**SAFETY, IT’S PART OF OUR NATURE**

Three-Season Hiking

Hiking is not without its risks. 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**

Plan your excursion with the park’s official map or [Balise Québec](https://baliseqc.ca/hiver/)’s trail directory.

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

Check the weather and trail conditions. Adapt your objectives accordingly.

Dress appropriately for the season.

Bring along the essentials: a means of communication, water and food, a headlamp, a trail map, a first aid kit, and contingency supplies.

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

**WHEN OUT HIKING**

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.

Stay on the trails at all times and obey the signs.

Don't throw anything from a lookout or cliff; think of those who may be below.

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 route proves 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**.**

**RECOMMENDED EQUIPMENT**

Backpack

Hiking boots or shoes

Clothing suitable for the activity and season

Warm coat for breaks

Waterproof windbreaker

Depending on the season: cap or hat, tubular scarf, tuque, gloves

Fully charged phone and a whistle

Map of the trails

A sufficient amount of water and food

Headlamp and extra batteries

First aid kit

Sunglasses and sunscreen

Insect repellent

Lighter

Hand sanitizer

Toilet paper

Garbage bag

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