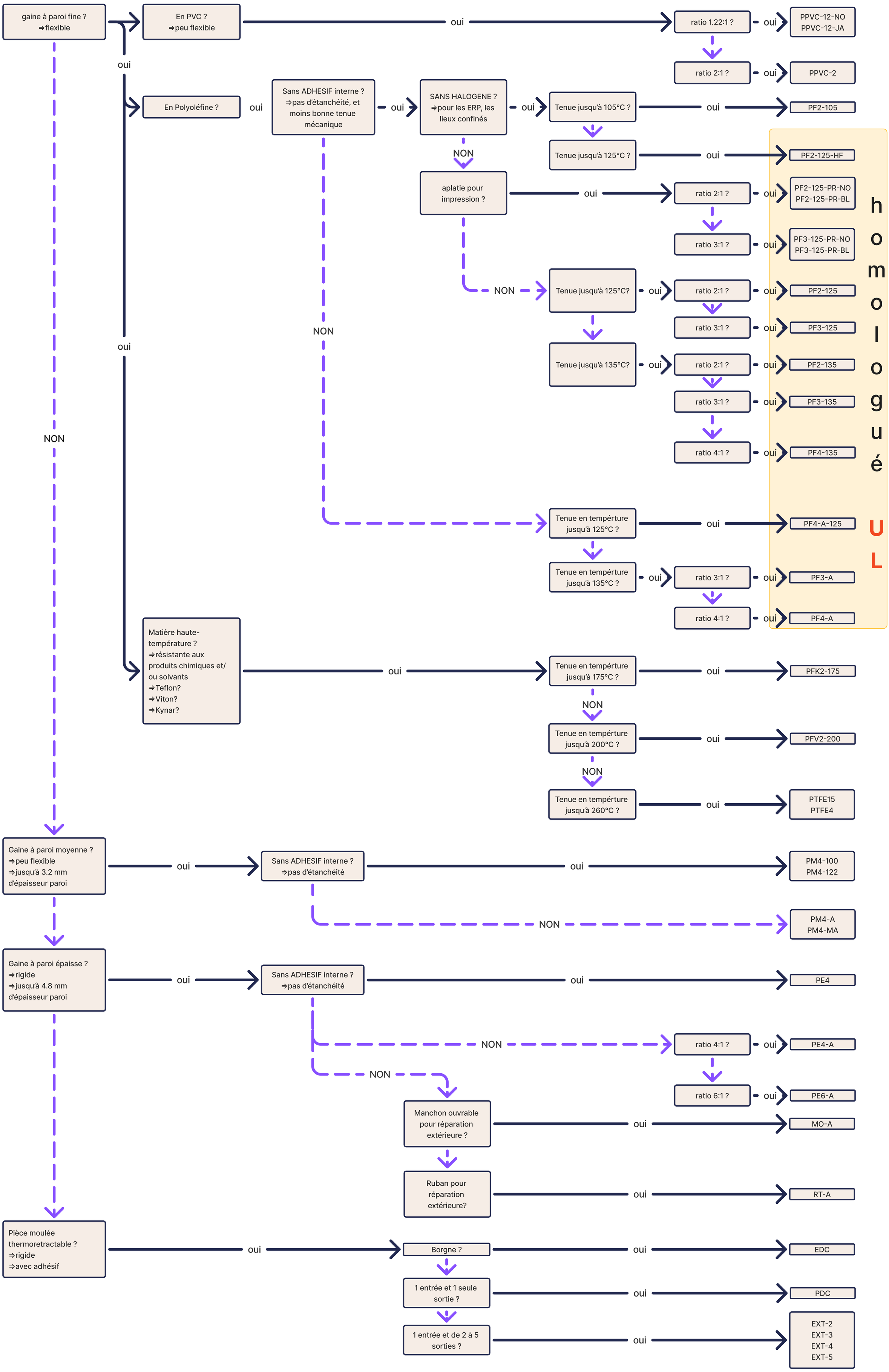Guide pour choisir le type de gaine