



2015
COUNCIL & UNIT
PLANNING GUIDE

PHILMONT SCOUT RANCH
HIGH ADVENTURE

PREFACE

This guide is designed to assist council contingents and units plan a successful Philmont adventure. Your Philmont journey has already begun and proper preparation now will result in a smoother more enjoyable Expedition.

*It is important that each adult Advisor become familiar with every aspect of the trip. Equally important is sharing information with participants and their parents. Philmont is not like **other** Scout camps and Philmont may not be for everyone. The stamina required to hike is much greater because of the distance, elevation changes and length of the Expedition. Every participant should understand Philmont's Risk Advisory (pages 22-24) found also in the BSA Annual Health and Medical Record and be aware of potential hazards. Philmont is placing special emphasis on physical preparation, including a detailed **Annual Health and Medical Record**. However, each group must carefully select participants that are capable of completing an Expedition. The height/weight chart on page 24 can serve as a guide to help determine who will attend.*

*Philmont and the Boy Scouts of America expect all participants will conduct themselves in a Scout-like manner. An estimated 22,000 participants will attend Philmont in 2015 from across the nation and several foreign countries. This provides many enriching opportunities, but also requires respect for other participants. Let the Scout Oath and Law guide the actions of your group in **all** situations.*

Please read this guide carefully. Experienced Advisors and new Advisors will find the answers to their many questions regarding Philmont. Good luck as you continue preparing for your Expedition, we look forward to serving your group this summer.

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Philmont Website: www.PhilmontScoutRanch.org

Visit the Official Philmont Store:
www.ToothofTimeTraders.com

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Cimarron, New Mexico**

PHILMONT HIGH ADVENTURE EXPEDITIONS

ADULT LEADERSHIP - BSA POLICY*

The best available adult leadership should be recruited to accompany each crew. In keeping with the policy of the Boy Scouts of America, there are no gender restrictions for adult leadership at Philmont except that each Coed Venturing crew must have coed adult leaders at least 21 years of age. **Each adult must be a registered member of the Boy Scouts of America.**

Each Philmont Expedition Crew must have at least two BSA registered adult Advisors for Boy Scout groups, one Advisor must be at least 21 years of age; the second Advisor must be at least 18 years of age. **Each crew is required to have a majority of youth participants, and the maximum number of adults (21 and over) is four (4) per crew.** A participant 18 through 20 years of age may be counted as a youth or be an assistant adult leader.

Effective March 1, 2015, all new Venturing and Sea Scouting participants 18 but not yet 21, must complete an adult application, criminal background check disclosure/authorization form, and Youth Protection Training.

Coed Venturing Crews and Explorer Posts are required to provide coed leadership while en route to and from Philmont and while hiking the trails of Philmont. A Coed Venturing Crew or Explorer Post must have at least one male Advisor and at least one female Advisor, each of whom must be at least 21 years of age. Male and female youth participants will not share the same sleeping facility. Male and female Advisors are required to have separate sleeping facilities. Married couples serving as adult Advisors may share the same quarters if appropriate facilities are available. Female Advisors must be responsible for the female participants; male Advisors must be responsible for the male participants.

Crews with coed youth members must function under Venturing and/or Learning For Life policies.

- Council Contingent crews may have a mixed registration of Boy Scouting, Venturing and Exploring members. Each crew that has coed youth members must follow Venturing or Learning For Life policies.
- If a father and daughter (under 18 years of age) are participants, the crew must have male and female Advisors 21 years of age or over.

When staying in tents, no youth will stay in the tent of an adult other than his or her parent or guardian.

All Advisors must be physically capable of hiking and camping in Philmont's high mountains for the length of the Expedition. Each Advisor is expected to reflect high moral standards established by custom, traditional values, religious teaching and follow the youth protection guidelines.

Philmont recommends groups identify alternate leadership able to “step in” at the last minute in the event a leader is not able to attend. Philmont cannot provide staff to meet the BSA, two-deep leadership requirement.

* Refer to *Guide to Safe Scouting*, No. 34416, for additional adult leadership policy.

YOUTH PARTICIPANTS

Philmont participants must be 14 years of age OR completed 8th Grade and be at least 13 years of age prior to participation. Please do not request or expect exceptions. Requirements for Philmont participation cannot be relaxed.

In keeping with the policies of the Boy Scouts of America, rules for participation are the same for everyone without regard to race, color, religion, national origin, citizenship status, ancestry, age, sex, sexual orientation, marital status, physical disability, military status, or unfavorable discharge from military service.

Youths must be registered members of the Boy Scouts of America and may participate in a Philmont expedition in one of the following ways:

- As members of a chartered unit – Boy Scout Troop, Varsity Team, Venturing Crew, or Explorer Post.
- As members of a council contingent or district contingent with required leadership. (A coed crew must operate under the guidelines of the Venturing and Learning For Life Programs.)
- As individuals in the Rayado Men/Women, Ranch Hands, Trail Crew Trek, ROCS Men/Women (Roving Outdoor Conservation School), Order of the Arrow Trail Crew, or STEM Treks.

Unregistered guests or family members are not permitted as there is no scheduled program for family members of trek participants.

OTHER REQUIREMENTS

Wilderness First Aid and CPR Requirement

Wilderness First Aid is the assessment of and treatment given to an ill or injured person in a remote environment where definitive care of a physician and/or rapid transport is not readily available. Wilderness First Aid training is a sixteen hour course. Several hours may be required for Philmont staff to reach a remote backcountry location after a message is delivered to the nearest staffed camp. Wilderness First Aid and CPR training will result in proper and prompt attention being given to injuries and/or illnesses.

You must present current certification cards upon check-in to verify this requirement.

*Equivalent training can be obtained from the following nationally-recognized organizations:

American Red Cross - www.redcross.org

American Safety and Health Institute (ASHI) - www.ashinstitute.org

Emergency Care and Safety Institute - www.ESCInstitute.org – Wilderness First Aid Advanced Level Course

Longleaf Wilderness Medicine - www.longleafmedical.com

National Safety Council – www.nsc.org – NCS Advanced First Aid

National Ski Patrol – www.nsp.org – Outdoor Emergency Care

Remote Medical International - www.remotemedical.com

Sierra Rescue – www.sierrarescue.com

SOLO – www.soloschools.com

The Mountaineers – www.mountaineers.org – Mountaineering Oriented First Aid

Wilderness Medical Associates (WMA) - www.wildmed.com

Wilderness Medicine Institute (WMI) - www.nols.edu/wmi/

Wilderness Medicine Outfitters – www.wildernessmedicine.com – (Distance Learning Course does not qualify)

Wilderness Medicine Training Center www.wildmedcenter.com

Wilderness Safety Council www.wfa.net

Wilderness Safety & Emergency Response (W.I.S.E.R.) www.wiser-wfr.com

The Boy Scouts of America and the American Red Cross and Emergency and Safety Institute (ECSI) have national agreements, the primary goal of which is to help councils become self-sufficient teaching First Aid Courses. *Wilderness First Aid* is specified in these agreements. Visit with your council service center for more information about the implementation of the agreements that are working in your council.

Beginning in 2015, we require that each crew have two participants who have completed Wilderness First Aid and two participants have CPR training, and be able to show certification documents upon arrival. We thank those that have become certified or are planning to accomplish this task. With two Wilderness First Aiders on the trek the crew will be better able to handle emergencies. This requirement can be met by youths or adults.

Philmont will accept the following advanced levels of training and a copy of the current license or certification must be shared with Philmont during the registration process:

- Wilderness First Responder
- Outdoor Emergency Care/Ski Patrol
- EMT-Basic, EMT-Advanced, or Paramedic
- Military Corpsman, Medic, or Equivalent Medical Training
- Registered Nurse
- Licensed Nurse Practitioner
- Licensed Physician's Assistant
- Licensed Physician, MD or DO

RELIGIOUS BELIEFS AND MEDICAL CARE

The following is the policy of the Boy Scouts of America regarding medical requirements:

Medical examinations for camp attendance are required of all campers for the protection of the entire camp group. The immunization requirement is waived for persons with religious beliefs against immunization. This form can be obtained at

<http://www.PhillmontScoutRanch.org/Camping.aspx>.

HEALTH AND MEDICAL RECORD

Every camper and Advisor is required to have a medical evaluation within twelve (12) months of their participation date by a physician licensed to practice medicine. An examination conducted by a physician's assistant or a nurse practitioner will be recognized for states where they may perform physical examinations to students enrolled in public school systems. **The BSA Annual Health and Medical Record must be used.** This form is available through our website, www.philmontscoutranch.org/Camping.aspx or www.scouting.org/Home/HealthandSafety/ahmr.aspx. **Philmont mails three copies of the Annual Health and Medical Record to each point of contact to use for emergencies or to photocopy for their entire crew.**

Advisors are to collect completed forms for each participant, Parts A, B and C, and make sure a copy of the participant's Health Insurance Card is attached. These forms will be turned into the Philmont Infirmary upon arrival at Philmont which is part of Day One's processing.

Philmont Scout Ranch Supplemental Information should be read by each participant and parent or guardian, if under 18 years of age, and shared with the medical provider completing the medical evaluation. The Supplemental Information contains helpful information and interpretation.

An individual should always contact the family physician first and call Philmont at 575.376.2281 if there is a question about the advisability of participation. Philmont's chief medical officer and other medical staff of the Philmont Infirmary reserve the right to make medical decisions regarding the participation of individuals at Philmont.

Each crew must bring a first aid Packet. The *2015 Guidebook to Adventure* available in the March 2015 Advisor Packet, will contain a recommended first aid Packet supply list. Many "over the counter" medications are available at the Tooth of Time Traders. The recommended First Aid Packet supply list may also be found in Appendix D on page 37.

IMMUNIZATIONS

Verification is required that adequate Tetanus Immunization has been given within the last 10 years prior to arrival at Philmont. If this service must be performed at Philmont, you will be charged accordingly.

MEDICATIONS

Each participant at Philmont who has a condition requiring medication must bring an appropriate supply. The pharmacy at the Philmont Infirmary is limited and the identical medications may not be available. In certain circumstances duplicate or even triplicate supplies of vital medications are appropriate. Participants will be charged for maintenance medications or medications that should have been brought to Philmont and dispensed by the Philmont Infirmary.

Persons who have had an **anaphylactic reaction** from any cause must contact Philmont before arrival. If you are allowed to participate, ***you will be required to have appropriate unexpired treatment with you.*** Any person who has needed treatment for asthma in the past three years must carry a rescue inhaler on the trek. If you do not bring a rescue inhaler, you must buy one before you will be allowed to participate.

YOUTH PROTECTION

All registered adults must have current BSA Youth Protection Training (within the past two years). This means all participants 18 years of age or older who are registered in Venturing, Sea Scouting or as an adult volunteer must have current youth protection training. Because of the great concern the Boy Scouts of America has for the problem of child abuse in our society, the Youth Protection program has been developed to help safeguard both our youth and adult members. Adult BSA Registration requires verification of Youth Protection Training. All adults participating in a Philmont adventure must be registered. This is also required when obtaining approval of the National Tour and Activity Plan. The instructions to submit the Tour and Activity Plan Worksheet can be found at <http://www.Scouting.org/scoutsource/HealthandSafety/TourPlanFAQ.aspx>.

Published and videotaped materials have been prepared to give professionals and volunteers information on the resources available for educating our membership about child abuse - how to avoid it, how to identify it, and how to deal with it. These materials and local council training programs are designed to give parents and their children basic information that will increase their awareness and sense of personal power to assist in their own self-protection.

Youth Protection training and documentation are available at your local council or online at www.Scouting.org or www.MyScouting.org. Youth Protection Training is required to be a registered adult leader in the Boy Scouts of America. It is required in order to complete your Tour Plan worksheet and have it approved by your local council before you travel to Philmont. The Tour Plan worksheet can be found online at: <http://www.Scouting.org/scoutsource/HealthandSafety/TourPlanFAQ.aspx>.

**Philmont will strictly enforce youth protection policies which include
the *Barriers to Abuse within Scouting*.**

HAZING - INITIATIONS - DISCIPLINE

Any form of hazing, initiation, ridicule, inappropriate teasing or bullying is prohibited and must not be allowed.

A WORD ABOUT CONDUCT

The Scout Oath and Law should serve as the guide in all interactions with other participants and staff. Philmont serves groups from many different backgrounds and it is important that each group respect the other. This includes coed and female crews and female staff. It is not acceptable to act in a manner which belittles, harasses or makes others uncomfortable.

Each group should develop a procedure regarding unacceptable behavior and/or conduct. The best method to accomplish this is to outline expectations before the trip, as well as consequences if a participant chooses to act in a way contrary to established guidelines. Parents/guardians must be informed of the guidelines.

Remember, Advisors are responsible for their participants at all times - Philmont cannot provide supervision should a participant be removed from the trail for discipline reasons, they must be sent home at their own expense. **An adult advisor will be required to come off the trail to provide supervision and assist with transportation arrangements in the event a participant is sent home.**

Philmont strongly recommends tobacco products not be used. Smoking and the use of smokeless tobacco is prohibited in all Philmont buildings, tents, vehicles and on Philmont trails. If tobacco is used it must be in designated areas.

Possession or use of alcoholic beverages or non-prescribed drugs (including marijuana) or abuse of prescribed drugs are expressly prohibited in the Philmont program. Groups or individuals found in violation of this policy will be sent home immediately as arranged with the responsible council or parent/guardian.

Philmont offers a program to all crews called the "Trail of Courage – Right Decisions/Right Now." This program emphasizes healthy living. Each participant is asked to take the Trail of Courage Pledge. The Pledge states:

- (1) I pledge to become personally fit.
- (2) I pledge to eat a nutritious diet.
- (3) I pledge to exercise.
- (4) I pledge to be tobacco free and not smoke or use smokeless products.
- (5) I pledge to live free of drug and alcohol habits.
- (6) I pledge to learn the seven cancer danger signs.
- (7) I pledge to live the Scout Oath and Law.

Philmont will supply each Crew Leader resources to support implementation of the program. Each participant who makes the Trail of Courage Pledge will be eligible to receive a free patch at the end of the trek.

ORGANIZE YOUR CREW

YOUTH EXPERIENCE

Philmont Scout Ranch is designed to be a youth experience. Waite Phillips set forth the following statement at the time of his gift to the Boy Scouts of America:

"These properties are donated and dedicated to the Boy Scouts of America for the purpose of perpetuating faith, self-reliance, integrity, and freedom - principles used to build this great country by the American pioneer.

So that these future citizens may, through thoughtful adult guidance and by the inspiration of nature, visualize and form a code of living to diligently maintain these high ideals and our proper destiny."

Waite Phillips wanted the Philmont experience to focus on the youth participants.

PRACTICING THE PATROL METHOD WITH YOUR CREW

The Philmont trek will provide an opportunity for each youth member to practice the many skills that they have learned while participating in a Boy Scout Troop, Venturing Crew, Varsity Team or Explorer Post. This experience brings in focus the importance of the Patrol Method. Each crew is a small group of participants much like a patrol. The crew members are close in age and experience level, and working together helps each person develop a sense of pride and identity. The participants elect their Crew Leader, divide up the jobs to be done, and share in the satisfaction of accepting and fulfilling group responsibilities.

Three members of the crew will have a leadership responsibility that lasts throughout the trek: Crew Leader, Chaplain Aide and Wilderness Pledge *Guia*. In addition, all members of the crew will serve in some leadership role each day, either as the primary or the assistant. Examples of rotated leadership responsibilities for the crew include: navigator, cook, dishwasher, bear bags manager, water gatherer, and fire watchman (when fires are permitted).

The camping methods practiced at Philmont Scout Ranch support the Patrol Method concept. Two examples of this include cooking and washing dishes as one group. Members of the crew will rotate through the trek and fulfill these important responsibilities. This allows crew members to practice servant leadership as they take on a task that will support the entire crew.

Some of the current wilderness camping methods focus on the individual. In support of the Boy Scouts of America, Philmont will focus on the crew and the accomplishments that they can achieve by working together as a team, the Patrol Method.

The Ranger assigned to the crew will help the entire crew achieve the most from their Philmont Adventure!

CREW SIZE - 12 MAXIMUM - 7 MINIMUM

The maximum crew size is 12 people and the minimum crew size is 7 people, including adult Advisors. **These standards are strictly enforced. Each crew is required to have a majority of youth participants, and the maximum number of adults (21 and over) is four (4) per crew.**

Experience, as well as wilderness emergency procedures, and Low Impact Camping principles have proven that a group of 7 to 12 people is the best size for a Philmont crew. The itineraries have been developed for this number. You will find handling crew chores more efficient, food distribution best and program opportunities greater. Also, keeping the crew together on the trail will be easier. Campsites are designed to comfortably accommodate a maximum of 12 campers. Crews with the maximum of twelve participants receive a special recognition, *La Docena Adventurado* Award. Cavalcade crews with the maximum of fifteen participants will be eligible for the Award.

Council contingents and other large groups should organize their crews according to hiking and camping abilities. Each crew can then choose an itinerary that corresponds to its ability, and travel at its own pace.

Should something happen to one of the Advisors, adult leaders need to be prepared to move to another crew within a contingent or multi-crew group. This may be on the same itinerary or a different itinerary.

Note: Philmont reserves the right to combine smaller crews within contingents or multi-crew groups to maximize staff resources.

YOUTH LEADERSHIP

Throughout the history of the Ranch, the leadership growth of each youth member, while practicing the patrol method, has been a critical part of the total experience. This is particularly true for the Crew Leader, Chaplain Aide, and Wilderness Pledge Guide (Guide). Adult leaders must make every effort to help youth leaders succeed. By coaching and mentoring, adults can play a critical "behind-the-scenes" role. Adults insure that safety procedures are followed and that Youth Protection policies are practiced.

CREW LEADER

A well-qualified Scout, Venturer, or Explorer should be elected as Crew Leader before training begins. The crew leader is a key person for a successful Philmont expedition and the advisor must work closely with this person.

The Crew Leader should:

- be elected by the crew.
- lead by example.
- be respected by the crew.

The Crew Leader responsibilities include:

- Discussing ideas with the entire crew to arrive at a consensus before taking action.
- Organizing the crew, assigning duties and making decisions.
- Choosing routes during the trek based upon the capability of the crew.

- Setting up and breaking camp.
- Checking that all "smellables" are properly stored and that all wildlife procedures are followed.
- Making sure the *Philmont Wilderness Pledge* is being upheld and that every campsite, fire pit and dish water sump is left clean.
- Guiding the crew in a conservation project.
- Supporting the Chaplain Aide and Wilderness Pledge *Guia* as they carry out their duties.
- Lead the crew in participation of the Trail of Courage – Healthy Living Program.

CHAPLAIN AIDE

Philmont strongly recommends one crew member be asked to serve as a Chaplain Aide. Someone who has earned or is working on their religious award should be considered. The Chaplain Aide will be asked to lead

daily devotionals from the *Eagles Soaring High* booklet, lead grace before meals, and encourage participation

in religious services. A Packet of worship resources including the *Eagles Soaring High* booklet will be provided for use along the trail during a training session on the day of your crew's arrival at Philmont. The Chaplain Aide will guide the crew's participation in the Duty to God program and will certify completion of requirements of the Duty To God award for each crew member. (Awards will be available to purchase at the Tooth of Time Traders at the conclusion of the trek.)

WILDERNESS PLEDGE GUIA (Spanish for Guide)

Each crew will select a Wilderness Pledge *Guia*. This individual will help the crew understand the principles of the Philmont Wilderness Pledge and Leave No Trace. This person will help the crew focus on camping practices that will adhere to the wilderness ethics outlined in the two approaches and insures that the crew follows all Philmont Camping practices. With more than 22,000 participants camping each summer at Philmont, it is important that each person do their share to insure that we protect Philmont and our neighbor's properties for generations to come. The Wilderness Pledge *Guia* will certify completion of requirements of the Wilderness Pledge Achievement Award for each crew member. (Awards will be available purchased at the Tooth of Time Traders at the conclusion of your Trek.)

UNIFORMS

Philmont strongly recommends groups wear the BSA field uniform while in base camp, especially at chapel service, dinner, and opening/closing programs. The uniform is also appropriate for traveling to and from Philmont, however, it is not required on the trail.

The Philmont official store, Tooth of Time Traders, can produce custom tee shirts for your crew. Information can be found online by visiting www.ToothofTimeTraders.com. They also carry a wide variety of Scouting tee shirts and clothing. The use of Philmont Logos is permitted, provided they are manufactured by a BSA licensed vendor. **Please check out the Tooth of Time Traders online at www.ToothofTimeTraders.com.**

EXPEDITION TRAINING

To ensure the success and enjoyment of a Philmont trek, each Expedition should be thoroughly trained for the trek. Each crew should conduct several backpacking trips to prepare each member physically and mentally and to mold the unit into an efficient camping crew. Philmont suggests that crews take at least two shakedown weekends. Step by step guides have been prepared for these weekend trainings. They can be found in Appendix E and F of this guide or at www.philmontscoutranch.org/Camping/Hikers/Shakedown.aspx

Each crew member must be in top physical condition to enjoy the rugged, southwest experience. Personal physical conditioning should begin **months** prior to the trek. This conditioning should include regular aerobic activity. Please review the information on pages 24 -25.

