**SAFETY, IT’S PART OF OUR NATURE**

Snowshoeing and winter hiking

Snowshoeing and winter hiking are not without 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’s trail directory](https://baliseqc.ca/hiver/).

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

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

Dress appropriately for winter. During the activity, adapt your layers of clothing according to your level of effort in order to better manage your body temperature.

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 ON THE TRAILS**

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. Don’t forget that winter days are shorter.

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

On multi-use trails, stay in the snowshoeing or hiking corridor and be courteous.

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 EQUIPEMNT**

Backpack

Snowshoes for fresh powder, crampons for hard surfaces

Winter hiking boots and wool socks

Multi-layer clothing: base layer (long underwear), insulating layer (fleece or down) and protective layer (waterproof-breathable coat and pants)

Warm coat for breaks  
Tuque, tubular scarf, gloves or mittens  
Fully charged phone and a whistle

Map of the trails

Water in an insulated container and a sufficient amount of food  
Headlamp and extra batteries

First aid kit

Sunglasses and sunscreen  
Lighter and fire starter

Hand and foot warmers   
A piece of insulating foam mattress

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.*