I only recommend 32mg to chimneys) and then gradually taper down from there. Make sure you check out our chapter on safety to understand how much nicotine is too much and when to cut back.

Ingredients You Should Avoid

Diacetyl, acetyl propionyl, and acetoin are ingredients you should 100% avoid. In the past, they’ve been used in creamy, buttery, and vanilla-esque flavors. While they taste great, they’ve been known to give people a condition known as popcorn lung. You might be wondering how something so delicious sounding could be so sinister, but get over it because it is! Sure, it’s not as bad as lung cancer, but it’s still gross and should be avoided at all costs.
There was a bit of controversy surrounding cinnamon based flavors, but after the dust settled they were generally regarded as **safe again**. However, there are a lot of people that maintain their boycott of cinnamon flavors, but I’m not one of them - so it’s really up to you.

**WOW, so Delicious!**

The most important thing about e juice, is to get a variety and stock up so that you’re never without. Remember, taste is subjective and what tastes amazing to me might taste like poop in a bucket to you. It’s also good to note that some e liquids taste better with age after they’ve cured, but there are a few ways that you can use to **speed up the process**. The great thing about e juice is that if you don’t like it, there are places where you can **sell, give away, or even trade** what you have for something else.
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Ch. 7 Vaping for the First Time
This is the moment you’ve been waiting for. You did your research, you read this guide, and you picked out, purchased, and assembled your first e cig setup - but now what? This thing feels nothing like a traditional cigarette (even most cig-a-likes feel different than regular cigarettes), and you might be intimidated by its sheer awesomeness - or by the fact that you don’t want to look like an idiot vaping your e cig in public. We’ve all been there. Even though vapor looks a heck of a lot like smoke, using an e cig is quite a bit different than actually smoking - but that’s part of what makes vaping a-freaking-mazing!

Believe it or not, but that fact that using an e cig is DIFFERENT than smoking a cigarette helps you disassociate the ritual of smoking with satiating your nicotine cravings. However, there's no doubt that there is a little bit of a learning curve when you first start vaping, but we've got you covered.
5 clicks on/off

Adjustable voltage

Keep tank filled
Pre First Vape Checklist

With a cigarette, you just need some hands, your mouth, and a flame. E cigs also require some hands and a mouth, but no flame is required - it’s like magic! Okay, it’s not like magic, it’s just electricity (although, electricity does remind me a lot of magic). So instead of a fire, you need to figure out how to operate your e cig - here’s how.

1. Figure Out How to Turn your E Cig On and Off

Most, but not all, e cigs can be turned on and off. Your e cig will not produce vapor if your e cig is off. Feel free to call me captain obvious if you must, but it’s important to figure out how to turn the darn thing on, so do it!

Hint: many manual e cigs require that you hit a button anywhere between 3-5 times. Just read the instructions - you’ll be fine.

2. Identify What You Need to Do to Make the E Cig Produce Vapor

Some cig-a-likes are automatic, so all you have to do is inhale, but most (and the best) e cigs have a button that you’ll need to press. If your e cig has a button, do not let this scare or intimidate you. I will admit, the idea of pushing a button kind of freaked me out (it doesn’t take much to freak me out I guess), but I adapted - so can you.

3. Adjust Your Volts or Watts to the Lowest Setting (If Applicable)

All e cigs are different and some have variable settings. As a rule of thumb, it’s best to start low and adjust to higher temps as you go in order to hone in on the perfect flavor to vapor ratio. Before you begin, make sure your settings are on the lowest setting (for your first time) to ensure a tasty first experience instead of a gross one. To learn more about watts and volts and what they do, feel free to check out a more in depth article here.

4. Make Sure There’s Enough E Juice in Your Tank/Cartomizer

Again, this might seem like common sense, but there’s nothing worse than taking a dry hit (trust me). Not only does it taste like burning butt hairs (I don’t actually know what burning butt hairs taste like, but I have imagined tasting them, and it’s gross), but it might actually ruin your cartomizer, coil, or wick. So figure out how to fill it up, and make sure everything is properly saturated.
How to Take Your First Magical Puff of Vapor

Finally, now we’re at the fun part! Here’s how to inhale that sweet sweet nicotine.

