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#### Ten Tors Practise Walk

Training & Lecture schedule are on the school web site.

I don't produce a letter for each walk we undertake, you have given your consent for your child to undertake Ten Tors Training.

The pupils will know when we are going out, from the web site & meetings in school.

The return to school time is very variable & so the system I work, is to give a anticipated time of return which we will confirm by mobile as we leave the moor, giving you at 1hrs notice, depending on mobile signal availability.

Applying to the Ten Tors Event for a Team place/s are made by 1<sup>st</sup> Dec. Allocation of team places is not until the end of Jan. So although we start the training in Oct. we won't know we have a place until Late Jan.

Minimum age for Bronze 35 mile challenge is 14yrs by 14<sup>th</sup> May 2007

#### Equipment:

You should aim for the regulation set in the Ten Tors Kit list, given to you with the first letter. However at this stage I am not suggesting you purchase any new kit, look through what you have at home & what you can borrow. Then when you have done a couple of walks & your sure you're up to the 35mile 56k challenge, go out & spend some money, I'll talk more to the group latter about kit, it's best to buy it all together & get a better discount.

I'll provide:

- Laminated Maps

I've got a few spare:

- Rucksacks
- Survival bags
- Rain coats
- Waterproof over trousers

Approach me individually if you need any of the items above.

Your full rucksack will weigh between 10-14kg, do all your walks with this weight.

The most dangerous time for us to be on the moor, is in training, this is when you really need your full kit. On the event, their are thousands of rescue personnel, helicopters etc there to support you. In training the moors are comparatively empty.

**Magdalen Court School is a Family Trust promoting children's education.**

Magdalen Court School, Mulberry House, Victoria Park Road, Exeter EX2 4NU  
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## Some pointers for this walk:

In priority order

- Waterproof, preferably breathable coat, shell coat.
- Walking boots (you could just, manage in trainers, we will all get wet feet anyway, you just would not have the ankle support, increased risk!
- Good walking socks or 2 pairs of thinner ones.
- Warm hat that covers your ears, **essential**
- Warm Gloves, highly recommended
- Compass, Silva Ranger 3 or Silva Expedition 4 are the only compass I would recommend.
- Whistle, Fox 40 are excellent whistles.
- Layers: (all without natural fibres, in particular cotton, if possible)  
Many thin layers are far better than a few thick ones, nice and easy to regulate heat & far warmer when you need it.  
Proven fact!
  - Base layer, supportive
  - Mid layer, thin sweat shirt
  - Fleece
  - Waterproof jacket as mentioned above.
- Waterproof over trousers, could get away without these on this walk.
- Trousers, here lies a problem, jeans are most definitely the very worst thing to wear!  
Choose synthetic, wind-proof if possible, make do with the best you can for this walk.
- Rucksack to carry:  
Everything placed inside a bin liner inside your rucksack.
  - Spear set of clothing:  
Rap these individually, or as best suited to the size of the clothing, in plastic bags, roll them as tight as possible to make them really, really small & compact. I use insulation tape or masking tape to hold them rolled up in their bags. They need to stay dry if you completely submerge in a stream or bog!
    - Base layer
    - Mid layer
    - Fleece
    - Socks
    - Trousers
  - Food  
Cereal bars, dried fruit, sandwiches, nuts, apple, pear, pasta dish. Things, which are palatable to you, contain as little water as possible, wont hurt when you sit on them in your rucksack & contain little or no protein & high amounts of complex carbohydrates (cereal, pasta, rice, bread etc).
  - Water 1lt bottle, old lemonade bottle would be ok
  - Small thermos flask ½-1lt is nice for a warm drink of your choosing.  
Remember water weighs 1kg per 1lt (it's heavy & there is plenty on the moor).
  - Layers of clothing you wish to remove when you get too hot.
  - Emergency rations: couple of chocolate/cereal bars, rapped separately at the bottom of your rucksack. This will keep you going if you find yourself stranded on the moor for an extra night. this can happen at any time!
  - Survival Bag, if you wanted to purchase something, get one of these, thick orange ones, about £3.00. Don't open them!
  - Mobile Phone, in a waterproof bag & charged, can prove useful on practise walks, but banned on the event.
  - Personal first aid kit: paracetamol, sanitary towels, blister plasters, asthma inhaler, etc.

Additional nice to have items:

- Camping stove, fuel, pans, method of lighting it.
- Sleeping bag, in another plastic bag, compressed as small as possible.
- Sleeping mat, very useful in emergencies.
- Tent (this would be split with your team mates to reduce weight)  
If you don't have a light weight tent, leave it at home!

If you are not aware of the risks involved or the procedures we put in place to manage these, please ask myself, in person or by e-mail & I will be most happy to describe the activity in greater detail, explaining the potential risks your child will be exposed to.

John@mcs-exeter.co.uk

**Remember the nature of the event is that you become completely self-sufficient, what-ever fate throws at you, you should be able to deal with it. this often mean camping out on the moor in the most dreadful conditions.**

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