



RECOMMENDED EQUIPMENT

OVERNIGHT STAY SHELTER AND YURT



EVERY STAY INCLUDES

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

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-sticks 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**

WHILE ON STAY AT REMOTE SHELTERS

(MONTAGNE ART, FALAISES, ORIGINAL, PHILOSORE AND DELANEY),
DON'T FORGET:

- Newsprint, firelighters and matches**
- Axe**
- Comfortable backpack to carry your gear**
- Walking sticks** (to facilitate the progression and prevent injuries)
- Walking boots**
- Trail map** (available in all reception points Vallée Bras-du-Nord)
- Repair kit adapted to your hardware**
- Cell phone** (works only a few places on the trails; usually on the top of some mountains)
- Toilet paper**



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)