

HIKE WITH MAREE CARNARVON GREAT WALK – FOOD WATER CLOTHES

FOOD

This is a rough idea of what I take.

Some hikers can manage on **400g of food per day**, while others may need **800g or more**. Use your big training hikes to learn how much fuel you personally need.

We need every hiker to complete a few **30 km, 2-day treks over challenging terrain** to figure out how much food and fuel they require.

Everyone is different — don't compare yourself to others, and **don't go hungry**.

Tip: Google "*food for hiking*" for great ideas.

Join hiking Facebook groups, use the search tab, and type in "*food*" to see what comes up.

And remember: I don't want to hear "I'm hungry, Mum!" — haha.

FOOD IN YOU PACK

BREAKFASTS X3

SMOKO'S X8 TO 16

LUNCH'S X4 (One can be fresh)

DINNER'S X3 (Leave one in the car if the restaurant is open in the gorge)

POST TO MAREE

BREAKFAST'S X 3

SMOKO'S X6 TO 12

LUNCH'S X3

DINNER'S X3

Post to







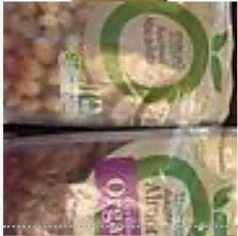
HIKE WITH MAREE

10685 MOUNT MOFFATT ROAD

MITCHELL QLD 4465

\$0.00 3740 g

FOOD - 400G TO 800G - 3 days in your pack and post 3 days to me - food drop

| | | | |
|---|--|--------|---------|
|  | 3 x BREAKFAST | \$0.00 | 30 g ▼ |
| | BACK COUNTRY SCRAMBLED EGGS OR ROLLED OATS. | | 🍴 |
|  | 9 x MORNING TEA | \$0.00 | 35 g ▼ |
| | BARS - 2 FOR MORNING TEA EACH DAY PLUS SOME BEEF JERKY | | 🍴 |
|  | 3 x LUNCH | \$0.00 | 130 g ▼ |
| | WRAP SALAMI OLIVE SD TOM | | 🍴 |
|  | 9 x AFTERNOON TEA | \$0.00 | 32 g ▼ |
| | BARS - 2 EACH AFTERNOON | | 🍴 |
|  | 2 x DINNER | \$0.00 | 85 g ▼ |
| | RADIX PALEO DEHYDRATED MEAL | | 🍴 |
|  | SNACKS | \$0.00 | 300 g ▼ |
| | OLD GOLD DARK CHOCALATE 45G PER DAY | | 🍴 |
|  | SNACKS | \$0.00 | 200 g ▼ |
| | NUTS OR PEANUT BUTTER GREAT SNACKS | | 🍴 |

DRINKING WATER

Do you treat or filter your water when hiking? What's your favourite method?

You will need a **water filter or water purification tablets** on this trek. Each night, we'll be drinking rainwater from tanks — except at Big Bend, where I prefer creek water.

Important: Feral pigs swim in **all Australian waterways** (except Tasmania). In hot weather, they wallow, swim, poop, pee, and spread diseases like *Leptospirosis* in the water. There is no such thing as clean, organic water when these big critters are around!

👉 [Leptospirosis info](#)

RAINWATER TANKS are also a breeding ground for bad bacteria — many hikers don't realise this.

👉 **TREAT OR FILTER ALL WATER WHEN HIKING!**

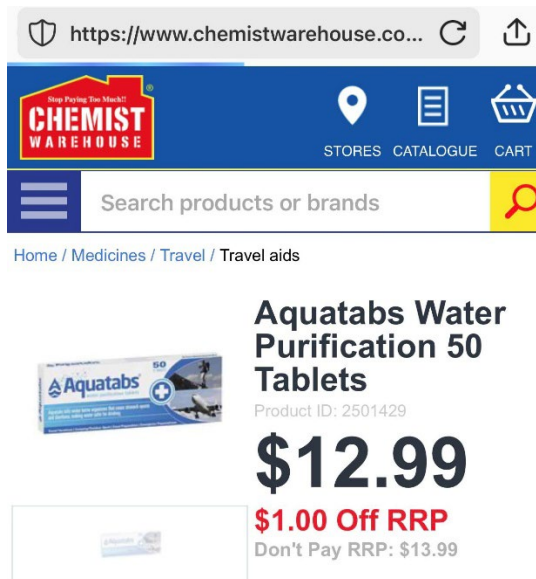
Favourite water filter used by hikers is the SAWYER SQUEEZE WATER FILTER



