



How To Roll The Perfect Joint

This eBook is for legal-age readers only.

**K N O W
L E D G E
B A S E**



Joint

-rolling is one of the must-have skills for a cannabis consumer, but takes a little practice to get started! We've created an easy to follow guide so you can roll like a pro and enjoy this ritual.

Those who have put in their hours to become an expert take great pride in delivering a perfectly rolled joint. Once you've mastered the basics, you can get creative and create artistic shapes with your cannabis rolls.

Anyone who has tried to smoke a poorly rolled joint can appreciate a good roller's finesse and attention to detail. Say goodbye to uneven burning and sloppy presentation! Check out our steps to learn to roll a perfect joint and share these skills with your friends.

First Things First

You need to get out your cannabis consumption kit.

Don't have a cannabis kit yet? Check out metacannabis.com/menu for all the cannabis essentials every consumer needs.

Here's what you'll need from the kit:



Cannabis



Rolling papers



Grinder

(or other means of breaking up your cannabis)



Thin cardboard (for a filter)



A pokey thing

(yes, that's a technical term)

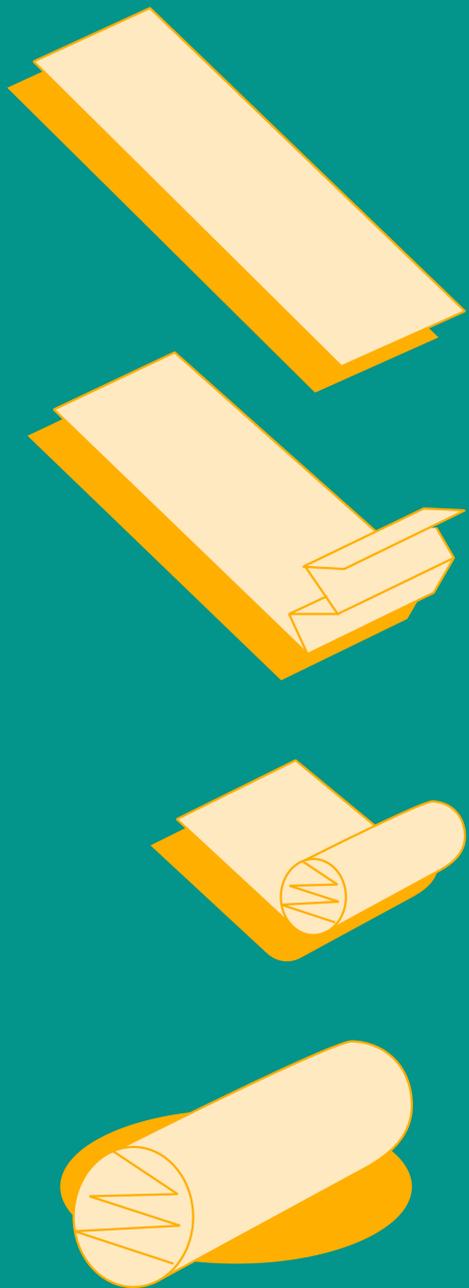
Step 1



Break Up The Cannabis

Break down your cannabis so that it's nicely ground, but not too powdery. Properly dried cannabis should break apart rather easily, and we recommend purchasing a proper grinder to make this job quick and clean. Of course, you can use anything from scissors to your fingers, but those methods tend to waste precious terpenes and can make a mess.

Step 2



2.5 If Necessary: Prep the Paper

Most papers will come out of the package with a fold in them. It's a good idea to roll those papers in your fingers as if you are rolling the joint to smooth them out and get the paper loose, warm, and starting to take shape.

Create Your Filter

Also called a tip or crutch, this (typically) cardboard end to a joint can help keep the cannabis in the joint and out of your mouth, and generally keeps the end from getting blocked up and sticky as it's pinched by your fingers and thumbs.

You can make your filter out of your joint papers packaging. If you don't want to be scrambling for a good filter, we suggest trying out filter packs for convenience.

There are plenty of ways to make a good filter. Start with a few "accordion" folds at the end of the cardboard, then roll the cardboard strip around it to the desired thickness of your joint. These folds help to provide an additional barrier, ensuring you don't accidentally suck up any plant matter when you take.

Step 3



Fill Joint With Cannabis

Fill the paper with your broken-up cannabis and place the filter at one end. Start with about a half gram for the best results, as too much cannabis can be tricky, or will fall out as you struggle to get down to a manageable size. Don't be afraid to center and evenly distribute the cannabis on the paper before you pick it up to shape it.

Remember that the glue edge should be exposed (facing up) at the top of the paper when you fill it.

Step 4



Roll The Joint

Once you've filled your paper and have it resting comfortably between your fingertips and thumbs, pinch it and roll it back and forth between them, increasing the pressure of your pinch until the joint begins to take shape around the filter. The shape you make comes down to preference. Some might prefer a straight shape, whereas others prefer rolling a cone.

Be careful not to roll your joint too tight or it will not burn how you want it to. Some air between the cannabis helps with a smooth burn. (Also do not roll it too loose or it will burn too fast).

You'll find that thicker papers are a little easier to roll, but you'll choose your favourite papers for a variety of reasons.

Step 5



Seal The Joint

This step is crucial. If your seal is too sloppy, all your previous work could be lost. Tuck the unglued side of the paper under the glued edge, then lick the glue with just a little moisture to begin to seal the joint. Once the paper is sealed on one end, you can work your way down the rest of the seam by tucking and sealing the joint from end to end.

Step 6



Finish Your Joint

Finally, use your pick or poker to pack the cannabis from the non-filter side of the joint. A tight, uniformly packed joint will lead to an even burn. You can use anything small enough to fit into the joint for this step: pen lid, paperclip, golf tee, a stir-stick—get creative!

Once you're happy with your joint's shape, you can twist or fold the extra paper at the end. This will ensure no cannabis falls out and your joint stays tight.

Step 7

Experiment

(and Impress!)

Once you get the hang of a basic joint, you can get bigger and bolder as you go. There are a variety of joints to roll (think cones). Or suppose you decide that rolling from scratch isn't your thing. In that case, there are automatic rolling machines available in all kinds of shapes and sizes.

Find them in Accessories at metacannabis.com/menu or visit your nearest Meta Cannabis location.



**Enjoy
Respectfully,
Consume
Responsibly**

