



Ten Tors 2027 Training Programme

Phase 1: Oct – Jan

Walks 1 to 5 may be completed over any suitable terrain if travelling to Dartmoor is not practical.

1. **Introductory Walk**
2. **Ten Tors Presentation** for Parents/Guardians and Participants (in school)
3. **Training Day** – in school covering:
 - First Aid
 - Emergency Procedures
 - The 3 Ps
 - Packing a Rucksack
 - Green Card Procedures
 - Kit Check
 - Water Management
4. **Navigation Lesson** – in school covering:
 - Concepts of Navigation
 - OS Maps
 - Military Maps
 - Route Planning
 - Route Cards
5. **Navigation Training Day** South Moor applying navigation theory in the field
6. **Day Walk 1** – North Moor
7. **Day Walk 2** – North Moor
8. **Night Navigation Exercise**
9. **Day Walk 3** – North Moor
10. **Day Walk 4** – North Moor
11. **Day Walk 5** – South Moor
12. **Campcraft Training**, in school covering:
 - Tent pitching
 - Safe use of Trangias
 - Menu planning
 - Expedition kit check

Phase 2: Feb – event

13. **Two-Day Practice Expedition** – North Moor
14. **Two-Day Selection Expedition** – North Moor
15. **Confirmation Expedition** for selected teams and reserves – South Moor
16. **Mandatory Pre-Event Briefing** (in school), including:
 - Ten Tors Event and Safety Brief
 - Final Kit Check