ADVISOR'S PACKET

In March 2015, each registered Philmont Expedition Advisor will be sent a Packet of materials for each crew. Included will be the *Philmont Treks Itinerary Guide*, *Guidebook to Adventure (a supply for your group)*, a Philmont map, insurance pamphlet, crew roster, and other important information to share with your crew. The Expedition Advisor's packet contains all the information needed for final preparation of your Philmont Expedition. For multi-crew expeditions, the packets will be mailed to the reservation contact. This person will be responsible to see that each packet is distributed to each Lead Advisor of a crew.

The Tour and Activity Plan worksheet is not included in this packet, however, the following link will answer your questions regarding the worksheet process and guide you to the worksheet:

<http://www.Scouting.org/scoutsource/HealthandSafety/TourPlanFAQ.aspx>. Each crew must bring a copy of their approved Tour and Activity Plan with them and present it during the check-in process at Camping Registration.

Please notify Philmont if a change occurs in the contact person for your Philmont Expedition or if your address or email address changes as updates are emailed occasionally and materials are mailed to the contact on record.

FEE PAYMENT POLICY

The Expedition fee for 2015 is \$855 for each participant, youth or adult Advisor. A reservation fee of \$100 per participant, including adult leaders, is required to hold your arrival date. Please refer to your last financial statement for your specific payment schedule.

ALL FEES (Reservation, Advance and Balance as indicated in fee payment schedule) ARE NON-REFUNDABLE AND NON-TRANSFERABLE TO THE BALANCE OF FEES IN THE EVENT OF CANCELLATION. BE CAUTIOUS OF MAKING RESERVATIONS OR PAYING FEES FOR THOSE WHO HAVE NOT MADE A FINANCIAL COMMITMENT.

Philmont must commit financial resources to employ staff, purchase food and supplies, and prepare for summer operations. Participants are, therefore, also required to make a financial commitment to attend. Be conservative in making reservations to avoid losing fees due to cancellations. Additional crew participants can be added to fill a crew to twelve members. Fees for additional participants can be included with your advance payment due Oct. 1, the balance payment due March 1 or upon arrival at Philmont.

Should your registration decrease by one crew or more, you will be eligible for a refund of the "Advance" and "Balance" fees **if** a replacement crew(s) is secured from the reserve list. The refund will be limited to the fees paid by the number of participants registered with the replacement crew. Please notify Philmont as early as possible so replacement crews can be secured.

SEND FEES TO: CAMPING REGISTRAR
 PHILMONT SCOUT RANCH
 17 DEER RUN ROAD
 CIMARRON, NM 87714

FEE PAYMENT SCHEDULE: BE SURE YOU HAVE COMPLETED AND SUBMITTED THE RESERVATION FORM WITH THE INITIAL FEE PAYMENT.

TRANSMITTAL	AMOUNT DUE - per person			DUE DATE
	12 Day Exp.	7-Day Exp.	Cavalcade	
<i>Reservation</i>	<i>\$100.00</i>	<i>\$100.00</i>	<i>\$100.00</i>	<i>With Reservation Form</i>
<i>Advance</i>	<i>\$377.50</i>	<i>\$199.50</i>	<i>\$315.00</i>	<i>October 1, 2014 per financial statement</i>
<i>Balance</i>	<i>\$377.50</i>	<i>\$199.50</i>	<i>\$315.00</i>	<i>March 1, 2015 per financial statement</i>
	<i>\$855.00</i>	<i>\$499.00</i>	<i>\$730.00</i>	<i>Per Person</i>

SCHOLARSHIPS

Philmont offers scholarships to young people through the generosity of Waite Phillips in the 1960's. The funds are distributed by two primary methods:

- 1) Funds are allocated to each council with a contingent participating at Philmont. If you have young people who need financial assistance, contact your local Scout Service Center about availability of scholarship money. Youth apply to the council and the award amount is credited after the certification form is received by Philmont. The deadline to submit this form is January 31 of the year attending.
- 2) Individual units (Boy Scout Troop, Varsity Team, Venturing Crew, Explorer Post) may apply for a Waite Phillips scholarship. Each crew may apply for one scholarship worth \$300. Application forms will be sent to Unit Reservation Advisors and are due back to Philmont by December 31 for the upcoming summer. This scholarship is to help make it possible for a youth member to participate who might not otherwise be able to experience Philmont.

If you have questions about Philmont scholarships, please contact Philmont at camping@philmontscoutranch.org.

CONTINGENCY FUND

Groups should have a contingency fund to cover unexpected expenses such as emergency transportation, roadside repairs, equipment failure, or additional luggage fees.

BUDGET

In establishing the actual fee for each participant, please review the following budget worksheet. It is important to include all expenses.

PHOTO TALENT RELEASE

All Philmont Scout Ranch participants are informed that photographs, film, video tapes, electronic representations and/or sound recordings may be made during their visit to Philmont Scout Ranch. These images may be used for training and promotion purposes for Philmont Scout Ranch and other projects approved by the Boy Scouts of America.

Each participant, by completing the Annual Health and Medical Record "Part A: Informed Consent, Release Agreement, and Authorization", will fulfill the necessary Photo (Talent) Release requirements for Philmont Scout Ranch. (For complete statement please refer to Part A of the Annual Health and Medical Record.)

FISHING LICENSE

New Mexico has authorized, through state statute, a special Philmont Fishing License for participants under eighteen years of age. These licenses may be purchased at the Tooth of Time Traders or at backcountry camps that offer fishing programs. The cost of the 10-day license is \$2.00.

All participants 18 years of age or older will be required to purchase a fishing license from New Mexico Game and Fish Department through a new mandatory web based sales system that was launched in 2014. A special on-line kiosk at the Tooth of Time Traders will be available to help participants obtain their licenses. Fishing licenses for participants 18 years of age and over will not be available in the Philmont Backcountry.

Fees for nonresident fisherman will be as follows: one-day fishing - \$12, five-day fishing - \$24, and annual fishing - \$56.

If you are purchasing a one-day or five-day fishing license, we would recommend that you do so after you arrive a Philmont. This will allow us to help align the actual fishing days with your itinerary before purchasing non-refundable licenses. Annual fishing licenses may be purchased online at the New Mexico Department of Game and Fish, www.wildlife.state.nm. NMDGF requires each applicant to create an online profile with a user name and password. The system will assign the applicant a unique Customer Identification Number (CIN). You can speed up the process to obtain your license at Philmont by obtaining this information before your arrival.

BACKPACKING STOVES

Philmont requires crews to use backpacking stoves. You may bring your own or purchase them at Philmont. Visit www.ToothOfTimeTraders.com for great information on stoves and fuel for your Philmont Expedition.

If you are traveling by commercial transportation you will need to ship your stoves and fuel bottles by United States Postal Service (USPS), United Parcel Service (UPS) or FedEx. Your package must be sent using ground service only.

If you plan to ship your stoves and fuel bottles, please do the following:

- Wash fuel bottles with hot, soapy water and air dry for at least 24 hours.
- Purge stoves with attached tanks until they sputter and go out.
- Box stoves and fuel bottles. Do not ship matches, lighters, compressed fuel canisters or other hazardous materials.
- Please use the following Philmont address:

Advisor's Name, Expedition No. _____
47 Caballo Road
Cimarron NM 87714

This address is for participant mail and packages and are delivered to the Base Camp Mail Room. Please ship your packages to allow ample time for delivery before your crew's arrival, at least 2 weeks.

- If you are using UPS or FedEx, we strongly recommend that you obtain a prepaid return shipping label. Without a prepaid return label, Philmont Mail Room Staff will assist you by shipping with USPS or UPS.
- At the conclusion of your expedition, the Philmont Mail Room staff will coordinate the shipping of your items home. Similar steps in preparing your stoves and fuel bottles will be required. Stoves with attached tanks must be purged and fuel bottles must be washed with hot soapy water. The Mail Room will allow the items to dry before the boxes are sealed and shipped. This part of the process will usually take place after your crew has departed the Ranch. Return instruction sheets are provided when you arrive at Philmont.

Philmont works closely with the local US Post Office and UPS. These procedures must be followed closely to comply with all regulations to insure that your stoves and fuel bottles are shipped using appropriate regulations.

White gas and isobutene/propane fuel type canisters will be available at Camping Headquarters and Trading Post/Commissaries along your itinerary in the backcountry. All liquid fuel containers should be

spun aluminum or hard plastic bottles designed to carry fuel. Backpacking stoves are used with adult supervision and never in or near tents.

If your crew will be using isobutene/propane fuel stoves, be sure that they are designed to hold an 8 quart pot. The safest stoves on the market that accomplish this requirement have a fuel line that separates the canister from the stove. This reduces the reflected heat from impacting the canister and permits the user the ability to adjust the temperature safely.

Smaller one or two person stoves have become available and popular, however they do not meet the requirements for crew cooking (Patrol Method) at Philmont Scout Ranch. Biofuel stoves are generally small, although, due to the desert southwest climate these are not permitted for use at Philmont.



BUDGET WORKSHEET

Total Cost

Individual Cost

\$855 12-Day Trek

\$499 7-Day Trek

\$730 Cavalcade

\$ _____

PHILMONT FEE

Covers all Philmont meals, tents, cooking gear, program resources, camper's insurance, leader's Packets, medical care, chaplain service, use of horses and burros, Philmont patch, Crew Photo etc. All Philmont participants are charged the same fee.

TRANSPORTATION

Transportation costs to and from Philmont (pages 17-18). Be sure to check insurance coverage on packs and gear in transit.

MEALS AND LODGING

All meals and lodging en route to and from Philmont. (Use of military bases helps cut down expenses. Air Force and Army liaison officers can help on this.) Include gratuities and occasional "treats" along the way. Refer to page 20.

TRAINING

Meals and other incidental costs for weekend training events.

PROMOTION

Costs for promotion including production of all material, postage, etc., including hats and/or T-shirts.

EQUIPMENT- PURCHASE OR RENTAL

Include purchase or rental of any equipment or supplies required by expedition. Expeditions are required to bring backpacking stoves. (Crews using commercial transportation must ship their stoves/fuel bottles, using ground service only, to themselves at Philmont prior to their arrival. Additional information will be included with the March mailing of the Advisors Packet.)

SIDE TRIPS AND TOURS

En route to and from Philmont.

CONTINGENCY

Allowance for any contingency during trip that may require unexpected expenditures. Refund at end of trip if unused.

SUB-TOTAL

PHILMONT SCHOLARSHIP

WP Scholarships are available from Philmont by two primary methods - your local council or directly thru the contact of a unit reservation. Please refer to Scholarship information, Page 9. Deduct if you have a young person who receives financial assistance.

RECOMMENDED PREPARATION PLAN

Unit - (u), Council Contingent (cc)

WHEN	SUGGESTED ACTION	PERSON RESPONSIBLE	
WINTER/ SPRING/ SUMMER 2014	Conduct critique with a previous year's expedition Advisors (cc)	_____	
	Council Philmont Kick-off (cc)	_____	
	Determine attendance objective for council and districts (cc)	_____	
	Establish schedules for mailings, meetings, promotions (cc, u)	_____	
	Confirm two-deep leadership per crew with at least one alternate (cc, u)	_____	
	Announce details in Council bulletin and provide Philmont updates noting leadership participation, trip details, age/grade requirements, and weight requirements for participation (cc)	_____	
	Share Philmont plans with Camping Committee (cc)	_____	
	Share Philmont plans with Unit Committee (u)	_____	
	Promote Philmont at Roundtables (cc)	_____	
	Recruit participants and collect Reservation Fee Payment from each participant (cc,u)	_____	
	Transmit Reservation Fee Payment to Philmont (cc - May 1, u – Jan 30)	_____	
	FALL 2014	Collect advance fee payment from each participant (cc, u)	_____
		Transmit advance fee payment to Philmont (due Oct. 1) (cc, u)	_____
		Philmont Committee meets with all selected expedition Leaders and reviews plans (cc)	_____
CONDUCT PHILMONT PARENTS' RALLY (cc, u)		_____	
Sign up 100% of quota (cc)		_____	
Share risk advisory statement with parents (cc, u)		_____	
Arrange transportation and overnight accommodations to and from Philmont (cc, u)		_____	
Make plans for training and the second parent's meeting (cc)		_____	
Receive BSA Annual Health and Medical Record forms from Philmont or download online (cc, u)		_____	
Apply for Waite Phillips Scholarship (due Dec 31) (u)		_____	
DEC 2014/ JAN 2015	Each participant schedule medical exam - review completed medical forms prior to shakedown activities (cc, u)	_____	
	Continue updating Philmont news in Council bulletin (cc)	_____	
	Begin physical fitness training plan (cc, u)	_____	

WHEN	SUGGESTED ACTION	PERSON RESPONSIBLE
DEC 2014/ JAN 2015 Cont'd	<p>Each crew conducts a series of training experiences prior to arrival at Philmont (at least 2 weekends recommended); start easy and increase difficulty, with several days of camping and hiking with full packs (Philmont has produced step by step guides to help with two shakedown weekends. www.PhillmontScoutRanch.org)(cc, u)</p> <p>Submit Scholarship Certification Form to Philmont by due date (cc)</p>	<hr/> <hr/>
MARCH/ APRIL 2015	<p>Transmit final fee payment to Philmont by March 1 (cc, u)</p> <p>Receive Advisor's Packet mid-March for 12-Day Treks or mid-April For 7-Day Treks & Cavalcade Treks. It includes <i>Itinerary Guide</i>, <i>Guidebook to Adventure</i> and map from Philmont (cc, u)</p> <p>Continue physical fitness training. (cc, u)</p> <p>12-Day reservations complete online itinerary selection beginning April 1 (if arriving June 8 – July 8) Or April 2nd (if arriving July 9-Aug 9) And no later than May 1 (Itineraries are booked on a first come, first served basis and many fill-up early.) 7-Day and Cavalcade Reservations will be instructed on their itinerary selection process. In 2014, 83% of crews received their first or second choice.</p> <p>Share accident and sickness insurance information, risk advisory statement, expedition number, Philmont address and emergency telephone number with parents (cc, u)</p> <p>Complete a Tour Plan worksheet online and submit to your council. Print and travel with your approved Tour Plan. (cc, u)</p> <p>Continue physical fitness training (cc, u)</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
MAY 2015	<p>Complete details-confirm travel plans (cc, u)</p> <p>Enter Crew Roster on the new online “Philmont Roster and Arrival Gateway”. Advisors will be able to enter, update, or modify information. Please complete the roster at least two weeks prior to arrival. (cc, u)</p> <p>The Reservation contact will receive instructions on how to use this exciting online system during the second week of May. For multi-crew reservations, the reservation contact will be able to provide a link for each crew to enter information.</p> <p>Complete arrival and departure information at the new online “Philmont Roster and Arrival Gateway”. Please complete this information two weeks prior to arrival. (cc, u)</p> <p>Prepare and release "Story" to news media (form in Advisor Packet or online at: www.philmontscoutranch.org/PressRelease.aspx (cc, u)</p> <p>Continue physical fitness training (cc, u)</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
JUNE/ JULY/ AUGUST 2015	<p>This year's expedition is all set to go! Bring to Philmont: completed BSA Annual Health and Medical Records w/proper signatures and copy of health insurance card, Wilderness First Aid /CPR verifications, approved Tour and Activity Plan, itinerary Confirmation and a copy of roster completed online with any last minute changes noted. (cc, u)</p> <p>Email Philmont.Logistics@scouting.org or call Logistics (575-376-2281) with any last minute changes to arrival plans.</p> <p>Evaluate Philmont trek and preparations - prepare for next High Adventure experience (cc, u)</p> <p>Follow-up event: Plan family program to share photos/stories.</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

ARRIVAL / DEPARTURE

Please do not arrive early or depart late unless required by airline or train schedules. Scheduled Expeditions will have priority for base camp accommodations over groups arriving early or departing late. Philmont recommends groups utilize other alternatives if travel arrangements require arriving or departing other than scheduled dates (page 20). All early arrivals/late departures will be assigned trail tents for lodging unless space is available in regular 7' x 9' wall tents on platforms with cots. (Note: space is very limited and is not released for early/late groups until late in the day. Please plan to stay in trail tents.) The charge for additional meals is \$6 per person/per meal and extra lodging is \$6 per person/per night if you use your own tents or \$10 per person/per night if you use Philmont tents. **YOU MUST EMAIL PHILMONT (camping@philmontscoutranch.org) REQUESTING APPROVAL IN ADVANCE IF YOUR TRAVEL ITINERARY REQUIRES A LAYOVER. All approved layovers are limited to one night either on arrival or departure.**

Your expedition begins with lunch on your arrival day (Day 1), you're off the trail on Day 12, and depart Philmont after breakfast on Day 13. Please refer to your financial statement for your specific arrival and departure dates. The Philmont fee covers 36 meals and 12 nights lodging, staff and program supplies. Prorating for missed meals is not available.

Many months of planning lead up to your arrival at Philmont! Arrange your travel itinerary to arrive at Philmont between 8-11:00 am on your **SCHEDULED** arrival day. Very early afternoon arrivals are acceptable and will still permit your crew to complete all Base Camp duties.

DO NOT PLAN TO ARRIVE EARLY OR DEPART LATE WITHOUT WRITTEN CONFIRMATION FROM PHILMONT. For example, if your Expedition # is 627-Z, your arrival date is June 27, 2015. If you are delayed en route, please notify Philmont by calling 575.376.2281 and ask for the Logistics manager. Your arrival time will determine your first meal at Philmont. Meals are served at the following times:

TRAILBOUND CREWS: Breakfast - 6:30 a.m., Lunch - 11:30 a.m., Supper - 4:45 p.m.

HOMEBOUND CREWS: Breakfast - 7:00 a.m., Lunch - 12:15 p.m., Supper - 5:30 p.m.

Each Philmont expedition concludes after breakfast on day thirteen. On departure day, Philmont offers either a continental breakfast at 5:45 a.m. or the regular breakfast at 7:00 a.m.; indicate your preference upon check-in at Philmont. Continental breakfast will **not** be available prior to 5:45 am on the day of your departure.

As a courtesy to all groups in Base Camp (homebound and trailbound), please do not plan to depart Philmont prior to 6:00 am. **Early morning departures impact the ability of everyone to obtain adequate rest.** Planning a travel tour day could allow a crew to leave Philmont at a reasonable time and position themselves closer to airports for early plane departures one day later.

CREW ARRIVAL – DAY ONE

The first stop at Philmont will be the Welcome Center at Camping Headquarters. The crew will meet their Ranger, obtain tent assignments and directions for parking.

Your Ranger will guide you through a series of important check-in stops, each designed to help your crew prepare for your adventure.

Stops will include:

- Camping Headquarters
- Logistics - Trip Planning
- News & Photo Service – Crew Photo
- Philmont Infirmary – Medical Recheck
- Conservation – Site Orientation
- Emergency Information
- Outfitting Service – Gear/Food Issue
- Mail Room
- Laundry
- Shakedown
- Security – Lost and Found

By utilizing your time wisely your crew will have time to visit the Philmont Museum and Seton Memorial Library, Villa Philmonte, Rayado Rancho and the Tooth of Time Traders.

INFORMATION FOR COUNCIL CONTINGENTS/MULTIPLE CREW GROUPS

Philmont allows councils to make reservations for multiple crews. Councils may make these reservations in advance of the unit registration process. This has efficiencies for Philmont in that Philmont needs to deal with only one person for financial matters, most of the paperwork, and contact with their participants. Among other benefits, Council Contingents and multiple-crew groups provide the ability to speed the check-in process for all the crews in their reservation.

The reservation for a Council Contingent or multiple-crew group provides Philmont with a single point of contact. If this contact person will not be the Advisor that will accompany the crews to Philmont, Philmont requests that a single person that is traveling with the contingent be designated as the “**On-site Contingent Advisor**” or “**On-site Group Advisor**”.

The Day One check-in process has several steps. One of these is Registration where financial matters are settled, crew rosters are turned in, Tour and Activity Plans are checked as well as certifications for Wilderness First Aid and CPR. With a Council Contingent (or any unit reservation with four or more crews), the On-site Contingent or Group Advisor can handle these for the entire group. When this has been completed, each individual crew’s lead Adult Advisor can go through an abbreviated Registration check-in. This significantly speeds the process for all the crews in the contingent/group.

