

14 October 2025

Dear Participant

Ten Tors Challenge 2026

Congratulations on embarking on the training for the Ten Tors Challenge 2026! Now the fun really begins...

By now you will have attended the introduction meeting and read through the presentation that was shared. We discussed the day walk kit expectations which can be seen below:

Category	Item	Guidance
Rucksack	Rucksack	For day walks a smaller rucksack is suitable but must be able to carry a share of the team kit.
	Must have a separate waterproof liner that is larger than the bag capacity	For full kit (Camps onwards) a 60-70L rucksack is suitable. Consider the fitting of your rucksack and seek advice in store. Women's fit may be more suitable for those with shorter backs.
Walking clothing (to wear)	Base layer	Wicking / merino material ideally.
	Intermediate layer	Made of substantial or technical material with long sleeves. NOT a hoodie or cotton. Recommend a full zip but optional.
	Trousers	Wind resistant and quick drying ideally. Leggings/track suit trousers/jogging bottoms/shorts/jeans are not accepted.
	Socks	Good quality walking socks, not sport socks.
	Boots giving ankle support	Worn in to be comfortable with good tread and in good condition (check boot care guidance).
Waterproofs/poor weather	Waterproof jacket with hood	Robust and capable of keeping you dry under very wet conditions for an extended period. Hood MUST NOT be detachable. Avoid thick, heavy coats as this will likely go over your other layers. Look for taped seams.
	Waterproof over trousers	As above. Look for taped seams.
	Gaiters (optional)	Recommended to provide additional waterproofing.
	Gloves	Made from technical/waterproof material, NOT woollen ones or mittens.
	Sun hat	Ideally covering the back of the neck and with a brim.
	Cold hat	Warm hat which covers the ears. No bobble hats and fluffy scarves.
	Buff (optional)	
Spare clothing (to be packed in a separate waterproof bag in your waterproof bag and in addition to the	Base layer, intermediate layer, trousers, socks	As above
	Insulation layer	A substantial fleece, thicker than the intermediate layer for time at camp, softshell is also appropriate but NO DOWN OR SYNTHETIC jackets.

walking clothes above)		
Personal kit	Map	1:25 OS (OL28) map, preferably an 'active' (waterproof) map. Or paper map and map case.
	Compass	Must have a baseplate of 10cms.
	Watch	With alarm function that you know how to use/set. Not a smart watch.
	Whistle	Not the one on the rucksack, preferably plastic.
	Survival bag	Orange plastic ones, NO silver foil blankets.
	Notebook and pencil	A few sheets of paper and a sharpie in a sandwich bag / waterproofed is fine.
	Head torch	With charged power bank and lead/spare batteries
	Personal first aid kit	To include: personal medication, blister plasters, pain relief, hand sanitiser, sun cream, insect repellent (some of this can be team kit)
	Matches	Waterproof or kept dry in a waterproof box/bag.
	Toilet tissue	Keep it dry! Not a whole roll!
	Water sterilisation tablets	In date and enough to last you for the expedition.
Food and Drink	Emergency rations	Enough food to sustain you for an extra night on the moor. Recommended (hot drink sachet, snack bars, boil in the bag, high energy food stuffs). This is to be sealed and clearly labelled. This will likely stay like this from walk 1 until the end of the event and should NOT be broken into unless there has been an emergency.
	Water carriers	2 ltrs minimum to be carried. If using a platypus, a robust 1ltr bottle must also be carried for sterilisation, alternatively x2 1ltr bottles used.

*Please note, other items will be required for camp training later in the year which can be seen on the full kit list.

Many of the items above can be borrowed or loaned on a long-term basis for the training season from the Outdoor Education stores.

Please contact me directly using the e-mail at the bottom of this letter to arrange kit loans, funding support or if you have any questions.

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