



# Team Member Instructions

## Dragon Skin 2025

# BEST OF THE BEST



## Welcome to Skin

Congratulations, you're registered for Dragon Skin 2025, *Best of the Best*. This letter and the attached Team Instructions contain all the information you need to know in the lead up to and at the event.

Whether your team is competing to win the coveted Dragon Skin or is just there for fun, you will meet heaps of new people and have a fantastic four days of fun and excitement at Dragon Skin.

## Location and timing

This year's theme is *Best of the Best*, showcasing the best themes from the past 40 years of Dragon Skin. This year Dragon Skin will be held within Penrose State Forest. The event headquarters are within Penrose village, near Moss Vale in the Southern Highlands. The event is held from Good Friday 18 April until Easter Monday 21 April 2025.

## At the event

After checking in with your team at Campbelltown Train Station, you'll be allocated a bus and driven to Penrose State Forest to complete three days of activities (Good Friday 18<sup>th</sup> April to Easter Sunday 20<sup>th</sup> April).

Dragon Skin awards are presented on 8:30am – 9:30am Easter Monday (21<sup>st</sup> April). You'll then be back on a bus to Campbelltown. You will be back in Campbelltown by midday.

## Event code of conduct

Scouts NSW and Dragon Skin have strict policies 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.

## Use of mobile phone

If you bring your mobile phone to Dragon Skin, it is at your own risk. Taking pictures and videos in the Venturer sleeping areas is not allowed. There is no guarantee you will have reception or be able to charge it. Please make sure your parents know they may not be able to call you.

## Volunteers

Please remember to thank the Rovers, Guides and Leaders volunteering to make your weekend a great one. They are running activity bases and the night entertainment and discos. Make their day by saying thank you.

If you have any questions after reading the Team Instructions, please email us at [info@dragonskin.nswscouts.com.au](mailto:info@dragonskin.nswscouts.com.au) or visit our website [dragonskin.nswscouts.com.au](http://dragonskin.nswscouts.com.au)

Yours in Scouting,

**Rose Stevens**  
Activities Director  
Dragon Skin 2025 *Best of the Best*

**Check out our socials**  
Search Dragon Skin NSW Scouts



# Team Member Instructions

## **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](mailto: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 child 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.

## **Informing your Parents**

Make sure your parent has a copy of the [letter for parents](#). You can download a copy from our [website](#). It is your responsibility to make sure your parents have a copy.

## **Emergency Contact**

For urgent contact before or during the event, call or text **Dragon Skin HQ on 0473 070 991**. During the event, HQ, VOCs and most activity sites are connected by radio. Make sure your family has your team number, team name and the names of everyone in your team.

## **Location and timing**

The event will be held within Penrose State Forest. The event headquarters are within Penrose village, near Moss Vale in the Southern Highlands. The event is held from Good Friday 18 April until Easter Monday 21 April 2025.

## **Theme**

Our theme for 2025 is *Best of the Best*. Delve into the best themes from the last 40 years. Explore the depths of space, get a job, join an entertainment production or face something out of a story book. It's all going to be happening at Dragon Skin 2025 "Best of the Best"

## **Uniforms**

Scout, Guide or school uniform is required for travel to and from Dragon Skin, check-in and presentation. All uniform items must have your name on them. Wear your hiking shirt underneath.

At check-in, you will be given a bag for your team's uniform. The bag is stored during the event and returned to you on Monday for presentation.

Label the bag with your team number. We do not take responsibility for storing valuables.

## **Pre-Skin Activity**

50 bonus points is awarded per team for submitting a pre-skin activity. There are prizes for the best submissions showing creativity and effort.

For 40 years Venturers like you have been slaying Dragon Skin and having a fantastic time. We want you to show us the Dragon slayer your team is.

## **Bring us a Dragon's Head!**

Your Dragon's Head should be a paper mache model or similar. It should not be larger than a large shoe box, or basket ball.

It must not include any material that could putrefy or rot or cause offence.

## Your Physical Fitness

Dragon Skin is a physical event. You will be hiking 5-10km per day with a pack.

If you have a recent or pre-existing injury or surgery that may affect your ability to participate and would like to attend you **MUST** have your Doctors permission to attend. Submit your Doctors Certificate citing the Letter For Doctor's [Your Physical Fitness - Letter for Doctors](#) to Dragon Skin immediately by email [info@dragonskin.nswscouts.com.au](mailto:info@dragonskin.nswscouts.com.au)

If you have 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.

## Getting to Dragon Skin

**Check in time:** 8:30 am to 9:30 am

**Main check-in location:** Campbelltown Train Station, Farrow Rd carpark

Teams must check in together on Friday 18<sup>th</sup> April at one of two check-in areas. Once checked in, they will be transported by a chartered bus to the event location.

Teams are responsible for being at check-in on time. Check the Easter time table ([transportnsw.info](http://transportnsw.info)) for train timetable details. If a team is running late to check-in, they must call the Dragon Skin Hotline on 0473 070 991.

The main check-in area is in the Farrow Road carpark at Campbelltown Train Station, in Sydney's South West. All teams are to check-in at Campbelltown, unless advised otherwise by the Dragon Skin organisers.

