

# VAPING TOOLKIT

**AN INFORMATIONAL GUIDE FOR PARENTS,  
EDUCATORS, HEALTH CARE PROFESSIONALS,  
SOCIAL WORKERS, AND TEENS**

**THE COUNCIL ON RECOVERY**

**FEBRUARY 2020**



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The Council on Recovery is Houston's oldest and largest source of help for individuals and families whose lives are affected by alcoholism, drug abuse, addiction, and co-occurring mental health disorders. As a community-based, non-profit organization, The Council is Houston's leading provider of prevention, education, treatment, and recovery services. Our programs cover all ages and stages of life, with an emphasis on families and a commitment to turning no one away.

The Council thanks Prevention Resource Center 6 for providing data and support in our efforts to curb vaping addiction and promote education and awareness.

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# VAPING MYTH BUSTERS



## MYTH: USING E-CIGARETTES IS HARMLESS

TRUTH: **The use of e-cigarettes is unsafe, particularly for kids, teens, and young adults.** Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes. Most e-cigarettes contain nicotine, which is highly addictive and can harm adolescent brain development. Young people who use e-cigarettes are more likely to smoke combustible cigarettes in the future.

## MYTH: VAPING IS SAFER THAN SMOKING CIGARETTES

TRUTH: Vaping exposes users to fewer harmful chemicals than combustible cigarettes and it is correct that combustible cigarettes are extraordinarily dangerous, containing more than 7,000 chemicals and killing half of all people who smoke long-term. However, e-cigarettes are definitely not without safety risks due to the potential for poisoning, addiction, and interference with brain development, particularly when consumed during the adolescent and young adult years.



## MYTH: USING E-CIGARETTES IS HARMLESS

TRUTH: The use of e-cigarettes is unsafe, particularly for kids, teens, and young adults. Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes. Most e-cigarettes contain nicotine, which is highly addictive and can harm adolescent brain development. Young people who use e-cigarettes are more likely to smoke combustible cigarettes in the future.

## MYTH: ALL E-CIGARETTES AND E-LIQUIDS DO NOT CONTAIN NICOTINE

TRUTH: **About 99% of vaping products on the market have been found to contain nicotine.** JUUL always contains nicotine, is marketed as such, and the pods come in two strengths – 2% and 5% nicotine. Approximately two-thirds of JUUL users aged 15 – 24 do not know that JUUL always contains nicotine.



## MYTH: YOU CAN'T GET ADDICTED TO VAPING OR E-CIGARETTES

TRUTH: Ninety-nine percent of all vaping liquids sold on the market contain nicotine, which is a highly addictive substance. The presence of nicotine in just about all e-cigarette and e-liquid products, and at levels that are astronomical when compared to that seen with combustible products of past generations, raises the potential for addiction to levels higher than what has historically been the case.

## MYTH: USING E-CIGARETTES OR VAPING WILL HELP ME QUIT SMOKING

TRUTH: There is not, yet, enough conclusive scientific evidence to support the use of e-cigarettes as smoking cessation devices, as the Food and Drug Administration (FDA) has not approved it as such. If smoking cessation is the goal, there are several FDA-approved Nicotine Replacement Therapy (NRT) products that are sold over the counter.





## MYTH: I ONLY INHALE HARMLESS FLAVORED WATER VAPOR WHEN I USE AN E-CIGARETTE OR VAPE

TRUTH: Two thirds of youth who report vaping, believe that they are inhaling only flavored vapor water. However, this is not the case, and even the few products that do advertise the product as nicotine-free, have still tested for at least small amounts of nicotine.

**E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine, flavorings, and other chemicals that help make the aerosol.** And it is not harmless. The aerosol that users breath in and out of the device can contain harmful chemicals substances including:

- nicotine
- ultrafine particles that can be inhaled deep into the lungs
- flavorings such as diacetyl, a chemical linked to serious lung disease
- volatile organic compounds
- cancer-causing chemicals
- heavy metals such as nickel, tin, and lead



## MYTH: IT'S OKAY TO USE E-CIGARETTES OR VAPE AT SCHOOL, WORK, OR INSIDE PUBLIC BUILDINGS

TRUTH: The aerosol that users inhale and exhale from e-cigarettes can expose both themselves and bystanders to harmful substances. A recent report has found that the damage to individuals' lungs is not only occurring in the lungs of those who vape, but also in the lungs of those around them. Bystanders can breathe in the same aerosol vapor when the user exhales it into the air exposing them to the same harmful substances originally inhaled by the user (see above).



## MYTH: THE SMOKING AGE IN TEXAS IS 21, BUT THE VAPING AGE IS 18

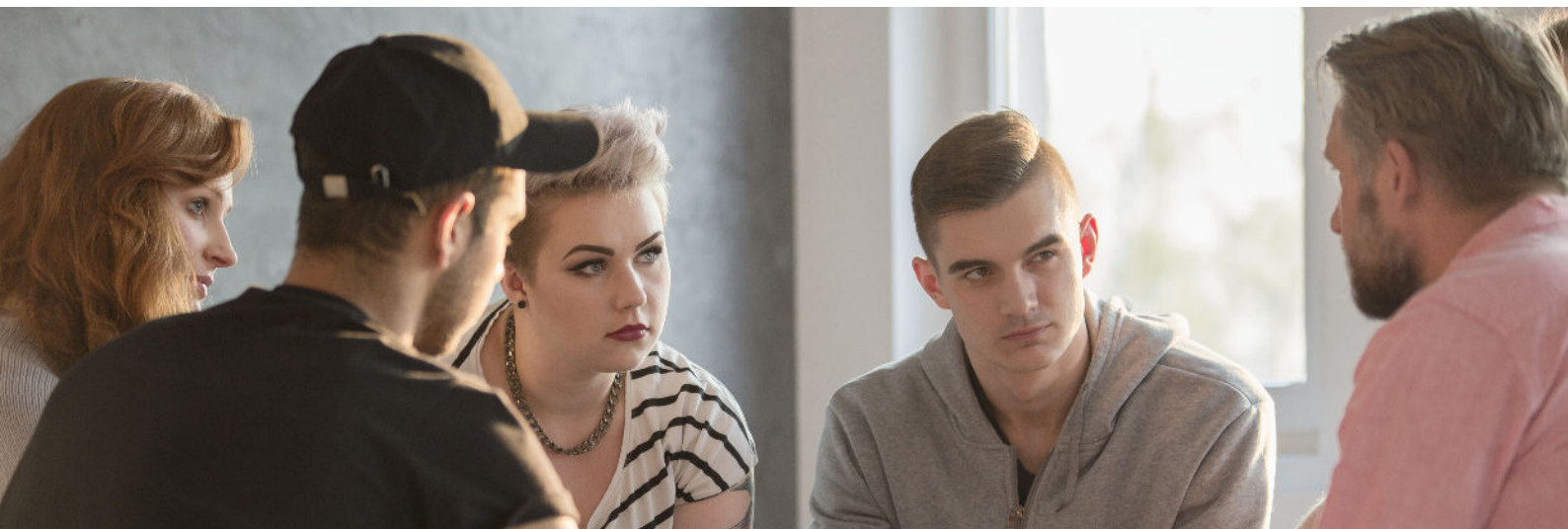
TRUTH: As of September 1, 2019, the legal age for consuming any and all tobacco products, including vaping products, was moved to 21 years of age by way of Senate Bill 21. However, active military troops ages 18-20, are exempt from this bill.



## MYTH: JUUL PRODUCTS ARE JUST LIKE THE OTHER TYPES OF E-CIGARETTE AND VAPING PRODUCTS ON THE MARKET

TRUTH: JUUL is a brand of e-cigarette that is shaped like a USB flash drive. Like other e-cigarettes, JUUL is a battery-powered device that heats a nicotine-containing liquid to produce an aerosol that is inhaled.

**JUUL products are particularly known for an unusually high nicotine concentration (one JUUL pod = more than one 20 pack of combustible cigarettes).** JUUL uses nicotine salts which are very fine in nature and allow those unusually high levels of nicotine to be inhaled easier, deeper, and with less irritation than traditional e-cigarettes, and are therefore the teen consumer's go-to in school bathrooms and even classrooms. It has been reported that about two thirds of youth and young adults, ages 15-24, do not even know that all JUUL products contain nicotine.



# VAPING FAQs for PARENTS

## WHAT ARE E-CIGARETTES?

E-cigarettes are electronic devices that heat liquid flavors and chemicals (e-juice). The heating produces an aerosol, also called a vapor, which is a mix of small particles in the air.

An e-cigarette might also be called:

JUUL (a brand of e-cigarettes)

E-cigs

ENDS (electronic nicotine delivery systems)

ANDS (alternative nicotine delivery system)

E-hookahs

Hookah pens

Vape pens

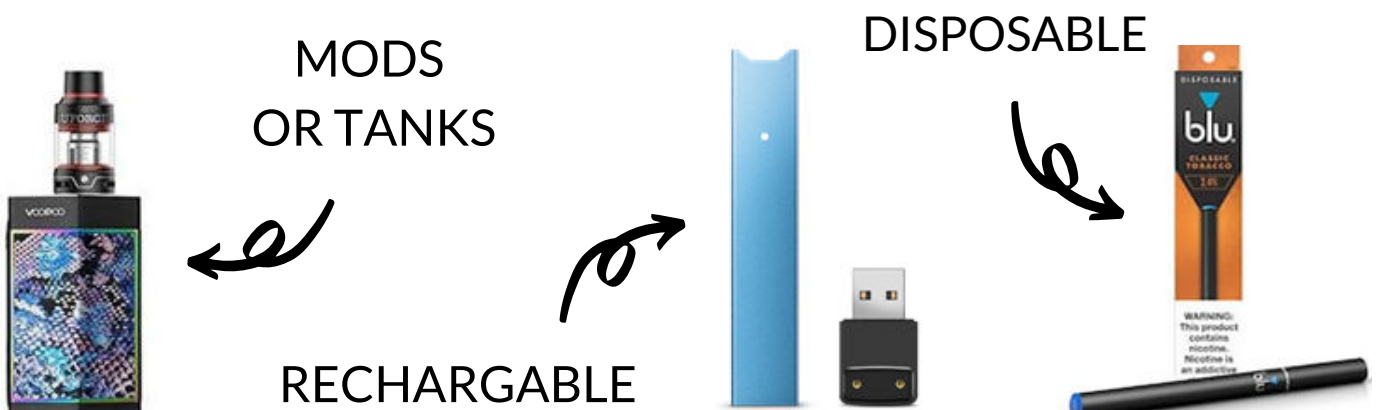
Vape mods

Vaporizers

Vapes

Tank systems

**There are 3 categories:**



## WHAT IS VAPING?

Vaping means breathing in the aerosol or vapor of an e-cigarette. It's important to know the aerosol coming out of an e-cigarette **is not water vapor and is not harmless.**

"JUULing" is a slang term created by users of a brand of e-cigarettes called JUUL, which is very popular among teenagers and young adults.



