

## 1 DAY 1/2 BIVOUAC TRAIL



### SCHEDULE :

2.00 PM (1st day)  
to 4.30 PM (2nd day)



### FOOD :

- 1 L water/person, we'll restock at the bivouac place or fresh springs
- 2 picnics (1st , 2nd lunch )
- 1 evening hot meal (bbq, tabbouleh, pasta salad or potatoes...)
- 1 breakfast (tea, coffee, bread...)
- fruits
- Snacks



### EQUIPMENT :

- sport shoes or aqua-shoes. Compulsory !
- t-shirt, swimming clothes
- sun cream, hat,
- wind stopper.



### OUR ADVICE :

Prefer energy meals (based on Rice, pasta, tabbouleh ...), Of course better to associate vegetables. You can also expect a cooler (freeze before as well as what needs to be). I provide a small Gas stove and a small saucepan (Take in a large if your meals require). Don't forget cutlery, and prefer washable plates and plastic cups. tissue paper, trash bags, sponge + dish soap



### BIVOUAC :

- a change of clothes, Hot clothes depends on the weather
- sleeping bag
- mattress, inflatable or hamac
- torch
- toilet paper

We can provide sleeping bag, tent and inflatable mattress.

We'll provide you 55 liters dry container.  
This is enough to carry what needs to be taken.