

# Dragon News 2014

Volume 8 February



Hi and welcome to the 8th edition of Dragon News the E-Newsletter for Venturer Leaders to help you prepare your Venturers for Dragon Skin 2014 Lost Cities.

Eating well is the basis of having a good time when away at Dragon Skin, if you want your teams eating more than just two minutes noodles for four days you should start planning with them now, what they should take and how to prepare it.

Andrew Laws

Deputy Chairman

Dragon Skin 2014 – Lost Cities

## Eating at Dragon Skin?

What is your units team planning to eat at Dragon Skin? Teams will be walking and doing activities all day, dancing and enjoying the VOCs at night, they will be expending an whole lot of energy, two minute noodles just won't cut it.

Check out our website for some great tips from the Sydney North PEAK team.

[http://dragonskin.nswscouts.com.au/this\\_Food\\_venturer.asp](http://dragonskin.nswscouts.com.au/this_Food_venturer.asp)



If each team member cooks their own thing you increase the weight carried immensely. A recommended way is to each team member to have their own breakfast and lunch and have a group dinner. Check out "Crackers Menu de Skin" which is a 4 day menu for Dragon Skin or "Dragon Skin Lightweight Cooking" both on Scouts Central or just google bushwalking cooking Get your Venturers to be prepared, measure foods out, pre-prepare ingredients, such as putting

your cereal with some chopped dried fruit in a snap lock bag and just enough powdered milk in another bag, then putting them together as one meal, simple.

## Dragon Skins next Master Chef!

The best way to be prepared for Dragon Skin is to practice, go on a hike and get them preparing and cooking meals, have a night or two in your hall, have your own Master Chef Night where teams prepare and cook given recipes on hike stoves or fires and then everyone tries them. Get your teams to talk about what they do and don't like, and write a menu.

## Think Hygiene!

Venturers are away for four days in the bush, they are going to get dirty, and if they are not careful they are going to get sick too. Talk to you Venturers about camp hygiene.

Washing hands after going to the toilet, before preparing meals and before eating, use soap & take some hand sanitiser disinfectant, wash dishes and utensils after eating with hot water and soap. There are no showers at Dragon Skin, this shouldn't stop Venturers having a wash, take some "baby wipes" to give a quick body wipe over at night, take a toothbrush and paste.

There will be portaloos style toilets and sanitary disposal on each VOC outside of VOCs Venturers should, take care to bury waste properly.

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### Cooking Lunch

This year we are placing a restriction on cooking outside of VOCs. Teams may only use stoves or cooking fires outside a VOC at Activity Bases. This has been at the request of Forestry Corporation Staff.

### Lollies

**If you get them out share them out**

Nothing perks up a cold tired team Venturer more than a sugar hit, great for a burst of energy and some team synergy.

It doesn't have to be lollies, dried fruit and nuts are great too!

Say no to packaging, use lollies that aren't individually wrapped, to prevent litter



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