## WHAT IS THE LEGAL AGE FOR PURCHASING VAPING PRODUCTS?

In 2014, e-cigarettes surpassed combustible cigarettes as the most commonly used tobacco product among U.S. middle and high school students reporting current tobacco use. By 2017, more than 2 million teens were currently using e-cigarettes, and parents, teachers, and school administrators across the nation began raising alarm about pervasive e-cigarette use in schools due to the rising popularity of products with high nicotine levels and low aerosol emissions, like JUUL.

In response to these concerns, Texas Senate Bill 21 took effect September 1, 2019, which **prohibits the sale of cigarettes, e-cigarettes, and tobacco products to people under 21**, with hopes that it would keep these products out of public schools by creating more "social distance" between younger students and students old enough to purchase them. Only active-duty troops, ages 18-20, are exempt.

# IS VAPING HEALTHIER THAN SMOKING CIGARETTES?



Research has found that using e-cigarettes is likely to be less harmful than smoking regular cigarettes because e-cigarettes do not burn tobacco. But they do contain nicotine, which comes from tobacco and is still addictive.

## HOW IS VAPING HARMFUL TO MY TEEN?

**Nicotine can harm the developing adolescent brain, which continues to develop until about the age of 25.** All types of the JUUL brand of e-cigarettes contain particularly high levels of nicotine. Vaping has been proven to make teens want to try other, more harmful tobacco products, like regular cigarettes.

Nicotine consumption can harm the parts of the adolescent brain that control attention, learning, mood, and impulse control. Due to the changes in the adolescent brain development caused by nicotine, evidence is beginning to suggest that such changes put teens at risk for future addiction to harder drugs like cocaine. Also, teens who vape are seven times more likely to report cigarette use within a six-month period of time.

# HOW ARE E-CIGARETTES AND E-LIQUIDS HARMFUL?

Scientists are still learning about the long-term health effects of e-cigarettes. Here's what we do know.

- In addition to nicotine, the solution in e-cigarette devices and vapor contains harmful chemicals like antifreeze, diethylene glycol, and carcinogens like nitrosamines, **which can cause cancer**.
- Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes.
- Nationally, approximately **50%** of calls to poison control centers for e-cigarettes are for kids 5 years of age or younger.
- Some of the ingredients in e-cigarette aerosol could also be harmful to the lungs in the long-term. For example, some e-cigarette flavorings may be safe to eat but not to inhale because the gut can process more substances than the lungs.
- There have been reports of e-cigarettes exploding and causing serious injuries. The explosions usually are caused by batteries that are not working well or handled as they should be. **People should not buy e-cigarette products or e-juice off the street. They should not change a vaping device in any way and should not add anything to it.**



# WHAT IS THE ROLE OF VAPING IN RECENT DEATHS DUE TO LUNG INJURY?

Vitamin E Acetate, a synthetic oil form of Vitamin E, has been determined by the CDC to be a culprit in **23 out of the 29 cases** of lung injury suspected of being associated with the vaping of THC. Furthermore, the Vitamin E Acetate-containing THC likely came from unregulated sources (off the street), as Vitamin E Acetate is commonly used as a cutting agent or additive for THC products on the black market due to the fact that it looks similar to THC oils and is cheaper than THC.

Once Vitamin E Acetate is heated in an electronic nicotine delivery system (ENDS) it has the capability to vaporize and disperse into the lungs. Unfortunately, Vitamin E Acetate returns to its original oily or waxy form once deposited deep in the lungs. This phenomena sickened more than 2,000 people and killed 39 (as of November 2019). The CDC continues to advise against the use of vaping products, particularly unregulated black market THC products.

## HOW CAN I TELL IF MY TEEN IS VAPING?

Three key signs your teen might be vaping:

1.

**Stepping away frequently:** Is your teen going to the bathroom more often or going outside more often? Your teen could be sneaking a vape.

2.

**Shortness of breath:** Shortness of breath, excessive coughing and an increasing intolerance to exercise should raise suspicions.

3.

**Nicotine toxicity:** Due to the near-constant puffing on the device, nicotine toxicity could be a sign that your teen is vaping. Signs your teen may have ingested too much nicotine including nausea, vomiting, and sometimes wildly-fluctuating blood pressure.

# HOW DO I TALK TO MY TEEN ABOUT VAPING?

1.

## **Prepare for discussion**

ahead of time by learning the facts about e-cigarettes, being patient and set to listen, and by setting a tobacco-free example, yourself.

2.

## **Find the right moment**

to start the conversation with your teen, such as seeing an e-cigarette advertisement on TV, and ask for support from healthcare provider or other adults who are knowledgeable about the risks of e-cigarettes.

3.

## **Be prepared to answer questions**

your teen might have about e-cigarettes, such as why they shouldn't use e-cigarettes, the effects that nicotine has on teen brains, safety of nicotine consumption, e-cigarette vs. conventional cigarettes, contents of e-cigarettes, and your (parental use) of nicotine.

4.

## **Keep the conversation going**

through connection and encouragement, reminding and repeating information, and fact and resource-sharing.



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**If you need further guidance,** call The Council to schedule a consultation or coaching session with one of our adolescent therapists. Our highly qualified and compassionate staff can walk you through the steps you can take to intervene.



# ELECTRONIC NICOTINE DELIVERY SYSTEMS (ENDS) AND VAPING: A RESOURCE CATALOG

Prepared by  
Melissa Romain-Harrott, Ph.D.



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# Vaping Devices, Paraphernalia, and Jargon<sup>1</sup>

## Numbers

**20700:** this is the type of [battery](#) used for some mechanical mods and advanced vape mods. Compared to other batteries, it has bigger power storage capacity and bigger amperage. Its name is derived from its size. It has a 20mm diameter, and it is 70mm long.



Source: <https://www.ave40.com/ijoy-20700-battery.html>

**26650:** these batteries are used for [sub-ohm](#) vaping. They are the largest sized vape batteries used in advanced e-cigs and Personal Vapes (PVs).



Source: [https://www.ebay.com/i/183817229958?chn=ps&norover=1&mkevt=1&mkrid=711-117182-37290-0&mkcid=2&itemid=183817229958&targetid=539174369235&device=c&mktype=pla&googleloc=9027600&poi=&campaignid=6470648147&mkgrouid=74956728902&rlsatarget=pla-539174369235&abclid=1139336&merchantid=116339620&gclid=EAlaIqobChMlzbunpnt5glVEr7ACh0HfQiHEAQYASABEgKkvvD\\_BwE](https://www.ebay.com/i/183817229958?chn=ps&norover=1&mkevt=1&mkrid=711-117182-37290-0&mkcid=2&itemid=183817229958&targetid=539174369235&device=c&mktype=pla&googleloc=9027600&poi=&campaignid=6470648147&mkgrouid=74956728902&rlsatarget=pla-539174369235&abclid=1139336&merchantid=116339620&gclid=EAlaIqobChMlzbunpnt5glVEr7ACh0HfQiHEAQYASABEgKkvvD_BwE)

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<sup>1</sup> Listing of terms adapted from: Mt. Baker Vapor. Vaping Jargon and Vaping Slang. <https://www.mtbakervapor.com/vaping-jargon.html>. Accessed January 9, 2020.

**306:** a disposable atomizer that has a low resistance and uses the same threading as a 510 atomizer. This atomizer has greater vapor production than the 510 atomizers, hence most vapers use it.



Source: <https://www.theecig.com/306-Atomizers-4-0-Ohm-Bauway-Atomizers-IN-STOCK-p/306-atomizers-4.0-ohm.htm>

**401, 402, and 403:** types of e-cigs that look alike but they use different battery sizes. The 401 is the longest and 403 is the shortest.



Source: <http://cotangroup.en.made-in-china.com/product/iBzmPEljJxcq/China-Electronic-Cigarette-401.html>

**510:** the 510 is the most common atomizer style. Its threading is the industry standard, and that is why most manufacturers use this style for atomizers, tanks, clearomizers, and cartomizers.



Source: <https://www.centralvapors.com/510-atomizer/>

**16340:** this is the smallest battery. It is used in advanced cigarettes.



Source: [https://www.batteryjunction.com/powertac-16340-700mah-li-ion-battery.html?gclid=EAlaIqObChMInJeRkd\\_25glViobACh3KOAvgEAMYASAAEgIkSPD\\_BwE](https://www.batteryjunction.com/powertac-16340-700mah-li-ion-battery.html?gclid=EAlaIqObChMInJeRkd_25glViobACh3KOAvgEAMYASAAEgIkSPD_BwE)

**18350:** these batteries are popular because they support stealth vaping. Because they are very small, advanced vapers prefer them.



Source: [https://www.18650battery.com/18350-battery-p/vapcell-18350-battery-1100mah.htm?gclid=EAlaIqObChMI8Oitz-D25glVEb7ACh0hAAhJEAQYASABEgJiCPD\\_BwE](https://www.18650battery.com/18350-battery-p/vapcell-18350-battery-1100mah.htm?gclid=EAlaIqObChMI8Oitz-D25glVEb7ACh0hAAhJEAQYASABEgJiCPD_BwE)

**18500:** compared to the 18350s, 18500s are larger in size and they have a slightly longer battery life. They are disliked because their large size requires larger battery cases, taking up a lot of space, which is not worth a small increase in mAh.



Source: [https://www.homedepot.com/p/Hampton-Bay-Lithium-Phosphate-1000mAh-Solar-Rechargeable-18500-Batteries-2-Pack-79910/305600619?mtc=Shopping-B-F\\_D27L-G-D27L-27\\_7\\_LANDSCAPE\\_LIGHTING-Generic-NA-Feed-LIA-NA-NA-LANDSCAPE\\_LIGHTING\\_ExteriorLandscapeLighting&cm\\_mmc=Shopping-B-F\\_D27L-G-D27L-27\\_7\\_LANDSCAPE\\_LIGHTING-Generic-NA-Feed-LIA-NA-NA-LANDSCAPE\\_LIGHTING\\_ExteriorLandscapeLighting-71700000044197653-58700004613381033-92700048700306376&gclid=EAlalQobChMI4aD1ouH25gIVE9RkCh3JLwbQEAQYAyABEgLR8PD\\_BwE&gclidsrc=aw.ds](https://www.homedepot.com/p/Hampton-Bay-Lithium-Phosphate-1000mAh-Solar-Rechargeable-18500-Batteries-2-Pack-79910/305600619?mtc=Shopping-B-F_D27L-G-D27L-27_7_LANDSCAPE_LIGHTING-Generic-NA-Feed-LIA-NA-NA-LANDSCAPE_LIGHTING_ExteriorLandscapeLighting&cm_mmc=Shopping-B-F_D27L-G-D27L-27_7_LANDSCAPE_LIGHTING-Generic-NA-Feed-LIA-NA-NA-LANDSCAPE_LIGHTING_ExteriorLandscapeLighting-71700000044197653-58700004613381033-92700048700306376&gclid=EAlalQobChMI4aD1ouH25gIVE9RkCh3JLwbQEAQYAyABEgLR8PD_BwE&gclidsrc=aw.ds)

**18650:** this is the industry standard vaping battery and also, the most popular. They are less bulky, and they give off adequate power for vape devices.



