



TEAM MEMBER INSTRUCTIONS

DRAGON SKIN 2024

A DAY OUT



Welcome to Skin

Roll up roll up! for the greatest show in Venturers! **Dragon Skin 2024 A DAY OUT!**, Meet us at the Big Top for a festival of fun, a day out that will take four, and be remembered forever!

Delve into the mysteries of the museum, explore a wilderness adventure. go wild on the dance floor or take a break in the chill out tent. It's your favourite festival and it's all going to be happening at Dragon Skin 2024 "A Day Out"

Our theme for 2024 is *A Day Out*. We will be running the event within Belanglo State Forest to the south of Sydney near Moss Vale, with our headquarters located forest within the Forest. The event extends from Good Friday 29th March until Easter Monday 1st April 2024.

Activity Days from Friday 29th March to Sunday 31st March 2024 (Easter long weekend)

Dragon Skin Awards Presentation (8.30 am to 9.00 am) Monday 1st April 2024

A lot of preparation goes into Dragon Skin. An enormous amount of help is received from leaders of all sections and from a large and dedicated contingent of Rovers. They are the ones who run the Activities during the day and the discos and other entertainment each night. They do all those other things to get Dragon Skin off the ground, and running smoothly for you to have the best possible time, please think of all those people who help us out each year and thank them all for being there when you meet them on your travels.

Please remember Scouting and Dragon Skin has a strict policy on Drugs and Alcohol, youth members caught taking or possessing Drugs or Alcohol will be sent home from the activity. NSW Police also may be notified.

This instruction sheet contains most of the information you will need to know about Skin but if you have any questions please contact the activities team by email.

Email info@dragonskin.nswscouts.com.au

OR

Go to dragonskin.nswscouts.com.au

Whether your team is going hard to win the coveted Dragon Skin, is just planning to do well or is in it just for fun, you will meet heaps of new people and have a fantastic time during the four days of fun and excitement at Dragon Skin. It's going to be an awesome weekend at Skin.

Tim Smellie
Activities Director
Dragon Skin 2024 *A Day Out*

Check us out on Facebook!

www.facebook.com/dragonskin.nswscouts

TEAM MEMBER INSTRUCTIONS

Informing your Parents

There is a [letter for parents](#), which is available to be downloaded from our website. It is a condition of entry that you obtain a copy of this letter and ensure your parents receive it so they are fully aware of what happens at Dragon Skin.

Emergency Contact

Telephone contact can be made with **Dragon Skin HQ on 0473 070 991**. Calls should only be made if you need to be contacted urgently. HQ, VOCs and most activity sites are connected by radio. You should make sure your family has a copy of your team number, team name and the names of everyone in your team.

Uniforms

Full Scout, Guide or school uniform is to be worn to and from Dragon Skin and at the Monday presentation, but not in the forest. At check-in a bag will be provided for your team's uniform. Bags will be stored and returned to you before the presentation ceremony on Monday morning. Footwear should be appropriate for bushwalking in possibly wet conditions over an extended period. Please ensure all items of uniform and other valuables have your name marked on them and the bag is clearly labelled with your team number.

The Theme

Our theme for 2024 is *A Day Out*. Delve into the mysteries of the museum, explore a wilderness adventure. go wild on the dance floor or take a break in the chill out tent. It's your favourite festival and it's all going to be happening at Dragon Skin 2024 "A Day Out"

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Pre-Skin Activity

The Pre-Skin activity is a way for your team to get together and work together before skin.

In 2024, Dragon Skin is going on a Day Out, we want you to either **create a Poster to invite us to** OR **send us a Post Card from** your Teams favourite "Day Out".

Poster – Your poster should be a drawing or collage of your Teams favourite "Day Out" it should include your whole team at your Day Out, show us what a great time we will have, and get us all wanting to go too, it should be A3 in size and sell us the great time your Day Out will be.

Post Card – Your post card should be a drawing, photo or collage of your team at your favourite "Day Out" and should tell us what a great time you had. It should be A4 in size and like all great post cards inspire us to go too, write us a special

message to us telling us what a great time you had, (don't forget to draw in a stamp!).

