



TEN TORS @ PCSC



KIT & EQUIPMENT

The amount and type of equipment that teams must carry for Ten Tors is decided and rigorously checked by the Army who run the entire event. Before the teams set off on the event they have to pass through scrutineering to ensure they have all the required equipment. Dartmoor is a wild place and at times the weather conditions can be horrific, participants must have adequate equipment and clothing to cope with the conditions. If the team are found not to be carrying the correct equipment they will be escorted off the moor and disqualified from the event, this also affects the college's chances of entering teams in future years.

As teachers and leaders training the teams, we also expect this level of equipment during training for the same reasons, to ensure participants learn to use equipment properly and to make sure that young people taking part in the training stay safe.

We are aware that much of this equipment is expensive to buy and we do have a large resource of equipment that can be borrowed. Items such as tents, stoves, camping mats, survival equipment can be borrowed from the college under the understanding that it must be returned in good condition. Items such as walking boots and waterproofs however are essential so be prepared to have to purchase these. More advice on buying equipment below.

Loan Equipment

We have a range of equipment available for loan for Ten Tors. Group equipment such as tents, stoves, first aid kits etc will be lent to teams as required. Personal equipment for loan includes;

- Rucksacks
- Sleeping bags
- Sleeping mats
- Head torches
- Survival bags
- Water bottles



To apply to borrow loan equipment fill in the form on the website and your equipment will be ready to collect at afternoon registration on the Friday before the walk. You will return it on Monday morning before school.

Required standards of equipment

You can download the full list of equipment needed as laid down by the army via the website. However, the guidelines below will help you to work out if the gear you have already is suitable and if you do need to buy equipment what to look for.

Boots

Boots must have vibram type sole and support the ankles. Fabric boots must have a strong midsole – if they flex too much they will cause the arch of the foot to drop. They must be high enough to support the ankle. Also ensure you have good socks and insoles, really good boots won't do much if you only have some old thin socks underneath! Make sure they fit properly, go to a good retailer and get your feet measured.

Waterproof jacket

Waterproof jacket - must be able to withstand prolonged and heavy rainfall, it must have taped seams and attached hood. Avoid the "high cut" jackets which end at the mid-drift –these do not meet the Army rules. The jacket must be long enough to cover and extend beyond the trouser pockets. If you buy a shell type jacket you will need an extra sweatshirt or microfleece.

Waterproof trousers

These must also have taped seams. If possible buy a pair that have knee length zips. This will greatly assist ease of use and avoid your performing some ritual hopping dance out on the moor.

Fleeces

The rule states 200gram or equivalent. Fleeces come in different weights, different qualities and different functions. A microfleece (usually 80-140 grammes is not a fleece which meets the rules- but it might be useful. Polyester fleece is usually better quality than acrylic fleece. Windstopper fleeces have a thin midlayer which stops the wind blowing through- but these are a luxury and not essential.

Rucksack

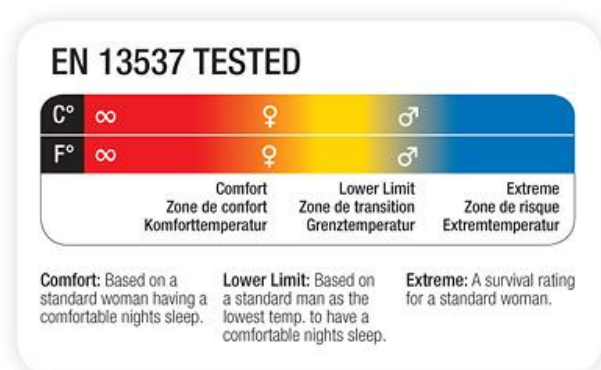
No more than 65 litres. Avoid the thin nylon bags –they will simply not take the abrasion over time. The back system must be FULLY adjustable – you will grow so make sure your bag grows with you. Also ensure good back ventilation. Pay more for a long term investment. It may be worth looking at ladies bags which have slimmer backs if you struggle to find one that fits. Vango make some that are good quality and excellent value.

Sleeping Bag

Buying a new bag?