Source: <https://goinggear.com/products/olight-protected-3200mah-3-6-volt-18650-battery?variant=27157619572836>

## A

**All Day Vape (ADV):** refers to [e-liquid](#) that one can vape repeatedly — or all day — and not tire of using.



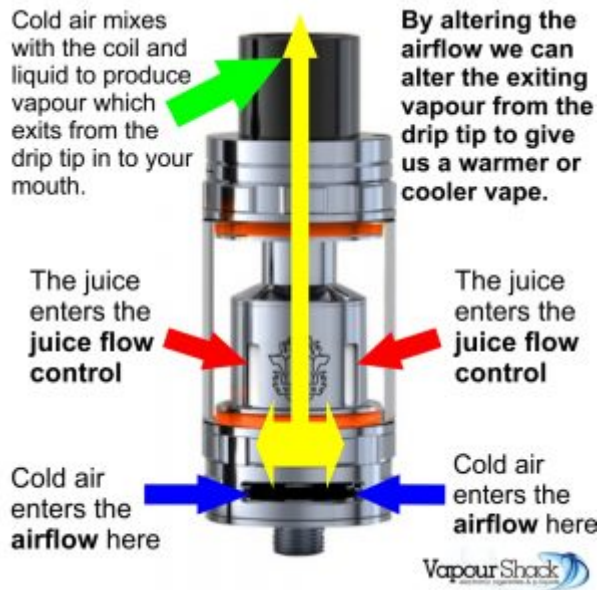
Source: <https://breazy.com/products/rear-diff-boosted-e-juice>

**Advanced Personal Vaporizer (APV):** these are modified e-cigs or mods that have a regulated variable voltage or variable wattage. These devices are considered a step up from e-cigarettes.



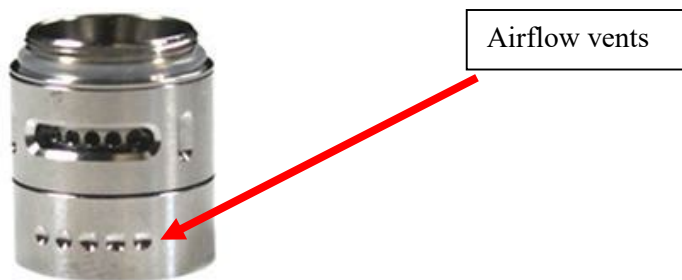
Source: <https://www.vaporfi.com/blog/advanced-personal-vaporizer/>

**Airflow:** the amount of air that goes into a tank or atomizer. More airflow equals more vapor, and less airflow equals more intense flavor, but less vapor.



Source: <https://vapour-shack.com/the-theory-of-tank-air-flow-and-why-we-need-it/>

**Airflow control:** a small screw, or dial, or screw on atomizers on tanks. It is used to adjust the drag of an e-cig. Turning the valve increases or decreases the airflow in through air vents.



Source: <https://www.vaporauthority.com/products/genuine-kanger-airflow-control-valve-aerobase>

**Alien coil:** a coil that looks like a Clapton coil but is modified by a wire wrapped around three core wires.



Source:

[https://www.wish.com/product/5ba469570759202b18ec3f05?hide\\_login\\_modal=true&from\\_ad=goog\\_shopping&\\_display\\_country\\_code=US&\\_force\\_currency\\_code=USD&pid=googleadwords\\_int&c=%7BcampaignId%7D&ad\\_cid=5ba469570759202b18ec3f05&ad\\_cc=US&ad\\_curr=USD&ad\\_price=1.00&campaign\\_id=7203534630&gclid=EAlaQobChMlzonvh\\_j25glVEfDACH2tzA9TEAQYAyAB\\_EgJGp\\_D\\_BwE](https://www.wish.com/product/5ba469570759202b18ec3f05?hide_login_modal=true&from_ad=goog_shopping&_display_country_code=US&_force_currency_code=USD&pid=googleadwords_int&c=%7BcampaignId%7D&ad_cid=5ba469570759202b18ec3f05&ad_cc=US&ad_curr=USD&ad_price=1.00&campaign_id=7203534630&gclid=EAlaQobChMlzonvh_j25glVEfDACH2tzA9TEAQYAyAB_EgJGp_D_BwE)

**Amperage (Amps):** refers to the strength of an electrical current. Batteries with high amperes are compatible with sub-ohm devices because they can handle low resistance without overheating.

**Analog:** the regular tobacco cigarette, or *burner*



Source: <https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-q-and-a-toxic-chemicals-from-cigarettes-remain-toxic-in-secondhand-smoke/>

**Aqueous Glycerine (AG):** Glycerol or Vegetable Glycerine (VG) which has been diluted with water to reduce the viscosity in e-liquids that are used for vaping. This is often used as an alternative to using propylene glycol for those people who have an intolerance or are allergic to propylene glycol.



Source: [https://www.bulkapothecary.com/raw-ingredients/other-ingredients-and-chemicals/glycerin/?sku=J-002-chem-31&gclid=EAlalQobChMljPe55PL25glVEdvACh3DfgthEAQYAyABEgKRiPD\\_BwE](https://www.bulkapothecary.com/raw-ingredients/other-ingredients-and-chemicals/glycerin/?sku=J-002-chem-31&gclid=EAlalQobChMljPe55PL25glVEdvACh3DfgthEAQYAyABEgKRiPD_BwE)

**Ass juice:** slang for e-juice that tastes bad or rancid.

**Atomizer (Atty):** Refers to the area of an e-cig that houses the coils and wicks. Every kind of vaping device contains an atomizer, which is the heat source that turns e-liquid into vapor.



Source: <https://www.elementvape.com/oumier-wasp-nano-mtl-22mm-rta>

**Automatic:** an automatic is an e-cig that lacks a firing button and instead powers up when you take a draw.



Source: <https://vapage.com/ecigarettes>

## B

**Battery:** the heart of an e-cigarette. When the term “battery” is used, it is usually referring to vaping pens and/or cig-a-likes that don’t have interchangeable batteries.

**Blanks:** clearomizers or atomizers that have no e-juice and are designed to be refilled with user’s e-juice.

**Bottom Coil Clearomizer (BCC).** The coils of BCC atomizers sit at the bottom of the tank.



Source: <https://www.bigdvapor.net/products/kanger-t3s-bottom-coil-clearomizer>

**Bottom Dual Coil (BDC):** contains two coils (one inside the other) that sit at the bottom of the tank. Wick is contained within the atomizer head.



Source: <https://www.gothicvapor.com/kanger-dual-coil-atomizers-0-8ohm/>

**Box mod:** APVs that are shaped like boxes. Their batteries may or may not be removable. They can either be mechanical or have variable configurations. Box mods are capable of holding up to four 18650 batteries, and their power output ranges from 20 watts to 220 watts.



Source: <https://www.elementvape.com/box-mods>

**B&M:** short for Brick and Mortar. Refers to a physical store where you can buy vape devices, vape equipment and e-juice.

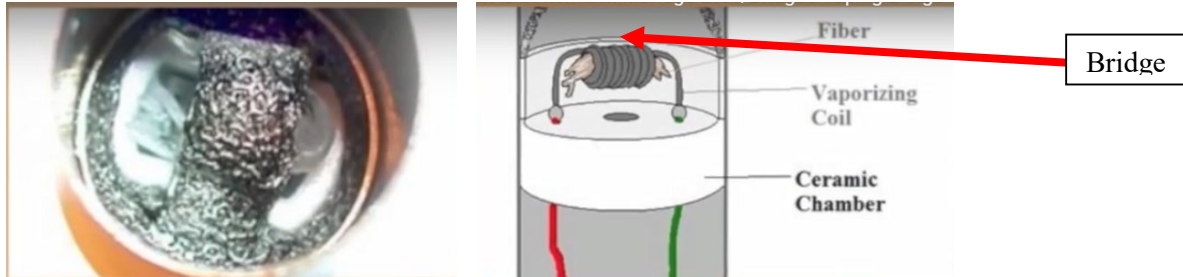


Source:

<https://www.google.com/maps/uv?hl=en&pb=!1s0x8640c0ab1bbd15b9%3A0xd1e633002c54e63a!3m1!7e11514shttps%3A%2F%2Fih5.googleusercontent.com%2Fp%2FAF1QipNn8pFZ97ObS4kNfpuehN1pV99LMdckjvzp8a!%3Dw350-h160-k-no!5sherb%2Bn%2Blegend%2Bsmoke%2Bshop%20-%20Google%20Search!15sCAQ&imagekey=!1e10!2sAF1QipNn8pFZ97ObS4kNfpuehN1pV99LMdckjvzp8a!&sa=X&ved=2ahUKEwiczP-N1qvmAhUDXK0KHaaCtIQuowCnoECA0QBg>

**Breathing:** leaving e-liquid exposed to air so that alcohol content vaporizes and the liquid is mellowed.

**Bridge:** the part where e-liquid is held in disposable atomizers. Usually, it is coated with steel mesh. It is still vaping regular e-Juice, but instead of filling up a cart, carto, or clearo, you instead 'drip' a few drops of e-Liquid directly onto the coil or bridge of an atomizer. This is called *dripping*, which tends to produce denser vapor clouds with cleaner, bolder flavors, and is ideal if the vaper prefers to smoke a variety of flavors without having to switch out tanks.



Source: <https://www.youtube.com/watch?v=sZ9zitMbCRs>

**Burner:** traditional cigarette.



Source: <https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-q-and-a-toxic-chemicals-from-cigarettes-remain-toxic-in-secondhand-smoke/>

**Bottom Vertical Clearomizer (BVC):** the coils at the bottom of the tank are arranged in a vertical configuration to improve airflow.



Source: <https://www.rockbottomvapes.com/aspire-nautilus-BVC-kit/>

## C

**Cannabis concentrates:** highly concentrated forms of product derived from the marijuana plant that contain exceedingly higher levels of tetrahydrocannabinol (THC), than that in an unprocessed flower or dry herb, and are consumed using much of the same equipment and devices that are used for vaping

**Cig-a-like:** e-cigs that are designed to look and feel like the traditional cigarette. Go-to device for beginners. Illustrated below is advertisement for a starter kit.

