

Hike With Maree Medical & Fitness 2027

ME and PJ Brennan 32406109771

Personal Details – Carnarvon Great Walk

Please note that this eight- page questionnaire is strictly confidential and is to be completed by ALL Carnarvon Great Walk Participants. Please save it once you have filled it in and return it to me.

Your Details

Full name _____

Address _____

Date of birth _____ 18 to 70 are permitted on trek (14 TO 17 with parent/guardian)

Mobile phone _____

Email _____

Occupation _____

Do you smoke, vape or use E – cigarettes? TICK ONE

Yes _____ Please cancel your booking now for a full refund

No _____ Awesome – we need healthy lungs and airways

Pack Hire – Tight Budget or not sure you’re going to like it? \$320 TOTAL

\$660 up front to book, refund of \$340 if the gear is returned unharmed.

Book the pack on Website beneath where you booked the hike.

Included in pack hire - Tent, Mattress, full kitchen, 55-65 l Pack.

Receive the pack 10 weeks ahead of your hike for training with it BUT ONLY if you live within 700kms radius of INJUNE QLD 4454, I will get the pack delivered. I Don’t send out early to people further than 800kms away. You would be better off to borrow or hire some gear off hikers in your local hiking community groups.

Size of Shirt worn _____

Height – How tall are you? _____

TORSO LENGTH - _____ (chat gpt will tell you how to measure

)

GAS CAN – please tick a size.

'ONE' CAN OF GAS is included in the hike package and will be given to you at "**Breeze Big 4 Carnarvon Gorge.**" (*The start of the hike – arrival day*). What size gas can would you appreciate?

This will depend on are you cooking food or just hydrating it. How many times per day are you boiling water. All this comes into how much you'll use.

Please tick one

100g 1-2 boils per day will last 7 days _____

230g 4-5 boils per day will last the 7 days _____

ICY COLD BEVERAGE AT WESTBRANCH – included in package

Maree will grab and have icy cold and Peter (Maree's husband will bring to Westbranch) **Name of drink-** _____

Drinks are capped at FIVE BEERS OR FOUR SPIRITS/ WINES... please don't go changing your drinks, pick ONE and stick with it.

PHONE CHARGES

Phone Charges available at Westbranch – you can charge all phones and battery charges ect.

Bring your cords plus adapters (you can pack in food drop if you like)

***AIRPORT PICK UP – PEOPLE FLYING**

DISCOUNTED REX FLIGHTS WITH Maranoa@travelmanagers.com.au 0401088971

Do you require airport pick up 8.15am day one? _____

I'll drop you back to the "Midtown Motel" in Roma on the day we complete the hike. (Day seven) You will fly out the following day.

Have you booked the MIDTOWN MOTEL – night seven? _____

OR

***PEOPLE DRIVING IN CARS!**

Where are you driving from? We may have other hikers from that area and can help arrange a carpool. _____.

HAVE YOU BOOKED ACCOMODTION FOR DAY SEVEN? Accommodation at completion of the hike – Breeze Big 4 Carnarvon Gorge needs to be booked as soon as you book in with me as they get booked out very early. You may be exhausted and tired and not be up to driving.

We will work on having you to the **car by 3pm day seven**, that's if everyone is healthy and no injuries in the group this will be possible.

My accommodation is booked at Breeze Big 4 _____.

I'm local and driving home _____.

I'm camping down the road somewhere else _____.

PLEASE ENSURE YOU PRINT THE CALENDAR FOR THIS HIKE AND POP ONTO YOUR FRIDGE – We had two ladies turn up 24 hours ahead of arrival time last hike looking for all of us.

Please detail any walking/outdoor/camping trips you have done in the past three years with approximate dates and duration.

Do you consider yourself a (please tick one)

L - Plater – first multi day hike with a fully loaded pack _____

P - Plater – cabin hikes with day packs and up to three multi day hikes with full pack. _____

O – Plater Four or more multi day hikes with a full backpack and tent. _____

What is your current level of exercise per week? Please indicate type of exercise and type of exercise and time expended.

Have you read and understood Hike With Maree Training and fitness Guide pdf program?

Yes

No

Do you have any questions about fitness Training for Carnarvon Great Walk?

TRAINING AND FITNESS

I Agree if I have **NOT followed HIKE WITH MAREE'S Training PDF program** or something equivalent and hold up Hike with Maree's times on the Schedule at the Guided Hike, **OVER BY 45 MINUTES** or longer per day, that I may be evacuated at the guides request, at Westbranch at my own expense. The cost will be \$600. (It's a ten-hour drive for the driver – hence fuel costs etc)

I FULLY UNDERSTAND TRAINING FOR 3 TO 6 MONTHS AT LEAST FOUR TIMES PER WEEK PRIOR THIS HIKE IS COMPULSORY FOR MY SUCCESS AT THIS HIKE. I understand if I ignore the training that I will be evacuated due to my choices.

