



Why not?... Trek together
Supporting Northwest
Children & Young People

Great Wall of China Challenge

Kit List

- Shorts
- Trousers
- Socks
- Underwear
- Rain jacket
- Fleece
- Sun Hat
- Bathing suit and bathing hat (you will not be allowed to swim without a hat)
- Shirts/t-shirts
- Sunglasses
- Hiking boots/shoes
- Trainers
- Towel
- Toiletries
- Sun Protection Lotion
- Small rucksack/day pack
- Plastic bag for inside rucksack/daypack to keep belongings dry
- 1 litre water bottle
- Camera and films
- Casual clothes for evening
- Energy foods/drinks
- Tissues
- Lip balm
- Wet Wipes
- Insect Repellent – for body
- Insect Repellent – for accommodation
- Toilet Roll (none is provided on the Great Wall)
- Cycling helmets are not provided and are not compulsory however please use your own discretion
- Passport - must be valid for up to three months on arrival.
- Any vaccination cards.
- Traveller's cheques/credit card.
- Insurance details

Your luggage should be carried in a soft holdall or large rucksack (NO RIGID HARD SUITCASES) and will be transported each day by coach

Personal First Aid Kit

The following items will allow you to treat any minor ailments such as blisters yourself.

Item	Amount
Any usual medication	
Throat Sweets	1 Packet
Savlon pump action spray for small cuts and abrasions	1 spray
Anti-histamine / bite Cream	1 Tube
Oral re-hydration sachets	10 Sachets
Sunscreen	1 Tube - high factor (small)
Moisturizer (use as aftersun)	1 Small Bottle
Total Sun Block for nose and lips	1 Stick
Foot / Talcum Powder (Scholls / Odour Eaters)	1 Small Bottle
Travel Sickness Pills	If required
Blister Kit (Compeed heel size)	1 packet
Plasters (Assorted sizes)	10-15
Vaseline	1 small tin
Wet Wipes	1 flat travel pack of 20
Dextrose Tablets	2 packs
Dry Wash (alcohol based anti bacterial wash)	1 small bottle