**9/10**  
Review score

### #1 Mig Cig Basic E-Cig Starter Kit

Compatible with:

Vapor production

Battery life: 8 h. Heat-up time: 1.5 s.

Battery: 280mAh | Cartridge Capacity: 1.5mL

**Pros:**

- Automatic and manual battery options
- Plenty of flavors to choose
- High power output
- Good cloud production
- Refillable cartridges available

**Cons:**

- Pre-filled cartridges do not last long

The Mig Cig Basic E-cig Starter Kit is an entry-level e-cigarette that gives you everything is needed to begin vaping out of the box. Its slim and simple design makes this e-cig perfect for anyone who is just getting into the world of vaping.

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#### Top Vapes for Beginners

- Best E-Cigs
- Best Vape Pens
- Vape Starter Kits
- Vape Pens for E-Liquids
- Nicotine Free Vapes
- Best Vape Juices
- Vape Accessories
- 510 Thread Battery

#### Top Advanced Vapes

- Best Vape Mods
- Tube Mods
- Mech Mods
- Squonk Mods
- Vape Pipes
- E-Cigars

Source: <https://vapingdaily.com/best-electronic-cigarettes/the-5-best-cig-a-likes/>

**Car adapter:** a vape device charger that connects to the car lighter.



Source: <https://www.halocigs.com/mini-car-charger/>

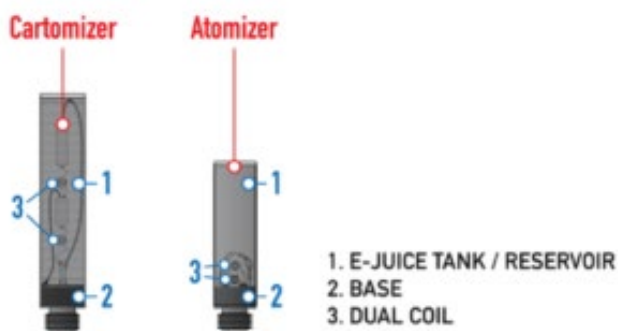
**Cartridge (Cart):** Refers to the mouthpiece made of poly-fill which holds the liquid used to create vapor on some e-cigs.

**Cartridge Bands:** used to label cartridges by contents or flavor, if using more than one cartridge, which are interchangeable.



Sources: <https://honeyoilcbd.co/product/cartridge-bands/> ; [https://www.amazon.com/CENGLORY-Vape-Bands-Silicone-Mechanical/dp/B07DGFK41R?ref=ast\\_slp\\_dp](https://www.amazon.com/CENGLORY-Vape-Bands-Silicone-Mechanical/dp/B07DGFK41R?ref=ast_slp_dp)

**Cartomizer or carto:** an atomizer and cartridge in one. They allow for longer vape time compared to atomizers, hold more e-juice and are longer than atomizers.



Source: <https://blog.mtbakervapor.com/common-terms/>

**Clapton coil:** a coil made of a core of wire tightly wrapped by thinner gauge wire. Most coils are made from single strands of kanthal, but Clapton coils are more complicated. They have a thinner, higher-gauge strand of wire wound tightly around a thicker, lower-gauge core. The wire looks just like a guitar string from the outside, but just constructed from kanthal.<sup>2</sup>



Source: <http://doctorvapecr.com/product/prebuilt-fused-clapton-coil-0-45ohm-1pc/>

**Clearomizer:** also known as clearo. Refers to a cartomizer that is made of clear material such as glass or plastic to enable the user to see that amount of e-juice in their vape device.



Source: [https://www.wish.com/product/16ml-ego-t-ce4-atomizer-clearomizer-510-tank-atomizer-e-cigarette-clearomizer-vape-pen-for-e-cigarette-5b0e9cd59019fa21835579fb7&hide\\_login\\_modal=true](https://www.wish.com/product/16ml-ego-t-ce4-atomizer-clearomizer-510-tank-atomizer-e-cigarette-clearomizer-vape-pen-for-e-cigarette-5b0e9cd59019fa21835579fb7&hide_login_modal=true)

<sup>2</sup> Johnson, L. The Clapton coil: everything you need to know. *E-cigarette Reviewed* (2017). <https://ecigarettereviewed.com/clapton-coil>. Accessed December 26, 2019

**Clouds** and **\*Cloud Chasing**: the vapor that you exhale after taking draws from a vape device. Important to the culture of vaping. The activity of blowing large clouds of vapor using an e-cigarette. Important to the culture of vaping



Source: <https://blog.mtbakervapor.com/common-terms/>

**Coil**: the part of an atomizer that heats up and vaporizes e-juice.



Source: <https://vaping.com/vandy-vape-jackaroo-replacement-coils-pack-of-4-13915>

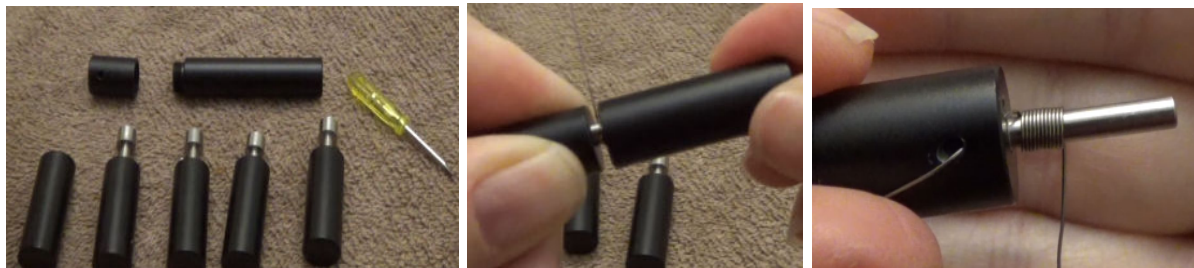
**Coil jig:** a calibrated metal that looks like a screw driver. This metal is used to get the desired width needed as loops are made when building coils.



Source: <https://www.mister-e-liquid.com/kuro-concepts-kuro-koiler-coil-wrapping-tool/>

**Coil types:** inception coil, strip coil, nano-dragon coil, stovetop coils, diamond coil, tiger coil,

**Coil winder:** stainless steel tool for manually wrapping coils.



Source: <https://www.youtube.com/watch?v=m2kqGLa2X7c>

**Connection:** the type of threading your vape device uses for the atomizer.

**Custom mod:** a handmade vape device made from assembled components, in order to achieve an individually desired vape.

**Cutoff:** the time that you can take a drag from an e-cig before it powers off to prevent overheating. Normally, Cutoff time is 10-15 minutes for most e-cigs.

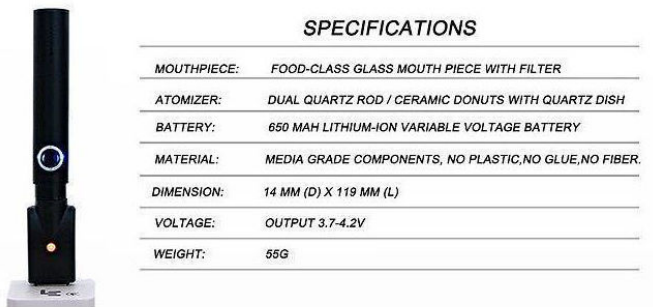
## D

**Dabs:** also known as butane hash oil (BHO), honey oil, budder, shatter, and wax – is a highly concentrated extract of marijuana’s psychoactive ingredient tetrahydrocannabinol, or THC. It is thick, gummy, and brownish-green, and looks like hot candle wax that’s been spilled onto a piece of paper and left to dry.<sup>3</sup>



Source: <https://www.thrillist.com/lifestyle/nation/what-is-dabbing-a-complete-novices-guide-to-concentrates>

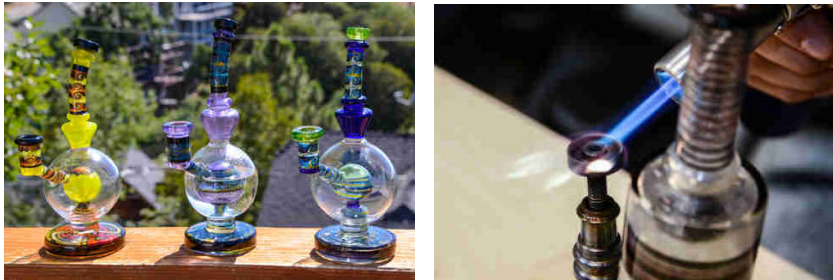
**Dab Pen:** pen-like device, much like the vape pen, used to vape THC concentrates.



Source: <https://www.vapes.com/collections/starter-kits/products/mr-dab-tech-zeno-vape-pen-kit-for-wax>

<sup>3</sup>Rivas, Anthony. Dabs, a marijuana concentrate, is becoming more popular: but is it dangerous? Medical Daily. <https://www.medicaldaily.com/dabs-marijuana-concentrate-becoming-more-popular-it-dangerous-338350>. Published June 15, 2015 Accessed January 9, 2020.

**Dab rig:** glass pipe that is the most common method of dabbing. Consists of the rig, nail (quartz or metal piece that is heated up and attached to the rig, the dabber (dentist tool used to hold the dab of concentrate), and a small torch.<sup>4</sup>



Source: <https://www.thrillist.com/lifestyle/nation/what-is-dabbing-a-complete-novices-guide-to-concentrates>

**Dabbing:** Smoking marijuana extract with high levels of THC with a dab pen or a dab rig

**Deck:** a flat base area on an atomizer where the positive and negative poles sit on a rebuildable atomizer.

**Dewick:** removing a wick/wicks from an atomizer

**Diacetyl:** a buttery flavoring used in e-liquid production. It is an allergen that can cause Bronchiolitis.

**Disposable e-cigarettes:** nonrechargeable e-cigs that you get rid of once they die out.

**Draw:** taking a puff/inhaling vapor to your mouth through the mouthpiece. Also known as taking a drag or hit.

**DIY:** short for Do It Yourself

**Dripping:** refilling e-juice by dripping a few drops straight to the coils or bridge of an atomizer. *Dripping* tends to produce denser vapor clouds with cleaner, bolder flavors, and is ideal if the vaper prefers to smoke a variety of flavors without having to switch out tanks


**Drip shield:** an external cover with two internal that you put in the atomizer to catch leaked e-juice and bring it back to the atomizer.



Source: [https://www.youtube.com/watch?v=uf2sK3CXN\\_o](https://www.youtube.com/watch?v=uf2sK3CXN_o)

<sup>4</sup> Pritchard, Ry. A complete novice guide to dabbing. Thrillist. <https://www.thrillist.com/lifestyle/nation/what-is-dabbing-a-complete-novices-guide-to-concentrates>. Published November 9, 2015. Accessed January 9, 2020.