1. Before You Start Vaping, Make Sure It’s Allowed

Basically, if you’re on your own property there’s no problem, but don’t vape where it’s not allowed, or where you wouldn’t feel comfortable smoking a traditional cigarette. Why? Because there’s a lot of legislation out there (both pending and passed) limiting where people can vape. So make sure you’re vaping where it’s legal and where it won’t piss anyone off to the point where they’ll try to make it illegal.

2. Hit the Fire Button (If Applicable), Put the Mouthpiece to your Mouth, and Inhale

You’re not going to have to inhale as hard as you do with a traditional cigarette, so keep that in mind for your first puff. There’s also some debate regarding the superiority of mouth-hits over lung-hits (or vice-versa). Personally, I like lung-hits because I feel like I get a better nicotine buzz, but there are people who prefer mouth hits because there’s better flavor and more vapor. Either way, do what feels right to you, and don’t let anyone tell you what to do (whateva - I do what I want)!

3. Wait a Beat Then Exhale

Exhale through your mouth or nose - it doesn’t matter. I like doing both because it makes me look like a dragon!

4. Rinse and Repeat Until Satisfied

Keep in mind that there are a few types of atomizer tanks that work best if the e cig is held horizontally to help promote better wicking. Top coil clearomizers are the most notable offenders, but if you’re using a cartomizer/carto tank or an atomizer cartridge combo this shouldn’t be an issue.
Other Notable Differences Between Vaping and Smoking

Now that you got the process down, you’ve probably noticed that there’s a few more differences between vaping and smoking, let’s address a few of these just to clear the air (Get it? No? Yeah, I know, lame pun - I couldn’t resist).

1. You Won’t Know That You’re Done Vaping As Easily As a Cigarette

When you smoke, it’s pretty obvious when you’re done. The cherry has reached the butt, and there’s no tobacco left. However, with e cigs, the battery doesn’t shrink as you’re vaping - so how are you supposed to know when you’re done? Well, there’s a few ways. You could time you’re vaping breaks and stop after 5 or 10 minutes, you could go outside with a friend who’s a smoker and go inside when they’re done, or you could just wing it and vape when you want for however long you want.

The thing is, you’ll still get a nicotine rush, so you have to rely on your body to let you know when enough is enough. The general rule of thumb is that higher nicotine concentrations should be vaped in shorter bursts than lower nicotine concentrations. If you want to start chain vaping (which happens a lot with new vapers - well, all vapers to be honest), then switch to a lower nicotine concentration.

2. You’re Probably Going to Draw Some Attention (Both Positive and Negative)

People are curious by nature. When I first started vaping around the office I got constant looks and questions. You’d think that this would freak me out since I’m a huge introvert, but it was nice to actually talk about vaping since I find it interesting. Plus, you might even convert a few smokers to vaping - which is always a win!
There’s always going to be people who are freaked out by vaping and have no issue telling you. I’ve had a few people think that my e cig was a bong or drug related. If the person is up for a real dialog, feel free to explain what your e cig actually is and why you chose to use it over smoking, but if they aren’t, don’t sweat it. You know why you decided to switch, and that’s all that matters.

3. When Your Battery is Dead, It’s Dead

With cigarettes, if you lose your cherry you can always light it up again, but once your battery loses its charge it’ll take a lot longer for it to come back to life. Because of this, it’s always recommended to carry around a fully charged spare battery (or two). Just remember the saying: “two is one, and one is none.”

Now get out there and have a great time!

We hope that you love your e cig set up and that you’re first lung full of vapor is an amazing one! If you have any questions or have stories about your first vaping experience, we’d love to hear from you in the comments below! Don’t forget to check out the rest of this guide and the rest of the articles on our site to learn everything you need to know about vaping.
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Ch. 8 Getting Connected: Vape Communities
Here at onVaping, we believe that the e cig community plays a significant role for the people who successfully quit smoking by turning to vaping. Sure, the fact that vapor mimics smoke and you’re still getting your nicotine fix probably plays a HUGE part, but just think about it for a second. Smoking is an addiction. A lot of people who are addicted to -insert any substance here- need to visit some sort of support group on a regular basis to quit. In fact, there are claims that people who join support groups for addiction have much higher success rates quitting than those who choose to quit on their own - including online communities.

