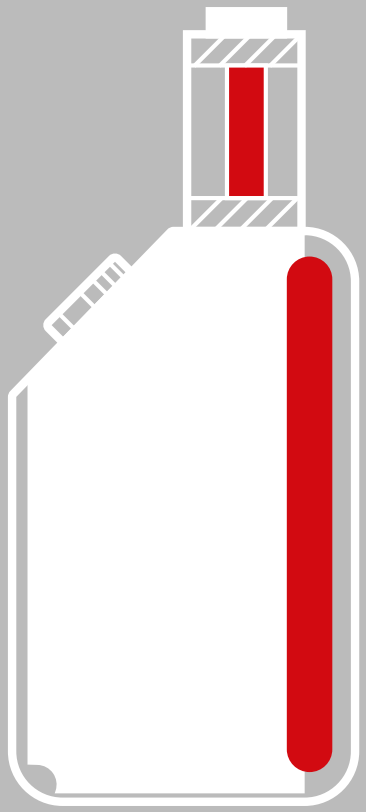
UKVIA

UK Vaping Industry Association



The Vaping Toolkit

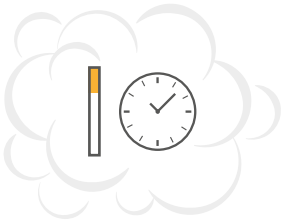
the essentials you should know

Your smoking habits

As a starting point for smokers, who are new to vaping,it's important to let the retailer know what you're smoking habits are, so they can give the best advice.

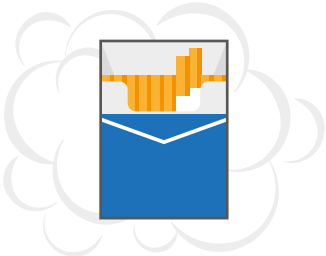
Social smoker

Once or twice a week



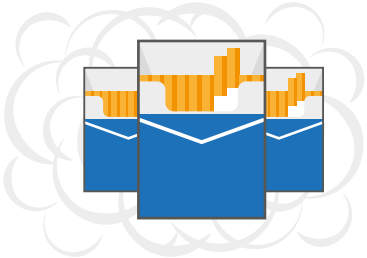
Light smoker

less than 10 cigarettes per day



Average smoker

Up to 20 standard strength cigarettes per day

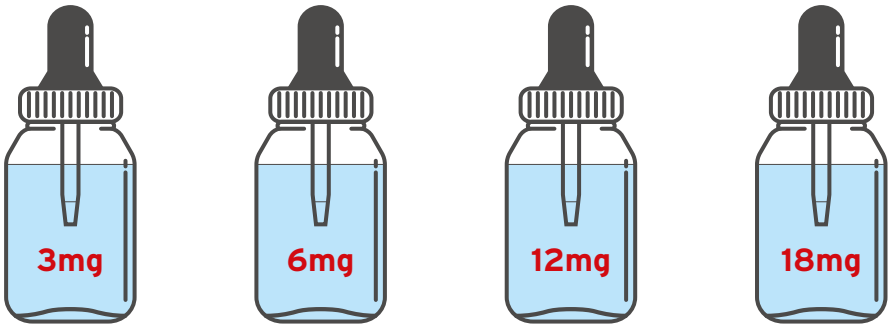


Heavy smoker

More than a full packet per day

Select the best nicotine strength

It's key to select a nicotine strength in line with your smoking habits to give yourself the best chance of a successful quit.



Social smoker

Light smoker

Average smoker

Heavy smoker

Choosing a device

There are four main types of vaping device:

Cig-a-likes

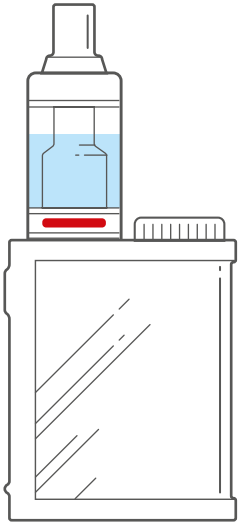
- Compact and lightweight
- Lowest cost option
- User-friendly
- Mirror the conventional cigarette experience
- Limited battery life
- Can't be refilled

Pods

- Compact and lightweight
- Lower cost option
- User-friendly
- Mirrors conventional cigarette experience through vapour inhalation
- Pre-filled pods rather than refillable

Vape pens

- The most popular amongst first time vapers
- Battery life can be between a few hours and up to a day
- Can be filled with different flavoured e-liquids or different flavour cartridges



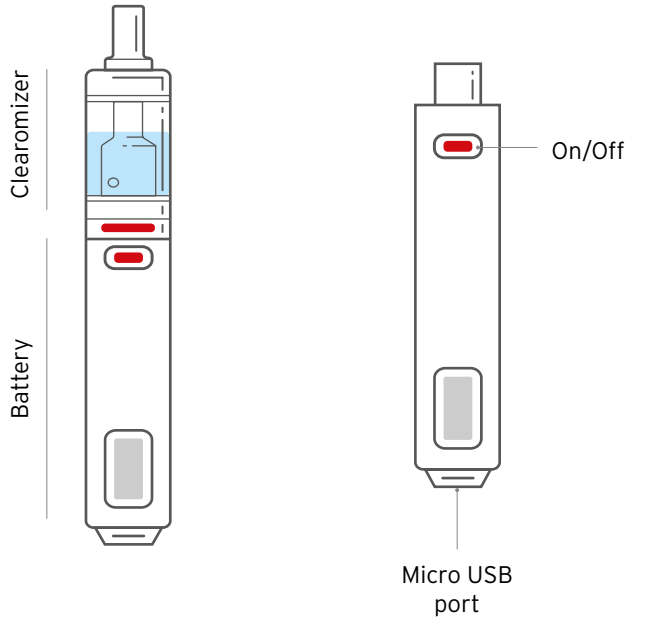
Mods

- For more experienced vapers
- Significantly more battery life
- Can fit a range of atomizers or coils to a Mod

How to use your device

The device works by heating a liquid to generate vapour, hence the phrase is vaping.

The key components of a vaping device are:



Vaping lingo

The **atomizer** comprises a small heating element, or **coil**, that vaporizes e-liquid and wicking material that draws liquid onto the coil.

When the vaper pushes a button, or in some variations activates a pressure sensor by inhaling, the heating element atomizes the liquid solution.

The **e-liquid** reaches a temperature of roughly 100-250°C within a chamber to create an aerosolised vapour, which is inhaled by the vaper.

Devices are USB-chargeable, meaning they can be charged almost anywhere.