

Kit List

THE GREAT WALL CHALLENGE



This list has been compiled by our local Ground Handlers and is based on recommendations from previous expeditions.

Please do take into account your own personal preferences and common sense!

We welcome feedback on how this list can be improved upon your return from your Challenge.

It is highly recommended that to travel, you use a 'soft hold-all' type of bag / large rucksack and not hard rigid suitcases.

Item	Needed?	✓
Baggage		
Large hold all / rucksack – to check in at Airport	Yes	
Day pack – approx. 30/35 litres in size with good waist strap	Yes	
Clothing		
Lightweight waterproof – top and bottoms	Yes	
Jumper / lightweight fleece – warm fleece for October/March/April treks	Yes	
T- Shirts x 6 minimum	Yes	
Long sleeved shirt/s	Yes	
Trekking socks	Yes	
Lightweight trousers (such as lightweight cargo trousers – avoid jeans)	Optional	
Trainers – for evenings	Yes	
Shorts x 2	Yes	
Sun Hat – wide brimmed - neck needs protection from the sun	Yes	
Trekking boots – must be worn in with good ankle support	Yes	
Casual clothes for evenings and travelling	Yes	
Underwear including normal socks	Yes	
Warm hat and gloves for March/April treks	Yes	
Equipment		
Sun glasses	Yes	
Gloves and warm hat (for October treks only)	Yes	
Head torch with extra batteries	Yes	
Sleeping bag liner for extra comfort	Optional	
Light weight towel	Yes	
Water bottle (2 litres minimum OR 2 x 1 litres) – 're-hydration systems' are a great idea!	Yes	
Trekking poles – try to get them into your main hold luggage	Optional	
Camera and spare batteries and film	Optional	
Health and Hygiene		
Toothbrush, toothpaste, wet wipes (or equivalent), soap (anti-bacterial), shampoo, conditioner (all cleansing liquids must be bio-degradable), lip salve with sun protection, tissues, razor & cream, deodorant, sanitary products, dry wash for keeping hands clean	Yes	
Insect repellent (with DEET), sun lotion (minimum of factor 25), after sun / moisturiser	Yes	
Other		
Energy foods / drinks	Yes	
Spreads for toast (marmite, jam etc), Tea / Coffee sachets– hotel supplies are basic!	Optional	
Contact lenses (bring spares and also your glasses in case of emergency!)	Optional	
Padlock for baggage – useful, as you leave your main luggage in vehicle at the rim	Optional	
Ear plugs – just in case you have trouble sleeping	Optional	
Plastic bags – for dirty washing and keeping items dry	Yes	
Spare boot laces – great for tying things to the outside of your day bag also!	Yes	
Small First Aid Kit		
Adhesive dressing (plasters) and Compeed for treatment of blisters, Antiseptic spray, Diahorrea tablets, Re-hydration sachets, any other personal medication, Paracetamol	Yes	
Documents		
Passport (valid for 6 months AFTER your return) and photocopy, Visa, cash, credit card (for emergencies), Travel Insurance, Tickets or e-ticket receipt	Yes	

You can also hire some kit from TrekHire UK (www.trekhireuk.com) rather than going to the expense of purchasing.