General Instructions for AR PW40813 Sandblasting Kit:

Run the sand suction hose on top of the lance. If sand suction hose is under the lance during operation water can run down the sand suction hose getting the sand wet and it will not flow through the head. Eventually the hose will plug and the assembly will need to be cleaned and dried before using. Several pieces of electrical tape can be used to hold the hose in place.

Silica sand is recommended and can be purchased through many local hardware stores.