

Great Wall of China Kit List

CoppaFeel!
breast cancer awareness



Rucksacks & Bags

- Day sack 25-30L
- Suitcase/Duffel bag 60-70L
- Waterproof liner *

Footwear

- Well worn walking boots with ankle support
- Hiking socks
- Comfy shoes for evenings *
- Spare laces *

General Trekking Equipment

- Water bottles/bladder (min. 3 Litres)
- Personal high energy snacks (cereal bars, dried fruit, chocolate, nuts)
- Dry-bags (or plastic bags) for keeping clothes and documents dry
- Walking poles
- Lunch box/Tupperware to pack lunches (help us reduce reliance on single use plastic)
- Camera*
- Gaffa tape for emergency repairs*
- Alarm clock/Watch*
- Ear plugs*

Documents

- Passport
- Tickets
- Money - see Challenge trip notes
- Copy of travel insurance
- Photocopy of passport

Clothing

- Lightweight long trekking trousers (zip-off trousers recommended)
- Lightweight waterproof jacket
- Lightweight fleece
- Wicking t-shirts
- Long sleeve shirt for trekking
- Warm jumper/fleece for evenings
- Sun hat/sunglasses
- Casual clothes for evenings and sightseeing
- Cotton scarf/buff for sun protection *
- Waterproof trousers *
- Hiking shorts *
- Smart clothes for celebration meal *

Additional Clothing

- Thick fleece
- Gloves
- Warm hat
- Bandana/buff

Small First Aid Kit

- Pain killers
- Plasters and blister pads (e.g. Compeed)
- Zinc oxide/Kinesiology tape
- Diarrhoea tablets
- Antiseptic wipes
- Rehydration sachets
- Your own medication
- Knee supporters*
- Deep heat *
- Dextrose tablets for extra energy *



CoppaTrek!

challenge

Toiletries

- Personal toiletries
- Anti-bacterial hand gel
- Tissues/toilet paper
- Insect repellent
- Sun protection (min factor 30)
- Aftersun/moisturiser
- Contact lenses & solution (plus spare glasses) *
- Baby wipes *

Gi & CoppaFeel! Recommends

- Sense of humour
- Knowledge of type 1, type 2 AND type 3 fun
- Your favourite snacks
- An eye mask, earplugs, and pillow spray
- Biodegradable glitter

KEY * Indicates Optional

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 this trek. 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 below!

If you do not own some of this equipment and do not wish to spend a lot of money on buying equipment then we would highly recommend hiring equipment from Charity Challenge's partners at [Outdoorhire](#). They can hire really good quality outdoor equipment for weekends and often hiring a high quality piece of equipment is better than purchasing a cheap version.

MAKING THE MOST OF YOUR KIT

LUGGAGE & PACKING

Your main luggage bag should be a holdall/duffle bag rather than a suitcase, this makes it easier to transport in the buses as they are more malleable. Your main luggage will be transferred to the next hotel each day. We recommend to keep your luggage to a maximum of 15kg, so don't overpack!

A useful tip for packing is to compartmentalise your clothing and you can use dry bags or zip lock bags to do this. For example, you could have a bag for underwear and socks; and another for t-shirts and pyjamas. The important thing is to not over pack and lay things out on the floor so you can see everything in one go. Make sure you have everything you need, then if you have space, add some additional things.

You will also need a day sack which you can take as your hand luggage on the plane and use on the wall for your items you'll need on the trek. Your day sack should have a thick waist strap for maximum comfort. Other things to consider are back ventilation, hydration compatibility and gear loops for stowing walking poles. Waterproof liners or bags are essential for keeping valuables and clothes dry within your pack.

Portable chargers or power banks containing a lithium ion battery must be packed in carry-on bags. Specific regulations regarding power banks may vary depending on the airline, the country you're traveling to, and the type and capacity of the power bank. It's always a good idea to check with the airline and the destination country's regulations before your flight to ensure that you comply with their specific rules regarding power banks.

ACCOMODATION

Clean sheets and pillows are included throughout the challenge, but in the colder months of March/early April and October, if you feel the cold you may want to add a sleeping bag liner to your kit or bring thermals to sleep in. You will be preparing your own packed lunch daily. We ask that you help us please reduce single use plastic and bring a packed lunch box/Tupperware with a secure lid to pack your lunches in.

HYDRATION

During exercise your fluid needs increase dramatically and hydration is vital. There are various ways to ensure you are drinking enough water, with many people using water bladders or bottles. Another alternative is a wide mouth bottle with a drinking tube adaptor. Rehydration tablets are always good as they'll help you maintain a healthy balance of electrolytes—like sodium, potassium, and magnesium—which are essential to keeping your body hydrated. Only put rehydration tablets in a water bottle, not a water bladder as they make them go mouldy.

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. Ensure that you have enough trekking layers to keep cool but also layer up for the windy summits. We recommend walking trousers or zip off trousers & long-sleeved tops, as there can be a lot of vegetation on certain days of the trek that can scratch you if you're not protected. A pair of comfortable hiking boots can make all the difference, so try and wear them as much as possible before your trip. Our training weekends are the perfect opportunity to test your new kit, particularly your hiking boots.

HEALTH

Make sure you take a first-aid kit with you, as the group medical kit is designed for emergencies. Kinesiology Tape is a handy addition, as it is often a lifesaver for blisters. Tape up your feet before trekking 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. Hand hygiene is vital on trek, wash your hands thoroughly before eating and keep a bottle of anti-bacteria gel handy or dry wash gel for when water isn't available.