Favourite Water Purification Methods:

Tablets:

Aquatabs (lightest option) are a favourite among hikers. (People with sensitive tummies are best off to filter.)



The screenshot shows the Chemist Warehouse website. The URL is https://www.chemistwarehouse.co... The page features the Chemist Warehouse logo, navigation links for STORES, CATALOGUE, and CART, and a search bar. The main product displayed is Aquatabs Water Purification 50 Tablets, with a product ID of 2501429. The price is \$12.99, and there is a \$1.00 Off RRP discount, resulting in a final price of \$11.99. The original RRP is \$13.99.

Boiling:

Boiling 5–7 litres of water per day for 3 minutes would use too much gas — that's why hikers don't boil water. Carrying the extra gas would add too much weight.

Water Carrying & Filtration:

We typically carry **3.5 to 5 litres** of water during the day.

Water tanks are spaced **15 to 18 km apart** (~8 to 10 hours of hiking per day).

During your training, work out how much water *you* need for 8-10 hours of hiking over difficult terrain. Everyone is different.

A **2 or 3-litre water bladder** is **compulsory** — this lets you drink while walking, without constant water breaks.

My Routine:

I find **3.5 litres** of water is plenty for the day for myself. On Day 2, I usually use nearly all of it, but on other days I often finish with about 1 litre left.

At camp each morning, I drink **1 litre of electrolytes** before setting out — this gives me great hydration for the day ahead. Frequent sips then keep me going. As soon as I hit camp, I drink another full litre of electrolytes.

Water Bladders:

Source water bladders are tougher and stronger than most others I've seen.

When not in use, I either overfill mine with water and add **4/6 Aquatabs**, or I store it in the freezer (this prevents mould growth).

Most hikers keep their bladder in the freezer between hikes to avoid bacteria and mould build-up.

A **2 or 3-litre bladder** is ‘compulsory’ for this hike, so you can drink as you go — we don’t want constant stops for water breaks.

A **1.250-litre soda water bottle** (use a pop top lid from a pump bottle on it) also makes a great shower at night. (be sure to look up the file for a bush shower)

Platypus collapsible water bottles are ideal for carrying extra water — when empty, they fold flat and are super lightweight.

Water Planning:

Every adult needs to work out for themselves how much water they’ll need to carry for an **8 to 10 hour hike over difficult terrain without water access**.

We expect every hiker to complete a few **30 km, 2-day treks over tough terrain** to figure out their food, fuel, and water needs.



CLOTHES

A **long-sleeve 125gsm merino wool shirt with a collar** is a popular choice for hiking — it protects your skin from the sun.

This is a very exposed hike, so I recommend a **long-sleeve shirt with a collar**, made from **125g/m² wool**.

Wool 120gsm to 170gsm hiking top

Why wool?

Wool regulates temperature — it keeps you cool when it's hot and warm when it's cold. It also resists odours — you can wear it for **6 days straight** if needed. Simply hang it in the sun at camp each afternoon.



Buy a size or two larger than usual — **IO Merino** runs small.

What We Wear:

- Long-sleeve wool shirts (various styles)
- Hiking pants
- Ice towel (used as a scarf)
- Full-brim hats or caps
- Wool hiking socks
- Long **Sea to Summit** gaiters
- Hiking boots or shoes (buy **1 size larger** than your normal shoes)

Gaiters:

Full-length gaiters are 'compulsory'.

We had a tiger snake strike at a hiker who wasn't wearing gaiters — don't take the risk.



