



List of equipment to carry in your backpack for all sessions (unless specified)

Cloths

- Sturdy and waterproof hiking shoes
- Rain jacket
- Extra fleece
- Plastic bag or “sursac” for the backpack against rain

Safety kit

- Headtorch
- Phone (flight mode but charged in case of emergency)
- Sufficient water to drink
- Snacks
- Health card mentioning your allergies, your blood type and the telephone number of an emergency contact

Observation-Activity kit

- Pad to sit down
- Notebook
- Pencil
- Light drawing material if you like
- Binoculars if you have
- Magnifying glass if you have