## Drip tips: mouthpieces



**REEVAPE**

Satelliter 810 Drip Tips, 510 Drip Tip, Standard Resin and Stainless Steel Drip Tip Connector for Ice Maker Coffee Mod(S10 Multicolor)

\$3<sup>99</sup>

FREE Shipping

Satelliter 810 Drip Tip, 510 Drip Tip, Standard Resin Drip Tip Connector for Ice Maker Coffee Mod(S10 blue2)

\$3<sup>99</sup>

FREE Shipping

GFV Replacement Resin 510 Drip Tip for Mod Machine -2Pcs

★★★★★ 1

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Lzttyee 2 PCS Resin Quick Fitting 510 Snakeskin Drip Tip Connector for Ice Maker Coffee Mod Machine(Random Delivery)

\$13<sup>98</sup>

FREE Shipping

Satelliter 810 Drip Tip, Resin Drip Tip Connector Fit for TFW8, TFW12, Ice Maker Coffee Mod Machine(TFW12 H14)

\$3<sup>99</sup>

FREE Shipping

A

CENGLORY 2PCS Updated 2 in 1 Antiskid Vape Bands Ring with Silicone Drip Tip Cover Dust Cap for 22-28 mm RDA RTA Tanks Atomiz...

★★★★★ 3

\$7<sup>99</sup>

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Source: [https://www.amazon.com/s?k=vape+drip+tips&hvadid=78340256534397&hvbm=be&hvdev=c&hvqmt=e&tag=mh0b-20&ref=pd\\_sl\\_1yq2a00824\\_e](https://www.amazon.com/s?k=vape+drip+tips&hvadid=78340256534397&hvbm=be&hvdev=c&hvqmt=e&tag=mh0b-20&ref=pd_sl_1yq2a00824_e)

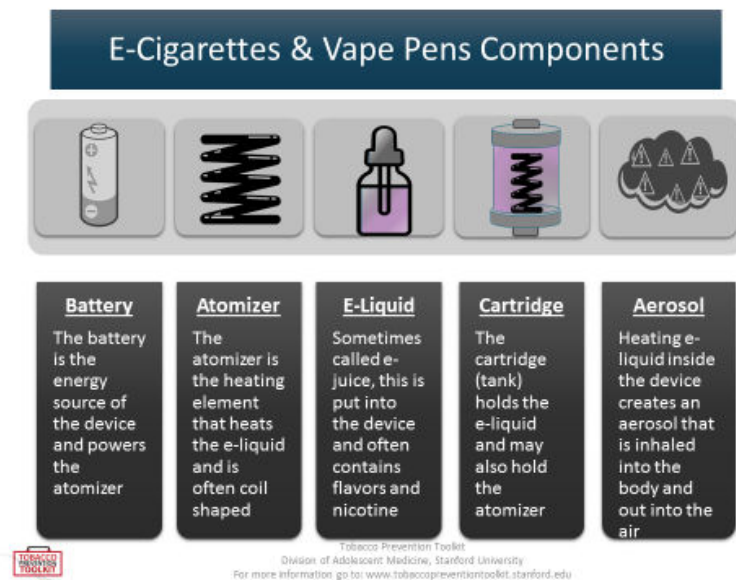
**Dry burn:** firing an atomizer until the coil glows red so as to burn dried up e-juice residue.

**Dry hit:** the drag that you take off a vaping device that has no e-juice.

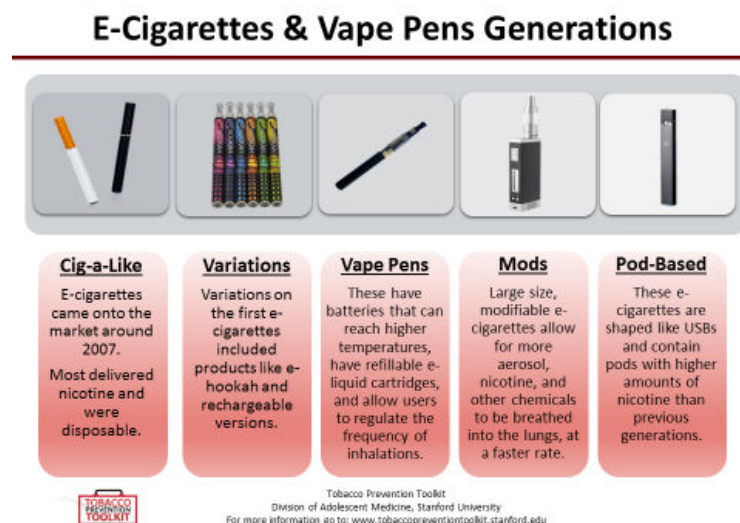
## E

**E-cig:** abbreviation for an e-cigarette.

**E-Cigarettes and Vape Pens Components:<sup>5</sup>**



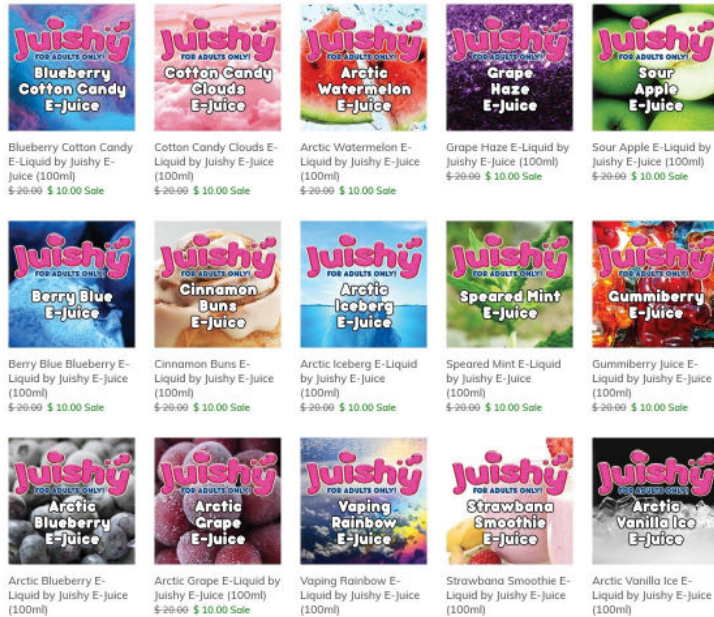
**E-Cigarettes and Vape Pens Generations:<sup>6</sup>**



<sup>5</sup> Stanford Medicine. Tobacco prevention toolkit: modules for tobacco and nicotine education. <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html>. 2019. Accessed January 9, 2020.

<sup>6</sup> Stanford Medicine. Tobacco prevention toolkit: modules for tobacco and nicotine education. <https://med.stanford.edu/tobaccopreventiontoolkit/E-Cigs.html>. 2019. Accessed January 9, 2020.

**E-juice:** the liquid that is vaporized in an atomizer to produce vapor and flavor. Also known as e-liquid. The screen shot below illustrates only a few of the various flavors in which e-juices are manufactured.



Source: <https://www.vapes.com/collections/e-juice>

**eGo:** an e-cig model that is larger than most vape pens and uses a 510 connection, eGo threading, or both.

### Typical eGo Battery head



Source: <http://www.discountvapers.com/ego-vs-510-thread-what-is-the-difference/>

**eGo threading:** the standard threading used in eGo cartomizers.

**Ekowool:** braided silica used to make wicks



Source: <https://www.amazon.com/3mm-Quality-Ekowool-Silica-Braided/dp/B00DX7JP3A>

**Electronic cigar:** an e-cig that looks like and feels like a Cuban cigar.



Source: [https://epuffer.com/e-cigars/disposable-e-cigar/d-1800-orange-led-ecigar/?usource=ss&sscid=11k4\\_6p3o1](https://epuffer.com/e-cigars/disposable-e-cigar/d-1800-orange-led-ecigar/?usource=ss&sscid=11k4_6p3o1)

**Electronic Nicotine Delivery System:** E-cigarettes are electronic devices that heat liquid flavors and chemicals (e-juice). The heating produces an aerosol, also called a vapor, which is a mix of small particles in the air. An e-cigarette might also be called: JUUL (a brand of e-cigarettes), E-cigs, ENDS (electronic nicotine delivery systems), E-hookahs, Hookah pens, Vape pens, Vape mods, Vaporizers, Vapes, Tank systems

## F

**Faded:** getting high

**Flavor ghosting:** tasting the previous flavor of e-juice that you were using, after changing to another flavor

**Flooding:** occurs when you put too much liquid in your atomizer that it produces a gurgling sound when you take a draw.

**Food and Drug Administration (FDA):** agency of the US federal government responsible for protecting and promoting public health.

**Forums:** online communities where vapers share news and ideas.

**Formaldehyde:** a carcinogen that appears when you vape in high temperatures. It is harmful when inhaled over a long period.

**Fuse:** a fuse that is designed specifically for mechanical mods to prevent battery failure.

**Fused Clapton:** a Clapton coil that has two or more core wires instead of one like the regular Clapton coil.

## G

**Genesis atomizer:** instead of using silica or cotton for wicking, a genesis style atomizer uses steel mesh. E-juice is delivered to the coils through osmosis.



Source: <https://www.ichorliquid.co.uk/genesis-atomizer-preparation-guide/>

**Ghosting:** using an e-cig to produce very little vapor by holding in a hit until the exhale is nearly invisible.

**Golden Greek:** abbreviated GG. Refers to a brand of quality mechanical mods that come from Greece.



Source: <https://godofsteam.wordpress.com/tag/apv/>

**Glassomizer:** a clearomizer with a glass tank as opposed to a plastic one.



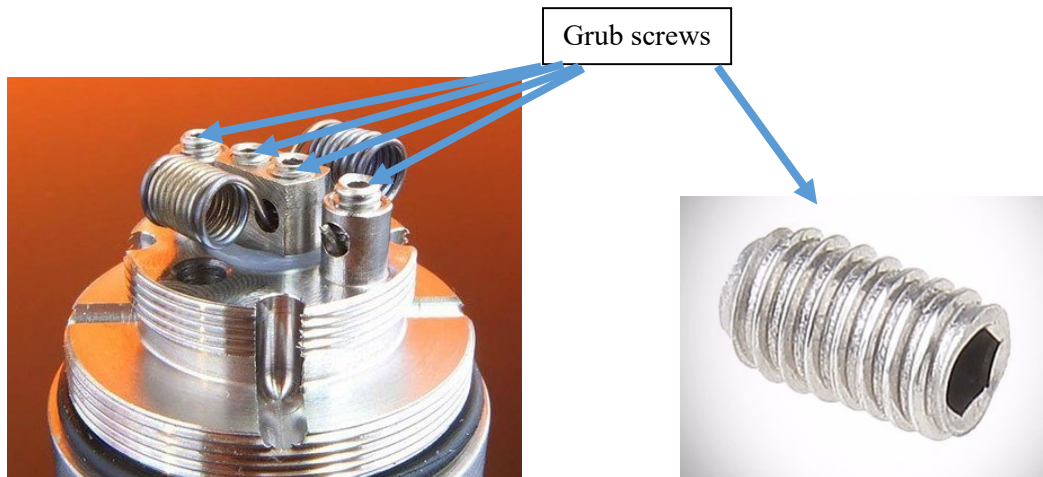
Source: <https://de.dhgate.com/product/globe-glass-vaporizer-glass-tank-wax-clearomizer/387568456.html>

**Gooseneck:** a flexible extended mouthpiece on your PV that resembles the neck of a goose. This extension comes in a range of colors and sizes.



