



COLORADO
Department of Transportation

The Facts About Natural Medicine and Driving

Plan Before You Trip



Natural Medicine | Stakeholder Toolkit

Dear Partners,

Natural medicine is now decriminalized in the state of Colorado, including “magic mushrooms” (psilocybin), DMT (Dimethyltryptamine), ibogaine and mescaline. However, it remains illegal to drive under the influence of natural medicine and psychedelics due to their impairing effects. Impaired driving is the second-highest cause of fatal crashes in Colorado and kills over 200 people each year. It’s critical that we work to prevent all forms of impaired driving, including those involving natural medicine.

The resources in this toolkit have been created for partners to use and share to increase awareness of the dangers and consequences of driving under the influence of natural medicine. Feel free to adapt them as you see fit.

For any questions or other support, please reach out to Sam Cole, CDOT communications manager, at sam.cole@state.co.us.

Latest Colorado Impaired Driving Data

In 2025, there were 236 fatal crashes involving suspected impairment.

Impaired driving is the second-highest cause of fatal crashes in Colorado – accounting for about one-third of all roadway deaths.

Each year in Colorado, more than 16,000 people are arrested for DUI.

Colorado’s Impaired Driving Laws

Colorado has DUI and DWAI limits for driving:

- Driving While Ability Impaired (DWAI) - .05% - .08% blood alcohol content.
- Driving Under the Influence (DUI): .08% or higher blood alcohol content.

- However, if you are impaired by any drug, you can still be arrested for a DUI. Law enforcement is trained to detect many drugs, including natural medicines, during a traffic stop.

Driving under the influence of alcohol, cannabis, drugs or a combination of these substances is dangerous and always illegal.

First-time DUI offenders rack up an average cost of \$13,530 and a minimum of 170 hours of their time dealing with the consequences, in addition to any criminal fines:

- Increased auto insurance: \$3,600
- Ignition interlock service: \$2,172
- Alcohol/drug treatment & education: \$1,000
- Defense attorney: \$3,650
- Arrest, court & legal fees: \$2,300
- Department of Revenue & DMV fees: \$773

Upon arrest for a DUI, if a driver refuses a breath or blood test, they will be subject to additional consequences under Colorado's Expressed Consent Law.

Safety Tips

If you plan to consume natural psychedelic substances, always plan ahead and never get behind the wheel.

- If you are planning to consume these substances at a healing center, the center may have resources to help you get home safely after your session.
- If you are planning to consume at home, avoid driving for 24 hours after consumption.

Making a plan to avoid impaired driving can look like:

- Using a ride-share service, such as Lyft or Uber.
- Designating a sober driver.
- Calling a friend or family member to pick you up.

While Colorado has decriminalized five natural psychedelic substances, synthetic psychedelics such as LSD remain illegal. Synthetic psychedelics can be more potent and carry additional risks. But make no mistake: All hallucinogens are impairing, making it dangerous and illegal to drive after consumption. Never get behind the wheel under the influence of a natural psychedelic, LSD or any other drugs.

Toolkit Graphics and Campaign Resources

[Click here to access CDOT's Natural Medicine resources and campaign assets.](#)

Social Media Posts

The following are pre-drafted social media posts you are welcome to share on your own platforms or use as a template to help spread the word about the dangers of impaired driving. You can [download graphics to accompany these posts here](#).

Post 1

Natural medicine alters your perception, reaction time and decision-making for hours. If you're planning to "trip," plan your ride too. Driving impaired – by any substance – is illegal.

For more information about natural medicine and driving, visit codot.gov/naturalmedicine.

Post 2

Plan your trip before you trip. 🍄

The impairing effects of magic mushrooms, psilocybin and other natural psychedelics can last up to six hours. Keep driving safety in mind when planning your experience. You can get a DUI if you drive impaired on any substance, including natural medicine.

For more information about natural medicine and driving, visit codot.gov/naturalmedicine.

Post 3

Colorado decriminalized ‘shrooms, psilocybin and several other natural psychedelics, but that doesn’t change DUI laws. Driving under the influence of natural medicine or any impairing substance is illegal and unsafe. Plan before you trip.

For more information about natural medicine and driving, visit codot.gov/naturalmedicine.

Post 4

Psychedelics + driving = DUI. Law enforcement DREs (Drug Recognition Experts) are trained to detect impaired driving – including from natural medicine like mushrooms. If you’re feeling altered you shouldn’t be driving.

For more information about natural medicine and driving, visit codot.gov/naturalmedicine.

Post 5

Decriminalization doesn’t mean driveable. 🍄 It may be legal in Colorado to consume natural medicine, such as ‘shrooms and psilocybin, but it is still illegal and unsafe to drive under the influence of them. Be responsible. Plan your trip. Avoid a DUI.

For more information about natural medicine and driving, visit codot.gov/naturalmedicine.

About *The Heat Is On*

The CDOT Highway Safety Office provides funding to Colorado law enforcement for impaired driving enforcement, education and awareness campaigns.

The Heat Is On campaign runs throughout the year, with 15 specific high-visibility impaired driving enforcement periods centered on national holidays and large public events.