We are aware that a somber 12 step support group for quitting smoking might seem a bit extreme for your cigarette addiction, but we aren’t suggesting that you join that type of group (unless you really feel like you need it, then go for it). Instead, we’re suggesting that you visit one of the FUN, informative, welcoming, and active communities dedicated to e cigs. In these communities you can draw inspiration from the experiences of others, learn about different batteries, ask questions, look at DIY homemade configurations (some are glorious while others are just monstrous), have a place to vent and receive encouragement if you ever feel discouraged, and most importantly - make some like minded friends. It doesn’t matter if you’re a hermit who prefers to interact with people through a monitor, or if you’re a social butterfly who likes to flit around and see people’s smiling faces in person, because there’s a community that’ll be perfect for you - so let’s take a look.
List of popular vaper communities

**Reddit's ECR**

**Electronic Cigarette Forum, ECF**

**Calivapers**

**VaporTalk**

**AussieVapers**

**Planet of the Vapes**

**Vapers.tv**

**Youtube - GrimmGreen, Phil Busardo, RipTrippers, iGetcha69**

We know there are many more, email us and we'll add your community.

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**Passing the Time Online**

A quick query with your favorite search engine will reveal a vast sea of e cig related websites, blogs, youtube personalities, and communities. If you feel so inclined, go ahead and take a few minutes and browse the ones that stick out to you. To get you started, here’s two of our favorite online communities (besides onVaping.com since you’re already here and know how amazing we are).

1. **The Electronic Cigarette Subreddit (AKA: ECR): Visit ECR**

If you’re one of the 114 million people who visits Reddit on a daily basis, we have great news because there’s a great electronic cigarette subreddit, as well as several
other related subreddits. It’s well maintained, active, extremely positive, and just broke 50,000 subscribers. There you’ll find special offers from e cig vendors, places to trade/sell/give away equipment, quality answers to any of your questions, pictures, DIY tutorials, testimonials, and more. The great thing about ECR, is that it’s one of the most friendly subreddits. We can’t deny that trolls are prevalent on Reddit (just a fact of life), but they’re scarce and typically downvoted if/when they ever decide to show up.

The one downside with the ECR is that it’s difficult to find answers to specific questions via the search feature (the search function on Reddit is infamous for it’s sucktitude). Additionally, searching via the main ECR, won’t automatically pull up results from the related subreddits (unless you do an advanced search). Trust me, the answers to any of your questions are definitely somewhere in the bowels of the ECR subreddit or it’s subsidiaries, but you might not be able to find them without a little bit of elbow grease. That said, if you search and can’t find your question, you can always post in the related vaping101 subreddit that was specifically created with new/potential vapers in mind.

2. The E Cigarette Forum (AKA: ECF): Visit ECF

This is literally the largest forum dedicated to e cigs on the entire internet (which is saying something, because the internet is a huge freaking place). Here you’ll find discussions and blogs on just about any topic you could imagine pertaining to vaping: jobs, e liquid, diy, new members discussions, e cig legislation, and more. The people there are extremely friendly, knowledgeable, and passionate about vaping. Like Reddit (and the rest of the internet), there’s a troll here and there, but they’re scarce and overwhelmingly outnumbered.

Searching the archives of the ECF is a bit more intuitive than the ECR. There’s more stickied posts making it easier to find information, and when you search for something from the home page, it’ll search all of the related discussions. That said, it’s not perfect, and you might have to finesse your search terms a few times to see what’ll pull up the best results.

Can’t Replace Face to Face

Okay okay, the internet is great and all, but you might need more interaction than
pictures and words on a screen - no problem! Here’s are some great ways to get involved in person.

1. Your Local Brick and Mortar Vape Shop (AKA: B&M)

If you’re lucky enough to have a one near by, make sure you check them out. Not only is it a great way to support local business, but many vape shops have a lounge where you can relax, vape, and shoot the shit with the employees and/or other vapers. Most people there are enthusiastic vapers who are more than happy to let you test drive their fancy mod, juice, or tank (as long as you use your own drip tip or use a drip tip cover). It’s a great way to try new equipment and taste new juices BEFORE you buy them.

B&M shops are also great places to learn more advanced vaping methods and techniques. Some people are visual, written, or verbal learners, but if you’re a kinesthetic learner like me, it’s much easier to learn something by doing it with someone who actually knows what the hell they’re doing.

