RECOMMENDED EQUIPMENT

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**
- [ ] **Newsprint, kindlest-lights and matches** (required in remote stops to make a fire)
- [ ] **Comfortable backpack to carry your gear**
- [ ] **Boots or walking shoes**
- [ ] **Walking sticks** (to facilitate the progression and prevent injuries)
- [ ] **Trail map (available in all reception points Vallée Bras-du-Nord)**
- [ ] **Repair kit**
- [ ] **Cell phone** (works only a few places on the trails, usually on the top of some mountains)
- [ ] **Toilet paper**
- [ ] **Garbage bag to bring back ALL YOUR WASTE please**

PERSONAL NOTES

WINTER:

BE AWARE THAT YOU'RE OUT ON YOUR OWN AND THE GREATEST DANGER IN WINTER IN QUÉBEC IS THE COLD.

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.

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)