



RECOMMENDED EQUIPMENT

PHILOSORE CROSSING PACKAGE



HIKING AND SNOWSHOE

- Water supply** (1-2 liters per person a day. Water in the territory of Vallée Bras-du-Nord is not considered drinkable. We strongly advise you to boil your water, bring a filter or treatment (eg. Pristine))
- Snacks or other source of energy
- Rain gear
- First aid kit
- Comfortable backpack to carry your gear
- Hiking boots and gaiters
- Walking sticks (to facilitate progression and minimize injury)
- Trail map (available in all reception areas)
- Repair kit
- Cellphone (works only a few places on the trails; usually on the top of some mountains)



PERSONAL NOTES



EVERY STAY INCLUDES

A **BIG POT** to heat water or melt snow,
a **DISH PAN**, **FOAM MATTRESS**, **WOOD** and **AXE**.

DON'T FORGET:

- Water supply** (1-2 liters per person a day. Water in the territory of Vallée Bras-du-Nord is not considered drinkable. We strongly advise you to boil your water, bring a filter or treatment (eg. Pristine))
- Utensils, dishes and pots
- Necessary to do the dishes; biodegradable soap, mop and dish cloths
- Stove and fuel
- Enough food for the duration of your stay
- Newsprint, kindle-lights and matches (required in shelters far away to make a fire)
- Sleeping bag or bedding
- Light source (lantern and / or candles)
- Flashlight or headlamp with spare batteries
- Extra clothes
- Hygienic and medication kit, where appropriate
- Toilet paper
- Garbage bags to bring back **ALL YOUR WASTE** please



Be aware that in case of bad weather or even an accident, you could have to remain in one place for a long time while waiting for rescue.

WINTER:



BE AWARE THAT YOU'RE OUT ON YOUR OWN

And the greatest danger in winter in québec is the cold.

IN ADDITION, BRING THE BASIC EQUIPMENT BELOW :

- Mountain snowshoes (with spikes)
- Warm hiking boots
- Extra clothing (warm socks, gloves or mittens, hat and extra clothing layer)
- Headlamp with spare batteries (the days are short in winter)

