

Checklist

Not to forget when preparing for an activity in natural environment:

- Is the site open?
Spring thaw (mud season)? Hunting season? Construction? Others?
- Is the targeted activity still possible there? (and on this date?)
- Tickets, access rights, registration?
In advance or on site?
- Are dogs accepted?
Always on a leash or not? Designated trails? Designated days?
- Appropriate equipment:
 - Clothing-food-water-shoes/boots (adapted and in good quantity)
 - Extra food
 - Extra water
 - Extra warm clothes
 - "Paper" map of the entire journey
 - Cellular batteries fully charged
 - Flashlight or headlamp (other than cell phone)
 - Insulating mat
 - Small tarp (and some ropes)
 - Something to start a fire
 - First aid kit
 - If hunting season (but still accessible) = bright colored clothes/bell
 - If bear encounter possible = bell AND protection of your choice (bear spray or other)
 - Other equipment depending on the situation: _____
- 3 informations left to a reliable person (your guardian angel)
 - Complete directions of your journey
 - Scheduled return time
 - Deadline to call for help

Advices:

- Imagine yourself at the **furthest point of your hike** and that you "must" spend the night there for one reason or another... Are you ready?
- Do not exceed your limits. Test your comfort zone and your equipment on short trips to well-known sites in safe environment.
- Do not forget to notify your "guardian angel" upon return.

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