

One of the most common pre-trip questions we receive is all about what to pack, and what the essential items are. This is a list of recommended kit to take on a Great Wall Triple Challenge. We have tried to pare down this kit list to the absolute must-haves for your trek, but above all you should use your common sense and your own personal preferences when you are packing. Check out our additional guidelines at the bottom of this list!

RUCKSACKS AND BAGS

- Day sack
- Rucksack/Duffel bag 70-90L

SLEEPING

- Sleeping bag liner*

FOOTWEAR

- Running shoes
- Sports socks

CLOTHING (ALL TREKS)

- Lightweight waterproof and breathable jacket. GORE-TEX recommended
- Running leggings/shorts
- Wicking t-shirts (both long and short-sleeved)
- Lightweight fleece top/shell layer
- Thicker jumpers/fleeces for the cold evenings
- Baseball cap
- Gloves (for running)
- Warm and casual clothes for evenings and sightseeing
- Smart clothes for the celebratory meal*

GENERAL EQUIPMENT

- Water bottles/bladder min 3L
- Sunglasses
- High energy snacks tracker bars, dried fruit, chocolate, nuts

- Plastic bags for keeping clothes and docs dry
- Camera*
- Contact lenses (with spare glasses)*
- Gaffa tape for emergency repairs*
- Alarm clock/watch*
- Ear plugs*

SMALL FIRST AID KIT

- Pain killers
- Plasters
- Zinc oxide tape
- Compeed blister pads
- Antiseptic wipes
- Diarrhoea tablets
- Rehydration sachets
- Your own medication
- Chamois cream*
- Deep heat/freeze*
- Knee supports*

TOILETRIES

- Toothbrush, toothpaste, soap, babywipes, lip salve
- Shampoo/conditioner
- Travel towel (towels are small in some of the lodges)
- Deodorant
- Tissue/toilet paper
- Insect repellent containing DEET
- Aftersun/moisturiser
- Sun protection min factor 30
- Dextrose tablets for extra energy*

DOCUMENTS

- Passport
- Visa
- Tickets (received at airport)
- Photocopy of passport
- Cash
- Credit card
- Travel insurance

KEY * Indicates Optional

MAKING THE MOST OF YOUR KIT

PACKING

Your day sack should have a thick waist strap for maximum comfort when you are on the Wall. While running on tarmac you will have a support vehicle, and can carry a small bag or bumbag for valuables or essentials like energy sweets.

Your main bag is transported throughout the challenge but for ease of transportation up the stairs of the lodges etc, we recommend a rucksack/duffel bag rather than a suitcase.

SLEEPING

Clean sheets and pillows are included throughout the challenge, but in the colder months of March/early April and October, participants have benefited from taking a lightweight sleeping bag or sleeping bag liner to add that extra bit of warmth. Use your personal preference to guide you. If you know you get cold at night, this might benefit you.

CLOTHES

Temperatures can fluctuate enormously from day-night. Even in the hotter months of May and September, evenings are cold in the remote mountain areas around Beijing. Take lots of layers to overcome this, and ensure that you have enough trekking layers to keep cool but also layer up for the windy summits. Our training weekends are the perfect place to test your new kit, particularly your hiking boots.

HYDRATION

During exercise your fluid needs increase dramatically and hydration is vital. There are various ways to get the right fluids into your body, with many people using water bladders or bottles. Another alternative is a widemouth bottle with a drinking tube adaptor (click [here](#) for an example).

HEALTH

Make sure you take a first-aid kit with you, as the group medical kit is designed for emergencies. Zinc Oxide tape is a handy addition, as it is often a lifesaver for blisters. Tape up your feet before trekking/running and this will reduce the chance of you developing hotspots. In addition, when applying your sunscreen, make sure that you cover the backs of your hands as well as your face and neck. Don't forget to take an SPF stick for your lips as well. We also highly recommend chamois cream, which is an anti-bacterial, viscous substance that helps eliminate friction between skin and clothing, and therefore avoid chafing.

