



Ten Tors 2018

What is it?

- Largest youth event in the country.
- Teams of 6.
- Either 35/45/55 miles
- Self sufficient for 2 days.



What is required?

- 3 x day walks. (Saturdays)
- 3 x weekends.
- 1 x weekend of the event.
- Regular after school meetings most Tuesdays.
- Correct kit.

Where is it?

- All training will be on Dartmoor.
- Initial walks will start close to Okehampton.



When is it?

- Training x 6 – Jan → May
- Event – May 11th -18th



Specific dates:

1. 06/01/17

2. 20/01/17

3. 03/02/17

Saturday, day walks. Approx:
07:30 – 15:30

4. 03/03/17 – 04/03/17

5. 24/03/17 – 25/03/17

6. 28/04/17 – 29/03/17

Saturday and
Sunday walks.
Approx: 08:00-
16:00

All dates will made available on the school website.

Training requirements:



How many places?

- 2 x teams of 6.
- Approximately 30 training places available.



Cost:

- £85

- This includes:

1. Training

2. Team entry

3. Use of tents/stoves/fuel

4. Insurance (as covered by LEA)

If students withdraw they will be refunded a proportion of their fees. After each walk the refunds fall by £10.



Cost:

- This doesn't include:
 1. Any personal equipment.
 2. A Ten Tors hoody.
 3. Food.



Kit:

- Students must all have their own of the following kit.
- It can be borrowed from friends/relatives and some even from the school.

If students do not arrive with the correct kit (it will be checked) they will not be allowed to continue.

Boots

These must have adequate ankle support.

I recommend that you do not buy them on the internet but go to a reputable outdoors shop explain you need them for ten tors and make sure they fit you.

Try and get them “broken in” before the first walk.

Gaiters

Mandatory

**Socks x
2pairs**

Thick walking socks

You should have a dry spare pair in your pack

Waterproof jacket

This must be robust and capable of keeping the wearer dry under very wet conditions over an extended period and the jacket must have a hood.

Waterproof over trousers

If you are borrowing these from someone or you have had them for a number of years please make sure they are still waterproof before coming out on the first walk. Most can be re-waterproofed at minimal cost, see Mr Barnett for more details.

Rucksack

Should be large enough to hold all items in (40l should be plenty).

If you need to buy a rucksack buy one for the camping training weekends rather than two. (50-60 litre)

Rucksack liner

Rucksacks must have a waterproof liner. There are many varieties on the market.

Bin liners (these rip very easily) and waterproof bag covers (in heavy rain they leak and they act as sails in high winds) are not adequate protection.

Animal feed sacks are adequate protection and are about the right size. We have supply of these at school that we can give out for free. See Mr Barnett or Mr Deacon if you would like one.

Hats

You should have a warm hat for cold conditions which needs to be taken on every walk and a sun hat that gives shade to the face and neck in hot conditions. The sun hat only needs to be taken if there is bright sun in the weather forecast and it is past March.

Gloves

These should be waterproof and not fingerless

Compass

The compass must have a reasonably sized base plate (10cm long) and a moveable bezel marked in degrees. The Silva Expedition 4 compass is perfect but there are cheaper adequate alternatives that can be brought for under five pounds.

Map

You must have a copy of:

OS Explorer Active – sheet 28 – Dartmoor

Please note this is a laminated map. Do not buy the non-laminated version as it will not survive the first walk.

The cheapest place I have found to buy these is

Dash4it.co.uk:

<http://dash4it.co.uk/catalog/product/view/sku/OSA28>

£10.49 with free delivery

Trousers

These must not be made of cotton (absolutely no jeans) and must be wind resistant.

Challengers will not be allowed to wear leggings alone on the event.

**Base
Layer x 2**

A thin layer of clothing worn next to the skin (t-shirt). This must not be made of cotton.

You should have a dry spare in your pack

**Mid layer
x 2**

A substantial long sleeved top for example a microfleece. It must not be made of cotton.

You should have a dry spare in your pack

**Outer
layer**

A warm thick fleece or similar. Down jackets are not allowed but synthetic jackets are very good.

Personal First Aid kit

Personal First Aid ideas: toilet paper, antiseptic hand-wash, blister kit, insect repellent, sun cream, pain relief tablets & personal medication as required.

Head torch

This is an essential piece of equipment to use in emergency situations. Make sure the batteries are charged and you have a spare set.

Watch

Waterproof

Survival bag

This a mandatory piece of safety equipment on all Ten Tors walks that is highly visible and can help protect from the worst of the elements in an emergency. These cost £2.25 at Go Outdoors. “Space blankets” do not offer sufficient protection.

Whistle

Essential piece of equipment to use when in distress. This should be a distress whistle and should not have a pea (they can freeze or jam).

Apps

If you have a smart phone you must ensure it is in a waterproof bag and you install the OSLOCATE app. This is a free from the Ordnance Survey and is available on Google Play and iTunes. It will give you a six figure grid reference for where you are. In an emergency this will be very useful.

Food

Lunch and snacks.

You will be burning a significant number of calories over a long period so you will eat significantly more than you normally would.

You need to avoid too many sugary snacks as they give a short burst of energy that is not sustained. Good snacks will have slow released carbohydrates in them and no too much sugar. (some sweets are fine).

Try and have a protein based snack at the end of the walk (peanuts, peporoni, etc) as this will aid your body's recovery.

Water

You must have at least 1 litre of water for a typical winter day walk.

The water bottle must be robust. Platypus style water pouches are fine. Bike water bottles and single use water bottles are not.

Rucksack	Should be large enough to hold all items in (60l should be plenty).
Sleeping bag	<p>All sleeping bags sold after 2005 must have an EN13537 rating label in them. If your sleeping bag has an EN13537 rating it must have comfort temperature of zero degrees or less.</p> <p>If your sleeping bag was purchased before 2005 it should be at least 3 season and be of good quality.</p> <p>Ideally sleeping bags should have a synthetic filling rather than down. Although down is lighter and warmer than synthetic fillings it offers no insulation when it becomes wet.</p>
Sleeping mat	These are to prevent the majority of your heat being lost to the ground. These should be full body length. The school has a set of these that can be lent out. See Mr Barnett or Mr Deacon.
Tent and cooking kit	These are supplied by the school.
Eating utensils	Eating container, utensil & mug