

TEN TORS RULES

13 OCT 19

ANNEX B – MANDATORY CLOTHING AND EQUIPMENT

1. The following items must be carried throughout the Ten Tors Challenge (TTC) and Jubilee Challenge (JC). Individuals / Teams not wearing or carrying these items will be removed from their Challenge.
2. The items and quantities listed are the **minimum** required – more may be necessary to ensure individuals are suitably equipped to complete their Challenge even in adverse conditions. Notwithstanding compliance with this list, the organisers may remove participants from a Challenge before or after its start if they consider them to be unsuitably clothed or equipped to complete it in the forecast conditions.
3. An asterisk (*) indicates that the item will be issued at Registration.

Individual				
Category	Item	Quantity		Remarks
		TTC	JC	
Safety	Wrist band*	1	1	Insert is personalised to individual.
	Whistle	1		
	Torch	1		
	Personal medication	As required		Location to be known to all in Team (TTC) or by accompanying adult (JC).
Load carriage	Rucksack	1	1	
Clothes	Base layer	2	1	When not being worn to be packed in waterproof bag(s).
	Intermediate layer	2	1	
	Insulation layer	1	1	
	Socks, pair	2	2	
	Trousers / leggings	2	1	Must completely cover lower limbs
	Waterproof clothing	1	1	Jacket and trousers
	Gloves, pair	1	1	
	Hat	1	1	To protect (depending on conditions) against cold, precipitation, and/or sunshine.
	Boots, pair	1	1	
Rations	Meals	4	1	TTC to include at least 2 heatable meals.
	Emergency rations	1	1	High energy foodstuffs to be clearly marked and in sealed bag.
	Water	1 litre	1 litre	In suitable container(s). Additional container(s) may be required to enable water sterilisation.

Sleeping system	Sleeping mat	1							
	Sleeping bag	1		Must be stowed in a waterproof bag and certified under EN 23537 with a Limit Temperature, or under EN 13537 with a Lower Limit, of -2C or less.					
Team									
Category	Item	Quantity		Remarks					
		TTC	JC						
Safety	Map	2	1	Waterproofed and showing all Annex A details, access land and Challenge locations. At least one to be Ten Tors 2020 map.					
	Compass	2	1						
	Watch	2	1						
	First aid pack	2	2	To include:					
				<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>Zinc oxide tape / blister kit</td> <td>Plasters</td> <td>Wound dressing</td> <td>Gauze dressing</td> </tr> <tr> <td>Non-latex surgical gloves</td> <td>Triangular bandage</td> <td>Cleansing wipes</td> <td>Tick remover</td> </tr> </table>	Zinc oxide tape / blister kit	Plasters	Wound dressing	Gauze dressing	Non-latex surgical gloves
	Zinc oxide tape / blister kit	Plasters	Wound dressing	Gauze dressing					
	Non-latex surgical gloves	Triangular bandage	Cleansing wipes	Tick remover					
	Control Card*	1	1						
	Pink Card*	2	2						
	Hi viz vest	2	1	For use in emergency or when crossing roads; reflective bands not sufficient.					
	Mobile phone	1	1	For emergency use only. To be carried by Deputy Team Leader for TTC.					
	Mobile phone bag*	1		Mobile phone to be sealed in bag by TM.					
	Tracker*	1		To be stowed clear of metal objects inside the top of the Team Leader's rucksack.					
Team ID Panels*	2		With cable ties*. To be visible to aircraft and ground observers.						
Note book & pencil	1								
Camping	Tent	2		Sufficient tentage for all of team eg. sleeping for 6.					
	Cooking equipment	2		Stove, fuel, utensils, ignition etc.					
	Trowel	1		For digging toilet scrapes.					
	Water sterilisation	2		Sufficient to enable 2 separate groups to sterilise independently.					
	Rubbish bag*	1							