On arrival at Philmont’s Welcome Center, the On-site Contingent Advisor (On-site Group Advisor) should identify himself/herself to the Welcome Center staff. The first step in the check-in process for a Council Contingent or multiple crew group is for the “On-site Contingent Advisor” (“On-site Group Advisor”) to go to Registration. They should take the Contingent/Group’s **Tour and Activity Plan(s)** with them and be prepared to pay any outstanding fees the Council Contingent or Group has incurred. These may include outstanding camping fees, transportation charges, early arrival overnight and meal charges, etc. If each crew is individually responsible for these charges, they will be able to pay their charges when they individually check-in later at Registration. The On-site Contingent Advisor should also have collected the following from each crew in the contingent/group and take them to Registration:

1. Approved Tour and Activity Plan
2. Copy of online Crew Roster with any last minute changes noted.
3. Two current certifications for Wilderness First Aid and CPR
4. A check or other form of payment for any outstanding fees or charges

After the On-site Contingent /Group Advisor has completed the registration process, he or she can rejoin their crews to complete the Base Camp check-in procedures. When the On-site Contingent/Group Advisor has completed the group check-in, each crew in the Contingent/Group will individually go to Registration to complete their check-in as directed by their crew’s Ranger.

Individual Crew Check-In

In addition to the above information the Contingent/Group Advisor will have, please ensure that each crew has the following documents completely filled out as they will need these for individual crew check-in:

- If the Council/Group does not travel together, each separate group must have their individual completed/approved **Tour and Activity Plan**.
- An acceptable form of payment for expedition balance fees, additional crew photos, transportation, or any other potential charges that may be due by the individual crew.
- Completed Annual Health and Medical Record with a copy of health insurance card for each crew member.

Not having these documents ready and completely filled in before arriving at Philmont will delay crews during the Base Camp check-in process and could result in afternoon bus transport to itinerary turnarounds on Day 2.

SECURITY

Philmont provides crew lockers and safekeeping (vault) storage service for crews. Crew lockers (2' x 2' x 3') are available for items not needed on the trail. These lockers are limited to groups traveling by commercial transportation. Groups traveling by private vehicle will be required to store items in their vehicles. **Crews using crew lockers will be limited to two (2) lockers. Additional gear will be stored in a warehouse.** Safekeeping storage is available for valuables such as plane or train tickets, cash, credit cards, keys etc. Items are sealed in envelopes and placed in the safe. Never leave valuables in tents or unattended. Philmont is not responsible for lost or stolen items.

INSURANCE

The Philmont camper fee includes insurance coverage for health, accident and sickness en route to and from home and while hiking the trails of Philmont. This policy is an Excess Insurance Plan meaning that the Plan will pay all those eligible expenses incurred from a covered accident or sickness not paid by any other collectable insurance or pre-paid health plan in force for you or a dependent child(ren). If no other collectable insurance or pre-paid health plans are in effect at the time of the loss, this plan will pay all eligible covered expenses up to the plan limits. There is no deductible under this Plan. Specific information about the Camper's Insurance will be included in the March Advisors Packet mailing.

Name and policy number of the family policy must be noted on each medical form AND a copy of the insurance card must be attached. If no insurance is in force, state NONE on the form.

TRANSPORTATION

THE ARRIVAL AND DEPARTURE PLANS MUST BE SUBMITTED TWO WEEKS PRIOR TO YOUR ARRIVAL AT PHILMONT. This can also be submitted online at the time of itinerary selection (12-day Expeditions) or online at the new "Philmont Roster and Arrival Gateway." The Gateway will be open beginning the second week of May. Last minute changes to the arrival information can be made by emailing Logistics at Philmont.Logistics@scouting.org.

Traveling to and from Philmont is an important part of the "High Adventure" experience. Most crews will find transportation the largest expense in the budget. Study the various travel options before making a final decision. Choose one that has the greatest appeal and is affordable.

Philmont participants have found public carriers to be reliable transportation to the ranch. Contact the representative of any of the following carriers for scheduling information and costs. Your local travel agency can also provide this service.

Philmont does not endorse any agency or vendor listed in this publication, but provides this information to assist groups in making travel and lodging arrangements.

- ❖ Airlines to Denver (270 miles from Philmont), Colorado Springs (190 miles) Pueblo (159 miles), Albuquerque (220 miles) and Amarillo (220) - obtain chartered bus directly to Philmont.
- ❖ Charter bus service arranged at home direct to Philmont.
- ❖ Amtrak Train (800-872-7245 or www.amtrak.com) to Raton - Philmont bus to/from Philmont.
- ❖ Amtrak Train to Denver - obtain charter bus directly to Philmont.

Inquire from airline reservation personnel about the possibility of supplemental chartered airline services offering packaged plans with reduced group rates. Review baggage fees and other airline related costs to include in budget process.

Travel companies serving Philmont include the following:

- **Gray Line** of Colorado Springs (800-345-8197 or joanie@coloradograyline.com) provides transfer services to/from Philmont for groups or individuals from Colorado Springs Airport.
- **Gray Line** of Denver (800-348-6877 or joann@coloradograyline.com) provides daily transfer services to/from Philmont for groups or individuals from Denver International Airport and Denver Amtrak.

- **Blue Sky Adventures** (877-225-8375) charter service from Albuquerque, Denver or Colorado Springs. Web: www.blueskyadventures.net
- **Advantage Rent-A-Car** (Albuquerque 505-242-6154) - Rentals available.
- **Albuquerque Star Limo, LLC** (505-848-9999 or info@505starlimo.com) Van & Mini-Bus Service from Albuquerque. Web: www.505starlimo.com **Carey Southwest Limousine** (505-766-5466 or reservations@aol.com) charter service from Albuquerque.
- **DCS America, Inc** (800-873-1856 or keithq@dcsamericainc.com) Rental/Leasing of Mini-bus Chassis from Denver or Colorado Springs. Web: www.DCSAmericaInc.com
- **Faust's Transportation** (575-758-3410) charter service from Albuquerque.
- **Follow The Sun, Inc** (866-428-4786 or info@ftstours.com), charter service from Albuquerque. Web: www.ftstours.com
- **Go Shuttle LLC** (888-722-1483) van shuttle service from Denver and Colorado Springs.
- **Herrera Coaches, Inc** (505-242-1108, fax: 505-242-1125) Web: www.herreracoach.com
- **Leading The Way Tours, Inc** (866-696-5073 or Christine@leadingthewaytours.com) charter services from Colorado Springs, Denver or Albuquerque. Web: www.leadingthewaytours.com
- **Main Event Transportation** (888-881-2819) from Albuquerque. Web: www.ScoutTransport.com
- **Pacesetter** (800-877-6001 or sales@pacesetterbus.com) provides service from Denver (airport or Amtrak) and Colorado Springs. Web: www.pacesetterbus.com
- **Premier Charters, Inc** (303-289-2222 or Ryan@RidePremier.com) provides service from Denver and Colorado Springs. Web: www.ridepremier.com
- **Ramblin' Express** (800-772-6254 or 719-590-8687, info@ramblinexpress.com) service in the Rocky Mountain region. Web: www.ramblinexpress.com
- **The Mountains USA** (866-433-2244 or info@TheMountainsusa.com) Rental of 15 passenger vans from Denver and Colorado Springs. Web: www.TheMountainsUSA.com

PRIVATE VEHICLES

This method of transportation should be used only with full assurance vehicles are safe and drivers are reliable. Make sure there is adequate insurance coverage for each vehicle. Adhere rigidly to the Tour Plan requirements. Philmont is not responsible for vehicles parked in parking areas.

TOUR AND ACTIVITY PLAN

Units complete this form when planning for local, national, or international adventure. The plan helps ensure the unit is properly prepared, that qualified and trained leadership is in place, and that the right equipment is available for the adventure. Information on the Tour and Activity Plan Worksheet is available at:

<http://www.scouting.org/sitecore/content/home/healthandsafety/alerts/touractivityplan.aspx>

A tour group must have its Tour and Activity Plan in its possession at all times and must display it when requested by Scout officials or other authorized persons. All reservations by a tour group for overnight group camping on council properties and military bases will be subject to the presentation of this document on arrival.

Philmont requires a copy of the Tour and Activity Plan be presented at registration.

Groups are encouraged to secure the signatures of these authorized persons on the front of the Tour and Activity Plan as indications of satisfactory experiences at various stopping points.

NOTE: Youth Protection Training, Weather Hazard Training and BSA Registration are verified by submitting a Tour and Activity Plan Worksheet.

TOURS AND EXPEDITIONS BROCHURE

This brochure, No. 33737, is a useful reference book for planning your trip to Philmont. It is available at your local council service center.

PHILMONT BUS SERVICE

Philmont provides round trip bus transportation from the bus and train stations in Raton, New Mexico, at a cost of \$45 per person. Amtrak passengers arriving from either the east or west coast should plan to eat in Raton. Philmont buses are scheduled upon receipt of the "Arrival Plans" when entered into the "Philmont Roster and Arrival Gateway." This fee is payable on the day your group checks-in at Philmont.

EMERGENCY TRANSPORTATION

Philmont will assist with transportation arrangements when a family emergency (death or serious illness) occurs during an Expedition requiring a participant to return home or if a participant must return home for medical reasons. Be aware that transportation to airports may not be available at short notice and could be delayed before a participant is able to depart Philmont to an airport. Participants will be required to reimburse Philmont for any transportation services provided, including transportation to a required airport.

MESSAGES FROM HOME OR WORK

While at Philmont, your crew will be in the backcountry and will not be able to receive messages from home or work. In the event of an emergency, call Philmont at 575-376-2281. If it is possible to get a message to a crew member, it may take between several hours and a day to deliver the message. It may not be possible for the crew member to return the message. Because of this, all crew members should make appropriate arrangements for others to conduct their business for the duration of their trek.

SMART PHONES

In an age of technology, smart phones are a common tool to use in everyday life. While backpacking in the wilderness of Philmont is an experience best enjoyed without the distractions of technology, Philmont recognizes that their use is more common than ever. Photographs and videos can be taken on these phones, solar chargers are widely available, as well as a number of useful outdoor "apps".

If it is imperative that a smart phone be taken on the trail, please ensure that it is being utilized in a way that enhances the Philmont experience, not detracts from the adventure for your crew or that of other crews on the trail. Download apps that will help the learning experience! Find a good star/constellation app, or an animal tracks/scat/calls app, compare bird calls you hear on the trail with a bird call app, or even the Boy Scout Handbook app might prove useful on the trail! Reserve texting and phone calls for emergency use only, make it a contest to see how long crew members can go without using their phone! (Also, keep in mind that there are NO opportunities on the trail or in any backcountry camp to ever recharge a smart phone, camera, or other electronic device.)

OVERNIGHT ACCOMMODATIONS IN THE PHILMONT AREA

Contact by email camping@philmontscoutranch.org for an updated list of all locations that offer low cost overnight accommodations for groups traveling to Philmont. Contact locations directly to make a reservation or seek specific information.

LODGING IN AND AROUND CIMARRON, NEW MEXICO

<u>Phone No.</u>	<u>Agency and Address</u>	<u>Location</u>	<u>Miles to Philmont</u>
575-377-6271	Cimarron Canyon State Park (Web: www.nmparks.com) PO Box 185 Eagle Nest, NM 87718	Ute Park, NM	20 Miles
505-373-7993	New Mexico Army National Guard Detachment 1, 1115 Transportation Co. HCR 62, Box 20 Raton, NM 87740	SW of Raton, NM	35 Miles
505-474-2066 or 505-474-2074	New Mexico Army National Guard Attn: Administrative Officer P.O. Box 457 Springer, NM 87747	West of Springer, NM	25 Miles
575-445-3615	NRA Whittington Center (Web: www.nrawc.org) P.O. Box 700 Raton, NM 87740 Email: info@nrawc.org	10 mi. SW of Raton on Highway 64	40 Miles
575-376-2343	Ponil Campground 31006 U.S. Highway 64 Cimarron, NM 87714	Cimarron, NM	6 Miles
575-445-5607	Sugarite Canyon State Park (Web: www.nmparks.com) HCR 63, Box 386 Raton, NM 87740 Email: rdye@state.nm.us	Raton, NM	55 Miles
575-376-2268	Cimarron Inn & RV Park	Cimarron	5 miles
575-376-2664	St. James Hotel	Cimarron	4 miles

LODGING IN ALBUQUERQUE, NEW MEXICO

505-292-2729 KOA-Albuquerque
12400 Skyline Drive, NE
Albuquerque NM 87714 (I-40, Exit 166)
For information about Kampgrounds of America facilities visit www.koa.com

Additional Friends of Philmont:

719-384-4411	Koshare Indian Museum (Web: www.kosharehistory.org) 115 West 18th Street P.O. Box 580 La Junta, CO 81050	La Junta CO	150 Miles
806-335-3175	Kwahadi Museum of the American Indian (Web: www.kwahadi.com) 9151 I-40 East, POB 32125 Amarillo, TX 79120 Email: kwahadi@sbcglobal.net	Amarillo CO	238 Miles
303-455-5522	Denver Area Council, BSA Colorado Adventure Point Urban Scout Adventure Center 10455 West Sixth Street Denver CO 80215	Denver CO	262 miles

**While traveling across America, visit the National Scouting Museum, Official Museum of the Boy Scouts of America. It is centrally located in Irving, Texas, in the heart of the Dallas-Ft. Worth metropolitan area.
Phone numbers: 800-303-3047 OR 972-580-2100 Web: www.bsamuseum.org**

SUGGESTED PROGRAM FOR A PHILMONT PARENT'S RALLY

PURPOSE OF MEETING

- To acquaint parents and youth with Philmont and the risk advisory (included in this booklet).
- To share with them the calendar of events leading up to departure for Philmont.
- To inform them of procedures regarding payment of fees, Philmont medical forms, equipment needs, travel itinerary to and from Philmont, age requirement.
- Introduce Expedition Leadership.
- Introduce a physical fitness program.

Opening

Philmont maps posted on wall with photos of previous trips.

Table with snapshots, souvenirs, mementos from Philmont, etc.

Display personal equipment needed and have a backpacking demonstration.

Meeting

Welcome and introductions

What is Philmont?

A talk by a youth or advisor who has been to Philmont and slides of previous expeditions, Philmont's DVD presentation, "Keys to A Successful Wilderness Adventure" or DVD Presentation, "National High Adventure Bases"(available from council office or Philmont's Tooth of Time Traders, www.ToothofTimeTraders.com). Keep this fast-paced and limited to 30 minutes.

Administrative details

Explain budget and items within budget (use flip chart or hand-outs).

Reminder of fee payments - emphasize deadline dates and commitment required by each participant.

Travel plans - instructions

Uniform

Pack - for those items needed at Philmont. Mention rental opportunity of a pack and frame at Philmont for those who do not want to invest in equipment.

Small carrying bag for items essential while traveling.

Boots for hiking, comfortable and well broken in.

Guide for spending money - how much?

Review organization of crews.

Review plans for shakedown hikes and camps.

Physical Preparation

Read and distribute copies of risk advisory to parents. (Pages 22-24)

Philmont medical form – Annual Health and Medical Record

Height/Weight Requirements

Fitness Program

Review plan for team building and smooth communication

Distribute application forms if needed and collect fees

Question and answer period.

Closing

Philmont Hymn suggested.

NOTE: Additional organization meetings may be necessary.

Suggestions for Subsequent Meetings:

Plan a cookout using dehydrated and freeze-dried menus and invite parents. Review additional fitness suggestions.

HIGH ADVENTURE RISK ADVISORY FOR PARTICIPANTS, PARENTS, AND HEALTH CARE PROVIDERS

Philmont Scout Ranch Experience. The Philmont experience is not risk-free. Staff will instruct participants in safety measures. Be prepared to listen to and follow these measures. Accept responsibility for the health and safety of yourself and others. Each participant must be able to carry 25 to 35 percent of their body weight while hiking 5 to 12 miles per day in an isolated mountain wilderness ranging from 6,500 to 12,500 feet in elevation over trails that are steep and rocky. Summer/ autumn climate includes temperatures from 30 to 100 degrees, low humidity (10 to 30 percent), and frequent, sometimes severe, thunderstorms. Winter climatic conditions can range from –20 to 60 degrees. During a Winter Adventure experience, each person will walk, ski, or snowshoe along snow-covered trails pulling loaded toboggans or sleds for up to 3 miles—or even more on a cross-country ski trek.

Risk Advisory. Philmont has an excellent health and safety record and strives to minimize risks to participants by emphasizing appropriate safety precautions. Because most participants are prepared, are conscious of risks, and take safety precautions, they do not experience injuries. If you decide to attend Philmont, you should be physically fit, have proper clothing and equipment, be willing to follow instructions, work as a team with your crew, and take responsibility for your own health and safety.

Philmont staff members are trained in first aid, CPR, and accident prevention. They can assist the adult advisor in recognizing, reacting to, and responding to accidents, injuries, and illnesses. Each crew is required to have at least two members trained in wilderness first aid and CPR. Response times can be affected by location, terrain, weather, or other emergencies and could be delayed for hours or even days in a wilderness setting.

All Philmont participants should understand potential health risks inherent at or above 6,700 feet in elevation in a dry Southwest environment. High elevation; a physically demanding high- adventure program in remote mountainous areas; camping while being exposed to occasional severe weather conditions such as lightning, hail, flash floods, and heat; and other potential problems, including injuries from tripping and falling, falls from horses, heat exhaustion, and motor vehicle accidents, can worsen underlying medical conditions. Native wild animals such as bears, rattlesnakes, and mountain lions usually present little danger if proper precautions are taken.

Guests attending Philmont Training Center conferences and family programs who are unfamiliar with the backcountry should review the supplemental information available on the Philmont website, especially information about activities that may be new to them.

Please call Philmont at 575-376-2281 if you have any questions. All participants and guests should review all materials and websites related to the experiences they are planning to have at Philmont Scout Ranch.

Food. If the diet described in the participant guide does not meet the participant's special dietary needs, contact Philmont directly. Visit the Philmont Scout Ranch website for sample menus and more information.

Medication. Each participant who needs medication must bring enough medicine for the duration of the trip. Consider bringing two or three supplies of vital medication. People with allergies that have resulted in severe reactions or anaphylaxis must bring an EpiPen that has not expired.

Immunizations. Each participant must have received a tetanus immunization within the last 10 years. Recognition will be given to the rights of those Scouts and Scouters who do not have immunizations because of philosophical, political, or religious beliefs. In such a situation, the Immunization Exemption Request form is required; it is located on the Philmont website.

High Blood Pressure. Upon arrival at Philmont, all adult participants will have their blood pressure checked. Participants should have a blood pressure less than 140/90. People with hypertension (greater than 140/90) should be treated and controlled before attending Philmont, and should continue on medications while participating. The goal of treatment should be to lower the blood pressure to normal levels. Those individuals with a blood pressure consistently greater than 160/100 at Philmont may be kept off the trail until their blood pressure decreases.

Seizures (Epilepsy). The seizure disorder must be well-controlled by medication. A well-controlled disorder is one in which a year has passed without a seizure. Exceptions to this guideline may be

considered on an individual basis, and will be based on the specific type of seizure and likely risks to the individual/other members of the crew.

Diabetes Mellitus. Both the person with diabetes and one other person in the group need to be able to recognize signs of excessively high or low blood sugar. An insulin-dependent person who was diagnosed or who has had a change in delivery system (e.g., insulin pump) in the last six months is advised not to participate. A person with diabetes who has had frequent hospitalizations or who has had problems with low blood sugar should not participate until better control of the diabetes has been achieved. If an individual has been hospitalized for diabetes-related illnesses within the past year, the individual must obtain permission to participate by contacting the **Philmont Infirmary at 575-376-2281**.

Asthma. Asthma must be well-controlled before participating at Philmont. This means: **1)** the use of a rescue inhaler (e.g., albuterol) less than once daily; **2)** no need for a rescue inhaler at night. Well-controlled asthma may include the use of long-acting bronchodilators, inhaled steroids, or oral medications such as Singulair. You may not be allowed to participate if: **1)** you have asthma not controlled by medication; or **2)** you have been hospitalized/gone to the emergency room to treat asthma in the past six months; or **3)** you have needed treatment by oral steroids (prednisone) in the past six months. You must bring an ample supply of your medication and a spare rescue inhaler that are not expired. At least one other member of the crew should know how to use the rescue inhaler. Any person who has needed treatment for asthma in the past three years must carry a rescue inhaler on the trek. If you do not bring a rescue inhaler, you must buy one before you will be allowed to participate.

Recommendations for Chronic Illnesses.

Adults or youth with any of the following conditions should undergo an evaluation by a physician before considering participation at Philmont.