A second check-in area is available for Teams **from Southern NSW or the ACT**. To check-in at this location, teams must email [info@dragonskin.nswscouts.com.au](mailto:info@dragonskin.nswscouts.com.au) at least one week prior to the event to ensure their team's event pack (including Team Passport) is at the correct check-in area. Check-in time and location will be advised by reply email.

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

## Friday check in

Team Leaders must confirm their team registration at check-in. Have your team number handy when approaching the check-in staff. Advise staff of any last minute changes.

You will be given an activity kit at check-in area. This kit includes:

- Detailed instructions on the scoring system
- Activity and VOC opening and closing times
- A Tour Guide with activity sites locations, and any bonus walking points available.

- Your Team Passport. Please protect and keep dry all weekend. This is used by activities and VOCs to record your points
- Official Dragon Skin Map
- A ballpoint pen to plot your map
- A bag to store your uniforms for the weekend.

Once you have your activity kit, place you uniform in the bag provided and return to check-in staff.

You will then be allocated a bus to travel to the forest. A bus escort will give you the grid reference of your drop off point.

## At the Event

Once in the forest, your team must stay together. You must keep your hiking packs with you.

As a team, navigate through the forest to different activities, completing them for points. The team with the most points at the end of three days wins and is presented the Dragon Skin.

Each evening you check-in at a different Venturer Overnight Camp (VOC) each night. You will be allocated your Friday night VOC at event check-in. Friday Night allocations are made based on which Teams register and pay on time.

A VOC is where all teams must camp overnight. There are four VOCs at Skin. They are on the edges of the forest., with day activities spread between them.

The VOCs provide a camping area, fires/cooking areas, water, toilets and entertainment (disco's, movies etc.). There is free time to make friends with other Venturers and Guides.

Before checking-in, record your points total in the back of your passport and nominate two VOCs to stay at the following night. Saturday and Sunday VOC allocations are based on a team's activity scores for the day. You can earn bonus points at check-in for any rubbish collected through the day.

Arriving at the VOC you will check-in together as a team with the VOC staff and set up camp. Your passport will be collected at check-in and taken to HQ to record your scores. It will be returned to you when you check-out of VOC the next morning.

Around 40 day activities are spread through the forest. They are designed to challenge your team to show planning, teamwork and reflection while being a fun challenge. Your score will be based on attitude, activity completion planning, teamwork and team review.

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 comply with the following standards to participate in the event. If a team is still unable to meet minimum standards at any point during the event 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 in case of emergency) Team members approved for pack transport must still have sufficient clothing for conditions and food for the day with them or carried for them by the team.
- have a map (supplied) and compass (bring your own).

Some teams will fall below these standards due to injury or illness of a team member during the event. These teams may, at the Activity Director's discretion, merge with or travel with other teams to comply with minimum standards. This will be marked in your passports by the Activity Director.

## 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 Scout den. The winning team will also receive the coveted Dragon Skin, which they keep for the year. Their team name will be engraved on the perpetual trophy and they will receive sponsored gifts.

## The Dragon Skin Award

To earn the Dragon Skin Award you must meet the daily minimum for completed activities and points.

The award is a cloth event badge, your team name, unit place and score listed on the Dragon Skin results sheet. All teams that achieve the Dragon Skin Award (Gold winner excluded) go into the draw to win a raffle prize.

## Getting home again

On Monday, there is 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 at Campbelltown. If you are travelling to the North Coast or other regional area, please email [info@dragonskin.nswscouts.com.au](mailto:info@dragonskin.nswscouts.com.au).

**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. Your train fare is not included in your event fee.**

# Preparing for Dragon Skin

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 or easily, especially when tired or hungry. 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. Plan, Do, Review.

## 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 less than 20% of your bodyweight to a maximum of 17KG, this may affect how team items are shared amongst your team.

**You must pack your own bag.  
DON'T LET YOUR PARENTS PACK FOR YOU**

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

You must be adequately prepared for wet and cold conditions. You must be able to camp outside a VOC independently of help in case of emergency.

For info on selecting, packing and adjusting packs check out [Bushwalking NSW - Packs](#).

For info on weather protection see [Bushwalking NSW - Weather Protection](#)

## Equipment List

### Compulsory – Individuals (everyone must have these)

- A sturdy rucksack [Bushwalking NSW - Packs](#)
- A good sleeping bag. Temperatures can drop to low single digits overnight.
- 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.

Learn about layering for different weather [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, and for any over 18 Venturers.

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 if they have any holes in the floor or walls (put your tent up in the backyard under a sprinkler). Get them repaired, even the smallest hole is enough to have river of water flowing through your tent in poor weather.

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 (not jeans)
- 1 x shorts (wear to event)
- 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 such as a fleece [Bushwalking NSW - Clothing](#)
- Beanie, Hat.
- Torch (very small)
- Matches
- Lollies - (lots for energy, team synergy, bribes)
- Long spare shoelaces
- 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 benefit of rainwear is keeping wind out. The cooling effect of the wind that can cause hypothermia and make you very ill.

### 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 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](#)
- [Anaconda](#)
- [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](mailto:info@dragonskin.nswscouts.com.au)

## Backpacks

You need a backpack, one that fits you, 60-65 litres is a good guide. 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. Three dinners, four lunches and three breakfasts, as well as snacks & lollies.

[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.