

CESD Ten Tors Training Day Hike Kit List

Walking boots

Walking boots need ankle support and to have good grip on the soles. This is to reduce the risk of the ankle twisting over with the extra weight on the participant's back. Walking shoes are not suitable for this reason.

Any new boots will need wearing in before using on a training walk, wear them for short walks near home each day to soften them up and get your feet used to them. Use the walking socks while doing this.

Walking socks – Two layers of socks

Socks are a very important part of a walker's kit, they help keep the feet in good condition. It is good practice to wear a thin synthetic sock underneath a thicker walking sock. This helps reduce the chances of blisters.

Waterproof jacket & trousers

Waterproofs provide excellent windproofing. They must be fully waterproof not just showerproof to cope with all the British weather can throw.

Waterproof Jacket: Ensure the jacket is not tight, allowing it to be worn with even the insulation layer underneath. Ensure the material is strong and won't tear at the sight of a thorn.

Waterproof Trousers: These are best if they can easily be put on, ensure they have side zips from the bottom of the legs to allow them to be put on while wearing walking boots, it can often mean a delayed decision and a very wet participant if the trouser legs do not open to go over a boot.

Walking trousers

These must completely cover the participant's legs, be robust, relatively windproof and quick drying.

Walking leggings and trousers are designed for this very purpose.

No Jeans, cotton joggers, thin nylon tracksuit trousers, or thin/yoga leggings/tights please.

Base layer

The base layer is a synthetic layer that takes water away from the skin, keeping the wearer warm

Mid layer

This layer would generally be a light weight fleece jumper worn while walking in colder conditions. Sometimes called microfleece.

Warm Top layer

A layer to keep out the cold at lunch stops or at the start of a walk. Will generally be stored in rucksack

Hat

Most likely a warm hat but check the weather as a sun hat or both options may be more suitable sometimes.

Gloves

The training is through the winter gloves will be essential

Packed lunch

Walking uses up a lot of energy, please pack more than you would for a school lunch

Water

If possible 2 litres in sturdy bottles or rucksack bladder pack

Additional snacks – Enough to keep you going for the whole walk and maybe team encouragement

Whistle – This will become more needed the further into the hikes we go.

Personal First Aid kit, medication and hygiene

Blister plasters, plasters for cuts, antiseptic wipes/handwash, insect repellent, sun cream, pain relief tablets, personal medication, if inhaler used then recommend bringing a spare, toilet paper (unroll a bundle and place in a ziplock food bag).

Watch – (if you have one)

Head torch – Later walks are longer and may finish in the dark

Pencil and paper

Rucksack

Initially a smaller pack can be used, ideally having a waist strap.

We will be recommending that the pack weight is increased for each walk so a full size pack listed on the main kit list will be necessary at the latest, first walk after Christmas .