1. Chest pain, myocardial infarction (heart attack) or family history of heart disease in any person before age 50
2. Heart surgery, including angioplasty (balloon dilation), to treat blocked blood vessels or place stents
3. Stroke or transient ischemic attacks (TIAs)
4. High blood pressure
5. Claudication (leg pain with exercise, caused by hardening of the arteries)
6. Diabetes
7. Smoking or excessive weight

The physical exertion at Philmont may precipitate either a heart attack or stroke in susceptible people. Participants with a history of any of the seven conditions listed above should have a physician-supervised stress test. Even if the stress test results are normal, the results of testing are done at lower elevations, without backpacks, and do not guarantee safety. If the test results are abnormal, the individual is advised not to participate.

Allergy or Anaphylaxis. People who have had an anaphylactic reaction from any cause must contact Philmont before arrival. If you are allowed to participate, you will be required to have appropriate treatment with you. You and at least one other member of your crew must know how to give the treatment. If you do not bring appropriate treatment with you, you will be required to buy it before you will be allowed to participate.

Recent Musculoskeletal Injuries and Orthopedic Surgery. Participants will put a great deal of strain on their joints. Individuals who have significant musculoskeletal problems (including back problems) or orthopedic surgery/injuries within the last six months must have a letter of clearance from their treating physician to be considered for approval, and Philmont should be contacted in advance of participation. Permission is not guaranteed. Ingrown toenails are a common problem and must be treated 30 days prior to arrival.

Psychological and Emotional Difficulties. Parents and advisors should be aware that no high-adventure experience is designed to assist participants in overcoming psychological or emotional problems. Experience demonstrates that these problems frequently become worse, when a participant is under the stress of the physical and mental challenges of a remote wilderness setting. Medication must never be stopped prior to participation and should be continued throughout the entire Philmont experience.

Weight Limits. Weight limit guidelines (see Part C) are used because overweight individuals are at a greater risk for heart disease, high blood pressure, stroke, altitude illness, sleep problems, and injury. These guidelines are for all Scouting high-adventure activities. Each participant's weight must be less than the maximum acceptable limit in the weight chart. Participants 21 years and older who exceed the maximum acceptable weight limit for their height at the Philmont medical recheck WILL NOT be permitted to backpack or hike at Philmont. They will be sent home. For participants under 21 years of age who exceed the maximum acceptable weight for height, the Philmont staff will use their judgment to determine if the youth can participate. Philmont will consider up to 20 pounds over the maximum acceptable; however, exceptions are not made automatically and discussion with Philmont in advance is required for any exception. **Philmont's telephone number is 575-376-2281.** Due to rescue equipment restrictions and evacuation efforts from remote sites, under no circumstances will any individual weighing more than 295 pounds be permitted to participate in backcountry programs.

Philmont Approval. Staff and/or staff physicians reserve the right to deny the participation of any individual on the basis of a physical examination and/or medical history. Each participant is subject to a medical recheck at Philmont.

Height/Weight Restrictions. If you exceed the maximum weight for height as explained in the following chart and your planned high-adventure activity will take you more than 30 minutes away from an emergency vehicle/accessible roadway, you may not be allowed to participate.

Height (inches)	Max. Weight	Height (inches)	Max. Weight	Height (inches)	Max. Weight	Height (inches)	Max. Weight
60	166	65	195	70	226	75	260
61	172	66	201	71	233	76	267
62	178	67	207	72	239	77	274
63	183	68	214	73	246	78	281
64	189	69	220	74	252	79 and over	295

PHYSICAL PREPARATION FOR A PHILMONT TREK

To enjoy the Philmont experience participants must be physically prepared to carry a 35 - 50 lb. pack over steep, rocky trails at elevations ranging from 6,500 to 12,500 feet. A regular program of physical conditioning for at least three to six months prior to taking a trek is essential. A longer period is required for those unaccustomed to physical exercise.

A program of regular aerobic exercise is highly recommended to become physically conditioned for Philmont. Plan to exercise for 30 to 60 minutes 3 to 5 times a week.

Jogging, running uphill, long flights of stairs or walking along abandoned railroad tracks, and hiking with a full pack are excellent preparation. How fast you run or how far you go is not nearly so important as regular exercise. Other aerobic exercises such as swimming, bicycling, stationary cycling and aerobic exercise classes can supplement your training. Start slowly and gradually increase the duration and intensity of your exercises. Start a journal to record your progress. If anyone has questions have them contact their family physician or exercise physiologist.

Backpacking is the best way to prepare for a Philmont trek. It is highly recommended that everyone in a Philmont crew fulfill the requirements for Backpacking Merit Badge. These include three 15 mile treks with two overnights each and one 5 day backpacking trek covering at least 30 miles. Fulfilling these requirements will enable you to enjoy a Philmont trek. The Venturing Backpacking pamphlet also has excellent tips for preparing for a Philmont trek. Be Prepared!

Select a hilly area for your training. Start with a short hike and a light pack. Increase the mileage and your pack weight as your training progresses. It is important to hike often enough while carrying a pack and wearing the boots which you will use at Philmont to toughen your feet and to break in your boots.

Most of the crews that participate indicate on their evaluation forms that additional physical training by all members of their crew would have been helpful.

SUGGESTED CONDITIONING PROGRAM

<u>MONTH</u>	<u>CONDITIONING</u>
DECEMBER/ JANUARY	<p>Complete health history on individual medical form and get parental approval (signature).</p> <p>Be examined by a physician or osteopath. Call attention of the physician to the note on the medical form that describes the rigors of a Philmont trek and to the box that indicates areas of medical concern. Ask the physician about any special medical needs or areas of concern. If overweight, get a physician's recommendation on how to lose weight through dieting and exercise in order to meet Philmont's height and weight requirements.</p> <p>Walk, jog in place, swim or pedal exercise bike indoors for 20 minutes or more at least 3-5 times a week. Gradually increase the length and the intensity of exercises.</p> <p>Purchase a pair of quality hiking boots. A pair of boots 6 to 8 inches high with sturdy soles are recommended. Wear your boots to school or work and when walking anywhere to break them in and to condition yourself.</p>
FEBRUARY/ MARCH	<p>When weather permits jog, run or walk outdoors. Start with 20 minute sessions and gradually increase the length and the incline or speed. While walking begin to carry your backpack and gradually add weight to it.</p>
APRIL/MAY	<p>Continue exercising. Schedule a couple of 5 -10 mile day hikes and at least two overnight backpacking treks of 10 - 20 miles. Plan the second trek to cover more rugged terrain or increase the mileage. Whenever possible, hike in the boots you will use on the trail and carry your backpack.</p>
JUNE/JULY	<p>Continue exercising right up to the day you depart for Philmont. Come to Philmont in top physical and mental condition ready for backpacking a 35 to 50 pound pack over steep, rugged trails at high elevations (6,500 to 12,500 feet.)</p>

Special Food Needs for Allergic or Religious Reasons

Philmont trail food is by necessity a high-carbohydrate, high-caloric diet. It is high in wheat, milk products, sugar and corn syrup, and artificial coloring/flavoring. If an individual in your crew is allergic to some food products or requires a special diet, suitable food replacements for those individuals items must be purchased at home and brought to Philmont.

Philmont asks that food substitutions be made only for medical (including allergies) or religious reasons. All food shipped to the backcountry is subject to inspection to ensure the best delivery method. There is no fee reduction for individuals who bring their own food.

If replacement food is required, go to the Philmont website at <http://www.philmontscoutranch.org> and find the menu and ingredients list. (Note: the 2015 menu and ingredients list will be posted by May 1, 2015.) All meals are numbered from 1 to 10. Review this list and determine which items in each meal will cause a problem and prepare a substitute for only those items. When putting the substitutes together, keep in mind that Philmont participants need approximately 3,000 calories a day. Package the substitutes for each meal together in a plastic bag and label them each with your Expedition Number, the person's name, and the meal that the substitute food bag is needed for (ie. "Supper 5"). Do this for all items that need to be substituted in all meals. The key is to be sure all bags are clearly labeled.

On the afternoon of your arrival at Philmont, your crew's Ranger, the Crew Leader, and individual(s) needing the substitute food should bring the food bags and the crew's "Crew Leader Copy" to Logistics. The Logistics staff will then group the meals by backcountry commissary and will arrange for them to be delivered. At the time of your backcountry food pickup, both the standard issued meal bags as well as the bags brought from home containing the items to be substituted for individual crew members will be available at the commissary. Everyone is issued the standard meal bags and it will be the responsibility of the person(s) with food substitutes to remove the items they cannot have.

Appropriate substitutions can be arranged for food served in the dining hall by speaking with the dining hall manager upon your arrival at Philmont.

If you have any questions about food substitutions, please contact Philmont by telephone at (575-376-2281) or email camping@philmontscoutranch.org. The 2015 menu and ingredient list will be available by May 1, 2015. The 2014 menu and ingredients list will remain on the website until the new information is available.

KOSHER TRAIL MENU

Philmont supports a Kosher/Halal trail menu. Philmont has requested that all food suppliers bid products that are identified as Kosher. To assist crews identify those items that are Kosher the menu has an identification mark by each item that qualifies.

Crews or individuals that require a Kosher trail menu may bring substitutes for items that are not Kosher for each meal. These items must be prepared as outlined in this section.

My Own Meal products are available at Philmont as a substitute for the entree' in the dinners and need only to be immersed in boiling water for 5 minutes to be ready. All of the products used in *My Own Meal* are Glatt Kosher and are Halal. Philmont has Kosher vessels (i.e. Brand new and not used) available. We recommend that Jewish and Muslim Scouts either bring their own trail stove or purchase one at Philmont, so that they do not have to wait for a crew stove to boil their water and, thus, not eat at the same time as their crew members.

Philmont Scout Ranch will do it's best to provide specific information to help in planning meals for Jewish and Muslim Scouts. Substitute food items that are brought to Philmont and substitute *My Own Meals* provided by Philmont will be packaged using the process described in this section and delivered to specific commissaries to match the meals they are needed for.

You may direct specific question or concerns to the Philmont Jewish Chaplain or the Philmont Scout Ranch Director of Program at camping@philmontscoutranch.org. The 2015 menu and ingredient list will be available by May 1, 2015.

PROMOTIONAL HELP

Philmont has two DVD's that can be helpful in preparing for and promoting the Philmont Experience: "Keys to A Successful Wilderness Adventure" and "National High Adventure Bases". Check with your local Scout service center to borrow a copy or contact Philmont's Mail Order department at the Tooth of Time Traders to order your own copy.

Your local council may also have a supply of Philmont's printed material or you can request promo material by using our online request form at www.PhilmontScoutRanch.org/Resources.aspx.

Philmont has promotional information thru the following electronic addresses:

www.PhilmontScoutRanch.org
www.facebook.com/PhilmontScoutRanch
www.youtube.com/PhilmontScoutRanch
www.twitter.com/philmont
[instagram.com/philmont](https://www.instagram.com/philmont)

TRADING POST

The Tooth of Time Traders (Philmont Scout Ranch's trading post) carries gear that will cover all of your crew gear and personal equipment needs as well as Philmont's souvenirs. To sign up for email updates and mailings, go to www.ToothofTimeTraders.com and register your account today. If you want further information or have any questions, you can email toothoftimetraders@scouting.org.

Please visit the official Philmont Store at: www.ToothofTimeTraders.com.

PRESERVING THE PHILMONT WILDERNESS

Philmont is a magnificent wilderness camping area with an immense network of trails and camps tied together by service roads designed for service and protection of both campers and land.

Each camper and advisor is asked to sign the PHILMONT WILDERNESS PLEDGE which declares that he or she will do everything possible to preserve the beauty and wonder of the Philmont Wilderness through good Scout camping. It is expected that Philmont campers will carry this pledge to all camping areas that they might visit throughout America.

The major areas of emphasis involved in the PHILMONT WILDERNESS PLEDGE are:

LITTER/GRAFFITI - Each camper should make sure that all trails and campsites are left neat and clean. Camping Headquarters should be left in a like manner.

WILDLIFE - Respect wild (and domestic) animals. Do not feed or harass any wild animals.

WATER - Remember, you are in a land where water is scarce and very precious. Conservation and wise use of water has been practiced since the first person entered this land. You should never bathe or do laundry or dishes in or near a spring or stream. Do not throw rocks in springs or touch any solar pumps. They are easily damaged and the flow of water can be disrupted.

TRAILS - Pledge yourself to respect all trails at Philmont. Do not cut green boughs or trees, or mark them. Do not cut across switchbacks, and do not alter or change trail signs.

CAMPsites - Each crew is responsible for leaving a neat and orderly campsite. Whether it be in Camping Headquarters, staffed camps, or non-staffed camps, your campsite should be left litter-free with its latrine and sump clean. Fires must be left DEAD OUT. Leave a courtesy woodpile when possible. Philmont typically serves over 22,000 Scouts, Venturers and their Advisors each year. Consequently,

some trails and camps, especially around commissaries, are subjected to heavy use. Nevertheless, it is not the wear of so many pairs of boots that mar Philmont. It is the carelessness and thoughtlessness of inconsiderate Scouting campers. It is our sincere hope that through your commitment to the PHILMONT WILDERNESS PLEDGE, Philmont will always remain a beautiful and clean place to enjoy high adventure.

Coinciding with the wilderness pledge is a practice at Philmont called "Low Impact" or "Leave No Trace" camping. For Philmont to survive intense backcountry use year after year, each participant must make a personal commitment to the environment. However, we realize that there will be some High Impact areas in Philmont's backcountry due to the number of participants in our program each year.

The philosophy of "Low Impact" or "Leave No Trace" is that we leave minimum evidence of our passing in the wilderness. In other words, a conscientious camper should erase any sign of a camp. It is the genuine desire of the Philmont staff to instill the "Low Impact" or "Leave No Trace" philosophy into our participants. We hope they carry this way of camping into other primitive and delicate areas around the nation. Take with you precious memories, leaving only footprints.

The Wilderness Pledge *Guia* program and Wilderness Pledge achievement award are designed to add additional emphasis to the important issue of adherence to camping ethics.

PHILMONT GLOSSARY

ADULT ADVISOR - each crew is required to have at least two adult leaders, one of whom must be at least 21 years of age. The second adult must be at least 18 years of age. There are no gender restrictions for adult leadership. The Advisors' role is primarily coaching, counseling and advising the crew leader. During emergencies the advisor may assume direct leadership of the crew.

ARRIVAL DATE - reservations made with Philmont designate the arrival date at Philmont. Each expedition hits the trail the day after its arrival and returns on its twelfth day.

CHAPLAIN AIDE - a youth member who accepts responsibility to conduct appropriate religious activities during the trek.

CHARTERED UNIT - an expedition composed of members from a chartered Boy Scout Troop, Varsity Team Venturing Crew, or Explorer Post with its own registered leadership.

COED CREW - a Venturing Crew with male and female participants. Must have adult male and female Advisors at least 21 years of age.

COUNCIL CONTINGENT - a provisional expedition composed of Scouts, Varsity Scouts and/or Venturers and leaders from a district or council. Contingents with multiple crews should designate a contingent advisor, responsible for transportation (lodging, meals, tours, etc.) and serves as the liaison for the group. An on-site contingent Advisor should be named. See "Information For Council Contingents/Multiple Crew Groups" on page 16.

CREW - a group varying in size from 7 to 12 people. Youth must be in the majority and no more than 4 adults 21 years of age or older.

CREW LEADER - a member of a crew and elected by the crew to be its leader. This is the same relationship a patrol leader has to a patrol. Ideally this young person will have attended council junior leader instructor training or a previous Philmont trek.

DEPARTURE DATE - operating daily with a 12-day cycle, departure from Philmont is on the morning of the thirteenth day. Arrival day is day one.

EXPEDITION NUMBER - the number assigned to a chartered unit expedition or council contingent expedition by the Philmont Camping Registrar to identify an expedition and its crews. A crew arriving at Philmont on June 20 will be assigned a 620 number along with a letter of the alphabet (e.g., 620-A, 620-B, etc.). A multi-crew expedition will be numbered further (e.g., 620-A-01, 620-A-02, etc.). Please use your correct expedition number in all correspondence with Philmont.

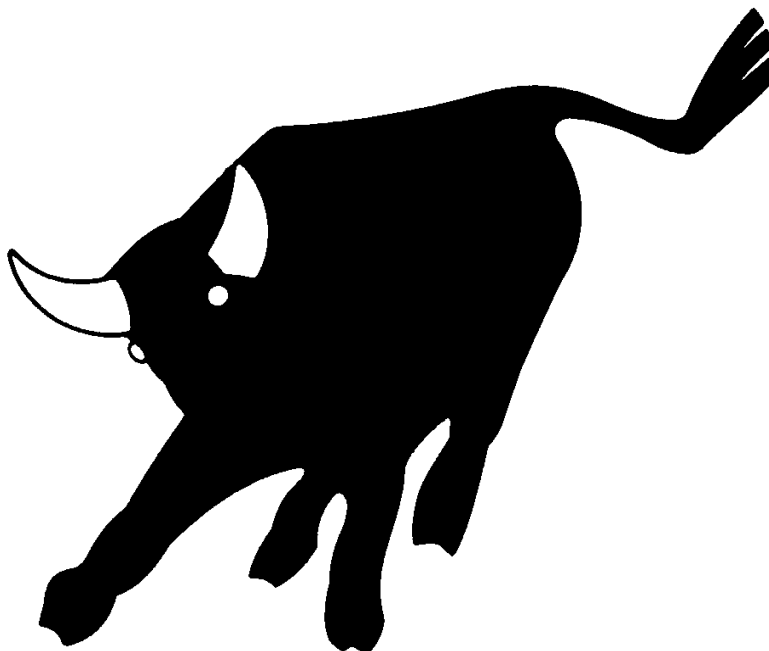
ITINERARY - each crew has an itinerary which is the hiking schedule for the 10 days on the trail. The itinerary outlines the trails to be taken and the crew's daily destination (either staffed or unstaffed camps.) The itinerary will be selected after receiving the March mailing of the *2015 Treks Itinerary Guide* online in early April.

MOUNTAIN CAMPS - these may be camps with a staff (camp director and three or more program staff) or unstaffed trail camps. Dry camps are trail camps with no water.

RANGER - upon arrival at Philmont, each crew will be met by a Philmont Ranger. The Ranger stays with the crew for three days serving as guide and trainer in camping and teamwork skills.

7-DAY TREKS – four crews can arrive on Saturdays and Sundays throughout the summer and any start date of August 10 - 14 to participate in a 7 days trek. Special procedures for selecting an itinerary for a 7-day trek will be outlined in the *2015 7-Day Itinerary Treks Guide* sent to Advisors of 2015 7-day reservations.

WILDERNESS PLEDGE GUIA (Spanish for Guide) – A youth member who accepts the responsibility of guiding the crew in their camping ethics during the trek.



APPENDIX A

SPECIAL INDIVIDUAL TREK EXPERIENCES

RAYADO TREK - Older Scouts and Venturers (not coed crews) who have mastered basic outdoor skills should consider applying for the challenging and selective Rayado Trek program. Rayado participants will experience more of Philmont's backcountry and will have program opportunities not available to Expedition campers. Rayado is unparalleled for developing outdoor leadership, group dynamics, wilderness problem solving and advanced outdoor skills. A Rayado Trek encourages participants to attain a high level of personal growth and self-reliance. Rayado is a twenty (20) day program. Participants depart the morning of the twenty-first (21st) day (July 10 and August 7 are departure dates).

2015 Dates: Sessions #1: June 20 – July 10 #2: July 18 – August 7

Cost: \$725 Length: 20 days and nights

Age: 15 by program start date, but not 21 by its conclusion

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ROCS (Roving Outdoor Conservation School) - The Roving Outdoor Conservation School (ROCS) is an exciting program for Scouts and Venturers who have an interest in conservation, environmental science and natural resource management. ROCS will offer participants hands-on experience in conservation and environmental science. As the crew hikes the Ranch they will camp in different forest types and participate in activities in the following areas: Forestry, Fire Ecology, Insects, Fisheries Management, Wildlife Management, Geology, Plant Identification, Dendrology, Watershed Management and Range Management. In addition, part of the trek will practice "Leave-no-Trace" and "Tread Lightly" Techniques. ROCS is a twenty-one (21) day program. Participants depart the morning of the twenty-second (22nd) day (July 7, 14, 21, 28, & Aug 4 are departure dates)

2015 Dates: Sessions #1: June 16 - July 7 #2: June 23 - July 14

#3: June 30 - July 21 (Female Session)

#4: July 7 - 28 #5: July 14 - Aug 4

Cost: \$525 Length: 21 days and nights

Age: 16 by program start date, but not 21 by its conclusion

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ORDER OF THE ARROW TRAIL CREW – In partnership with the Order of the Arrow, Philmont is offering an opportunity to join other Arrowmen in cheerful service and the formation of lasting brotherhood on the trails at Philmont. The first week focuses on trail construction and maintenance under the guidance of Philmont trail crew foremen. The second week is a seven day backpacking trek that is designed by the participants. The OATC is a fourteen (14) day program. Participants depart the morning of the fifteenth (15th) day (June 22, 29, July 6, 13, 20, 27 are departure dates).

