

great wall cycle challenge, 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 15% discount on equipment from Nomad Travel Stores (call 020 8889 7014 and quote the special discount reference CC1001 or click [here](#) to shop with Nomad Online). Nomad Travel Stores will also put together a first aid kit specifically for your expeditions.

We have also negotiated a 15% discount with Cotswold Outdoor Ltd at any of their stores nationwide. You will need to quote AF-CHARITY-D7 when making your purchase either online (www.cotswoldoutdoor.com), from the Cotswold Outdoor catalogues, or by mail order Tel. 0844 557 7755 Fax. 01666 575 507. Please [click here](#) to open full details of the scheme.

If you would prefer to hire kit, please contact Trek Hire (01306 886333 or visit www.trekhireuk.com).

Try to use your equipment before you go – particularly your rucksack, cycling kit and sleeping bag (if camping) – this will show up any manufacturing faults and whether they are comfortable enough.

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. Always keep your night clothes in a watertight bag to ensure they stay dry if there is a sudden downpour or if you are crossing water – you will have a much better night's sleep in dry clothing. Bring clothes that wash and dry easily (jeans take forever to dry and should not be worn on the trek).

Your main bag should not weigh more than 15kg. If you exceed this limit, you may be charged for excess luggage on internal flights or when entering National Parks. Additionally, in line with our responsible tourism policy, it is important not to overload the porters and 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 a 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 cycling gear, and take as much as possible in your hand luggage, especially a full day's underwear and other clothing. 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 expedition while we relocate any missing baggage.

item	take it?
baggage	
Large Rucksack or soft holdall (a suitcase is not appropriate)	Yes
Day Rucksack (for suncream, camera, film, water bottles etc)	Yes
clothing	
Cycling Helmet (MUST BE WORN AT ALL TIMES WHILST CYCLING)	Yes
Cycling Gloves	Optional
Cycling Shorts x 3 (padded for cycling is advisable)	Yes
Loose Shorts (to wear over cycling shorts for modesty reasons)	Optional
Long Trousers / Sarong (to wear over your shorts in order to respect the local culture, when in villages – men & women)	Yes
Comfortable footwear for cycling	Yes

Long-Sleeved Shirt	Yes
T-Shirts	Yes
Long trousers or skirt and long sleeved top (for visiting temples)	Optional
Fleece	Yes
Swimwear (there are swimming pools)	Yes
Underwear (cotton light & loose – to avoid saddle sore in the heat)	Yes
Socks	Yes
Dress/Skirt/Sarong	Optional
Sandals/Flip Flops/Trainers for evenings	Yes
Wide Brimmed Hat	Optional
Cotton Scarf	Optional
hygiene	
Toothbrush & Toothpaste, Soap (Anti Bacterial Or Bio-Degradable), Shampoo/Conditioner (Bio-Degradable), Lip Salve With Sun Protection, Antiseptic Wipes	Yes
Razor & Cream, Sanitary Products, Shower Gel, Travel Towel, Deodorant, Toilet Paper/Tissues, Hairbrush/Comb	Optional
health	
Insect Repellent (containing DEET)	Yes
Insect Killer (mosquito coil or plug in)	Optional
Vitamins	Optional
Malaria Tablets (seek advice from your local travel clinic)	Yes
After Sun/Moisturiser	Yes
Sun Protection (factor 20 minimum)	Yes
documents (where relevant, please leave a copy at home with your next of kin)	
Passport	Yes
Visa (see China Fact File for more information)	Yes
Air Travel Tickets (issued at the airport)	Yes
Cash	Yes
Travellers Cheques	Optional
Credit Card	Optional
Travel Insurance	Yes
Vaccination Certificates (not needed as a condition of entry however very useful if medical attn needed in country, originals not necessary)	Optional
other	
Gel seat	Optional
Camera & Camera Film	Optional
Clip Pedals (SPD, Look...) and relevant shoes (bring only if you have and are experienced in using them)	Optional
Seat bag / frame bag (for small items and repair equipment)	Optional
Puncture repair kit	Yes
Mini pump	Optional
Spare inner-tubes	Optional
Toe clips	Optional
Sunglasses (good quality with high 100% UV protection)	Yes
Water Bottle	Yes
Odometer	Optional
High Energy Snacks (Tracker Bars, dried fruit and nuts)	Optional
Contact Lenses (bring spare lenses and glasses in case of dust)	Optional
Guide book/novel	Optional
Ear Plugs	Optional
Cord Or String	Optional
Re-Sealable Plastic Bags (for laundry etc)	Optional
Sewing Kit	Optional
Note Book And Pen(s)	Optional

Alarm Clock, Watch	Yes
small first aid kit	
Pain Killers/Paracetamol	Yes
Adhesive Dressing (plasters), Compeed Blister Pads	Yes
Antiseptic Spray	Yes
Diarrhoea Tablets	Yes
Any Medication You Normally Use	Yes
Vaseline	Yes