



TECHNICAL LIST FOR PARTICIPANTS

Climate on the Québec North Shore can be cool even in the summer months and the expeditions at sea can last up to 10 hours. Your biologist guides will inform you of all safety regulations and will conduct all activities in a safe and prudent manner. The responsibility for a safe trip, however, does not rely solely on your guides. Each participant must act in a manner that insures a high level of safety for each boat.

MICS provides a thermal flotation suit to each participant. This suit will also protect you against the wind and rain. We lend it to you on your first day and you will be responsible for it for the duration of your stay.

Each participant should bring with them:

- Layers for warmth (sweater, jacket, warm pants, thermals, warm socks)
- Hat and gloves (very important)
- Sunglasses
- Sunblock/lip protection
- A good pair of sports shoes (like hiking shoes) or waterproof boots

Optional:

- A camera/video camera
- Binoculars
- A waterproof bag, to protect personal items against water and bumpy conditions

If you have a tendency to **get seasick**, take precautionary measures. Our team members are not allowed to provide drugs to participants, therefore, we do not have any on board. Drugs to be taken orally should usually be swallowed **before** departure. Bracelets and ear-patches also exist to prevent seasickness.

Seasickness can be caused by numerous factors (hunger, low temperatures, tiredness, nervousness, etc.).

We recommend not drinking caffeinated beverages or eating a heavy, oily breakfast before departure. You may have a snack on board anytime. It is also important to wear appropriate clothing.



Special conditions:

For safety reasons, and occasional rigorous seas, **pregnant women and children under the age of 12 cannot be accepted on board.**

People with minor health problems should contact MICS before deciding to participate.

We recommend that people with physical conditions such as heart problems, back problems or epilepsy should consult with their doctor before participating.

Each participant has to fill out a medical sheet before boarding, allowing us to be aware of potential concerns.

IMPORTANT : for everyone's safety, it will be **strictly forbidden** while on board to **smoke, drink alcohol, or stand up in the boat unless told otherwise.**