2015 *Dates: Sessions #1: June 8 – 22 #2: June 15 – 29
#3: June 22 - July 6 #4: June 29 - July 13
#5: July 6 – 20 #6: July 13 – 27

Cost: \$250 Length: 14 days and nights

Age: 16 by program start date, but not 21 by its conclusion

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SPECIAL INDIVIDUAL TREK EXPERIENCES – Continued

TRAIL CREW TREK – Trail Crew Trek (TCT) is a co-ed fourteen-day educational program focused on conservation and leadership development. TCT involves seven days of building trail, a seven-day educational trek throughout Philmont, hands-on experience with a variety of conservation projects on the Ranch and visits from guest speakers involved in conservation and resource management. TCT provides a strong foundation for participants to become involved in service through conservation. Participants depart the morning of the fifteenth (15th) day (June 28 and August 9 are departure dates).

2015 **Dates: Sessions #1 June 14 – 28** **#2 July 26- August 9**

(Both Sessions are Coed with Coed Leadership)

Cost: \$345 Length: 14 days and nights

Age: 16 by program start date, but not 21 by its conclusion

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RANCH HANDS - Ranch Hands is a program for Scouts and Venturers who have knowledge of horsemanship and horse care and want to expand their skills and experience. The Ranch Hand crew will spend eight days working in the horse department hauling hay, saddling, daily chores and other horse program tasks. Then they will participate in their own special Cavalcade itinerary trek for eight days. Ranch Hands is a sixteen (16) day program. Participants depart the morning of the seventeenth (17th) day (July 23 is a departure date).

2015 **Dates: One Session Only: July 7 – July 23**

Cost: \$250 Length: 16 days and nights

Age: 16 by program start date, but not 21 by its conclusion

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STEM Trek - The STEM Trek is an exciting program for Scouts and Venturers that are looking to enjoy a 12-day trek throughout Philmont's rugged mountain wilderness in the Sangre De Cristo Range of the Rocky Mountains, while learning about Science, Technology, Engineering, and Math in the process. Hike and learn about forestry, wildlife management, geology, botany, watershed management, physics, chemistry, astronomy, stream ecology, and range management. STEM Trek participants will hike alongside Philmont Staff with academic backgrounds in the subject matter and have experience with outdoor education. Philmont Participants depart the morning of the thirteenth (13th) day (July 28 and August 3 are departure dates).

2015 **Dates: Session #1 July 16 – 28** **Session #2 July 22 – August 3**

Cost: \$855 Length 12 days and nights

Age: 14 by program start date, but not 21 by its conclusion

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For additional information about any of these special individual Philmont Experiences please contact Philmont Scout Ranch at 575.376.2281 or camping@philmontscoutranch.org

APPENDIX B

Special Fall and Winter Philmont Programs

Autumn Adventure

The fall is a great time to experience Philmont. Autumn Adventure treks are scheduled from September through October. Each trek can be customized to fit the schedule of the group attending and can vary from a leisurely day hike to an extended backpacking expedition.

Autumn Adventure is open to crews of seven to 12 participants accompanied by an Autumn Adventure guide. Larger groups are organized into multiple crews. A crew may be assembled from a Boy Scout Troop, Venturing Crew, Explorer Post, or an all-adult group such as unit, district, or council committee members. All participants must be registered members of the BSA.

Youth participants must be at least 14 years of age or in the eighth grade and at least 13 years of age at the time of participation and youth groups must be accompanied by at least two adult leaders. Coed youth groups must have at least one adult male and one adult female leader.

Every participant is required to have a current medical examination within the previous 12 months and meet requirements for physical condition. Philmont requires at least one crew member be certified in CPR and Wilderness First Aid.

There are four programs offered through Autumn Adventure:

- **Council/Group Trek Planning** - Cover pre-trek planning and training, visit areas of the ranch that you are interested in seeing on your summer trek. This is a great time for adults to see what it takes to bring a crew to Philmont. You will have a chance to meet with some of the key Philmont leadership as well.
- **High Adventure Planning** - Learn techniques and tips for planning a High Adventure trip for your unit. You will have a chance to see how Philmont puts together a High Adventure trek so that you can plan one for your home unit.
- **All-Adult Crews** - A great opportunity for team building and planning for your troop, district, or council. What better way to bring a group together than fly fishing on the Rayado River or taking in the fall colors as the aspen's change to gold?
- **Traditional Crews** - A great experience for Scouts with extra time in the fall. This experience is for crews of 7 to 12 members with youth giving leadership to the crew. You will have a chance to experience the outdoors at its best.
-

Winter Adventure - Philmont's Cold Weather Camping Program

Participants in Winter Adventure learn to camp comfortably in cold weather and enjoy Philmont's beauty in winter. After an initial training session, several program options are available to each group depending on its interests, the weather, and snow conditions. Crews hike through the backcountry, sleep in tents or snow shelters, participate in activities such as ski touring and snowshoeing, snow shelter building, winter ecology, Search and Rescue Merit Badge, and avalanche beacon education.

Winter Adventure expeditions are scheduled around weekends from late December through March. Space is limited, and each season fills up quickly, so make your reservations early!

The Winter Adventure program is available to crews of 6-12 participants, which will be accompanied by a Winter Adventure guide. A crew may be assembled from a Boy Scout Troop, Venturing Crew, Explorer Post, and must have a majority of youth participants. All participants must be registered members of the BSA.

Each crew must have at least two registered adult advisers. One of the advisers must be at least 21 years of age or older; the second adviser must be at least 18 years of age. For coed Venturing crews and Explorer Posts, there must be a male and a female adviser, both at least 21 years of age or older. Youth participants must be at least 13 years of age or in the eighth grade at the time of participation.

Every participant must be in good physical condition and present an Annual BSA Health and Medical Record form with a current (within the past 12 months) medical examination filled out by their physician.

A typical Winter Adventure trek lasts three days, scheduled over a weekend, but the length of the trek can be adjusted to fit the schedule of the group attending. However, groups that wish to limit their trek to only the weekend will have limited time for program activities.

- **Special Holiday Program** - Philmont offers a special deal on Winter Adventure between Christmas and New Year's.
- **Cold Weather Camping Program** - Winter Adventure is based on Northern Tier's Okpik program, which teaches participants how to camp comfortable during cold winter months.
- **Learn Winter Camping Basics** - With the help of a trained Winter Adventure guide, you will learn to camp, cross-country ski, and build snow shelters.
- **Camp Comfortably in the Cold** - Winter Adventure's main goal is to teach crews how to be "comfortably cool" while out in the cold, giving Scouts skills to take home and use in their own cold weather camping programs.
- **Downhill Skiing Package** - For a small extra fee, you may add a day of downhill skiing at the beautiful Red River Ski Resort when you participate in Winter Adventure.
- **Cross Country Skiing Package** - **For a small extra fee, you may add a day of cross country skiing at the Enchanted Forest Cross Country Ski Area when you participate in Winter Adventure.**

Leave No Trace Master Educator

The five-day Master Educator course is designed for people who are actively teaching outdoor skills or providing recreation information to the public. This valuable training is recognized throughout the world by the outdoors industry, land management agencies, and the outdoor recreation community. Master Educators can train others in Leave No Trace skills as well as facilitate Leave No Trace Trainer courses and awareness workshops.

This course is offered during one week of the Autumn Adventure season. Dates for 2015 are September 20th – 25th. Please contact Philmont registration for additional information.

APPENDIX C

EQUIPMENT LISTS FOR PHILMONT EXPEDITIONS

To help prepare for your adventure, Philmont recommends the following personal and crew equipment

YOUR PERSONAL EQUIPMENT

If you have any questions regarding any of these items on the Equipment List, please contact Philmont's Tooth of Time Traders at 575-376-2281 or toothoftimetraders@scouting.org.

LOWER BODY LAYERS

You will need 1-2 synthetic insulating layers. All must fit comfortably over each other so they can be worn in combination.

EQUIPMENT	QTY	COMMENTS	CODE	CHECK
Base Layer (mid-wgt) synthetic	1	long underwear bottom	T	
Rain Pants	1	lightweight & sturdy	T, A	
Long Pants	1	no heavy jeans		
Underwear	3		T	
Hiking Shorts	2		T	

UPPER BODY LAYERS

It is imperative to layer your clothing, combining different garments to achieve protection from the elements and optimum insulation. Synthetic or wool layers are recommended as they insulate when wet. Avoid cotton, as it does not insulate when wet.

EQUIPMENT	QTY	COMMENTS	CODE	CHECK
Base Layer (mid-wgt) synthetic	1	long underwear top	T	
Middle Layer (fleece pullover)	1	opt - wool sweater	T	
Top Layer (synthetic jacket)	1	wool or polar fleece ok	T	
Rain Jacket	1	sturdy, waterproof jacket w/hood, coated nylon and breathable fabrics acceptable.	T, A	
Shirt - Short Sleeve	2	moisture wicking no cotton or nylon	T	
Shirt - Long Sleeve	1	moisture wicking no cotton or nylon	T	
Sports Bra	2	synthetic	T	

HEAD-NECK-HAND

EQUIPMENT	QTY	COMMENTS	CODE	CHECK
Wool or fleece hat	1	warm hat for cold temps	T	
Glove liners or mittens	1pr	synthetic wool	T	
Baseball cap or wide brim hat	1	sun protection of ears, face		

PACKS AND BAGS

EQUIPMENT	QTY	COMMENTS	CODE	CHECK
Backpack- rental available (\$18)	1	internal frame 75L +/- 4600 cu inches external frame 65L +/- 3966 cu inches	T	
Summit/Daypack	1	side hikes	T, S	
Lashing Straps	1 pr	holds sleeping bag on pack	T	
Gal. Ziploc Bags	6-12	pack clothes	T	
Pack Cover	1	waterproof	T	
Small Stuff Sacks	2-3	pack/organize personal items	T	
Ditty Bags	2-3	pack/organize personal items	T	

SLEEPING GEAR

EQUIPMENT	QTY	COMMENTS	CODE	CHECK
Sleeping Bag	1	rated 20 degrees and less than 5 lbs/packed in compression sack lined w/plastic bag	T	
Waterproof Stuff Sack	1	Or 2 heavy duty 4-6 mil plastic bags	T	
Sleeping Pad	1	closed-cell foam or fully inflatable pad	T	
Sleep Clothes	1 set	worn only in sleeping bag-t-shirt & gym shorts acceptable.	T	

FOOTWEAR

EQUIPMENT	QTY	COMMENTS	CODE	CHECK
Boots	1 pr	well broken in	T	
Socks	3 pr	synthetic or wool	T	
Liner Socks	3 pr	synthetic	T	
Camp Shoes	1 pr	lightweight sneakers	T	

MISCELLANEOUS ITEMS

EQUIPMENT	QTY	COMMENTS	CODE	CHECK
Bowl	1	deep bowl of lightweight material	T	
Mug/Cup	1	measuring style recommended 12-20 oz	T, O	
Spoon/Spork	1	Lexan or lightweight-sporks are popular	T	
Water Bottles/1 qt	4 or more	qty reduced if also using hydration bladder in pack	T, A, BB	
Pocket Knife	1	small knife sufficient	T, A, S	
Matches/Lighter	1	pack in waterproof container/lighting camp stove	T, A, BB, S	
Flashlight/Headlamp	1	durable/lightweight-bring extra batteries	T	
Trekking Poles w/rubbert tips	1 pr	reduce impact - 25% - knees & ankles, improve balance	T, O	
Philmont Map	1	sectionals available for your itinerary or overall	T, A, S	
Compass	1		T, A, S	
Bandana/tubular headgear	2	bandanas or headgear also known as Buffs work well/many brands on the market	T, BB	
Money	\$50	ATM in Base	BB	
Lip Balm	1	moisturizing balm w/SPF 25 or greater	T, A, BB	
Soap	1	biodegradable	T, BB, S	
Toothbrush	1	trial size	T, BB	
Toothpaste	1		T, BB, S	
Camp Towel	1	small, quick dry	T	

Tampon/Pads			T, BB	
Personal Medication		enough for entire trek		
Sunglasses	1		T	
Watch	1		T, O	
Camera	1	batteries/memory card	T, BB, S	
Whistle	1		T	
Fishing Equipment	1	some itineraries have opportunity to fish	T, O	
Fishing License	1	some itineraries have opportunity to fish-NM State fishing license required	T, O	
Postcards	1+	pre-stamped	T, O	
Food Powder	1		T, BB, S	
Notepad & Pen	1		T, BB, O	

CODE:

- (T) Available at Philmont's Tooth of Time Traders
- (A) Easily accessible in pack or carried on person
- (BB) Packed together in plastic bag - placed in bear bag at night
- (S) Share with buddy
- (O) Optional

ITEMS PROHIBITED

- Deodorant
- Radios
- MP3 Players
- Video Game Devices
- Hammocks

EQUIPMENT PROVIDED BY CREW

Necessary Items For Each Crew (7-12 Persons) To Bring Or Purchase On Arrival

EQUIPMENT	QTY	COMMENTS	CODE	CHECK
Sewing Packet	1		T	
Tent Stakes	5 per person		T	
Water Container 2.5 gal	2-3	collapsible	T	
Backpacking Stove	2-3		T	
Fuel Bottle/ 1 QT	2		T	
Fuel Funnel	1		T	
First Aid Packet	1	see Pg 42	T, BB	
Duct Tape	1	for trail repair	T, BB	
Spices		for cooking	T, BB, O	
Waterproof Ground Cloth	1/tent	6' x 8'	T	
Nylon Cord	3	50 ft x 1/8"	T	
Sunscreen	2-3	6 oz tubes w/SPF 25 or higher	T, BB	
Insect Repellent	2	small bottles, no aerosol spray cans	T, BB	
Water Purifiers/Filters	2-3	optional	T	
Multi-Tool	1		T	
Trowel/Shovel	1		T	
Carabiner	1	Carabiner must be rated climbing strength for rigging "oops" bag w/bear bags	T	

CODE:

- (T) Available at Philmont's Tooth of Time Traders
- (A) Easily accessible in pack or carried on person
- (BB) Packed together in plastic bag - placed in bear bag at night
- (S) Share with buddy
- (O) Optional

ITEMS PROHIBITED

- Deodorant
- Radios
- MP3 Players
- Video Game Devices
- Hammocks

EQUIPMENT ISSUED BY PHILMONT

Each Crew of 7-12 Persons is Issued The Following Equipment Free of Charge (Except for Damage or Replacement Charges Upon Return)

EQUIPMENT	QTY	COMMENTS	CHECK
Nylon Dining Fly	1	12' x 12' , wt 4 lbs	
Collapsible Poles	2	for dining fly, wt 1.45 lb	
Philmont Tent w/poles	1 per 2 camper	weight w/poles old tent: 7 lbs, 2 oz new tent: 5 lbs, 13 oz	
Cooking Pot	1	8 qt w/lid, 2 lbs	
Dishwashing-2nd cooking pot	1	8 qt , 1lb,4oz Or 6 qt , 1lb,9oz Or 4 qt , 10oz size dependent on crew size	
Beverage Pot	1	2 qt w/lid, 8 oz - optional	
Chef Cutlery Packet	1	1 lg spoon, 1 lg spatula 4 oz	
Hot Pot Tongs	1 pr	4 oz	
Plastic Trash Bags	10		
Salt Pepper			
Dishwashing Soap, Hand Sanitizer, Scrub Pads			
Water Purifier Tablets, Micropur-1 tablet treats 1 liter			
Nylon Rope 100 x 1/4"	2	Weight 2 1/2 lbs	
Bear Bags	3-6	for hanging smellables 2lbs, 4oz	
Plastic Strainer & Rubber Scraper	1 ea	4 oz	
Toilet Paper		Resupplied	

APPENDIX D

Medical Treatment - First Aid Packet

Each crew carries its own first aid Packet to treat minor cuts, bruises, scratches, and burns. Philmont requires that at least two persons in each crew be currently certified in Wilderness First Aid Basic and CPR or the equivalent. More serious cases must be treated by Philmont's medical staff, which includes doctors, nurses and medical students. All staff camps have two-way radios for reporting serious illnesses and injuries to the Philmont Infirmary; this is done by the camp director. The nature of the injury and the patient's location determine whether to transport to Headquarters or a medical staff member goes to the patient.

Everyone who gives first aid when blood or body fluids may be present must wear latex gloves. Anyone who comes into contact with body fluids or substances should immediately wash with soap and water skin surfaces that came in contact with body fluids. Report it at the next staff camp so that they can contact the Philmont Infirmary.

Several Philmont employees are certified by the New Mexico State Police to serve as Field Coordinators for search and rescue operations. When necessary, Philmont can request resources from throughout the state of New Mexico and adjacent states including trained search and rescue personnel (in addition to the Philmont staff), search dogs, trackers, helicopters and other support. Philmont has written plans for managing different types of emergencies that may arise. Staff are trained in how to respond to emergencies that are most likely to occur.

The most common injuries and illnesses treated at the Philmont Health Lodge are:

Sprains (knee or ankle)	Upper Respiratory Infections
Abrasions/Lacerations	Upset Stomach
Altitude Illness	Sore Throat
Dehydration	

First aid providers should be knowledgeable in recognizing and treating these ailments.

These items are recommended for a first aid Packet to be used by a crew en route to, during, and returning home from a Philmont trek.

25 Assorted Band-aids	Blister Packet
10 Gauze Pads 4x4	Antihistamine (Benadryl)
1 Tape 1"x 5 yards	Disposable Alcohol Wipes
1 Elastic Bandage 4"	Triple Antibiotic Ointment
Hydrocortisone Cream	CPR Barrier Device
Tylenol	Triangular Bandage
Ibuprofen	Small Scissors
Antacids	Throat Lozenges
Medicated Foot Powder	Tweezers
Non latex gloves	Ziploc bag or small Biohazard bag

Charges for maintenance medications dispensed by the Philmont Infirmary must be paid at the Registration Office. Many "over the counter" medicines and first aid supplies are available at the Tooth of Time Traders and backcountry trading posts.

APPENDIX E

Official Philmont Shakedown Preparation Guide – Part 1

Revised: March 1, 2015

Refer to Philmont's website: www.philmontscoutranch.org for updates to this guide and the most up-to-date information regarding your trek.

This guide is intended to be an all-encompassing tool for crews to utilize in order to prepare for an upcoming Philmont trek. It is highly recommended that crews participate in at least two shakedown hikes prior to their trek. To help facilitate this, we have split this guide into two separate documents to allow the crew to focus on different topics on each hike.

In Part 1, we will cover crew leadership positions, gear and food selection, conditioning tips, and backcountry camping practices used at Philmont.

Crew Positions

- **Crew Leader** – Responsible for organizing the crew, assigning duties, making decisions, and recognizing the capabilities of each crew member. He/she leads by example and practices servant leadership to allow the crew to have an enjoyable and successful trek. The Crew Leader should have leadership capabilities that are respected by everyone and should be selected prior to the first shakedown hike. Successful Crew Leaders exhibit the following traits: positive attitude, attentiveness to all crew members' needs, and the ability to identify and resolve conflicts before they develop into larger issues.
- **Chaplain's Aide** – Leads the crew in following the 12th point of the Scout Law. Helps the crew earn the Duty To God Award and leads daily devotionals from the *Eagles Soaring High* Booklet. Leads the crew in Roses and Thorns each night. The Chaplain's Aide should be selected by the crew prior to the first shakedown hike. On the shakedown hikes, it is a great time to start Roses and Thorns with the crew. During Roses and Thorns, each crew member will say their rose (something they liked about the day), thorn (something they disliked about the day), and bud (what they are looking forward to tomorrow or in the near future). Each crew member should be allowed to talk uninterrupted to allow this exercise to facilitate crew bonding.
- **Wilderness Pledge Guia (Guide)** – Helps the crew understand and follow the principles of the Philmont Wilderness Pledge and Leave No Trace. Helps the crew earn the Wilderness Pledge Achievement Award with the help of the Ranger. The Philmont Wilderness Pledge reads as follows:

Through good Scout camping, I pledge to preserve the beauty and splendor of the Philmont wilderness. I commit myself to:

1. An absence of litter and graffiti
2. Respect for wildlife
3. Conservation and proper use of water
4. Respect for trails and trail signs
5. Proper use of campsites

The seven principles of Leave No Trace are:

1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors

The Wilderness Pledge *Guia* should be selected by the crew prior to the first shakedown hike and should help the crew follow these two wilderness ethics both at home and at Philmont.

- **Advisors** – Main responsibility is crew safety. They positively support the Crew Leader and let the Crew Leader lead the crew. They provide motivation to the crew and help settle disputes.

