

Below is a list of the items that we would recommend you take with you as a part of your trek on the Great Wall.

RUCKSACKS AND BAGS

- Day sack 30-35L
- Holdall/Duffel bag 45-60L

FOOTWEAR

- Boots with ankle support
- Hiking socks
- Comfy shoes for evenings

CLOTHING (ALL TREKS)

- Casual clothes for evenings and sightseeing
- Light weight trekking trousers
- Light weight waterproofs - jacket & trousers
- Lightweight fleece
- Long sleeve shirt for trekking
- Sun hat, Sunglasses
- Warm jumper/fleece for evening
- Wicking t-shirts

ADDITIONAL CLOTHING FOR APRIL

OCTOBER TREKS

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

GENERAL TREKKING EQUIPMENT

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

SMALL FIRST AID KIT

- Your own medications
- Pain killers
- Plasters
- Zinc oxide tape

- Compeed blister pads
- Diarrhoea tablets
- Rehydration sachets

TOILETRIES

- Personal toiletries
- Anti Bac Hand Gel
- 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
- Baby wipes
- Camera
- Contact lenses/spare glasses
- Deep heat/freeze
- Ear plugs
- Gaffa tape
- Hiking shorts
- Knee supports
- Lip salve
- Sleeping bag & liner
- Smart clothes for the celebratory meal
- Spare laces
- Travel towel (towels are small in some of the lodges)
- Walking poles

MAKING THE MOST OF YOUR KIT

LUGGAGE AND 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. 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.

The luggage allowance for the international and internal flight should you be doing an extension is 20kg.

A useful tip for packing is to compartmentalise your clothing and you can use dry bags or even 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 and make sure you have everything you need, then if you have space add some additional things.

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.