

# Is your kit up to the job?

Now that we have experienced our first snow of the year and the temperatures have dropped towards 0°C and lower, it is time to check the following kit meets the required standard, not only for the Ten Tors Event, but also for the training through the winter months. During these cold snaps it is worth testing certain participants' equipment to ensure the equipment not only meets the standard stipulated in Annex B (Mandatory Clothing and Equipment), but also keeps the participant comfortable in these extreme conditions.



**Chief Scrutineer**  
**Sqn Ldr (Ret'd) Kev 'Scotty' Scott**



# sleeping bag



The participants' sleeping bags must meet the required standard of ISO 23537-1 (2016) and a lower limit temperature of at least  $-2^{\circ}\text{C}$ . It is worth noting that this is the international standard for testing the warmth of sleeping bags. EN (European Norm) was the original standard adopted by the sleeping bag industry. Today, a new entity, the ISO (International Standards Organization), oversees bag testing, but the method is almost identical to the EN bag testing. ISO is an internationally recognized standard, whereas EN is a European recognized standard. This international standard replaces EN 13537, which was introduced in the European market in the early 2000s, and was a compulsory requirement for sleeping bags sold in Europe after 1 Jan 2005. EN 13537 testing standard has also been replaced in Europe with EN 23537; both these standards are similar in their temperature range.

You will see the EN 13537 far more often than the ISO 23537 ratings at present. As such, please read EN as a read across to ISO, making sure the rating given per bag conforms to the specified rating on Annex B of the TT website ( $-2^{\circ}\text{C}$ ).



## Clothing Insulation Layer

Please avoid rugby shirts, microfleece, sweatshirts, hoodies as the main insulation layer. All these garments are fine for a mid-layer, but each participant also needs a layer that will keep them warm in a static environment.

An example is when they have just completed a full day walking in either training or the Main Event, and then arrive at their camp for the night. The core body temperature starts to drop rapidly due to exhaustion and damp clothing, due to sweating. Consider the following types of garments for the main static layer and robust enough to keep the wearer warm in a static environment:

Softshell, Primaloft, Thick Fleece, Hydroloft and Down.

