

Safety, it's part of our NATURE

Backcountry skiing is not without its risks. Whether you are skiing, telemarking or snowboarding in the mountains, 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

- ✓ Backcountry skiing requires technical skills. An avalanche skills training course is essential. Before your first outing, make sure you have the necessary training and invite experienced people to accompany you.
- ✓ Plan your excursion with the park's official map or the [FQME's backcountry skiing sites directory](#).
- ✓ Choose an itinerary that suits your abilities and those of your fellow skiers. Being a very good resort skier does not guarantee you success in the backcountry.
- ✓ Check the weather, terrain conditions and avalanche risks. Adjust your objectives accordingly.
- ✓ Dress appropriately for winter. During the activity, adapt your layers of clothing according to your level of effort in order to better manage your body temperature.
- ✓ Bring along the essentials: a means of communication, water and food, a headlamp, a map of the area and an application to geolocate yourself, a first aid kit, and contingency supplies.
- ✓ Make sure your equipment – skis, bindings, boots, poles, avalanche safety kit – is in good condition. If in doubt, have it checked by a professional.
- ✓ Inform a close friend about your itinerary and its duration. This person will be your guardian angel and can notify emergency services should you go missing.
- ✓ Understand the rules and regulations. Get a pass at the park entrance or online.

WHEN OUT ON THE SLOPES

- ✓ Never leave on your own.
- ✓ 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. Don't forget that winter days are shorter.
- ✓ At all times, stay within the area designated for backcountry skiing and obey the signs.
- ✓ Control your speed and keep a safe and respectful distance from other skiers.
- ✓ Regularly check your position on the terrain and wait for your partners.
- ✓ Conserve your energy by taking regular breaks. Use this time to eat and drink.
- ✓ Respect your limits and have a plan B should the chosen route be too difficult or too risky.

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.

RECOMMENDED EQUIPMENT

- Backpack
- Appropriate equipment for backcountry skiing
- Multi-layer clothing: base layer (long underwear), insulating layer (fleece or down) and protective layer (waterproof-breathable coat and pants)
- Warm coat for breaks
- Tuque, tubular scarf, gloves or mitts
- Wool socks
- Fully charged phone and a whistle
- Headlamp with extra batteries
- Map of the area
- Water in an insulated container and a sufficient amount of food
- First aid kit
- Sunglasses and sunscreen
- Hand and foot warmers
- A piece of insulating foam mattress
- Lighter and fire starter
- Hand sanitizer
- Toilet paper
- Garbage bag