

We recommend you take the below for your challenge to the Great Wall.

## RUCKSACKS AND BAGS

- Day sack 30-35L (for day trekking)
- Rucksack/Duffel bag 70-90L

## FOOTWEAR

- Walking boots with ankle support
- Hiking socks at least 4 pairs
- Comfy shoes for evenings

## CLOTHING (ALL TREKS)

- Waterproof, breathable jacket
- Wicking t-shirts
- Long sleeve shirt for trekking
- Trekking trousers (not jeans)
- Waterproof trousers
- Lightweight fleece
- Sun hat
- Sunglasses
- Casual clothes for evenings and sightseeing
- Warm jumper/fleece for evening

## ADDITIONAL CLOTHING FOR APRIL/OCTOBER TREKS

- Thick, good quality fleece
- Gloves
- Warm hat
- Bandana/buff

## GENERAL TREKKING EQUIPMENT

- Head torch/torch
- Water bottles/bladder min 3L
- Walking poles
- High energy snack bars, dried fruit, chocolate, nuts
- Plastic bags for keeping clothes and docs dry

## SMALL FIRST AID KIT

- Your own medications
- Pain killers
- Plasters
- Zinc oxide tape
- Compeed blister pads
- Antiseptic hand gel
- Diarrhoea tablets
- Rehydration sachets

## TOILETRIES

- Personal toiletries
- Baby wipes
- Travel towel (towels are small in some of the lodges)
- Tissue/toilet paper
- Insect repellent containing DEET
- Sun screen, After sun/moisturiser

## DOCUMENTS

- Passport
- Visa
- Tickets (received at airport)
- Photocopy of passport
- Money - see Challenge trip notes
- Copy of travel insurance

## OPTIONAL ITEMS

- Alarm clock
- Camera
- Contact lenses/spare glasses
- Deep heat/freeze
- Dextrose tablets for extra energy
- Ear plugs
- Gaffa tape
- Hiking shorts
- Knee supports
- Lip salve
- Sleeping bag & liner
- Smart clothes for the celebratory meal
- Spare laces

# MAKING THE MOST OF YOUR KIT

## PACKING

When you are trekking on the Wall you will need to take your day sack with you; this will be so you can carry your drinking water, sun screen, extra clothing such as your water proofs in case of bad weather, any snacks you may want and other personal items including medication you might need to take along the route.

It is important that your day sack is comfortable so things you might want to consider when buying one or about your own rucksack are things like whether it has a waistband, back ventilation, separate section for hydration system/water bladder; trek pole loops.

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.

## 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 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.

We do recommend rubber tipped walking poles for the Great Wall challenge, as well as packing a knee support for any niggles. The Great Wall trek is very tough on knees and joints, and any little thing that you can do will help to keep these problems at bay.

## KIT HIRE

If you do not have all of the kit we are recommending do not panic. You don't need to spend loads of money on buying new kit either. We are partnered with [Outdoorhire](#) who hire out kit and can help advise on what you might need or want to take with you.