



China Kit List

The following kit list is a guideline to the kit you will need to bring with you to cope with the elements.

When packing, please **do not** strap items such as sleeping bags or roll mats to the outside of your bags. There is a good chance that they will be ripped off while in transit. They also make handling the bags more difficult when loading buses on the trek. It is much better to bring a larger bag that is big enough for all your kit rather than a smaller one onto which you have to strap extra equipment.

- Tents and core camping set-up and all catering requirements will be taken care of by local operators.

Essential items for trek:

- Main bag - Rucksack or holdall, weighing, when full, no more than 15 kg.
- Well broken in, lightweight, waterproof boots for trekking. We recommend that trekking boots are worn on the flight – if your bag gets lost in transit, you will still be able to continue with the trek.
- Trekking trousers (light weight, fast dry)
- Long sleeve tops – (light weight, fast dry are best)
- Warm top or fleece
- Warm/waterproof coat/jacket
- Hat, gloves and scarf
- Thermal underwear – if you feel the cold, and for night time
- Shoes/trainers for comfortable wear

Day-pack (recommended at least 25 litre capacity): should be large enough to carry a packed lunch and the following items;-

- Platypus/Camelback (recommended) or water bottles, min 3-litre capacity
- Alcohol hand gel
- Good quality lightweight waterproof jacket (that packs small)
- Waterproof trousers
- Camera
- Toilet paper and matches or lighter
- Sun hat
- Sun screen- minimum factor 30 and lip salve with sun block
- Sun glasses
- Insect repellent
- Small waterproof bag containing; passport, airline ticket, credit cards and money
- Personal First aid kit (see below)

Essential items for camping:

- Sleeping bag 3-4 season
- Sleeping mat or Thermarest (recommended).
- Torch – LED head torch type is ideal or spare batteries.

Essential personal items:

- Valid passport and visa
- Clean clothes for celebratory meal
- Toiletries and towel
- Ear plugs
- Two bin liners or rucksack liner



- Money belt
- Small freezer bags/nappy sacks for use as a daily personal rubbish collection

Optional useful items:

- Umbrella (shelter from rain, shade from sun and screen for privacy!)
- Walking poles – useful on some downhill sections off The Wall.

ATD doctors carry a complete medical kit during the trek, but are not able to supply everyone with essentials such as painkillers. You are requested to bring a comprehensive First Aid kit for personal use during the event. If you are travelling with a friend, you may wish to share your first aid kit, but please ensure you bring a full weeks' supply of painkillers, plasters (especially blister treatments) Imodium and other 'essentials' for both of you, just in case you both get blisters or fall ill.

First Aid kit

- Painkillers including Ibuprofen or other anti-inflammatory.
- Imodium or Lomita for diarrhoea
- Antihistamine tablets and cream
- Antiseptic wipes
- Plasters
- Gauze pads and Crepe bandage
- Zinc oxide tape (or Leucotape which is much better)
- Moleskin and/or 'Compeed' for blister treatment
- Rehydration mix such as Dioralyte
- Small tub of Vaseline
- Tweezers (not in hand luggage on flight)
- Scissors (not in hand luggage on flight)
- Safety pins (not in hand luggage on flight)
- Water purification tablets (iodine) enough for 30 litres

For all tablets follow advice given on packet and keep instructions with the tablets