

CLOTHING AND EQUIPMENT GUIDANCE

TEN TORS CHALLENGE 2015

1. **General.** The Ten Tors Clothing and Equipment Guidance is based on Mountaincraft & Leadership (Eric Langmuir), 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.
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.** During the Challenge, teams may be scrutinized by the Scrutineers and Safety Control staff 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.
 - 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 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.
5. **Scrutineering.** Selected teams and participants will be checked during the 'Scrutineer checking process' prior to the Challenge as follows:
 - a. **Risk Assessment Check.** Items of clothing and equipment considered essential to reduce the 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 with high viz cover.
 - c. Maps At least 1 x Dartmoor Training Area Map 1:25,000 (GSGS 6500 Edn 2) and, if preferred, your own civilian maps marked with RBNA and CROW Access Land
 - 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. *Out Of Bounds Areas and Road Access Restrictions, and River Crossing Stipulations*

INDIVIDUAL & TEAM CLOTHING AND EQUIPMENT

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

Category	Items	Guidance
Rucksack		To have a separate waterproof lining. The weight carried should be no more than 1/3rd of the individual's body weight and up to a maximum of 13.6 kilos (30lbs).
Walking Kit	Base wicking layer Mid layer – long sleeve shirt or synthetic sweatshirt or microfleece Trousers Socks Boots giving ankle support	Made of substantial material To be wind resistant and ideally quick drying. Leggings are not acceptable. Worn in and in good condition.
Waterproofs/ Poor weather	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 with brim.
Spare Clothing (To be packed in a waterproof bag/bags)	Base wicking layer Mid layer long sleeve shirt or, synthetic sweatshirt or microfleece Insulation layer – Substantial fleece. Trousers Socks	2 lightweight synthetic fleeces may be substituted Recommended more than one spare pairs
Sleeping Kit	Sleeping mat Sleeping bag (in waterproof bag)	Thermal insulated & body length. Three seasons; comfort rated down to 0° C
Rations & Water	Food: 1 1/2 days Emergency rations Eating container, utensil & mug Matches and toilet paper Water: 2ltrs Water sterilisation (For 48 hrs & in date)	2 x snack, 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) for extra night clearly marked and in sealed bag. If platypus used, a robust 1 litre water bottle to manage water sterilisation is recommended.
Personal Survival Kit	Map (Leader & Navigator) 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 to be aware of distress/response signals Contents: handwash, blister kit, insect repellent, sun cream, pain relief tablets & personal medication as required. Spare batteries for non LED head torches

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

Category	Items	Guidance
Tent.	Tent x 2 (minimum) + pole repair kit	Shelter for 2 - 3 per tent.
Cooking	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
Toilet Trowel		Recommended for use if toilet facilities not available. lightweight plastic suggested.
First Aid Pack	x 2	Contents: 6 plasters, 1 wound dressing, cleaning 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:
Hi Viz bands or surcoats	x 2	For use if crossing or using roads.
Mobile Phone	One per team.	For emergency use only. TM to seal in opaque bag issued at Registration.