In 2008 the EU brought in a standard method to rate NEW sleeping bags (EN 13537). The new EU rating gives each sleeping bag a temperature rating at four levels - upper limit, comfort rating, lower limit and extreme rating. (You may also see 'transition zone' but you should ignore this.)

The level we are interested in is - **comfort rating**. At the lowest comfort level the sleeping bag MUST be rated to 0 degrees.



Already have a bag you want to use?

- If you have an older style bag then a rating may be sewn into the label. A 3 season bag is likely to be OK – if in doubt check with us.
- 2 season bags will not pass by themselves; they will be accepted providing that there is an additional thermal long sleeve top and additional long johns plus additional thick socks OR the season level is uprated by either a fleece or silk liner. A cotton liner is not acceptable. Again, check with us if unsure.
- 1 season bags are not permitted.
- Sleeping bags with no season rating are unlikely to be accepted.

Should the filling be down or synthetic?

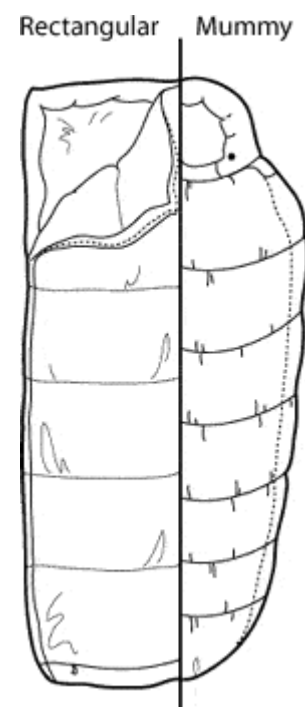
- To combat heat loss, 2 basic insulation types are commonly used: down and synthetic.
- Choose a down bag if you want superior warmth, compressibility and durability. Though initially more expensive, down's superior durability makes it a good value over the long haul. You might want to avoid down if you're sleeping bag is likely to get wet, it doesn't keep you warm when wet. Some will have a water proof outer to prevent them getting wet.
- Choose a synthetic bag if you want both good performance and a lower price tag. Short-staple synthetic bags offer excellent compressibility, while continuous-filament synthetic bags are lofty and more durable. Synthetic fills are usually the better choice if there is a good chance your sleeping bag will get wet as they tend to maintain warmth even when wet.

How heavy should it be?

- It needs to be carried all weekend so it should be as light as possible. However, it's normally the case that the lighter the bag the bigger the price tag!
- Look at a selection of sleeping bags which meet the temperature requirement highlighted above and compare their weight and price.
- Ideally the sleeping bag shouldn't be any heavier than 2kg.

What shape should it be?

The sleeping bag should not have corners! It should be fitted to the shape of the body (Mummy shape), getting narrower towards the feet. It should have a hood to surround your head.



Buying new gear

Important, before you go and invest in any equipment make sure it is what you need. If you want any advice please do speak to Mr Cook about it. Generally good quality retailers will give you sound advice. We have generous discounts at a number of local outdoor stores;

Camouflage Paignton - best price

Taunton Leisure Exeter - 20% discount with school discount card (see Mr Cook)

Cotswold Outdoor Plymouth/Exeter - 20% discount

We understand that good quality equipment is expensive, if you are going to invest be cautious not to invest in inexpensive equipment that might not do the job. If you are in a position to buy the following order of importance may help:

- Boots, we do not supply. Take the advice given earlier, get your feet measured. But - your feet will grow!
- Waterproof jacket - It doesn't have to be Gore-Tex to be good. Look for end of line bargains at TK Max from quality names like "Sprayway", "Tresspass" or "Crag Hoppers". Do not buy a ski jacket and be wary of "3 in 1" outer jacket/fleece combinations. Many retailers sell off end of season designs at a reduced rate.
- Waterproof trousers - as per jacket. Again keep an eye on TK Max for end of lines.
- By producing evidence of you doing Ten Tors - e-mail confirming training place - you should be able to negotiate at least 10% discount at most outdoor retailers.
- By all means try things on and then go online to see if you can get them cheaper. NOT BOOTS - you need to try them on properly.
- We will be offering kit evenings provided by local suppliers offering discounts and advice.

