

Hike With Maree Medical & Fitness 2025

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

Name

First _____

Middle _____

Last _____

Mobile phone _____

Email _____

I am hiking in – circle one.

May

August

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

\$550 up front to book, refund of \$385 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.

Measurements in cm’s

across the chest _____

Waist _____

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. 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 6 days _____

230g 4-5 boils per day will last the 6 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- _____

AIRPORT PICK UP – PEOPLE FLYING

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? _____

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, as long as everyone is really healthy 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 detail any walking/outdoor/camping trips you have done in the past three years with approximate dates and duration.

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?

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? _____

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 _____

Address _____

SIGNITURE _____

DATE _____