

VICTORIAN ROGAINING ASSOCIATION Inc.

SCOUTS CHALLENGE

ARE YOU READY TO TAKE THE CHALLENGE?

WHAT TO TAKE WHILE ROGAINING

Day pack
Water bottles (with a min of 1.5 litre of water per person)
Sunscreen
First aid kit (one per team)*
Whistle*
Pencil (to mark the checkpoint running sheet)
Compass
Waterproof jacket
Waterproof overpants (recommended)
Spare thermal top (or a spare woollen jumper)
Nibbles (Barley sugar, jelly beans, sultanas)
Fruit (bananas, oranges)
Beanie
Gloves
Toilet paper

* Compulsory

WHAT TO WEAR

Thermal vest (preferably long sleeve)
Long sleeve shirt
Long pants **not jeans** (If wearing shorts also wear gaiters)
Hat
Running shoes/ light hiking boots (avoid new shoes/boots)
Watch

WHAT TO HAVE IN BUS/CAR AT THE END OF THE ROGAINING

Socks
Shoes
Trousers/trackpants
Windcheater/jumper
Shirt
Change of underclothes
Towel (optional)
Plate, cup and spoon (for use at Hash House)
Food for the trip to and from the rogaine

Tips

Avoid chocolate

The fats in chocolate inhibit the digestion and so chocolate is not regarded as an ideal food for those requiring energy in a hurry.

Drink water regularly through out the rogaine

Dieticians recommend competitors in endurance events are conscious of the need to ensure that water is consumed consistently through out the event to replace the fluids used by your body. Drinking water is essential before and after the event to maintain hydration. If you only drink when you are thirsty, you are not maintaining a satisfactory level of water intake.

Tips

Keep warm

You will often get cold after finishing a rogaine. You should have plenty of warm clothes to change into.

The Hash House

A meal is provided at the end of the rogaine at the hash house. This is cooked by volunteers and is all you can eat. It usually includes cheese toasties, soup, stews, sausages, hamburgers, cake and fruit.

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PLANNING A COURSE

- Colour code checkpoints with highlighter pens.
- Look for obvious routes or loops that join several checkpoints together.
- Use roads as much as possible.
- Look at the contours. Avoid too much up and down climbing.
- Use a piece of string marked off to a scale of 2km per mark to check the planned distance of your course.
- Identify 'short cuts' that can take you back to the hash house if you realise you need to revise your route.

Tip

What distance should you try to cover?

Average speed for first timers in a 6 hour rogaine is 2 to 3 kph. This means you should contemplate a course that covers 12 to 18 kms.

OUT ON THE COURSE

- Remember to clip your control sheet and mark the intention sheet at **every** checkpoint.
- If your team is tiring it is far easier to travel on tracks or roads than across country especially when heading back to the Hash House.
- If you are not sure where you are, take a bearing and head for the nearest major road. Hold the bearing and don't give up hope. Remember the roads will be patrolled after the 6 hour finish time by rogaining administrators if a team fails to return.
- If you are completely lost, night is falling, someone is injured, **YOU MUST STOP!** Use the whistle. Give three blasts at regular intervals. **WAIT** and don't **SEPARATE**

Tip

Heading for home

After 3 hours out on the course you must ensure that you are heading back to the start. Remember in the last three hours you will travel slower than the first three hours.