

# Philmont Advisor's Guide



By

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October 2005

## PREFACE

Going to Philmont can be the highlight of a young person's Scouting career. However, getting a crew ready to go can sometimes appear to be an overwhelming task for a first time advisor. This guide is written to supplement the information contained in Philmont's *Guidebook to Adventure* and *Treks Itinerary Guide*. Written to reflect the combined training programs of the National Capital Area Council and the Baltimore Area Council, the information contained in this guide can easily be adapted by other councils or troops to assist them in preparing for Philmont or other individual long term backpacking trips. Although the primary pronouns used in this guide are often masculine, we realize that there are many female Philmont participants. It is just easier to write "he" or "she" than "he/she".

We recognize that we present only one viewpoint on how to prepare for and how to hike and camp while at Philmont. We have tried to combine the lessons learned from our years at Philmont along with the guidance contained in several outstanding resources including the *Boy Scout Fieldbook*, the *Complete Walker IV*, and the *National Outdoor Leadership School's Wilderness Guide*. Despite all of this, you should know that we still argue among ourselves over the finer details of backpacking.

We hope that you find this guide helpful and encourage you to copy it and give it to others who may be planning similar activities. Since all proceeds from the sale of the guide serve to support Venturing Crew 1519's high adventure activities, we ask that you send a donation of \$10.00 in a check made out to "Venturing Crew 1519" for each copy made to Cooper Wright at the address shown below. We suggest subscribing to the Philmont list hosted on USSCOUTS by going to <http://usscouts.org/lists> and subscribing. We also suggest going to [www.philmont.com](http://www.philmont.com) and registering. Lots of good information is shared at both sites. Finally, we encourage you to visit [www.lepp.cornell.edu/~seb/philmont](http://www.lepp.cornell.edu/~seb/philmont) for the very best Philmont web site. Some of the material contained in the guide is featured there.

We also encourage your comments on the contents of this guide. Although we would like to go to Philmont each summer, that is just not possible. Requirements and equipment needs constantly change and we are always receptive to new ideas. Our goal is to keep this guide as current as possible. If your comments are published, you will get to see your name in print along with the guide's other contributors.

We would like to thank Bob Klein, John Spencer, Doug Cox, Roy Fisher, Joe Flaig, George Kain, Troy Hayes, Richard Schlosser, Cathie Cummins, Mary Lane, Robin McKenna, Dave Parmly, T.W. Cook, Gary Boyd, Richard Schlosser, and Steve Unger who provided their considerable insight and experience on the Philmont preparation process. We would like to thank all Philmont Rangers who serve as role models and trainers to Philmont Crews. Special thanks go to Philmont Rangers Karin Stork, Karl Cheng, Derek Toms, Sarah Rogers, Mark Hoyt, Linda Keeney, Christian Braunlich (Crew 1519's first Ranger) and Stephen Braunlich (Crew 1519's second Ranger) who gave us their comments. We'd also like to thank Mimi Hatch for her continuing contributions and editing efforts. Finally, we want to especially thank the members of the National Capital Area Council' High Adventure Committee and the members of the Baltimore Area Council Philmont Committee, who have made it possible for thousands of young men and women and their advisors to go and enjoy all that Philmont can be.

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## PHILMONT ADVISOR'S GUIDE

*“[N]o one ever wrote home about the views from Base Camp”  
– found on the wall of a latrine at Miner’s Park*

### BEFORE YOU GO

#### Physical Training

Philmont is physically demanding, especially for adults. It is absolutely amazing how many advisors go to Philmont expecting that it will be just like another summer camp. What a surprise when they have to come off the trail because they cannot handle Philmont’s physical demands. This problem occurs so frequently that one of the responsibilities of your Philmont Ranger is to evaluate the physical conditioning of both you and your crew to determine whether you are able to make the entire trek.

Rangers that we talked to say that, based on their experience, *80% of the adult advisors coming to Philmont are not adequately prepared* for the physical demands of the backcountry and **that 50% of the adult advisors had not exercised at all** prior to their arrival at Philmont. Consider this. Studies have shown that the typical adult is 10 to 20 pounds over his or her recommended weight. Would you willingly add 10 to 20 pounds of rocks to your backpack? Moreover, your heart and lungs now have to oxygenate this extra body mass making you less efficient. The bottom line is that most adults coming to Philmont are already disadvantaged when compared to their Scouts and will need to train even harder for Philmont.

We believe that a three-part physical training program is required to fully prepare for Philmont. The first part is an aerobic program to build up your cardiovascular system. The second part is a strength program to tone those muscle groups that will be used most often. The third part is a series of pre-trek hikes to get your feet used to hiking with boots. However, before starting your exercise program, get a copy of Philmont’s medical form and bring it when you get your physical examination. At that time, review your exercise plan with your doctor.

The first rule in any physical training program is to start slowly and build up your exercise routine. This is hard to do because we remember what we were capable of doing when we were younger and in much better shape. The second rule is to immediately stop exercising if you experience any pain. Philmont suggests that you begin an exercise program at least six months before arrival. We agree, but recommend that you increase your level of training intensity during the last three months.

During the last month before you leave for Philmont, you should try to exercise every day. If your body is only used to exercising every other day, it will begin to anticipate a day to recover. At Philmont, every day is another day on the trail. While it may be easy to hike that first tough day at Philmont, on the very next day, the body seems let down, thinking that it is supposed to

get a day off! Usually by day six, you have worked through the soreness and are used to the physical exercise, but the first five days can be rather difficult.

The objective of the aerobic exercise program is to condition your heart so that it pumps more efficiently. In one minute, with 45 to 50 beats, the heart of a well-conditioned person pumps the same amount of blood as an inactive person's heart pumps in 70 to 75 beats. Compared to a well-conditioned heart, the heart of an inactive person pumps up to 36,000 more times per day! To condition your heart and lungs, the American Heart Association (AHA) recommends that you exercise vigorously for at least 30 minutes, three or four times a week, at more than 50 percent of your maximum heart rate. Your estimated maximum heart rate is 220 minus your age. Exercising above 75 percent of your maximum heart rate may be too strenuous unless you have been training for several months. Exercising below 50 percent gives your heart and lungs little conditioning. Therefore, the best activity level, better known as your target heart zone, is 50 to 75 percent of your maximum heart rate.

To monitor your heart rate, learn how to take your pulse when you exercise and while you are on the trail at Philmont. Place two fingers on the carotid artery in the groove on either side of the Adam's apple. Count for 6 seconds and multiply the result by 10 giving your heart rate per minute. Should you find that your pulse is too high, slow down to keep within your target heart zone.

When you begin your exercise program, aim for the lower part of your target zone (50 percent) within the first few months. As you get into better shape, gradually build up to the higher part of your target zone (75 percent). After 6 months, we encourage that you exercise at 85 percent of your target zone. For example, a 40 year old adult advisor should have an estimated maximum heart rate of  $220 - 40 = 180$ . If this advisor has just begun his physical training program, his training heart rate should be 90 ( $180 \times .50$ ). If he is in excellent physical condition, he should exercise at a training heart rate of 153 ( $180 \times .85$ ). It is interesting to note that the training heart rate for your average, long legged 16-year-old crewmember ranges from 143 to 173! No wonder why it usually is an adult who is getting a cardiovascular workout while on the trail.

There are lots of aerobic training programs that you can choose from such as running, biking, or swimming. You should plan to aerobically exercise at least three times a week. Any less and you are actually hurting your body. It is also important that you try to exercise for a minimum of twenty to thirty minutes, at your training heart rate. You should note that your estimated maximum heart rate and training zone values are only predicted averages that may differ 10 to 15 percent higher or lower depending on your actual fitness level, maximum heart rate and resting heart rate.

Your training zone and maximum heart rate should be items of discussion when you visit your doctor prior to beginning your physical training program. And if you are planning on taking a more strenuous trek, we believe that you should be working out consistently at the higher end of the training zone. Don't be fooled by Philmont's *Guidebook to Adventure* that says to train at the 75% level. We think you will need train at the 85% level to get ready for Philmont's steep climbs. For more information, go to the AHA's Fitness Center at website at [www.justmove.org](http://www.justmove.org),

which includes a personal exercise diary, fitness resources, and frequently asked questions, and suggested fitness plans.

The objective of the strength exercise program is to build or tone muscles so that you will not be sore at Philmont. Leg muscles need to be strong for climbing hills. Muscles around your knees need to be strong for going down hills.

Many adults have significantly more problems with the downhill sections. The leg motion required for uphill is substantially different for downhill and stairwells and modest hills don't do enough to strengthen the muscles around the knee required for downhills. A recommended exercise is to stand on a six to eight inch platform and step off with a double stride and bend the opposite knee as low to the floor as possible. Step back up on the platform and alternate by stepping off with the other leg. Increase the number of repetitions and weight. This exercise is recommended by Ed Visteurs, the first American to climb all fourteen of the world's 8,000 meter mountains.

Shoulders and chest need to be toned because the backpack straps rest along those muscle groups. Consider a weight program doing squats, military presses, and calf raises. Joe Flaig suggests one exercise you can do at home by getting a 50-pound bag of sand, dividing it up into smaller bags so it fits better into your backpack. Then go up and down the basement stairs, two at a time. This is very close to going up and down a very steep hill.

The objective of the hiking program is to get your feet used to hiking long distances in boots. One of the questions recently asked on the TV game show, Family Feud, was "What was the most number of miles you have walked in one day?" The number one response was just two miles! A common ailment of advisors is "Hiker's Ache". The constant pounding that your feet take at Philmont, as a result of back-to-back daily hikes of over 10 miles, can add up and create significant soreness throughout the body the next day. This is especially true for those advisors who selected some form of cardiovascular exercise other than running for their Philmont physical training program.

In 1996, Wally was sore all over after his first shakedown hike. Three weeks later, after his second shakedown hike, Wally was sore again. He was able to eliminate some of this soreness by taking a series of weekly 10-mile hikes during the final four to six weeks prior to departure. Just like your physical training program, you should also build up your hiking endurance. Spend time in your boots and hiking socks. Cut the lawn in your boots. Walk around the block each night in your boots. Find out where your feet hurt and where you can expect blisters.

When Coop goes to Philmont, he always takes along a supply of Vitamin I (better known as ibuprofen or "I-B Hurtin"). Taking ibuprofen with breakfast in the morning before each hike and an additional amount with supper at the end of the day helps eliminate some of the soreness. The idea is to get the ibuprofen in your system before you hit the trail each day. Stretching exercises done for five to ten minutes at the end of the day and again in the morning after your muscles are warmed up are important to help lessen the soreness and get the body ready to go again. They can also help prevent or reduce injuries to muscles.

Wally's program consists of a 2.5-mile hike with 52 pounds loaded in his daypack, stationary bike and push-ups and leg lifts. Every other day, he adds weight work for strength. He tries to exercise 4 to 6 days a week. If he has to miss a day, he will resume with the aerobic portion of the program and defer the strength until the next day. If he has to miss more than two days, he does the sit-ups, pushups, and leg lifts.

Wally favors stationary bicycling for an aerobic exercise program because it is a low impact activity and does not stress his knee and ankle joints. It also builds his leg strength, which is what is needed at Philmont. Local garage sales have low mileage bikes for very reasonable prices. Some people hate to use the bike because it is boring. Wally found a way to keep his motivation up while riding. He wrote the word "Philmont" on a large piece of paper and taped it to the front of his bike. As he exercises while watching TV, he glances down at the "Philmont" sign to remind him of why he is doing it.

Coop's aerobic training program consists of runs, three to five miles in length, three to four days a week. He tries to vary his runs, adding hills or changing his pace and distance so that it makes them more enjoyable. On the days when Coop does not run, he does weight work for strength, concentrating on exercises to strengthen his back, chest and legs. A month before leaving for Philmont, Coop changes his program to focus on hike preparation. He loads his pack with 40 pounds of phone books and walks for an hour each day in his hiking boots. This helps get his back muscles and feet used to the amount of weight that he will be carrying on the trail.

If you are a smoker, getting ready for Philmont provides a great opportunity to make the move to quit. As a result of the recent dry summers, the entire backcountry of Philmont has been declared a no smoking area and smokers have to go cold turkey for ten days on the trail. However, if you are still smoking by the time you arrive at Philmont, the odds are that you will soon have a revelation of biblical proportions. Climbing Mount Phillips or Baldy Mountain can be a significant emotional experience for a smoker. For most, the climb is a rugged challenge, culminating with the reward of panoramic vistas and untold beauty. The heavy smoker however, will spend the majority of the time just trying to catch his breath.

At Appendix A, we have included a copy of Philmont's suggested six-month physical preparation program. The physical training portion of this program pretty much follows the guidelines that we have outlined above and it makes a good handout when you first meet with your crew. A final word on physical training. From a practical standpoint, it is probably impossible to overtrain for Philmont, provided that you do not injure yourself in the process. Adults will, in most cases, need more physical preparation than crewmembers will. You may want to use the Personal Fitness Merit Badge requirements as a training outline and have the entire crew complete it before leaving for Philmont.

If you keep finding reasons for not exercising on a regular basis, do yourself and your crew a favor; rent a beach house and DON'T GO to Philmont. You will become your crew's weakest link and could ruin the Philmont experience for the rest of the crew.



## Diet and Weight

In 1992, Philmont had to medivac an extremely overweight advisor out by helicopter from Shaefers Pass because the search and rescue team simply could not carry him out on a litter. A similar incident took place in 1995, requiring extreme rescue measures to bring in another overweight advisor. In 1996 and 1998, we arrived at Philmont the day that an advisor tragically collapsed and died while on the trail. As a result of incidents like these, Philmont's medical staff has intensified its already very thorough screening process for overweight advisors and crewmembers.

Advisors and crewmembers that appear to be overweight (DESPITE what weight is shown on their medical examination forms) will be weighed in as part of the medical check process at the Health Lodge. Advisors that are over Philmont's maximum acceptance weight (shown below) **will not** be allowed on the trail. **The Philmont physicians will use their best professional judgment in determining participation in a trek by individuals less than 21 years of age who exceed the maximum acceptable weight.**

**Participants under 21 years of age are strongly encouraged to meet the weight limits for their height and exceptions are not made automatically. The maximum allowable youth exception will be 20 pounds. Discussion in advance with Philmont regarding any exception to the weight limits for persons under 21 is required. During the summer of 2002, 21 advisors and 7 youth participants were not allowed on the trail because they did not meet the height/weight requirements and were sent home without ever making it out on the trail! In 2003, a total of 8 youth and advisors were sent home for not meeting Philmont's height/weight requirements.** Please review the height/weight requirements with each crewmember early in your crew formation and training process.

If you know that an advisor or one of your crewmembers does not meet the height/weight guidelines, have him put a plan in place to lose the extra weight. He should consult his doctor prior to beginning any diet. If he exercises each day, he will begin to lose weight, even if he does not change his diet. Most hikers who are just ten to twenty pounds overweight will begin to lose weight just by increasing their physical activity through exercise, even if they do not change their diet. The reason is simple. Excess calories are burned up. The weight loss may only be one or two pounds per month, but weight loss will occur.

However, some hikers must diet to lose the extra weight. Below are the steps that we recommend that have produced results:

1. Create a food plan based upon calories. Multiply your current weight by 10. This will give the total daily calories required to lose a half-pound to a pound a week (weight loss faster than this recommended limit is unhealthy). The food plan should be based upon the 3-0-1 concept of eating - three meals a day, zero snacks, and take it one day at a time.
2. Review your food plan with your doctor or nutritionist.

3. Weigh and measure all food. Do not measure by the eye. Wally actually uses measuring cups or a scale.
4. Drink 64 ounces of water per day to flush the body of waste products.

If these four steps are too difficult, you may be a compulsive overeater. The next step is to eliminate sugar from the food plan. Many people are addicted to sugar, which may trigger a compulsion in the mind, causing overeating. It will take three to five days for the affects of the sugar to be flushed from your system; you will notice that while sugar is still craved, you will be much less hungry. If eliminating sugar from your diet does not work, create a food plan for a day and review and commit to it daily with a fellow Scouter. Then, only eat what is on the food plan. This way, if someone in your office has made a batch of oatmeal raisin cookies and they are not on your food plan, you will not be tempted to eat just one which usually leads toward eating ten.

If the final two tips do not work, professional help is needed. If a low fat diet was part of your physical training program, you may want to slowly increase your daily fat intake just prior to leaving for Philmont. Wally had a problem one year trying to adapt to the typically high fat meals served while traveling to and on the trails at Philmont. You don't need to be battling your stomach while hiking at 10,000 feet elevation.

Philmont uses the revised Dietary Guidelines for Americans from the U.S. Department of Agriculture and the Department of Health and Human Services (shown below) as their weight guidelines for crewmembers and adult advisors. We believe that the maximum acceptance weight is very generous, but we encourage advisors and crewmembers to aim for a weight within the recommended zone.

#### PHILMONT WEIGHT LIMITS FOR BACKPACKING (lbs.)

HEIGHT	RECOMMENDED WEIGHT	MAXIMUM ACCEPTANCE
5' 0"	97 - 138	166
5' 1"	101 - 143	172
5' 2"	104 - 148	178
5' 3"	107 - 152	183
5' 4"	111 - 157	189
5' 5"	114 - 162	195
5' 6"	118 - 167	201
5' 7"	121 - 172	207
5' 8"	125 - 178	214
5' 9"	129 - 185	220
5' 10"	132 - 188	226
5' 11"	136 - 194	233
6' 0"	140 - 199	239
6' 1"	144 - 205	246

6' 2"	148 - 210	252
6' 3"	152 - 216	260
6' 4"	156 - 222	267
6' 5"	160 - 228	274
6' 6"	164 - 234	281
6' 7"& over	170 - 240	295

## Selecting Your Trek

We recognize the important role that program features play in your crew's trek selection process. However, we also understand that the maturity of your crew is another factor that must be considered in trek selection. You do not want to "overtrek" by doing more miles than your crew can physically or emotionally handle, thereby missing planned program opportunities. On the other hand, you do not want to "undertrek" and wind up spending lots of time in camp when you could have had a chance to see more of Philmont.

Before discussing possible trek selections with your crew, assess their abilities and maturity level. It is tough for a fourteen-year-old crewmember to perform his camp chores when he is tired after a long hike or immediately after he wakes up. It can take a young crew three to four hours from the time they wake up until they take their first step on the trail. Some crewmembers may suggest that if they wake up really early (4 am), they can leave camp by 8 am. This doesn't work because the more time a crew gets, the more time they will take. Advisors can take charge and kick butt and get the crew out of camp within an hour. But this does not allow the crew leader to perform his function and it just raises the advisor's blood pressure.

With fourteen to fifteen-year-old crewmembers, you should select a "typical" trek that requires only 5 to 8 miles of hiking per day (50-56 total miles). With fifteen to sixteen year old crewmembers, "rugged" and "strenuous" treks can be selected. By reminding the crew that if they take only two hours to get out of camp, they will be able to hike an additional 1 to 2 miles a day, enabling the crew to hike 6 to 9 miles per day (57-69 total miles). However, with sixteen to seventeen year old crewmembers, maturity is expected and "strenuous" and "super strenuous" (65-77 total miles) treks are more than doable.

