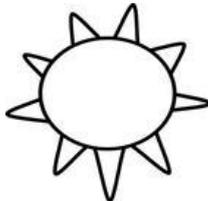


Great Wall of China Trek Kit List

Taking the right equipment for your challenge is very important so just get in touch with any questions – we'll be happy to talk you through it. The following recommendations include clothing for all weathers you may encounter; you may not end up needing all of it, but being prepared is vital.

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| <p>Weather Conditions</p> <p>Weather can be unpredictable in this terrain and you should be prepared for any sudden changes. You need good quality kit to keep you warm / cool as appropriate, and dry.</p> <p>On the whole days are usually warm; expect to trek in shorts / light trousers and T-shirt, though during stops or at higher points you'll need a warmer layer. Early mornings and evenings are often chilly.</p> |  <p>Average Min/Max Temp 7 – 27°C</p> |  <p>Average Rainfall 16 – 58mm</p> |
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ON TREK

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| ✓ | ESSENTIAL Trekking Kit & Clothing | <i>We can't stress enough that you have good quality clothing – it can have a huge impact on how much you enjoy the trek, and whether you are able to complete your challenge. Remember that you will be trekking for full days, whatever the weather. Test your kit out in all weather conditions during training, so you have full confidence in it.</i> |
| | Walking boots | With firm ankle support for uneven ground. Must be well worn in so they are comfortable; ensure the sole pattern provides plenty of grip on rocky ground and is not too worn. Ensure they are waterproofed. Well worn-in boots are irreplaceable so wear on flight in the (rare) case your luggage is misplaced |
| | Walking socks | Enough for dry (not necessarily clean!) socks each morning; damp socks can cause blisters. Ensure they wick well, and are the right fit for your boots. Liner socks can make a difference – ensure you have tried out different combinations of socks while training, so you have the perfect fit in time |
| | Wicking base layer | T-shirts or tops made from wicking material are essential in regulating your body temperature; avoid cotton as it absorbs sweat and will make you cold |
| | Insulating mid-layer | Warm long-sleeved layer (eg light fleece). Thinner layers trap warmth and are more effective and versatile than wearing one thick top |
| | Waterproof windproof jacket | Good quality (eg gore-tex) essential; material should be breathable and seam-sealed. Combining a lightweight waterproof with a fleece is more versatile than a heavy jacket which is too hot. It must keep you dry in heavy rain, not just showers – test it while training |
| | Wide-brimmed hat / cap | For sun protection |
| | Trek trousers / shorts | Bring at least two pairs; zip-off trekking trousers add versatility |
| | Small day-sack | To carry camera, spare layers, fleece, waterproofs, first aid kit, sun cream, snacks and anything else you need for the day. At least 25-30 litre capacity, adjustable shoulder-straps and hip belt essential. Most have compartments for hydration bladders (below) |
| | Water bottle(s) / hydration bladder | Should be able to carry min 2 litres. A bladder (eg platypus) allows you to drink easily and regularly without stopping and is highly recommended – ensure a compatible fit with your day-pack |
| | Sunglasses | Well-fitting; wraparound style useful |
| | Liquid handwash (waterless) | Small bottle for easy hygienic hand-washing before lunch / snacks – this prevents any bugs spreading around the group |
| | Toilet paper / wet wipes + plastic bags | There won't always be toilets where you need them! Bags for disposal en-route; fragranced nappy bags are best |
| | Whistle | For safety reasons if you become separated |
| | Snacks (eg cereal bars / dextrose tablets/ dried fruit | Extra sources of energy are highly recommended if you are having a tough day, or have special dietary requirements and need a source of extra energy, or if |

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| | packs / jelly babies) | you just need your personal favourites to motivate you! Don't weigh your bag down too much though – snacks can be bought locally too |
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| ✓ | OPTIONAL Trekking Kit & Clothing | <i>Use your training walks to experiment with your kit. You may not feel you need all the suggestions below, but they can make your trek much more enjoyable or convenient.</i> |
| | Trekking poles | Useful on steep and uneven ground especially if you are tired or unsteady. Reduces the impact on your knees considerably. Use them when training to get used to them |
| | Thermal jacket / fleece | For cold mornings / evenings. Down jackets warm but best in dry conditions |
| | Warm hat and gloves | For cold morning / evenings if you feel the cold |
| | Waterproof over-trousers | Lightweight so you don't get too hot. Recommended on cold rainy days (you may find wet legs preferable if it's just a light shower on a warm day). Protects your socks from rain, which helps prevent blisters |
| | Sleeping-bag - Comfort Rating 0°C (2-3 season) | Recommended if you feel the cold at night, especially if you are travelling in October (when it is cooler) |
| | Waterproof rucksack cover | Keeps your day-sack and its contents dry; alternatively line with plastic bags |
| | Talcum powder / vaseline | Can help with blister prevention - experiment at home while training |
| | Muscle rub | e.g. deep heat, radian B |