Source: <https://guidetovaping.com/2011/10/27/the-gooseneck/>

**Grub screw:** a screw in [atomizer](#) posts that has a pointed tip to secure wires better.



Source: <https://www.ecigclick.co.uk/ultimate-rda-guide-for-beginners/>

**Gurgling:** noise made when liquid gets trapped in the cylinder and mixes with air during vaping

## H

**Heat steeping:** speeding up the steeping process by putting e-juice in hot water or in a hot environment.

**High resistance:** an atomizer with a higher Ohm reading than the standard one, which allows vaping in high voltage.

**Hit:** inhalation of vapor.

**Hot spots:** parts of a coil that glow brighter than others when the coil is fired up due to uneven wrapping. They cause dry hits.



Source: <https://forum.e-liquid-recipes.com/t/lush-22-clone/192647/3>

**High Voltage (HV):** Refers to vape devices that use more than 3.7 volts.

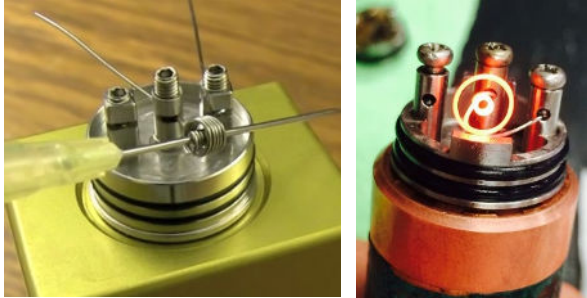
**Hybrid:** an atomizer that has a 510 connector with a hole in the middle.



Source: <https://vineyardvapes.wordpress.com/2013/11/27/the-dome-hybrid-atomizer-by-atmomixani/>

**I**

**Inception coil:** [a type of coil](#) that has a nano coil inside a macro coil, both made from continuous wire.



Source: <https://www.youtube.com/watch?v=0nmXeD8OeSg>

**Inhale:** breathing in vapor from a vape device into your lungs or mouth.

**J**

**Juice:** another name for e-juice or e-liquid.

**JUUL:** the first e-cigarette brand to hold a patent for the creation and use of nicotine salts in their pod-based products that are designed to look like a flash drive. The nicotine in the nicotine salts is ionized, which gives a less harsh hit. The JUUL vaporizer utilizes disposable pods, each pod containing the same amount of nicotine as an entire pack of combustible cigarette. JUUL pods come in 2% and 5% nicotine.<sup>7</sup>



Sources: <https://truthinitiative.org/research-resources/emerging-tobacco-products/what-juul>

**JUULing:** a slang term created by users of the brand of e-cigarettes called JUUL, which is very popular among teens and young adults.

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<sup>7</sup> <https://www.theverge.com/2018/11/21/18105969/juul-vaping-nicotine-salts-electronic-cigarettes-myblu-vuse-markten>

## K

**Kanthal:** a type of wire used to make vape coils.

### Kanthal



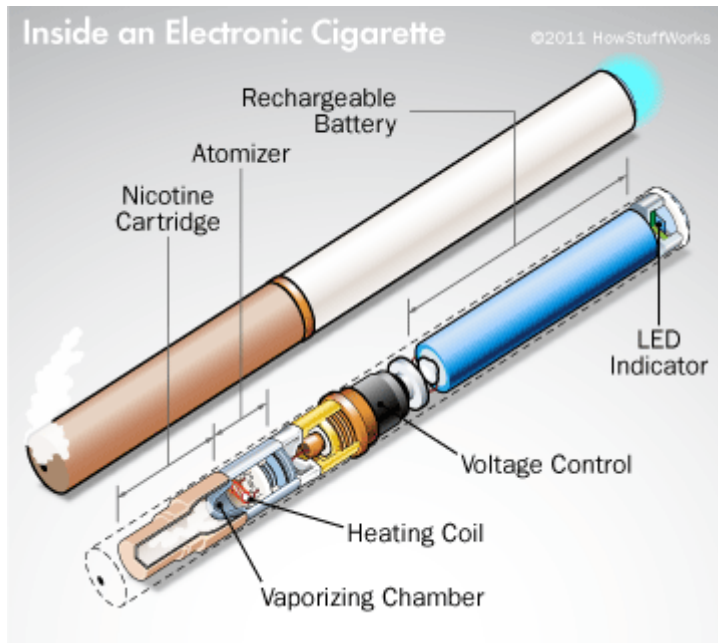
Source: <https://vaping360.com/learn/vape-wire-types/>

**Kick:** a term that describes throat hit or a chip made for mechanical PVs that converts them into variable voltage/wattage devices.

**L**

**Leaking:** when e-juice leaks out of the vape devices tank. This can damage the battery or short circuit your device.

**LED:** a light on the ends of e-cigs that glows like the traditional cigarette once you take a draw.



Source: <https://science.howstuffworks.com/innovation/everyday-innovations/electronic-cigarette1.htm>

**Lithium Polymer (Li-Po):** batteries that come in pouch form and are much lighter, with higher capacity and discharge rate, than lithium-ion batteries.



Source: <https://www.youtube.com/watch?v=ltUIU79O3Gc>

**Lithium-Ion (Li-Ion):** high quality, rechargeable batteries that come in a range of shapes and sizes.

**Low resistance:** refers to vape devices that have coils with a resistance of less than 1.5 ohms. This low resistance is meant to increase vapor production but at the expense of battery life.

## M

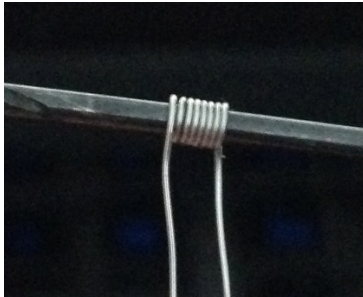
**Milliampere-hour (mAh):** the battery's capacity to store energy. The higher the mAh, the longer a battery lasts before recharge.

**Manual:** an e-cig that is powered up by pressing a switch.

**Mechanical mode:** a vaping device that has no electric wirings or regulating chips.

**Milligram (MG) strength:** the amount of nicotine per milligram, in one milliliter of e-juice. Used to denote nicotine strength.

**Micro coil:** a tightly wrapped coil with a short radius where all the loops touch.



Source: <https://www.vapecore.com/2014/01/art-micro-coil-beginners-guide-coiling-rba/>

**Mini vapes:** small and stealthier models of e-cigs.









**Mod:** vape devices that are designed to optimize the experience of vapers. They have larger batteries which guarantee longer life and put off the need for a recharge but at the expense of size and portability.



Source: <https://www.youtube.com/watch?v=jmDCrIBz700>

**Mouthpiece:** ends through which you inhale vapor from your device.

 <p>REEWAVE</p> <p>Satelliter 810 Drip Tips, 510 Drip Tip, Standard Resin and Stainless Steel Drip Tip Connector for Ice Maker Coffee Mod(S10 Multicolor)</p> <p>\$3<sup>29</sup></p> <p>FREE Shipping</p>	 <p>Satelliter 810 Drip Tip, 510 Drip Tip, Standard Resin Drip Tip Connector for Ice Maker Coffee Mod(S10 blue2)</p> <p>\$3<sup>69</sup></p> <p>FREE Shipping</p>	 <p>GFV Replacement Resin 510 Drip Tip for Mod Machine -2Pcs</p> <p>★★★★★ 1</p> <p>\$9<sup>19</sup></p> <p>prime Get it as soon as Tomorrow by 8AM</p> <p>FREE Shipping on orders over \$25 shipped by Amazon</p>	 <p>Lzttyee 2 PCS Resin Quick Fitting 510 Snakeskin Drip Tip Connector for Ice Maker Coffee Mod Machine(Random Delivery)</p> <p>\$13<sup>98</sup></p> <p>FREE Shipping</p>	 <p>A</p> <p>Satelliter 810 Drip Tip, Resin Drip Tip Connector Fit for TFW8, TFW12, Ice Maker Coffee Mod Machine(TFW12 H14)</p> <p>\$3<sup>59</sup></p> <p>FREE Shipping</p>	 <p>CENGLORY 2PCS Updated 2 in 1 Antiskid Vape Bands Ring with Silicone Drip Tip Cover Dust Cap for 22-28 mm RDA RTA Tanks Atomiz...</p> <p>★★★★★ 3</p> <p>\$7<sup>99</sup></p> <p>prime Get it as soon as Sun, Dec 8</p> <p>FREE Shipping on orders over \$25 shipped by Amazon</p> <p>Only 20 left in stock - order soon.</p>
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Source: [https://www.amazon.com/s?k=vape+drip+tips&hvadid=78340256534397&hvbm=be&hvdev=c&hvqmt=e&tag=mh0b-20&ref=pd\\_sl\\_1yq2a00824\\_e](https://www.amazon.com/s?k=vape+drip+tips&hvadid=78340256534397&hvbm=be&hvdev=c&hvqmt=e&tag=mh0b-20&ref=pd_sl_1yq2a00824_e)

**Mouth to lung:** a method of vaping which is much similar to smoking the traditional tobacco cigarette. You inhale vapor straight from your mouth and hold it there before inhaling it to your lungs. This method conveys less vapor and more flavor.

**Multi-Voltage (MV):** devices are vaping devices that have different and selectable voltages.

## N

**Nic juice:** e-juice that has nicotine.

**Nicotine:** or *Nic* is a potent parasympathomimetic stimulant poison and an alkaloid found in the nightshade family of plants.

**Nicotine level:** the amount of nicotine present in e-juice.

**Nic salts:** processed nicotine that is used in e-juices as opposed to freebase nicotine. Nicotine salts allow you to vape high nicotine levels without getting a harsh throat hit.