A second factor that should be considered in selecting a trek is scenery. Some areas of Philmont are simply spectacular. We have listed below some of our favorite places to hike:

- a. Fish Camp to Abreu - The trail follows along the south side of the Rayado River canyon where the hiker has continual views of the river and the mountains to the north. Be sure and use the caterpillar method (see On The Trail) so that all crewmembers will have a chance to view the canyon.
- b. Ponil, Sioux, and Bent to Pueblano over Wilson Mesa. Several years ago, Wilson Mesa was devastated by a forest fire which destroyed its trees but provided for some exceptional views north into Colorado and west towards Baldy Mountain. The views from Wilson are some of the best in the ranch. During the 2003 season, Middle Ponil Canyon (home of Ponil, Sioux, and

Bent) as well as Horse Canyon, which joins Middle Ponil Canyon 100 yards north of Ponil would flash flood during any rainstorm. This area saw extensive fire damage in 2002 and still needs a lot of regrowth. Remember to take lots of water because these burned areas have little or no shade.

NOTE: In 2005, Philmont required all crews with treks that included burro packing as an activity, to take burros with them. This will eliminate the possibility of going over Wilson Mesa as a route from Ponil to Peublano or Peublano Ruins.

c. Abreu to Crater Lake via Stonewall Pass - This hike has some special views of the Tooth of Time just outside of Bear Caves camp. Be sure to get out of camp early because this trail is very unsheltered and has no water.

d. Miners Park to Shaefers Pass - This trail offers a close up view of the “Grizzly” Tooth.

e. Shaefers Pass to the Tooth of Time - The view from Shaefers Peak is outstanding. The path along Tooth Ridge is exceptional, with huge rock outcroppings and great views. The trail between Shaefers Peak and the Tooth is very rocky and you can turn an ankle if you are not careful. Be sure to look to the north and pick out Baldy Mountain. Once past the Tooth, the trail becomes a hot, dusty walk into Base Camp that never seems to end – be sure to have plenty of water. The spring at Shaefers Pass is an unreliable water source so be sure to eat supper for lunch and fill up all your water containers at North Fork Uracca camp or Clark’s Fork camp. Camel up and make sure to carry a minimum of 3 quarts of water per person when you head up to Shaefers Pass.

f. Hidden Valley, Window Rock and Cathedral Rock - Although the north and south trail heads to this trail are somewhat hard to find, it provides exceptional views of the Tooth of Time and base camp. Hidden Valley is a special place, soft and quiet. Ranger Christian Braunlich says “Hidden Valley is never the same every time he sees it”.

g. Cimarroncito to Sawmill - This path goes through Grouse Canyon and Sawmill Canyon. The views along the canyon walls are outstanding.

h. Sawmill to Thunder Ridge - There are some spectacular views of Baldy Mountain, Wheeler Peak (New Mexico’s highest mountain), Eagle Nest Lake and Colorado. As you reach treeline at Thunder Ridge, look again to the west for some more great views.

i. Thunder Ridge to Comanche Peak - There are several overlooks that offer views of Baldy Mountain and Wheeler Peak to the west. Comanche Peak camp offers an incredible sunrise view.

j. Vista Grande to Harlan - This hike takes your crew through two beautiful meadows.

k. Harlan to Cimarroncito - Words cannot describe this trail with views of Cathedral Rock, Window Rock and the backside of the Tooth of Time.

- l. Dan Beard to Bent via Bonita Canyon - The crew should use the caterpillar (more in the On The Trail section) technique to provide an opportunity to see the view of the canyon. As you get closer to Dan Beard, the tops of the mountains have been severely burned due to the recent fires.
- m. Indian Writings to Dan Beard - Along the trail, there are several outstanding rock formations. The views north to Little Costilla Mountain are unique. North Ponil Creek where Indian Writings is situated, regularly flash flooded during rainstorms during the 2003 season due to the fire damage.
- n. Ponil to Indian Writings - The views from Hart Peak are great, but the view from the top of the canyon leading to Indian Writings is exceptional. See the discussion on flash flooding above.
- o. The High Peaks – Hikes up Baldy Mountain or Mount Phillips are tough, but the struggle is well worth the view. The loop from Baldy Town over Baldy Mountain and through Copper Park is particularly impressive. The hikes up Phillips from the south and up Baldy from the north are particularly tough.
- p. Baldy Skyline to Head of Dean - The new trail provides some exceptional views west to Baldy and Touch Me Not Mountain.
- q. Inspiration Point - Located at the top of Uracca Mesa, Inspiration Point makes another special sunrise spot.
- r. Lover's Leap Turnaround to Lover's Leap Camp – This is the very best starting hike at Philmont. From Lover's Leap, there are great views of the Tooth of Time.
- s. Rayado River to Lookout Meadow – The hike to Lookout Meadow is one of the most strenuous second day hikes, but well worth the challenge. The day begins with a short walk to Abreu, where the crew can stop and help with morning chores. The hike continues along the Rayado Creek where the trail splits and goes up Bonito Canyon. Once out of the canyon, you will come to a meadow framed by pines and aspens. Depending on the amount of rain, the field may be filled with mountain iris, yarrow, and other wildflowers. Look for deer, bears, elk, and mountain lions here. Once at Lookout Meadow, sit on the grassy reservoir wall at dusk to watch birds swoop up insects while deer come to water. The reservoir may be full of cruddy water, but it can be made potable with Polar Pure.

A third factor to consider is whether your crew wants to hike over Baldy Mountain or not. Although we feel that the northern part of the ranch is not as scenic as the southern part, Baldy is a big attraction for many crews. It seems like no matter where you hike, Baldy is always in the skyline, offering a constant challenge to those who would hike up its steep slopes.

By seeing Baldy at every turn, those crews that are not scheduled to hike over it are constantly reminded of what they missed. Seventeen of Philmont's treks provide an opportunity for crews to hike over Baldy. There are only four treks (21, 24, 30, and 32) that allow you to climb Baldy

Mountain and hike in over the Tooth of Time. These treks appear to be the most popular and therefore are the most difficult to get as your first choice. If you do receive one of these four, you will most likely be hiking with a sister crew. There are also treks that begin in the southern part of the ranch, include a side hike over Baldy Mountain, and finish in the northern part. These treks are great because Baldy Mountain gets bigger and bigger and the anticipation grows, as the crew gets closer. However, these treks are usually the most strenuous. Please do not assume that we are promoting the treks that hike over Baldy. On the contrary, hiking in the scenic southern portion with its views from Mount Phillips or Comanche Peak of Baldy and Touch Me Not Mountain is simply spectacular.

When you receive the *Treks Itinerary Guide* in March, there is one final factor that you may want to consider. Hiking into base camp over the Tooth of Time can be pretty special. Nineteen of the thirty-five the treks come in over Tooth Ridge and the scenery is simply spectacular. You can't beat the feeling of pride and accomplishment that will be your crew's as they walk the final few miles back into civilization. However, the trail from the Tooth is a long, hot, dry walk into Base Camp that seems to never end.

It would be great if your crewmembers could decide on their trek by themselves. However, with thirty-five treks to choose from, this can be a very time consuming process. One method that has worked for both of us is to preselect five treks that are within the physical and emotional abilities of the entire crew, including the advisors. These treks are then presented during a crew meeting and the entire crew has a chance to decide what program activities they want to do. No matter which trek your crew finally decides on, it's going to be great. There are no bad treks at Philmont!!!

## **Crew Training**

*“Train for Day 11, not Day 1”  
Crew 506's Motto - 2004*

The single most important goal for the Philmont advisor is helping the crew pull together as a team. This is especially true for crews made up of Scouts from different troops that have never hiked and camped together before. Advisors need to know the physical and emotional capabilities of each crewmember **BEFORE** they head for Philmont. The way we have found that works best is to have a super active program leading up to your departure to encourage cooperative interaction.

An initial meeting with the crew and their parents should take place as early as October or November. The purpose of this meeting is to review the Philmont Pre-trek Training video, discuss equipment needs, go over medical requirements, and discuss emotional problems and learning disabilities. Ask crewmembers to bring their sleeping bag, backpack, and rain gear for your evaluation. You may also want to look at hiking boots. But it is probably too early to buy new ones, especially if a crewmember's feet are still growing. If new equipment is needed, talk with parents about the possibility of getting items for Christmas. New boots should not be purchased until March to provide enough time to break them in while ensuring that they will not

be outgrown before leaving for Philmont! Also at this meeting, bring a compass and a map and ask the crew to orient the map. Chances are that the crew will not be able to do this correctly. Other topics that should be discussed include the importance of hiking together, physical training, and mandatory attendance at the training sessions.

Tell the crew about the importance of being physically able to hike at Philmont. A real concern is hypothermia. When it rains at Philmont, the temperature can suddenly drop to 50 degrees or less. If a wind kicks up at the same time, all the ingredients are present for a crewmember to become hypothermic. If the crew can maintain a reasonable pace, it will keep their body heat up. A slower hiker can pose a real medical threat to the rest of the crew. In addition, by day four on the trail, the slower hiker will probably be isolated by the rest of the crew who are by now frustrated from slowing down to meet his pace.

In Wally's 1993 crew, one slower hiker was threatened with physical violence by other crewmembers because he could not keep up the pace. As a result of his slow pace, the crew habitually got into camp late and missed scheduled program activities. If a hiker can not maintain a reasonable pace and jeopardizes the remainder of the crew, you should ask him to find a slower crew or seek a refund and try again the following year.

In 1998, Coop had to deal with an adult in his crew who, for whatever reason, elected not to get into shape. His lack of physical conditioning was readily apparent during each of the crew's early shakedown. Although he was a dedicated Scouter who had been on many troop campouts, he simply was not physically ready for Philmont. Fortunately, he decided on his own, to drop out of the crew. Philmont has recently gotten tough and there is no guarantee that an out of shape hiker will be allowed to come off the trail. Most likely, you and your crew will be stuck with him. Having an unfit crewmember, adult or youth, can completely demoralize a crew and lessen their Philmont experience.

Finally, remind the crew that training is mandatory. We recognize that there are many demands on a teenager's life, but it is absolutely essential that the crew spends time together, learning the skills they will need while on the trail at Philmont. Remind the crew that the purpose of these training sessions is not just to get in shape or learn how to hike, anymore than ball practice is to learn to throw and catch. The purpose of the training is to learn how to work together **as a team** rather than a group of individuals hiking together. A training schedule we both have used for crews that have never hiked together before is shown below.

March - Classroom training on the basics of personal and crew gear with an inspection of each crewmember's fully packed backpack.

April - a one-day training session with all personal and crew gear. Pick of location where the crew can hike in one to four miles and completely set up a Philmont style camp. Before hitting the trail, do a complete shakedown of all personal gear. While on the trail, practice terrain awareness and the "caterpillar" technique of climbing (see On The Trail section). After setting up camp, cook a complete meal, wash dishes, put up bear bags, and purify water. Once the meal is finished, the crew breaks down camp and hikes out. **Note:** It is possible to order food

packages from Philmont that contain the same meals that are used on the trail. This allows the crew to gain some experience with the Philmont menu and cooking procedures. (See Appendix F for the 2005 Trail Food Menu and instructions on how to order food from Philmont). The Richmoor “Meals for 4” are very similar to Philmont commissary issue and can be purchased at most outdoor sports stores.

This type of session maximizes training without requiring the commitment of a complete weekend. It also provides an opportunity to evaluate map and compass skills as well as to determine which crewmembers are not in shape. Finally, it stresses all the skills that will be needed for the May overnight.

Mid May - 15 mile, 2-night shakedown hike with all personal and crew gear. The advisor should make a final determination of those crewmembers (including adults) that are not physically ready for the trail. Holding the shakedown in May provides the opportunity for two months of additional physical conditioning before leaving for Philmont.

Four weeks prior to departure - A second 15 mile, 2-night shakedown hike with all personal and crew gear. This will be your final opportunity to refine crew operations and practice low impact camping skills, as well as checking out personal and crew equipment. It should also give you a chance to find out which crewmembers haven't been hiking enough in their boots. Those who have spent time in their boots won't get blisters. If a crewmember does get blisters, he will have several weeks to heal before hitting the trail at Philmont and he will know where he needs to apply moleskin for protection.

Two weeks before departure – Ensure that all paperwork including medical forms, copies of health insurance cards, first aid and CPR certification are turned in. Stop drinking any soda or coffee to wean yourself away from caffeine.

One week before departure - Final backpack and uniform inspection. Every time that this final shakedown is held, it is amazing the amount of personal gear that is still missing. Remind crewmembers to pack their boots or have the entire crew wear their boots to the departure site. This may sound crazy, but on several occasions, boots have been left behind and had to be shipped overnight to Philmont. There are a couple of reasons for this. First, crewmembers typically don't pack boots in their backpacks before going out for a hike. They wear them! Second, trips to Philmont usually depart early in the morning when a teenager's mind is not working on all cylinders and boots are hard to see, sitting on the floor. This is especially true if he has been up all night, doing his final packing. Use the checklist included in Appendix E to ensure that you have everything before you head out the door. This final session is also a good opportunity to answer questions and pass out information to parents.

For crews that have never backpacked together, this training schedule represents the suggested minimum required preparation. Based on your crew's ability, you may elect to modify the number of hikes and meetings shown. Even with an experienced crew, it is still necessary to hold at least one day and one overnight shakedown.



There are four other measures that you can use to help bring your crew together. The first is the 50 Miler Award. All treks at Philmont have sufficient mileage to qualify your crew for the 50 Miler Award. However, the three hours of conservation work performed by each crew at Philmont is seven hours short of the ten hours needed for the award. This means that your crew will have to complete these hours of service work at home. There are numerous acceptable projects available at the local national, state, and county parks. This work is an excellent way to build crew camaraderie and provides service time for those crewmembers needing it for advancement. If you finish the seven additional hours of conservation work before you leave, you can present your crew with the 50 Miler Award when they come off the trail at Philmont; a nice touch.

The second measure is merit badge advancement. Unlike other summer camps, Philmont does not offer merit badges. However, by planning ahead, every crewmember should be able to earn Backpacking Merit Badge, especially if the crew is doing a higher numbered itinerary and it takes two or more shakedown hikes prior to leaving for Philmont. There will be many opportunities both during travel and on the trail at Philmont to teach and test crewmembers on their knowledge gained. The crew may also want to consider earning Hiking Merit Badge and doing some preliminary work on Astronomy Merit Badge. You can't beat Philmont's night skies (for those that can stay up that late) for stargazing. The use of Personal Fitness Merit Badge as a means to improve the overall physical stamina of the crew was discussed earlier.

The third measure is to have the crewmembers complete the Leave No Trace (LNT) Awareness Award as part of their pre-trek training. Boy Scouts of America and Philmont have adopted the LNT principles as the means to instill an awareness of minimum impact backcountry camping and hiking skills. Excellent training materials for crews are available at [www.lnt.org](http://www.lnt.org). Be sure to practice LNT during your shakedown hikes and while on the trail at Philmont. Better yet, take LNT back to your troop and make it a part of their camping practices.

The final measure is to develop your own crew t-shirt. A crew t-shirt helps to build crew unity and does wonders for crew dynamics. It lets other people at Philmont know where you are from. We have seen some really great crew t-shirts, some of which are pretty funny. Gather your crew up and let their creative juices flow. Our crew t-shirt became the uniform of the day as soon as our Class A uniform shirts came off. The crew wore their t-shirts everywhere while in Base Camp. It also became our in-camp t-shirt while on the trail. We found out that our crew shirts got pretty well destroyed if we wore them as our hiking shirts. We provided each crewmember with two t-shirts and gave a t-shirt to our council contingent planner and our Ranger.

Troy Hayes' crews took crew shirts to another level. They bought CoolMax t-shirts from Campmor and then had a local silk screener apply their crew logo. A word of caution however. Synthetic t-shirts are sometimes do not hold ink well, so check with your silk screener and be sure to buy an extra for him to experiment with. As of 2005, "wicking" type t-shirts have become more common and many silk screeners are prepared to deal with them. Both T.W. Cook's and Gary Boyd's crews were able to order them from a local supplier for only \$3 to \$4 more than cotton. Both crews decided it was well worth the investment. You can also order crew t-shirts from Philmont, which will be customized for your own crew.

If your crew leader has not been predetermined, then sometime during the early stages of your crew training program, you should elect (or in some cases select) the crew leader and his assistant. One method we both have used is to hold the election of the crew leader AFTER the first or second shakedown. For crews that haven't camped together before, doing this allows the crew to "test drive" its leader before finally selecting one. We also encourage designating a crew quartermaster to be responsible for the crew's equipment.

The crew training that has been outlined above provides an excellent opportunity to establish the crew leader's authority and let him grow into his job. We also believe that you need to have a specific training session for your crew leader and his assistant to review leadership styles as well as their roles and responsibilities in assisting you in getting the crew ready to go to Philmont. Boy Scouts of America's Junior Leader Training syllabus has an excellent discussion of leadership styles. Two other excellent resources are *Outdoor Leadership* by John Grasham, Mountaineers Books, (800) 553-4453 and *AMC Guide to Outdoor Leadership* by Alex Kosseff, Appalachian Mountain Club Books (also available in the Scout Catalog. A crew leader's orientation, prepared by the Philmont staff, has been included at Appendix B. It is another excellent handout for your crew leader and provides some discussion points that should be included as part of your Philmont training program.

### **First Aid and CPR Certification**

Philmont requires at least one person, preferably two (either an adult advisor or a crewmember) in each crew to be certified in American Red Cross Standard First Aid, including CPR, National Safety Council Level II, or the equivalent. Philmont is a great excuse to try and get everyone in the crew trained, so try and set up a group session. Several hours may be required for a Philmont medical staff member to reach a remote backcountry location. First Aid and CPR training will enable you to give proper and prompt treatment to injuries or illness until more skilled medical help can arrive.

If available in your area, we recommend taking a Wilderness First Aid course to provide additional skills in dealing with backcountry medical situations. Philmont accepts certified Wilderness First Aid (WFA) and Wilderness First Responder (WFR) in lieu of Red Cross Standard First Aid. All of T.W.'s 2005 crew and ten of the twelve members of Gary's 2005 crews were WFA certified; an extra comfort factor for their advisors.

American Heart Association CPR training is also an acceptable alternative to Red Cross CPR. Be sure and bring your certification cards with you when you come to Philmont so that your training can be verified. Your certification cards **will be checked** at Registration upon your arrival at Philmont. Do not arrive at Philmont without your certification cards or without a member of your crew meeting the first aid and CPR requirements.

### **Medical Preconditions**

The Philmont medical form, the *Guidebook to Adventure*, and this guide all make it a point to identify and discuss the very real risks involved in participation at Philmont and the medical preconditions that could elevate these risks. All potential Philmont participants, their parents and **their physicians** need to be aware of these risks to better evaluate their ability to participate in light of their particular health history and medical preconditions.

