



Tobacco Protocol Info Sheet:

It is protocol to offer Semah (tobacco) to an elder or knowledge keeper when asking for a song, an opening prayer, a teaching, knowledge, or for advice.

For sourcing Semah for ceremonial use, consider purchasing loose, organic tobacco, specifically from a reputable Indigenous source, examples below:

- [Turtle Lodge Trading Post](#)
- [Mother Earth Tobacco](#)
- [Imagination Group](#)

If these options are not accessible to you, or if you need tobacco quickly, it is often still acceptable to buy loose leaf tobacco (used for rolling cigarettes) from a gas station or tobacco store. Of those two, it is best to find organic loose leaf tobacco without any additives from a tobacco store.

Another option is to grow your own tobacco, and dry the leaves whole. This option is not as quickly accessible, but it shows great care and thoughtfulness into the offering.

Normally, it is best practice for those making a request to make their own tobacco tie. However, our Kokums informed us that they'd like the tobacco offerings not to be tied so that they can carry your request into ceremony when they will use the tobacco you gave them.

When making a request, stop and think about what you are asking for, and act accordingly. Ensure you are respectful in your ask. Making an offering is a spiritual binding, it is not something you just spring on an elder your first time meeting them. It comes with conversation and relationship building. It is a deeper commitment.