RECOMMENDED EQUIPMENT

RANDO CANOT DODO PACKAGE

HIKING

- [ ] **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**
- [ ] **Boots or walking shoes**
- [ ] **Walking sticks** (to facilitate progression and minimize injury)
- [ ] **Trail map** (available in all reception points Vallée Bras-du-Nord)
- [ ] **Fly deterrent** (especially in May and June)
- [ ] **Repair kit**
- [ ] **Cell phone** (works only a few places on the trails; usually on the top of some mountains)

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, kindlest-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**

PERSONAL NOTES

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> ⚠️ 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.

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**
- [ ] **Sunscreen**
- [ ] **Swimsuit and beach towel**
- [ ] **Comfortable shoes that can go in the water**