Philmont is a big place and it could take several hours to get help in the event of a medical emergency. You do not want to be faced with a medical situation that could have been prevented with a little foresight and preparation. Philmont is extremely tough on letting people into the backcountry with medical preconditions. Crewmembers with high blood pressure, insulin-dependent diabetes mellitus, seizures, asthma or who must carry special medications will come under particularly intense screening during the medical recheck that is conducted during your in processing activities at Philmont.

In 1992, it took Coop's crew almost two hours to clear the Health Lodge because one crewmember had a record of asthma attacks that occurred several years before. Although this crewmember brought an inhalator with him, he was required to buy two more that were to be carried by his tent buddy and an advisor. In 2005, Mimi had a similar experience with a youth in her Venturing crew, who had brought an expired inhaler for her asthma. This prolonged the health check for thirty minutes, and the young lady was also required to purchase an additional inhaler. In 1996, an overweight crewmember from our contingent, who also had asthma, never made it to the trail and was flown home two days after he arrived at Philmont.

It is imperative that you are aware of existing medical preconditions for all of your crew (including the adults). If you are not sure whether a medical precondition will keep a member of your crew off of the trail, have that person send his/her complete medical records to Philmont early and let Philmont decide. In 1996, Coop had two of his crewmembers send their records to Philmont six months ahead of time. Ultimately, one crewmember had to be dropped as result of this early screening.

While at Philmont (and when on your training hikes before Philmont), it is important that the entire crew be made aware of any known medical preconditions, so if something should happen on the trail, they can be prepared. In 2005, T.W. had a crewmember with medication-controlled epilepsy who had been seizure free for over a year as prescribed by Philmont. He had his doctor contract Philmont well in advance to ensure that they had all the information they needed. Because of this, his medical check in was very straightforward. However, later on the trail, he had dehydration problems because neither he nor Philmont realized that his seizure medication was a diuretic.

We have included at Appendix C, information on chronic illnesses that each crewmember should receive early in the training program. Philmont is no place to keep potential medical problems hidden away. Information on prior heat and skeletal injuries should be understood early on.

Another area that needs to be discussed with parents is who has the responsibility to ensure that youth crewmembers are taking their prescribed medications. Philmont's policy is that all

crewmembers are responsible for taking their own medication, but you may choose to handle this differently in your own crew, depending on the maturity of your crewmembers. There are three ways to handle this problem: the advisor holds and dispenses the meds, the youth member holds and dispenses the meds, or the youth member holds the meds and takes them in the presence of the advisor. Assuming that a youth will take his meds on his own does not work! Fatigue, weather conditions, and long days can disrupt a med schedule and possibly cause a condition that forces a crewmember off the trail. We strongly recommend that you discuss this topic with the parents and the crewmember involved, even before you take your first shakedown hike.

A final point to remember. If you have a crewmember that has to take meds and comes off the trail, there is NO ONE back in base camp (including the Health Lodge) that will be there to ensure that the meds are taken! This turned out to be a major problem for one contingent when a youth who returned to base camp and failed to take his meds.

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 is allergic to some food products or requires a special diet, suitable trail food must be purchased at home and brought by that individual to Philmont. Package each day's meals separately and write the person's name and expedition number on each package.

Upon arrival at the ranch, give the food to your Ranger who will take it to Logistics. Arrangements will be made to transport it to the appropriate backcountry commissaries for your crew. There is no fee reduction for individuals who bring their own food. Appropriate substitutions can be arranged for food served in the dining hall by speaking with the dining hall manager prior to arrival at Philmont. Philmont asks that food substitutions be only for medical (including allergies) or religious reasons. If there is any question about food substitution, contact Philmont at (505-376-2281) or in writing.

### **Emotional Problems and Learning Disabilities**

Advisors should review individually with parents any emotional problems or learning difficulties, including Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD), that their child may have. We know that Philmont can be a significant emotional and physical experience in the life of a crewmember. It is therefore important to stress to parents that you will be acting as their surrogate for a two-week period and that any information they share with you will remain strictly confidential. Although the Philmont medical form should contain all medications that are to be taken, some parents are reluctant to indicate that their child is taking something to help control his or her behavior. Coop had a crewmember try to hit another crewmember with a shovel when he became emotionally stressed out. Fortunately, he was able to grab the shovel before anyone was hurt and calmed him down. After the incident, Coop found out that the crewmember was on medication for an emotional problem and that he had simply forgotten to take it.

On one of Wally's treks, a crewmember with a learning disability needed to have instructions repeated three or four times until his brain made the connection. Although the crewmember was

really bright, it took repetition for him to completely understand instructions. When his crew went spar poling, Wally advised the backcountry staff and they provided extra help to successfully guide the crewmember up the pole. The same was true for rock climbing. In addition, when this crewmember was given instructions by other crewmembers that did not know of his learning disability, Wally would step in and calmly repeat the instructions to prevent the crew from becoming frustrated. Advisors, please talk to the parents of your crewmembers concerning any special situations that you should be aware of before you leave home.

## **Removal of a Crewmember**

Removing an adult or youth crewmember is, by far, the most difficult issue that a lead advisor may face. There are so many factors involved with the removal of a crewmember that it can become an extremely difficult and emotional issue for all involved to resolve. Unfortunately, what most often happens is that the lead advisor chooses to ignore the situation in the hope that things will improve prior to going to Philmont or while on the trail. Most experienced advisors have seen instances where the behavior of a single crewmember ruined the entire Philmont experience for the rest of the crew.

The most common reason for removing a crewmember is that they are not in shape. The second most common reason is that they lack the emotional maturity to take care of themselves and to work cooperatively as a crewmember. It is certainly interesting to note that both of these issues should have been uncovered during the crew's scheduled shakedown. However, as it usually turns out, the problem crewmember is usually the one who, for whatever reason, keeps missing crew training sessions and shakedowns. As a result, he or she becomes an unknown quantity when it comes to physical conditioning and emotional maturity.

The situation is further compounded by the fact that by the time the problem is uncovered, the crewmember will have already spent over \$1500 to participate and getting refunds from Philmont and the local council is almost impossible. The best method we have found is to communicate your expectations for all crewmembers and their parents very early in the planning process. Some experienced advisors, like Dr. Bob Klein, even use a written contract outlining their trek expectations that must be signed by each crewmember. Included in your expectations should be the following:

- No crewmember can be a hypothermia risk to the other crewmembers. When it rains at Philmont, the temperature can drop into the 40s and 50s and the wind picks up, all hypothermia conditions are present. On the trail, crewmembers must be physically able to sustain a reasonable pace to keep generating heat.
- Crewmembers must participate in a pre-set minimum number of shakedown hikes and training sessions. If a crewmember misses a shakedown hike or training session, he or she should work with the advisor to get the needed training or take an additional hike.
- Crewmembers must be willing to perform their assigned in-camp tasks, without advisor intervention. Less emotionally mature crewmembers, when they are tired, have a tendency to

shirk their tasks. This means that other crewmembers have to pick up their load, creating tension within the crew.

- Crewmember must have the maturity to take care of themselves by staying hydrated, eating the Philmont-supplied food, keeping clean and taking their personal medications while in the backcountry. On weekend shakedown, not drinking or eating enough, not keeping clean, or missing personal medications may not cause an immediate problem. At Philmont, with a longer its longer duration on the trail, failure of a crewmember to take care of himself or herself can have a cumulative effect, thereby impacting the entire crew.

As an advisor, you may be faced with a similar situation involving a crewmember early in your crew development process. Always remember that your first responsibility is to the crew and not to an individual crewmember. You must step in early and talk to the problem crewmember along with his or her parents. We recognize that parents love their children and they may be the ones who are putting their son or daughter in a situation that they are physically and emotionally unable to handle. Making the tough decision to remove a crewmember may cause hard feelings between the advisor and the crewmember and his family. However, in the end, the crew will realize that the right decision was made and will become an even stronger group on the trail.

The problem is further compounded after you arrive at Philmont and you have a crewmember that suddenly decides on Day 4 or 5 that he or she no longer wants to stay on the trail. Philmont does not have a procedure to handle this type of situation. Hikers will ONLY be taken off the trail if the Health Lodge deems that they have a medical emergency or if there is a major family difficulty back home. Basically, you and your crew are stuck with this person. Some hikers have made the situation even worse by sulking, intentionally injuring themselves, walking at a slow pace causing the crew to miss program and arrive late in camp or refusing to carry their share of the crew gear. The only thing you can do is keep pushing and prodding the hiker on and try to ensure that the rest of the crew does not fall apart as a result. You may have to unload his pack and have other crewmembers carry his gear, but the hiker is not coming off the trail!

Stephen Braunlich, Crew 1519's second Ranger, recounted an incident that happened during the 2003 season. An advisor's son, who did not want to be at Philmont in the first place, developed a clique of others in his crew who, like him, did not want to be on the trail either. This group of four was able to convince two more easily manipulated members of the crew to join them. While camped at Uracca Mesa, one of the group figured out that if the crew committed a serious bear violation, they would be taken off the trail and sent home. That evening, they buried two uneaten pilot biscuits. Although this violation was discovered before anything happened, these young men had endangered their crew as well as the other crews camping in the area. They also could have caused the death of a bear. These four young men who did not want to be at Philmont should have been discovered earlier during pre-trek training and made to stay home, even though their parents wanted them to go.

## **Crew Equipment**

There is an ongoing debate as to whether to bring equipment from home or use Philmont's. There are two reasons for bringing your own equipment. The first is that returning Philmont's equipment takes time. Every pot must be scrubbed and all tents must be dried and inspected. This is not to say that if you use your own equipment that you can skip this part, but it allows you to bypass the long lines of other crews waiting to turn in their borrowed equipment.

The second and more important reason for bringing your own gear is that your crew will have an opportunity to become familiar with it during your shakedown hikes. If you do decide to bring your own tents, make sure that they are meticulously clean. This is especially true if you are using a troop tent. Who knows how many Hostess Twinkies, candy bars, and peanut butter and jelly sandwiches have been consumed inside! Bears and other animals at Philmont will be attracted to food odors on your tent. If your tents have never been washed before, sponge them out with warm water and a mild soap several months before you leave for Philmont. Non-scented soaps for washing clothes are available from stores that sell hunting supplies. Once the tents have been washed, we keep them with the crew until we go to Philmont to ensure that they do not get re-contaminated with food odors.

## **Tents**

Philmont requires everyone to sleep in a tent. Sleeping out underneath the stars or in bivy sacks are not allowed in keeping with Philmont's bear protocols. You don't want a foraging bear to think that you are a log at night and roll you over looking for grubs. Hammocks are no longer allowed since their use by campers over a summer has been shown to damage the trees. Philmont will allow a single person tent in the event of an odd number crew. Otherwise, it is two-person tents.

The tent issued by Philmont is the BSA Philmont Backpacker tent. With poles, it weighs at least 5 ½ pounds. Several popular 2-person backpacking tents (such as the Sierra Designs Clip Flashlight) weigh less than 4 pounds. So, our advice is to use your own tent unless it weighs more Philmont's.

Tents need to be waterproof. Test this by setting up the tent under a lawn sprinkler. If they leak, reseal and retape all seams. On the trail is the wrong time to find out that things leak.

- Ground sheet: Tents need a ground sheet. Coated nylon and heavy-duty plastic work fine. For Philmont tents, the footprint should be 5'-6" by 7'-6". Dupont Tyvek, if available, makes an excellent footprint and is lighter than plastic.
- Tent Pegs: The ground at Philmont is rocky and hard. Tent pegs must be able to take a pounding without bending. The metal wire tent pegs that typically come with tents bend. A stronger tent peg is needed. Our recommendation is aluminum gutter nails. Gutter nails can be purchased at hardware stores. The big box home centers (such as Home Depot) typically sell them with ferrules, and thus are probably more expensive. A local lumberyard will probably sell them cheaper without ferrules.

Philmont will also issue your crew a 12' x 12' nylon fly with 2 poles. Their fly weights about 4 pounds. We brought our own nylon fly at Campmor ([www.campmor.com](http://www.campmor.com)), line and steel pegs (which weighed less than Philmont's) and used trekking poles to support it. A final note, if you use Philmont's gear, the tents require 18 pegs and the crew tarp takes another 8. Philmont does not issue any tent or tarp pegs, so "Be Prepared".

## Stoves

When Coop first went to Philmont in 1958 as a crewmember, all cooking was done over an open fire. Backcountry cooking changed a great deal since then (so has Coop!!) and stoves have become an essential part of crew equipment. We typically bring our own stoves from home. This way we can ensure that they have been thoroughly checked out before hitting the trail. However, most airlines will no longer accept stoves, fuel bottles, and butane lighters as baggage and you will have to send them via parcel post or UPS to and from Philmont.

One crew in Coop's 2000 contingent did not heed this advice and wound up having their stoves and fuel bottles confiscated at the airport during baggage check-in and had to buy new ones when they arrived at Philmont! Before packaging up your stoves and fuel bottles, they must be completely empty and as fume free as possible. If you are bringing a Peak 1 stove or any other type of stove that has a built-in fuel tank, empty all fuel from the tank and relight the stove. This will burn out any residual fuel that may be left in the bottom of the tank and in the generator. Once the stove goes out, pump it up again and let air perform a final purge of the system. Make sure that all fuel bottles have been washed out with Camp Suds and rinsed with water and have had a chance to air dry. Rinsing your fuel bottles will ensure that they contain no residual gas. Remember that you will have to perform these same procedures when you come off the trail in preparation for your trip home.

The last night on the trail, combine the leftover fuel into one bottle and begin washing and airing out the other fuel bottles. If you can wash and rinse the fuel bottles on the trail and give them an evening to air out, you will have fewer hassles when you arrive back in base camp. Once you arrive in base camp, try to find an outgoing crew that needs fuel at the Welcome Center, Logistics or Services. If your crew comes off the trail late, go to Packs and Gas to turn in your extra fuel. Once the fuel bottles have been emptied, wash and rinse them out and begin air-drying. **DO NOT TRY TO BURN THE FUMES FROM THE BOTTLE.** Package the stoves and fuel bottles, but **DO NOT TAPE UP THE BOX.** The Post Office at Philmont will inspect the stoves and fuel bottles (or smell them) and will seal your package after they have been aired out completely. They will then ship your stoves and fuel bottles home.

Philmont recommends that one stove be carried for each four crewmembers. However, because we use 4-quart pots, we only use two stoves, but carry a third for backup. MSR Whisperlite white gas stoves seem to be the most popular at Philmont, but Peak I, Coleman Apex, MSR Dragon Fly, and Coleman Exponent Powermax butane/propane cartridge stoves have also been seen in the backcountry. White gas and Powermax cartridges (introduced at Philmont in 1998) are sold at all commissary stops so you need not carry eleven days of fuel. If you use a white gas stove, we recommend that you bring along a Coleman filter funnel to reduce the possibility of



getting dirty fuel. Be sure and give it to the commissary personnel to use when they fill your fuel bottles. Please note that Philmont does not rent stoves and that no canister fuel except Powermax is sold at Philmont.

Whatever stove is chosen, it is important that you are familiar with it before you leave home. In his book, *The Complete Walker IV*, Colin Fletcher says that most of the trouble with backpacking stoves comes from stupidity and neglect. Stupidity isn't readily curable; neglect is. Check your stove before you leave home and know how to safely operate and maintain your stove on the trail. Stoves demand your crew's respect and care.

Use a wind screen (store bought, natural protected area, or packs and people) to keep your stove lit in windy conditions. Make sure that your crew tops off the stove's fuel tank before starting a meal. It isn't easy to interrupt meal preparation for a refill and it can be dangerous with a hot stove. Make sure that your crew does not overfill their stoves. Both Peak 1 and Whisperlite stoves need an air space that can be pressurized when the stove is being pumped up. Beware of large pots. They spill easily and can entrap enough heat to cause your stove to explode. Fill your stove away from your cooking area so that any spilled fuel will not be ignited when you light your stove.

Should your stove flare up, have a pot ready to place over it to snuff out the flames. Never use a stove in or near a tent. Never open the fuel cap of a hot stove. Always let a stove cool down before refilling it or packing it away. Stow fuel bottles and stoves in a pack's outside pocket. Make sure that tops are on tight and check (before you hit the trail) that the gaskets are not cracked and do not leak. Use a funnel or pour spout when filling a stove. Always empty your stove when storing it; old fuel can separate and gum up the generator. Carry a maintenance kit for your stove with you and KNOW how to use it. Better yet, give your stoves a complete check up before you go to Philmont and make sure they are ready for the trail.

The first rule in lighting a stove is not to light it until something is ready to be cooked or boiled. Likewise, never leave a stove burning with nothing on it. Crews waste gas by lighting the stove and waiting for someone to find the pot and get the water. The second rule is to make sure that the fire circle is established. When the cook crew starts working, everyone seems to migrate to the fire circle, drooling at the mouth with cups and spoons in hand.

If someone walks through the fire circle, he can easily tip a stove or a pot over, scalding the offender or innocent bystanders and wasting food. We know of a crew leader who had to come off the trail in 1999 because he was inside the fire ring and was burned by hot water. As a rule, once the stoves are lit, allow no one in the fire circle other than the cook crew. The penalty for the offender is that he gets to do the dishes.

A question that is often raised involves the amount of fuel is required? IF 4-quart pots with tightly fitting lids are used for heating, and IF dish washing is performed as described in this booklet, and IF stoves are never lit until the pot is ready to be put on the stove, and IF the pot is taken off the stove immediately after the water reaches a boil and then the food is mixed in, two 32 ounce fuel containers is all that is required for the entire trip. However, we typically carry an

extra bottle just in case. Similarly, four or five Powermax cartridges should be sufficient. In 2005, Mimi's crew used two Coleman Exponent stoves with Powermax cartridges, and needed a total of three cartridges during their trek. Gary's 2005 crew scrounged extra cocoa for their cold morning wake ups and needed almost five canisters. A suggested crew equipment list is contained in Appendix D.

## **Personal Equipment**

For most first time Philmont hikers, it is not unusual to spend \$300 to \$500 in equipment. The most often purchased items are boots, sleeping bags, packs, and rain gear. Hopefully, the decision to go to Philmont comes prior to Christmas so that some of the gear may be obtained as Christmas presents.

Most outfitting stores recommend leather hiking boots for Philmont because of the support they provide when compared to high-tech synthetic boots. However, leather boots cost more and are harder to break in. Wally's son Wes required a new set of boots each time he went to Philmont because his feet grew. Spending \$125 to \$200 on leather boots just does not make sense when a synthetic pair of boots costing \$40 to \$90 will work just as well. Outfitting stores will also say that synthetic boots will fall apart due to the ruggedness of Philmont's trails. In his twelve trips to Philmont, Wally has never seen a synthetic boot fail. Coop knows several Appalachian Trail thru-hikers that experienced no problems with synthetic boots. In fact, several thru-hikers preferred the synthetic boots because of their ability to dry out faster than all leather boots. In 2002 and 2005, Mimi Hatch used an all-synthetic boot, the Asolo GTX FSN 95 women's model, and came through without a blister. In fact, she didn't even need any moleskin or Spiroflex.

