



ORGANISATION SHEET

Day start at : **8h45**

Address : **1041 Rd. 148, Bryson, QC, J0X 1H0**

THINGS TO BRING :

- **For river :**

- Sexy bathing suit ☺
- Shoes or sandals that hold well to your feet, never mind the high heels ☺
 - **Water shoes rental (\$5 a pair);**
- Shorts or pants, t-shirt and a sweater depending on weather temperature (polar, polyester or wool fabrics if possible, avoid cotton);
- Reusable water bottle;
- Medications if you take any - Asthma pump, epinephrine (2);
- Another outfit in case you get the first one wet;
- Sunscreen (**for sale on site**);
- Attach your glasses (**for sale on site**);
- Wet suits are available on site for **\$7.50 a piece**.

- **For camping :**

- Tent;
- Sleeping bag;
- Pillow;
- Floor mattress;
- Towel;
- Flashlight;
- Warm clothes;
- You can bring your own alcohol beverage;
- Avoid perfumes (mosquitoes love it).