

15th November 2022

Ten Tors Challenge 2023

Dear Parent /Carer

The Ten Tors Challenge event is organised by the Army, based at Okehampton Camp on Dartmoor. Teams of six students will start at 7am on Saturday 29th April 2023, carrying all the equipment and food they need to be self-sufficient for the duration of the two day and one-night event. The distance covered is based on age and Budmouth Combined Cadet Force (CCF) has been allocated two x 35 mile, two x 45 mile and one x 55 mile teams for the 2023 event. Teams have until 5pm on Sunday 30th April 2023 to complete the route, allocated by the Army, by checking into manned security checkpoints and checkpoints at the Tors on their given route cards.

Your son/daughter has expressed an interest in participating in the training programme for this event. If they complete the programme to a satisfactory standard and are selected by the Training Staff, they will be invited to join one of the final Ten Tors Challenge Teams.

Our teams are trained under the auspices of the Budmouth CCF Contingent and all staff involved have the necessary qualifications and experience of hiking on Dartmoor. We are happy to accept non-CCF cadets in the early stages of training but all students who gain a place to go to Dartmoor; in order to complete the advance training programme **must** be registered as a cadet. This is so they are covered by CCF insurance and have access to Army resources. Whilst we would hope that non-cadets might be tempted to participate in other CCF activities, there will be no pressure for them to do so or wear CCF uniform or attend parade nights.

We will be completing six training events. The first two are local day walks, followed by the remaining training on Dartmoor. It is at this point that non-cadets will need to be registered before participating in the three Dartmoor weekends. The first weekend on Dartmoor will allow the cadets to gain their Bronze National Navigation Award, followed by two long weekends on Dartmoor, practicing navigation, endurance and team building. The final weekend is an endurance walk from Swanage to Weymouth before the challenge in April 2023. Included in this letter is the training programme dates. Our classroom training will be held on Wednesday's after school in F02 from 3.00pm to 3.50pm, this will not be every week but when needed to complete planning for the weekend training events. As this is not a risk free activity, we have a duty of care to ensure **all** cadets receive mandatory training to successfully complete this event. It is **mandatory** that they attend all training sessions and all six walks. If your son/daughter misses any of these sessions then it will put their place in the final team in jeopardy. Please check your diaries to avoid disappointments.

The safety of our students is of course paramount, strict event and Army regulations are laid down regarding the training of teams and the equipment they need to be carrying and using. Therefore there will likely need to be some financial commitment to purchasing kit. Attached is a required kit list. We suggest that you do not purchase any expensive equipment at this early stage. A good waterproof jacket and properly fitted and 'broken in' walking boots are the essentials for now. If there are items of kit that you do wish to purchase then we recommend Great Western Camping in Dorchester and Cotswold Outdoor store. Both have agreed to provide discounts for students who are participating in Ten Tors.

Our first two training events in the training programme table are local expeditions. These are designed so we can gauge an initial idea of the numbers of interested students and also an understanding of the student's abilities and skills. It will also enable the students to judge whether this challenging test of their determination, self-reliance and teamwork is for them. We are asking for £40 to cover the cost of these walks and to keep costs down we are asking parents to arrange transportation of students to the starting location for the Golden Cap walk, if groups can be arranged then this is good team planning as well. If your son/daughter receives a lift with another parent, you need to be satisfied that they have the necessary insurance cover for transporting a child to/from a Budmouth trip. If transportation is a problem then please let me know.

