

## TEN TORS RULES

1 SEP 19

### ANNEX B – MANDATORY CLOTHING AND EQUIPMENT

1. The following items must be carried throughout the Ten Tors Challenge (TTC) and Jubilee Challenge (JC). Individuals / Teams not wearing or carrying these items will be removed from their Challenge.
2. The items and quantities listed are the **minimum** required – more may be necessary to ensure individuals are suitably equipped to complete their Challenge even in adverse conditions. Notwithstanding compliance with this list, the organisers may remove participants from a Challenge before or after its start if they consider them to be unsuitably clothed or equipped to complete it in the forecast conditions.
3. An asterisk (\*) indicates that the item will be issued at Registration.

<b>Individual</b>				
<b>Category</b>	<b>Item</b>	<b>Quantity</b>		<b>Remarks</b>
		<b>TTC</b>	<b>JC</b>	
Safety	Wrist band*	1	1	Insert is personalised to individual.
	Whistle	1		
	Torch	1		
	Personal medication	As required		Location to be known to all in Team (TTC) or by accompanying adult (JC).
Load carriage	Rucksack	1	1	
Clothes	Base layer	2	1	When not being worn to be packed in waterproof bag(s).
	Intermediate layer	1	1	
	Insulation layer	1	1	
	Socks, pair	2	2	
	Trousers / leggings	1	1	Must completely cover lower limbs
	Waterproof clothing	1	1	Jacket and trousers
	Gloves, pair	1	1	
	Hat	1	1	Suitable for conditions
	Boots, pair	1	1	
Rations	Rations	4 meals	1 meal	TTC to include at least 2 heatable meals.

	Emergency rations	1	1	High energy foodstuffs to be clearly marked and in sealed bag.			
	Water	1 litre	1 litre	In suitable container.			
Sleeping system	Sleeping mat	1					
	Sleeping bag	1		Must be stowed in a waterproof bag and certified under EN 23537 with a Limit Temperature, or under EN 13537 with a Lower Limit, of -2C or less.			
<b>Team</b>							
Category	Item	Quantity		Remarks			
		TTC	JC				
Safety	Map	2	1	Waterproofed and showing all Annex A details, access land and Challenge locations. At least one to be DARTA GSGS 6500 Edn 2.			
	Compass	2	1				
	Watch	2	1				
	First aid pack	2	2	To include:			
				Zinc oxide tape / blister kit	Plasters	Wound dressing	Gauze dressing
				Non-latex surgical gloves	Triangular bandage	Cleansing wipes	Tick remover
	Control Card*	1	1				
	Pink Card*	2	2				
	Hi viz vest	2	1	For use in emergency or when crossing roads; reflective bands not sufficient.			
	Mobile phone	1	1	For emergency use only. To be carried by Deputy Team Leader for TTC.			
	Mobile phone bag*	1		Mobile phone to be sealed in bag by TM.			
	Tracker*	1		To be stowed clear of metal objects inside the top of the Team Leader's rucksack.			
	Team ID Panels*	2		With cable ties*. To be visible to aircraft <b>and</b> ground observers.			
Note book & pencil	1						
Camping	Tent	2		Sufficient tentage for all of team eg. sleeping for 6.			
	Cooking equipment	2		Stove, fuel, utensils, ignition etc.			
	Trowel	1		For digging toilet scrapes.			
	Water sterilisation	2		Sufficient to enable 2 separate groups to sterilise independently.			
	Rubbish bag*	1					