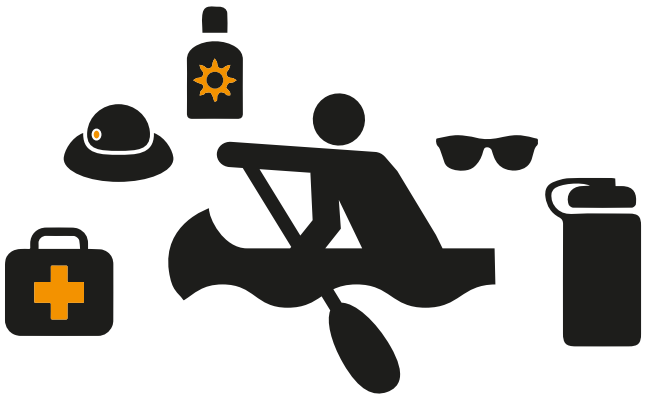
RECOMMENDED EQUIPMENT

RIVER RUN

- [ ] **Minimum of drinking water** (1-2 liters/person per day. Water on the territory of Vallée Bras-du-Nord is not considered drinkable. We strongly advise you to boil your water, provide a filter or water purification treatment (eg. Pristine))
- [ ] **Snacks or other energy sources.**
- [ ] **Hat and sunglasses**
- [ ] **Fly deterrent** (especially in May and June)
- [ ] **Sunscreen**
- [ ] **Swimsuit and beach towel**
- [ ] **Extra clothing**
- [ ] **Raincoat**
- [ ] **First aid kit**
- [ ] **Waterproof bag to carry your gear** (A garbage bag inside your backpack can be an alternative to keep your belongings dry)
- [ ] **Comfortable shoes that can go in the water**
- [ ] **River map** (available at launch)
- [ ] **Toilet paper**
- [ ] **Garbage bags to bring back ALL YOUR WASTE please**

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.

PERSONAL NOTES