**Teign School Ten Tors Kit list**

The following kit is what students for Ten Tors, the number of items listed includes those worn e.g. two base layers means; one worn and one spare, to be carried.

This list is the minimum kit required and a lot of you will need to wear and carry more layers during our winter training walks.

If you have any questions about kit, please speak with one of us before or after any walk or email at the normal email address.

Clothing items include those you are wearing

Items highlighted yellow are required for all **PRE XMAS** day walks camps and the event.

Items highlighted blue are additions, required for all **POST XMAS** day walks and camps.

Items highlighted green are required for all camps and the event.

The weight of your rucksack should be increased on every walk. One way of doing this is to start including more of the items you need from as early on. Also, you could include extra water – this means the weight can be decreased if need be.

Walk 1: 3-4.5kg

Walk 2: 4.5-6.5kg

Walk 3: 6.5-8kg

Walk 4: 8-9.5kg

Walk 5: 9.5-11kg

Walk 6: 11-13kg

From Walk 7 onwards, this will be the approx. weight of your rucksack: 13-15kg

**CLOTHING**

**Waterproofs**

Waterproofs should be of breathable fabric with all the seams taped and should be robust enough to withstand two days of wind driven rain.

**Jackets should have**

A **NON** detachable hood [mandatory] with a stiffened peak, water resistant zips with a storm flap behind the zip.

**Trousers should have**

Zips of at least ¾ length so that they can put on and removed over boots. These zips are often two way and can be undone from the top to provide ventilation in warmer showery weather.

**Base Layers**

**2 no.** These should be of a synthetic quick drying, high wicking material which will transport moisture away from the body leaving the skin feeling warm and dry. Most modern sports wear has these properties as well as specific outdoor items. Cotton is a definite no as it retains moisture, rapidly cools the body and takes a long time to dry.

**Intermediate Layer**

**2 no.** (Lightweight fleece 100gsm – 175gsm)

**Insulating Layer**

**1 no.** Insulated jacket with a synthetic fibre fill. These are ideal as they are wind proof and water resistant which means they can be put on over a waterproof when you stop for a break, doing away the need to take a waterproof off in bad weather as is the case with the old type of layering system when you need to put a fleece under your waterproof as it is not wind proof.

**Please note If you wear your insulation layer during training walks you will need to carry a spare**

**Trousers /leggings**

**2 no.** Made from a fairly wind proof, and quick drying material. A poly cotton mix is acceptable but

Is not ideal as they do take a fairly long time to dry.

**Socks**

**2 pairs.** These should be walking socks not sports type. They should be of a high wicking fabric which will feel dry even if they get wet, this will greatly reduce the chance of blisters. This is also the case as we move into warmer weather when your feet start to get hot. If you wear liner socks these do not count towards your two pairs.

**Gloves**

**1 pair.** Although one pair of gloves will suffice we recommend a spare pair is carried.

**Hats**

**1 no.** The mandatory army kit list states a hat to suit the conditions. That means throughout training you will need a warm hat and it is strongly recommended you carry a spare. As the weather improves you may need a sun hat as well, this needs to have a brim which protects the ears. A brimmed sun hat will be required on the event.

**Boots**

Boots need to be high enough to support the ankle, have a sole with deep lugs that will grip on wet grass and mud and if possible be waterproof.

**Gaiters**

These are optional but are very useful keeping water out of your boots and your trousers clean and dry. Remember do not tuck waterproof trousers inside your gaiters or the water will run straight down between trouser and gaiter into your boot. The bottom of your gaiter needs to fit tightly down onto your boot, if there is gap between the bottom of your gaiter and the top of your boot, your boot will fill with water.

**EQUIPMENT**

**Rucksack for day walks**

 A 20-25lt walking rucksack

**Large Rucksack**

 This should be of 60-65 litre capacity with an adjustable back length and supportive waist band. It is important to get the ruck sack fitted and most outdoor shops will have weighted bags to enable you to try it in the store. A common problem for boys trying to use a man’s sack is the waist band does not pull in tight enough, this can often be overcome by using a woman's version.

**Sleeping Bag**

Sleeping bags must be stowed in a waterproof bag and provide thermal support for the user down to a lower limit temperature of -2 degrees C [ISO 23537]. Sleeping bags give three ratings, comfort, lower and extreme. It is the lower limit rating you are looking for. Older bags may say EN23537 or newer ones BS23537 it is exactly the same test.

**Sleeping mat**

 A sleep mat needs to be full length.

**Water bottle**

**2 no.** Two water bottles of one litre are required. This is to enable one to be filled and a sterilisation tablet added, so the water is purifying whilst the other is available for drinking. One needs to be rigid but the other can be a bladder system. The water from the rigid bottle can be poured into the bladder once it has purified and the process started again. **One will suffice for day walks. You may want to carry a flask containing a hot drink on day walks.**

**Map and compass**

The army rules are each team should have two maps and compasses between them, but we expect everyone to carry their own and be able to use them.

**Torch**

A head torch is preferred to a hand held version but not essential, although spare batteries must be part of your kit.

**Personal first aid kit**

Comprising of Blister plasters e.g compeed, waterproof plasters, medi wipes.

medication

**Sundry items**

 Whistle,

notebook and pencil,

water purifying tablets

Emergency rations comprising of high energy food such as nuts, protein bars, chocolate etc.

Survival bag

sun cream

**Sundry items**

mug

eating utensil

bowl / plate if not using boil in bag or dehydrated food

personal medication [location to be made known to all team members]

**Dry bags**

These can be rubble sacks or specialist outdoor type but all of your spare clothing and sleeping bag should be in dry bags. Preferably not all in the same bag. Carrier bags are not strong enough and have holes in them.

**Food**

One hot evening meal, boil in the bag or de hydrated are best. There are re-sealable bags available which can be used for your own precooked meals which will keep the cost to a minimum.

One hot breakfast, again boil in the bag or dehydrated cereal packs or porridge pot which only require water.

 Two lunches which are suitable to be kept unrefrigerated for two days.

The above food is required for the event please adjust quantities to suit the number of nights camping during training walks.

**TEAM KIT supplied by school**

 **Tent [2 per team of six] February onwards.**

 **Trangia [2 per team of six] February onwards.**

 **First aid kit [2 per team of six] this includes a tent repair kit**

 **Poles [2 sets per team of six] February onwards.**

 **Rubbish bag**

 **Hi-viz [ 2 per team]**

 **Gas [2 per team]**

**Group shelter**

**TEAM KIT not supplied by school**

**Trowel [2 per team]**

 **Waterproof Matches [2 boxes per team]**

 **Watch [1 per team]**

 **Tent pegs [2 sets x 20 per team**