

CHECKLIST

TO FULLY ENJOY YOUR WHITE-WATER RIVER RUN

WEATHER: Before you leave, always check the weather forecast. Keep in mind that the weather can change quickly and plan your clothing accordingly.

Meeting place and time

Parc national de la Jacques-Cartier: Report to the Rental Centre (located at km 10) 30 minutes before the departure time indicated on your confirmation.

Parc national du Mont-Tremblant: Report to the Lac-Monroe Visitors Centre 30 minutes before the departure time indicated on your confirmation. Please bring a life jacket for any participating child weighing less than 18 kg (40 lbs).

Clothing

Thin, close-fitted clothing made of synthetic fibres (avoid cotton clothing)

Bathing suit

Windbreaker

Raincoat

Hat or cap

Sunglasses, tied with a cord

Water shoes or closed-toe and non-slip footwear, especially if portages are to be expected during your excursion (no sandals)

Change of clothing

IMPORTANT

At Parc national de la Jacques Cartier, an overall-style wetsuit is provided with a watercraft rental. It must be worn when the water temperature dips below 15 degrees Celsius.

Additional items

Waterproof bag

Water bottle

Snack

Sunscreen

Mosquito repellent

Camera

Binoculars

Mobile phone (Even if the isolation of some places limits its use, we recommend you bring a cell phone. Make sure it stays dry.)

Garbage bag

Identity card

Daily right of access or Annual Québec National Parks Card

First aid kit

Nautical safety kit (whistle, water scoop, 15 m floating rope, waterproof flashlight)

Wearing a mask is mandatory in certain situations, especially when the physical distance of 2 meters cannot be respected. Please bring one with you to your activity.