**SAFETY, IT’S PART OF OUR NATURE**

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.

**BEFORE YOU GO**

Use an official map of the area in planning your outing or contact park officials for itinerary suggestions.

Choose an itinerary that suits your abilities and those of your partners.

Check the weather and adjust your objectives accordingly.

Dress appropriately for the season and the activity. The multi-layer system is ideal for managing your body temperature in all seasons.

Never rely on others, always bring what you need to support yourself:

* A fully charged phone and a whistle
* A sufficient amount of water and food
* Map of the area
* First aid kit
* Headlamp
* Contingency supplies (ex : extra clothes)

Inform a close friend about your itinerary and its duration. This person will be your guardian angel and can notify the 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.

**DURING YOUR EXCURSION**

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 in case of unforeseen circumstances.

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 activity or route prove to be 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**.**

*These tips are provided by Québec's regional parks, with the financial support of the Québec government.*