

WHAT TO WEAR

- _____ Sturdy, well-broken-in hiking boots. We strongly discourage running shoes.
- _____ Socks in a material other than cotton (wool, wool blend, etc.); you might like to add polypropylene or silk liner socks.
- _____ Polypropylene or polyester or wool blend shirt (cotton dries slowly, and is soggy and cold when wet)
- _____ Shorts or loose, comfortable pants
(never cotton jeans)

ESSENTIALS

- _____ A comfortable daypack
- _____ At least one litre of water, preferably two or three
- _____ Rain jacket or poncho
- _____ Warm wool sweater or fleece
- _____ Wool hat and gloves or mitts
- _____ Lunch and a snack
- _____ Matches or lighter, small flashlight or headlamp
- _____ A watch and a whistle (make sure they're easily accessible)
- _____ Map (you will receive on the bus) and compass (and know how to use them!)
- _____ Small first-aid kit (and any personal medical items you may need)
- _____ ID for the border and US money (for snacks and for entry permit if you're not a Canadian or US citizen)****
- _____ Phone numbers of insurance company and emergency contact person

BUS DEPARTURE TIMES

7:05 am Décarie Square in the parking lot on the south side of the building. (15 min. walk from metro Namur)

7:09 am Queen Mary/Décarie (metro Snowdon) northwest corner

7:25 am Atwater/Ste-Catherine (metro Atwater) southwest corner

Times are firm. The bus will not wait.
If buying a trip, bring the exact amount or a cheque made out to Randonnée Aventure.

LEAVE ON THE BUS

- _____ Complete change of clothes, including shoes and warm sweater or jacket (you might be wet after the hike)
- _____ A snack for the journey home
- _____ Plastic bags to store wet clothes or muddy boots

OTHER OPTIONAL ITEMS FOR YOUR DAY-PACK

- _____ Spare shirt, shorts or pants, and socks
- _____ Rain pants and gaiters
- _____ Insect repellent (spring and summer) – to be applied outside the bus
- _____ Sunglasses, sunblock (apply outside the bus), hat or bandanna
- _____ Swiss army knife or equivalent
- _____ Camera, binoculars, field guides to birds, flowers, etc.

MORE TIPS FOR AN ENJOYABLE AND SAFE HIKE

- Mountains attract fools and bad weather. Don't be the former and prepare for the latter!
- Pack out all garbage. "Take only pictures; leave only footprints".
- Never hike alone – we recommend hiking with three other people when possible.
- Line the inside of your pack with a garbage bag to keep things dry. You might also want to pack individual items in plastic bags for extra protection.
- Never drink the water in streams unless you have purified it with iodine or a water filter. Carry extra water rather than sweet drinks, or a sport drink to replace electrolytes.
- Carry hiking poles with tips downward and store under the seat and NOT in the overhead compartment.

****IMPORTANT INFORMATION ABOUT BORDER CROSSING ****

For US trips, you are solely responsible for ensuring that you have the identification documentation required to enter the US. As of June 1, 2009, a passport is required, irrespective of the mode of transport. Holders of passports from countries other than Canada and US may require a visa. Some persons may even be fingerprinted and photographed. Landed immigrants must bring their Permanent Resident card in order to re-enter Canada. If you do not have adequate documentation, we may be obliged to leave you at the border. Check the US Customs website for further details and restricted food items.