

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 your Great Wall bike ride. We have tried to pare down this kit list to the absolute must-haves for your ride, 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 30-35L/bum bag/handle bar bag
- ☐ Rucksack/Duffel bag 70-90L
- ☐ Dry bags for valuables\*

## FOOTWEAR

- ☐ Stiff soled shoes
- ☐ Comfy shoes for evenings
- ☐ Sports socks
- ☐ SPDs (if bringing your own pedals)\*

## CLOTHING

- ☐ Cycle helmet
- ☐ Cycling gloves
- ☐ Cycling shorts/leggings
- ☐ Waterproof and breathable jacket. GORE-TEX recommended
- ☐ Hi-Vis cycle jacket (you could combine this with the waterproof to save space)
- ☐ Wicking t-shirts or cycle tops
- ☐ Long-sleeved cycle shirt
- ☐ Lightweight fleece top
- ☐ Bandana/buff for the dust
- ☐ Warm and casual sightseeing/evening clothes
- ☐ Cycle cap\*
- ☐ Smart clothes for the celebratory meal\*

## GENERAL EQUIPMENT

- ☐ Water bottles/bladder
- ☐ Bike light (for tunnels)
- ☐ Sunglasses
- ☐ High energy snacks: tracker bars, dried fruit, chocolate, nuts
- ☐ Spreads for toast (jam/marmite/nutella) and hot chocolate/tea. Lodge supplies are basic
- ☐ Plastic bags for keeping clothes and docs dry
- ☐ Gel saddle\*
- ☐ Puncture repair kit\*
- ☐ Mini pump\*
- ☐ Camera\*
- ☐ Contact lenses (with spare glasses)\*
- ☐ Alarm clock/watch\*
- ☐ Ear plugs\*

## SMALL FIRST AID KIT

- ☐ Painkillers
- ☐ 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
- ☐ Deodorant
- ☐ Tissue/toilet paper
- ☐ Insect repellent containing DEET
- ☐ Aftersun/moisturiser
- ☐ Sun protection min factor 30
- ☐ Dextrose tablets for extra energy\*

## DOCUMENTS

- ☐ Passport
- ☐ Visa
- ☐ Tickets
- ☐ Photocopy of passport
- ☐ Cash - see trip notes
- ☐ Debit card
- ☐ Travel insurance

**KEY** \* Indicates Optional

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 our partners at [Outdoorhire](http://Outdoorhire). They can hire really good quality outdoor equipment. Often hiring high quality piece of equipment is better than purchasing a cheap version.

# MAKING THE MOST OF YOUR KIT

## PACKING

Remember that the general rule is that if you don't need it, don't bring it. On a bike a decent bum-bag is hard to beat for carrying valuables and essentials for an example, [click here](#). Protect valuables from rain with a small rolltop dry bag.

Plastic bags are also good but they don't prevent condensation from happening, which can still damage any phones or electronic equipment.

Your main kit bag will be transported from place to place, but it is still important to pack this efficiently in order to get away early in the mornings.

## CLOTHES

The weather in China is like the UK in terms of the seasons and its unpredictability. If cycling in April or October, bring more layers in case of cold, and long cycling gloves will certainly be essential. A waterproof jacket is always essential, along with lightweight waterproof bottoms if you have them. Each day could be different, so come prepared for warm, cold and rain. You can bring your own pedals and gel seat if you wish to adapt your bike.

## SUN PROTECTION

To protect yourself from the sun use a lightweight peaked cap that's comfortable under your helmet and at other times wear a wide brimmed hat. On a bike the back of your neck and the back of your legs are more exposed than usual; don't forget sunscreen on these areas.

## HYDRATION

When exercising, your fluid needs increase dramatically and adequate hydration is vital. You will have water bottle holders on your bike, and some cyclists like to wear a small Camelbak bag with a water bladder inside for extra comfort. However you choose to hydrate, adding oral rehydration tablets or electrolyte powders to your water helps to maintain a correct electrolyte balance and also makes your water more palatable. Make sure you follow the mixing instructions on the pack and wash bottles and bladders thoroughly after use because the nutrients can help promote bacterial and mould growth.

## 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. Good hand hygiene is very important on any sort of challenge and will help to prevent tummy problems. Wash your hands whenever you eat and use anti-bac gel when washing facilities are not available.

## BIKING

If you have ever undertaken any multi-day or long distance cycle rides, you may have experienced the pain of chafing. We do recommend taking a pot of chamois cream, which is an anti-bacterial, viscous substance that helps eliminate friction between skin and clothing. It can be a little pricy but definitely worth the benefits when you need to get on the bike day after day. We also recommend taking a small pump and repair kit in a bum bag or bike attachment – there are mechanics and support vehicles on your challenge, but this will allow you to make a start on fixing any punctures in case they are behind with other participants.