

# CHECKLIST

## TO FULLY ENJOY YOUR VIA FERRATA EXPERIENCE

### Meeting place and time

**Parc national des Grands-Jardins:** Report to the via ferrata reception building (next to Mont-du-Lac-des-Cygnés Discovery and Visitors Centre) 30 minutes before the departure time indicated on your confirmation.

**Parc national du Mont-Tremblant:** Report to La Diable Registration Centre (at the park entrance) 30 minutes before the departure time indicated on your confirmation.

**Parc national du Fjord-du-Saguenay:** Report to the Le Fjord du Saguenay Discovery and Visitors Centre (Baie-Éternité sector) 30 minutes before the departure time indicated on your confirmation.

**Parc de la Chute-Montmorency:** Please arrive at the Boischatel parking building an hour before the departure time indicated on your confirmation.

### Clothing

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Sportswear

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Long, soft trousers (jeans are not allowed)

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Closed toe shoes with a rigid sole

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Gloves (fingerless bicycle variety)

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### Additional items

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Bottled water (1 to 2 litres, depending on the route chosen) carried in a small backpack or hydration bag (there are no water points on the route and no backpacks to borrow on site)

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Snack

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Sunscreen

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Mosquito repellent

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Camera

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Sunglasses, attached with a cord

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Daily right of access or Annual Québec National Parks Card (if the activity takes place in a national park)

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### IMPORTANT

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Tie back long hair.

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Remove all jewellery.

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Full safety equipment is provided (harness, lanyard, and helmet).

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Participants must not have heart problems, epilepsy or fear of heights.

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Participants must not be pregnant.

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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.

