

Ten Tors / D of E
Equipment

Individual Equipment Needed

- Rucksack
- Waterproofs: Jacket and Trousers
- Warm Headgear
- Footwear
- Gloves
- Sleeping Bag
- Water Containers
- Whistle
- Water Sterilisation Tablets
- Survival Bag
- Sleeping Mat
- Reserve Food Pack
- Socks
- Base Layer
- Mid Layer
- Trousers
- Insulation layer

Rucksack



- Must have a separate waterproof lining
- 65 litres in size
- Robust construction



Waterproofs



- Jacket must have an attached hood
- Must have taped seams and be of a robust construction
- Must keep wearer dry over extended period of heavy rain
- Doesn't have to be ridiculously expensive to work effectively



HyVent

Headgear and Gloves

Headgear

- Must cover ears and top of head

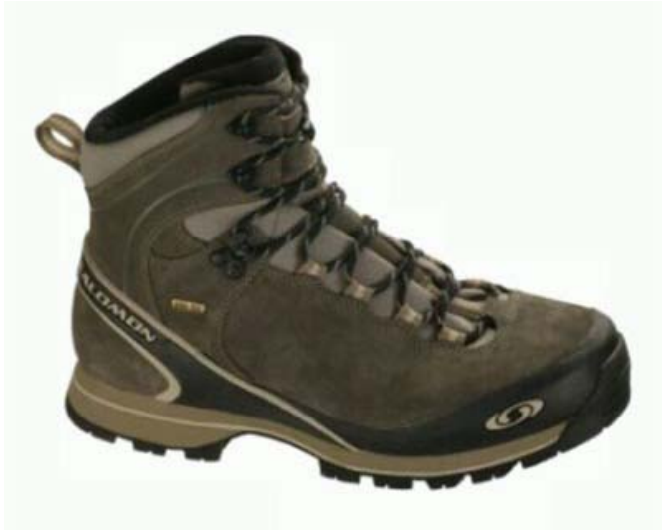


Gloves

- Must offer protection to the whole hand
- Fingerless gloves alone are not acceptable



Footwear



- Must have ankle support
- Vibram-type sole
- Good condition



Sleeping Bag & Mat



Bag

- Must be in a waterproof bag
- Should support down to 0°C

Mat

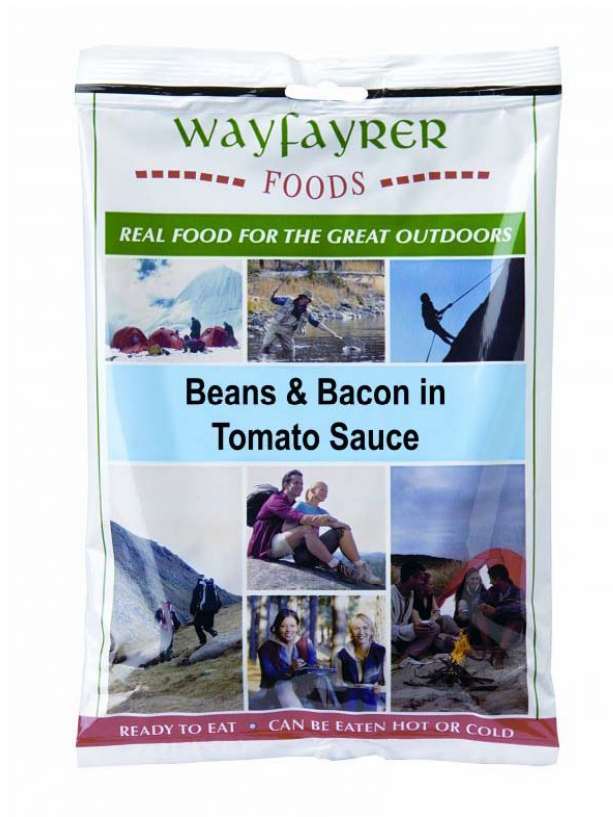
- Must be rolled or folded
- Thermal insulated and of body length
- If carried outside the rucksack must be in waterproof bag

Water Containers



- Recommended that Platypus systems be used with separate hard bottle in case system breaks

Food



- 2 Lunches, such as fruit loaf, energy bars, fruit, nuts and biscuits
- 2 Main Meals
- 1 Breakfast, must include a hot drink plus cereal bars
- Boil in the bag meals are good as they are small and easy to prepare

Emergency Equipment



- Whistle
- Water Sterilisation Tablets which must be in date, now the time taken for sterilisation
- Survival Bag, to be used in emergency
- Torch, minimum of 2 LEDs or lens of 3.5cm diameters and must have spare batteries
- Reserve Food Pack which is for emergency use only and must be individually wrapped, should have a hot drink, high energy foodstuffs so that an additional night can be stayed on the moor

Clothing

Socks

- Duplicate of set used for walking
- 2 pairs



Base Layer

- Wicking type is good, but not essential as they move sweat away from the body
- Cotton t-shirts are not advised as they retain water increasing chance of chafing



Mid Layer

- Must be long-sleeved and of substantial material
- Micro fleece top is recommended
- Rugby shirt is accepted minimum
- 2



Trousers

- To be robust and of wind-resistant structure
- Army style trousers are ideal
- Tracksuits ONLY accepted if EACH pair has accompanying thermal trousers
- 2 pairs





Insulation Layer

- Heavy weight fleece or synthetic insulation layer with full zip
- Two lighter tops can be used as one warmer layer i.e. two hooded tops replaces one fleece

Half of the clothing is to be wrapped in a waterproof bag as spare clothing