Gear Selection

Your Ranger will cover a gear shakedown with you in Base Camp before you depart for the backcountry. The purpose of the gear shakedown is to ensure everyone has the appropriate gear and clothing before leaving for the wilderness and to make sure unnecessary items are stored in Base Camp to save weight and bulk. Here is a list of the items most commonly asked about while preparing for a trek:

- **Backpacks** – Internal frame packs are highly functional and most commonly used. The pack needs to have a padded hip belt. Anything between a 65-80 liter carrying capacity will fit personal gear, crew gear, food, and water. To properly pack an internal frame backpack, place the heavy gear along the spine and close to the hiker's back to keep the center of gravity forward and low. Lighter gear should be packed at the top of the backpack and on the outer edges of the main compartment. Sleeping bags usually fit at the bottom of the pack. Avoid having loose/dangling gear, as it is more likely to get caught in vegetation and requires you to exert more energy to offset its swaying motion. Backpacks are available for rent from Outfitting Services in Base Camp for \$18.



- A video titled: “How To Fit A Backpack” can be found on Philmont’s YouTube channel at:
<http://www.youtube.com/watch?v=V8OMUn-tFoY&list=PL34836244149F115A>
- **Boots** – Mid- to high-top boots are highly recommended for ankle support on rocky, uneven trails. Boots should be well broken in before a Philmont trek. Waterproof boots are recommended: keeping your feet dry is one of the biggest keys to a successful backpacking trek.
 - A video titled: “Choosing Your Hiking Boots” can be found on YouTube at:
<http://www.youtube.com/watch?v=fG5UICHIWA8&list=PL34836244149F115A>
- **Tents** – Philmont requires closed-walled tents to prevent rodents, snakes, scorpions, and spiders from entering your sleeping facility. Two-person tents are highly recommended, as it is often difficult to find a spot to set up a larger tent in forested campsites. Mountain Safety Research (MSR) partnered with Philmont in 2012 and developed the Thunder Ridge tent specifically for use at Philmont. The MSR Thunder Ridge is a two-person, three-season tent and is available for crews to use free of charge while on their Philmont trek.



- **Sleeping Bags** – Philmont recommends a 20°F temperature rating on sleeping bags. Synthetic bags are easier to care for than down bags but a synthetic bag will not compress as small and will weigh more than a down equivalent. If a down bag is selected for use at Philmont, it is recommended that the person using it is very experienced in its care since down loses all insulation value when wet.
- **Stoves** – White gas stoves are most commonly used at Philmont. Models such as the MSR WhisperLite, MSR DragonFly, and the Optimus Nova are great stoves for a Philmont backpacking trek. White gas stoves are preferred by most crews because they are more efficient at higher elevations and colder temperatures and the fuel bottles are refillable, making them more environmentally friendly than canister stoves. Canister stoves such as the MSR WhisperLite Universal and Optimus Vega are acceptable stoves for a Philmont trek due to their design of separating the canister from the stove, making it much more stable and safer than a typical canister stove that screws on directly above the fuel canister. Although they should not be used for cooking meals, canister stoves such as the MSR PocketRocket, Optimus Crux, and Jetboils work great for small items like boiling water for coffee. (It is important to never use a windscreen with one of these stoves due to the fact that the heat source and fuel are both in the same enclosed space, making it highly combustible.) Backcountry commissary camps can refill white gas and have canister fuel available for purchase. It is recommended that a crew has approximately 6 oz. of white gas carrying capacity per person. Open flame stoves without a shutoff valve like BioLite stoves or alcohol stoves are not allowed at Philmont for safety reasons and wildfire risk.
 - A video titled: “*Choosing The Right Stove For Philmont*” can be found on Philmont’s YouTube channel at: <http://www.youtube.com/watch?v=aqWkvuVDJzc>
- **Pots** – Philmont requires all crews to have at least two pots. One must be at least eight quarts in size and the other must be at least four quarts in size. The purpose of having a second pot is for the dishwashing process which requires one pot for washing and one pot for rinsing. All utensils will be sanitized in the early stages of the following meal’s preparation process. The full dishwashing process (wash, rinse, and sanitize) is very important in the backcountry in order to prevent sickness on the trail. Pots are available for crews to use from

Outfitting Services in Base Camp free of charge. Sizes and options available are as follows: eight-quart aluminum pot with lid, six-quart stainless steel pot with lid, four-quart aluminum pot with lid, and two-quart aluminum pot with lid (for boiling water for coffee); See image below:



- **Patrol Cooking Method** – As mentioned above, crews are required to use two pots in the backcountry. The eight-quart pot is used for boiling water and re-hydrating food while the second pot is for dishwashing. Turkey bags or other bags used as a barrier between the cooking pot and the food are not allowed at Philmont due to the amount of extra trash created, which in turn requires extra use of gasoline for backcountry trash pickups. The purpose of the patrol cooking method is to give Scouts the opportunity to lead the cooking and cleaning processes during a meal in the backcountry by practicing servant leadership. By utilizing the crew duty roster, a Scout will be the assistant cook/dishwasher one night then the lead cook/dishwasher the following night.
 - A video titled: “*Philmont Backcountry Cooking Method*” can be found on Philmont’s YouTube channel at: http://www.youtube.com/watch?v=UA_Q1ZnJDvQ
- **Bear Ropes and Bear Bags** – Philmont requires crews to use two nylon bear ropes measuring 100’ in length and ¼” in diameter to hang all smellables (A smellable is anything that might attract a bear. For a more detailed list, see the “Setting Up Camp” section). Bear ropes and bear bags are available for crews to check out from Outfitting Services in Base Camp free of charge. Crews are allowed to bring their own bear ropes and bags but the ropes must be the same dimensions as Philmont’s (100’ x ¼”) and the bags must be able to be tied or clipped to the rope. Pulley systems are not allowed for use at Philmont due to their tendency to get jammed, their weight, and their lack of having two tie-off points. Two tie-off points are required so that if a bear cuts one line, the bags will still be suspended by the second line.
- **Water Purification** – It is recommended that every crew has at least one water filter. Crews are issued Katadyn Micropur tablets from Outfitting Services in Base Camp but a filter is still good to have on hand just in case your only water source is a murky pond.
 - A video titled: “*What You Need To Safely Treat Water In The Backcountry*” can be found on YouTube at: <http://www.youtube.com/watch?v=GZAiUVfpDul>

Menu

The Philmont trail menu is easy to replicate and your crew can practice cooking on your shakedown with the same kind of food you will be eating on your trek. Although the 2015 trail food menu may differ, here are examples of a few trail meals Philmont used in 2014:

Breakfast

Instant oatmeal
Pop Tarts
Lara Bar
Turkey bites
Lemonade mix

Lunch

Ritz crackers
Jalapeno squeeze cheese
Beef and cheese stick
Honey Stinger chews
Corn Nuts
Gatorade

Dinner

Chili mac – Mountain House
Bacon cheddar pretzels
Trail mix
Cookies

The complete 2014 trail meal menu is available online at:

<http://www.philmontscoutranch.org/~link.aspx?id=64E49C8E029E48ACBAF5006AE1AFF5EC&z=z>

Look to the icons on the right side of the webpage for links to the ingredients list.

The 2015 menu will be post by May 1, 2015.



2014 trail meals are available for purchase for \$5.25 a bag. Each bag feeds two people. 2014 trail meals can be purchased online at:

<http://www.philmontscoutranch.org/Resources/PhilmontSurplus/SurplusTrailMeals.aspx>

Physical Preparedness

It is crucial to successful individual and crew experiences that hikers are in strong physical condition for their Philmont trek. In order to get in the kind of physical shape that is appropriate for a Philmont trek, crew members need to start exercising at least eight months in advance. The most important aspects to focus on are aerobic/cardiovascular and lower body strength. Here are some activity suggestions for getting in shape:

- Go to your local high school football stadium and run/walk up the bleachers for an hour-long session twice a week. Turn it into a crew experience and have every crew member join, ensuring that everyone is in great shape. Once this activity becomes easy for you, bring your fully loaded backpack with you to get an idea of how your pack will feel, allowing you to tinker with your pack and figure out which settings work best.
- Go cycling twice a week. The distance is up to you: the leg workout combined with the cardiovascular aspect makes cycling a great preparation activity for backpacking.
- Keep track of your exercises by recording a logbook and post the activities you did over the past week on a crew-wide board at each troop meeting. This will let others know how dedicated you are to your trek and your crew and it will keep everyone accountable for getting into shape.

In addition to physical activity, eating right will go a long way in helping you get in shape for Philmont. A balanced diet is essential to healthy living and as Scouts we have all pledged to keep ourselves physically strong. It is crucial that all crew members – youth and advisors – be in excellent physical condition for their trek: the crew will be able to get to camp faster and have more time for program opportunities such as rock climbing, shooting, horseback riding, etc. while also having more energy in general. The hard work put into exercising now will pay off tenfold by the time of your trek.

Duty Roster

As mentioned previously, the duty roster is a great tool that allows Scouts to learn new skills and teach those skills to another crew member the following day. It also allows Scouts to rotate through positions so that a single job does not become monotonous over the course of a 12-day period. The positions that should be included on a duty roster are: cooking, cleaning, bear bags, water/fire, and navigator. When set up appropriately, a crew member will go from being the assistant of a task one day to the leader of that task the following day then back to being an assistant of a new task, with the cycle continuing throughout the trek. Here is an example of an effective duty roster:

		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Cooking	Lead	Eric	Colin	Caleb	Matt	Jason	Katie
	Assistant	Colin	Caleb	Matt	Jason	Katie	Kyle
Cleaning	Lead	Caleb	Matt	Jason	Katie	Kyle	John
	Assistant	Matt	Jason	Katie	Kyle	John	Baden
Bear Bags	Lead	Jason	Katie	Kyle	John	Baden	Eric
	Assistant	Katie	Kyle	John	Baden	Eric	Colin
Water/Fire	Lead	Kyle	John	Baden	Eric	Colin	Caleb
	Assistant	John	Baden	Eric	Colin	Caleb	Matt
Navigator		Baden	Eric	Colin	Caleb	Matt	Jason

The duty roster should be written by the Crew Leader before the trek occurs. Here is a general guideline for each of the four positions:

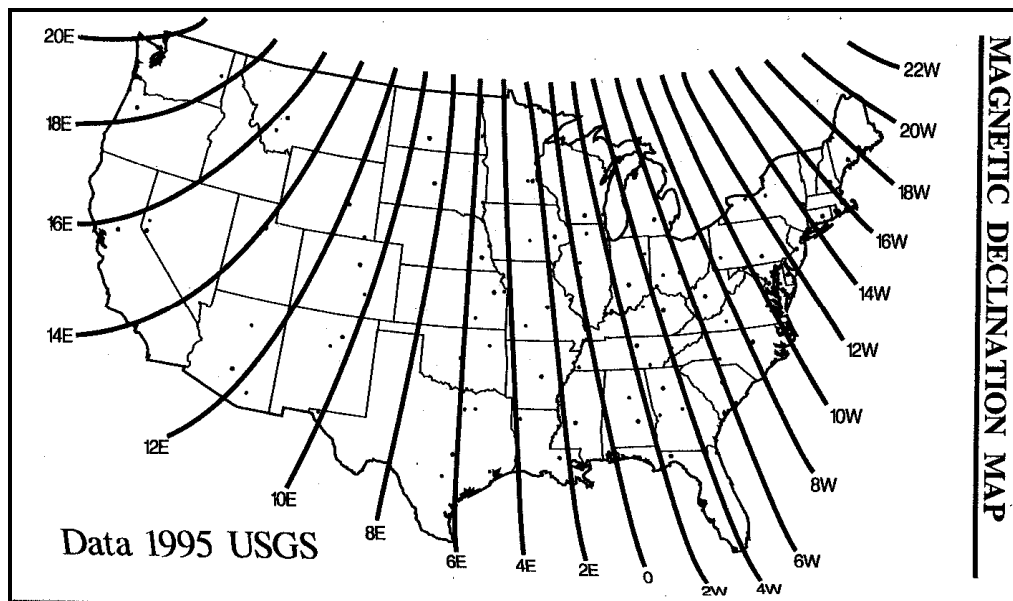
- **Cooking** – Responsible for setting up the cooking area, boiling water, sterilizing dishes, and re-hydrating and serving the food.
- **Cleaning** – Responsible for boiling water for dishwashing, washing and rinsing dishes and utensils, stacking dishes by the sump, and emptying dirty wash water into the sump using the food strainer and “yum-yum bags” (yum-yum bags hold the dirty scrubby pad piece and leftover food particles from the cleaning process). The crew members responsible for cleaning also ensure the food strainer, scraper, yum-yum bags, and trash are hung in the oops bag at night
- **Bear Bags** – Responsible for dividing bear bags from oops bags (bear bags will stay hung until the following morning; oops bags hold the night’s dinner, personal toiletries, medications, the first aid Packet, etc. and are accessible for dinner and in case of an emergency), throwing bear rope over the bear cable, hoisting the bags, and tying the ropes off to trees. The two crew members responsible for bear bags should get the rest of the crew to help with the lifting and lowering of the bags due to weight and safety concerns.
- **Water/Fire** – Responsible for finding the closest water source, purifying, and bringing water back to camp. At some camps it will be a spring, well, or stream, all of which need to be purified. At other camps the water will already be purified and accessible from spigots. Water crew members should ask the rest of the crew to give them any of their empty bottles or bladders that need to be refilled. The crew members in charge of water retrieval can usually enlist the help of the advisors to help carry the water back to camp. Additionally, the crew members responsible for water retrieval will also be responsible for

the building, lighting, supervision, and extinguishing of a campfire if there is no fire ban and your crew chooses to build one. Details for how to build a fire at Philmont can be found in the “Setting Up Camp” section of this guide.

- **Navigator** – Sets pace and hikes at the front of the crew, carrying a map and compass. At any trail junctions, orients the map and confers with the rest of the crew on which way to go.

Backcountry Skills

- **Navigation** – Before you begin hiking, always remember to check your map. To do this effectively, you must first orient your map. Orienting the map involves using a compass to align the map with true north. To find true north, you must account for declination (the angle difference between true and magnetic north). Declination changes depending on where you are on the globe; here is a map showing the degrees of declination for the lower 48 states:



The declination at Philmont is right around 10° east which means we set our compass at 350°. Once the dial is set to 350°, align a straight edge of the compass with a grid line on the map so that the compass, not the compass needle, is aligned with north on the map’s compass rose. Then rotate the map (with the compass lying on it) so that the compass needle is pointing toward the N on your compass dial (known as “red in the shed”). Now the map is oriented and you can accurately decide which trail to take to your destination.

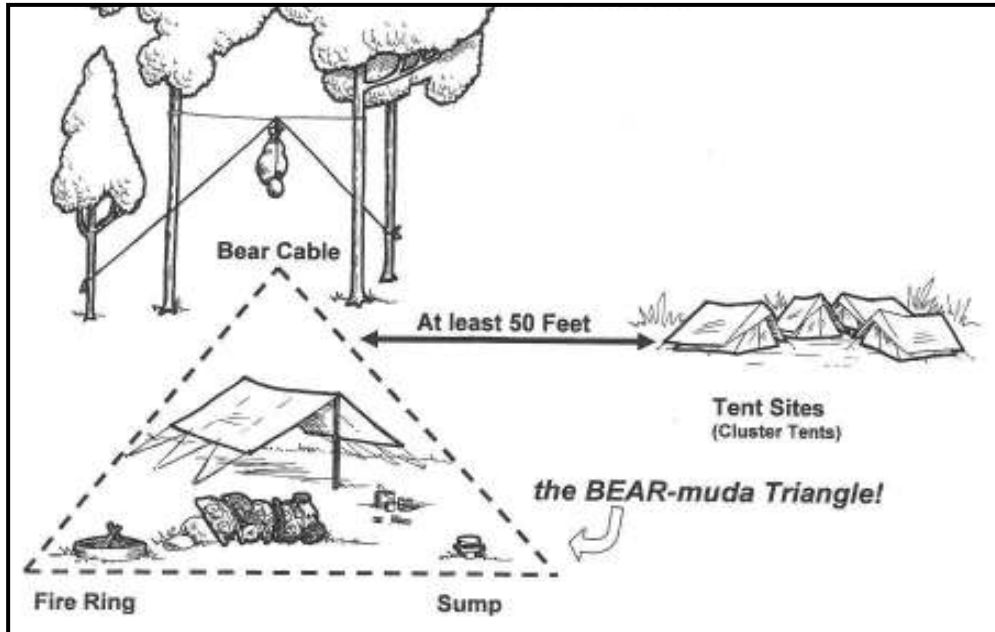
- **Starting the Hike** – The navigator should set a hiking pace that is comfortable for each crew member. Good communication between the back and front of the crew will help keep the crew hiking at a comfortable pace without getting separated. Crew members should be spaced out approximately every 8-10 ft. but a crew should never split up. Before a crew begins hiking, the navigator should ask the question: “Is anybody not ready?” The reason we phrase the question this way rather than, “Is everybody ready?” is because with the latter question all you would hear would be 11 voices saying “yes” and the one “no” would be drowned out.
- **Hiking Etiquette** – You will come across many crews over the course of your trek; knowing how to properly interact with them will help make your trek much more enjoyable. Additionally, proper hiking etiquette within your crew will help mitigate unnecessary tension and stress between crew members.

- **Pace** – Your crew should choose a pace that keeps the crew together and allows the crew to hike for extended amounts of time without needing to stop and take a break. If one crew member is significantly slower than the rest of the crew, have them hike near the front of the crew so that they can easily communicate with the navigator/pace setter.
- **Spacing** – It is common for crew members to hike too close together at Philmont and as a result, crew members are not able to see the views and wildlife all around them. It is recommended that crew members are spaced out about 8-10 ft. to allow them to look around and enjoy the views as well as stop in time if the person in front of them were to all of a sudden stop on the trail.
- **Breaks** – Crews should take breaks when needed. Anyone in the crew should feel comfortable calling for a break and there should be two kinds of breaks: a five-minute or less break and a 20-minute or more break. The reasoning for the two different breaks is the lactic acid buildup that will occur in your muscles after resting for more than five minutes. Lactic acid will leave your muscles feeling sluggish and you will exert much more energy if you hike during lactic acid buildup. After 20 minutes, the lactic acid will dissipate and your muscles will be able to move unrestricted. Additionally, make sure to never step on the critical edge of the trail, especially when taking breaks. The critical edge is the outside (or downhill) edge of the trail and stepping on it will weaken it and lead to the erosion of the trail.
- **Passing a crew** – If you encounter another crew heading in the same direction you are hiking, take a five minute break. If you approach them again, take another five minute break. If you approach them a third time, ask if you may pass. If you do pass the other crew, do not stop for at least 45 minutes to prevent the two crews from leapfrogging one another.
- **Another crew passes you** – As stated earlier, a crew hiking behind you will probably ask if they can pass you. If they do, let them hike in front since you may not have seen them the other two times they approached you. Once passed, taking a five minute break is a good idea just to give the two crews spacing.
- **Right of way** – When two crews meet on a hill and are hiking opposite directions, the crew hiking uphill has the right of way and the crew hiking downhill should step off the trail allowing the other crew to pass. The reasoning for this is that it is harder to get your momentum going uphill then downhill.
- **Pack animals** – Cavalcade crews or crews with a burro always have the right of way. Listen to the directions of the Horseman or Wrangler for which side of the trail to move to.
- **Stream crossings** – Cross streams and bridges one person at a time. Unbuckle your hip belt and sternum strap so that if you fall in, you can quickly escape your pack and avoid drowning. The navigator should continue about 30 ft. up the trail and wait for the rest of the crew. When the last person crosses the stream they should call out “All across” then the navigator will ask the question: “Is anybody not ready?” before hiking on.
- **Trekking poles** – If you decide to use trekking poles on your trek, make sure to use rubber tips to save our trails from erosion. Trekking poles can reduce the impact on your knees by up to 25% while backpacking but we have found that trails erode much quicker when the sharp tip of the poles are exposed.

- **Setting Up Camp** – When you arrive at your day’s destination, you will need to start setting up camp before anything else. The general rule of thumb is to take care of crew gear before personal gear. The order of campsite setup is as follows:

- **Identify the Bear-muda Triangle:**

- Fire ring
- Sump
- Bear cables



- Smellables always stay inside the Bear-muda Triangle
 - Smellables include but are not limited to:
 - Food
 - Trash
 - Water bottles that have ever had anything other than water in them
 - Unwashed dishes
 - Squishy bowls
 - Medicine
 - Feminine hygiene products
 - Tobacco
 - Soap and shampoo
 - Extra batteries
 - Film from disposable cameras
 - Deodorant (should not have or use on trail)
 - Foot powder
 - Toothpaste/toothbrush
 - First aid Packet
 - Chap stick
 - Sunscreen
 - Insect repellent
 - Food strainer, yum-yum bag, and condiments bag
 - Clothes that have food or drink spilled on them
 - Vomit
 - Roll of duct tape

- **Create three piles of gear around the fire ring:**
 - Food
 - Crew gear – dining fly, stoves, pots, bear ropes, bear bags, toilet paper, etc.
 - Personal smellables – toiletries, medications, etc.

