



TEN TORS @ PCSC



WEEKEND KIT LIST

Everything listed below must be carried all weekend. Items marked with a * can be loaned from the college. You should fill in the appropriate form on the website if you would like to borrow an item of equipment. More advice can be found on the 'very important things' page of the website.

General Kit		
Rucksack *	Ideally about 65ltrs – when packed should weight no more than 1/3 of body weight or 30lb. Make sure you allow room for team kit.	
Rucksack Liner	Must be made of thick plastic and be waterproof	
Sleeping Bag	To be packed in separate waterproof bag. The minimum acceptable standard is to be marked with 'comfort down to zero degrees C.	
Roll mat *	Must be insulated and be the full length of the body. Wrapped in waterproof bag.	
Survival Bag *	Body length, heavy duty plastic. Must not be damaged or split. Foil space blanket not acceptable.	
Whistle	Metal not recommended. Heavy duty plastic. KNOW THE DISTRESS SIGNAL. Best attached to outside of rucksack with a lanyard.	
Water bottles *	You have to be able to carry 2ltrs of water. If you use a camelback/platypus you must also carry a 1ltr bottle to manage water sterilisation.	
Water sterilisation tablets	Must be in date. Enough for 48 hours.	
Emergency Rations	High energy foodstuffs and a hot drink sachet. E.g. mars barsx4 and instant soup. All must be sealed in a clear plastic bag and labelled.	
Mug, eating container & utensils	Plastic or metal, just a spoon or 'spork' will do for everything.	
Watch		
Head torch *	Minimum 2 LED's. Bring spare batteries too.	
Notebook and pen	For writing down details in an emergency.	
Personal First Aid Kit	Antiseptic wipes/handwash, blister pack, insect repellent, sun cream, pain relief tablets, toilet paper, spare laces ANY PERSONAL MEDICATION	

INFORMATION SHEET NUMBER 1 – Weekend Kit List

Pocket Knife/multi-tool	A 3" (7.5cm) or less, foldable pocket knife or multi-tool. To be carried inside rucksack – not on display.	
Large plastic bag	No holes- to carry your share of a wet tent.	

Clothes (to wear)		
Base layer	Lightweight, wicking (thermal) layer.	
Middle Layer	Substantial and long-sleeved e.g sweatshirt or microfleece	
Outer layer	Fleece jacket (200 grams or above)	
Trousers	Robust and windproof. No joggers or jeans.	
Waterproof Jacket	Must be robust – able to withstand substantial, prolonged wet weather over 36 hours, have an attached hood and taped seams.	
Waterproof over trousers	No rips. Must be robust and have taped seams. Able to withstand prolonged and substantial wet weather. Ideally with zip side openings to put on over boots.	
Gaiters	Waterproof and in good condition. Recommended	
Gloves	Ideally waterproof, not fingerless or wool	
Headgear (2 types)	Cold weather – warm hat covering top of head and ears Warm weather – sun hat with brim	
Walking Socks	Thick, preferably looped weave	
Walking Boots	Must be in good condition, provide full ankle support and have Vibram type soles.	

Clothes (spare, to be carried in main rucksack clearly labelled)		
Underwear	To avoid chaffing.	
Base layer	As above	

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Middle Layer	As above	
Outer Layer	As above or can be substituted by 2x sweatshirts or 1x sweatshirt and 1x micro fleece (recommended)	
Trousers	As above	
Walking Socks	As above	

Food - more advice on website (meals must be packed and labelled clearly)		
Nibbles/snacks	To eat while walking. Make sure they are easily accessible.	
Breakfast x1	Hot breakfast and hot drink, must be substantial e.g. wayfarer meal or porridge. Cereal bar not sufficient.	
Lunch x2	Saturday and Sunday, packed separately. No meat or cheese for Sundays lunch.	
Evening meal x1	For Saturday – must be hot and substantial with hot drink.	

End of hike kit (this is the only stuff you don't have to carry in your large rucksack)		
Small rucksack/holdall	Labelled with your name on the outside	
Change of clothes	A complete change of clothes for when you arrive back to the bus cold and wet.	
Footwear	Trainers or shoes	
Plastic bag	For your boots	
Towel	To dry yourself off	
Snacks and a drink		

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Team Equipment (supplied by the college – make sure you leave room in your ruck sack to share this out)		
Tents x2		
Maps x2		
Compass x2		
Team First Aid Kits		
Toilet Trowel x2		
Hi viz jacket x2		
Trangia Stove x2	Including Fuel	