

CLOTHING AND EQUIPMENT GUIDANCE FOR TEN TORS 2010

1. **General.** The Ten Tors Clothing and Equipment guidance is based on Mountain & 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.** Competent Team Managers, appointed by the heads of establishments, groups and schools, are responsible for ensuring that all team members are properly clothed and equipped both during pre-event training and for the Ten Tors event itself. The organisers retain the right not to allow Ten Tors teams to start the event if, in the opinion of the Chief Scrutineer, they are not properly equipped or clothed for the expected conditions during the event.
3. **Principles.** Clothing and Equipment are to be suitable to meet the conditions expected on Dartmoor **during the pre-event training and Ten Tors event.**
 - **Mandatory Ten Tors Equipment.** Items provided by the organisers.
 - **Individual Clothing & Kit.** Suitable layered clothing to include; waterproof over garments; walking attire; dry clothing for night or emergency stops within tents; sleeping system; food.
 - **Team Equipment.** Tent and cooking equipment.
 - **Medical.** All team members are to be aware of each another's medical conditions and able to respond appropriately if required.
4. **Scrutineering.** All participants will be checked during the 'Scrutineer checking process' prior to the event as follows:
 - **Risk Assessment Check.** Items of clothing and equipment considered essential to reduce the hazards of the anticipated conditions on Dartmoor will be checked.
 - **'GREEN' Team Percentage Check.** Approx 10% of all 'GREEN' teams will have a 100% clothing and equipment check during the Scrutineer checking process.
 - **New or 'AMBER' Teams.** All new or 'AMBER' teams will have a 100% clothing and equipment check.
 - **Disputes.** Where there is concern on team preparation, the Chief Scrutineer will call the Team Manager to discuss. The decision of the Chief Scrutineer will be final.
5. **Event Checks.** During the event, teams may be further scrutinized by the Scrutineers 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' through the fall-out system.

TEAM EQUIPMENT

6. **Pre-event Training.** Each team is to carry during the pre event training:
 - FTT 5 (Rev 10). Instructions for Teams Participating in Ten Tors. (One per individual).
 - Dartmoor Training Area Maps 1:25,000 (GSGS 9295 Edn 9-GSGS) x 2

- Team Code Identification Panels. (Self made 2 large 2 small). All team members to know team code.
7. **Main Event.** During the event each team is to carry the following items, which will be issued during the registration process:
- Ten Tors Route Card.
 - EMIT Card.
 - Dartmoor Training Area Maps 1:25,000 (GSGS 9295 Edn 9-GSGS) x 2
 - Team Identification Panels (2 large 2 small)
 - ID wristbands per team member. (Red wrist band for those with medical conditions).
 - FTT 5 (Rev 10). Instructions for Teams Participating in Ten Tors.
 - FTT 12 (Rev 10). Manned Locations Map.

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 no more than 13.6 kilos (30lbs)
Walking Kit	Base wicking layer - vest Middle layer – long sleeve shirt Trousers Socks Boots (ankle support)	Made of substantial material e.g. sweatshirt/microfleece To be wind resistant Vibram type sole and in good condition.
Waterproofs/ Poor Weather	Jacket with hood Over trousers Gaiters Gloves/Mittens Headgear	Robust and capable of keeping the wearer dry under very wet conditions over an extended period Recommended to provide additional waterproofing. Ideally waterproof and not fingerless Cold weather; Warm hat covering ears. Warm weather: Sun hat with brim.

<p>Spare Clothing (To be packed in a waterproof bag/bags)</p>	<p>Base wicking layer - vest Middle layer shirt/microfleece Outer insulation layer - fleece Trousers/thermal long johns Socks</p>	<p>In addition shorts may be carried</p>
<p>Sleeping Kit</p>	<p>Sleeping mat Sleeping bag (in waterproof bag) Bivvy bag (optional)</p>	<p>Thermal insulated & body length. Three seasons; comfort down to zero degrees C</p>
<p>Rations & Water</p>	<p>Food: 1 1/2 days Emergency rations Water: 2ltrs Water sterilisation (48 hrs in date) Eating container, utensil & mug Matches and toilet paper</p>	<p>2 x snack, 2 x lunch (hot/cold), 1 x eve (hot), 1 x B'fast (hot). Meals should be labelled. Emergency rations (high energy foodstuffs & hot drink) for extra night clearly marked and in sealed bag. If platypus is carried a 1 litre water bottle to manage water sterilisation is highly recommended.</p>
<p>Personal Survival Kit</p>	<p>Map (Leader & Navigator) Compass Watch Whistle Personal First Aid kit LED Head Torch Pocket knife/tool Notebook & pencil</p>	<p>At least two per team baseplate min 10 cms At least two per team All to be aware of distress/response signals Pers First Aid to contain: antiseptic hand-wash, blister kit, insect repellent, sun cream, pain relief tablets & personal medication as required. Spare bty for non LED head torches</p>

9.

10. **Team Equipment.** Each Team must carry:

Category	Items	Guidance
Tent	Tent x 2 (minimum)	Shelter for 2 - 3 per tent. A Bivvy bag alone is not acceptable.
Bothy bag (or 2 x Survival bag)	Bothy bag for 6 pax	Useful if poor conditions anticipated or a min of 2 x survival/bivvy bags per team.
Cooking	Stove x 2 Fuel Containers x 2 Cooking utensils Tin opener	To be clean. If using gas a spare gas container to be carried. Robust with a secure stopper
Toilet Trowel	x 2	For use in emergency
First Aid Pack	x 2	All Team members to be aware of how to use contents of first aid pack, to contain: Zinc Oxide plaster (2.5 cm wide), 2 x 10 cm wide bandages, 2 x triangular bandages, 2 x Melolin gauze dressings, antiseptic wipes, and blunt-nosed scissors.
Hi Viz bands or surcoats	x 2	For all teams on roads. 45/55 mile teams for night road walking.
Mobile Phone	One per Team	For emergency use only. To be sealed in opaque bag by scrutineers. Use of GPS is not permitted during the Ten Tors Expedition.