The jury is still out on Gore-Tex boots. During Coop's 1998 Philmont trek, the boots that got the wettest during a heavy downpour were Gore-Tex. However, we also talked to several Rangers who loved their Gore-Tex boots. In any case, if new boots are needed, plan on purchasing them in early March. This will provide enough time to break in the boots while reducing the possibility of them being outgrown by Philmont. If you do buy leather boots, make sure that they have been waterproofed several times before you head to Philmont.

Some hikers have replaced their boots insoles with a more expensive gel type insoles. In 2002, Mimi replaced her insoles with SuperFeet insoles on the recommendation of several outdoor outfitters. She felt that her new insoles distributed the weight of her foot better and was a factor in her blister-free trek. Most of Dave Parmly's 2004 crew and they did not experience any blister problems.

If you choose to do this, be sure to try out the new insoles during your shakedown hikes. Coop replaced his insoles and found that the new insole raised his heel out of the boot's heel cup and caused a blister. Typically replacement insoles work best when they replace the original insoles, and are not placed on top of them.

It is important that the boot be fitted properly. If your sales clerk does not know how to fit your boots, we recommend going to another store. Boots should always be fitted using the same socks

that you plan to use on the trail. Usually, you can tell if your boot fits properly if you can fit one finger behind the heel of your foot after you have kicked your toes as far forward as possible in an unlaced boot. We recommend that you wear a loaded backpack while you try on your boots in the store, especially if you have high or flexible arches. Most stores will allow you to return your boots if you HAVE NOT worn them outside, so take them home, wear them and make sure they fit.

Each crewmember should wear two layers of socks. The inner layer should be synthetic (polypropylene or CoolMax) sock liner. The liner wicks the moisture away from the foot to the outer sock. When the foot is dry, there is a decreased chance of getting a blister. Some of the new high tech socks state that an inner layer sock is not required, and there are a growing number of hikers who successfully trek without sock liners. Christian Braunlich, a Philmont Ranger and REI employee, still uses two layers even when he wears his high tech socks for the extra protection. Heavy wool socks, as outer layers are great. However, some crewmembers do not like the feel of wool socks and they take a long time to dry out once they get wet.

Coop likes the all-synthetic Thorlo Hiking sock that does not itch and dries quickly because it contains no wool. Wally, Mimi and Mary Lane use Smart Wool socks. Stephen Braunlich used Dalhgren Low Volume Alpaca wool for 75% of his hiking and never got a blister. The rest of the time he used a set of REI Merino wool socks. Even though these socks contain wool, they are very soft and dry much quicker than the all-wool rag socks.

Like most backpacking equipment, it really comes down to a matter of personal choice. Whatever type you use, pack three pairs of outer socks and two or three pairs of sock liners. Make sure that you check the condition of your crew's socks before you head for Philmont. Look for badly worn spots that will lead to blisters on the trail. Too often, crewmembers will buy new boots and neglect to buy new socks. Socks do wear out! If the socks' padding capability is worn down, get new ones.

Hikers also need to pack an in-camp shoe that can be worn once you get into camp and can get your boots off. A set of moccasins or running shoes makes an excellent in-camp shoe. Teva or Chaco style sandals without closed toes are now permitted in the backcountry, although Philmont requires that they be worn with socks. If sandals are selected as camp shoes, they are not permitted in cooking or activity areas. Philmont still requires the wear of a closed toe shoe or boot when cooking, branding, rock climbing, horseback riding, spar pole climbing, and your conservation project.

Getting into in-camp shoes gives your feet a rest and gives you an opportunity to sun dry your boots. You may want to bring along a set of in-camp socks. Mimi uses a Coolmax ankle style for her in-camp sock that is cooler and lighter than wool and dries quickly when washed. Whatever type of in-camp shoe you choose should have a low impact sole that keeps it from further damaging the ground of your already over-camped camp site. In-camp shoes should be easy to get on and off for those late night visits to the latrine. And finally, they should be comfortable enough for you to hike in to the next campsite, if you are having severe boot problems.

You will see many different styles of walking sticks on the trail. Some hikers prefer a single stick. However, over the last several years, Coop has become an ardent believer in using two walking sticks. The sticks are adjustable and can be lengthened or shortened according to the terrain. They provide much needed support and relieve some of the pounding that would normally be absorbed by your body. A medical study has shown that the use of two hiking sticks results in 250 tons of pressure being transferred from the back, knees and legs to the arms during an 8-hour hiking day. They also serve as poles for the crew tarp eliminating the need to carry additional equipment. They can be a pain if you are the crew photographer trying to take a picture. However, some walking sticks have integrated camera mounts, which allows them to be used as monopods for on-the-trail full crew shots.

We have found that an inexpensive pair of ankle high gaiters to be indispensable on the trail. Gaiters help keep your boots and socks clean and dry. They also prevent small rocks and sand from getting inside your boots. Knee high gaiters are just too warm.

Sleeping bags should be filled with synthetic fiber, weigh less than four pounds, and be rated to 25 degrees. A mummy bag is lighter and warmer than other design types. At Philmont's higher elevations, the temperature gets into the thirties at night and there always seems to be a stiff breeze blowing. Other than boots, the sleeping bag is the most important piece of equipment a crewmember will bring to Philmont. Crewmembers need to know that the one and only place where they will always be warm and dry is in their sleeping bags, inside their tents.

Care must be taken to assure that the bag is properly treated. Crewmembers must never get into their sleeping bags wet, because the moisture reduces the warming ability of the bag. During the night, the bag also absorbs moisture from the body. Every opportunity should be taken to air out the bag. Otherwise a 25-degree bag will become a 30-degree bag the next night and so on. Down sleeping bags are not recommended because they lose their insulating capability when they get wet. Even though most sleeping bags come with a "water-proof" stuff sack, an additional plastic trash bag or an Army waterproof bag should be placed in the stuff sack to provide a second layer of protection.

An inexpensive closed cell pad is a must for all crewmembers. Not only does it provide a comfortable sleep even on those not-so-level places; it also prevents heat loss downward and provides a barrier against moisture should your tent leak in a heavy rain. Cascade Design produces the Z-Rest, an excellent pad that is very comfortable and is less bulky than traditional pads. For advisors, we recommend a Therm-A-Rest sleeping pad because of its ability to provide a good night's sleep. Either pad will add 5-10 degrees of warmth when compared to sleeping directly on the ground. While a Therm-A-Rest pad costs around \$50, it is well worth the investment. Therm-A-Rest pads come in two models; the full length and the 3/4 length. Although the full-length model is a little heavier, it keeps the feet off the ground that could keep the sleeping bag dry should your tent floor get wet.

It is really difficult to give advice to crewmembers regarding rain gear other than it is a must and it should be good quality. You should note that the ONLY rain gear listed on Philmont's

personal equipment list is a rain suit and NOT a poncho. If a crewmember has money to burn, a Gore-Tex rain suit would be recommended. Gore-Tex allows perspiration to escape while keeping rain out. However, a Gore-Tex rain suit typically costs \$150 to \$300 and can be heavier than coated nylon. Both Coop and Mimi have switched to Marmot's PreCip jacket, a less-costly alternative to Gore-Tex for breathable, waterproof raingear for under \$100. A lightweight coated nylon rain suit works almost as well and costs under \$60. Several members of Dave's 2004 crew and two members of Gary's 2005 crew used Frogg Toggs ([www.froggtoggs.com](http://www.froggtoggs.com)). Although they are not as compact as coated nylon, they are breathable and relatively inexpensive.

Do not purchase the less expensive, but much heavier PVC rain suit. The beauty of a rain suit is that the jacket can also be used to keep warm, when layered with a wool or fleece sweater. Our Philmont Rangers thought that an inexpensive rain suit was far superior to the most expensive poncho. Before you buy any type of rain gear, make sure that it states "waterproof" and not "water resistant". Water resistant fabric may handle a light dew, but will become water logged and soak the wearer after only a few minutes of an afternoon Philmont rain.

Prior to going to Philmont, you should test your rain gear. Your neighbors might get a chuckle, but wear a light colored t-shirt under your rain gear and get sprinkled with the water hose for about 10 minutes. This will provide a good test to determine whether your raingear needs to have a treatment such as Nikwax's TX-10 Direct applied. Sarah Rogers, a Philmont Ranger, has been known to stand in the shower at home to check out her raingear!

Most crewmembers wear hiking shorts and t-shirts throughout their trek. What we have found that works the best is to have a set of hiking clothes and a set of in-camp clothes. After setting up camp, wash the body salt from the t-shirt, shorts, and socks you have worn on the trail. Philmont has recently established a new policy of no clotheslines in the backcountry because of the damage 20,000 campers can cause to the trees at its campsites each season. So we suggest stringing clotheslines between tents, draping your clothes on rocks, or hanging them from the ridgeline of the crew tarp. In the morning, even if your hiking clothes are not completely dry, put your t-shirt and shorts on. Don't worry; they will dry out while on the trail. Wet socks can be safety pinned to the outside of your pack to dry as you walk along the trail. Diaper pins, because of their size, make excellent drying pins.

Cotton underwear? No way. Both Wally and Coop use nylon blend hiking shorts with an inner brief to provide support. The smooth surface of the nylon shorts also helps to reduce the chaffing for hikers with thunder thighs like the two of us. George Kain wears a set of synthetic (CoolMax) underwear under his Philmont cotton shorts. Other advisors have worn unpadded nylon bike shorts or a Speedo swimsuit under their hiking shorts for support. All of us agree that cotton underwear is impossible to keep clean and dry.

We recommend as a minimum that the t-shirts be 50/50 cotton. If you can find an all synthetic t-shirt (Philmont now sells a Duofold t-shirt in the Trading Post), use it for your hiking t-shirt. Both Road Runner Sports, (800) 551-5558, [www.roadrunnersports.com](http://www.roadrunnersports.com) and Campmor, [www.campmor.com](http://www.campmor.com), sell CoolMax shirts at very competitive prices. Synthetic t-shirts will wick

the sweat away, protect you from losing heat due to moisture during colder weather, and dry quicker when washed.

Crewmembers will also need a set of sleep clothes (t-shirt and a set of nylon running shorts) that is kept in a waterproof plastic bag in their sleeping bag and is only worn while sleeping. When getting ready for bed, each crewmember takes off his in-camp clothes and places them in a plastic bag. This past year, crews got conflicting guidance from their Rangers concerning where to put their in-camp clothes when they headed to bed. Some crews were told to put their in-camp clothes back in their packs or under the tarp, which were then placed inside the “Bearnuda” triangle (see Camp Setup). Other crews were to throw the plastic bags containing their in-camp clothes away from their tents. The only time crewmembers were told to put their in-camp clothes in the “Oops Bag” (see Bears and Bear Bags) was when they had major food spills on them thereby making them a smellable. The bottom line is that in-camp clothes should never be stored inside tents because they could contain food smells.

Over the past several years, because of the poor snow pack and lack of rain, there was very little for the bears to eat, so bears got used to going into Philmont’s low country to look for food. Rangers will spend a great deal of time discussing your crew’s actions to minimize the chance of a bear incident occurring, including the use of sleep clothes. Another way that crewmembers can bring non-human smells into the backcountry is through the use of fabric softeners on their trail clothes before they arrive at Philmont. Fabric softener fragrance will last on trail for several days until an individual’s natural body odor takes over. You may have to wash your clothes several times without soap at home to ensure that there is no detectable odor. Or you can purchase non-scented soap from stores that sell hunting supplies. Remember, bears don’t see well, but they have a tremendous sense of smell. The bottom line is if you are going into bear country, it is best to sleep in clothes that have not been exposed to any smells.

A set of lightweight synthetic (polypropylene or other type fabric) long underwear can be a plus on the trail, especially if you are scheduled to arrive at Philmont early in the camping season when the mornings are still cold. Long underwear can also be used as a means of increasing the warmth of your sleeping bag, especially if your trek has you camping at higher elevations. We suggest bringing your long underwear with you and making the decision whether you will bring it on the trail during your shakedown at base camp.

In 1997, no one in Mimi’s crew (with the exception of one adult) brought long underwear on the trail and they did not miss it. But in 2005, with a trek early in the Philmont season, her whole crew found value in their long underwear. Peter Bernier, a member of Coop’s 1996 crew, wore his polypro and fleece to keep warm during several hailstorms and heavy rains that occurred during his 1997 Rayado trek. Again, it is a matter of when you go to Philmont and the elevations where your crew will be hiking.

An outer warm layer is absolutely required. Although wool has been a traditional choice, synthetic fleece has taken over because of its lightweight, ability to dry quickly, and softness. **DO NOT rely on cotton sweatshirts to keep you warm!** A fleece or wool knit hat is an absolute must in the backcountry. The body does not have the ability to reduce blood flow to the

head to save heat as it does with other extremities. A knit hat offers tremendous warmth for minimum weight. Both Wally and Coop have used their knit hats each year they have gone to Philmont. Buy these items before the end of January before the stores change over to their summer stock.

Long pants are required for spar poling, horseback riding, branding, and the conservation project in addition to the obvious of keeping warm. Most crews we saw wore high nylon content pants that were extremely lightweight and dried out very quickly. Convertible pants with legs that zip off allow you to carry long pants and an extra pair of shorts with just one garment. T.W. and several of his 2005 crewmembers bought two identical pairs of nylon zip-off pants and then left one set of legs at home. This way they could zip the legs onto whichever pair they were wearing at the time.

An acceptable substitute is to wear your long underwear bottoms under a pair of hiking shorts. Rain pants will also work, but there is the possibility of damaging them during spar pole climbing. Stay away from jeans or sweat pants. Both are made of cotton and are impossible to dry out once they get wet.

Some hikers like wide brim hats. They provide protection from the increased level of ultra violet rays found at higher elevations, but are cumbersome while hiking. If a baseball cap is used, be careful of severe sunburn on the tops of the ears and the back of neck (although a bandanna tied around the neck can provide some protection). For fair complexion crewmembers, we recommend a 30 SPF sunscreen as a minimum. Coop uses 50 SPF because he has fair skin. The sun and low humidity can also cause severe chapped lips. The one lip balm that seemed to work best and received outstanding reviews by both our crews was Carmex. There are also other lip balms, like Chapstick, on the market that contain sunscreen that can reduce the possibility of sun burned lips.

Each crewmember needs a minimum of three 1-quart/liter canteens. If you know that your itinerary will have a dry camp, we suggest that each crewmember bring along a lightweight 1-quart plastic bottled water bottle (or better yet, a roll-up canteen made by Nalgene) in addition to the regular canteens. Because it was exceptionally dry at Philmont in 1998, 2000 and 2002, each member of Coop's crew had the ability to carry four quarts of water. It is a lot easier to supply the crew with water if each crewmember carries an additional quart of water into a dry camp instead of having one or two members try to carry the very bulky and heavy 2 1/2 gallon plastic water containers.

We have seen more crews using hydration systems (Camelback, Platypus) on the trail at Philmont. Although these systems offer the convenience of being able to take a drink through a tube without having to take off your pack, Wally, Mimi and Coop are not big fans of them for crewmembers, for several reasons. When you drink from one of these systems, it is really hard for an advisor to tell if a crewmember is really drinking enough, unless you are aware of who is urinating and who is not. Wally knows of one crew in 1999, where a crewmember became dehydrated even though he was using a Platypus, because he was simply not drinking enough and his advisor was not aware of his fluid intake.

Hydration systems can build up mildew in their drinking tubes if they are not properly cleaned and are much more susceptible to leaking than water bottles. Personally, we like taking a water break, whether it is a short “packs on” break or a longer “packs off” break to take a good slug of water. In 2005, Mimi used a combination of hydration system while hiking, and a Nalgene for rest stops. During the break, you can quickly assess each crewmember by looking at the water level in each canteen, to see how much water each person has consumed. In addition, most packs have external pockets that provide easy access to a canteen if you need a drink while you are walking.

Although you will most likely going to sleep earlier than on traditional outings, there are night campfires and crewmembers will need a flashlight. Most crews are now using head lamps instead of carrying the larger flashlights.

A butane lighter works better than matches and is more dependable. Get a see-through type so that it is easy to determine when the lighter is out of butane. However, if you are flying, you will need to pick up a lighter once you are finally on the ground since they are now prohibited in both hand carry and luggage. Each crew needs a sewing kit with safety pins. If an advisor travels a lot, ask him to take one from a hotel where he stays. Heavy-duty thread and needles need to be added to this kit in case a pack comes apart. Duct tape comes in handy along the trail for all sorts of jobs from patching tents to attaching a loose sole of a boot. An easy way to carry duct tape is to wrap it around a fuel bottle.

If you can find an old closed cell sleeping pad, you can make your own “Advisor’s Pad” to sit on by simply cutting out a two foot square section. An alternate is a closed cell kneeling pad sold at most lawn and garden shops. It sure is a lot more comfortable than sitting directly on the ground. For those advisors who may have a “deep seated” problem, fold the pad in half to double the cushion. We are also seeing more Crazy Creek chairs on the trail. They provide both bottom and back support, can be used as a sleep pad by those who are really trail nuts and are practically part of a Ranger’s equipment.

If you are using a Therm-A-Rest pad, there is a kit that utilizes the pad for a seat. However, if you do use either of these items, be very cautious when eating. If you spill anything on them, they become “smellables” and must be bear bagged and are no longer available to be used for sleeping. Some rangers discourage the use of any camp seats during meals for this reason.

Be sure to mark all common items such as canteens, crew t-shirts, ragg socks and sock liners with a permanent marking pen. Things begin to look alike after ten days on the trail and it becomes hard to tell them apart. A suggested personal equipment list is contained in Appendix E.

Finally, try to get your total pack weight as light as possible. Heavy packs just sap energy and strength, make you more prone to injury, and reduce your potential for having a good time on the trail. Both Bob Klein and Troy Hayes are real sticklers when it comes to reducing total pack weight. Bob even gives his crew a list of equipment with the maximum acceptable weight for each item of personal gear. He even brings a postal scale to gear shakedown and weighs each



item to make sure that it meets his criteria! If an item is too heavy, it is rejected! You may think that this might be extreme, but Bob's crews typically leave Base Camp with water and food with packs that weigh less than 35 pounds, compared to most crews with pack in the 40 to 50 pound range.