Your Poster or Post Card can be computer generated or hand drawn or created and should be your own design, it should include all of your team, your day out can be something real or completely made up! It must not include any material that could putrefy or rot or cause offence.

You will get 50 bonus points for submitting a pre-skin activity and there are prizes for the best submissions showing creativity and effort.

Your Physical Fitness

Dragon Skin is a physical event, if you have recently had an injury that restricts your movement, ability to walk or to do activities or are recovering from surgery then you may need to sit out this year's Dragon Skin.

If you have had a recent or pre-existing injury or surgery and would like to attend you **MUST** have your Doctors permission to attend with a Doctors Certificate citing the Letter For Doctor's [Your Physical Fitness - Letter for Doctors](#)

You must also Notify Dragon Skin immediately by email info@dragonskin.nswscouts.com.au

Getting to Dragon Skin

Dragon Skin starts on Friday 29th March at the Check-in area, which is at Campbelltown Train Station, in Sydney's South West, in the carpark on Farrow Road, Campbelltown. To ensure orderly processing at check in teams will be allocated to either check-in Group A or B. Your team will have been allocated to one of these check-in groups and will have a designated time to be at Campbelltown.

Friday 29 th March 2024	
Check in Group	Check in time Campbelltown
A	Between 0830 and 0930 Hrs
B	Between 1030 and 1130 Hrs

It is your teams' responsibility to make your own way to the Check-in on time. Check the Easter time table (transportnsw.info) for train timetable details.

Teams arriving **by private bus or from the South or ACT** have the option of heading direct to the event and must contact Dragon Skin by emailing info@dragonskin.nswscouts.com.au for specific instructions, otherwise your Team Passport will be at the wrong check-in point and you will have to wait for it to be delivered to you from Campbelltown.

**ALL MEMBERS OF YOUR TEAM
MUST CHECK IN TOGETHER
AT THE SAME LOCATION.**

Feeling Safe – Your Rights

Everyone in Scouts, Youth and adults alike have the right to feel safe and be protected from abuse. No one is allowed to threaten you, hurt you or touch you in a way that makes you feel uncomfortable, unsafe or afraid.

A Scout is Respectful and this applies to all interactions between all participants, youth and adult here at Dragon Skin.

You do not have to deal with abuse on your own. If you feel unsafe or threatened or you see or hear anything that causes you concern please speak to the Leaders and Rovers on the activities, BOOTs or on the VOC. Your concerns will be taken seriously. The information will not be shared with the person who is making you feel unsafe. Information will only be shared with people who can support and protect you.

If, for any reason, you do not feel that concerns of this nature raised at Dragon Skin have been satisfactorily dealt with, please, on your return home, report your concerns directly to the Chief Commissioner, the Deputy Chief Commissioner (Child Protection, Support and Compliance)), the General Manager or the Child Protection Officer at the NSW State Office on: 02 9735 9000 or via ChildProtection@nsw.scouts.com.au

NO ALCOHOL OR DRUGS AT DRAGON SKIN

Dragon Skin is a dry event for adults and youth members alike. This means alcohol and drugs are banned.

Venturers found carrying or consuming drugs or alcohol will be removed from the event and their parents will be contacted to collect their son or daughter from the event. NSW Police may also be notified.

Teams with members found carrying or consuming drugs or alcohol will be disqualified from the event and may also be sent home.

Checking in

All Team Leaders must confirm their team registrations at the check-in tables on arrival. Advise the registration staff of any last minute changes.

When your team registers at the check-in area you will be given an activity kit. This kit will include:

- a detailed set of Instructions setting out the scoring system
- Activity and VOC opening times
- Tour Guide listing all activity sites and details of any bonus walking points for a small number of activities.
- Team Passport, which you must protect and keep dry all weekend
- Official Dragon Skin Map
- a pen for you to plot your route; and
- a bag to store your uniforms for the weekend.

