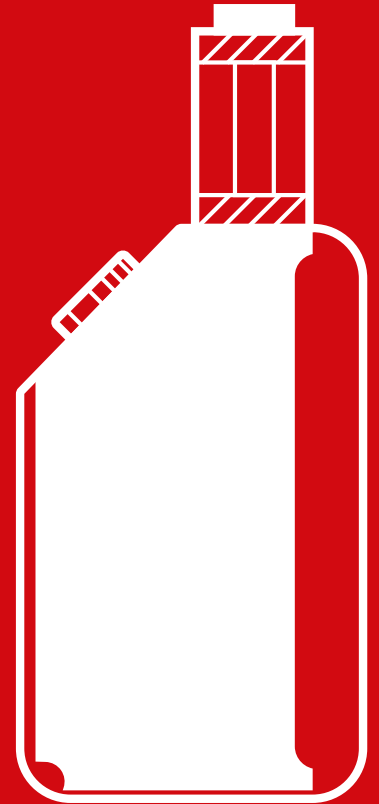


UKVIA

UK Vaping Industry Association



# The Vaping Toolkit

**the essentials you should know**

# Your smoking habits

One of the first things a new vaper should consider when transitioning to the less harmful smoking alternative is their existing smoking habit, as this will influence which is the ideal vaping experience to help them quit.

Generally, a smoker will fall into one of four categories:



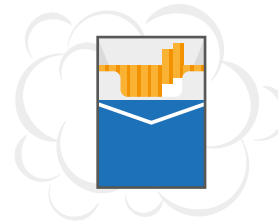
## Social smoker

Smokes once or twice per week or in social situations



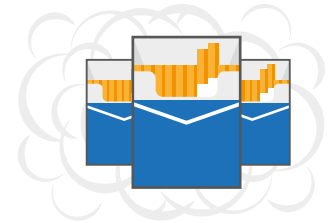
## Light smoker

Smokes less than ten cigarettes per day



## Average smoker

Smokes up to 20 standard strength cigarettes per day



## Heavy smoker

Smokes more than a full packet of cigarettes per day

# Choosing the best nicotine strength for you

Once you've identified which category of smoker best describes you, it's time to choose your nicotine concentration. It's critical you choose a strength that aligns with your smoking habit to give yourself the best chance of a successful quit attempt.

This simple guide should help you choose the strength for you.



Social smoker



Light smoker



Average smoker



Heavy smoker

**Did you know?** The different levels of nicotine strength available to vapers means they can reduce their intake overtime and at their own pace. For instance, a heavy smoker could start at 18mg/ml and eventually work their way down to 3mg/ml or even 0mg/ml.

You should look to adjust the strength of nicotine if it's either not satisfying your craving or is too strong and you're experiencing headaches.

# Choosing a device

There are five types of vape device available:



## Cig-a-likes

- Compact and lightweight
- Low cost
- User-friendly
- Closely mirrors the conventional cigarette experience
- Limited battery Life
- One of the earliest iterations of a vape device



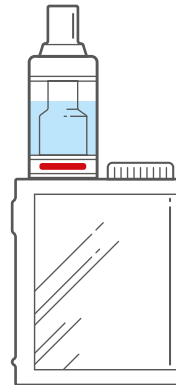
## Pods Systems

- Compact & lightweight
- Lower start-up cost option
- User-friendly
- Mirror conventional cigarette experience
- Pre-filled pod inserts
- Refillable or non-refillable
- Rechargeable



## Vape pens

- Varied battery life
- Refillable with different e-liquid strengths & flavours
- Popular amongst first time vapers
- Rechargeable
- Mirror conventional cigarette experience
- Slightly more complex than other options but offer more customisation



## Mods

- Bulkier design
- Long battery life
- Can be customised to allow for changes in power and airflow
- Suitable for more experienced vapers
- Refillable
- Varied power for nicotine delivery

## Disposables

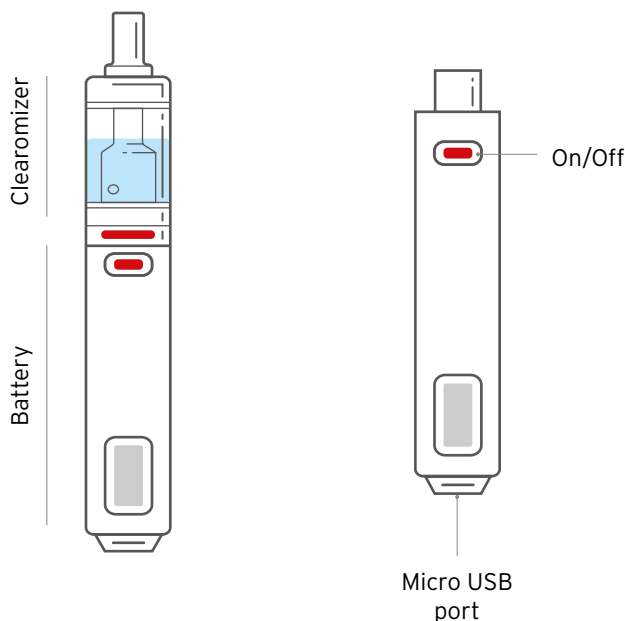
- Compact & lightweight
- Lower start-up cost option
- User-friendly
- Mirror conventional cigarette experience
- Limited battery life
- Non-refillable
- Disposable and non-rechargeable

# How to use your vape device

Though there are several types of vape device on the market, each offering different levels of convenience and customisation, they all fundamentally work the same way.

Put simply, an internal battery and coil is used to heat up e-liquid to generate vapour - hence the phrase vaping - this is then inhaled by the user through the mouthpiece of the device.

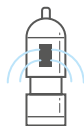
You'll notice that some devices have a button which you will need to press to switch the device on/off while others - particularly disposables - are 'draw-activated', meaning you only need to inhale to start the vaporisation process.



Mouthpiece



Atomizer  
(or disposable cartridge  
depending on device)



Wick & heat  
resistance coil

**There are several components that will be found in every type of vape device:**

**Mouthpiece** - This is what you inhale the vapour through.

**Battery** - This is what powers the device

**Heat-resistant coil** - This uses the power from the battery to generate heat and vapourise the e-liquid

**Wick** - This draws the e-liquid onto the coil for vapourisation

Please note: It's important to ensure you are disposing of your used vape products correctly. Your local retailer should accept waste devices on a like-for-like basis when you buy new products. You can also use resources like [this](#) to find your nearest vape recycling point.