Some advisors are still in the car camping mode when they arrive at Philmont, bringing along that extra something "just in case". This is a huge mistake and the extra pounds will soon begin to affect their performance on the trail. The idea is to leave Base Camp, with the lightest possible pack, with the right amount of personal and crew gear for your trek and no more. Start eliminating ounces from your very first shakedown. A requirement for *Backpacking Merit Badge* is to discuss ten ways to reduce your pack's weight. Some ideas from Troy Hayes and Stephen Braunlich include:

- small rather than large (as in flashlight, knives, etc.)
- right size (e.g., a 4 ounce bottle of sun screen instead of a 6 or 8, a small tube of toothpaste)
- just-as-good-but-lighter (coated nylon rain gear instead of PVC, grocery store water bottles instead of canteens)
- double duty items (bandanna can serve as a towel, handkerchief, and neckband/headband; synthetic long underwear top can keep you warm in the campsite and serve as sleep shirt)
- avoid gadgets (such as Leatherman, hydration systems, heavy camp stools). However, a couple of multi-tools that have scissors for cutting moleskin and can double for a set of hot pot tongs are worth carrying.
- sharing (one set of toothpaste or Camp Suds bottle per tent, crew sunscreen and bug repellent)
- smart purchasing (mummy bag versus a rectangular bag)
- clothing system based on layers
- take only what you need (a cup and spoon for eating gear instead of a cup, bowl, spoon and fork)
- eliminate dead weight (walkman radios, footballs – yes Troy Hayes has seen one!)
- only have two knives and two compasses per crew (one for use and one for redundancy)
- don't take water pumps; they take longer to pump than MicroPur and Philmont is going to make you carry the MicroPur any way.

There are a growing number of ultra-light backpackers who would have a field day with the gear that we take to Philmont. We would have to give up our full-length Therm-A-Rest pads, our in-camp clothes and our camp shoes! These minimalists, however, have the experience, confidence, and physical conditioning to compensate for any mistakes they might make in packing that we as advisors cannot. We encourage you to work with your crews to reduce the weight that each member will carry and believe that the equipment lists in Appendices D and E have been tested over time and represent what you will need on the trail at Philmont.

However, for those of you who might be tempted to try the ultra-light method of backpacking (on your own first and not at Philmont), an excellent resource is *Beyond Backpacking, Ray Jardine's Guide to Lightweight Hiking*, AdventureLore Press, (800) 247-6553. While we don't agree with everything Ray Jardine has to offer, he does present a different way to approach gearing up.

However, many of Philmont's established backcountry protocols rule out most of Jardine's suggestions such as tarp tents, hammocks, etc.

## **Packs**

Unless you come from a very unusual Scout troop, this will probably be the first time that you or your crewmembers have ever carried personal and crew gear, food for several days, and several quarts of water in a pack at one time. Packs that made it for years on troop campouts simply don't have enough volume to handle what you and your crew will be carrying on the trail at Philmont. We find that most Philmont hikers get a new pack before their trek. As an advisor, it is difficult to recommend a type of pack to bring to Philmont. Pack selection really boils down to individual choice and the amount that you are willing to pay for the pack.

External frame packs are the most common and cost significantly less than internal frame packs. They allow you to strap on additional equipment giving you greater flexibility in what you can carry. External frame packs usually come with lots of built in pockets that provide easy access for needed gear. They are also cooler to wear which is a significant plus in the New Mexico afternoon heat. Finally, they tend to ride higher on the hips, which is something, Dave's 2004 crew liked. An external frame pack for a Philmont trek should be a minimum of 4000 cubic inches in size.

Internal frame packs are basically bags that are built around a hi-tech suspension system. They fit closer to your back and almost become a part of you while on the trail. External frame packs feel more like wearing a ladder when compared to the fit of an internal frame pack. Because sleeping bags are carried inside of an internal frame pack, minimum size for a Philmont trek should be no less than 4500 cubic inches. Both Wally and Coop began backpacking with external frame packs but have switched because they like how internal frame packs feel and carry the loads.

No matter which type of pack you have, there are four things that you must do to ensure that your crew is ready to go. First, check to see that the pack is fitted to the individual crewmember. An improperly fitted pack significantly increases its apparent weight and carrying difficulty. The hip belt must fit snugly around the waist to allow the full weight of the pack to be carried on the crewmember's hips while at the same time providing enough padding to protect the hips. The shoulder straps should be padded and fit the width of the shoulders. When viewed from the side, shoulder straps should be level (or a little upward) from the shoulders to the pack frame. If you don't know how to fit your pack, find someone who does.

Second, check the condition of the pack. Most crewmembers have probably never rinsed the salt and sweat from their pack's suspension system. Dry rot of pack's stitching and fabric may already have started. Check the stitching at all stress points in the pack material. Check the grommets on the shoulder straps and hip belt to ensure that they have not pulled out of the pack material. Check the pack frame welds to ensure that they are not cracked. Third, make sure that the pack is large enough to carry all the crewmember's personal gear plus his share of crew gear. Make sure that each crewmember brings along one or two replacement clevis pins and O-rings.

JanSport packs require special nuts, bolts and wrenches that are not readily available at Philmont. Finally, we both recommend bringing a pack cover that is designed to fit your pack. A pack cover will beat a trash bag any day. However, trash bags will work, we just don't recommend them. Just plan on bringing several (4-5) because they will rip and tear on the trail. If a crewmember does not have a pack that you deem adequate, he can rent one at Philmont for a very reasonable cost (2000 cost was \$20.00).

## **Photography**

The two most asked questions concerning photography at Philmont are how much film do I need and what film speed should I buy. Wally took 180 pictures during each of his first three trips to Philmont. In a later trek, he took over 500 because he was part of a crew film cooperative effort (more below)! The answer is that you never can have enough film. A good idea is to plan for one roll of film per day. Although trading posts carry film in the backcountry, sometimes they are sold out and you may not have another opportunity to buy film for several days. Modern films have solved the graininess problem with higher speed film. We recommend taking 400-speed film, which is good for just about every condition. In bright sun, the aperture will get smaller, increasing the depth of field. We are also seeing more and more use of digital cameras in the backcountry.

Developing film may not seem like a major concern, but some places do develop film with a higher quality than others. On each of Wally's first four trips to Philmont, he used a different film processing company. We now both use Photo Works, (800) 746-8696, that can produce both slides and photographs from the same roll of film. We have found that slides are a much easier medium to use when showing our Philmont experience to a large audience while our crewmembers usually want photographs that they can put in a personal album.

Another advantage of PhotoWorks is that your film can be mailed directly from Philmont speeding up the processing time. In addition, with increased airport security, mailing your film from Philmont means you don't need to worry about it being accidentally x-rayed on your way home.

As digital cameras decrease in price, and as photo quality and battery life have increased, many photographers have switched to digital photography. The use of your digital camera at Philmont is only limited by your battery life, but this can be a *serious* limitation. Before committing to a digital Philmont experience, you'll need to understand battery conservation options such as minimizing the use of your preview screen, extensive edits, and other battery drains. As you become accustomed to your camera, you'll be able to more readily gauge the battery life. Most digital camera owners purchase a spare battery; a Philmont trek requires additional backup batteries for an avid photographer. Since digital camera batteries are typically proprietary and costly, you'll need to weigh the costs and benefits. Photos are stored on media cards or sticks, which also must be able to accommodate a trek's worth of pictures, and are a cost factor too.

In 2005, Mimi switched to digital photography for her trek. She carried two 512 MB high-speed memory sticks, and four batteries, taking approximately 400 photos. High speed media are

costlier than slower memory cards, but increase the number of photos, which can be taken per battery. Although Mimi used the proprietary battery, which came with her Sony digital, her three backup non-OEM batteries were purchased on eBay through a US retailer, and provided similar results to the Sony battery, at a quarter of the cost.

Digital photography does provide a very flexible range of options though, which explains its growing popularity. Using processing companies such as Kodak Gallery ([www.kodakgallery.com](http://www.kodakgallery.com), formerly Ofoto) and Photo Works, which provide free downloadable software, you can easily upload your photos into a shareable on-line album. Digital photos can be emailed, or put into PowerPoint presentations. In addition, you can get prints of any or all photos, through an easily used on-line selection process, and in a variety of sizes (including poster size). Although the cost per print can be higher than print film, there are quantity discounts, and you only print the photos you like, which is a big cost savings. With the exceptional quality provided by current photo printers and quality photo paper, many photographers are also choosing to print their own pictures, with professional results.

Crewmembers love to bring cameras but generally take few good pictures. During Wally's first three trips to Philmont, he took pictures and offered the negatives to crewmembers that wanted selected prints. Some negatives from his 1991 trip still have not managed to find their way home! A better way is to have the advisors take the pictures and offer the finished product to the crew. However, should you become the official crew photographer, you will find that you are the one that is continually left out of the crew pictures.

You should always take two cameras so that you will always have a back up in case one has a problem. In 2000, Coop's trusty Olympus camera, a veteran of several Philmont treks, died while on the trail. Luckily, we were able to borrow another camera for the remainder of the trek. With two cameras, you will also have an opportunity for more than one advisor taking pictures so that each will be featured in some shots.

During Wally's 1992 trip, the ultimate solution was "developed" - a film cooperative in which each member received a copy of all the pictures taken by members of the cooperative. The co-op used two or three high quality cameras with telephoto lenses that were carried and used by advisors. Crewmembers did not have to carry cameras that meant less weight for them. Each member shared equally in the cost of the film and its developing. Nine crewmembers representing every family in his crew decided to join the co-op. The final cost per member was \$53 for almost 500 prints from 14 rolls of film. Advisors also were featured in more pictures thus providing them more memories.

If you decide to form a film co-op, call Photo Works to set up an account. Troy Hayes has taken the film co-op to a new level by going with digital cameras. In 2003, he shot over 400 pictures with two 256 MB cards. All pictures were consolidated onto a compact disk (CD) and the best were made into a scrapbook, also on the CD. Each participant got a printed scrapbook and a CD with all the pictures.

The following are some photographic tips for Philmont:

1. Cold temperatures (especially in the high country) eat weak camera batteries. When climbing Baldy or Mount Phillips, you may want to keep your camera inside your outer garment just to keep it warm. Be sure and purchase new lithium batteries before you go. Coop always takes along a spare battery, just in case.
2. The best time to take pictures from the top of Baldy Mountain is between 9:30 am and noon because the sun will light up the spectacular scenery behind Baldy.
3. The best time to take pictures from Window Rock and Cathedral Rock is between 1 pm and 4 pm. WATCH OUT FOR AFTERNOON STORMS.
4. The ideal time to take pictures from Trail Peak, Shaefers Peak and the Tooth of Time is 11 am to 1 pm because these locations offer panoramic views and the sun is in the best location. BE CAREFUL OF LIGHTNING STORMS!!
5. You can take pictures of Baldy Mountain from the top of Comanche Peak from 7:30 am to 1 pm. After 1 pm, the sun is in the perfect position to take shots of Tooth Ridge.
6. Philmont offers some of the best campfire programs. However, a flash is required. Remember that flash shots are only good if the camera is 10 feet or less away from the subject.
7. Bring your camera to all program areas. They offer some great opportunities to take pictures of your crew in action other than hiking.
8. When photographing faces, especially within 15 feet, use the fill flash mode (if available on your camera) to avoid shadows on faces.

## **ARRIVAL AT PHILMONT**

### **Be Prepared**

When you arrive at Philmont, both you and your crew are going to be pretty excited. After months of planning, you have finally made it! However reality sets in when you realize that you will be just one of approximately 30 crews that have arrived that day. Each one of these crews will have to go through the same in-processing routine. We have found that if you and your crew are prepared for in-processing, the time can be shortened and the amount of confusion can be lessened. Try and remember that the order of the in-processing activities described below will vary depending on the number of crews that arrive at the same time that you do. Although you may feel that in-processing activities looks like chaos, it is very controlled. Your Ranger is following the rule of “scramble, be flexible” to get your crew completed as soon as possible. So stay calm and “Semper Gumby”, always flexible.

### **Welcome Center**

When you first arrive at Philmont, get your crew to form a pack line outside the Welcome Center. You and your crew leader will go inside to receive the first of your administrative paperwork and meet your Philmont Ranger. By the end of your Ranger's three-day stay with you, all your crewmembers will all want to return to Philmont and be a Ranger when they reach eighteen. These young men and women are cool and confident. They are experienced in the backcountry, have been taught the Philmont method of hiking and LNT camping, and are skilled in dealing with group dynamics. Your Ranger will also be a godsend in base camp. He or she is skilled at getting your crew through Registration, Logistics (better known as Log Jam to the Rangers), and Services. Your Ranger will help you get your tent assignments prior to leaving the Welcome Center.

## **Registration**

After leaving the Welcome Center, your Ranger will take you into Registration where you will receive envelopes to secure valuables like vehicle keys, locker keys, airline or bus tickets and money from crewmembers, that you do not want to take out on the trail and information concerning services available at Base Camp and the backcountry. At Registration, Philmont will also check your crew's first aid and CPR certification, so have your cards ready. If you happen to be part of a multi-crew contingent, you will be asked to check into Registration together. Make sure that you bring your completed multi-color Expedition Crew Roster to Registration. Names on the crew roster and medical forms should be put in the following order; crew advisor, assistant advisors in alphabetical order, crew leader, and the remainder of the crew in alphabetical order. You may consider assigning one advisor with the responsibility for reviewing and maintaining the roster along with your crew's medical forms. An incomplete entry will significantly increase your in-processing time.

## **Logistics**

After leaving Registration, your Ranger will want your crew to bring all their gear to their assigned tent area. Before heading to your tent area, ask your Ranger if your crew has a preassigned Logistics appointment time. Because of the large number of crews that in process each day, you and your crew leader need to be ready and waiting at the door outside of Logistics when your appointment time arrives. If there is any way of getting an earlier Logistics appointment time, the better off your in processing will be. Getting through Logistics quickly is the key to the rest of your in-processing activities. When you finally arrive at your tent area, be sure and stress security of personal and crew gear. Keep packs inside your tents and make sure that your tents flaps are securely tied shut when you leave the area.

Logistics is where your itinerary gets finalized. Prior to going to Logistics, purchase a new plastic Philmont map at the trading post (Tooth of Time Traders) and bring it with you when you go to Logistics. The Logistics staff will use this map to mark the locations of your commissary stops, conservation site, and camps. Take as much time as you need to get the details of your trek nailed down. In 1999, Philmont began a tougher policy regarding itinerary changes allowing none unless there was a *bona fide* medical reason. Making changes on your own while on the

trail is NOT ALLOWED. This policy has been even more stringently enforced since the fires of 2002, when several crews were not located in their assigned camps during fire evacuations. Your crew will not receive their Philmont arrowhead patches if they're found camping at a location that had not been approved by Logistics. Philmont needs to know where your crew is in the event of an emergency, so don't make changes on your own. Side hikes are fine, but your crew needs to be at its assigned camp each night.

One crew advisor and the crew leader are the only ones allowed in Logistics. In keeping with Philmont's youth-led philosophy, the staff prefers to deal directly with just the crew leader, so make sure that he or she is ready. Decisions that may seem to be minimal to you, may seem to be a real responsibility for your crew leader. You should coach your crew leader before arriving at Philmont to ensure that he asks the right questions. The following are some considerations:

a. Water Board

Philmont water sources are posted on a water board immediately inside Logistics. The board indicates the type of water source (faucet, well, spring, streams), its flow rate (ample, trickle, dry), and the date it was last checked. All water sources must be purified unless a staff member lets you know that it has been chlorinated. In 1998, Philmont provided the crew leader with an updated list of water conditions that he could use for planning purposes. If you pass a water source, always refill all your canteens and "camel up" (more on cameling up later).

Always plan for the unexpected. It can be very hot at Philmont and there is no way to know if the next water source will be dry. Recording water sources will only take a few minutes, but that information can save you a lot of needless hiking and the possibility of becoming dehydrated. Pay particular attention to recording water sources before and after a dry camp. The water board is posted outside Logistics allowing a final recheck when Logistics is closed.

b. Trail Board

The large-scale Philmont maps sold at the Trading Post (see the Terrain Awareness section) are marked with projected trails yet to be completed. In addition, Philmont adds new trails and closes down others each year for repair due to overuse or winter washout damage. Make sure that your crew leader checks the Trail Board and marks these trails on his map. During Coop's 1986 trek, we missed noting that the trail along the Rayado River was closed. Instead of a simple four mile hike from Abreu to Fish Camp, his crew ran out of trail and wound up carrying their packs on their heads as they forded waist deep water several times until they were able to bushwhack back to an existing trail.

c. Horses and Burros

Horse Rides - Make sure that the crew leader understands the distance that has to be hiked to get to the horse riding location. Horse riding times are generally at 8 am and 1 pm. The morning times are generally better because the temperatures are cooler and the afternoon times may be canceled due to thunderstorms. One year, Wally's crew had to hike 5 miles to get to an 8 am

horse riding appointment. Because it always took the crew 2 1/2 hours to leave camp, they would have had to get up at 3 am just to meet the start time for the horse ride! If the crew is scheduled to camp at the horse riding staffed camp, consider riding the next morning. That will give the crew enough time to get to the camp, relax and participate in the other programs offered such as boot branding and chuck wagon dinner.

Burros – Some Philmont treks include Burro Packing, where the crew takes burros on the trail for a short portion of their trek. The burros can carry tents and food, and provide a unique experience. In past years, crews were given the choice as to whether they wanted to use burros on itineraries that included this option. In 2005, Philmont required crews to take at least one burro on treks that included burro packing. If your crew uses burros, making sure your crew leader clarifies the policy on trail and road use while in Logistics.

#### d. Special Meals and Returning Lunch

There are opportunities for a special chuckwagon dinner or breakfast on many treks, at camps such as Beaubien, Clarks Fork, Ponil, and Abreau. Crews can take advantage of signing up for these special meals at Logistics. Your crew leader will receive instructions on arrival times required for special meals, which will get reinforced when the crew checks in at the staffed camp where it's served. Since crews provide volunteer cooks and cleanup help, it's important to make sure that the crew arrives at camp in time for these volunteers to report for duty.

The crew leader must also decide which type of lunch is needed for the last day on the trail – trail lunch, or lunch back in base camp. If your crew is being bussed in, this decision is an obvious choice based on your return time. However, if the crew hikes over the Tooth of Time to get back into base camp, then it will be necessary to determine when the crew will return to base camp. If you are staying at Shaefers Pass or Tooth Ridge camps your final night, you will most likely make it into Base Camp before lunch. For all other camps, you should probably carry your final lunch with you.

**When you leave Logistics, your crew leader will be given the approved itinerary (better known as “Your Life”) listing all assigned camps and commissary stops, your scheduled horseback ride time, dates and locations of special chuckwagon meals, your conservation project location and the bus times for your trip out and back in. This is an extremely important document and must be presented by your crew leader at every staffed camp and when you pick up food. Your crew leader should keep “Your Life” in a waterproof plastic bag at the very top of his pack.**

#### Crew Photograph

After leaving Logistics, try to get your crew's color photograph. Philmont prefers to take crew photographs in the morning when the sun's rays illuminate the Tooth of Time in the background for your photograph. If you get a late morning or afternoon bus time out of base camp for the next day, your Ranger will probably schedule the crew photograph for the following day to give you more time on Day One. If you want your crew photograph done in your Class A uniform, it



is best to get it taken on the first day, so you can get out of your Class A uniform for the remainder of the in processing.

Many crews choose to have their photos taken in Contingent or Crew shirts. The crew should plan ahead so that they're ready in the selected shirt when called. Make sure to you have your personal cameras available and ask the Philmont photographer or someone from another crew to take any personal photos. Since Philmont uses this photograph for emergency identification, no sunglasses, hats, or transition lenses are allowed.

