



CENTRE DE VACANCES | WWW.FERME5ETOILES.COM

465, Route 172 ouest, Sacré-Cœur (Québec) G0T 1Y0 Canada
418 236.4833 | 1 877 236.4551 | info@ferme5etoiles.com

Travel tricks

General:

Taxes

There are two taxes in the province of Quebec, the federal goods and services tax (GST) which is 5 % and the Quebec Sales Taxes (QST) which is of 7.5%, approximately 13% to add to the prices.

Example (for \$ 100 purchase): $100 + \text{GST} (5\%) = \$105 + \text{QST} (7.5\%) = \112.88

Tip

Tips are not included in the fares. Tip is usually equivalent to 13% of the total amount so approximately the total of taxes. (Services with tips: taxi, restaurant, guided activities)

Credit card

Most American credit cards are accepted in Canada. Money taken from your account will be charged in Canadian dollars and then converted in your currency. Ask your bank before leaving.

Electricity

110 volts. 60 cycles c.a, like in the US. Plan to have a universal adapter for outlet

Universal adapter for outlet

A universal adapter for outlet might be useful if you carry electric devices such as travel hair dryer, camera, batteries, ...) You will find these adapters in most stores.

Health care

We suggest you to take travel insurance because health care systems usually don't pay for care in another country. Visitors who have to take medicine given by a European's doctor have to bring their prescription in case it has to be renewed by a Quebec's doctor.

Vaccination

Anti-tetanus vaccination is recommended for outdoor activities. We suggest you to bring your own pharmacy which includes: your own medicine, sun cream, lip stick, and hand cream.

Equipment

For winter activities, be dressed as if you would go ski. We remind you that we can complete your equipment for some winter activities in order for you to limit your expenses on clothes and material. However, you should be prepared to have winter clothes when exiting the airport and tell Ferme 5 Étoiles if you need something.

Driver's license

Have an international driver's license if you do snowmobile, quad or if you rent a car.



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Summer time (April 1st until August 30st)

Warm weather starts in March or April, when the snow melt. South-West winds are the ones which bring summer and warmer temperature. July is the best month for the climate. June, August, September and October are, generally colder than July.

Spring is a “step” for the transition toward summer (June to August) which is, most of the time, warm and humid. Temperatures are often close to 35°C (95 F) and humidity close to 90%. Autumn is the most beautiful season in Quebec because nature is at its best, with all the colours.

Mosquitoes

Mosquitoes are more present at sunset and sunrise, when there is no wind and high humidity or rain. Mosquitoes' bites can cause itching.

Clothing

Clothes can prevent from mosquito's bites. Wear baggy and thick clothes that have a hood and close at wrist, ankles, waist and neck. Try to avoid dark and fluorescent clothes and wear light colours like white, and beige. Clothes with zipper protect more than those with buttons. Anti-mosquitoes or insect resistant clothes are sold in specialised stores.

Smell

Try to avoid smelly soap, perfume or after-shave. Use non-smelly products for your hygiene and your clothes.

Mosquito net

Mosquito net offers good protection but we recommend you to spray mosquito repulsive on it.

Mosquito's protection

Plenty of products are sold to protect you from mosquitoes' bites: citronella, lavender oil, soy oil, P-menthane 3,8-dial, and others. It is up to you to choose the best product for you and your kids.

Anaphylactic shock

All the persons who have allergies and want to go in the wood must have antihistamines and auto-injectable adrenaline, both available over the counter.

Winter time (November 1st until March 30st)

This period starts with snow, around mid-November, but it is from December or January for some region, that lakes and rivers are totally frozen.

Winter in Quebec lasts six month (October to March). Temperatures can go down to -15°C (5F) in December and to have peaks to -35°C (-31F) in January, February and March.

Here are some advices to protect you from cold temperature:

Clothing

3 layers principle consists in wearing many layers of clothes. The ones closer to the body have to be breathable, other layers will keep the warmth, You have to wear underwear that absorb humidity and change them every day.



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First layer

Must allow sweating to exit the body and stay dry. Synthetic fibres get the best results.

Second layer

It keeps the warmth. Polyester synthetic fibres (polar fleece) are effective because water cannot penetrate it and dry easily.

Third layer

This layer, longer than the other, must be water resistant, snow resistant and protect against the wind.

Avoid cotton because it keeps the sweat and freeze as soon as you stop moving.

Make sure one takes:

For the head: warm hat, sunglasses and water resistant hood

Chest: Synthetic fibres underwear, polar fleece and pull over

Legs: Polar fleece tights, warm and waterproof pants

Feet: 1 light pair of socks, 1 wool pair of socks, lined boots