After you have been issued with your activity kits, you will change out of uniform, package them up in the bag supplied and we will deliver you into the forest by bus. There will be a bus escort on each bus to give you the exact grid reference of your drop off point.

At the Event

After you have been dropped in the forest you must, as a team, navigate your way through the forest doing activities (getting points along the way) and camping at a different Venturer Overnight Camp (VOC) each night. The team with the most points at the end of three days wins and is presented the Dragon Skin on the fourth day.

A **VOC** is where all teams must camp overnight. There are four VOCs at Skin, which are generally placed on the outer edges of the forest with all the activities in the middle. At the VOCs we provide a camping area, fires/cooking areas, water, toilets and entertainment (disco's, movies etc.) as well as plenty of time to meet with Venturers and Guides like yourselves.

On arrival at the VOC you will need to register your complete team with the check-in staff before setting up camp. Your team number will be relayed to Dragon Skin HQ to enable tracking of your whereabouts. Your passport will be collected to allow scores to be processed and it will be returned to you the next morning, subject to a satisfactory inspection of your campsite.

Teams nominate two VOCs they wish to stay on each night and are then allocated to a VOC. For Friday Night, nominations are made when registering and priority is given to Teams who register and pay on time. For Saturday and Sunday nights, nominations are made the previous night and priority is given to teams based on their activity scores for the day.

The **Activities** are spread out through the forest, and we generally have around fifty activities. The activities are designed to challenge your team to show planning, teamwork and ingenuity as well as being a bit of fun. You will get points based on these as well as attitude and completion of the activity.

Each member of your team must carry their backpack to all activities you attempt. Your backpack must contain the

necessities for self-sufficient camping. You can only attempt each activity once.

Minimum Standard for teams at Dragon Skin

Teams must, at all times comply with the following standards to continue participating in the event. If a team is still unable to meet minimum standards they may be removed from Dragon Skin. Each team must:

- have at least four members.
- have a First aider.
- be fully self-sufficient (ie. able to camp safely outside a VOC) Team members approved to travel without equipment must still have sufficient clothing for conditions and food for the day with them or carried for them by the team.
- have a map and compass.

It is inevitable some teams will fall below these standards due to injury or illness of a team member. These teams may at the Activity Director's discretion merge with or travel with other teams to comply with minimum standards.

Top teams

The top teams will be eligible for special awards. There will be

- One Gold award (the winning team)
- Nine Silver awards (place getters 2 - 10) and
- Ten Bronze awards (place getters 11 - 20)

Each top team will receive a bannerette for display in their Venturer den. The winning team will also receive the coveted Dragon Skin, which they keep, their name entered on the perpetual trophy and sponsored gifts.

The Dragon Skin Award

To earn the Dragon Skin Award you need to complete a minimum number of activities and score a minimum number of points each day.

The award will be a cloth badge, your team will have their name, unit place and score listed on the Dragon Skin results sheet and to tempt you some more, all the teams that achieve the Dragon Skin Award (Gold winner excluded) will go into the draw to win a raffle prize. It's not hard, so why not give it a go!

Getting home again

On Monday, there will be a presentation ceremony, in the forest, starting at 0830 hrs.

Teams will then be transported by bus to Campbelltown Train Station. Buses are due to arrive before midday.

Monday 1 st April 2024	
Departure Group	Arrival time Campbelltown
1	Before 1200 Hrs

Every team member travelling by train will be required to have an Opal Card. You also need to ensure it has sufficient credit available for your return trip.

PREPARING FOR DRAGON SKIN

While at Dragon Skin you will be camping for three nights and spending the day hiking through the forest doing activities. Teams must be fully self sufficient, while the terrain is generally not too hard you may encounter prolonged rainy and cold conditions for which your whole team must be prepared.

Walking

VOCs can be up to 5 KM apart. During the day you will make your way to various activities and although it is entirely up to you how many activities you do, you could end up walking quite a long way.