## **Medical Recheck**

Although health forms were often reviewed by the Ranger before medical re-check in the past, the health forms are now passed directly to Health Lodge staff. Please make sure every item in the health form is completed! Hopefully, you have already reviewed each form prior to leaving for Philmont and already have obtained any missing information. Items often needing additional information are:

- a. Name, address, social security number, family insurance policy and number, and person to be contacted in case of emergency with phone number (including area code) must be completed for each crewmember.
- b. Health history must have a yes or no for each item. Any allergies should be indicated and should be known by the advisor prior to leaving home.
- c. Be sure to indicate any injuries or illnesses that occurred during the past year. Your Ranger will be looking for anything that might put a physical restriction on one of your crewmembers.
- d. If one of your crewmembers is taking any form of medication, make sure he carries it down to the health recheck. Health Lodge personnel will check to ensure that the medication is up to date and that there is enough to last in the backcountry.
- e. Be absolutely sure that the date of last tetanus inoculation is completed and the date is within the past 10 years. If not, the crewmember will be required to get one at Philmont. In 1995, a member of Wally's crew had to get a new tetanus booster, even though he still had 2 1/2 months before his old one expired. Can you imagine getting a shot and then going backpacking the next day?
- f. Make sure that the physician certifies that the crewmember is cleared to physically participate in each activity listed on the back page. He should then sign the form, print his name legibly, and include his office address and telephone number (with area code).
- g. Ensure that a photocopy of each crewmember's insurance card is attached to the medical form. If it is not, you will wind up spending lots of time at the Health Lodge waiting to get a copy faxed from home.

Each member of the crew will be called into the Health Lodge individually for screening. Even if you have discussed any existing medical pre-conditions earlier with Philmont by phone, bring your doctor's business card, copies of your medical records, EKGs, and anything else that is relevant. Wally's 2003 crew leader, who had minor surgery a month before arriving at Philmont, had been cleared by his doctor (who himself had completed a Philmont trek). Despite the completed form with the doctor's signature, the Health Lodge still called the doctor to confirm his clearance!

Each advisor will be required to have their blood pressure taken. If it is high, the advisor will be immediately taken to discuss the findings with Health Lodge personnel. One of the first questions that will be asked is for the advisor to describe his or her exercise program in preparation for Philmont. Having a detailed exercise log can greatly assist the Health Lodge personnel in determining whether you will be allowed on the trail.

Philmont requires that your blood pressure be less than 150/95 to be allowed on the trail. However, the effects of altitude, excitement, and stress from being with crewmembers for a few short days can elevate your blood pressure above your normal pressure back home. Advisors are often asked to have their pressure retaken the next morning. **DON'T WORRY**, this is a common occurrence. Here are some actions that you may consider before getting your pressure taken at Philmont:

- a. Caffeine makes the heart beat faster and raises the blood pressure. Cut out caffeine two weeks before you arrive at Philmont.
- b. Retention of water will elevate blood pressure. Be very careful of salty foods eaten enroute to Philmont. The night before arriving at Philmont and the morning of the medical recheck, eat a banana and drink a glass of orange, grapefruit, or pineapple juice. The fruit provides your body with potassium that will help rid your system of any excess water.
- c. Separate yourself from your crew while waiting for your medical recheck. During this time, meditate, pray, sleep, or just generally rest. This is probably tough to do because of your anticipation to get on the trail.

If your pressure is too high, you will be asked to lie down for about 30 minutes. Try to sleep if you can. If it is still too high, you will be told to return the next morning when your blood pressure should be lower, especially if you've had a good night's rest. However, if it is still elevated, you will be asked to lie down for 30 minutes and your blood pressure will be retaken once more. If still too high, you will be referred to a doctor or a medic who will review your medical form and your blood pressure results.

One of the first questions you will be asked by the doctor is to thoroughly describe your pre-Philmont exercise program, so be ready. If you already know that you have a high blood pressure problem, bring as much documentation as possible so the doctor or medic is better able to make an informed decision regarding whether you should be allowed to go on the trail. In 1998, Wally and his local doctor knew that he had high blood pressure. So when he failed the blood pressure

test at the Health Lodge, he was able to give Philmont's doctor his cardiologist's report, a stress test report, an EKG, his blood pressure log and his exercise log. After reviewing all the documentation, the doctor released Wally for the trail.

Be assured that the medical staff will do everything possible to get an advisor in the backcountry with his crew. This may even include prescribing medicine to regulate your blood pressure (if this happens, you will incur a \$5 co-payment). If you know that you may have a blood pressure problem while at Philmont, talk to your local doctor before you go about what he recommends should you need some medication. Should you or your doctor have any doubts about your blood pressure, you should contact Philmont before you arrive.

Bureaucracy has caught up with Philmont, just like the rest of the United States. Because of recent medical privacy laws, should you have someone come off the trail, the only way that you will be able to discuss his or her situation with the Health Lodge from a staffed camp radio in the backcountry is in code using their initials and birth date. So be sure to carry a small card with that information with you or include such a card in your crew's first aid kit.

## **Services**

With your itinerary finalized, your crew will head to Services where they will pick up crew equipment and receive their first food issue. If you brought the majority of your crew gear, this should not be a lengthy process. Whether you brought your crew gear or not, your crewmembers should carefully inspect each item of issued crew gear for several very important reasons. First, if it won't work in base camp, it certainly won't work on the trail. Secondly, your crew will wind up buying a piece of gear that is found to be defective when you return. Finally, make sure your crew leader knows what he is signing for. If he signs for items he doesn't receive, the crew will wind up paying for them when you return from the backcountry.

Your crew leader will need "Your Life" when he goes to pick up food. Please note that all food now comes in two-person packets. The crew should carefully count the number and type of food packets by meal to ensure a correct issue. They should also return any package that is torn or has holes in it. You do not need food leaking in packs on the very first day. While at Services, you will have an opportunity to go next door to Packs and Gas and buy white gas fuel for your crew's stoves. You may be able to get fuel for free from crews who are coming off the trail. Have the crew bring the empty fuel bottles and fuel filter with them when they leave the tent area. It is a long walk back! Fuel should also be purchased at this time for those requiring Powermax cartridges.

By the way, if you pick up your food the day before you go out, you will not be allowed to load your initial commissary pickup in your packs the night before you leave for the trail. All food and smellables now have to be stored in your crew lockers overnight and packed up in the morning when you leave. This is to protect the food from the many chipmunks, squirrels, and skunks found in base camp.

At the Post Office adjacent to Services, an advisor will be able to pick up crew mail. Both Coop and Wally **have made it a point** to talk to parents ahead of time to ensure that there will be a letter waiting for each crewmember when he arrives at Philmont and when he comes off the trail. These letters do have a powerful effect on the crew because it lets them know that there are people back home that are thinking about them. Crewmembers should also purchase postcards and stamps here since they are sometimes not available in the backcountry. If you want to mail postcards home, mail them on Day One. Otherwise you will get home before they do.

## **Security**

At Security, you will receive key for your crew locker to store everything that will not be taken on the trail. The lockers are 21 inches wide by 22 inches high by 31 ½ inches deep. If your crew has arrived by chartered bus, they will be issued two lockers. If you come by private vehicles, Philmont may only issue one locker to your crew, expecting you to store other items in your vehicles. Even with two lockers, there is not a lot of storage space, so try and limit the amount of extra junk that your crew brings to Philmont. You can also store extra items at Security if needed. Many crews bring an additional padlock, with combination or key. The combination and an extra key must be left at Security if you bring your own padlock, so that Security has access to the lockers if a crewmember leaves the trail early.

## **Villa Philmonte**

During your in processing, make sure to get a time to visit the Villa Philmonte, Waite Phillips' home. It is a beautifully restored home and will give you an appreciation for the man who donated the land that came to be Philmont. For those crews hiking through Hidden Valley, be sure to check out the view from the villa's Window Rock window. Please don't wear your dirty trail clothes when you visit. The furnishings inside the Villa are priceless and can be damaged easily by dirt and grime. We suggest visiting the Villa before your trek, as thoughts after the trek seem to revolve on showers, mail, ice cream and pizza! If your Day One is too full, be sure not to miss the Villa after you come off the trail. Reservations are required and can be made at the Seton Museum across the road from Philmont's main gate.

## **Ranger Training**

While at base camp, your Ranger will begin his Ranger training by conducting a thorough shakedown of your crew's personal and crew gear to ensure that you are prepared for the trail. Although you may feel that your Ranger's attention to detail is not needed, please remember that the majority of crews that come to Philmont have very little practice in backpacking. In the past, some advisors (especially the more experienced advisors) have resisted their Ranger's efforts because they felt as if the Ranger was trying to undo all the training that they had tried to instill in their crews. Advisors really needed to give their Rangers the space to teach their crews the "Philmont method." Having an advisor interfere with training or not accept what a Ranger says to a crew is perhaps a Ranger's biggest annoyance when working with a crew.

You should know that although we try and keep the *Philmont Advisors' Guide* as current as possible, Philmont is constantly changing and upgrading their training even during the time period that your crew is at the ranch so that you and your crew can have the best and safest experience possible. Even experienced advisors should not expect to know everything that will be taught. If you should disagree with some of the training given by your Ranger, do not argue with him or her in front of the crew. A better way is to quietly share with your Ranger away from crew why you do things a certain way. Karl Cheng, Wally's 1993 Ranger stated that Rangers want to be included in any discussions on backcountry training methods and do not shoot down your ideas just because they are different.

Remember, Ranger training is another voice teaching the latest methods of LNT camping that have been found to work at Philmont. So coach your crew not to "tune out" subjects that they already know. Show your Ranger that you are willing to listen and learn. Respect their jobs!

## ON THE TRAIL

### Hiking Techniques

The first rule of hiking is that the crew must always stay together regardless of the pace. Every crew will have its slowest hiker and that person is almost always an adult. Even with intense physical preparation, youth will always seem to recover faster than the older advisor. Around day seven, some adults may have a hard time overcoming the aches and pains that the younger crewmembers do not have. Advisors may want to bring an anti-inflammatory such as Advil, Aleve, Motrin, or Nuprin. If taken before hiking and at the end of the day, this supplement can reduce the pain and inflammation of body joints.

Crewmembers are smart. They will know who has physically prepared for Philmont and who has not. A helpful hint to the advisors. It is OK to apologize to your crew for being slow. They really appreciate it when you take the time to thank them for slowing down to give you a break. Some of them would rather walk at your pace anyway. Wally was the slowest hiker on four of his trips to Philmont. After apologizing to his crews for being so slow, he was overwhelmed by their response when they began encouraging him. The crews realized that they had to hike at his pace and they remained at that pace for the rest of the treks. Another approach is to tell your crew that they need you more than you need them. That does not work too well though. The key is to have done your best in preparation. As long as the crew knows you have prepared and helped them to prepare, they won't mind slowing down for you.

Your Philmont Ranger will recommend the 5/20 rule for breaks – breaks should no more than five minutes, or at least twenty minutes. This is because the lactic acid that builds up in muscles must be given a chance to dissipate if the muscles stop working for more than five minutes. Quick "packs on" breaks can be taken as needed for water or retying a boot, depending on the heat and the steepness of the trail. These breaks are limited to no more than five minutes and carefully timed by the crew leader. If the crew stops for more than five minutes, you'll be expected to stay stopped for at least twenty minutes for a "packs off" break.

We recommend taking a “packs off” break every hour to check feet, get fully hydrated, and make any necessary clothes or pack adjustments. It is important that the crew leader continuously monitor the performance of the crew, including the adults. When a stop is needed, the crew leader announces what kind of stop (packs on or off) will be taken and for how long. If the crew takes a “packs off” break, the crew leader needs to watch the clock and give a 2-minute warning to get everyone started up again.

A technique that we have found that helps keep the crew hiking together at a steady pace up steep hills is called the “caterpillar”. Imagine the track of a tank. Half the track is on the ground while the other half is moving. This same concept can be applied to hiking. When a crewmember calls for the “cat”, the leading member of the crew steps to the side of the trail taking care to pick a location that will not cause erosion or widen the trail in keeping with LNT principles. Be sure to face into the trail so your backpack does not block the way for the next hiker. The next hiker takes 3 steps past the crew leader and then steps off the trail. As each hiker becomes the first in line, he takes 3 steps and steps off the trail. When the last person in line has passed the leading member by 3 steps, the leading member rejoins the moving section of the hiking line.

On long fairly flat trails or on downhill sections of trail, the caterpillar can be employed frequently so that each hiker can at least see each other thus breaking up the hike. Finally, when caterpillaring, stand, do not sit. The caterpillar is intended to give you a quick chance to catch your breath and get a drink. Lean over and put your hands on your thighs. This will take some of the weight of the pack off your shoulders and rest the muscles used for climbing. Caterpillaring will also enable you to see the scenery behind you. We taught the “caterpillar” method to several crews that we met on the trail and they loved it! The caterpillar has met with mixed reviews by Philmont Rangers, and some will discourage it, while others participate.

A technique that can be used to rest leg muscles on long uphill climbs is the “rest step” or “lock step”. When crews begin climbing uphill, there is a tendency to support the weight of the hiker on the front part of the foot. This is a natural reaction on steep inclines because the ground slopes away from the heel of the foot. Because the entire bottom of the foot is not on the ground, the calf muscle must provide the support for the leg. This is an easy way to tire yourself out.

When climbing uphill, get your crews to keep their foot flat on the surface of the ground. As you step forward on your foot, lock your knee for a moment before taking the next step. This move does two things. First, when your knee is locked, the skeletal frame of the leg takes all the weight allowing your muscles to relax for an instant. Second, it provides an opportunity to slow down the pace and take a rhythmic breath. The “rest step” technique may be done every step, every third step, or every fifth step depending on the steepness of the climb and the altitude. Like the caterpillar, it gets you up the hill slower, but you will find that you can hike longer without requiring numerous breaks.

A brief note. In recent years, some Philmont Rangers have objected to the “caterpillar” because of the potential of damaging the trail when crewmembers step out of the way of the next hiker. If your crew is on a steep, narrow trail where it is impossible for one crewmember to move out of

the way during the caterpillar, we recommend that you use only the “rest step” only in keeping with the principles of LNT.

As a courtesy to other hikers on the trails, crews hiking downhill always move off to the side when meeting a crew coming up the hill. The trails are too narrow for two crews to pass each other and it is a lot harder to get started uphill once you have to stop. When you do step off the trail to allow another crew to pass, face inward toward the trail. If you face outward, your pack will hang over the trail making it difficult for the other crew to pass. Besides, if you face inward, you can see if the other crew looks worse off than you do. You may also meet crews or staff on horses. In these situations, horses always have the right of way. Crews should move on the uphill of the trail so as not to spook the horses.

Another courtesy that is appreciated by staff members in the backcountry is not to come up on a staff cabin porch unless invited. During the summer months, staff members must call these cabins their home and it is tough to have 20,000 guests tramping in and out of their house!

### **Terrain Awareness**

In 1991, Wally’s crew took Trek 24 (now Trek 33), which at that time, was the hardest trek. For the first six days, the crewmembers made the decisions on which trail to take. As a result, wrong trails were selected making an already difficult trek even harder. Finally after two advisors developed severe foot problems, the advisors began to take a more active role in making trail selection decisions. The fact remains that for most crewmembers and in some cases for their advisors, basic map and compass skills are lacking.

We define terrain awareness as the ability to use these basic map and compass skills along with the natural features of the wilderness environment to help determine your location. For example, if the map indicates that Bonita Peak will be on your left as you walk along the trail and all you see is a beautiful mountain meadow, chances are that you are on the wrong trail. This actually happened to Wally’s crew. When it was pointed out to the crew by an advisor that the peak wasn’t to their left, it was their first indication that they were not on the right trail. The crewmembers simply did not know what terrain features to look for as they walked along the trail.

We both feel that it is important for each crewmember to have the opportunity to be the navigator (or in some cases better named as the “naviguesser” or “Magellan”) for the day. The navigator is responsible for carrying the map and compass and leading the crew while on the trail. We have found that the best way to teach terrain awareness skills is by hands-on practice. It also gives the navigator a chance to assume a leadership role within the crew for the day. Finally, the use of a navigator satisfies one of the requirements for Backpacking Merit Badge. After supper, the advisor should sit down with the navigator and help him go over the route to be covered the next day and prepare a Time Control Plan.

A Time Control Plan predicts how long it will take you to complete your hike (or any portion of it). It includes important trail features such as water locations (very important), stream crossings,

trail intersections, and staffed and trail camps. It also includes time spent for program, planned breaks, meals on the trail and just time spent “smelling the roses”. To prepare a Time Control Plan, the navigator will need to estimate the total distance to be covered as well as the approximate changes in elevation. You can determine the horizontal distance by simply reducing the trail into a series of sequential straight-line segments and estimating the mileage to be traveled using the scale at the bottom of the map. Coop now uses a map wheel made by Silva that records the distance for several different map scales. Next the navigator will need to determine the approximate changes in elevation over the length of the hike. This is a little more difficult and requires the navigator to be able to read and understand the contours shown on the map. Again it is easiest to break the total hike up into sections of climbs and descents (you are never going to be flat for very long).

Once you have both the horizontal distance and the elevation changes, your navigator should estimate the total time on the trail. A good rule of thumb is one hour for every two miles traveled plus an hour for every 1,000-foot change in elevation. For example, if your hike is eight miles long, with an elevation change of 2,500 feet, it should take your crew 6.5 hours to walk (8 miles divided by 2 miles per hour plus 2,500 feet change in elevation divided by 1,000 feet per hour). You will probably have to modify this rule based on your crew’s capability. While this sounds complicated, your crew can get pretty good at making SWAGS (Scientific Wild Ass Guesses).

Each evening, the following day’s navigator should review the route using his Time Control Plan and map with the entire crew. Taking this time each day is extremely important. It provides the crew with an understanding of how difficult or easy the day will be. Instead of blindly following each other down the trail, each crewmember becomes more of a participant in the trek. It also provides the crew with the information they need to plan out the day. Using the Time Control Plan, the crew (not the advisor) takes ownership for the hike and decides what time to get up, when and where (and what) meals should be eaten, when they should arrive at scheduled programs, and when they will arrive at the next day’s camp. Finally, it provides an opportunity to reinforce map and compass skills that are little used anywhere else.

At each trail intersection, the entire crew should stop and examine the map. The selection of the new trail should be a consensus of all crewmembers and reviewed with the advisor. The crew’s navigator should always ask, “Does anyone not agree” before proceeding down the selected trail. If the crewmembers make a wrong selection, let them live with their mistake until your feet tell you it’s time to stop and have them explain where they are. After the first few times that you let them make a mistake, the crew will begin to get serious about terrain awareness.