2. Local Vape Meets

Use your favorite search engine to find out if there are any vape meets in your area. Vape meets are held anywhere from b&m shops, parks, bars, and even people’s own homes. It’ll be like visiting a b&m lounge where you can try out new equipment and learn new techniques, but there will probably be more people. Depending on the vape meet there might even be some vaping related activities, competitions, and games to liven things up.

3. Conventions

Yes, we said it - there are freaking conventions (plural!!!) dedicated to e cigs and vaping. Even though you can’t attend a convention everyday, they’re a great way to really get a feel for the community, discover new products, meet new people, and get some sweet sweet #SWAG. It’s like a vape meet on crack (not literally, figuratively).

At conventions, you might spy some of your favorite online personalities, get a first look at new products from your favorite vendors, and meet up with people that you’ve gotten to know in your online communities. Check out our calendar to see if there are any conventions coming up that are near you.
It Takes a Community to Raise a Quitter

You can’t lose when choosing a community. You’ll interact with people who will take a genuine interest in your success and there’s just no replacing that. Quitting cigarettes is rough, but it can also be a lot of fun if you get involved and have a great time doing it. Heck, maybe one day you’ll be the one motivating new vapers by giving them advice and sharing your stories. In fact, if you love a community that we didn’t list, or have any experiences or advice that you’d like to share, then feel free to let us know - we’d love to hear from you!
The Beginners GUIDE to Vaping

Conclusion
Conclusion

Wow, you made it to the end of this guide – congratulations!

You learned an awful lot about what it takes to make the switch from smoking to vaping. With everything we covered your brain might feel more stuffed than a phone booth in the 1950s. Don’t worry your pretty little head about that though, because that’s why Zeus created bookmarks and the internet. Besides, even though there’s a lot of information, after you put it all together it’s not really that hard to get going. If you decide that vaping is right for you, there’s a lot of gadgets, gizmos, and flavors that you’ll have to choose from, but that’s the fun part. Here’s how to proceed from here.

1. Do Some Research

We covered research studies, legislation, and the potential benefits of switching to vaping. However, it’s up to you to decide if you think e cigs are right for you - nobody can (or should) do that for you.

2. Understand the Safety Requirements BEFORE Starting

Vapor is a safer alternative to cigarette smoke, no doubt about it. On the other hand, batteries and e juice are safe when handled/maintained correctly, but can be devastating if they aren’t. Now we’re not suggesting that you should be scared of batteries and raw e juice, but we are suggesting that you have a healthy respect and understand how to utilize these tools safely.

3. Pick Out a Battery and Atomizer Combo That’ll Work for You

Determine what your priorities are and then choose a battery/atomizer combo from there. Regardless of your expectations for your e cig, there’s a device that’ll fit your lifestyle. And even if you don’t get the perfect set up the first time, that’s okay. Don’t be afraid to experiment and try a few different combinations until you get it just right.
4. Buy Some E Juice - Then Buy Even More

There’s no such thing as having too much e juice. You’ll want to experiment with different PG to VG ratios, flavors, and nicotine concentrations. You’ll also want to have a few different flavors on hand to avoid vaper’s tongue.

5. Put it all Together and Vape Responsibly

Charge your battery, fill your atomizer with e juice, and take your first few puffs in an area appropriate for vaping. Pay careful attention to how the nicotine in your e juice is making you feel and adjust up or down accordingly.

6. Get Connected With a Community

Quitting cigarettes can be difficult, but you don’t have to do it alone. It’s much easier if you have the support of a community. If you’re extremely introverted, there are plenty of online communities out there. If you’re an extrovert, check out your local vape shop, join a local vape meet, and visit a convention here and there.

7. Look Forward to the Future

Your first e cig is only the beginning. If you’re craving even more after you master the basics, there’s a whole DIY world out there. You can save oodles of money by mixing custom e juice at home, wrapping your own coils with wire and cotton/silica, create your own battery, or do some sweet tricks like these (or even better - I admit, I’m still an amateur when it comes to vape tricks)

Regardless of where your journey takes you, we’re stoked that you decided to take it in the first place. We hope that we answered all of your questions. If you have anything you want to add, have any questions, or want to share your experiences, we’d love to hear your feedback.
The Beginners GUIDE to Vaping

Index – onVaping’s Recommended E Cigs
Beginner/Intermediate E Cig Setup

Innokin iTaste MVP 2

Why we like it:

The MVP 2 has a 2600 mAh battery which should last you for a couple days between charges. It has variable voltage and variable wattage settings, allowing you to adjust your power. It charges via a micro USB port and it allows for many different beginner to intermediate atomizers via 510 or eGo threading.
The Beginners GUIDE to Vaping

Index – Vape Terminology and Definitions
306 Atomizer or 306 - Atomizer used primarily for dripping. Has 510 threads.