Team work

You must spend the entire event together as a team, you cannot split up for any reason. You need to get along with each other. Teamwork does not always come naturally, you need to listen to each other, and consider what each member of your team has to say. When you decide on a course of action, such as how to do an activity or where to walk to next, do it together and then support each other in implementing it, if the idea isn't working stop together and discuss the problem again.

What to take with you

[Equipment List - Dragon Skin](#)

You must carry all your personal and team equipment with you all weekend.

There are some Compulsory Items you and your team must have, see the equipment list.

PACK LIGHT! Keep your pack's weight to no more than 20% of your bodyweight to a maximum of 17KG, this may affect how team items are shared amongst your team.

**Whatever you do.....
DON'T LET MUM AND DAD PACK FOR YOU!**

KEEP DRY! Line your pack with a strong plastic garbage bag, and put your sleeping bag in a separate bag. If you put anything like a tent on the outside of your pack, put that in a plastic bag as well.

This is up to you but you must be adequately prepared for wet and cold conditions and be able to camp outside a VOC independently of help.

For heaps of info about selecting, packing and adjusting packs see here [Bushwalking NSW - Packs](#)

For some info about protection from the weather see here [Bushwalking NSW - Weather Protection](#)

Equipment List

Compulsory – Individuals (everyone must have these)

- A sturdy rucksack [Bushwalking NSW - Packs](#)
- Good sleeping bag
- Wet weather gear - a good rain-jacket or poncho & pants (make sure you have a hood).

YOU ARE GOING TO GET RAINED ON

It happens every year, it might rain for an hour, it might rain for four days, but you can be sure of one thing – IT WILL RAIN. So you must have proper rain gear, don't bring disposable rainwear, it is useless.

Check out this about layering [Bushwalking NSW - Weather Protection](#)

- 2 x 1 litre water bottles (PET plastic bottles).
- 2 x 3 metre lightweight lashing ropes (for activities)

Compulsory – Teams (every team must have these)

- Separate tents for the males and females in the team
Your team will need good quality tents, make sure you know how they go up and you have all the pegs and poles for your tent. Check to see if they have any holes in the floor or walls (put your tent up in the backyard under a sprinkler) and get them repaired, even the smallest hole is enough to have river of water flowing through your tent.
Hoochies are not an acceptable form of shelter at Dragon Skin; you MUST have a tent with a floor.
- Food - Friday's lunch through to Monday's breakfast.
- Compass
- Sunscreen
- Insect repellent
- First aid kit – Band-aids, Elastoplast strips (covers blisters), triangular bandage, tailor the kit to injuries and problems that you get, keep it simple.

[Dragon Skin Facts Sheet - First Aid Kits](#)

Other items - Individuals

- Sleeping mat (keeps you off the cold ground)
- Bowl (plastic) knife, fork and spoon, mug.
- Tea towel (small)
- Soap (small piece)
- Hand cleanser (waterless)
- Towel (light hand towel will do)
- toilet paper (enough for a few go's)
- deodorant
- Shoes, boots or sturdy sneakers will do (use a waterproofing spray on them)
- Socks
- 1 x Long pants, (jeans are not ideal)
- 1 x Shorts – wear them
- Undies (perhaps more than one)
- Thermal undies (very good at night)
- T-shirt
- 1 x Long sleeve shirt
- 1 x Jumper; Not too heavy. Avoid cotton, cotton will not stay warm when wet use a woollen or other synthetic jumper
[Bushwalking NSW - Clothing](#)
- Beanie, Hat.
- Torch (very small)
- Matches
- Lollies - (lots for energy, team synergy, bribes)
- Long spare shoelaces sometimes comes in handy
- Individual first aid kit – Band-aids, Elastoplast strips (covers blisters), triangular bandage, tailor the kit to injuries and problems that you get, keep it simple.
[Dragon Skin Facts Sheet - First Aid Kits](#)

Optional other items- TEAMS

- Pen and paper
- Cooking gear (consider fuel requirements and make sure you have experience using any stove) do you have enough pots for what you are cooking?

