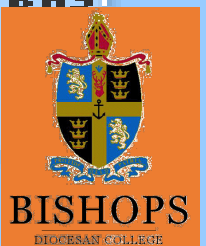


BISHOPS EPIC 2024 (No. 18)



“A journey that lasts a lifetime”





**This is
NOT
a boot camp!**





What do we hope to achieve?

- Outdoor education
- No Technology
- Resilience
- Independence and co-dependence
- Give boys a 'Rite of Passage' experience

Rite of Passage

Rite of Passage

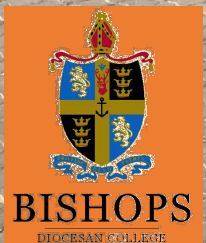
- Junior - Senior phase transition
- 'Blessing of the Boots' ceremony
- Parent letter
- Father/ significant paternal figure)...
- Travels to son's base on last afternoon
- Included in the final evening's debriefing/ tribal council
- Spends the night together
- Travels home with son



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- 'Blessing of the Boots' ceremony
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How Does Epic Work?

- 16 days
- 5 rotations (3 nights each)
 - 3 rotations at three of four base camps
 - 2 rotations of hiking (staff hike & solo hike)
- 5/6 groups of 25 (147)
- Hiking groups are between 10 and 13 boys
- Paired with a friend (boys choose)
- Houses are abilities mixed
- a 24-hour solo
- Cycling/ hiking/ driving between bases





2 Hikes

First: staff hike
(with a peak)
(with staff & group)

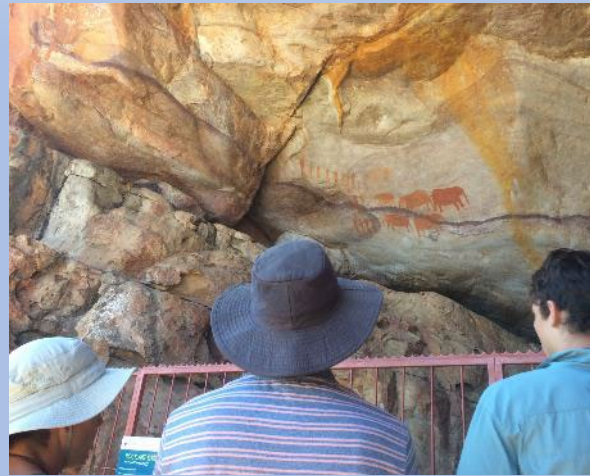
Second: solo Hike
(without staff, in same group)



Water Base

- Skiing & Tubing
- Kayaking
- Sailing
- Fishing
- Raft-building





Sanddrif

- Mountain-biking
- Abseiling
- Rock-climbing
- Maalgat high jump
- Stadsaal rock art
- 24-hour solos



Elizabethfontein



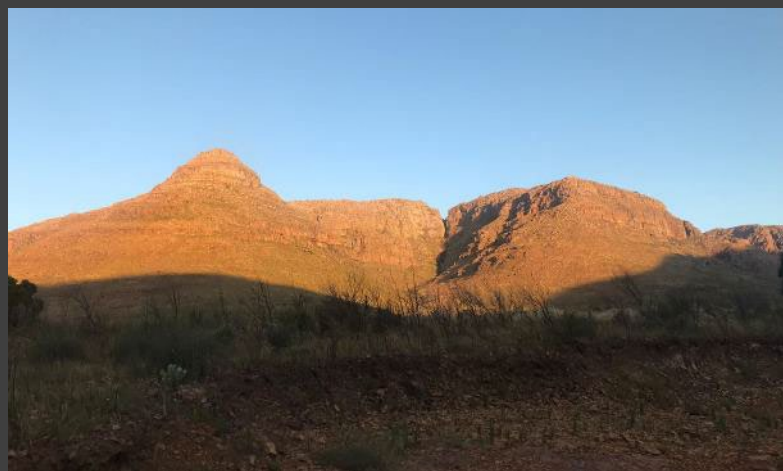
- School
- Rock Art Trail
- Bush Hacking
- 'Rubbly'
- Fishing





Jamaka

- School
- Shooting
- Volleyball
- 24-hour solos





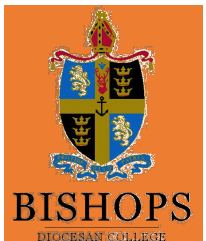
Jackets

Part of the package for
all



Buy some boots early in Term 3

HI-TEC



65 + 15 litre backpack





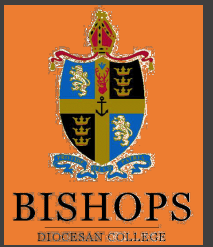
What do we provide for hiking?

- Maps
- Groundsheets (which can be used for shelter)
- Storm Shelters for hiking
- Tents for 24-hour solos
- 2 Boxes
 - Solo box (1 day's food)
 - Hiking box (2/3/4 day's food)
- First Aid Kits
- Satellite phones



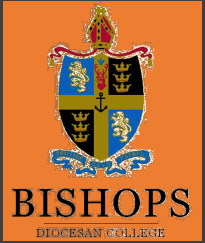
How do we Prepare the boys?

- Physical Assessment in LO
 - Offer free fitness sessions with SPW
- Beginners' cycling course
- Swimming lessons
- LO rotations in term 3 and 4
- Thursday Afternoon talks in terms 3 & 4
- Build-up hikes in term 3
- Devil's Peak Hike - term 3
- 1st Aid course for about 30 boys
- Epic Training Week: 12-15 November





FOOD



- All meals in base camps provided
- 'Staff hike' food packed in bag
- 'Solo hike' food pre-packed in hiking box (box provided)
- '24-hr Solo' food (3 meals) pre-packed in solo box (box provided)
- Father/ father figure provides meal/ braai for last night
- Halaal food is prepared & provided at base camps
- Special dietary requirements are arranged individually





Safety

- Always several Bishops staff at each base
- Satellite Phones for all hike
- Maps & route cards
- First Aid Kits & First Aiders
- WildMedix based at Jamaka
- Clanwilliam GPs on standby
- Excellent hospital in Clanwilliam



What can you do?

- Read the 6 **letters** I will send you
- Provide **Consent** form & **Medical** details
- Buy **boots** early enough (beginning of term 3)
- Get him to **pack his own bag**
- Get him to collect his **solo box & solo hiking box** HIMSELF
- Speak to him about his **behaviour** on Epic (incl. **littering**)
- Help him get his **mind** right for Epic
- Direct him to the **website**
- Help him get **physically ready** for Epic
 - particularly cycling & hiking fit
- **Appease his anxiety** around...
 - hiking
 - sleeping out in the open
 - the 24-hr solo
 - being away for 16 days
- Help me with some **vehicles**
- **Contact me** with concerns



Q & A