Philmont sells two different types of maps. The first is a single map sheet (1” = 4000’ or 1:48,000), which covers the entire ranch. This map is great for planning your trek and to get a good idea of surrounding terrain features. The second is a set of five map sheets (1:24,000), which covers the Northeast, Northwest, Southeast, Southwest and Valle. These accurate new maps, published in May 2005, replace the older North, Central, South, and Valle Vidal maps, and support GPS use down to the exact location of every sump and bear bag cable. The 1:24,000 scale maps are used on trail because they provide much more detail than the 1:48,000 scale map. The maps should be folded and so that the route is clearly visible and held in the hand for



frequent checking. The crew leader, the navigator for the day, and an advisor all should carry a map during the hike.

One of the skills that your crew will have to learn is how to compensate for the difference between true north displayed by the grid lines on your map and magnetic north. This difference is known as declination. True north and magnetic north are the same only in a line that runs off the East Coast of Florida, through Lake Michigan, and on up to the Magnetic North Pole located north of Hudson Bay. At Philmont, magnetic north as of 2005 is 9 1/2 degrees east of true north. There are several ways to account for this difference. We strongly recommend that your crew have an orienteering compass, with a built-in declination device, so that your compass and map speak a common language. If you have a regular compass, you can set it to 350 degrees and line it up with the north-south gridlines to orient your map. Another more difficult way is to subtract 9 1/2 degrees from a bearing taken from a map to that set on a compass. "Declination EAST - Compass LEAST".

If you don't have an orienteering compass with its built-in declination device, the simplest method to have your map talk to your compass is to put magnetic-north lines on your map and use them instead of the true-north grid lines. We suggest that you order your Philmont maps ahead of time and do this at home where you will have the right materials that include your Philmont maps, a compass, a yardstick, and a pen. You can use your compass as an accurate protractor. First, turn the compass housing until 9 1/2 degrees (the declination) lines up with the direction of travel arrow on the compass base plate. Set your compass on the map, aligning the north-south lines in the compass housing with the map's north-south grid lines. The long plastic edge of the compass base plate should now point exactly 9 1/2 degrees east.

Using a pen, carefully draw the first magnetic north-south line along the length of the compass' plastic base plate. Place your yardstick along this line and continue the line across the length of the map. Continue moving the yardstick and drawing lines until they are parallel magnetic north-south lines spaced evenly across the map. Do not use the magnetic north-south arrow of the declination diagram to draw your magnetic north-south lines as discussed in the *Scout Handbook* and the *Fieldbook*. We have found that the angle between the arrows in the declination diagram seldom matches the given declination angle. The U.S. Geological Survey uses a series of standardized diagrams that come closest to the actual declination when adding a diagram to a particular map.

Once you know your assigned trek, having the Philmont maps at home allows your crew to do a map reconnaissance of the entire trek. Your crew will be better prepared and will understand long before departure day, what is in store for it each day from a distance, altitude change, and water availability.

If Terrain Appreciation sounds like Greek to you, you need to take some time to get yourself and your crew more familiar with using a map and compass. There are many fine books on this subject; a good reference is Bjorn Kjellstrom's *Be Expert with Map & Compass*. At Philmont, you will need to have these skills mastered. One of the very first things that your Ranger will ask your crew to do is to orient a Philmont map using a compass, so be prepared.

## **Water Purification**

In the summer of 2005, Philmont began issuing Katadyn MP1 Emergency Drinking Water Tablets (Micropur). These chlorine dioxide tablets replaced Polar Pure, the previously used iodine-based disinfection system. This is part of Philmont's ongoing assessment of backcountry protocols. Micropur disinfects against bacteria, viruses and Giardia, like Polar Pure, but additionally kills cryptosporidium. Micropur is packaged in foil blister packs, with a shelf life of three years. The use of Micropur represents a significant cost increase for Philmont, and as such, Philmont encourages advisors to feel free to bring and use their own disinfection systems/filters. Retail purchases cost \$13.95 for 30 tablets, direct from Katadyn. Additional information can be found at [www.katadyn.net/micropur.html](http://www.katadyn.net/micropur.html).

The simplicity and versatility of Micropur makes it an ideal disinfection system for Philmont campers. Each tablet is pre-measured and designed to purify one quart/liter of water. Because disinfection time varies, depending on the contaminant, level of contamination, and water temperature, Philmont recommends waiting 30 minutes after adding a tablet, prior to drinking. Micropur is less susceptible than Polar Pure to efficacy degradation based on the temperature on the water sample.

Philmont issued each crewmember one 10-tablet package of Micropur. You can trade in an empty 10-pack at any staffed camp, so there is really not a problem with running out. Philmont does ask that you keep the foil packet intact when removing the tablets. This simplifies the trade in so the staff does not receive a handful of pieces of foil. Additionally, keeping the tablets centralized as "crew gear" allows individual packets to be fully used avoiding a lot of half used packets that cannot be traded in.

The simplest mechanism is to use scissor to cut a slot on the side of the packet and pop out a tablet. The tablet is then added to a liter or quart Nalgene bottle which has been filled with water that has been screened with a bandana (if necessary). The tablets are quite small and will fizz like Alka-seltzer. After 15 minutes, once the tablet is fully dissolved, the Nalgene bottle is shaken and inverted. The lid is carefully opened allowing the treated water to flow over the threads. The lid is retightened and the Nalgene bottle is allowed to sit another 15 minutes before using. There may be a slight chlorine odor which will dissipate if the bottle is allowed to breathe for a moment right after the treatment is complete. There is no discernable taste to the purified water like there was for Polar Pure.

Advisors should assess whether their crews have the maturity to take responsibility for their individual water purification by having each member carry their own Micropur, or whether to collect the tablets for crew-based purification.

One way to cut down on the amount of MicroPur required on the trail (and the amount of time spent purifying water) is to use unpurified water for cooking and wash water. Since you will be boiling the water anyway prior to adding food or washing dishes, it will be purified from the heat and will not require chemical purification. In Coop's crew, the water bags are ALWAYS filled

with purified water and the canteens contain water that is ALWAYS purified. Always separate those canteens that already contain purified water from those that are in the process of being purified. If you can't remember which canteens are okay to drink from, you must assume that all canteens are in the process of being purified. We also know of crews that have used water filters on the trail. Filters do a great job, but most take at least a minute to a minute and a half to pump one quart of water. Additionally, should a filter break down or get clogged on the trail, there is no way to fix it unless you bring your own spare parts. If you do bring a filter, make sure you bring at least two.

A final note on water purification tablets. Chemical purification can react with the ascorbic acid, sugar, coloring agents, flavoring agents, binders and preservatives found in most powdered drink mixes, reducing the concentration of chemical available to purify the water. Any residue of the drink mix left in a canteen could significantly reduce the tablet's purifying capability. We suggest using your canteens for carrying water only and use a two-quart plastic container (also known as the Drink Master) to mix all drinks. Use of this container has an additional benefit. Because drink mixes leave a smell, only the drink container needs to be put in the bear bag instead of every canteen that has had a powdered drink mixed in it. Another option is for each crewmember to bring a distinctive additional Nalgene (or similar) bottle, and just use that bottle for their drink mix liquids.

## **Dry Camps**

Several treks will have a dry camp, which calls for some advance planning on the part of your crew. Instead of carrying in water for cooking dinner and cleanup, have the crew cook dinner for the lunch meal at the last camp with water before arriving at your dry camp. This will reduce the amount of water that has to be carried while at the same time keeping everyone hydrated.

## **Hiking Baldy**

If your crew gets a trek that includes a hike over Baldy, you will probably spend two nights at Miranda, Ute Meadows, Copper Park, Baldy Camp or Ewells Park. From your campsite, you will side hike over Baldy with a commissary pick-up at Baldy Camp. Because of the probability of afternoon storms above treeline, Philmont now requires crews to verify that the top of Baldy is visible before departing from Baldy Town. In no case will a crew be allowed to depart from Baldy Town LATER THAN 8:00 am so they can leave Baldy's summit before noon. That might mean leaving your campsite at first light.

Each crewmember needs to bring polypro long underwear top, pants, sweater, 2 quarts of water, trail lunch, knit hat, and rain gear in addition to their normal hiking clothes. Before leaving Baldy Camp, have your crew leader ensure that each crewmember "camel up" and review the proper "lightning position" (catcher squat with hands around the ankles-see the "Weather" section). When you return back to Baldy Camp, make sure you have enough packs to handle your commissary refill and provisions for a shower if desired.

It may be warm enough when you leave camp to begin your hike wearing only a t-shirt and hiking shorts. Depending on the weather conditions, you may find it necessary to stop along the way to add another layer of clothing. You will usually need rain gear or a windbreaker once up on top of Baldy to cut down on your body's heat loss due to wind and lower temperatures. A hint to all crews going over Baldy. Don't miss the meadow just after you come out of the tree line on the eastern approach to Baldy. Too often, crews focus entirely on getting to the top of Baldy and miss this high altitude, open meadow with spectacular views to the west. Both of us walked by this meadow on three different times before we realized it was there. Our crews have been known to take up to an hour just relaxing in the grass before making the final assault on the summit.

### **Double Dipping**

Check your Philmont map to see if your crew will be hiking past or very close to a staffed program camp. If so, try to stop and pick up another program. For example, if your itinerary has you hiking from Crater Lake to Clark's Fork, the crew will be walking by Miner's Park, a rock climbing staffed camp. Have your crew leader and advisor check in at the Staff Cabin and inquire if there is an opening. Depending on the number of crews in camp, they might let your crew rock climb. On another trek, between Red Hills and Sawmill, Cyphers Mine with its mine tour and foundry is only a mile out of the way (2 miles round trip).

Always try and fit in program if you can. Morale is generally lifted anytime the crew gets to do something extra. Likewise, a crew can hit rock bottom if it constantly misses program or gets into camp late. Your crew should understand that staffed camps are usually pretty busy and that they may not get a program opportunity when you double dip. If you leave your packs unattended to go to program, always bear bag your food and smellables unless indicated otherwise by a staff member.

### **Camp Setup**

When does camp setup begin? Many crews arrive at a camp tired from hiking and immediately take off their packs and rest. Meanwhile, the advisor has the urge for a double flusher and starts looking for the toilet paper. The crew can't remember who carried it last or is too tired to look for it. The advisor begins to panic and starts yelling at the crewmembers to immediately unload all of their gear. The crew then laughs as the advisor runs to the latrine.

Camp setup begins in the morning with the crew leader reviewing the duty roster with his adult advisor. About a mile from camp, the advisor mentions to the crew leader that he should begin thinking about arriving at camp. When the crew arrives at camp and even before anyone takes their pack off, the crew leader surveys the area and locates the three points of the "Bearnuda" triangle, which are the fire circle, the sump, and the bear bag cable (which can be disregarded if the cable is more than 200 feet away). The dining fly is always set up inside this triangle and tents are pitched 50 feet outside of the triangle for obvious reasons. All cooking, eating, and clean-up activities are confined to the area inside this triangle.

Once the crew leader has established the triangle, he tells the crew their assignments and the order that they will be done. It is absolutely essential that crew duties be done first, before individual tents go up. This may be difficult if the day has been long and the crew (and advisors) is tired.

a. The crew leader locates the three points of the “Bearmuda” triangle and the crew empties their packs placing food, crew gear (which now includes personal canteens), and personable smellables (including personal plastic eating gear which can retain food odors) into three separate piles at the fire ring.

b. Food and personal smellables that are not going to be immediately used are placed in bear bags and hung up. Smellables that will be used immediately after camp setup can remain in the fire ring until they are used, but they must be put up in the bear bags as soon as possible. In past years, Philmont allowed you to leave your food and smellables on the ground near the tarp until you were ready for bed, as long as someone remained in the campsite. However, with the increased bear activity, crews are now required to have bear bags up at all times, except when food is needed for meal preparation. If you have just received a food resupply, you will need the entire crew to hoist the bags up on the cable. Other more stringent bear rules seen in 2005 include requirements to put unused bear bags up with the bear bags, rather than leaving on the ground under the fly or near the sump.

c. The crew sets up the dining fly inside the “Bearmuda” triangle and the crew quartermaster puts crew gear underneath the fly.

d. All water containers, including personal canteens, (which are now crew gear) are filled and may also need to be purified. Water purification takes 30 minutes. Often there is confusion as to which water bottles are purified and which ones are not. The water crew must clearly designate which canteens contain purified water and those that are still in the process of purification. Coop’s crews always separate the canteens containing the purified and non-purified water into two distinct areas, to avoid confusion.

e. Crewmembers set up their tents outside of the “Bearmuda” triangle. In keeping with Philmont’s bear policies, tents are placed randomly in a cluster as opposed to a circle, with no tents isolated from the group. This way, should a bear come through the campsite, it would not feel “trapped” and would be able to find a way out. Philmont also discourages the use of one-man tents for crewmembers because of the limited flat space at some of its campsites, but they are allowed in crews with odd numbers, as long as they a full-fledged tents and not bivy sacks.

f. Cook crew and cleanup crew should be aware of their responsibilities as well as time available to ensure that supper is prepared and dishes cleaned before it starts to get dark and the temperature drops.

Rigging a tarp Philmont style is much different than how a patrol tarp is normally set up back home. Philmont issues a 12’ by 12’ nylon crew tarp with lines and poles. We use crewmembers’ walking sticks instead of Philmont issued poles. Philmont provides no pegs for your tarp, so

your crew will have to bring them from home. George Kain uses aluminum gutter nails that weigh next to nothing and can easily be hammered in the hardest ground. A 40' length of parachute cord is placed under the ridgeline of the tarp. The cord is pushed through the grommets at each end of the ridgeline and tied to a small stick with a lark's head knot. The cord is then tied with a clove hitch to the top of the poles at a height of 4 feet off the ground. This set up reduces the shock on the ridge grommets since the stick will break first in the event of high wind. If the tarp had been placed directly over the pole tips, the grommets could be ripped out of the tarp under stress. A 25' length of parachute cord is laced through the grommets along each side of the tarp and tied to both ends using a tautline hitch. This provides several places where the side edges can be staked down using only one rope per side.

Be sure and set up your tarp 15'-20' away from your fire ring. Also position your tarp so that the corner of the tarp faces the prevailing winds. Both Coop and Wally have taken this technique home to their troops. We have yet to have a tarp become damaged or go down in a storm when set up in this manner. A final note on the crew tarp. Do not tie the ridgeline to trees. If every crew tied their tarp to a tree, the tree bark could be damaged ultimately causing the tree to die.

When setting up crew tents and tarps, remember the 5 Ws:

- Water: Look for where it will flow (trails, around tree roots, where it has pushed away pine needles) and where it will pool (where water has pushed pine needles to form U shapes)
- Wind: Set your tarp's corner to the wind so that you won't have a massive sail or wind tunnel
- Weather: Don't set up under the tallest tree or be the tallest thing in the middle of a meadow; camp at the edge of trees or in a stand of evenly spaced trees
- Widowmakers: Camp away from dead branches that can fall during a storm
- Wanimals (wildlife): Keep away from nut producing trees (including oaks), berries, water, dead and rotting wood (grubs) or other food sources for critters. Also, keep away from trails (bears do travel on them) and don't camp by yourself.

One of the best ways we have found to keep order in the camp setup process is through the use of a duty roster. Maintained by the crew leader, the duty roster lists the jobs to be performed each day by crewmembers. Jobs include cooks, cleanup, water collection and purification, and "naviguesser." In some crews, these jobs are rotated daily, while in others, crewmembers choose to keep the same job throughout the trek, but take turns on cleanup.

We have found that when your crew leader makes up the duty roster, it is best not to have tent mates working together on the same job. By placing tent mates on separate jobs, the crew gets to know one another a little better, thereby improving crew dynamics. In addition, it helps speed up getting out of camp in the morning because there is at least one tent mate who is not working and is therefore available to help pack up the entire tent's gear.

Another technique in the camp setup process that works well is the assignment of crew gear to individual crewmembers. After a day or two on the trail, everyone knows who is carrying the

shovel and toilet paper! Assignment of crew gear also helps when leaving camp to ensure that nothing gets left behind.

Despite both these measures, we have found that crews may have to be reminded that crew duties always come first. As Bob Klein says, “Everything is everybody’s job. The crew comes first!” In T.W.’s 2005 Ranger drilled into his crew “Crew before you”. Depending on the maturity and experience of your crew, individual members may neglect their responsibilities when they are tired, wet or cold. It is the responsibility of the crew leader to keep the crew functioning, despite the conditions.

## **Cooking**

Philmont food is not as bad as most make it out to be. In fact, Philmont food is excellent compared to other backpacking camps that we have attended. The 2005 menu is included at Appendix F.

There are two types of breakfasts at Philmont. The first is the no-cook breakfast that contains dry cereal and food bars. Philmont does not provide powdered milk for dry cereal. If you have members in your crew that can’t handle dry cereal alone, you will have to bring your own powdered milk from home. No-cook breakfasts are great because a crew can leave camp quickly because there is no clean up and you can eat while walking on the trail. The second type of breakfast is the boiled water breakfast, such as oatmeal. This breakfast is pretty easy and the crew can clear camp fairly quickly because it is unnecessary to formally wash dishes. Crewmembers can add water, rub out their bowls using a finger that is assumed to be clean, and just drink the leftover soup (more about “gut sumping” in the Dishwashing section). Mimi Hatch and Richard Schlosser reported that their 2005 crews didn’t cook in the morning on hiking days, and saved cooked breakfasts for layovers, or used cooked breakfasts for other meal times.

The breakfast drink made with hot water is a great pick-me-up for cold mornings. A note for adults. At the advisor’s meeting during your first night at Philmont, be sure and pick up enough coffee supplies to last the ten days on the trail. In 1986 and 1994 (you thought he would have learned), Coop ran out and he and his other advisors went through caffeine withdrawal until they ran into another crew with extra coffee.

Philmont has three types of lunches, all of which are no-cook. Three lunches are squeeze cheese, four lunches are meat (tuna in a mylar pouch; canned ham and canned chicken), and three lunches are peanut butter, jelly, and crackers. In 2003, mayonnaise and pickle packets were available at commissaries to turn the tuna, ham and chicken into “salad”. All of the lunches have been augmented with extra food like beef jerky, cookies, and granola bars.

All suppers require hot water. Philmont Rangers recommend that only one pot be used for all ingredients. This makes for some interesting combinations, like pasta mixed with mashed potatoes! Many crews vary their cooking techniques, using one pot cooking for most meals, while serving courses for a few of the “unique” combinations. We have found that you may want to add your dehydrated vegetables to the water first to allow them to fully cook and soften. This

avoids crunchy green beans. In 2005, Richard Schlosser's Ranger suggested the following order for combining ingredients: meat first, then vegetables, then pasta, then potatoes, based on length of time to cook and need for water for cooking.

Since Wally and Coop are traditionalists, we have resisted discussing any other cooking technique other than the old tried and true cooking in a pot. We have found that the majority of crews will use this method. However, recently, crews have tried using oven bags or even adding water to the bags supplied with the food with success. We recommend that you try different methods of cooking as part of your Philmont pre-trek training program.

The cooking methods shown are in order of your crew's maturity and experience. For a very young and inexperienced crew, we suggest using the traditional one pot method. However, if you are with a very experienced crew, you might want to use the individual rehydration method. Again, find out what works best for your crew before you go to Philmont.