- **Decide what will go in the bear bags and what will go in the oops bag**
 - Typically, all food other than the night's dinner will go in the bear bags along with anything else that will not be needed until morning.
 - The oops bag typically has the night's dinner, the cleaning supply bag, personal smellables, the first aid Packet, and smellable water bottles (a water bottle that has ever had anything other than water in it).

- **Hang bear bags:**
 - Always check that there are at least two tie-off points behind you before throwing the rope.
 - Never attach a rock, carabiner, water bottle, or anything of weight to the rope prior to throwing over. The reasons for this are: 1) the weight could wrap around the cable and the rope will get stuck; 2) the weight could swing back around and hit someone; and 3) the carabiner could clip onto the cable.
 - The rope should have a loop exactly in the middle. Fold the rope back so that you are throwing a 50 ft. double-line. Throw the end with the loop and make sure to hold the tail ends.
 - Once the bear rope is over the cable, attach a locking weight-bearing carabiner to the loop you threw over the cable.
 - Tie the bear bags to alternating sides of the loop by using lark's head knots.



1. Make a loop

2. Put your hand through the loop



3. Grab the two pieces of rope and pull through the loop



4. Make sure the entire top of the bag is through the knot

5. Move the knots as close to the carabiner as possible

- Pull the second bear rope (now referred to as the oops line) halfway through the carabiner.
- When all the bear bags are tied to the rope, have 6-8 Scouts pull on the free end of the rope to raise the bags. It is important that no one stands underneath the bear bags at any time in case they fall.
- When the tops of the bags are approximately 4" lower than the line, separate the two ropes and tie off to two separate trees. Use sticks between the bark of the tree and the rope to prevent girdling (permanent damage that kills the tree). Wrap the rope around the sticks and trunk of the tree at least three times and tuck the excess rope into the wrapped rope. The reasoning for tying off to separate trees is because if a bear knocks down or cuts one of the lines, there is still a second rope suspending the bags as a backup.



- If you will not be cooking dinner within the next 30 minutes, hang the oops bag.
 - Tie-off the oops bag near the center loop of the oops line by using a lark's head knot. Pull the oops line to raise the oops bag to the bear bags and tie the two ends of the oops line to two unused trees. (If there are no unused trees, you may tie the oops line to the same trees the bear line is tied to. Make sure to leave at least a foot of separation between the oops and bear lines.) Wrap the rope around the sticks and trunk of the trees just like with the bear rope and tuck the excess rope away.
 - The bear bags should be more than a person's wingspan away from the closest tree (at least 6 ft.) and high enough that the tallest person in the crew cannot touch them while jumping (about 10 ft.). These spacing requirements are intact so that a bear cannot climb the tree or stand on their hind legs and reach the bags.
- **Set up the dining fly**
- Must go inside the Bear-muda Triangle, near the fire ring.
 - Whenever you are setting up the dining fly or a tent, keep in mind the four W's:
 - Wind – set up so that a corner is facing into the wind for stability
 - Water – avoid setting up over drainages that would flood when it rains
 - Wildlife – Avoid setting up over game trails, ant hills, gopher holes, etc.
 - Widow makers – avoid setting up under dead trees or limbs that could fall on you
 - Using a 25' x 1/8" rope and two small sticks, attach the dining fly to the rope using lark's head knots and tie-off to two poles using a clove hitch. (Hiking poles can be substituted in place of the aluminum poles.)



- Use a taut-line hitch to stake the rope into the ground.
- Stake the four corners. Stake the two sides too if you have extra stakes.



- The dining fly is a great place to eat if it is raining. No open flames should be under the dining fly at any time. Stoves, fuel bottles, and toilet paper should be stored under the dining fly at night. Packs should not be piled up under the dining fly because if one person left a smellable in their pack, every pack would be destroyed. It is better for everyone to put their pack cover on and lean their pack against a tree in the fire ring area. Additionally, packs are never clean and should be kept in the Bear-muda triangle at all times, not near tents.
- **Set up tents**
 - Tents must be at least 50 ft. away from any part of the Bear-muda Triangle.
 - Remember to check the four W's before setting up your tent.
 - Tents should be placed in a tight cluster about 5-7 ft. apart and not in any geometric shapes like circles, squares, or lines. The reason for this is because an animal may feel trapped if it walks inside the circle and may become aggressive. Also, if the tents are set-up in a line, there is the possibility that a deer would try jumping over a tent without seeing the tents behind it, knocking them down and injuring people inside.
 - There should be no isolated tents as the majority of bear attacks involving tents happen to an isolated tent.
 - Some people have inquired about using hammocks on their trek but they are not allowed at Philmont due to damage on trees (girdling), the safety concern of someone walking into it at night, wildlife doing damage to it, and weather concerns.
 - The only items allowed inside a tent are a sleeping bag, sleeping pad, sleep clothes, flashlight, book, eyeglasses (no contacts), rain jacket, fleece, boots, socks, camp shoes, and emergency medication such as EpiPens®, inhalers, and diabetic medication. (All emergency medication should be wrapped in a sock and placed inside the right boot.)
- **Begin preparing for dinner**
 - Dinner preparation should be in or near the fire ring.
 - Gather all appropriate dinners for the evening meal.
 - Set out an unused bear bag on the ground as the "Packetchen countertop".
 - Emphasize that crew members should minimize the amount of walking they do near the Packetchen area and the cooks should be the only people inside the Packetchen area. The purpose of this is to limit the amount of dirt that is kicked into the food. Also, more movement around the Packetchen increases the chance of the pot getting knocked over.



- The cooks should be wearing closed toed shoes in case the pot with boiling water spills over.
 - The cooks should start boiling about four quarts of water depending on the meal.
 - The cooks should open all the dinner meal bags and organize the individual food packets on their Packetchen countertop.
 - Bowls, spoons, and all utensils that will be used for the meal should be placed on the Packetchen countertop.
 - Once the water reaches a rolling boil, all dishes must be sanitized for at least 30 seconds in order to prevent illness on the trail. (By sterilizing immediately before a meal rather than the night before, you are able to save on fuel and water by having two uses: sterilization and rehydrating.)
 - Pour the dehydrated meal into the empty eight quart pot.
 - Turn the stove off and carefully pour the hot water into the eight quart pot with the food. Use your best judgment on how much water to add. You can always add more water later but once it is added, it cannot be removed.
 - Stir the food thoroughly with a large spoon to ensure all the food is getting rehydrated.
 - Place the lid on the pot and let sit for 10-12 minutes or follow the directions on the food bag.
 - Stir the food one last time and serve.
- **Eat dinner**
 - Make sure to be careful while eating: any clothing that has food spilled on it needs to be hung in the bear bags at night.
 - Encourage your crew to eat all of the food as this will make the cleanup process much easier.
 - Compact the trash into one empty meal bag and collect the other empty meal bags, cans, and paperboard for recycling.
- **Cleanup**
 - Once the food is all gone, use the leftover hot water (no longer boiling and now warm) to pour into the dirty food pot, now referred to as the “wash pot”. Add 3-4 drops of Campsuds® biodegradable soap into the wash pot and cut a small 1.5” x 2” piece off of a scrubby pad.
 - Pour one quart of water into the pot that was used to boil the water originally. This pot is now referred to as the “rinse pot”.
 - Gather all dishes and utensils used in the dinner and begin scrubbing them in the wash pot starting with the cleanest items first, rinsing them in the rinse pot, and stacking them up by the sump to dry for the night.
 - Once all the dishes are cleaned, scrub the wash pot of all the food particles and bring the wash pot, rinse pot, food strainer, scraper, and two yum-yum (Ziploc®) bags over to the sump.
- **Sump**
 - Pour the wash water through the food strainer and into the sump.
 - Use the scraper to remove all food particles from the food strainer and place the food particles into one yum-yum bag.
 - Pour the rinse water into the wash pot and swirl around to rinse out any remaining soap or food.
 - Pour the rinse water out of the wash pot through the food strainer and into the sump.



- Clean away any food particles from the food strainer and sump screen by using the scraper. Place the food particles and used scrubby pad in the yum-yum bag and treat as trash by hanging them up in the oops bag at night.
- Place the food strainer and scraper into the un-used yum-yum bag and also hang them up in the oops bag at night.
- **Hang oops bag**
 - Let crew members brush their teeth, remove their contacts, take medication, etc.
 - Have every crew member double check their pockets, pack, and the campsite in general for any smellables.
 - Pack up all trash, food, ditty bags, first aid Packet, and smellable water bottles into the oops bag. Ideally, smellable water bottles should be empty so that the oops bag is not as heavy to lift.
 - In order to save space, you should clip your smellable bottles onto the oops rope, outside of the bags.
 - Tie the oops bag to the oops line, raise the bag, and tie-off to two unused trees using sticks around the trunk.
- **Campfire**
 - Make sure campfires are allowed where you are camping. Due to Philmont's arid landscape and high winds, a fire ban is common during the summer months.
 - Sticks should be no longer than your forearm and no wider around than your wrist.
 - Keep the fire small, no higher than 18".
 - Keep a pot of water nearby and never leave the campfire unattended.
 - Burn all wood to ash and pour water over the fire and stir with a stick when the fire is out to ensure the fire is "out cold". You should feel comfortable putting your hand in the ash since it is cold.
- **Breaking camp**
 - The Crew Leader should be responsible for waking the crew. A normal time to wake up is anywhere between 5:30 and 6:00am. People should pack up their personal gear first (sleeping bags, tents, etc.) then get the bear bags down and finish packing their packs.

- Make sure you “fluff your duff” by returning the appearance of your tent site to what it was before your tent was placed. To rejuvenate the grass, pine needles, etc. that was under your tent, use your hands or feet to gently rearrange the material into a position that is more natural than the imprinted rectangle left by your tent.
- Form a line with your crew to police the area, picking up all trash and making sure no gear is left behind.
- Pack out cold ashes from campfire ring by using an empty meal bag. Ashes should be dispersed 30 minutes outside of camp and 100 ft. off the trail.
- Some crews prefer to eat breakfast while hiking or 30 minutes down the trail as an extra incentive to get out of camp early.

Conducting a Shakedown Hike

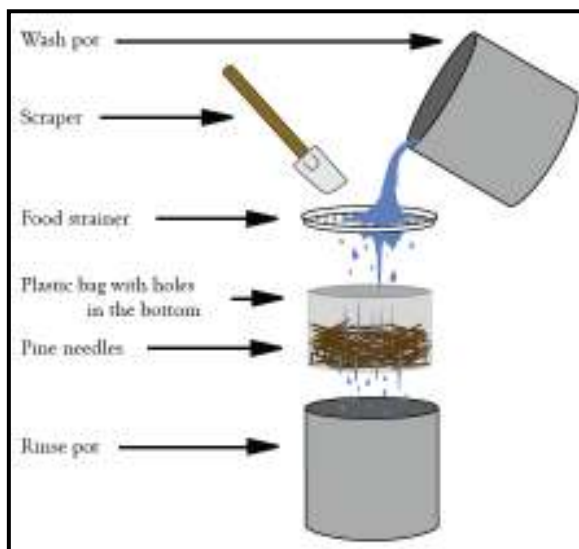
As mentioned earlier, crews are highly recommended to participate in at least two shakedown hikes before their Philmont trek. These shakedowns will vary from crew to crew depending on where you are from but three-day/two-night trips covering between 15-25 miles over as much elevation change as possible is recommended for a crew. On these shakedown hikes, it is possible for Scouts to receive credit towards a few merit badges with a little extra preparation. The Camping, Cooking, Hiking, and Backpacking merit badges all have requirements that can be completed through these shakedown hikes while preparing for a Philmont trek. The requirements that can be earned from the Camping merit badge are: 2, 3, 4, 5, 6, 7, 8, and 9b; from Cooking: 5, 6, and 7; from Hiking: 2, 3, 4, and count towards the hikes for 5, 6, and 7; and from Backpacking: 1, 2, 3, 4, 5, 6, 7, 8, 9, and 10.

In the early stages of your crew’s preparation for Philmont, it is recommended that every member of your crew signs a “crew member contract.” This contract should be written by the crew and tailored to the crew’s specific needs. Examples of topics used in crew member contracts are: exercise at least three times a week for no less than an hour each session, pay deposits on time, participate in two shakedown hikes, etc. It is found that crews who sign one of these contracts are usually more prepared and have a more successful trek because of it.

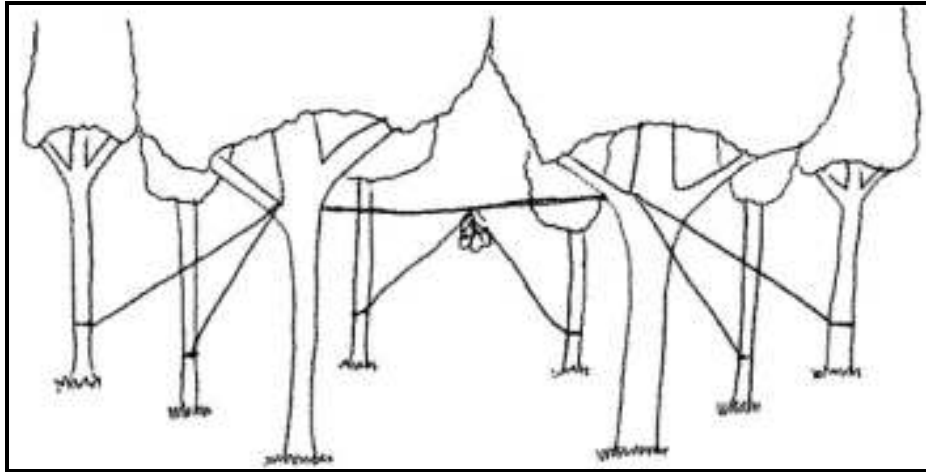
Although the campsites your crew will stay at during your shakedown hikes probably will not have sumps or bear cables, you can begin to practice Philmont’s alternative low-impact method. Here are the directions for making and using low-impact sumps and bear bags:

Low-Impact Sump

- Take a gallon size Ziploc® bag (trail meal bags work great too) and poke about 20 small holes in the bottom.
- Fill ¼ of the bag with pine needles.
- Pour the rinse water into the wash pot
- Pour the water from the wash pot, through the food strainer, through the bag, and into the second pot.
- Then pour the water through the food strainer, bag, and into the other pot a second time and repeat until no more food particles drip into the pot.
- Distribute the water in a rainbow-like fashion 200 ft. from camp and water sources.
- Pack out the bag with pine needles as trash.



Low-Impact Bear Bags



- Requires three 100' x 1/4" bear ropes, bear bags, a carabiner, and eight trees.
- Fold a bear rope back on itself to create a double-lined 50' rope and throw over the branch of a tree.
- Pull the rope halfway over the branch.
- Fold a second bear rope and throw over another tree branch about 20 feet away.
- Pull the second bear rope halfway over the branch.
- Connect the two bear ropes by using a weight bearing carabiner through the center loops.
- Feed the third bear rope halfway through the carabiner.
- Tie bear bags to alternating sides of the carabiner.
- Pull the first two ropes and wrap the two ends of each line to separate trees while using sticks just like with normal bear lines.
- Tie oops bags near the center loop of the third bear rope.
- Pull up the third bear rope and wrap each end around unused trees. Use sticks between the rope and the bark just like with normal bear ropes.

In the second part of the guide, we will cover more detailed Leave No Trace examples, Philmont-specific first aid, weather, hygiene, the stages of group dynamics, additional conditioning tips, and a general outline for the order of events of the arrival day at Philmont.

Refer to Philmont's website: www.philmontscoutranch.org for updates to this guide and the most up-to-date information regarding your trek.

<http://www.youtube.com/user/philmontscoutranch>

APPENDIX F

Official Philmont Shakedown Preparation Guide – Part 2

Revised: March 1, 2015

Refer to Philmont's website: www.philmontscoutranch.org for updates to this guide and the most up-to-date information regarding your trek.

This guide is intended to be an all-encompassing tool for crews to utilize in order to prepare for an upcoming Philmont trek. It is highly recommended that crews participate in at least two shakedown hikes prior to their trek. To help facilitate this, we have split this guide into two separate documents to allow the crew to focus on different topics on each hike.

In this second part of the guide, we will cover advanced Philmont-specific outdoor skills, Leave No Trace, the stages of group dynamics, additional conditioning recommendations, and the events of your arrival day at Philmont.

Advanced Outdoor Skills

To help your crew be more prepared for your Philmont trek, this section will cover more Philmont-specific skills than the first part of the guide.

First Aid – There are many different first aid situations your crew may encounter while on the trail. Here are the most common injuries and ailments at Philmont and how to prevent, recognize, and treat them:

- **Dehydration**

- Prevent: Drink plenty of water, about one quart per hour of activity.
- Recognize: Lightheaded, dizzy, nausea, slow capillary refill
- Treatment: Reduce physical activity and drink water. Drinking too much too quickly will make the patient vomit. Half-strength Gatorade will hydrate faster than water or full-strength Gatorade. Full-strength Gatorade is so saturated that your body treats it more like a solid than a liquid whereas half-strength has the electrolytes you need and your body will absorb it faster.

- **Blisters**

- Prevent: Wear well broken in footwear, keep feet dry, change socks regularly, avoid hot spots on feet and fix issues with boots before they become a problem.
- Recognize: A slight burning feeling (hot spot) on the foot; common on days with a lot of downhill hiking or when your feet get wet.
- Treat: Use moleskin and cut out a hole the size of the blister to create a donut shaped bandage. Place the moleskin over the affected area so that the blister is surrounded by the bandage but not covered. This will reduce friction between the blister and the sock, preventing the blister from getting any larger.

- **Heat exhaustion**

- Prevent: Take breaks, stay hydrated, stay in shaded areas as much as possible.
- Recognize: Profuse sweating, red skin, elevated temperature, irritability, lethargic.
- Treat: Sit down in shade and put a wet bandana over the forehead. Drink half-strength Gatorade to replenish fluids and electrolytes. If heat exhaustion is treated appropriately, heat stroke will not occur. Heat stroke – a life-threatening condition – happens when the body runs out of fluids to sweat and the patient begins to exhibit an altered level of consciousness.

- **Altitude sickness**

- Prevent: Stay hydrated and do not gain elevation too quickly.
- Recognize: Similar to dehydration – lightheaded, dizzy, nausea, decreased appetite
- Treat: Drink half-strength Gatorade and limit physical activity. If patient begins to exhibit an altered level of consciousness, does not feel better after three days, or cannot keep slow sips of fluids down, move to a lower elevation.

- **Sprained ankle**

- Prevent: Watch where you are going, avoid horseplay, wear mid- to high-top boots.
- Recognize: Soreness of the ankle, unable to put pressure on ankle for at least four steps
- Treat: Use R.I.C.E. acronym: Rest, Ice, Compression, and Elevation. Keep boot on to prevent swelling, splint with sticks on both sides of the leg and wrap to immobilize

Weather – There are five life zones found at Philmont: high desert plains, foothills, montane, sub-alpine, and alpine. Here is a general guide to adapting to Philmont's weather patterns and our environment:

- **High desert plains**



- From Philmont's lowest elevations (6,500 ft.) to approximately 7,500 ft.
- This area is easily recognizable by the abundance of native grasses, scrub oak, sage brush, yucca plants, cottonwood trees, and the occasional ponderosa pine
- During the summer, daytime highs can get into the upper 90's/low 100's and overnight lows can drop to the mid 50's
- Water and shade can be scarce in this region. It is highly recommended that crews wake up early and hike to their destination before the heat of the day sets in.

- **Foothills**



- From 7,500 ft. to 8,500 ft.
- Characterized by large ponderosa pine forests with scrub oak underbrush
- Daytime highs in the mid 90's and overnight lows into the high 40's are possible in the summer months

- Water becomes easier to find than in the high desert plains but you should still fill up all of your water capacity whenever you have the chance

- **Montane (spruce-fir zone)**



- From approximately 8,500 ft. to 10,000 ft.
- Recognized by the abundance of wildflowers, streams, Douglas fir, blue spruce, and aspen trees.
- During the summer, daytime highs will approach the upper 80's and overnight lows will drop to the mid 40's
- Since most of this region is located on the east side of the Cimarron Range of the Sangre de Cristo Mountains, and since storms almost always move in from the west, it can be difficult to see weather patterns coming in over the mountains until the system is right above you.
- Longer periods of rain (up to a week) can engulf this region especially during the monsoon season from late-June/early-July to early-August. Good rain gear and a fleece jacket will help with staying dry and warm during these weather patterns.

