



RECOMMENDED EQUIPMENT

CANOE CAMPING PACKAGE



DOWN RIVER RUN

- River map (available at launch)
- Waterproof bag to carry your valuable equipment in the canoe (a garbage bag inside your backpack can be a alternative to keep your belongings dry)
- Hat and sunglasses
- Rain gear
- Sunscreen
- Swimsuit and beach towel
- Comfortable shoes that can go in the water



CAMPING

- Water (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 dish soap, cloth and dish cloths
- Stove and fuel
- Enough food for the duration of your stay
- Tent, sleeping bag and sleeping pad
- Newsprint, kindle-sticks and matches
- Light source (lantern and / or candles)
- Flashlight or headlamp with spare batteries
- Change of clothes
- Boots or walking shoes
- First aid kit
- Hygienic and medication kit, where appropriate
- Repair kit adapted to your hardware
- Fly deterrent (especially in May and June)
- Cell phone (works only a few places on the trails; usually on the top of some mountains)
- Toilet paper
- Garbage bags to bring back ALL YOUR WASTE please



PERSONAL NOTES

Be aware that in case of bad weather or accident you may have to remain in same place for a long time while waiting for rescue.

