

Is your kit up to the job?

Walking Boots – Without doubt, the most important factor for the success or failure of an individual and therefore a complete Team is their footwear. Dartmoor is notorious for its uneven, and boggy terrain. As such it is imperative that participants ensure when procuring footwear, it is appropriate for themselves and the Ten Tors Event.

Consider where you will be walking? Understand your feet – If possible, get your feet accurately measured. But also consider the overall shape of your feet.



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Leather or synthetic boots?

Modern walking boots largely fall into two categories: leather and synthetic. But which one is best for you?

The most important thing is the fit. As long as the boot is strong enough for the intended terrain, the only boot to choose is the one that fits correctly. However, if you do have the choice between a leather and a synthetic option, then you may wish to consider the following:

Leather boots are waterproof, durable, tough and they are breathable. Leather boots can however be hot and sweaty in Summer.

Synthetic Fabric boots are breathable, perhaps more comfortable and to some people look better, but can be less resistant to water and do need to be reinforced. Breathability allows sweat vapour to escape, keeping your feet dry and free from blisters.

Don't forget Socks - Whether you choose to wear one or two pairs, prefer them thick or thin, up to the knees or around the ankles, socks are in many respects the unsung heroes of footwear performance. Socks should not be an afterthought, but a central part of your overall footwear. They need to: resist friction, avoid bunching, prevent blisters, provide padding and allow your feet to breathe.

Gaiters - Do gaiters go over waterproof trousers?

The answer is that they should go underneath waterproofs, but over your non-waterproof walking trousers which are underneath the waterproofs. If a gaiter is over your waterproofs, rain will run down your trousers and into the top of the gaiter (no matter how tight you pull the draw-string, it's not a watertight seal).

Do gaiters help with ticks? It is said they are very effective at preventing ticks from crawling up legs, and they add another level of protection while walking.

