

Ten Tors training weekends. 13th-14th Nov and 27th-28th Nov.

For the people in the know a trip to Nun's Cross Farm is the real reason for signing up for the Ten Tors. If you have never been you are in for a real treat! The best way to approach Nun's cross is in a state of naivety, from afar and in the dark so I won't describe it in too much detail apart from saying there is no lighting, heating, toilets or mattresses, there is however, a roof, gas rings and an amazing feeling of isolation.

The plan is to leave school at 1.30pm on the Fridays (you need to get permission from your teacher and parents to miss Fri. 5) and head to a spot somewhere in the middle of Dartmoor (depending on weather conditions) where we will park up and walk to the farm with the aim of arriving at about 8pm, i.e. with 2-3 hours of night walking.

We will cook dinner at the farm which you need to provide in the form of an army style ration pack or dehydrated camping meal. (Please do not bring anything that needs washing up and does not fit the aforementioned criteria)

Breakfast the next day needs to be as above or cold, such as muesli with powdered milk which just requires water. We can boil water so hot drinks can be made but be warned that milk turns to cheese when carried in a rucksack!

On Sat we will aim to leave the farm by 7am and undertake a 25-30k walk covering the Ten Tors routes in the local area, this should take between 6-8 hours and we will be back at school at some point Saturday afternoon/evening.

Kit list

- Rucksack (50-60 litres should be fine, as required for the event itself).
- Waterproof and supportive walking boots.
- Gaiters.
- Taped waterproof/breathable jacket and trousers.
- Sleeping bag suitable for the conditions in a TOTALLY waterproof bag/thick bin liner.
- Sleeping matt.
- Survival bag, big, orange and cheap.
- Medical kit with any medication you need, blister kit and sun cream.
- Warm hat and gloves plus spares.
- Complete set of spare clothes.
- Extra fleece or insulated jacket.
- Head torch and batteries. Vital for night walking.
- Waterproof map and compass.
- Food and eating implements for the duration of the journey.
- Mobile phone to ring your parents and tell them how much you enjoy Dartmoor in the driving rain on a bleak November night!
- Water bottle of at least 2 litres and a sterilisation system you can work i.e. tablets, drops or pump.
- Biodegradable baby wipes (X 5 per visit!?) in a nappy sac.
- Spare bag of clothes to be left in the bus to make the journey home more comfortable if you get wet.
- Personality and a sense of humour, preferably ones that are waterproof.

If you would like to book yourself onto this trip please get and return a medical/permission form to the youth office and put yourself on the list which is also held there.

Any problems please contact me on richard.bishop@exmouthcollege.devon.sch.uk

Good luck

Mr Bishop