

# HOW TO PREVENT EVACUATION FROM WESTBRANCH!

To prevent being evacuated at Westbranch is simple — **don't be ignorant**. Keep your **total pack weight under 14 kg**. I regularly hear hikers say at the Gorge that they “*couldn't possibly get their pack under 17 kg*”. Yet, by the time they reach Westbranch, they're exhausted by the weight, gut their pack, and remove **3 kg** anyway. So why not do this **from the start**? That's exactly what your **TWO compulsory 30 km overnight practice hikes** are for. Work it out **there** — **not on the real hike**. Prepare properly. Train properly. Arrive ready.

## **Follow HIKE WITH MAREE –**

***Lighterpack list*** – follow the weights and brands.

[LIGHTERPACK LIST - YOUR BIBLE](#) Print and follow like a bible.

***The pdf pack tick list*** – follow the compulsory items.

[PACK TICK LIST – COMPLSORY ITEMS](#) print and follow like a bible

Video – ***How to pack a pack -***

[HOW TO PACK A PACK VIDEO](#)

Video – ***How to put your pack on from the ground – DON'T HURT YOUR BACK!***

[HOW TO PUT A PACK ON FROM THE GROUND](#)

***Training pdf chart*** – print for fridge

[TRAINING CHART](#) -12 weeks training chart – All L plate and P plate hikers must follow for 6 months at least 4 days per week OR you may find something equivalent and do it.

Please don't give me the line – I'm “WORK FIT”, I'm “FARM FIT”, being work fit and farm fit WILL NOT CUT IT.

Ignore the above and I can guarantee that your hike will be pure hell.

Watch and follow all links above and you will enjoy the 105km trek and it will be fun.