

great wall run, kit list



The items listed below are purely recommendations. The list has been designed by the local ground handler and past challenge leaders; however please take into account your personal preferences and common sense. We are open to further recommendations upon your return. See what you can borrow, and if you need to purchase any items, remember that you can get a discount on equipment and clothing from various well known suppliers and outdoor shops – for more information, please refer to the document “Kit Discount” which you will find in your member’s area in the “Challenge Pack” section once you have booked and paid your deposit.

If you would prefer to hire kit, please contact Outdoor Hire, a company specialising in the hire of top quality outdoor gear. They are working with Charity Challenge to provide all the kit you need for your challenge and offer a 10% discount to Charity Challenge customers who have booked onto one of our challenges. Simply obtain the promotional code by referring to the document “Kit Discount” which you will find in your member’s area, and then go to <http://www.outdoorhire.co.uk/charity-challenge/>, select the kit list for the challenge you have booked and follow the online instructions for how to hire the kit you need.

Try to use your equipment before you go – particularly your day sack and running shoes – this will show up any manufacturing faults and whether they are comfortable enough. Good footwear and care of the feet is most important.

Bring as little as possible but bring everything you need. Travelling light is much less of a hassle, so do not bring things you can do without. If you need to wear jewellery, keep it simple and inexpensive. The general rule is that if you don’t need it, don’t bring it.

Your main bag should not weigh more than 15kg. If you exceed this limit, you may be charged for excess luggage on internal flights. Additionally, in line with our responsible tourism policy, it is important not to overload the transfer agents who have to carry and transport it. Your hand luggage should not exceed 5kg and maximum dimensions of 56x45x25cms. Please make sure you pack your rucksack/kit bag yourself, and do NOT under any circumstances take any items through customs that are not yours or that you have been asked to deliver for someone else.

If possible, lock your bags before you check them through at the check-in desk. When packing, think carefully about what you are packing in your hold luggage as, once you have handed it over at check-in, you will not see it again until you arrive at the other end. Don’t pack things you will need again before or during the flight – such as medicine - and make sure you have an adequate supply. Keep extra cash, passports and house keys in your hand luggage. Also, if taking a long flight, it is sometimes a good idea to take toiletries such as toothbrush to freshen up on the long journey but please do remember that there are strict regulations governing the transport of liquids in hand luggage. For the most up-to-date air travel hand luggage rules, please follow the link [here](#).

Don’t pack valuables, cash, fragile or perishable items in your hold luggage. Airlines and insurance companies will not accept liability for them. When leaving the UK, we recommend that you wear your running shoes or have them in your hand luggage. This is to ensure that in the unlikely situation that your bags do not arrive at your final destination, you are still able to make a start on the challenge while we relocate any missing baggage.

item	take it?
baggage and sleeping	
Large rucksack or holdall	Yes
Day sack (for sun-cream, camera, water bottles, lunch, spare running shirt etc)	Yes
clothing	
Long-sleeved wicking running shirt	Yes
T-shirts x 5 minimum (wicking running shirts)	Yes
lightweight fleece	Yes
Trousers (for evenings)	Yes
Running shorts x 2	Yes
Good quality fleece (for evenings)	Yes
Gloves (for running)	Yes
Warm hat (for evenings)	Yes
Underwear (light and loose)	Yes
Socks (running + ones for evening)	Yes
waterproofs (lightweight jacket & bottoms)	Yes
Running Shoes	Yes

Trainers (different than running shoes) or Sandals for evenings	Yes
Base ball cap	Yes
Sightseeing clothes (casual)	optional
Dress/Skirt/Sarong	optional
hygiene	
Toothbrush & toothpaste, soap (anti bacterial or bio-degradable), shampoo/conditioner (bio-degradable), lip salve with sun protection, antiseptic wipes, toilet paper/tissues, anti-bacterial dry hand wash	Yes
health	
Insect repellent (containing DEET)	Yes
Sun protection (factor 20 minimum)	Yes
Chafing Cream (Sudafed, Metanium etc)	Yes
Razor & cream, sanitary products, shower gel, travel towel, deodorant, hairbrush/comb, Vaseline	optional
Insect killer	optional
Vitamins	optional
After sun / moisturiser	optional
documents (where relevant, please leave a copy at home with your next of kin)	
Passport	Yes
Visa	Yes
Air travel tickets (you will receive these at the airport)	Yes
Cash	Yes
Travel insurance (taken out with Charity Challenge)	Yes
Vaccination certificates (not needed as a condition of entry however very useful if medical attn needed in country, originals not necessary)	Yes
Travellers cheques (not very widely changed)	optional
Credit card	optional
other	
Sunglasses	Yes
Re-sealable plastic bags (for dirty washing etc)	Yes
Water bottle or bladder (two 1 Litre, minimum)	Yes
High energy snacks (tracker bars, dried fruit and nuts)	optional
Contact lenses (bring spare lenses, and glasses in case of dust)	optional
Gaffa tape (for emergency repairs) & cord or string	optional
Sewing kit	optional
Note book and pen(s)	optional
Alarm clock / watch	optional
Spread for toast (marmite, jam etc) & hot chocolate / fruit or English teas (hotel supplies are basic)	optional
Torch (with spare batteries & bulb, head torch recommended)	optional
Ear plugs	optional
Spare shoe laces	optional
Camera (plus spare memory cards, spare batteries)	optional
small first aid kit	
Pain killers / Paracetamol	Yes
Rehydration sachets x 2 per day	Yes
Adhesive dressing (Plasters)	Yes
Adhesive blister pads - Compeed	Yes
Antiseptic spray	Yes
Anti-histamine tablets (i.e: Piriton)	Yes
Motion sickness tablets	Optional
Insect repellent (DEET based)	Yes
Diarrhoea tablets	Yes
Any medication you normally use	Yes

