

HIKE WITH MAREE PACK TICK LIST

CARNARVON GREAT WALK

EVERY "ITEM" IS COMPULSORY (not the brand) unless you see **Opt. beside it. (OR GREEN)** If you come without compulsory items, you may be refused to come on trek at your expense.

'Blue' font is hired gear in kit, green font is optional gear, all blue and black font are compulsory items to bring.

Print this and use a highlighter and mark off.

TENT, SEASON 3, double skin and pegs

PACK 52 TO 65L – plus line with garbage bag, stay dry.

INSULATED MATTRESS R-value of 4 to 8

Mattress patches (in case of hole)

QUILT OR SLEEPING BAG "comfort" rating of -10 to -15 degrees Celsius

LINER to go inside quilt or sleeping bag

FOOTPRINT – Goes under the tent (GROUND SHEET) A lot of tents are purchased with this.

EARPLUGS -snoring fellow hikers

CAR SUNSHADE – pop under mattress to protect from grass piecing it, yoga mat, daytime chair for smoko's and lunch.

Pillow is optional

KITCHEN

ULTRALIGHT BAG TO PUT IT ALL IN

GAS – one free can from Maree 100g or 230g can PICK UP 'ONLY' AT BREEZE BIG 4

100G can - 1 to 2 boils per day will last six days. 230g 5 to 6 boils will last 6 days.

STOVE –

SAUCEPAN 400ML-600ML

CUP 250ml opt.

LIGHTER OR MATCHES in a waterproof zip lock bag

BLACK STEEL WOOL

SPORK

CHUX

POCKET KNIFE - Victorinox classic 21g OPT.

AQUA TABS C102 or SAWYER SQUEEZE FILTER AND KATADYN BE FREE WATER FILTER – aqua tabs are lighter and easier (but not as healthy as the squeeze water filter) The filter is the healthiest option for sensitive tummies.

ELECTROLYTES HYDRATION TABLETS or SACHETS 2 per day

Gels for energy (opt)

HAND SANITIZER x2 (1 with toilet paper and 1 in kitchen bag)

CLOTHES IN PACK

FULL SET OF THERMALS

2 KNICKERS/JOCKS -one on and two off and wash

WOOL SOCKS for bed (one set on and one set off)

DOWN INSULATED COAT under 400g, 700 to 900 fill power, high quality

RAIN JACKET 150G to 400g

COMPRESSION SACK -place all clothes, quilt/sleeping bag and liner inside bag.

(opt. Compression sack becomes your pillow at night if you choose to save weight and money)

Non-compulsory items are beanie, gloves, fleece jumper, warm over pants, bra, camp shoes, poncho, t-shirt and shorts for camp. these are optional items. Depends how heavy you want to get.

TOILETRY BAG

HIKING TOWEL 40G (Please read the File on the bush shower)

BAMBOO KIDS' TOOTHBRUSH

TOOTHPASTE TUBE FROM DENTIST or TINY TRAVEL ONE or TOOTHPASTE TABLETS

Compulsory item if you still cycle – menstrual cup/pads/tampons (even if they are not due) bring enough for three days in pack. I'll have supplies at Westbranch for restocking.

Optional items – organic soap, comb/brush etc. (Depends on how heavy you want your pack to be.

TOILET PAPER

ZIP LOCK BAG/ or DCF bag from ultralight hiker

TOILET PAPER - count sheets out per day for 3 days (restock at West branch/ halfway camp. I'll have heaps there)

HAND SANITIZER x 2 (one in toilet paper bag and one in kitchen bag) Or hang one BIG one off your pack.

WATER

3.5 LITRES WATER STORAGE NEEDED - NO LESS – COMPULSORY!!

(Work out in training; 8 hours up savage mountains, if you need more?)

You need something, so you can 'sip and walk' at the same time. (I love my 2 litre Source bladder)

Practice sipping and walking at the same time in training.