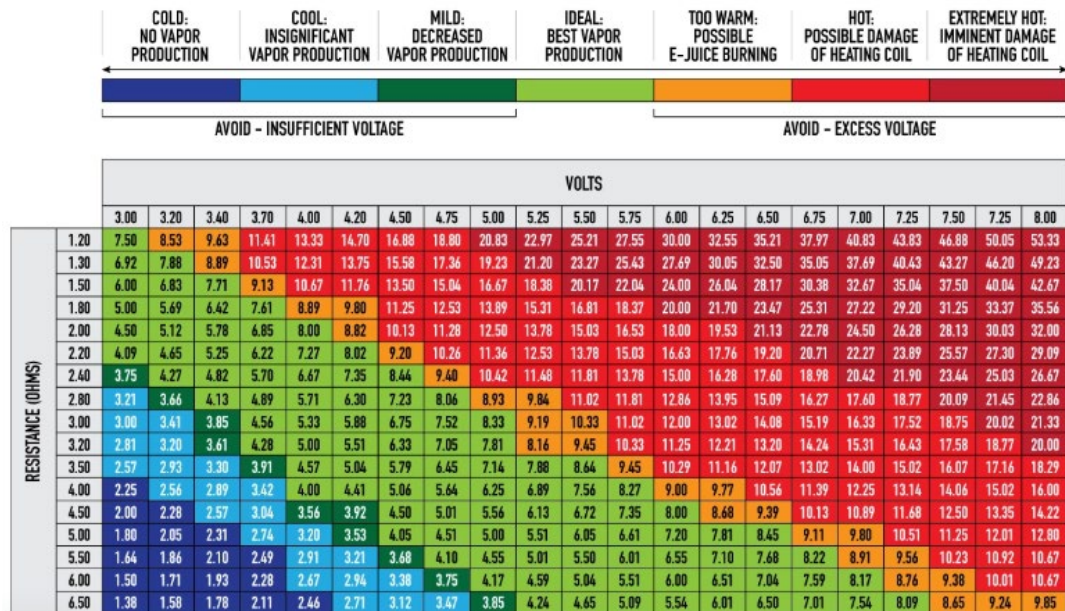
Sources: <https://www.myvaporstore.com/JOYE-eGo-E-Cigarette-s/57.htm>; <https://www.juul.com/shop/devices/aqua-device-kit>

**NiChrome wire:** an alloy of Nickel and Chromium that is used to make coils for high wattage and temperature control (TC) mode vaping.

**Noob:** a beginner/newbie in vaping.

## O

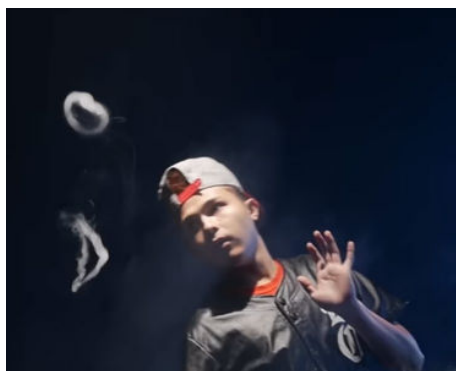
**Ohm:** the International System (SI) unit for electrical resistance. Low ohm in coils produces dense cloud and hotter vapor while high ohm produces a better flavor.



Source: <https://www.misthub.com/blogs/vape-tutorials/76788421-tutorial-variable-voltage-and-vaping-power-chart>

**Organic cotton:** the most popular material used in wicking.

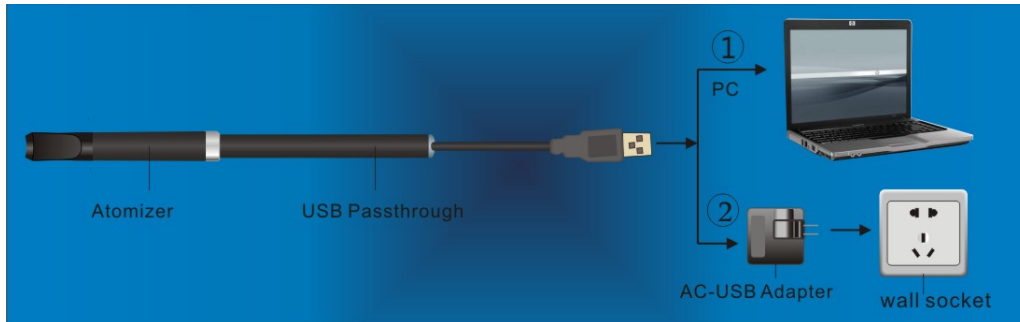
**O Splitting:** blowing a large vape circle and moving the chin and body in a way that manipulates the large circle into two perfect smaller circles of vapor



Source: <https://www.youtube.com/watch?v=y29AfvoxAHE>

## P

**Passthrough technology:** an e-cig model that can be used while the device is charging or one that has no batteries and is instead powered up by plugging a USB cable in a computer, adapter, or power bank.



Source: <https://unlimitedecigs.com/how-to-usb-passthrough-battery>

**PCC:** Personal/Portable Charging Case. It refers to a case used for storage and charging of cig-a-likes. It has an internal battery that charges from external power sources.

**Pen style:** pen shaped e-cigs like the ones found in starter kits. The starter kit featured here is a '4-in-1 Multi-Vape Pen Kit for E-Liquid, Oil, Herb, and Wax,' which indicates that it is suitable to use with e-liquids containing nicotine and THC concentrates, as well as the marijuana flower (herb).



#### What You Get:

- 1x EVOD Type Battery
- 1x MT3 Atomizer (for e-liquid/oil)
- 1x Glass Globe Atomizer with Spiral Pancake Coil (for herb/wax)
- 1x Skillet Tank Atomizer with Dual Quartz Coil (for herb/wax)
- 1x BUD Touch Atomizer (CE3) Tank (for oils and e-liquids)
- 1x Wax Stir Tool
- 1x Cleaning Brush
- 1x USB Vape Battery Charging Cable
- 1x User Guide
- 1x Retail Gift Box

Source: <https://www.vapes.com/collections/ecigs/products/multi-vape-4-in-1-vape-pen-kit-for-e-liquid-oil-herb-wax>

**Personal Vaporizer (PV).** It is another name for nontraditional cig-a-likes and mods. It also can also be used to refer to a personal vaping device.

**Primer liquid:** also known as "primer." It is a VG based solution that you apply to your wicks and coils during storage to prevent them from drying up.

**Priming:** adding few drops of e-liquid to the wicks till they reach saturation and letting them sit for a few minutes before you vape.

**Propylene glycol (PG):** It is one of the two base substances used to make e-liquids. It has a high viscosity, and it is also used to make foodstuff. The American Lung Association states that current research data shows that propylene glycol, as well as vegetable glycerin, are toxic to the cells in the human lungs and can cause severe lung damage, potentially leading to COPD, asthma, lung cancer, etc.<sup>8</sup>

## R

**Rebuildables (RBA):** atomizers that allow users to build their own coils. Also known as RBAs

**Rebuildable Drip Atomizer (RDA):** An atomizer that allows you to build your own coils but lacks a storage tank for e-juice, so you drip the juice directly onto the wicks.

**Resistance:** the electrical resistance of a coil. As the gauge of a wire increases, then the diameter of the wire decreases – the lower the gauge, the higher the resistance of that wire and the slower that wire will heat.<sup>9</sup>

**Resistance wire:** the wire used to make coils, such as kanthal, nichrome, stainless steel, titanium<sup>10</sup>

TEMPERATURE COEFFICIENT OF RESISTANCE

**FOR VAPING WIRE TYPES**

Ni200	=>.05	.00620	- SAFE
TUNGUSTEN	=>.07	.00450	
Ti01	=>.1	.00350	
NiFe30	=>.1	.00320	
SS430	=>.25	.00138	
SS304	=>.5	.00105	- CAUTION
SS316	SAME^	.00092	
SS317	SAME^	.00088	
KANTHAL	N/A	.00002	

SOURCE: Vaping Moderation Review (github.com/vapingmoderationreview)  
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Source: <https://vaping360.com/learn/vape-wire-types/>

<sup>8</sup> Sassano MF, Davis ES, Keating JE, Zorn BT, Kochar TK, Wolfgang MC, et al. (2018) Evaluation of e-liquid toxicity using an open-source high-throughput screening assay. PLoS Biol 16(3): e2003904. <https://doi.org/10.1371/journal.pbio.2003904>

<sup>9</sup> Vaping 360 Team. Vape wires: kanthal, nichrome, stainless steel, and more. Vaping 360. <https://vaping360.com/learn/vape-wire-types/#wire-gauge-resistance-ramp-time-and-tcr>. Published November 28, 2018. Accessed January 9, 2020.

<sup>10</sup> Vaping 360 Team. Vape wires: kanthal, nichrome, stainless steel, and more. Vaping 360. <https://vaping360.com/learn/vape-wire-types/#wire-gauge-resistance-ramp-time-and-tcr>. Published November 28, 2018. Accessed January 9, 2020.

**Rebuildable Tank Atomizer (RTA):** A rebuildable that has a tank for e-juice storage.



Source: <https://www.elementvape.com/oumier-wasp-nano-mtl-22mm-rt-a>

## S

**Sensor:** an electronic device that senses when a user takes a puff and sends power to the atomizer, eliminating the need for a firing button.

**Sharp shooting:** Also known as 'long shots,' where the goal is to blow rings of vapor



Source: [https://www.youtube.com/watch?v=m\\_wVWnlWDLE](https://www.youtube.com/watch?v=m_wVWnlWDLE)

**Smoke juice:** another name for e-juice.

**Smokeless cigarette:** e-cigs that do not produce vapor.

**Starter kit:** packages which you can find in vape stores. They have everything that you need to begin vaping such as an e-cig, an atomizer, a charger, and pre-filled cartridges.



