

# CHECKLIST

## TO FULLY ENJOY YOUR SEA KAYAKING EXCURSION WITH *SAGUENAY AVENTURES*

**WEATHER:** Always check the weather forecast before you leave. Keep in mind that the weather can change quickly and plan your clothing accordingly.

### Meeting place and time

Please arrive at the Baie-Éternité Discovery and Visitors Centre 30 minutes prior to departure time. You must have your booking confirmation in hand. The exact starting point is 200 metres from the Centre, a short walk away along a rock dust path.

### Clothing

Bathing suit
Fleece jacket or wool sweater
Windbreaker (waterproof if possible)
Lightweight trousers or shorts
Hat or cap
Footwear for walking in water
Sunglasses, attached with a cord
Towel
Change of clothing

### Additional items

Water bottle
Sunscreen
Snack or lunch (depending on the duration of the expedition)
Camera
Binoculars
Small backpack or waterproof bag to put your belongings in the luggage compartment (large backpacks are not recommended)
Daily right of access or Annual Québec National Parks Card

### IMPORTANT

A life jacket and wetsuit are provided if weather conditions should pose the need.

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.

