

Dear Parent,

RE: Ten Tors

As I am sure you are aware the training has started and the 45 mile squad is looking stronger than ever; in fact, the first training session proved them as a very fast, experienced and knowledgeable team. With this in mind I am keen to equip them with the best kit possible; light weight and high performance to ensure they are one of the flagship teams on the big day – every gram counts! But, here's the bad news, this kit comes at a high price, especially if your son does not make it into the final six! However, money spent on decent outdoor kit will last a long time and will be used again and again in latter life. Fortunately, not all of this is needed for the training walks so you don't need to spend a fortune for nothing, but here is what I think is the optimum to beg, borrow or buy :

- Waterproof Jacket – taped seams with a fixed, permanent hood – Mountain Equipment, Berghaus, Low Alpine, Paramo, North Face etc
- Decent waterproof trousers – again taped seams and with a side zip so they can be put on over boots (Not too baggy to reduce wind resistance)
- Base layers – very important - 'Helly Hanson' style base layer or the thinnest Merino Wool equivalent
- Socks – vital – I wear Solaman skiing socks but anything from a decent walking shop at around £20 will be money well spent
- Modern walking boots
- Hat that can cover ears, and gloves
- Ruck-Sack – NO LARGER THAN 65 litres (Ten Tors Rule)
- 'Thermorest' – these are much, much better than roll mats and take up much less space, but don't be tempted by cheaper versions that don't pack down into small bags
- 'Stuff Sack' to put your dry change of clothes in
- Decent walking trousers
- Water Bottle, mug (you can get water bottles that can be both. 1 Litre minimum size.
- Spoon
- Micro-fleece or mid layer - wickable e.g. thick 'Merino wool' or synthetic equivalent
- Warm jacket; fleece, synthetic down, or similar -light weight and warm
- Sleeping Bag – see attached rules

No Cotton or anything that soaks up water/sweat

Taunton Leisure and Moorland Rambler in Exeter give decent discounts for Ten Tors and have a decent knowledge/understanding of the event so they can give you valuable advice – show them this list if you wish. When it comes to how much to spend – more is nearly always better.

Blundell's provides:

- Tents
- Head-Torches
- Emergency GPS
- Some of the Food
- Cookers and pots and pans – although jet boils are the thing to use here if you want some decent kit
- Gas
- First Aid
- Group shelters

- Survival bag
- Maps
- Compasses
- Spare warm clothing and emergency kit as required.
- Lighters (fire-steel)
- Puri-tabs

Notes on food:

Dehydrated food is much lighter and more suitable - pasta, rice, muesli (ready mixed with milk powder and sugar), glucose tablets, lucozade energy drink powder, nuts, dried fruit, energy bars, flap-jacks. If the boys get their heads together they can sort some of this out between them.

Training Dates:

The next important training camp begins on Saturday 31st October at 8am at Blundell's, returning around 6pm on Sunday, and then, a day-walk on Sunday 15th November.

Finally:

If, like me, you found this letter confusing, then please feel welcome to email me any questions and I'll happily give you my advice/clarify any of the above. Also, see the Ten Tors regulations regarding kit and keep an eye on the Blundell's Website for updates on training and other useful information.

Thanks for your support

Adrian Guy