- **Sub-alpine**



- From 10,000 ft. to approximately 11,500 ft.
- Recognized by a decrease in tall vegetation
- Other than grasses, the only substantial plants that grow in this zone are Bristlecone Pines and Limber Pines.

- Daytime highs in the low 80's to overnight lows in the upper 30's can be common in the sub-alpine zone.
- Storm systems form quickly and water can be scarce because of the elevation. If camping at a trail camp in this zone, most crews cook their dinner meal for lunch at a lower elevation and eat their dry lunch for dinner to save on water.

- **Alpine**



- From 11,500 ft. up
- This region is recognized by a significant decrease in the amount of vegetation. Grasses are typically the only plants that grow in this zone although the occasional bristlecone pine can be spotted above tree line.
- Daytime highs in the mid 60's to overnight lows in the low 30's are typical for this region in the summer.
- Weather systems can form extremely quickly and often times without warning in this zone. It is highly recommended that crews wake up early and hike through alpine areas by noon to avoid getting caught in a lightning storm without the protection of trees.

Philmont experiences different weather patterns depending on the time of year. In June, we normally receive very little precipitation and daytime highs can reach as high as 100°F with single digit humidity. The monsoon season hits northeast New Mexico between late-June and early-July and will stay until early-August most years. The monsoon season is characterized by large thunderstorms that build throughout the morning and bring rain, hail, and lightning in the afternoon. Usually the rain, hail, and lightning last anywhere between 45 minutes and two hours then the skies clear up and temperatures rise again. Regardless of the time of year of your trek, it is recommended that crews always bring adequate rain jackets and pants, a good fleece jacket, and a stocking cap. Staying well hydrated is another key to having a successful trek, even in colder, rainy weather when hikers often forget to keep drinking water.



As mentioned earlier, the lightning danger is very high at Philmont. A crew should count the amount of time that passes between when lightning is seen and thunder is heard. If the time is five seconds or less, then the crew needs to go into the lightning position. The lightning position requires that you keep your feet together, crouch down, put your elbows on your knees, and your hands behind your neck. You need to hold this position for 30 minutes after the last five second or less lightning/thunder was heard. Remember to stay in wooded areas and never stand near the tallest object in the area.

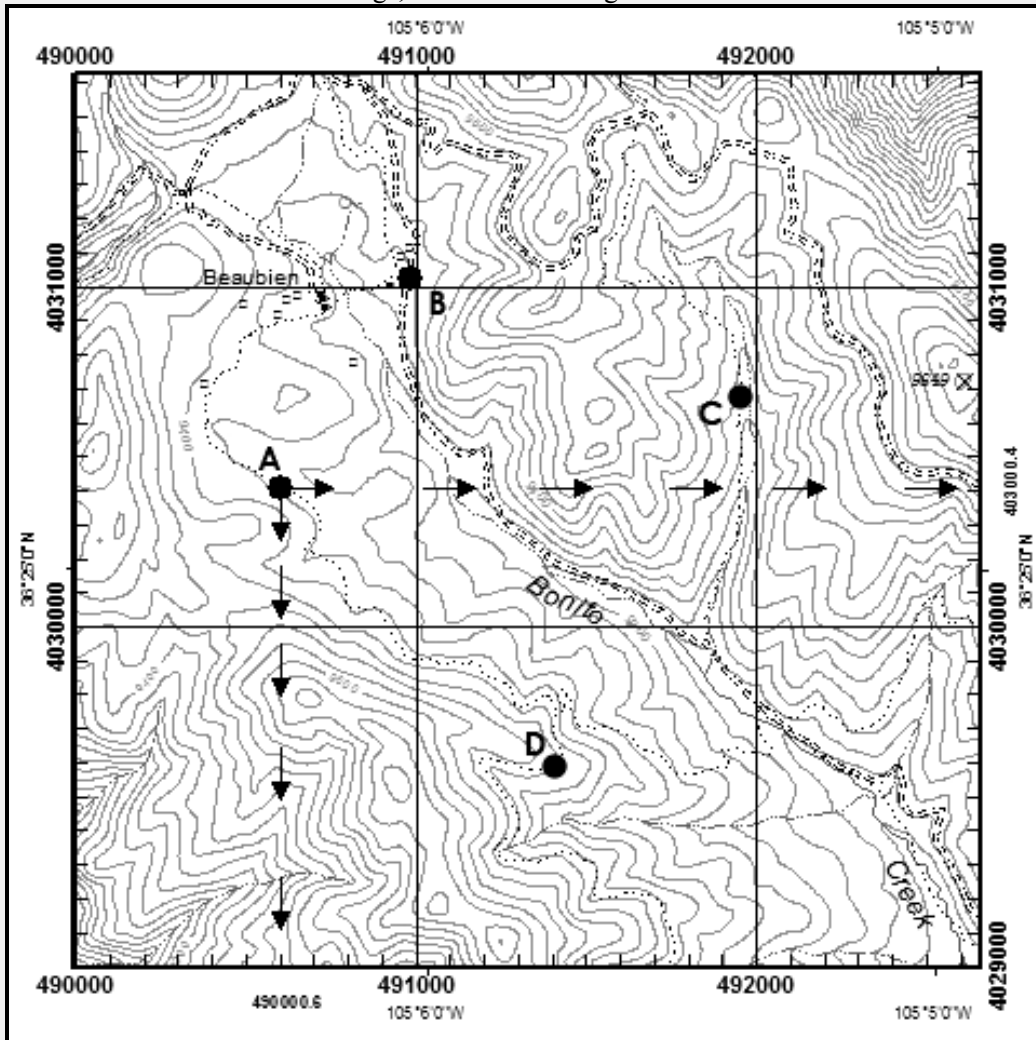
In 2012, Philmont began recording daily rainfall as well as 8:00am and 5:00pm temperatures at each staffed backcountry camp. Once you know your itinerary, refer to the spreadsheets on our website at the following address if you want a more accurate idea of what weather to expect camp-to-camp:

<http://www.scouting.org/Philmont/Camping/~link.aspx?id=566FDAD4373F47B2A15F59F5CE874521&z=z>

Navigation – Universal Transverse Mercator (UTM) coordinates are very helpful when using a map, compass, or GPS. UTM's are based off a metric grid system and allow you to accurately pinpoint your current location or the location of a distant goal. In North America, we use eastings and northings. Think of them like an X, Y axis. The eastings are your X and the northings are your Y. Always read out the eastings first and the northings second. Make sure to always orient your map before working with UTM's. Use the exercise below to practice using UTM's:

To report the coordinates of point A on the map:

- Follow the vertical arrows to the edge of the map: 490600 (Eastings).
- Follow the horizontal line to the edge of the map: 4030400 (Northings).
- Point A reads 490600 Eastings, 4030400 Northings.



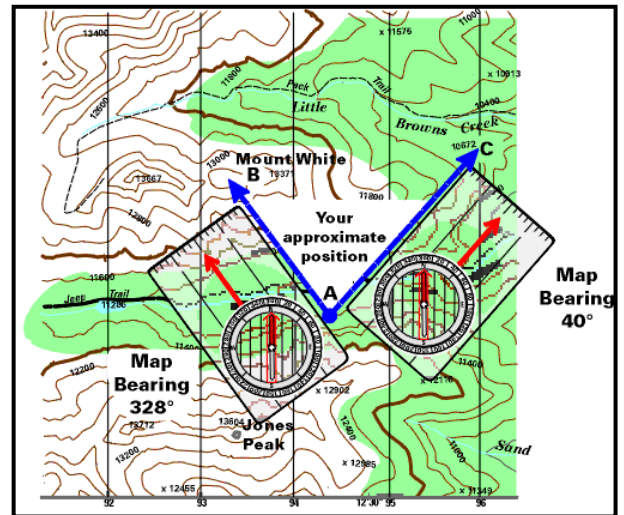
Find the UTM Coordinates for Points B, C, and D.

Point B:

Point C:

Point D:

Triangulation is another skill that can be useful in the backcountry. To triangulate, orient the map then find recognizable landmarks on the map that you can see from your current location. Shoot a bearing to your first recognizable landmark and rotate the dial so that the “shed” is over the red end of the needle. Place the corner of the compass on the landmark on the map and pivot the compass around that landmark until the red needle is in the “shed”. Use a pencil to draw a straight line along the edge of the compass and continue to the edge of the map. If you are on a trail, then the line should intersect the trail that you are on and your position is at that intersection. Find two other landmarks and repeat the process: you are somewhere in the triangle formed by these three lines. To be more accurate, take more bearings and trace them onto the map.



Hygiene – A Scout is clean. It is extremely important that backpackers stay clean and healthy in the backcountry. The dirtier you become, the more likely it is that you will become sick, get an infection, or sustain an injury. The best ways to stay clean on the trail include: changing clothes regularly (especially socks and underwear), brushing your teeth, taking showers whenever possible, washing clothes whenever possible, washing your hands after using a latrine, washing and sanitizing your hands before each meal, and properly washing, rinsing, and sanitizing your dishes. Although a few backcountry camps have showers, you can have a “bandana bath” at any campsite. Simply get a wet bandana and a drop of Campsuds and wash yourself off at the sump. Remain clothed at all times to keep in compliance with youth protection. To help your crew stay clean and healthy, Philmont now approves the use of clotheslines during daylight hours so that you can efficiently dry your clothes after you wash them. Remember to remove the clotheslines at dusk to prevent someone from walking into them at night. It is important to regularly wash clothes that touch the skin, i.e. socks, underwear, and shirts. Wearing the same dirty clothes day after day can lead to serious problems. For example, if you wear the same socks four days straight, your chances of getting a severe blister are much greater, making your trek much more difficult.

Leave No Trace

There are seven principles of Leave No Trace outdoor ethics. Here are the principles and some tips to ensure they are met while on your trek:

- **Plan Ahead and Prepare** – Knowing the rules and regulations outlined in this guide is a good start to being prepared for your trek. Each night as you are waiting for the water to boil for dinner, it is a good idea to start looking over the map for the next day’s hike. Look for which trails to take, elevation gain, water availability, which camps you will pass through, etc. to get a clear picture of what the day should look like. Proper preparation will allow your crew to get to camp quickly while optimizing your time and program opportunities along the way.
- **Travel and Camp on Durable Surfaces** – Philmont practices concentrated impact camping and has roughly 340 miles of maintained trails, 35 staffed camps, and 78 trail (unstaffed) camps. Hiking and camping on our established trails and campsites (except where they do not exist in the Valle Vidal of the Carson National Forest) allows us to preserve the 99% of land we do not impact. Please follow switchbacks and avoid creating social trails through meadows or riparian areas.
- **Dispose of Waste Properly** – Every staff camp other than Black Mountain and Crooked Creek accepts compacted trash. They also collect plastic meal bags, paperboard, and aluminum cans for recycling. Liquid food waste should be poured down the sump and solid food waste should be packed out as trash. Human waste is concentrated into pit-style latrines.



- **Leave What You Find** – From elk sheds to wildflowers to artifacts; a typical crew will find a variety of items left by the people and animals that have made their home at Philmont over the years. You must only photograph these items and leave them for other crews to enjoy. Anything made by humans that is over 50 years old is considered an artifact and should be left undisturbed. Report anything noteworthy to the next staffed camp you hike through and give them the UTM coordinates so that we may look at it for further investigation.
- **Minimize Campfire Impacts** – As mentioned in Part 1 of this guide, campfires should be kept small. Sticks used as fuel should be no wider than your wrist and no longer than your forearm. Always keep a full pot of water near the fire ring when a campfire is burning. Stir up the coals with a stick and pour water over the coals to ensure the fire is “out cold” before going to bed. When campfires are allowed at Philmont, it is important to dispose of the ashes properly. In the morning as you are ready to leave your campsite, pack the ashes into an empty meal bag and hike them 30 minutes outside of camp then spread the ashes 100 ft. off the trail. This keeps our campsites clean and ready to use for the next crew.
- **Respect Wildlife** – Philmont’s fauna is varied and includes black bears, mule deer, mountain lions, rattlesnakes, hawks, elk, falcons, cutthroat trout, chipmunks, hummingbirds, raccoons, bighorn sheep, and porcupines, just to name a few. We need to respect these animals by never approaching, throwing rocks, or feeding them. Simply give them distance and let them go about their way. Always hang your smellables up in the bear bags and never leave smellables unattended. Remember, it is common for the quietest crews to see the most wildlife.
- **Be Considerate of Other Visitors** – With 4,500 people in Philmont’s backcountry at any one time, it is very important to remain respectful towards those around you. This includes not yelling or singing loud songs along the trail or in camp, not writing graffiti, not talking on the cell phone on the summit of mountains, etc. Additionally, highlighter-colored shirts are frowned upon in the backcountry setting, as the bright colors are an eyesore and distraction from the beautiful scenery you will encounter.

Group Dynamics

Every crew undergoes a transformation during their trek as they move through the four stages of group dynamics: forming, storming, norming, and performing. Some crews move through these stages quicker than others: just because a crew is at a certain stage does not mean the crew cannot revert back to a previous stage. The key to anything relating to group dynamics is communication. Doing Thorns and Roses every night before bed is a great way to hear everyone out and discover crew issues to address before they blow up out of control.

- **Forming** – The first stage, recognizable by excitement and the hidden fears of crew members not knowing what comes next. Crew members may still be getting to know one another and people will be hesitant to come out of their shell. The members within a crew should ask their colleagues basic “get to know you” questions in order to find similarities and common ground. This is especially true for crews consisting of youth from multiple home units.
- **Storming** – The second stage, occurring when people begin to come out of their shell and do not sugar coat any communication as they did in the forming stage. Different personalities begin to clash and conflict usually arises. For some crews this stage takes about a half hour to get through, for others it can take days. The best way to learn from this stage and move on to the norming stage is through good and honest communication. The basic “get to know you” questions from the forming stage can be vital to the transformation in this storming stage because the crew can find similarities amongst themselves and can build off of that rather than be torn apart by their differences.

- **Norming** – Once the crew gets all the kinks out of the system, they move on to the norming stage and begin to set the groundwork for the rest of the trek. Personal goals that may have been chosen earlier in the trek need to be revisited now that everyone has a clearer picture of what their trek is like. Once everyone’s personal goals are set, the crew needs to determine crew goals that meet the expectations of every crew member and how they will work towards them. It is best to come to a consensus when determining crew goals since people generally support ideas they helped create.
- **Performing** – All the crew members are comfortable around each other and know their specific role within the crew. Everyone knows the crew goals and how to achieve them. Trust is exhibited throughout the crew and efficiency is at its peak. Constant communication and a servant leadership demeanor are demonstrated by all members within the crew.

Physical Preparedness

Hopefully each crew member has been exercising on a regular basis, at least three times a week for no less than an hour each session. If they have not, try revisiting the *crew member contract* that was discussed in part one of this guide. Once you have built up your aerobic/cardiovascular ability, weight lifting is a good next step to build strength needed for hauling a 45- to 55-pound pack around rugged mountainous terrain. Some core exercises include crunches and sit-ups: doing these for 20 minutes three times a week will help you get into great shape for your Philmont trek. Push-ups are a great upper body workout and will help you have a well-balanced exercise regimen when combined with the lower body and core exercises we have already discussed.

Your Ranger will introduce you to the Trail of Courage program, a personal health initiative sponsored by the BSA. The Trail of Courage’s purpose is to promote healthy lifestyles that you can take with you beyond your Philmont trek. A well-rounded exercise regimen combined with a healthy diet will go a long way – what better time to start than in preparation for your Philmont trek? Additionally, make sure to consult with your doctor before starting a new exercise program.

First Day at Philmont

The first day of your trek is very busy with many Base Camp stops to ensure you are all set and ready for the backcountry. The general order of the first day is as follows:

- **Arrive at the Welcome Center**
 - The earlier the better. Typically, crews that arrive before 10:00am get through the Base Camp procedures in one day.
 - Crew Leader and Lead Advisor check-in and receive tent assignments
- **Meet your Ranger**
 - Your Ranger will be waiting for you at the Welcome Center and they will meet your crew right after you are done getting checked in.
 - Your Ranger will be with you the entire day, guiding you through the Base Camp process to ensure you are ready to hit the trail the following day.
 - He or she will go out into the backcountry with you for two nights and teach you everything you will need to know about having a safe and enjoyable Philmont trek.
- **Drop off gear at your tents**
 - Your Ranger will instruct everyone to bring water, raingear, and prescription medications with them through the rest of the stops in Base Camp.
 - The Lead Advisor needs to bring the tour permit, crew roster, medical forms, payment paperwork, and Wilderness First Aid and CPR certifications with them.
 - The Crew Leader needs to bring an unmarked overall map and their Crew Leader Field Guide with them.
- **Crew Photo**
 - Extra photos can be purchased in the Camping Registration office
 - Can be taken in field uniforms or crew t-shirts
- **Camping Registration**
 - Ranger and Lead Advisor go inside while the rest of the crew waits outside the building
 - Any outstanding payments are made and certifications are checked
 - The crew roster is turned in

- **Outfitting Services**
 - Receive gear such as tents, bear bags, bear rope, pots, dining fly, etc.
 - Receive food for first few days of the trek
 - Purchase fuel needed for the trek
- **Medical Recheck**
 - All crew members review their medical forms with Philmont Infirmery staff
 - All prescription medications including EpiPens® and inhalers are needed at this time.
- **Mail Room**
 - Any gear that was shipped ahead of time can be picked up
- **Shakedown**
 - Your Ranger will run through a gear shakedown with your crew ensuring all necessary gear is taken on the trail and all non-essential gear is stored in Base Camp.
- **Logistics Trip Plan**
 - Crew Leader and Lead Advisor will be called into Logistics and will receive information about campsites, trails, program opportunities, water availability, horse rides, etc.
- **Security**
 - Receive lockers if crew did not use personal vehicles for transportation.
- **Museums**
 - Take a tour of the Villa Philmonte, Packet Carson/Rayado, and the Historic Chase Ranch.
 - Sign up at the Philmont Museum and Seton Memorial Library.
- **Dining Hall**
 - Lunch is at 11:30am
 - Dinner is at 4:45pm
 - Breakfast the following morning is at 6:30am
- **Crew Leadership Meetings**
 - The Crew Leader, Chaplain's Aide, Wilderness Pledge *Guia*, and Advisors all meet at the Hardesty Casa Central at 5:45pm for their respective meetings.
- **Chapel Services**
 - Begin at 7:00pm
- **Opening Campfire**
 - Meet at the Welcome Center at 8:15pm
- **Depart Base Camp**
 - The first buses leave for the backcountry at 8:00am and the last buses leave Base Camp at 3:00pm.
 - Typically, a crew departs for the backcountry approximately 24 hours after they arrive at Philmont. The earlier you can arrive, the easier the first few days will be.

This two-part guide is an overview of how to prepare for a Philmont trek. If you have more questions or just want to get your daily dose of Philmont, check out our YouTube channel and watch videos describing additional Philmont procedures, programs, and opportunities. Your Ranger will teach you everything you will need to know to have a successful trek at Philmont but if your crew is in the proper physical condition, has the right gear, and is familiar with the Philmont way of camping ahead of time, the adjustment period over the first few days of your trek will be much easier. Enjoy the hiking and we will see you this summer!

Refer to Philmont's website: www.philmontscoutranch.org for updates to this guide and the most up-to-date information regarding your trek.
<http://www.youtube.com/user/philmontscoutranch>

APPENDIX G

The Essentials for Hiking at Philmont Scout Ranch

- **Map & Compass*** - and the ability to read a map and use a compass.
- **Sun & Insect Protection*** - sunscreen, broad brimmed hat, sunglasses, insect repellent.
- **Water & Extra Food** - a minimum of 4 quarts of treated water is **essential** in the Southwest.
- **Rain Gear & Extra Clothing** - preferable a breathable rain suit with jacket and pants. Daytime temperatures can drop to 40 degrees F during the summer; nighttime temperatures can drop below freezing. Wool and/or polypro or other synthetic fabrics are recommended. Cotton clothing is not suitable for retaining body heat.
- **First Aid Packet***- adequate to treat common injuries that may occur on a hike, including latex gloves for protection from blood borne pathogens.
- **Matches***- for building a small campfire if necessary for warmth, drying clothing, or boosting morale.
- **Pocket Knife***- a Swiss army knife with several tools is recommended.
- **Watch***- an inexpensive watch will help you stick to the scheduled itinerary. This can be attached to your pack or day pack.
- **Flashlight** - for use if darkness overtakes you during your hike or an emergency requires that you hike after dark.
- **Whistle** - a simple whistle for use as a signal to alert others of your location.

The Essentials should be carried on all hikes including side hikes. Once you are ready to go be sure to tell someone your itinerary including when you plan to return.

**Philmont allows these items to be shared with a buddy.*

APPENDIX H

LOCATOR MAP

