

Vaping Guide

Welcome to the Vaping Guide of Electronic Cigarettes and e-Liquid. This Guide is an overall detailed explanation of what electronic cigarettes are, the parts used, the liquid that's vaporized, how to use one, along with various tips and tricks and other useful information.

When telling someone about electronic cigarettes, please refer them to this all-in-one vaping guide when needed.

The Electronic Cigarette

The E-Cig, short for Electronic Cigarette, is a device that is battery powered to produce inhaled doses of nicotine by way of a vaporized solution. It makes use of a rechargeable battery that powers a heating element (*coil*). The E-Liquid (*more on E-Liquid below*) comes in contact with the coil and is then vaporized.

Electronic Cigarette Parts

An Electronic Cigarette is quite simple in design, but there are multiple parts that can make up or be used with the electronic cigarette. Below is the basic parts that make up a complete electronic cigarette. Some can be replaced with other style parts.

- **Tube (or Box):** The tube is the housing to the e-cig (*electronic cigarette*). Some tubes come in a variety of shapes and sizes to accommodate certain battery sizes and internal electronics. The tube part of the device is typically the bottom part of the electronic cigarette.
- **Battery:** The battery comes in many shapes, but the typical battery is similar to an AA battery styling and varies in specific sizes.
- **Power Button (Manual or Automatic):** The power button is what activates the battery, which then delivers power to the heating element (*atomizer or cartomizer*). Some buttons have multiple use functions. The button is considered as a 'manual' e-cig. An 'automatic' e-cig has no button and is activated by a sensor that detects when you're pulling vapor from the device. Many e-cigarette users (*or vapers*) tend to like a manual e-cig more because an automatic e-cig can be triggered to activate at times when not in use, which depletes the battery life.
- **Connector:** The connector is a part that sits at the top of the electronic cigarette and is used to accept the atomizer (*or cartomizer*). The connector has female (or male) threading. The connector will range in various styles such as 510 (*the most common*).
- **Atomizer (or Cartomizer):** The atomizer is a small metal tubed casing that has a male (*or female*) threading at the bottom to be attached to an electronic cigarette. The top of the atomizer is an opening to allow the use of e-liquid. To fill an atomizer, the user will typically drip 2 to 3 drops onto of the coil (which sits inside and on the bottom of the metal atomizer tubing). The cartomizer is much like the atomizer, except that the metal tubing is a bit longer. Inside the metal tubing of a cartomizer is a filler material. This filler material acts as a wicking system. To fill a cartomizer with e-liquid, the user will pour e-liquid onto the filler material until it has a full or soggy look. A cartomizer is also used inside of tank systems.
- **Tank System:** The tank system is designed to hold more e-liquid than the typical cartomizer. The tank is a tube that is usually made from a plastic material. At the top and bottom of the plastic tube tank is end caps. The end caps usually

have rubber grommets as a sealer between the caps and the plastic tubing. In the middle of the caps is a hole cut out to accept the cartomizer. Some tank systems make use of its own wicking system instead of a cartomizer.

- **Drip Tip:** A drip tip is the mouth piece that will sit on top of the atomizer or cartomizer. The metal tube casing on an atomizer or cartomizer can sometimes become hot to the touch, so a drip tip is used so your lip do not come in contact with the atomizer or cartomizer casing. A drip tip was also designed so that you could easily drip e-liquid into your atomizer without taking off the mouth piece. This is done by pouring your drops of e-liquid into the center hole of the drip tip.

E-Liquid

E-liquid (*or e-Juice*) is the liquid that is used to vaporize. E-Liquid typically contains Vegetable Glycerin, Propylene Glycol, Nicotine and Flavoring. The user can generally custom order your e-liquid by requesting a certain VG (Vegetable Glycerin) percentage and PG (Propylene Glycol) percentage. The user can also request a certain nicotine strength. The common nicotine strengths are from 0mg to 24mg. It is said to be safer to not exceed 24mg of nicotine and most electronic cigarette vendors will not offer more than that amount either.

How to Vape

Using electronic cigarettes and understanding how to vape is pretty simple. Although it requires more action than the traditional tobacco cigarette, it is far less harmful. Once you grasp what it takes to use an electronic cigarette (*which consists of a charged battery and a cartomizer/atomizer/tank filled with e-liquid*), here's some useful tips on how to vape.

- For your first time inhaling vapor, it's a lot different to your lungs and it doesn't recognize it. Your lungs are used to tobacco smoke, which is completely different than vapor. With a traditional cigarette, you pull hard to get smoke, but with vaping – you'll pull slow and steady. Remember, liquid is inside your atomizer/cartomizer, so you don't want to pull hard enough to suck that liquid into your mouth.
- When you inhale vapor, the longer you hold it in your mouth, the less vapor you'll blow out.
- Remember, this is about you... so find your own style of vaping and what feels most comfortable to you.

What You Need

To get started with vaping, you'll need the following:

- A battery (*if using a modified type device, you'll need a tube and battery*)
- An atomizer or type of cartomizer
- A mouth piece
- A charger
- Some e-liquid

Some starter kits come with everything you need to start vaping. Some offer e-liquid with the kit and for those who don't, just order you a bottle of e-liquid that interests you. The best starter kit to buy is an eGo brand kit. If you can shell out a few more bucks, get yourself a eGo-C Twist kit.