NON-TREKKING

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| ✓ | General Clothing & Equipment | |
| | Light trousers/ skirt Spare short-sleeved top Spare long-sleeved top Underwear & socks Trainers / spare footwear | General clothing for when you're not trekking: ensure you have enough for evenings, sight-seeing and travelling home, but don't over-pack! |
| | Nightwear | Mountain hotels rarely have heating and it can get quite chilly, especially on autumn trips. Thermals are a good option if you feel the cold |
| | Sleeping-bag liner / sleepsheet | Blankets are provided but a sleeping-bag liner is strongly recommended as an extra layer of warmth; silk liners are lightweight and warmer than cotton |
| | Wash kit (eg toothbrush, etc) | Wet wipes can be handy, and ear-plugs if you're a light sleeper |
| | Towel | Lightweight to minimise space (most hotels provide but not guaranteed) |
| | Camera / phone | Be aware of how quickly your battery runs down; in the mountains the electricity supply is not always reliable and there is no guarantee you will always be able to recharge your phone |
| | Alarm clock | We generally start early! Many phones have an alarm, but be aware of battery life and ease of recharging (see above) |
| | Chargers / adaptors / spare batteries | For phone, camera etc |
| | Book / travel games / cards | Useful for evenings |
| | Kitbag / holdall for main luggage | Carried between hotels in the support vehicles; you will not be able to access it during the day. Soft-sided luggage is essential due to space available – no hard-sided cases please |
| | Strong plastic bags | To keep spare clothing and sleeping bag / liner dry |

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| ✓ | Small Personal First Aid Kit | <i>Should be carried in your day-pack each day; everyone is different so judge what to trek with and what can be left in your main luggage</i> |
| | Regular medication | Anything you take regularly or while exercising |

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| | Sun block / sun cream | Minimum SPF 30 |
| | SPF lip balm After sun / moisturiser | Exposure to the elements can make skin dry |
| | Painkillers | e.g. ibuprofen, paracetamol |
| | Insect repellent | |
| | Anti-histamines | For allergies / insect stings |
| | Plasters and blister dressing | Zinc oxide tape and dressings recommended for covering hot spots and blisters – compeed works well at end of trip, but not recommended when days of trekking still remain |
| | Rehydration sachets | e.g. dioralyte |
| | Diarrhoea tablets | e.g. imodium |

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| ✓ | Important Documents & Money | <i>We recommend you have digital copies stored in a safe place you can access if required</i> |
| | Passport + photocopy | 10-year essential (for adults); valid for at least six months after arrival |
| | Visa | See Factsheet for detail |
| | Money | Chinese Yuan available from the UK – see Factsheet for more detail |
| | Flight Tickets | To be collected from your tour leader / DA representative at the airport |
| | Credit Card | Always carry a credit card in case of emergencies |
| | Travel Insurance Documentation | Advisable to leave a copy with your next of kin too |
| | Immunisations Record | Useful if you need a record/proof of your vaccinations (see Factsheet) |
| | Money belt | Optional; safe way to carry cash and valuables |

Note on Luggage:

- Our support vehicles do not have unlimited space for your luggage, so please ensure it all fits in one soft-sided bag (NOT a hard-sided suitcase), with an additional day-sack for the flight / when trekking
- If you do not have a suitable soft-sided bag for your main luggage, see the [Discover Adventure kitbag](#) which is designed for this kind of trip
- Your luggage allowance on the plane is 20kg. You should not need this much, but you are responsible for any excess baggage costs charged by the airline – most are quite strict. Remember to leave some room for souvenirs!
- Remember not to pack any penknives, scissors, tweezers etc in your hand luggage. Liquids can be carried subject to current restrictions – see <https://www.gov.uk/hand-luggage-restrictions>
- Trekking poles should not be carried on as hand-luggage. They should be packed into your main bag – dismantling them will make them smaller, but if they don't fit, the best option is to secure them well and label them separately in case they become detached
- Be aware that hand-luggage restrictions may sometimes change due to airport security measures
- As a general rule, avoid travelling with anything valuable or irreplaceable