Ten Tors 2023 - Training Programme

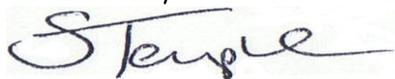
Serial	Date	Event
1	Week of 21st Nov	Students briefing during assemblies - What is Ten Tors?
2	Wed 30th Nov 2022	Student Meeting in F02 at Break time, 10.50am. Discuss plan for Walk 1.
3	Sun 4 th Dec 2022	Walk 1 - Golden Cap. 0845am. Meet at West Bay, Bridport. Finish at 3pm at West Bay. Parents to drop off/pick up.
4	Wed 4 th Jan 2023	3.00pm - 3.50pm. Training Session starts. (Some Wednesday's during term time)
5	Sat 21st and Sun 22nd Jan 2023	Training Day at Budmouth on Sat 21st Jan 10 am to 4pm Students to go home then. Walk 2 - Sunday 22nd Jan - South Dorset Walk. Meet at Budmouth at 9am. Transported to start then walking in supervised groups follow planned route, collected at finish, taken back to Budmouth. Parents to collect when back at Budmouth.
6	Wed 25th Jan 2023	Selection of those who have reached the standard to go to Dartmoor. Meeting in F02 at Break time. All must then be registered as cadets!
7	Sat 28th Jan 2023	First Aid Training Day - Emergency First Aid 9am to 4pm - Main Budmouth Hall
8	Fri 3rd to Sun 5th Feb 2023	Walk 3 - Dartmoor. Navigation qualification (Bronze NNAS). Details to follow.
9	Fri 3rd to Sun 5th March 2023	Walk 4 - Dartmoor. Navigation, endurance & team building. Details to follow.
10	Fri 17 th to Sun 19 th March 2023	Walk 5 - Dartmoor. Remote supervision. Details to follow.
11	Wed 22nd March 2023	Selection for final teams. Meeting in F02 at Lunchtime.
12	Sat 25 th to Sun 26th March 2023	Walk 6 - Swanage to Weymouth. Endurance training. Details to follow.
13	Fri 28 th to Sun 30 th April 2023	Ten Tors Challenge. Parents welcome to Okehampton on the Sunday. Details to follow.

Cadets and students have had an assembly this week to provide information on what Ten Tors is and what the training will involve. This is mainly focused at Year 9 students and any other students that have not previously been involved with Ten Tors. The next student meeting will be on Wednesday 30th November, to clarify arrangements for walk 1, the Golden Cap walk.

For your information we estimate the cost of the remaining weekend training expeditions and the event are likely to be around between £20 to £40 each, so we would expect the overall cost to take part in Ten Tors to be no more than £185.

We are unable to take any student on a walk/expedition unless we have a completed Medical and consent form, which is on the Budmouth Website - Parents Information - Forms - Ten Tors Consent Form. If you are willing for your son/daughter to take part in the training programme then please complete the form. Payment of £40 using the Pay360 Website needs to be made by Wednesday 30th November.

Yours sincerely



Samantha Temple (Major) Budmouth CCF and Ten Tors Team Manager

Budmouth CCF Ten Tors Kit List 2023

The kit list provided by the Army is the basis of kit requirements for the Ten Tors Event. However at Budmouth CCF we feel a more in depth kit list may be required so there are NO misunderstandings over the minimum required kit, so here is our Kit list. CCF Contingents will 100% be scrutineered at every Ten Tors event; we do not want any issues with our team's kit. Before each training event we will complete a full scrutineering of all your kit, if anything is missing you will NOT be going on that training event. NO EXCEPTIONS

Personal Kit - Carried by every person, all the time

Rucksack - With adjustable back and fitted to your size - between 60 and 70 Lt, no larger you will just fill it! Should be no more than 1/3rd of your body weight and no more than 15kilos / 34lbs in total

Must have separate waterproof liner, i.e. survival bag or liner. May have waterproof cover on outside

From experience rucksacks from Mountain warehouse and Trespass, do not cope with the usage of Ten Tor, please do not buy one. You can sign a rucksack out from the CCF stores.

Dry bags are a good investment although expensive they are worth it: extremely waterproof, organises clothes, compacts kit. Also if you are thinking of doing more adventurous activities these will come in handy.

Walking kit - One set you wear and another complete set sealed into a waterproof bag

1 - Base wicking layer - Thermal top or running top, long sleeved NOT a cotton T-shirt,
(Underarmer, Helly Hansen, Canterbury style)

2 - Mid layer - Long sleeve shirt, synthetic sweatshirt or micro fleece

3 - Outer layer insulation - Normal thickness fleece or soft shell jacket or 2 lightweight fleeces

4 - Trousers - Long or zip off and must be wind resistant - Shorts can be taken as an extra

5 - Walking socks - Not football socks, may wear two pairs, best to get proper walking socks

6 - Walking boots - Vibram type sole with ankle support, good condition, leather or fabric (if Gore-Tex lined)