510 - Refers to a specific connection or threading to the battery.

KR808 or 808 - Refers to a different threading and connection than a 510. Built from the ground up to be used with a cartomizer.

DSE901 or 901 - Refers to a type of ecig. Very similar to an 808. Uses different air flow holes.

Adapter - An adapter allows a certain atomizer or cartomizer to fit a different battery than the standard.

Analog - A traditional cigarette that takes a flame.

APV - Advanced personal vaporizer. Generally requires separate batteries, tanks, and atomizers. Can be mechanical or electrical.

Atomizer or Atty - One of the central components of an ecig. It heats up the liquid and vaporizes it.

Automatic Ecig - A type of ecig that automatically activates during inhale. As opposed to manual, which has a button that activates the device.

Battery or Batt - Supplies the power to the atomizer which in turn vaporizes the liquid. Can be a one time use or, more likely, rechargeable.
Bridge - Sits inside of an atomizer and secures the cartridge above the coil. It also helps the liquid flow through the wick to the coil.

Cartridge or Cart - A plastic tube that is generally stuffed with some type of absorbent filler material that holds the liquid.

Cartomizer or Carto - A cartridge and atomizer in one. They generally are disposable, fairly inexpensive and pre-filled with juice.

Charger - A battery charger. Used to recharge your ecig battery.

Cig-a-Like - An e cig which very closely resembles a traditional cigarette in size and function.

Clearomizer - A clear tank storage and atomizer in one. They are refillable and supply liquid to the coil via a wick system. They hold anywhere from 1ml to 6ml of liquid.

Clone - A knock-off of an ecig. Generally clones only exist for the more expensive ecigs.

Coil - The part of an atomizer that heats the liquid.

Cloud Chasing - Vapers who try to achieve the largest clouds of vapor.

DNA Mod - An e cig mod with a DNA circuit board to control variable wattage or variable voltage. The DNA chip is made by Evolv Vapor.

Drip Tip - The very top piece attached to an atomizer which you put your mouth on.

Dripping - A method of adding juice to the atomizer. A user drips a few drops directly onto a wick and coil before vaping. Many users feel this method produces the best vapor production and taste.

E-Juice - Also referred to as E-Liquid, Juice, or Smoke Juice. This is the liquid that is vaporized when using an electronic cigarette.
E-Liquid - Also referred to as E-Juice, Juice, or Smoke Juice. This is the liquid that is vaporized when using an electronic cigarette.

ECF - Abbreviation for E-Cigarette-Forum.

ECR - Abbreviation for Electronic Cigarette Reddit

eGo - A style of electronic cigarette that utilizes the 510 threads, 510 components and has a larger battery. Many people feel this is one of the best and easiest models of e-cigs that are available.

Electronic Cigarette or E-Cig - A device that heats a liquid solution consisting of nicotine, propylene glycol and/or vegetable glycol, and flavoring which produces an inhale-able vapor.

FDA - Abbreviation for the (United States) Food and Drug Administration.

Filler Material or Filler - The absorbent material that is placed inside of a cartridge. It is used to help deliver the juice to the atomizer without flooding it. Most cartridges come with PolyFill as the filler material, some people also use cotton.

Flooding - Something that can occur when too much juice is applied to the atomizer. Since atomizers require some air to properly vaporize liquid, adding too much juice to an atomizer will cause a decrease in vapor production and flavor.

High Voltage Vaping or High Powered Vaping - An advanced vaping technique which produces hotter vapor and requires less draw to produce the same amount of vapor.

Hookah Pen - Another term for a slightly larger, disposable cig-a-like e cig which may or may not contain nicotine.
**Juice** — Also referred to as **E-Liquid**, **E-Juice**, or **Smoke Juice**. This is the liquid that is vaporized when using an electronic cigarette.

**Leaking** — This can happen when too much liquid is added to an atomizer or cartomizer. Liquid can leak out of the bottom of the heating element and onto the battery, which in some cases can cause damage to the device.

