

Montana Consumer Checklist: Responsible Alcohol & Cannabis Use

Know the Law. Use Responsibly. Stay Safe.

Legal Age & Purchase

- I am 21 or older - legally permitted to purchase or consume alcohol or cannabis in Montana.
 - I only buy from licensed alcohol retailers or cannabis dispensaries.
 - I always carry an acceptable photo ID when purchasing.
-

Know Your Limits

- I understand that mixing alcohol and cannabis can increase impairment and risk.
 - I follow the “Start Low, Go Slow” rule - especially with edibles.
 - I wait at least 2 hours before taking more if I’ve consumed an edible.
-

Cannabis Edibles in Montana

- I check the label: 10 mg THC max per serving (effective 7/1/2026 this changes to 5 mg THC max per serving), 100 mg per package.
 - I know effects can take 30–90 minutes to start, and last 6–8 hours.
 - I never drive after consuming edibles or mix cannabis with alcohol.
-

Driving & Impairment

- I never drive under the influence of alcohol, cannabis, or both.
- Montana law sets a 5 ng/mL THC blood limit for impaired driving.
- I plan a safe ride before I use - rideshare, designated driver, or stay put.

[Montana DUI Law – MCA 61-8-1002](#)

Where You Can Use

- I only consume cannabis in private spaces - public use is illegal in Montana.
- I never use cannabis or alcohol in vehicles, even as a passenger.
- I store products safely and securely, away from kids and pets.

[Montana Cannabis Rules](#)

Transport & Storage

- I keep cannabis in its original, sealed packaging when transporting.
 - I treat open cannabis containers like open alcohol - not allowed in vehicles.
 - I never cross state lines with cannabis - it’s federally illegal.
-

Be a Responsible Consumer

- I read product labels and ask questions if I’m unsure.
- I respect others - no secondhand smoke or strong odors in shared spaces.
- I know my rights and responsibilities under Montana law.