Plus, bring a "Pump Water Bottle" with a pop top lid for shower. (Choose your size – two small ones or one big one) just make sure you have 3.5 litres water storage in total OR MORE IF NEEDED.

I have had hikers choose to ignore this and ended up with headaches from dehydration.

Pump water bottle/s BUSH SHOWER AT NIGHT! (Read file on bush shower)

FOOD

BREAKFAST X6

MORNING TEA X 7

LUNCH X7 (first lunch can be fresh)

AFTERNOON TEA X7

DINNER X6

SNACKS X7

TEA/COFFEE

MEDICATION any allergies please let 3 people know

PROBIOTICS

Put in a waterproof compression sack with a buckle to hang up at night to prevent mice chewing holes in your tent.

We need to Eat 30 g carbs ever hour climbing mountains

POST - 3 BREAKFAST, 3 MORNING TEA, 3 LUNCHESES',

3 AFTERNOON TEA, 3 DINNER'S

HIKE WITH MAREE GUIDED WALK

10685 MOUNT MOFFATT ROAD

MITCHELL QLD 4465

AT least 2 to 3 weeks before the hike to make sure it arrives.

Opt. SHOULDER POUCH'S OR FANNY BAG

Opt. PHONE/CAMERA

Opt. BATTERY CHARGER

PACK COVER for rain

HEADLAMP **600 to 1200 lumens** (5.15am walk off day six, thirty-minute walk in the pitch dark to a cliff for a beautiful sunrise; good lighting needed)

HIKERS WOOL (Every hiker must carry this) with some Tape. (downsize to tiny amount of each)

VASELINE or foot body glide from hiking shop (downsize to a small ultralight container)

2 TRAYS PANADOL

2 TRAYS OF ADVIL (or something equivalent)

SUNSCREEN/CHAPSTICKS

TISSUES/ TINY BUSHMANS opt

CLOTHES ON YOUR BODY

HIKING PANTS

LONG SLEEVE HIKING TOP: compulsory (we like the Merino 125 g/s wool polo long sleeves. with collar OR with a great sun scarf; use search tab in HWM Facebook group to find where to purchase.)

UNDERWEAR

HIKING WOOL SOCKS

HIKING BOOTS – BROKEN IN 3 TO 6 MONTHS

(Blisters occur on hike due to NOT ENOUGH WALKING at home in them)

GAITERS TO KNEES are compulsory

CAP/HAT – Maree has you a special 'team' cap

SCARF – BANDANNA OR ICE TOWEL (ice towels are great when you are over hot,

HIKING POLES are compulsory

WEIGHING OF ALL PACK FULLY LOADED WITH FOOD AND WATER!

We weigh all packs before starting and encourage everyone to keep theirs under 14kg. (If you follow my gear list exactly, this is achievable.) If you've purchased heavier gear on a tight budget, or if you're hiring a pack from Hike With Maree, it may be a little harder to stay under 14kg.

Please aim to come as light as you reasonably can—your body will thank you when climbing mountains!

⚠ Important:

- Pack enough food and fuel to stay energised for the entire trek.
- Pack enough water to climb savage mountains 8-hour hiking days.

WORK OUT IN TRAINING – DOING 30KMS TWO DAY PRACTICE WALKS – how much food and water you require? This is your responsibility to work out and no one else's.

LIMIT YOUR BAGS –

- 1. FOOD BAG 8L WATERPROOF**
- 2. CLOTHES/SLEEPINGBAG OR QUILT/CLOTHES/LINER BAG**
- 3. KITCHEN BAG 3.5 LITRES DCF ULTRALIGHT HIKER**
- 4. MATTRESS AND PILLOW BAG (REMOVE PILLOW FROM IT'S BAG)**
- 5. FOOTPRINT AND TENT BAG**
- 6. BATHROOM AND FIRST AID BAG**

Limit your bags – all bags weigh grams that all end up turning into kg's on your back that you do not want.

Thanks all for following the above compulsory items, the guides really appreciate it.

