Ten Tors 2027 MANDATORY CLOTHING & EQUIPMENT

The following items must be carried throughout the Ten Tors Challenge - These are the minimum* items and quantities that must be carried on the event (and when we say full kit for training)

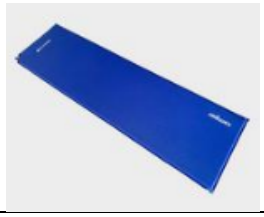
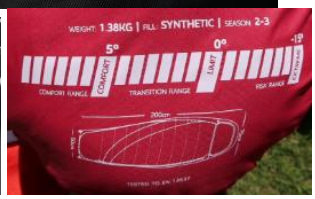
INDIVIDUAL TEAM MEMBER CLOTHING & EQUIPMENT

Category	Item	Quantity	Remarks
Safety	Whistle	1	A separate loud whistle (preferably without a bead, these can stop working when wet) Example: 
	Torch	1	Ideally an LED headtorch with new batteries at start. Hand held torches can be used but does mean two hands are not available for tent pitching, cooking, etc.
	Personal medication		As required – Location to be known to all in the team.
	Personal First Aid kit		Personal first aid kit can be a small zip lock food bag with items such as plasters (various sizes), Blister plasters and antiseptic cream. If choosing an off the shelf first aid kit, nothing bigger than the Lifesystems Pocket First Aid kit or similar, they contain more than an individual needs. Supplied Team first aid kit will cover anything more.
	Hygene		Hand Sanitiser – Recommended to have for ensuring hands are clean for eating.
Load carriage	Rucksack	1	65 litres is the ideal minimum. Each team member will be carrying elements of team kit along with their own. Check the fit before buying, use the store experts to get the back length adjusted. For smaller participants ensure the waist strap can tighten snugly to carry the pack weight on the hips.
	Waterproof liner(s)		It is important that all carried clothing and sleeping bag remain dry for when they are required to be used. Cheap options are available. Rubble sacks can be used but not general bin bags as they are too thin.   Multiple smaller dry bags are an option that can provide great organisation of kit in the rucksack but do cost.   Please ask us for advice on suitable sizes if you choose this option.

Category	Item	Quantity	Remarks
Clothes	All clothing not being worn needs to be inside waterproof liner(s). Natural fibres such as cotton, wool and down feathers hold water and so are not acceptable items of clothing. At least 1 layer of clothing must be worn – no one shirtless in hot weather. No shorts.		
	Base Layer	2	The base layer is a synthetic layer that takes water away from the skin, keeping the wearer warm. In warmer, sunny situations this may be the only layer worn, so long sleeves would be most suitable to reduce the risk of sun burn. 
	Intermediate / Mid Layer	2	This layer would generally be a light weight fleece jumper worn while walking in colder conditions. Sometimes called microfleece. 
	Insulation Layer	1	This layer would be a thick fleece, soft shell, Primaloft or Hydrolocked down jacket to be worn when stopped in the evening. Participants will start to get cold quite quickly at this time, having stopped moving and with the sun setting.   
	Trousers/Leggings	2	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, Joggers, thin nylon tracksuit trousers or thin leggings. ¾ Leggings, Leggings with windows or clear panelling, Leggings with designer holes are PROHIBITED
	Socks	2 pairs thin 2 pairs thick	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. They must be changed for the second day's walking.

Category	Item	Quantity	Remarks
Clothes continued	Waterproof Clothing	1 Set	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 for boot wearers.
	Gloves	1 pair	The training is through the winter and it has been known for frost in the mornings of the event
	Hat	1 Sun 1 Warm	Both can be needed on the same day. A sunny day often means a rapid temperature drop.
	Boots	1 pair	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.
	Go Outdoors website and others in their clothing sections have subsections for Base layer and fleece with fleece broken down by lightweight, midweight for intermediate layer and heavyweight for insulation layer also a soft shell jacket section.		