MUST BE BROKEN IN BEFORE YOU START THE TRAINING

Waterproofs / Poor weather gear

Jacket with attached hood, robust and capable of keeping the wearer dry for long periods of time and in very wet conditions i.e. on Dartmoor

Over trousers - need to have zips on legs so can be put on with boots still on

Gaiters - Must have as part of your kit, protects feet from getting too wet and reduces risk of getting ticks

Gloves / mittens - Ideally 2 pairs and waterproof, not fingerless

Hat x 2 - Warm hat with ear covering for poor weather and sun hat with wide all round brim for hot weather (not a baseball style cap)

Sleeping kit

Sleeping mat - Roll mat or Thermarest style mat, must be full length and stored in waterproof bag/ thick bin bag

Sleeping bag - Three seasons, comfort rated down to -2°C, maybe have separate silk liner to make temperature requirements, and must have baffled stuffing so spread around equally. Stored in waterproof bag/ thick bin bag

NO BIVVY BAGS REQUIRED - You will have tents or Group shelters

Rations, water and personal hygiene

Individual food - Recommended Wayfarer style, as no washing up and can be eaten cold

1 x hot evening meal and desert (Sat pm) All meals must be labelled in bags with day, meal and contents

1 x hot breakfast (Sun am)

2 x snack bags, 1 each day - **popcorn, nuts, dried fruit, biscuits**

2 x lunches, hot or cold, 1 per day. Think about suitable things, no pork sausage rolls for the Sunday lunch!

Wraps or rolls with cheese, jam or nutella etc.

Emergency Rations - sealed in bag with label and contents, must contain enough food for another night and

morning on the moor. (Wayfarer meal, hot drink or soup tube, high energy foodstuffs - energy bars, dried fruit and chocolate bar) Do one up and keep for all the training and event

Water - 2 litres can be 2 x 1 litre hard bottles or platypus/camelbak and 1 litre hard bottle. NO plastic mineral water bottles as too easily broken

Water sterilisation tablets - 48 hours' worth, Chlorine and in date, may have neutralising tablets as well. no iodine

Mug/Thermacup - Spork - Matches - Toilet paper (in waterproof sealed container)

Personal Toiletries - Toothbrush and tooth paste (could share 1 tube per team), wet wipes, deodorant.

Personal Survival Kit

Map - Ten Tors 1:25,000 laminated map 3 per team - **PROVIDED BY CCF**

Compass - Silva Expedition 4 x 6 per team member - **PROVIDED BY CCF**

Watch - One Per team member

Whistle - One per team member attached to outside of rucksack **PROVIDED BY CCF (know the distress signal)**

Survival bag - One per team member - **PROVIDED BY CCF**
Personal First Aid Kit - to include any personal medication, antiseptic hand wash, blister kit (compeed style) insect repellent, sun cream, pain relief tablets, sudo cream or other 'anti chaffing' cream (all to be travel size style)
LED Head torch - One per team member and spare batteries
Pocket knife / tool - one per team member, useful to have
Notebook & Pencil - one per team member, to make notes in an emergency

Team Equipment - Each team must carry between them: **If any drop-outs then team kit must be handed over to the remaining team members**

Tent - 2 per team, Provided by CCF

Cooking equipment - Jet boils + 2 spare gas canisters per stove - Provided by CCF

Toilet Trowel - 1 per team , Provided by CCF

First Aid kits - 2 per team, team must know what's in it and how to use it - Provided by CCF.

High Viz Surcoats - 2 per team to be worn by front and back person in team - Provided by CCF

Mobile Phone - one per team on the event, one per team member on training on various networks, to be sealed in opaque bag and **ONLY** used in an emergency
NO electronic navigation aids to be used in training or on the event

Emergency Tracker devices - Two per team, to be placed in top of Rucksack, to be turned off at night and on at the start of each day - **DON'T FORGET**, Provided by CCF Army to provide tracker for the event

Emergency Light/Beacon - 1 per team. Specifically designed to attract helicopters in an emergency - Provided by CCF

Emergency Group shelter - 1 per team. Easy to use for shelter when having a break, food or in an emergency - Provided by CCF