

Stay Smoke-Free: Your guide to reusable vapes



vApril™

Vaping Awareness Month

The low cost and simplicity of disposables means they have played an instrumental role in helping millions of smokers cut down on or stop smoking. But with a ban on single-use vapes coming into force from June 2025, many adults are going to lose access to the device that has helped them kick the habit.

To help ensure these vapers don't return to smoking, or turn to black market products, the UKVIA has developed this dedicated guide which offers disposable users helpful tips and facts to support their transition to reusable vapes.

Know your options

There are a variety of vape devices available to you, ranging from simple pod systems to more customisable mods. Each device type has its own unique benefits, but all could be effective in helping you move away from cigarettes.

Some vape devices include:

Closed Pod



- Compact & lightweight
- Lower start-up cost option
- User-friendly
- Mirror conventional cigarette experience
- Replaceable pre-filled pods

Open Pod



- Compact & lightweight
- Lower start-up cost option
- User-friendly
- Mirror conventional cigarette experience
- Refillable pods

Vape pens



- Varied battery life
- Refillable with different e-liquid strengths & flavours
- Popular amongst first time vapers
- Rechargeable
- Mirror conventional cigarette experience

Mods



- Long battery life
- Can be customised to allow for changes in power and airflow
- Suitable for more experienced vapers
- Refillable
- Varied power for nicotine delivery

A win for your wallet -

While they have a higher initial cost, having a reusable vape set-up is cheaper than using disposables in the long run. It also costs significantly less than smoking - which can be a major burden on your wallet and on your health.

It is estimated that the average annual bill for a pack a day smoker is almost £5,500. By comparison, the equivalent cost for different vape types is:

- Disposables - **£1,460**
- Pre-filled pod kit (closed system) - **£1,329**
- Refillable pod kit (open system) - **£597**
- Tank kit - **£562**

By switching to a reusable vape system, you can not only continue on your smoke free journey but you can also secure a win for your wallet.

Support is key -

Transitioning from simple disposables to slightly more complex pod and tank systems does come with its own learning curve and finding the right set-up for you can take some time.

That's why you should make the most of all the support available - whether that's a local stop smoking service, a recognised and trustworthy online forum or your local specialist vape shop.

The journey away from smoking is a critical one...but it also isn't one you have to take alone.

Don't be afraid to experiment -

Much like when you had to find a disposable vape that worked for you, it's important that you are willing to try different reusable device types and flavours to find your new go-to.

This is where specialist support can be especially useful, as many vape store employees will be able to offer guidance on the options that might be right for you.

Finding a set-up that works for you is critical.

Remember every cigarette not smoked is a win

The worst thing you can do when disposables are removed from market is either return to cigarettes or turn to underground sellers to access black market products.

By transitioning to reusable alternatives, or starting the process to stop vaping, you are continuing on that critical journey to stay smokefree.

Just remember that every cigarette not smoked is a victory.