

Ten Tors Kit List

Ser	Item	Requirement	Worn	Rucksack	Comments
1	Out Layer (Coat)	Breathable Waterproof Securely attached hood Water Resistant zip or storm flaps Hood, waist and lower hem adjustments to enhance protection Be a little too large		Dependin g on weather	
2	Over Trousers (Waterproof)	Robust and not ripped in anyway. 4 Such that the walker can fit/remove them over their boots without assistance, implying knee length, or longer, zips, this must be undamaged. Fit well enough so that they don't impede the walker.		Dependin g on weather	
3	Boots	Well fitting Adequate ankle support Vibram-type sole. Leather or quality waterproof fabric boots are required	X		
4	Gaiters	To fit boots	X		
5	Rucksack	50 – 65 litres – with whistles			Whistle cost £1
6	Flip-Flops	For night time to air feet		X	
7	Metal Water Bottles	Must be of robust construction and with a secure stopper. Need to carry at least two litres of water.		2	Or bladder & bottle
8	Water purification tablets	Must be in date		X	
9	Sleeping Bag	Must be comfort rated to 0°C Should be 'Three/four season' In waterproof bag		X	
10	Roll Matt	Full Length To be kept in waterproof bag.		X	
11	Heavy Fleece	To wear at night and when not walking if cold		X	
12	Shirt/Fleece	Light weight fleece	X	X	1 x Emergency Clothing
13	Mid Layer	A napped synthetic fleece or synthetic microfiber insulation layer is required. Two lightweight synthetic sweatshirts can substitute, but a micro-fleece cannot substitute for a mid-layer fleece.	X	X	1 x Emergency Clothing
14	Base Layer	Leggings and top Not cotton 'Coolmax' or other moisture transfer garments	X	X	1 x Emergency Clothing
15	Trousers	Robust, relatively wind proof and quick drying. Thin nylon tracksuit trousers or tights are not suitable as they provide insufficient protection.	X	X	1 x Emergency Clothing No shorts
16	Socks	High quality	1	2	1 x Emergency Clothing
17	Hat	Warm hat covering ears and sun hat with brim.	1	1	
18	Gloves	Not fingerless and ideally waterproof.	1	1	
19	KFS	Spork!		1	
20	Plate	Unless eating everything Boil-in-bag		1	
21	Mug	Robust		1	

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22	Toilet Paper	In plastic bag		X	
23	Hand Wipes/Gel	Hand wipes are preferred		1	
24	Personal First Aid Kit	Blister Plaster Medicines Plasters		X	
25	Insect Repellent	All – regardless of weather		1	
26	Sun Cream	All – regardless of weather			
27	Note book/pencil	For take-outs and emergencies			
28	Food	Boil in the bag. All meals must be labelled • 2 snack (Minimum) • Hot drinks (Chocolate, Tea etc) • 2 x Lunches (hot/cold), • 1 x Evening meal (hot), • 1 x Breakfast (hot).		X	
29	Emergency rations for extra night	• One main meal • Cereal bar or snack • High energy food stuff • hot drinks – chocolate sachet • Clearly marked and in 'sealed' bag.		X	
30	Rubbish Bags	For washing and rubbish		X	
31	Matches	Preferably waterproof		X	
33	Torches	Small Hand torch Head Torch with strobe facility Both with spare batteries		X	
34	Watch	Waterproof		X	
35	Pocket knife/tool	Small		X	
36	Survival Bag	Available from school for £2		X	
37	Green Card	Issued by School		X	
38	Map Case	Issued by school		X	
39	Compass	Issued by school	X		
40	Tent	Issued by school		X	
41	Tent Repair Kit	Issued by school		X	
42	Toilet Trowel	Issued by school		X	
43	High Viz Vests	Issued by school		X	

- Note:
1. All equipment should be clearly named.
 2. All participants will need an overnight bag for the Friday evening containing washing kit & towel (Ten Tors Event Only).