The Setbacks

The only setbacks to just starting to vape is having to learn about e-cigarettes. Although that isn't much of a setback, it can be a little confusing to some at times. The other setback is finding the right e-liquid for you. When you first start ordering e-liquid, try our vaper station. Finding the right e-liquid can be a hassle sometimes and can make you feel like there's a hole in your pocket, but once you find the right flavor, it'll be a breeze from then on. Never settle for a bad tasting e-liquid. We have many vendors that have tons of different flavors that will suit your taste buds. China made e-liquid is much cheaper than the rest, but many avoid it because the flavors aren't that great. USA made e-liquid has a much more quality taste in flavor and feel.

What to Expect

When you first make the switch from tobacco cigarettes to electronic cigarettes, you'll notice many changes that are good. Some vapers have said that they could breathe better, get less winded, no more terrible coughs and another that I've heard from many – notice an improved better immune system. However, there are some things to expect that come with removing yourself from the 4,000 chemicals in tobacco cigarettes. Here are a few of those that we've heard of or experienced. (*This doesn't necessarily mean that this will happen to you.*)

- Headaches
- Cold Sweats
- Coughing
- Chest Pains

Save Money by Vaping

Saving money was possibly one of the reasons you switched to electronic cigarettes and although just by switching you are already saving money, but there are many other ways to save even more. Here are a few to help you get started.

- **Find The Best Prices:** We have many electronic cigarette vendors and some have better prices than the others. Always look for the best priced product with the best quality.

- **Order In Bulk:** Once you've found the e-liquid flavor you're comfortable with and the cartomizer or atomizers that you like, order them in bulk. Just like with any other product, when you order in bulk, it helps you save in the long run.

Don't Get Tricked

Many vendors are in this market to help you, while others are out just to make a buck or trick you. Here are a few tips that will help you not get tricked.

- **Don't Fall For Free Trials:** You'll see many ads or receive emails that will offer you a free trial e-cig. Do not fall for this trick. To get the free trial, they'll ask you to give you a credit card number, but they won't charge you. After that, they'll bill you and charge you quite a bit for a horrible product.
- **Don't Buy From Gas Stations:** Do not buy an electronic cigarette from a gas station. The e-cig you'll get is horrible and the worst on the market. The disposable e-cigs claim to last 24 hours, but they don't and for most smokers, it won't satisfy them.
- **Don't Be Fooled By Kiosk Pricing:** Many kiosks are over-charging people for products. Don't be fooled by the nice products, because they come with a high price. Purchase from local vape shops or online vape shops. Feel free to click one of the ads to vape shops here on GTV. All of our advertised vendors have great pricing and quality products.

Research First

Do not be fooled by these low quality electronic cigarettes that are being sold at gas stations and such. Just because it looks like a real cigarette doesn't mean it performs the best. I'm not going into a full article on its common sense to do research before making a purchase, but I will tell you, it'll save you a lot of time, money and stress by doing the research first and getting the best electronic cigarette for you.

Support

Our store has become one of the best support systems for smokers switching to electronic cigarettes. All of us more veteran vapers have been down the same road as you and there are many offering to be your crutch.

Abbreviations

So you're new to the whole scene of vaping and very confused with all the abbreviations people are using. Well, look below, we've layed out all the abbreviations and the meanings to them.

General

- Noob – Beginner
- Analog – Regular Cigarette
- Mod – Homemade or modified PV
- Pull – The act of sucking on the mouthpiece to pull the vapor into your mouth

- TH – Throat Hit (The tingling sensation in the back of your throat)
- Vapor – the “smoke” emitted from an e-cigarette
- Vape, Vaping – The use of an e-cigarette (similar to the term “smoking” when referring to an analog)
- Topping off – Adding drops of e-liquid to your current cartomizer.
- Dripping – Vaping by adding a few drops of e-liquid directly on the atomizer instead of using a cartomizer.

E-Cigarette

- E-cig or E-cigarette – Electronic Cigarette
- PV – Personal Vaporizer (*think ecig that is beefed up*)
- APV – Advanced Personal Vaporizer
- Atty – Atomizer
- Cart – Cartridge
- Carto – Cartomizer
- Bat – Battery
- Filler – The fiber found inside your cartomizer that holds your e-liquid
- PCC – Personal Charging Case
- PT – Passthrough or passthrough battery
- 2-piece/Disposable – 2 part e-cigarette. The Battery and a “cartomizer”.
- Cartomizer – An atomizer built into the cartridge, marketed as disposable (you throw it away when the e-liquid is used up).
- 3-piece – 3 part e-cigarette. Battery, Atomizer, and Cartridge.
- Cutoff – Refers to how long the battery will activate the atomizer before shutting down (safety measure to protect the atomizer).

E-Liquid

- E-juice, e-liquid, juice – the liquid nicotine that you fill your cartomizers with.
- DIY – Do it yourself (homemade e-liquid mixture)
- PG – Propylene Glycol
- VG – Vegetable Glycerin (Glycerine = glycerin = vegetable glycerin(e) = glycerol)
- PEG – Polyethylene Glycol
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