

GREAT WALL OF CHINA TREK KIT LIST

✓ Please use this check-list to help you pack!

Important Documents & Money

Passport + photocopy	<i>10-year essential (for adults); valid for 6 months after entry into China</i>
Visa	<i>Required for most nationalities including UK – see Factsheet for detail</i>
Money	<i>Chinese Yuan available from the UK – see Factsheet for more detail</i>
Credit Card	<i>Always carry a credit card in case of emergencies; make sure you know your PIN number</i>
Insurance Documentation	<i>Advisable to leave a copy with your next of kin too</i>
Air Tickets	<i>To be collected at the airport from your tour leader</i>
Immunisations Record	<i>Useful as a record/proof of your vaccinations; (see Factsheet for recommendations)</i>
Money belt	<i>Safest way to carry cash and valuables</i>

Luggage

Rucksack/expedition kitbag	<i>For your main luggage; see luggage notes (below)</i>
Large strong plastic bags (eg rubble sacks)	<i>To keep things dry inside your main bag (especially sleeping gear)</i>
Small day-sack	<i>At least 25-30 litre capacity; see luggage notes (below)</i>

Trekking Gear

Walking boots	<i>With good sole pattern and firm ankle support. Must be well worn in and waterproofed. Wear on flight; well worn in boots are irreplaceable</i>
Walking socks	<i>No need for a clean pair per day but enough to have dry socks each morning</i>
Base layers / T-shirts x 2	<i>Wicking tops (eg dryflo) recommended and better than cotton</i>
Waterproof windproof jacket Waterproof windproof trousers	<i>Good quality (eg gore-tex) essential; material should be breathable and seam-sealed. Thinner outer top layers should be combined with a fleece layer for trekking. NB: Down jackets are warm but best for dry conditions</i>
Hat / cap	<i>For sun protection</i>
Sunglasses	<i>Wraparound style useful</i>
Shorts x 2 Trek trousers x 1	<i>Zip-off trekking trousers ideal</i>

General Clothing

Extra pair trousers	<i>Spare for trekking / evenings</i>
Loose long sleeved shirt	<i>Spare layer or for evenings; also useful for sun protection on hot days</i>
Fleece / thick jumper	<i>For cold evenings or mornings</i>
Thermals	<i>Useful to sleep in or for extra cold times</i>
Underwear & socks	<i>Non-trekking socks for evenings</i>
Warm hat and gloves	<i>For cold mornings or evenings</i>
Towel	<i>Lightweight to minimise space (most hotels provide but not guaranteed)</i>
Tracksuit bottoms	<i>Good for sleeping in and as spares</i>
Trainers / spare footwear	<i>For evenings, to give your feet a break from boots</i>
Spare set of clean clothes	<i>For when you get back to Beijing; can be left in hotel</i>
Spare clothes for evenings	<i>If you have room, bring a spare top or trousers for evenings if you wish</i>
Swimming costume	<i>Optional</i>

General Equipment

Sleeping-bag (2-3 season) + liner / sleepsheets	<i>Optional; see Climate note below. A liner (silk provides best warmth) is strongly recommended</i>
Head torch / torch with spare battery	<i>Recommended for longer trekking days and in hotels where there are sometimes power cuts; head torch keeps your hands free (useful for loos!)</i>
Water bottle(s) / platypus	<i>Should be able to carry min 2 litres</i>
Trekking poles	<i>Optional; useful on steep / uneven ground (use them when training)</i>
Water purification tablets	<i>Small pack as back-up only – this is purely a safety measure</i>

	Liquid handwash	<i>Waterless for easy hygienic hand-washing</i>
	1 roll toilet paper + plastic bags	<i>Bags for disposal of loo paper; fragranced nappy bags are best</i>
	Ear plugs	<i>Useful if you are a light sleeper or if there are snorers nearby!</i>
	Alarm clock	<i>Useful if you have problems waking up</i>
	Whistle	<i>For safety reasons if you become separated</i>
	Snacks (eg energy bars / dextrose tablets / dried fruit packs / jelly babies)	<i>Some snacks will be provided each day but bring top-ups, especially if you have special dietary requirements and may need a source of extra energy</i>
	Wash kit (eg toothbrush, soap)	<i>Include wet wipes (useful in all sorts of situations!)</i>
	Camera	<i>Bring spare batteries, memory cards etc (little opportunity to recharge)</i>
	Book / travel games / cards	<i>Useful for evenings / long flights</i>

Small Personal First Aid Kit

Include any medication you take regularly or while exercising, plus:

	Diarrhoea tablets	<i>eg imodium</i>
	Sun block / sun cream	<i>Minimum SPF 30</i>
	SPF lip balm Aftersun / moisturiser	<i>Exposure to the elements dries out the skin</i>
	Painkillers	<i>eg ibuprofen, paracetamol</i>
	Rehydration sachets	<i>eg dioralyte</i>
	Plasters and blister dressing	<i>compeed / moleskin / tape and dressings (whatever works best for your feet)</i>
	Insect repellent	<i>Eg Mosi-guard, Ultrathon, Repel</i>

CLIMATE

On the whole the days are usually warm; expect to trek in shorts / light trousers and T-shirt except perhaps for early starts and to put on a fleece at lunch. However, weather is unpredictable in this mountainous terrain and you should be prepared for any sudden changes. Make sure as well that you have plenty of layers to add or remove. You need good quality kit – you will enjoy the trekking more if your equipment keeps you warm and comfortable and allows you to get a good night's sleep!

Early mornings and evenings could be very cold and you will need something warm to wear at night (mountain hotels rarely have heating!) Loose-fitting garments that trap air around your body are better than tight nightclothes. Blankets are provided but a sleeping-bag liner is strongly recommended as an extra layer of warmth. If you know you always feel the cold at night, or if you are travelling in October (when it is cooler), it may be worth bringing a lightweight sleeping-bag instead. *For temperatures refer to your Factsheet.*

LUGGAGE

- Please be careful when packing your luggage as space is restricted. We recommend a **soft expedition-type kitbag** (contact the Discover Adventure office for our low-cost kitbag designed for this kind of trip) **or rucksack - DEFINITELY NOT A SUITCASE**. A spare bag or stuff sack is useful for leaving behind in Beijing with gear not needed on the trek.
- You must only have **ONE** bag as well as your day-sack. Please bring large strong bags to line the inside of your main bag and wrap your sleeping bag in. Storage space on the trek will be limited. Your luggage allowance on the plane is 20kg - this must be adhered to. Airlines are getting stricter in terms of charging for excess baggage, so please do try to keep within the limit. Be aware that hand-luggage restrictions may sometimes change due to airport security measures.
- Remember not to pack any liquids, penknives, scissors, tweezers etc in your hand luggage.
- Trekking poles should also 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.
- It is best not to pack any valuables into the side pockets of the bag you check in. As a general rule, avoid travelling with anything valuable or irreplaceable.
- Everyone will carry a day-sack with camera, spare clothes, fleece, waterproofs, first aid kit, sun cream, snacks and anything else you need for the day: you will not be able to access your main pack until you reach our stop for the night. A day-sack with adjustable shoulder-straps and hip belt is essential.