

Kit Lists are not exhaustive. Adjust as you see fit according to your own preferences and experience. If you need advice, call us on the numbers in the footer.

KIT LIST - CHINA

LUGGAGE

Daysack, 30 - 40l capacity
Optional waterproof liner
Holdall/Duffel bag, 70 - 90l capacity OR
Suitcase

FOOTWEAR

Walking boots (preferably waterproof)
Alternative/evening footwear

CLOTHING

Waterproof jacket & trousers
Duvet jacket, or similar warm jacket
Trousers for walking in
Shorts
T shirts, short sleeve
Shirt, long sleeve
Fleece, lightweight
Base layer(s)
Socks
Underwear
Wooly hat
Gloves
Sun hat
Buff or scarf
Swimming costume?
Evening wear (non trekking)

DOCUMENTS/MONEY

Passport
Visa (must be obtained prior to travel)
Flight Ref details/document
Travel Insurance details
Spare photo ID
Spare passport photo

Currency cash
Credit card
Hard copy of important documents

EQUIPMENT

Water bottle(s) (drinking)
Camelbac (if using)
Torch (LED head torches are best + spare batteries)
Sunglasses (+ hard case)
Normal vision glasses (if worn) (+ hard case)
Trekking poles (optional)
Pocket knife
Medical kit (see website for checklist)

Mobile phone (+ charger)
Plug adaptor

Camera (+ batteries + charger)

Wash kit
Travel towel

USEFUL EXTRAS

Dirty wash bag
Guide book
Reading/writing material
Needle/thread
Spare laces
Combination lock(s)

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