



RABASKA EXCURSION : PREPARATION

HOW SHOULD I DRESS ?

Wear long pants and closed shoes to prevent tick or mosquito bites. You must dress according to the weather forecast or to be ready for some variations during the day :

- A long sleeve shirt
- A windproof or waterproof coat
- A hat
- Closed shoes or well attached sandals (**no** tongs)
- Rain boots

It is recommended to have the shoulders covered to prevent sunburn.

WHAT SHOULD I BRING ?

- Sunscreen
- Insect repellent
- A hat
- Water (Lots of water, the water on the reserve is not potable)
- Some snacks and your lunch (there is no food to sell on the site)
- A backpack for your stuff
- COMPLETED Risk Acceptance Form for each participant

See you soon !