

# Safety, it's part of our NATURE

In the great outdoors, preparation and prevention are the key to a safe and enjoyable experience. Put all the chances on your side; make safety your priority.



## BEFORE YOU GO

- ✓ Use an official map of the area in planning your outing or contact park officials for itinerary suggestions.
- ✓ Choose an itinerary that suits your abilities and those of your partners.
- ✓ Check the weather and adjust your objectives accordingly.
- ✓ Dress appropriately for the season and the activity. The multi-layer system is ideal for managing your body temperature in all seasons.
- ✓ Never rely on others, always bring what you need to support yourself.
- ✓ Inform a close friend about your itinerary and its duration. This person will be your guardian angel and can notify the emergency services should you go missing.
- ✓ Make sure you know the rules and regulations, and hours of operation. Get a pass at the park entrance or online.



A fully charged phone and a whistle



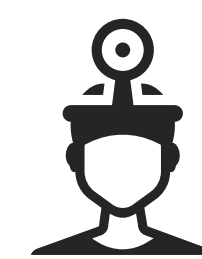
A sufficient amount of water and food



Map of the area



First aid kit



Headlamp



Contingency supplies  
(ex. : extra clothes)



## ALWAYS BRING WHAT YOU NEED!

## DURING YOUR EXCURSION

- ✓ Write down the emergency contact number and the procedure to follow when in areas without mobile phone coverage.
- ✓ Leave early enough to complete your activity before dark or have the necessary equipment to remain safe after sunset in case of unforeseen circumstances.
- ✓ At intersections, take the time to check your position and wait for your partners.
- ✓ Conserve your energy by taking regular breaks. Use this time to eat and drink.
- ✓ Respect your limits and do not hesitate to turn back if the chosen activity or route prove to be too difficult.
- ✓ It is wiser not to set out by yourself.

## WHEN YOU RETURN

- ✓ Let your guardian angel know once you are back.
- ✓ Let park staff know of any breakage or potentially dangerous areas observed during your visit.