ABSTRACT

This application provides a random access method and a related apparatus. The method includes: A terminal device receives a physical downlink control channel (PDCCH) from a network device, where the PDCCH is for triggering a random access procedure between the terminal device and the network device. The terminal device determines, based on first information on the PDCCH, a path loss corresponding to a first path loss resource or a path loss corresponding to a second path loss resource, where the first path loss resource is a quasi-colocation (QCL) resource in a transmission configuration indicator (TCI) state used for the PDCCH, and the second path loss resource is a synchronization signal block (SSB) resource indicated on the PDCCH. The terminal device sends the random access request to the network device based on the path loss corresponding to the first path loss resource.