Source: <https://www.rockbottomvapes.com/starter-kits/?sort=alphaasc&page=2>

**Stealth Vaping:** 1. Invest in a vape pen or mod that uses small battery, lower voltage output produces less vapor; 2. PG-blend juice or 100% PG juice produces, preferably with no flavoring, will give off the least amount of vapor and minimal to no scent; 3. Atomizer with high resistance – two ohms above; 4. E-juice with higher nicotine content for a harder throat hit and reducing the number of hits needed, therefore drawing less

attention to the act of vaping, itself. All of these efforts, together, help to make the perfect stealth vaping scenario.<sup>11</sup>

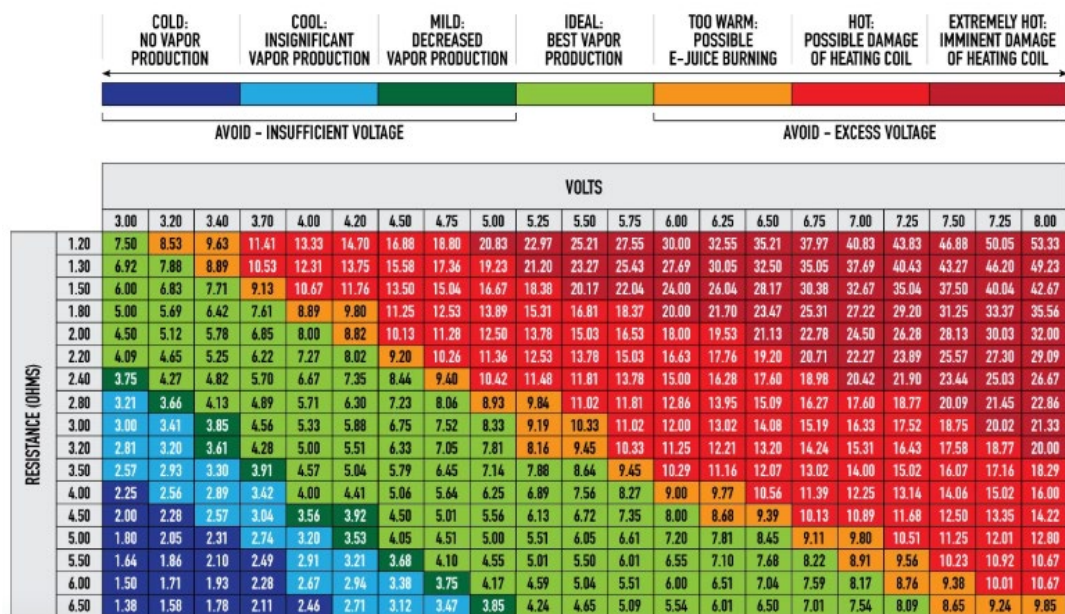
**Steeping:** allowing the ingredients of your e-juice to settle by letting it sit in the open for a number of hours.

**Strip coil:** which is made of kanthal. The porous structure provides a large surface area for fast adsorption of e-juice. Compared with other traditional heating wires, **strip coil** can easily load higher power.



Source: <https://www.youtube.com/watch?v=jmDCrIBz700>

**Sub-ohming:** vaping below 1.0 ohms. Vapers use this vaping style because of its ability to produce dense clouds.



Source: <https://www.misthub.com/blogs/vape-tutorials/76788421-tutorial-variable-voltage-and-vaping-power-chart>

<sup>11</sup> Vaping Daily. Stealth vaping: vape like a true ninja. <https://vapingdaily.com/what-is-vaping/stealth-vaping/>. Last revised April 12, 2019. Accessed January 9, 2019.

**Sweet spot:** what you achieve after vaping on the perfect vape which is a combination of the right: e-juice, voltage, nicotine level, and vape device.

## T

**Tank:** enclosures that hold e-liquid in a vape device.



Source: <https://www.rockbottomvapes.com/tanks-clearomizers/?sort=newest&page=3>

**Tetrahydrocannabinol (THC):** the compound found in the marijuana plant that causes intoxication or a 'high.'

**Thermal runaway:** overheating of lithium batteries as a result of stacking, overcharging, physical damage or faulty wiring.

**Throat hit:** the sensation one gets when vapor hits the throat

**Toot:** slang for taking a draw from a vape device

**Topping off:** adding a few drops of e-juice to your cartomizer or tank to fill it to capacity.

**Tiger coil:** a coil made with regular Kanthal twisted with ribbon wire.

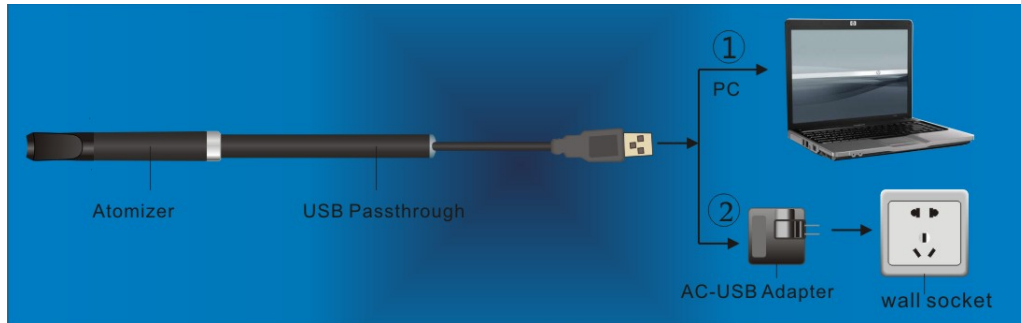


Source: <https://vaping360.com/learn/clapton-alien-coils/#what-is-a-tiger-coil>

## U

**Unprotected battery:** a battery that has no protection for overcharging or situations that can cause a thermal runaway. Some unprotected batteries are made with chemical materials that do not have a violent reaction.

**USB passthrough:** a setting of a vape device that allows one to vape as it charges through the USB port.



Source: <https://unlimitedecigs.com/how-to-usb-passthrough-battery>

## V

**Vape pen:** vaping device designed to look like a pen.



Source: <https://www.kandypens.com/slim-kit-white.html>

**Vaper:** anyone who uses e-cigs

**Vaper's tongue:** desensitization of one's tongue due to use of too much of one flavor. Also refers to a tingling sensation on the tongue after vaping for long hours.

**Vaping:** the act of using an e-cig.

**Vent holes:** small holes in the battery area that prevent overheating and thermal runaway.

**Vaporizer:** another name for e-cig.

**Vapor production:** the amount of vapor that a certain device or e-liquid produces.

**Vegetable Glycerin (VG):** It is one of the two base ingredients used to make e-juices. It produces dense clouds due to its low viscosity.

**Voltage:** the electrical potential of a battery.

**Variable voltage (VV):** Refers to any vape device that allows users to adjust the voltage they vape on.



Source: <https://www.youtube.com/watch?v=B2myg-4zkE8>

**VW:** Variable Wattage. Refers to the devices that allow users to adjust the wattage output.



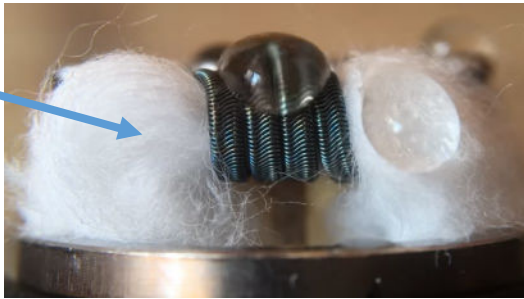
Source: <https://www.youtube.com/watch?v=jmDCrIBz7O0>

## W

**Wattage:** the amount of power that an atomizer coil consumes. High wattages help in vapor production. However, they diminish flavor.

**Wick:** material that is wrapped around the coil. It soaks up e-liquid for vaporization. Most wicks are made from organic cotton while some are made from silica.

Wick material:  
cotton



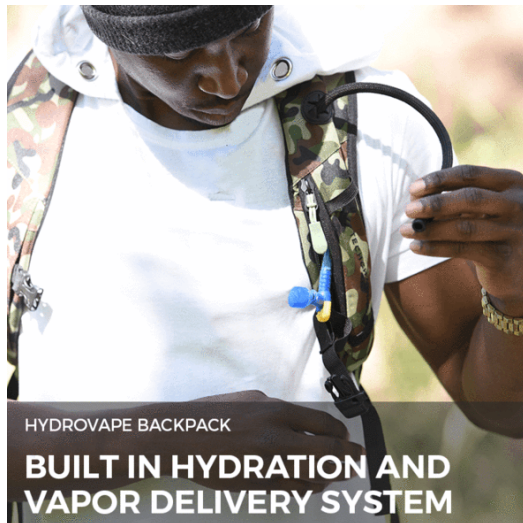
Wick material:  
wicks

Sources: <http://lowpriceecigs.com/shop/clearomizer-head-coil-innokin-iclear-16/> ; <https://www.mtbakervapor.com/vaping-jargon.html> ;  
<https://www.youtube.com/watch?v=B2myg-4zkE8>

**Wrap:** the number of loops made when making a coil. Many wraps make the coil's resistance high. The coil pictured above has four loops.

## Items Used for Vaping Concealment

### Backpacks with vapor delivery systems



Source: <https://vaprwear.com/collections/shop-packs>



### Cell phone cases



Sources: <https://www.thisiswhyimbroke.com/iphone-vaporizer-case/> ; <https://www.groupon.com/deals/gg-vapecase-vaporizer-case-bundle-for-iphone-5-or-5s>

**Hoodies with vapor delivery systems**

Source: <https://www.canlessair.com/the-vape-hoodie-bad-idea/>

**Pod systems that look like flash drives**



Source: <http://guide.heavengifts.com/best-refillable-pod-system.html>

### Pod systems that look like highlighters or markers



Source: <http://guide.heavengifts.com/best-refillable-pod-system.html>

### Pod systems that look like designer change purses



Source: <http://guide.heavengifts.com/best-refillable-pod-system.html>

### Vape devices that look like car key fobs



Source: <https://o2vape.com/product/o2vape-flip-concealable-vape-pen/>

### Vape devices that look like key chains



Source: <https://www.leafly.com/products/details/the-terrapin-company-studio-terrapin-pax-era-case-keychain-film-camera-customizable>

### Vape pens that are real pens

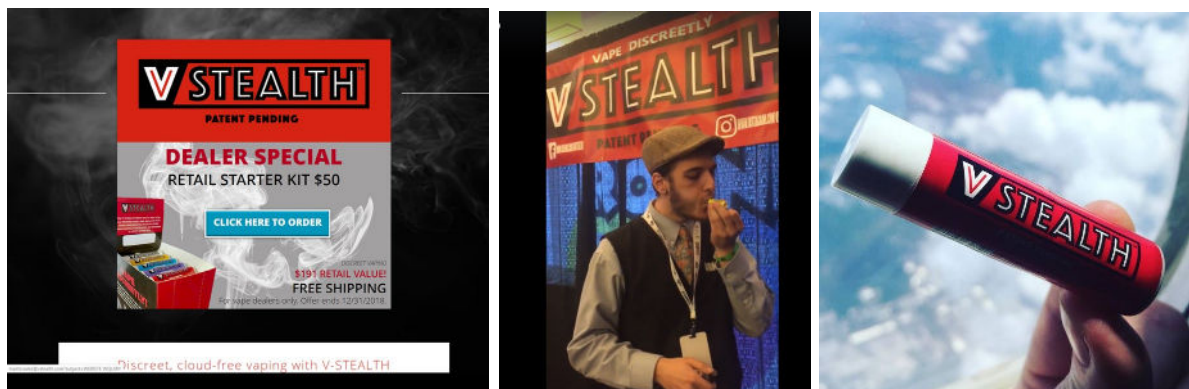


Source: <https://vaporsmooth.com/vaeplume-vape-pen-review-discreet-vaporizer/>

**Vaping devices worn on the wrist, designed to look like a real wristwatch**

Source: <https://vapordna.com/products/uwell-amulet-pod-system-vape-watch>

**Vape filter:** product resembling a chap stick that considerably minimizes the amount of visible exhaled vape smoke, when blown into.



Source: <http://www.vstealth.com/>



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