EQUIPMENT AT DRAGON SKIN

While at Dragon Skin you will be camping for three nights and spending the day hiking through the forest doing activities. Teams must be fully self sufficient, while the terrain is generally not too hard you may encounter prolonged rainy and cold conditions for which your whole team must be prepared. [Equipment List - Dragon Skin](#)

Wet Weather Gear

You NEED a Rain Jacket and Rain Pants at Dragon Skin

If you're going on Dragon Skin then **YOU ARE GOING TO GET RAINED ON**, it happens every year, it might rain for an hour, it might rain for four days, but you can be sure of one thing – **IT WILL RAIN**.

It is going to rain (and you know it is) so you need something to keep you dry and out of the wind, because if you get wet then you are going to get cold and if you get cold you may get Hypothermia and then you will have a miserable weekend and end up in first aid or in hospital.

So what do you need?

You will be walking about, sometimes through scrub, so you need something that will be able to stand up to some wear and tear. It could be windy and will be in a cooler time of year, so you need to be able to keep the wind out as well as the rain.

All raincoats will keep you dry for a time, but as you move about you will sweat, you will turn into the wind and away and rain will get in the openings, in the face, down the sleeves, so whatever you have you will eventually get a bit wet, especially in prolonged rain, the main point of rainwear is to keep wind out, because it is the cooling effect of the wind that can cause hypothermia and make you very ill indeed.

So what to do?

Get a good rain jacket or poncho and rain pants! They don't have to cost the earth or be the latest in rain shell technology, a yellow PVC plastic raincoat and pants available from any hardware store or heavy duty poncho and pants from a camping store is enough for Dragon Skin, it will keep you dry (see above) and keep the wind out, so you have a better chance of staying warm.

You will need a hood, cuffs should be closed around to your wrist (with elastic, velcro or ties), it should do up and not allow the weather in the opening (strong zipper), preferably a zipper you can open from the bottom as well to allow more free movement.

DO NOT bring disposable ponchos, they are thin and useless, if you are moving about they will not keep you dry, they will tear and blow around easily, they will let in the wet and cold and if you get wet and cold you may get Hypothermia and then you will have a miserable weekend and end up in first aid or in hospital- don't bring them.

Bushwalking NSW has plenty of information about how to keep dry [Bushwalking NSW - Weather Protection](#)

To get a PVC Plastic rain jacket and pants go to your local hardware or camping store like:

- [Bunnings](#) (search "raincoat" and "pants")
- [BCF](#)
- [Big Safety](#) (search "rain")

You can purchase a PVC Plastic rain suit online at Big Safety (rainwear and Jackets) for less than \$35 ([Rain Set - Hi Vis Jacket & Pants](#)) and similar at Bunnings for \$35.

You can also go to the many outdoor bushwalking stores for more advanced types of rainwear:

- [Snow Gum](#)
- [Paddy Palin](#)
- [Macpac](#)
- [Mountain Designs](#)
- [Kathmandu](#)

A rain jacket and pants doesn't have to cost the earth but will make the world of difference when it rains. If you need help contact us at info@dragonskin.nswscouts.com.au

Backpacks

You need a backpack, one that fits you, 60-65 litres should do, you don't want it too large as the temptation will be to keep stuffing more and more in.

Remember YOU have to carry it.

You should not carry more than about 20% of your body weight to a maximum of 17KG

Things you should know about packs:

- Fit the pack harness correctly to your body
- Line your pack with a heavy duty plastic bag (like a garbage bag) so everything stays dry don't rely on pack covers alone.
- Put everything inside your pack – So nothing falls off and you won't lose anything, AND you keep all your gear dry
- Pack your pack yourself! You know what is in it and where it is.
- Don't carry more than 20% of your body weight, larger team members may need to take a larger portion of team gear like tents.

To correctly fit the pack harness to your body:

- Adjust back length to wearer
- Put 10 kg in bag so there is some weight in it while you fit.
- Loosen all straps
- Tighten belt onto hips, then Shoulder straps and upper shoulder straps
- Shrug up shoulders and pack, retighten belt, then retighten other straps

An easy way to get a Backpack fit correctly is to get it done when you buy it, otherwise there are some helpful videos on YouTube, just search "how to fit a backpack".

