HIKE WITH MAREE

Hiker Etiquette & Expected Behaviour on Trek

To ensure everyone's safety, enjoyment, and a positive group experience, all hikers are required to follow the expectations below.
These guidelines are **non-negotiable**.

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1. Guide Authority

Maree and Fiona are your guides.

If we say **NO** or ask you not to do something because it is unsafe, you are expected to respect that—regardless of our tone.

Arguing, ignoring instructions, or pushing boundaries is not acceptable.
Safety always comes first.

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2. Cliff Safety – ZERO Exceptions

All hikers must always remain 2–3 metres back from ALL cliff edges.

There is always one hiker who thinks they can push this boundary—**please do not be that hiker**.

If we must intervene due to unsafe behaviour, it affects the entire group and is extremely distressing for us as guides.

Back-chat, smart comments, or ignoring instructions will not be tolerated.

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3. Break Times

Only Maree or Fiona will advise when breaks finish and when we walk on.

• Break time starts **after the last hiker sits down** (usually 10 minutes)
• We always respect hikers who arrive last and need recovery time
• No hiker is to pressure the group to leave early

This is every single time we sit down – don't be THAT hiker.

Please respect those who are finding it tougher than you.

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4. Start Together, Finish Together

This is a **guided hike**.

You **start with us and finish with us**.
There is no walking off early, changing the schedule, or pushing to "walk out fast" on the last day.

The **schedule and timings** have been planned for **11 months** for a group of **ten paid hikers**. Some of our hikers have accommodation booked at breeze Big 4 and want to enjoy the final day—**those hikers' matter**.

Other hikers—and **defiantly us guides**—do not want to hear dictation about walking out fast with minimal breaks on the last day, because you want to drive home today. This hike is about a group of people. (Not just you.) You have had eleven months to read the Schedule and times.

Please plan work, family, and personal commitments around the hike dates provided.
All details are shared well in advance—**read the file SCHEDULE** in the *Hike With Maree* Facebook group.

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5. Group Pace & Hiking Order

This is a **walking holiday**, not a race.

• Faster hikers walk towards the back, take photos, and enjoy the surroundings
• The slowest hiker walks directly behind the front guide
• This keeps the group together and prevents anyone getting lost on pig pads

After lunch:
• One guide leads the faster group **(tight formation, no spreading out)**
• One guide brings in the steady/relaxed group

By this time of day, everyone wants to reach camp, drop packs, and get into their thongs—this system works best.

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6. Mindset on the Trail

This is not a marathon or an army march.

Slow your mind. Be present. Enjoy where you are.

Remind yourself during the day:
I am amazing. I am strong. I am awesome.

Trust us—we follow a proven plan and will get you into camp comfortably every day.

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7. Communication & Feedback

We do **not** accept hikers dictating, contradicting, or overruling guides during the hike.

That behaviour is mentally exhausting and disrespectful.
I have been guiding since **2013**—please **don't be that hiker**.

We *do* welcome:
• Questions
• Concerns
• Problems on trek — please come directly to us

Feedback (positive or negative) is welcome "**after" the hike** via email.

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8. Respect Our Experience

We have over **16 years of guiding experience** and have completed this walk many times.

Please do not attempt to manage the hike, the guides, or other hikers.
We need clear headspace to keep everyone safe—not someone dictating in our ear all day.

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9. Hygiene on Trek

All hikers must clean themselves daily using:
• Hiker wet wipes, **or**
• Water bottle with wilderness soap, **or**
• Pot of water and chux

Please also:
• Air hiking clothes in the sun daily
• Maintain respectful personal and camp hygiene

This keeps camp comfortable for everyone.

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10. Be Ready at Walk-Off Time

Walk-off time is given each evening and written in the schedule.

• It is your responsibility to be ready
• Set your alarm **at least two hours before walk-off**
• If countdowns stress you, get up earlier and organise better the day before (tough love)

Water bladders **must** be filled the afternoon before.

If you're running behind and someone offers help—**accept it** and give them a task. The group will thank you.

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11. Gear Breakages on Trek – Personal Responsibility

IMPORTANT

I am a **guide only**. Yes, I guide you around the Carnarvon Great Walk.
I am **not** a large commercial operator—if I were, you'd be paying $5,000 for a seven-day trek.

If your tent breaks or your mattress fails, I will assist where reasonably possible.
However, **every hiker is ultimately responsible for their own gear**.

My husband will have some replacement tents mattresses and other gear at **West Branch (halfway camp)**.
If gear fails before or after West Branch, you will need to manage and rough it out.

I do **not** carry spare tents, mattresses, or duplicate gear.

I am a **53-year-old grandma (Glamma)**—not a pack mule.
My pack is already loaded with safety, first aid, and emergency equipment.

This is a remote, full-pack hike. **Gear failure is part of the risk coming on a remote hike.**

Preparation matters.

Preparation is compulsory

Mattresses:
• Must be tested before arrival
• Must be protected (footprint, tent floor plus car sunshade or foam mat)
• Bring repair patches

Tents:
• Research your tent brand
• Bring basic repair items (pole sleeve, tape, cord)

Hired Packs:
Yes—even hired packs are **your responsibility**.

All hikers must complete **TWO × 30 km overnight hikes** before arrival to ensure gear is comfortable and functional.

Sort gear issues **before** the hike—not on the track.
Before the hike, after practice hikes—you may ring me and whinge. That's fine.

On the track? **No whining about your gear being uncomfortable. This HAS TO BE SORTED before the real hike.**

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12. Toilet Breaks

Approximately every hour we stop for a 10-minute pack break.

This is when we:
• Eat
• Drink
• Use the toilet

Please do not walk off five minutes later and ask to stop again to pee—it wastes valuable camp time.

Sanitary items:
If you still get your monthlies/periods, pack supplies just in case they arrive early.

Final Word

When everyone follows these expectations, the result is a **safe, positive, enjoyable hike**—and that's what we all want.

Thank you for taking this seriously.
We truly appreciate it.

Thanks for hiking with
HIKE WITH MAREE

Now get ready for the adventure of a lifetime—**fun times await!** 🥾