

14 March 2016

Dear Parent/Carer

Ten Tors Expedition 2016

The weekend of **19/20 March** will be the first two day Ten Tors training session on Dartmoor. This will mean students will have to carry the full kit, which they would be expected to have for the actual event. There is a full list of the required kit on the reverse of this letter. The list is provided by the Army, and for those students chosen to participate in the actual event it is imperative they have the necessary kit. The Army scrutinizes the kit of every team member taking part in the event and students will be disqualified if they are missing any part of the kit list. It is to ensure the highest possible level of safety for all participants.

We will be carrying out a 'kit check' on Thursday 17 March after school. Therefore, bags need to be packed and ready to bring into school on Thursday morning. The kit check should be finished by 16:30 or 17:00 at the latest.

It will be an early start for students (and parents!) Students need to be in school by **07:30 on Saturday morning**. I hope to be back at school by around **15:00 on Sunday**. Students will be able to phone home with a more accurate return time on the day.

Obviously, this training session involves an overnight camp, and students will be in a supervised location. They will be expected to set up camp themselves and cook themselves an evening meal.

Students will only be carrying one mobile phone per team. So please do not panic if you cannot contact your child. If there is an emergency please phone me on 07796 192309. Obviously there will be areas on the moor where mobile phone coverage is low or non-existent, but we have plenty of helpers with students in the case of an emergency.

If you need to hire any rucksacks then please return **£5.00** for the use of the rucksack. Unfortunately, I will have to allocate these on a first come, first served basis. Additionally, please could the slip and the sum of **£22.00** for the training session be returned to the Finance Office by **Wednesday 16 March?** Please pay either via the school's online payment system, by cash/cheque (made payable to The Castle School) or by credit/debit card (either in person or over the phone). If you are currently receiving free school meals please tick the box on the attached form as funds are available to cover the cost of the trip.

Any questions please contact me at school.

Yours sincerely

Marie Norris, **Trip Leader**

TEN TORS TRAINING SESSION - 19/20 MARCH 2016

Please return completed form to the Finance Office by Wednesday 16 March at the latest.

I agree to my son/daughter Form..... taking part in the training session on 19/20 March. I have read, understood and am satisfied with the details supplied about the above-mentioned activity. I agree that the emergency and medical details initially provided can be used throughout the duration of the Ten Tors training and event.

I enclose cash/cheque for (made payable to The Castle School)/I have paid online, or by credit/debit card*. (*Please delete as applicable).

I would like to hire a rucksack at a cost of £5.00

I am currently receiving Free School Meals

Signed (Parent/Carer Date

Ten Tors Equipment and Clothing List

Individual Equipment

- A 65 litre rucksack with a separate waterproof lining.
- 2 base layers e.g. vest, a/c or wicking shirt
- 2 middle layers e.g. long sleeved shirts, micro fleece
- Outer insulation layer e.g. fleece
- 2 pairs of walking trousers
- 2 pairs of thick socks
- Boots offering ankle support.
- A waterproof jacket with a hood.
- Waterproof trousers
- Gaiters
- Gloves/Mittens
- Hat
- Sleeping mat
- Sleeping bag in waterproof bag.
- Food to last 1 ½ days. (Hot evening meal, pudding and a hot drink. A hot breakfast and drink is also recommended.)
- Emergency rations
- Water: 2ltrs.
- Water sterilisation (48 hrs in date)
- Fork and mug.
- Matches and toilet paper!
- Whistle
- LED head torch
- Personal First Aid kit.

Team Equipment

- Tents
- Stove x 2
- Fuel Containers x2
- First aid pack x 2
- High Visibility bands

All team equipment will be provided by the school.