**Liquid** — Also referred to as **E-Liquid**, **E-Juice**, **Smoke Juice**, or **Juice**. This is the liquid that is vaporized when using an electronic cigarette.

**Low Resistance** or **LR** — An atomizer or cartomizer with a lower Ohm rating than the standard equipment. This generally causes the heating element to get hotter faster and produces vapor more quickly. In many cases it produces more vapor than an atty or carto that has a standard resistance rating.

**Manual** — A type of electronic cigarette that activates the heating element when a button is pressed. Generally found on eGo’s and other APV’s.

**Mech Mod** or **Mechanical Mod** — There are no electrical components like a circuit board in these advanced personal vaporizers. Some purists say there should be no soldered connections in a mechanical mod.

**Mesh** — Often stainless steel and used to create a wick for bringing e-liquid to the coils of an atomizer.

**Mini** — A type of e-cig that is generally about the same size as a traditional cigarette. They have the shortest battery life of any style. They are also often made of two parts, a pre-filled cartomizer and a battery.

**Mod** — Dual usage — Can be used to describe modifications to a device or accessory (such as getting more vapor production out of your cartridges) or a design variation of a commonly manufactured electronic cigarette. In the latter context, mods typically use larger rechargeable Lithium Ion batteries and allow the user longer battery life and increased vapor production but at the cost of the device looking like a traditional cigarette. Many mods will also allow the user to increase or decrease the voltage of their device to achieve optimal performance.
Ohm - A measure of electrical resistance. A lower number indicates lower resistance and faster heating.

Passthrough - A device that plugs directly into the USB port of a computer or charger and allows the user to vape without having to worry about battery life.

Pen Style - One of many styles of electronic cigarettes available. Slightly resembles a ball point pen in appearance.

Personal Charging Case or PCC - A portable charger that can be taken with a user on the go to charge electronic cigarette batteries. They are generally made to hold mini’s.

Propylene Glycol or PG - An ingredient found in many brands of E-Juice that produces a vapor that can be inhaled. Typically, PG produces less vapor than it’s VG counterpart but provides more flavor and throat hit. This substance has been used as a primary ingredient in medical inhalers for years.

RBA - Re-Buildable Atomizer

RDA - Rebuildable Dripping Atomizer

Smokeless Cigarette - A term used to refer to an electronic cigarette. This term is used commonly due to the fact that no actual smoke is inhaled or exhaled while using an e-cig.

Starter Kit - A kit that includes basic e-cigarette equipment. Typically includes everything needed to begin vaping. Most starter kits come with 1 or more atomizers, 1 or more batteries, a charger and 5 cartridges pre-filled with Juice.
Stealth Vaping - A technique used by vapors who want to hide their vapor clouds.

Tanks - A plastic or glass storage chamber that holds the liquid.

Throat Hit or TH - The tingling feeling one feels in the back of the throat when vaporizing juice that contains nicotine. Typically, since nicotine is a large contributing factor in throat hit, when a juice that contains zero nicotine is vaporized, there is no throat hit.

Vape or Vaping - The action of “smoking” an electronic cigarette. Since e-cigs actually produce vapor (rather than smoke) people refer to this as “Vaping”.

Vapor Production - Typically associated with Juices. Indicates how much vapor is produced using an average inhale of an e-cigarette.

Vaper(s) - A person or group of people who vape.

Variable Voltage or VV - A dial on a battery that allows you to change the variable heat at the atomizer coil. When changing the voltage, there are acceptable ranges for the resistance measured in Ohms. You have to manually adjust your clearo, cart, and/or atomizer to get the right resistance.

Variable Wattage or VW - A dial on a battery that allows you to change the wattage or power. The PV will then automatically adjust the voltage for the resistance.

Vegetable Glycerol or Vegetable Glycerin or VG - An ingredient found in many brands of E-Juice. This is one of the ingredients used that when heated will produce vapor that can be inhaled. Typically, VG produces more vapor than it’s PG counterpart but provides less flavor and throat hit. Some users who are allergic to Propylene Glycol use 100% VG juices.

Watt - A unit of power measured as one Joule per second.

Wick - A narrow piece of poly string that is inside many styles of atomizers that allows easier delivery of juice to the heating element.