

## Ten Tors Kit List

- Rucksack - At least 55 Litres
- Waterproof liner - rucksack liner/strong bin bag.

### Walking Kit:

- Base wicking layer
- Middle layer (long sleeves) - sweatshirt/microfleece
- Trousers - wind resistant
- Hiking socks
- Boots - must have ankle support and be in good condition.
- Gaiters
- Gloves (not fingerless)
- Warm hat covering ears
- Sun hat
- Waterproof coat - must have hood and be robust
- Waterproof trousers

### Spare clothes (in waterproof bag):

- Base wicking layer
- Middle layer (long sleeves) - sweatshirt/microfleece
- Outer insulation layer - Fleece
- Trousers - wind resistant
- Hiking socks

### Sleeping kit:

- Sleeping mat - must be full body length
- Sleeping bag in waterproof bag - Three seasons, comfort down to zero degrees C

### Food and water:

- Food 1  $\frac{1}{2}$  days..... All meals should be labelled.....
  - snacks
  - 2 x lunch
  - 1 x evening meal (hot) ie pasta and sauce, etc
  - 1x breakfast (hot) ie porridge (remember the dried milk), Beans and Sausage in a tin (but this is heavy), etc.
- Emergency Rations - high energy food and hot drink in a sealed bag clearly marked.
- Water - 2 litres
- Spoon and Mug

### Other personal kit:

- Matches and Toilet Paper
- Survival Bag - (orange)
- Watch
- Whistle
- Personal first aid kit - blister kit, sun cream, pain relief tablets and personal medication, insect repellent, etc
- LED head torch
- Pocket knife/tool