

One of the most common pre-trip questions we receive is all about what to pack, and what the essential items are. We have tried to pare down this kit list to the absolute must-haves for your trip, 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 25-30L
- Rucksack/Duffle bag 60-70L
- Waterproof liner*

CLOTHING (ALL TREKS)

- Lightweight trekking trousers
- Lightweight waterproofs 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 clothing for celebration meal*

ADDITIONAL CLOTHING FOR APRIL / OCTOBER TREKS

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

GENERAL TREKKING EQUIPMENT

- LED Head torch plus spare batteries
- Water bottles/bladder min 3L
- Personal high energy snacks (cereal bars, dried fruit, chocolate, nuts)
- Plastic bags for keeping clothes and docs dry
- Camera*
- Gaffa tape for emergency repairs*
- Alarm clock/watch*
- Ear plugs*
- Sleeping bag/sleeping bag liner*
- Walking poles*
- Travel towel*

FOOTWEAR

- Boots with ankle support
- Hiking socks
- Comfy shoes for evenings*
- Spare laces*

SMALL FIRST AID KIT

- Your own medication
- Pain killers
- Plasters and blister plasters (eg Compeed)
- Zinc oxide tape
- Antiseptic wipes
- Diarrhoea tablets
- Rehydration sachets
- Dextrose tablets for extra energy*
- Deep heat*
- Knee support*

TOILETRIES

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

DOCUMENTS

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

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**. You can hire good quality outdoor equipment for weekends and often hiring a high quality piece of equipment is better than purchasing a cheap version

KEY * Indicates Optional

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. 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.

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. Ensure that you have enough trekking layers to keep cool but also layer up for the windy summits. 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.

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.

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.