

Check-list bivouac

Sleeping

- Tent/hammock/tarp if you have not booked a tent
- Sleeping bag, floor mat or inflatable mattress

Food

- 1.5L of water per person (drinking water is available at the bivouac)
- 1 or 2 picnic(s) depending on your departure time + 1 breakfast
- 1 evening meal (pasta salad, rice salad, semolina, sandwiches etc.)
- Cereal and fruit bars

Our practical tips:

- Focus on energy and cold meals
- Provide cooler or freezer bag: freeze what can be
- Cutlery, plates and cups, preferably washable
- Paper towel, garbage bag, sponge and dishwasher

Clothes

- Full change (shoes included), warm depending on the weather

Miscellaneous equipment

- Flashlight or headlamp: bivouacs are not lit at night
- Pharmacy: sunscreen (**prefer to use anti UV shirts**), hematomas, stings, anti-mosquito, dressings...
- Toilet bag: toilet paper, soap, shampoo, towel...
- Lighter if you want to barbecue (**reasoned use**)

You will find on site:

- Collective Picnic tables, collective Barbecues, charcoal and grills (**reasoned use**)
- Drinking water, Sale of coffee, tea and fruit juices in the morning, depending on the period (*provide change*)
- Washrooms: toilets, cool showers, washbasins
- Exhibition and animation on the Nature Reserve, and reception building to meet the agents of the Nature Reserve.

Eco-responsibility in the Nature Reserve:

- **Waste:** compost bins are present on the site (do not leave leftover meat there). Take away all other waste (bags available on site). Avoid overpackaging, sort and throw in the dumpsters at the end of your stay.
- **Fire and risk of fire:** There are **collective BBQs (with charcoal)** on site but their use is limited, and can even be prohibited if the risk of fire is too high. Get informed. Choose cold meals and limit meat consumption. Any other type of fire is prohibited (no stove).
- **Water:** it is increasingly precious. At the bivouacs, it is local sources that are not inexhaustible. Strongly limit the use of water with short showers.
- **Prefer an anti-UV** or simply cotton t-shirt rather than sunscreen which is polluting for the river.
- **Alcohol is strictly prohibited in the Nature Reserve.**