

Description of the activity						
Arrival date			Departure date			Establishment
YY	MM	DD	YY	MM	DD	Group leader:
						Nb. of people

Detailed itinerary and description of the activity

Please describe the route you will be taking along with your mode of travel (skis, snowshoes, etc.) for each stage of the trip. Also indicate where you are planning to set up camp. Use the backcountry map to detail your itinerary.

Risk Disclosure

Exploring the vast wilderness backcountries of Québec's national parks is a true privilege! But be aware that the utmost respect for nature is required when making your way through these areas. In these sectors, which are devoid of human infrastructures, travelling independently and in harmony with nature requires specific skills and abilities.

A backcountry trek gives you a chance to push your limits and experience untamed nature at your own pace, in territories without a trace of human presence. This is where the word "adventure" takes on its full meaning. To make sure the experience remains positive and safe, read this document carefully – it will help you get prepared.

Your Safety, Your Responsibility!

In the backcountry, help is far away. Your safety is your responsibility. A trek into the backcountry involves certain risks and it is important to understand them so you can be better prepared and ready to react appropriately.

No patrols are made in these parts of the national parks. Emergency services are far away and access to these territories is particularly difficult. In the case of incidents requiring immediate care or evacuation, wait time can be very long, sometimes several days. The isolation of these sectors means that there is no cell phone service. A first aid kit and knowledge about how to apply first aid in remote areas is essential in emergency situations.

Any costs incurred for search and rescue operations are the sole responsibility of the beneficiary. We strongly recommend checking whether or not your insurance company covers these costs. Otherwise, some private companies, such as Airmédic, offer such services if you become a member of their organization.

No verifications will be made as to your return. It is your responsibility to give someone you trust a copy of your itinerary, making sure to indicate the date and times of your return and instructing the person to contact emergency services (911) in the event of your absence.

Communication

The isolation and topography of these areas limit the use of cell phones. Bringing a satellite communication device is recommended. Although these devices are not infallible, they are more reliable than cell phones. The use of a geolocation marker including a GPS receiver is suggested.

Weather Conditions

Even in the summer, weather conditions can change quickly from mild to severe, especially in mountainous areas where high winds are prevalent. Temperature variations on the same day can be considerable. Damp temperatures at near freezing temperatures can cause risks of hypothermia and death.

Clothing

Make sure to wear appropriate clothing. Keep some dry clothes handy for rest periods and your place of accommodations. The first indicator of hypothermia is a chill that runs through the whole body. Pay attention! Dry clothes, a warm non-alcoholic beverage and food are good remedies at this stage.

While Travelling

Itineraries of several days require a great deal of preparation. The hiker must be able to travel in all kinds of conditions. A change in the weather or your physical condition could lead to major changes in difficulty level or travel speed. Off the trails in ideal conditions, an experienced group will rarely travel faster than 2 km/h. The best travelling speed is a regular pace that gives you a chance to discover and appreciate the scenery.

In foggy conditions in the forest, hikers may become easily disoriented. It is important to pinpoint your location when you know where you are. Don't wait to be lost before finding your location on the map. It is therefore essential for one person in the group to be familiar with reading topographical maps and using a compass and/or GPS.

Food

If you are very careful about diet and hydration, it will be easier to maintain a comfortable body temperature. You'll also have more energy for hiking and you'll be more alert if you have to deal with the unexpected. Always bring a few supplements in case you need them.

Hydration

Make sure to have enough water with you, since the minimum daily consumption of water for an adult is two litres. Good hydration helps regulate body temperature and reduce the risks of muscle cramps:

- While hiking, drink 150 ml to 350 ml (three to four sips) of liquid every twenty minutes; do not wait until you are thirsty because thirst indicates that the body is already dehydrated.
- Hydrate even when the weather is cold. Cold weather reduces signs of thirst.
- If you are perspiring more than usual, drink more than usual.

Plan on a way to treat the water. You should bring a filter, a purifier or drops and tablets.

Technical Equipment

No matter what the brand, model or price of the technical equipment you carry during the hike, it is essential to be familiar with it. You should choose your backpack based on the weight of your baggage and your build. Take your time to adjust your backpack wearing the same clothes you'll be wearing on your hike.

Wildlife

During your hike, you'll be travelling in the natural habitat of several wildlife species. By nature, the animals are not particularly aggressive. However, if you try to get too close to them, their survival instinct could translate into dangerous behaviour.

How to Prevent

A fracture, a dislocation or a sprain

Move slowly without taking big steps. It's best to use a walking stick on rugged or slippery surfaces. If you get hurt despite these precautions, apply a cold compress and stabilize the injured part of the body.

Blisters

Don't head out on a hike without having walked several times in your new shoes for at least fifteen minutes each time. During the hike, keep your feet dry and protect areas prone to blisters with an elastic bandage. If you get a blister despite these precautions, apply a bandage to prevent it from bursting. This will keep the area sterile and give the skin time to heal. If the blister is punctured, disinfect the wound and cover it with antibiotic cream and a bandage.

Ophthalmia

Wear sunglasses with adequate UV protection, even when the sky is grey.

Mild or Serious Wounds

It is always recommended to handle your equipment safely, such as knives, axes, camp stoves, etc. If you get hurt despite these precautions, disinfect the wound with an antiseptic and cover it with a bandage. It is essential to prevent infection by using sterile compresses. Serious wounds require immediate medical attention.

Leaving a Friend Alone in the Forest

We recommend leaving in groups of a minimum of three hikers. If a problem arises despite this precaution, never abandon an injured person, except in the case of a force majeure. Put your energy into comforting the injured person and signaling your presence.

What to Do if You're Lost

To prevent this situation, check your location on a regular basis with the help of your map. If you're unsure of your location, stay calm and stop and take a few minutes to review the situation. Then return to a place that is easy to identify on the map: the summit of a mountain, the intersection of a stream and a lake or another stream, a rock face, etc. Review the situation again. If you are lost, stay in place and wait for help. If you are absolutely sure you are not lost, make the decision to keep going or turn back and retrace your steps. Caution! Off the trails, hikers always tend to overestimate their travel speed. It rarely exceeds 2 km/h.

Each of the undersigned declares to have understood and accepted the information and risks mentioned above.

Last name, first name (in block letters)	Signature	Date (dd/mm/yy)