

2 DAYS BIVOUAC TRAIL +



SCHEDULE :

9.30 PM (1st day)
Arrival 5.30 (2nd day)



FOOD :

We'll provide you food for the two days :

- 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
- wine



EQUIPMENT :

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



TIPS and ADVICES :

We'll provide you 55 liters dry container. This is enough to carry what needs to be taken. On the bivouac place, you'll find accomodation (tent, toilet, shower...). The containers keep dry your stuffs if you carefully close it (we'll show you how to do so). Check weather forecast to choose your clothes. Dont forget a 2nd pair of shoes.



BIVOUAC :

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

We can provide sleeping bag, tent and inflatable mastress if needed.