- [Out-N-Back: Fitting a Backpack](#)
- [Backpacker Magazine Gear School: Fit A Backpack Right](#)

Bushwalking NSW also has lots of great information about preparing for a hike, check out this link [Bushwalking NSW - Packs](#)

EATING AT DRAGON SKIN

Food and Cooking at Skin

You will need to bring Friday's lunch to Monday's Lunch, so three dinners, four lunches and three breakfasts, as well as some snacks & lollies for in between.

[Hygiene on a Hike](#)

[Bushwalking Clubs NSW - Food](#)

[Lotsafreshair - Food](#)

Breakfast

Cereal, whatever you like, mix a few types together! Place in a snap lock bag. You can either have long life milk or powdered; you can use the bag as a bowl, for powdered milk work out before you go how much water you will need to add (using your own cup).

OR some instant porridge, you can get it in sachets (use 2) and add some brown sugar

Include a fruit and nut bar or a small apple or other fruit.

Lunch

Vita wheat biscuits, take some vegemite and cheese to put on them. Try twiggy sticks, Have a fruit and nut bar as well and some celery sticks. OR try making sandwiches using English muffins, or use mountain bread.

Dinner

You need to think light, you could buy pre-prepared meals from a hiking store, these can be expensive, but preparing your own is easy. If you make dinner as a team you can spread the cost and the weight.

[Ideas for Dinner](#)

Friday: Bring your favourite casserole or stew

Freeze it at home and reheat at skin; easy and quick but can be heavy. You could add Pasta at Skin or stir in a microwave rice or add some Deb (Dehydrated Mashed Potato)

Saturday: Spag Bol!

Use TVP – Textured Vegetable Protein from any super market to make a fantastic Spag Bol, you can also get freeze dried mince from Camping stores (Back Country cuisine, freeze dried from Paddy Palin/BCF.

Quick cooking noodles or spiral pasta, onion flakes (spice section), Dried Mushrooms (porcini), Semi dried tomatoes (vacuum sealed pack), Spaghetti Bolognese mix (Maggi or Continental or just bring some spices), Tomato Paste (you can get this in sachets too).

AT HOME put TVP in a Snap lock bag, and put mushrooms and onion flakes in a separate bag.

AT SKIN: Boil water and add some to mushrooms, onions to hydrate for 10 mins, add TVP for 5 mins, drain and squeeze out water. Cook noodles, set aside. Put TVP and mushrooms, spag bol mix or spices into pot and heat, add tomato and tomato paste, Serve over noodles – don't forget parmesan cheese!

Sunday: Tuna/Salami and Deb

Flavoured Tuna sachet (1 each), in sandwich tuna section, Safcol tuna, 100g Deb (dehydrated Mashed Potato) Dried peas (usually in tinned veggie section with deb), Onion flakes.

AT HOME: NIL

AT SKIN: Boil veggies, use cooking water to make deb, re-hydrate onions

Put MOST of the deb in a bowl, add water to deb stirring, if you add too much water use the rest of the deb to fix. Stir in veg and tuna.

If you don't like tuna, then use salami (Twiggy sticks), chop it up into chunks stir fry a bit to release oil, mmm, if you can't find a sachet you could use a small tin of tuna or chicken.

Drinks

Hot chocolate or tea to keep warm at night.

Lollies

Share them around, don't take lollies that have lots of wrapping, like starbursts or minties, instead get jelly babies and jubes, nuts, sultanas etc, chocolate will melt (although I do like bullets) throw in some cereal like fruit loops.

AT HOME – open all the lolly bags up and put in a mixing bowl...mix, separate into a zip lock bag for each day and then make sure you all eat them!

Stoves

Dragon Skin recommends bringing a gas or liquid fuel stove to cook on, they can make a big difference to cooking a meal at Dragon Skin. Stoves can also be dangerous so practice using your stove before you come to Dragon Skin.