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Category	Item	Quantity	Remarks
Sleep Kit	Sleep mat	1	Sleep mats are essential for providing insulation from the ground. Foam mats are cheap, some are foil backed and provide excellent insulation. These can be tied on the outside of a rucksack.   Self inflating mats vary considerably in price, thickness, shape and how well they compact. Unlike the foam mat they will need to be kept dry inside the rucksack. They provide better sleeping comfort.   
	Sleeping bag	1	A warm sleeping bag ensures a better sleep. Sleeping bags need to be carried inside the rucksack waterproof liner or a dry bag. Sleeping bags need to be 3 to 4 season bags with a Lower limit of **-2˚C** or colder conforming to EN ISO 23537 or its predecessor EN13537. This information needs to be printed on the stuff sack. Different manufacturers provide these values in different formats, see images below. Down filled bags are lighter, pack smaller but are more expensive, past participant feedback has shown that they transmit cold from the ground with greater ease. Synthetic filled bags are the preferred option as they work better should they get damp. Hooded mummy shaped bags are by far the better design for outdoor activities.  Examples of the temperature information formats you will see, remember the Limit needs to read **-2˚C** or colder     

Category	Item	Quantity	Remarks
Food and water	Remember food is the fuel for the hike. The hike is a high calory activity so more than would usually be required in a day is needed.		
	Meals	4	Weekend walks and especially the event, participants are required to have two heatable meals for Saturday tea and Sunday breakfast (boil in the bag type meals please, such as Wayfarer meals, these fit in the stoves and don't make them dirty). Hot drinks need to be included with hot meals (instant hot chocolate sachets are ideal). **Event meals need to be labelled**: Saturday Lunch, Saturday Tea, Sunday Breakfast and Sunday Lunch. 
	Emergency Rations	1	High energy foodstuffs to be **clearly marked** as emergency rations in a sealed bag. (This could be an additional Wayfayrer meal, snacks and a hot drink). Note: Emergency rations are only for emergency and are to be carried across the finish line (they are not extra snacks).
	Snack		High energy snacks are an important part of a long day's walk. A mixture of fast burning sugary items (Sweets, Dextrose tabs,…) and slower burning items (Cereal bars, nuts,…). Chocolate is not suitable for the event and late spring walks as this will melt.
	Water	2 x 1 Litre	For sterilising purposes 2 separate 1 litre containers are needed to allow for consumption of one while the other is sterilising (Sterilising tablets are designed for 1 litre containers). Containers need to be robust, reusing off the shelf supermarket filled drink bottles (water or fizzy) is not suitable they split too easily. Participants could use a combination of one bottle and a Hydration bladder pack if they wish. 
	Water sterilisation	See right	On a weekend walk 5-6 litres of water can be expected to be drunk. While in training a lot of top up will be provided from leader team containers, once on Dartmoor and especially during the event streams will need to be used to fill bottles. Sterilisation tablets vary in price and have a stronger taste at a lower cost. Squash drops are a good way to improve the taste. 

Category	Item	Quantity	Remarks
Other	Cutlery/Mug	1 set	Something to eat the boil in the bag food and mug for the hot drink.
	Toilet Roll		Ensure participants have enough for personal use over two days. A whole toilet roll would be too much and take up more space than necessary. A ziplock foodbag with enough would be ideal.
	Sun screen		Carry a small bottle for sunny conditions. There is little shade on Dartmoor.
	Gaiters	Optional	While not a compulsory item they are highly recommended to help keep lower legs and boots cleaner and drier.

For the Event at least 2 team members need to be wearing a watch and one mobile phone per team (phones may be carried on training walks).

All other team kit will be supplied e.g. maps, compasses, tents, cooking equipment, team first aid kit, notebook & pencil, hi viz vest, survival bag and trowel.

Please contact us if you require any further information or advice on what to buy.

Shopping for Kit

Take this list with you when you go shopping for kit and remember to ask for discounts either as Ten Tors participant, member of Scouts or taking part in DofE. Try all options to get the best discount you can. This list and a discounts available document can be downloaded from the forms and downloads page on our website: https://cesd.org.uk/tentors.

For the initial training walks the following are required: 1 set suitable layers of clothing, appropriate legwear, good waterproof jacket and trousers, socks and boots. A day sack with a torch, water container, lunch, snacks, personal first aid kit, medications must be carried and as it gets colder hat and gloves. Other kit can be purchased over time.