

**Ambulance, police, firemen, health care** (emergency 24 hours)

|             |                       |       |              |
|-------------|-----------------------|-------|--------------|
| Emergency   | 911 ou 0 (operator)   | M-SAT | 819 764-3202 |
| Cell phones | 418 310-4141 ou *4141 |       |              |

**Poison control (24h / 24h) 7 days**

1 800 463-5060

**Automatic Banking Machines**

|                                |                                 |
|--------------------------------|---------------------------------|
| A. Banque Laurentienne         | • Chapais : C                   |
| B. Banque Nationale du Canada  | • Chibougamau : A, B, C, D      |
| C. Caisse populaire Desjardins | • Chisasibi : D, E              |
| D. CIBC                        | • Lebel-sur-Quévillon : B, C, D |
| E. First Nation Bank           | • Matagami : C                  |
|                                | • Radisson : C                  |

**Health Care Centres and Social Services**

|                     |              |                     |              |
|---------------------|--------------|---------------------|--------------|
| Chapais             | 418 745-2591 | Nemaska             | 819 673-2511 |
| Chibougamau         | 418 748-2676 | Oujé-Bougoumou      | 418 745-3901 |
| Chisasibi           | 819 855-2844 | Radisson            | 819 638-8991 |
| Eastmain            | 819 977-0241 | Villebois-Valcanton | 819 333-2354 |
| Lebel-sur-Quévillon | 819 755-4881 | Waskaganish         | 819 895-8833 |
| Matagami            | 819 739-2515 | Waswanipi           | 819 753-2511 |
| Mistissini          | 418 923-3376 | Wemindji            | 819 978-0225 |

**Hydro-Québec Health Care Centre (medical care)**

|        |                    |     |                    |
|--------|--------------------|-----|--------------------|
| Brisay | 819 853-7300 #7311 | LG3 | 819 638-2950 #2815 |
| LA1    | 819 853-7300 #7212 | LG4 | 819 854-6100 #6119 |

Health care services offered by Hydro-Québec are not covered by the Régie de l'assurance-maladie du Québec. Make sure you take out complementary insurance before leaving!

**Complaints**

Complaints about tourist services in Quebec should be addressed to the:  
Ministère du tourisme du Québec  
Direction de la qualité des produits et des services touristiques  
Telephone: 418 643-2230 or 1 800 463-5009 Email: dqst@tourisme.gouv.qc.ca

**Teaching Institutions**

|                                      |              |   |              |
|--------------------------------------|--------------|---|--------------|
| Commission scolaire de la Baie-James | 418 748-7621 | Centre d'études collégiales à Chibougamau | 418 748-7637 |
|--------------------------------------|--------------|---|--------------|

**Road Conditions**

|                 |  |
|-----------------|--|
| Road conditions | www.mtq.gouv.qc.ca or 1 877 393-2363     |
| Infos-Travaux   | www.inforoutiere.qc.ca or 1 888 355-0511 |

|  |              |   |                              |
|--|--------------|---|------------------------------|
| Barette-Chapais  | 418 745-2545 | Pétronor                                      | www.petronor.ca 819 824-5505 |
| Club de boxe de Chibougamau                            | 418 748-2592 | Société touristique des autochtones du Québec | 1 877 698-7827               |
| Corporation minière Imnet, division Troilus            | 418 748-8160 | Télébec S.E.C.                                | 1 877 835-3232               |
| Fédération des Caisses populaires Desjardins du Québec | 819 732-8324 | XPlorer Nature                                | 418 359-3573                 |

**Weather**

|                        |                                      |
|------------------------|--------------------------------------|
| Environnement Canada : | 1 900 565-4455                       |
| MétéoMédia :           | 1 900 565-6383 or www.meteo.ec.gc.ca |

**Minister of Natural Resources and Wildlife**

|                                     |              |                          |              |
|-------------------------------------|--------------|--------------------------|--------------|
| Regional office                     | 418 748-7701 | Local office of Matagami | 819 739-2111 |
| Local office of Chibougamau         | 418 748-7744 | Local office of Radisson | 819 638-8305 |
| Local office of Lebel-sur-Quévillon | 819 755-4603 |                          |              |

**Local and Regional Development Centre**

|  |              |  |              |
|--|--------------|--|--------------|
| Développement Chibougamau                                      | 418 748-6060 | Société de développement économique de Lebel-sur-Quévillon | 819 755-4225 |
| Corporation de développement économique de Chapais             | 418 745-2355 | Société de développement économique de Matagami            | 819 739-2501 |
| S.A.D.C. de Chibougamau-Chapais                                | 418 748-6477 | Société de développement de la Baie-James                  | 418 748-7777 |
| S.A.D.C. de Matagami   | 819 739-2155 |  |              |
| Corporation de développement économique de Villebois-Valcanton | 819 941-2180 |  |              |

**Forest Fire Protection Society (SOPFEU)**

1 800 463-3389

# Memory Jogger

“An ounce of prevention is worth a pound of cure”. This expression makes a lot of sense when travelling over immense unfamiliar territories. Every adventure requires serious preparation. Especially if you plan travelling on the road of the North and the Transtaiga. To ensure the success of your stay and avoid unexpected mishaps, we suggest you put into practice the following advice:

- Have your vehicle inspected. Make sure it is in good condition.
- When leaving a town, fill up on gas.
- Inform a relative or a friend or someone of your schedule and itinerary.
- Make sure you have in your possession road maps and other necessary maps for your activities (such as topographical maps and your tourist guide).
- Obtain travel insurance.
- Have in your possession all the official papers needed to practice your activity (permits, fishing or hunting permits, registrations, etc.).
- Complete your documentation by contacting the various permanent and seasonal Tourist Information Centre of the region.



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Northern Road

## Memory Jogger

### Safety first:

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Matches, flashlights, sweaters                       | <input type="checkbox"/> Sunglasses                         | <input type="checkbox"/> Knife or small axe                  |
| <input type="checkbox"/> Basic tool box                                       | <input type="checkbox"/> First aid kit                      | <input type="checkbox"/> Compass                             |
| <input type="checkbox"/> Spare wheel “a real one”<br>if you take gravel roads | <input type="checkbox"/> Windshield washer fluid, motor oil | <input type="checkbox"/> Garbage bags                        |
| <input type="checkbox"/> Water, beverages and snack                           | <input type="checkbox"/> Spare clothes and blanket          | <input type="checkbox"/> Driver, hunting,<br>fishing license |
| <input type="checkbox"/> Cash   | <input type="checkbox"/> Hazard warning lights              | <input type="checkbox"/> Medicine (if necessary)             |
|   | <input type="checkbox"/> Rope and string                    | <input type="checkbox"/> Camera                              |
|   | <input type="checkbox"/> Territory maps                     |  |

### Summer:

- |   |  |
|---|--|
| <input type="checkbox"/> Sun protection | <input type="checkbox"/> Repellent for stinging insects! |
| <input type="checkbox"/> Cap or hat     |  |

### Winter:

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Traction aid     | <input type="checkbox"/> Antifreeze for gas      | <input type="checkbox"/> Really warm clothes,<br>Bobble hat, mittens<br>wool socks, etc. |
| <input type="checkbox"/> Car lock de-icer | <input type="checkbox"/> Antifreeze for radiator |  |
|   | <input type="checkbox"/> Shovel                  |  |