

# Safety, it's part of our NATURE

Hiking is not without its risks. 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.



## THREE-SEASON HIKING

### BEFORE YOU GO

- ✓ Plan your excursion with the park's official map or [Balise Québec's trail directory](#).
- ✓ Choose an itinerary that suits your abilities and those of your partners.
- ✓ Check the weather and trail conditions. Adapt your objectives accordingly.
- ✓ Dress appropriately for the season.
- ✓ Bring along the essentials: a means of communication, water and food, a headlamp, a trail map, a first aid kit, and contingency supplies.
- ✓ 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.
- ✓ Make sure you know the rules and regulations, and hours of operation. Get a pass at the park entrance or online.

### WHEN OUT HIKING

- ✓ 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.
- ✓ Stay on the trails at all times and obey the signs.
- ✓ Don't throw anything from a lookout or cliff; think of those who may be below.
- ✓ 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 route proves 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.

### RECOMMENDED EQUIPMENT

- Backpack
- Hiking boots or shoes
- Clothing suitable for the activity and season
- Warm coat for breaks
- Waterproof windbreaker
- Depending on the season: cap or hat, tubular scarf, tuque, gloves
- Fully charged phone and a whistle
- Map of the trails
- A sufficient amount of water and food
- Headlamp and extra batteries
- First aid kit
- Sunglasses and sunscreen
- Insect repellent
- Lighter
- Hand sanitizer
- Toilet paper
- Garbage bag