

## CLOTHING AND EQUIPMENT GUIDANCE

### TEN TORS CHALLENGE 2018

1. **General.** The Ten Tors Clothing and Equipment Guidance is based on *Hillwalking* by Steve Lang. However it is accepted that modern textiles and waterproofing techniques have been significantly improved and continue to develop every year. This list should be used as a GUIDE and interpreted as conditions dictate, noting that some team members may need more thermal protection.
2. **Responsibilities.** Team Managers are responsible for ensuring and certifying that all team members are suitably clothed and equipped for the Ten Tors Challenge. The organisers retain the right not to allow teams to start the Challenge if, in the opinion of the Chief Scrutineer, they are not properly clothed or equipped for the forecast conditions.
3. **Event Checks.** At any time during the Challenge, teams may be scrutinized by the Scrutineers and Safety Control staff particularly if, in their opinion, the team does not appear to be properly clothed or equipped. If teams are found to be lacking in essential items the team will be disqualified and 'crashed out' through the fall-out system.
4. **Principles.** Clothing and equipment are to be suitable to meet the conditions expected on Dartmoor during the Ten Tors Challenge, and during all pre- Event training activities.
  - a. **Individual Clothing & Kit.** Suitable layered clothing to include; walking attire, waterproof over garments; dry clothing for night or emergency stops within tents; sleeping kit; food.
  - b. **Team Equipment.** Tents, maps and cooking equipment.
  - c. **Medical.** All team members are to be aware of each other's medical conditions; medication carried and be able to respond appropriately if required.
  - d. **Mobile 'Phones.** Only the sealed mobile 'phone may be carried. It may only be used in an emergency.
  - e. **Electronic navigation aids.** GPS devices are not to be taken on the Ten Tors Challenge with **the exception of the issued trackers that must be carried by the team to enable control staff to monitor progress and the mobile phone, which may have GPS, sealed in the opaque bag issued at Registration.**
5. **Scrutineering.** Selected teams will be checked during the 'Scrutineer checking process' prior to the Challenge, **Managers are welcome to accompany teams but should not interfere with the process.** The following should be noted:
  - a. **Risk Assessment Check.** Items of clothing and equipment considered essential to reduce the potential hazards of the anticipated conditions on Dartmoor.
  - b. **Disputes.** Where there is concern about team preparation, the Chief Scrutineer will call the Team Manager to discuss. The decision of the Chief Scrutineer will be final.

#### TEAM EQUIPMENT

6. Each team is to carry the following items, which will be issued during the registration process:
  - a. Team Control Card.
  - b. Tracker.
  - c. Maps. At least one Dartmoor Training Area Map 1:25,000 (GSGS 6500 Edn 2) **and, if required,** your own civilian maps **all** marked with RBNA, CROW Access Land, **river crossings & SC/CP.**
  - d. Team Identification Panels (2 large & 2 small) and 4 ties.
  - e. ID wrist bands per team member. (Red wrist band for those with medical conditions).
7. Each team is to carry the following, which can be downloaded from the Ten Tors website:
  - a. *Aide Memoire for Teams* (the Green Card).
  - b. *Manned Locations Map.*
  - c. *River Crossing and Road Access Annex B to Ten Tors Rules.*

## INDIVIDUAL & TEAM CLOTHING AND EQUIPMENT

### 8. Individual Clothing & Equipment. Each participant is expected to have:

Category	Items	Guidance
<b>Rucksack</b>	With separate waterproof liner.	<b>The weight carried should be no more than 1/3<sup>rd</sup> of the individual's body weight and up to a maximum of 13.6 kilos (30lbs).</b>
<b>Walking Kit</b>	Base layer Mid layer – shirt or synthetic sweatshirt or microfleece Trousers Socks Boots giving ankle support	<b>Ideally wicking to remove perspiration</b> Made of substantial material <b>with long sleeves.</b>  <b>To be wind resistant and ideally quick drying. Leggings/track suits/jogging trousers are not acceptable.</b> Good quality walking <b>not sports socks</b> Worn in and in good condition.
<b>Waterproofs/ Poor weather</b>	Jacket with hood Over trousers Gaiters Gloves/Mittens Hat x 2	Robust and capable of keeping the wearer dry under very wet conditions over an extended period. Recommended to provide additional waterproofing. Not fingerless and ideally waterproof. Warm hat covering ears and sun hat <b>preferably</b> with brim.
<b>Spare Clothing (To be packed in a waterproof bag(s))</b>	Base layer Mid layer - shirt or synthetic sweatshirt or microfleece (Long sleeves) <b>Static</b> Insulation layer – Substantial fleece.  Trousers Socks	<b>Dynamic insulation layer.</b>  2 lightweight synthetic fleeces may be substituted <b>but must be separate from mid layer fleece.</b>  Recommend carry more than one spare pair.
<b>Sleeping Kit</b>	Sleeping mat Sleeping bag (in waterproof bag)	Thermal insulated and body length carried in a waterproof bag. To provide good insulation comfort rated down to 0° C, <b>comply to European standard EN13537.</b>
<b>Rations &amp; Water</b>	Food: 1 1/2 days Emergency rations  Eating container, utensil & mug Matches and toilet paper Water: 2ltrs Water sterilisation (For 48 hrs & in date)	Meals: 2 x lunch (hot/cold), 1 x eve (hot), 1 x B' fast (hot). Meals must be labelled. Emergency rations (high energy foodstuffs & hot drink) to cover extra night on moor, clearly marked and in sealed bag.  If platypus used, a robust 1 litre water bottle in addition to manage water sterilisation is recommended. Be aware of purification time with system used.
<b>Personal Survival Kit</b>	Compass Watch Whistle Survival Bag Personal First Aid kit  Pocket knife/tool Notebook & pencil Head Torch	At least two per team. Baseplate min 10 cms. At least two per team. All team members to be aware of distress/response signals. <b>All participants to be aware of how to use.</b> Contents: handwash, blister kit, insect repellent, sun cream, pain relief tablets & personal medication as required.  <b>Waterproof paper preferred.</b> Spare batteries for non LED head torches.

### 9. Team Equipment. Each team must carry:

Category	Items	Guidance
<b>Maps</b>	Minimum 2	<b>At least one</b> Dartmoor Training Area Map1:25,000 (GSGS 6500 Edn2) and civilian map, all marked with RBNA, <b>CROW Access Land, river crossings &amp; SC/CP.</b>
<b>Tent.</b>	Tent x 2 (minimum) + pole repair kit	Shelter for 2 - 3 per tent.
<b>Cooking</b>	Stove x 2 Fuel containers Cooking utensils	Robust with a secure stopper and full at start of Event. Clean and sufficient for team cooking plan.
<b>Toilet Trowel</b>		Recommended for use if toilet facilities not available (lightweight plastic suggested).
<b>First Aid Pack</b>	x 2	Contents: 6 plasters, 1 wound dressing, cleansing wipes, 1pr latex gloves, Zinc Oxide tape (2.5 cm wide), 2 x triangular bandages and safety pins, 2 x Melolin gauze dressings and 1 pr blunt-nosed scissors. All Team members to be aware of content and use:
<b>Hi Viz surcoats</b>	x 2	For use when crossing or using roads. <b>Bands alone do not provide enough visibility.</b>
<b>Mobile Phone</b>	One per team.	For emergency use only. TM to seal in opaque bag issued at Registration.