Yes

No

PACKING THE PACK CORRECTLY AND KEEPING IT LIGHT

I agree to follow **HIKE WITH MAREE'S LighterPack list** and to keep my **fully loaded pack under 14 kg**, including **3.5 litres of water and 3 days of food**. I also agree to watch Hike with Maree video on How to pack a pack and pack my pack correctly and safe. Watch the video on how to put a pack on my back.

I understand that if I arrive with a pack weighing **over 16 kg** or packed wrong, I **may be refused participation in the trek**, with **no refund**. I understand my poor choices will lead to evacuation before I even start.

sign _____

Food Allergies

We will need to know if there are foods that other hikers should not pack (Such as nuts for nut allergies??) or any other type of food allergies?

Emergency contact details

Please provide details for an emergency contact at home. We use this information should we need to contact someone on your behalf in the event of an emergency.

Name _____

Landline _____

Mobile _____

Email _____

Photo and Video Consent

I consent for HIKE WITH MAREE – ME PJ BRENNAN to use photos and video's taken out on track for advertising purposes on social media platforms.

Yes _____ please sign _____

No _____ (Remind Fiona and Maree on Trek please and stand aside when taking pictures)

Travel Insurance

Travel Insurance is **NOT** compulsory for this trek/hike. But Due to 'Hike with Maree' keeping costs low for this trek I'll need all hiker's payment to make this trek viable to me. So, TRAVEL INSURANCE is highly recommended for you to recover your funds from, if you need to pull out due to unforeseen circumstances last minute, your refund will come from your personal travel insurance.

I understand there is NO refunds in the last 90 days prior the hike and I'll get my refund through my personal insurance.

SIGN _____

Medical Questionnaire

This Questionnaire is strictly confidential and must be completed by ALL Carnarvon Great Walk hikers.

Do you have any other medical conditions that we should be made aware of?

During the last three years have you had any major operations?

During the last three years have you had any major illness?

Fitness Questionnaire

This Questionnaire is strictly confidential and must be completed by all Carnarvon Great participants.

The Carnarvon Great Walk 87kms circuit is a tough, physically, and mentally challenging adventure. For All Carnarvon Great Walk Team members there is a PDF fitness training on Hike with Maree website. Please take on the fitness training a good 6 months ahead of your hike to ensure all muscles needed are developed. OR grab yourself your own personal trainer online or in your hometown. Please DO NOT underestimate training for this hike.

Your age at hike _____

Weight _____

Height _____

Due in the last 3 years have you had any chronic fatigue problems? _____

Do you suffer from any Allergies, Asthma, or respiratory problems? _____

Do you take medication on a regular basis? _____

Do you have any of the following medical conditions?

High blood pressure _____

Depression or anxiety _____

Fear of heights or sharps steep edges. _____

Any pelvic, leg, knee or ankle problems? _____ Explain here
please

Have you ever had heart problems angina or chest pain when exercising?

None of the above? _____

COMPULSORY PACK TICK LIST!!!

I understand I need to follow HIKE WITH MAREE pack list 'compulsory items' to bring. I understand I must bring all items on the HIKING PACK LIST and I'm NOT to swap out items to lower degree than what is on the list, of short gaiters instead of long gaiters and so on.... I understand I will be declined from starting the hike at BREEZE BIG 4 at my expense if I choose to NOT follow the PACK LIST CORRECTLY!

IMPORTANT; The safety and wellbeing of our Trekkers/hikers is our primary concern. We strongly recommended an immediate visit to your doctor to determine if you have any health issues that may prevent you from Participating in the holiday or from undertaking adequate fitness preparation. Discuss with your Doctor the merits of undertaking a cardiovascular stress test. We highly recommend this test. Do not underestimate the mental and physical challenge of Trekking the Carnarvon Great Walk.

Sixty years of age and over; if you are sixty years or older at the time of departure in addition to completing this medical Questionnaire, you must also submit a medical clearance letter/medical certificate, signed by your doctor indication you can complete the Carnarvon Great Walk. This letter must be returned to me within 30-45 days of booking and paying with Hike With Maree. If Your Doctor finds you medically incapable, full refund of your payment will be made only if the letter is received by me within the 30-45days of booking in and paying. Receipt outside 90 days prior departure of the hike – no refund.

You may choose to get TRAVEL INSURANCE the day you book into your hike for a 100% refund if required.

All relevant Health and Medical information as requested in this questionnaire must be disclosed as a condition of attendance.

Name _____

SIGNITURE _____

DATE _____