The first method is the traditional one pot method which most likely will be taught by your Ranger during your first supper on the trail. Water is boiled and then everything and we mean everything is thrown into one pot and hydrated. It is the simplest of all the methods, but you may sometime have crunchy vegetables in your pasta since they take longer to cook than the main course. In addition, you will have to wash out your cooking pot.

The second method is the oven bag or turkey bag method. Oven bags are not available at Philmont, so you will need to bring your own. Gary Boyd's crew had a dozen or so extras that saved a crew from North Carolina. After two days on the trail they were ready to swap lunches for dinners to get away from pot cleaning.

Measure out the water you need to add to the meal and put it on the stove to heat. Gary's crew used a four-quart pot for the measured. Add a couple of inches of water in a large pot (6-quart or 8-quart). Put dry ingredients into turkey bag. As soon as the large pot is boiling, turn off that water and lower the ingredient bag into the large pot. Use wooden clothes pins to hold the bag open. Just about the same time, the measured water in the small pot should be ready to be added to the dry ingredients. Stir and re-hydrate. If needed, you can relight the large pot stove and let the water boil to simmer the meal. You shouldn't have scorching problems because what you're doing is using a double boiler. Meanwhile, if you have a dessert that needs hydration, use a separate bag to mix it and set it aside so it will be ready. A clothespin can also be used to seal the top of the bag to help the meal re-hydrate.

Oven bag cooking eliminates the scrubbing the pot, but not straining and sumping (see dishwashing). Its disadvantages are that you will need to bring your own bags which increase your preplanning as well as the amount of trash you have to haul out. Additionally, there is a possibility that you could puncture the bag and lose your meal if the bag gets burned or scorched or if the cooks aren't careful with the serving utensils.

You will need to make sure the bag is well emptied at the end of the meal by squeezing the last of the noodles, rice, pudding, etc. out into cups. Compress it and use a piece of duct tape to seal



the bag. Double or triple bag it with the other trash; i.e. put the turkey bag inside a meal pouch inside a food bag. If you plan on turkey bag cooking, we'd suggest packing three or four wooden clothespins to hold the bag edge on the pot. Use nylon/plastic utensils for stirring and serving.

The third method is rehydrating the meal directly in the food bags in which it was packaged. Dave Parmly's crew used this technique for their 2004 trek. The principle is simple: No Philmont food requires extended simmering or cooking. Supper meals only need to be rehydrated with boiling water and rehydration does not need to be done in a pot.

Dave's crew starts the supper meal by putting enough water in their 8-quart pot for dinner rehydration, plus a cup or two for coffee for the advisors, and water for clean up of individual eating gear. The pot is then covered tightly with a top or aluminum foil to speed up the boil time and conserve fuel.

Next, get out the clear bags containing a meal for two. The clear food bags are heat sealed on one end and have perforated bottoms on the other end. Turn the bag upside down so the end with the holes faces up and carefully cut along the end with the holes from one side of the bag to the other. **IT IS REALLY IMPORTANT TO CUT THE END WITH THE HOLES!** Remove the contents of the bag and roll the bag down a bit to give it some strength. Gather small logs or rocks to support the empty bags. Three large rocks in a triangle will work as well as a fully enclosed circle. Use logs or rocks found around the fire ring to minimize clutter. The rocks or logs need be big enough only to hold the bag upright when the contents and the hot water are poured inside of it.

Open the smaller, usually white plastic, bags that hold the main entrée and side items (corn, green beans etc) and pour the contents into separate re-hydration bag(s). For a normal size crew, you will usually need two bags to be used for the entrée, and one bag for the side items. (Mashed potatoes do expand and will usually need two re-hydration bags.) The cooks then add the correct amount of hot water to each bag, roll the bag shut and let it sit for between 5 to 8 minutes in most cases. It helps to stir the contents before rolling it shut to avoid pernicious powdery pockets.

The cooks use remaining plastic bags to organize cookies, breadsticks, etc into a "buffet line". By this time, the contents should be re-hydrated and ready to serve. Crewmembers retrieve their bowls and come down the "buffet line" while cooks portion out food to each. The buffet line keeps things organized, encourages portion control. After dinner, once all contents are eaten from the hydration bags, roll them up as "yum-yum bags". Beans/corn, etc., usually needed to be sumped because there was always too much water when cooked by the recipe.

Food bag re-hydration cooking eliminates the scrubbing the pot, but not straining and sumping (see dishwashing). Unlike the oven bag method, you do not add any additional trash to haul out. However, cooks must be very careful pouring the food into the bags to avoid spilling food on the ground as well as measuring and handling the hot water to avoid burns.

In 2005, Jay Schaefer's Baltimore crew used individual Tupperware dishes with snap-on lids to rehydrate their supper meals. Each crewmember mixed half of a two-person dinner packet in

their dish with boiling water, and covered with the lid for rehydrating. This method does not add any additional trash. However, cooks and crewmembers need to be very careful now that more people are pouring out food and measuring and handling hot water. We would only recommend this method for a very experienced crew.

Seasonings can really “spice up” the suppers. Philmont only provides small containers of salt and pepper. Once opened, they are almost impossible to reseal and leak over everything. One way to seal that seems to work is to use duct tape. We recommend leaving Philmont’s spices at base camp and bringing your own. Dehydrated food tastes much better when you add some of your own spices. Wally’s wife Mary has created her own seasoning that was really a big hit with his crew. She combined two parts of McCormick’s seasoned salt with one part of McCormick’s seasoned pepper. Most suppers can be improved with just this mixture. Wally’s son Wes added lemon pepper to most dehydrated vegetables for additional flavor. A small bottle of Tabasco Sauce doesn’t weigh much and works well, especially at the chuck wagon supper. Coop usually brings along oregano, basil and garlic powder for spaghetti and lasagna. He has also become a big fan of Mary’s seasoning. Joe Flaig always brings his dried peppers, which can definitely add a zing to any meal! Baltimore crews almost universally show up at Philmont with their Old Bay seasoning!

The bottom line is that cooking supper isn’t complicated. If you can boil water, you can make a great tasting meal. There are only five rules:

- a. Cooks **must** wash their hands before handling any food. Philmont now provides anti-bacterial hand sanitizer for the cooks. Remember, cooks must also wear closed toe shoes.
- b. Read preparation instructions **TWICE** before starting to cook. You want to ensure that the cooks understand the timing for your main course, vegetables and dessert instead of just blindly charging ahead. Also, you want to ensure that cooks understand how much water to add. If you added too little, you can always add more. The opposite doesn’t work and results in a soup when there should have been a stew!
- c. **Never** light the stove until the pot with water is ready to be placed upon the stove.
- d. Always measure the water to be heated so that no excess water is heated, thus wasting fuel. Be sure not to measure by removing water from a “supposedly” known quantity in the pot. You’ll probably be wrong and wind up with a watery main dish.
- e. Never simmer food on a stove. The water will retain its heat long enough to rehydrate the food and trying to mix food in a hot pot on an even hotter stove can be dangerous.

In earlier versions of the *Philmont Advisor’s Guide*, we recommended using 6-quart pots because they were better suited for the larger meals. However, because of the change in Philmont’s menu, we now both recommend using 4-quart pots because they are better suited for backpacking stoves like the Peak I, are easier to pack than larger pots, and take less time to heat water because of their reduced surface area. Philmont issues 8-quart pots to crews who sign out Philmont cook

gear. In 2005, Mimi's Ranger required her crew to leave their own 4-quart pots in their locker, insisting that they sign out two 8-quart Philmont pots for cooking.

Commissaries are resupply depots located at various points along each trek. They provide restocking of food, fuel (a separate purchase), all purpose (AP) paper (better known in the civilized world as toilet paper), and trash bags. Depending on your trek, commissary pickups will vary anywhere from 1 1/2 to 4 1/2 days apart. Normal hours of operation are 8 am - noon and 1 pm - 5 pm, but they may open up early or stay open late if you have special requirements. The crew leader and two to three crewmembers should make commissary pickups. The commissary staff is usually very busy and will not be pleased if the entire crew, with backpacks on, comes up to the issue window. The crew leader must bring "Your Life" with him since this lets the commissary staff know what food items are needed. The crew leader should also prepare a want list of the additional crew items. Don't forget to bring your empty fuel bottles and fuel filter.

The crew leader should always count the food packets upon receipt. You can also ask the commissary staff for some additional goodies like canned peaches, hot breakfast drinks and fresh fruits if they are available. Finally, commissaries will often have a small adjoining trading post offering batteries, film (caution: they do not carry all types), postcards, stamps (sometimes), trail mix (junk food of the past has been replaced as a result of the recent bear incidents) and a limited assortment of replacement gear. Trading posts are also mail drops.

If you have a picky eater in your crew, now is the time for him to get over it. He will need all the calories he can get from the food provided by Philmont to keep his energy level up on the trail. If he can't eat trail food on the shakedown, perhaps he ought to rethink his Philmont decision. You can't have this crewmember lagging behind or getting cold because he refuses to eat what is given him at Philmont.

For first time crews and advisors, we recommend purchasing meals directly from Philmont for use on your shakedown. You can contact the Philmont commissary to obtain a menu with prices, check on meal availability or order meals as shown below:

Phone: (505) 3762281 ext 252  
Fax: (505) 376-2602  
Email: [philfood@philmontscoutranch.org](mailto:philfood@philmontscoutranch.org)  
Mail: Philmont Scout Ranch  
Attn: Commissary  
17 Deer Run Road  
Cimarron, NM 87714

## Dishwashing

Philmont's backcountry dishwashing procedures have fluctuated over the last several years, ranging from a simple wipe out of your cup and leave it by the sump to a full blown three pot wash with a chlorine sanitizer dunk at the end. In 1996, Philmont began using two-pot method; a wash pot with a little biodegradable soap and a boiling hot water pot to sterilize after the wash. In 2002, most crews we talked to were taught the two-pot method, with the use of soap as optional. The big difference was that they were instructed to use cold water instead of hot. While this saved fuel and time, it also produced marginally less clean dishes. After a couple of meals, most crews learned to do a better job of spatulating and "gut sumping" and to immediately pre-clean their dishes while waiting for the dishwashing assembly line to be ready (since people finish eating at different rates). The importance of the "true priority" - **sterilizing your dishes in boiling water BEFORE the supper meal** to handle any bacteria that might have built up while carrying the pots and personal eating gear in your pack during the day was stressed as the primary concern in dishwashing.

The extent of dishwashing really depends on the type of meal that you are eating. No cook breakfasts and lunches are simply eat and go affairs. Boiled water breakfasts usually involve a hot cereal and a drink, both of which can be mixed in a crewmember's cup, avoiding getting any crew gear dirty. When a boiled water breakfast is over, any oatmeal or cereal particles can be removed from your cup by simply adding hot water or other drink and consuming the result before dipping the cup in the remaining hot water and hitting the trail. The only meal that really requires organized dishwashing is supper.

The first step in this dishwashing process occurs immediately before the start of each supper meal when the cook crew announces that water is boiling in the first cooking pot for supper. Each crewmember drops what they are doing and heads to the fire ring to sterilize their individual cups and spoons. Personal dishes and crew utensils must be completely submerged in a rolling boil for 30 seconds. The second step is to eat everything – use the "gut sump". What you cook and can't eat must be carried out. The third step is to "spatulate" the pots as soon as they become empty. Coop's crews use small rubber or plastic scrapers that can be bought in any grocery store to "spatulate". Don't wait until after supper when the food has hardened in the pots! Don't worry. If you have a great meal and a hungry crew, they will be fighting over the privilege of "spatulating" the pots, especially dessert pots. In Coop's crew, dishes are washed using hot water, so the fourth step is for the cooks to heat a pot of water as soon as a stove becomes available, so that hot water will be ready for dishwashing at the end of the meal. At the end of a meal, crewmembers should drink bug juice from their cups (better known as "gut sumping") to dislodge the remaining food particles or "cling-ons" from the walls of the cup. After the drink is consumed, there should be almost no food particles left in the cup. The scraper can be used, if necessary, to wipe out any remaining food particles. All "scrapeage", either from personal or crew gear, is placed in a Ziploc bag for wet trash, better known in trail lingo as the "yum-yum" bag. The idea is to get the personal and crew gear as clean as possible before washing and rinsing them.

The following is a description of dishwashing using heated water. You will need two pots for washing dishes. Choose the cleanest “spatulated” pot as your wash pot. Pour a quart of hot water into the wash pot from the pot that you have used to sterilize your dishes before supper. Add enough cold water so you can just get your hands in the wash water. If you absolutely feel that you need soap (Coop and Mimi do not), add 3-5 drops of Camp Suds to the wash pot. Do not add more, because excess soap can cause stomach problems and diarrhea. The second pot with the remaining boiling hot water becomes your sterilizing rinse pot. Each crewmember washes his or her own personal gear in the first pot. Philmont provides a nylon green scrubbie that can be used. If you cut the scrubbie into 10 pieces before you leave base camp, you can use one for each supper meal and discard it in the “yum yum” bag after completing the supper meal. Dirty scrubbies can easily trap food particles and bacteria that can affect an entire crew on the trail. Dishes are then sterilized in the hot rinse water. One of the clean up crew can hold a nylon mesh dish bag to air dry individual and crew gear. The bag also serves as a means to stow the gear up and off the ground over night. Some Philmont crews have used a 3’ x 3’ plastic sheet or a bear bag placed on the ground to dry individual and crew gear. However, we have found that ground drying risks getting the gear dirty again if your crew is not careful walking around the clean up area. After individual gear is finished, the crew’s cooking pots and utensils are done. Pour the soapy water into the pots one at a time and clean them thoroughly. Then pour in the hot water to rinse out any soap residue. Crew pots and utensils can also be air dried using the nylon mesh bag. When all personal and crew eating and cooking gear are done, they are placed at the sump, where the smells are the greatest and where they can be used for an alarm should a bear enter the campsite. Both Wally and Coop’s crews use a lightweight mesh bag sold in sporting goods stores to store eating and cooking gear.

Your crew must work quickly because if the water gets cold, it will not cut the grease. Each crewmember should take no more than a minute to wipe, wash and rinse his cup and spoon. We strongly encourage that one advisor be assigned to watch all dishwashing efforts to maintain the highest level of sanitation possible. Short cuts usually end up with bacteria forming on dirty gear. In addition, any food smell left on dirty dishes can attract animals. If the cleaning water cools, the crew will have to reheat the water and start the process over again. This is especially difficult after a long day on the trail or when cold, darkness, or wet weather has set in. However, the crew should know that if the advisor says a dish is not clean, then it gets redone, no questions asked.

The final task for the clean up crew is disposing of the wash water. Pour the soapy water from the wash pot through your frisbee strainer and into the sump at your campsite. A lightweight alternative to the frisbee strainer is a one-foot square of mosquito netting or folded in quarters and used as a funnel. Another Ranger approved strainer is a mesh sink strainer that fits in the drain of the sink. You can buy one at the local Dollar Store.

Now pour the hot water from the sterilizing rinse pot into the wash pot. Rinse out the wash pot, getting any food particles or soap film. Pour the remaining water through the frisbee strainer and into the sump. The last step is to clean the frisbee and the top of the sump of any food particles and place them in the “yum-yum” bag. When cleaning the screen on the sump, it should be scraped with a pinecone to add a natural pine scent instead of a food smell that could attract

animals. Be sure and put the frisbee sump and plastic scrubbie up in the bear bag. Once the dishwashers are done, they should thoroughly rinse their hands and arms with the final rinse water to wash away any food particles or smells.

The “scrapeage” in the “yum-yum” bag along with the boxes, foil and plastic food pouches must be disposed of. At Philmont, you are not allowed to burn, bury or discard trash in the latrines because the animals will simply find it. At the end of each meal, compact the trash as much as possible and seal it tight. And we really mean compact. Philmont recently modified its trash protocols and now will accept trash that is not compacted. However, staffed camps and commissaries would rather receive your well-compacted trash. One or at most two cereal or cracker boxes should contain all the trash for a meal for the whole crew. This is the job of the crew “trash compactor”. Boxes should be torn in small pieces and foil wrappers and bags carefully folded and inserted into the box or bag. Trash should always be doubled or triple bagged and treated as a “smellable” (more on that later). Coop’s crews use duct tape to seal the trash and keep it compacted. Of course, this can lead to impromptu trash football or soccer games with the finished product. Keep each meal’s trash package separate and small. When you arrive at a staffed camp or commissary, always ask the staff if they will take your trash. As a courtesy to them, make sure that it is well compacted and double bagged. If you are at a trail camp and must keep trash at your campsite overnight, your trash bag should be placed at the top of your bear bag (more on this in the next section).

## **Bears and Bear Bags**

The bear population at Philmont is still essentially wild, and must be treated with the utmost respect not only for your health and safety, but also for the bear’s. Over the past several years, Philmont has undertaken an aggressive program to reduce the factors that would lead to a “bear incident”. First, the availability of human food has been sharply curtailed by the installation of stainless steel bear bag cables at all campsites on Philmont property providing reliable and bear-inaccessible hang points for bear bags. Crews going into the Valle Vidal will still need to use trees to hang their bear bags.

Second, a policy of harassment has been instituted to increase the bears’ natural wariness of humans. Philmont staff vigorously pursues any bear that approaches a staffed camp. Such bears are tagged and radio collared. Third, nuisance bears or those bears that have repeatedly raided camps are captured and removed to Taos County, 50 miles away or in some cases are destroyed.

During the summers of 2000 and 2001, New Mexico was faced with an unusual amount of interaction between bears and humans, due to diminished food sources for the bears in early summer caused in part by drought and fire conditions. Bears were sighted in downtown Albuquerque and Raton, and there were several “bear incidents” at Philmont. During the summer of 2000, bears injured six crewmembers. One of these incidents proved to have involved “bear baiting,” in which a crew sprinkled Gatorade on the ground under their bear bags, in a purposeful attempt to attract a bear for a photo opportunity. After thorough investigation by the Philmont staff, the other incidents appear to have involved unintentional carelessness on the part of campers. Two of the bear incidents are still questionable as to direct human error, but in

both cases the campers were sleeping in tents located slightly inside or on the border of the Bearmuda triangle. In June of 2001, a nuisance bear, which may have been attracted to a campsite by human vomit, attacked and injured two crewmembers.

As a result of these incidents, Philmont published bear guidelines in late June 2001 that are contained in Appendices G and H. **Please read these appendices thoroughly, share them with your crew, and make them part of your crew's pre-trek training.** Clearly, your crew's major responsibility towards bears lies in making sure that you never create or encourage nuisance bears. It is important to recognize that bears are intelligent, tenacious, and stubborn. Once a bear gets into a food cache, it reorients its entire lifestyle towards raiding.

At Philmont, "a fed bear is a dead bear". It is critical to avoid providing food to a bear, not just because of the inconvenience to your crew, but also because you are helping to create the most dangerous kind of bear, one that has become both dependent on and overly familiar with human beings. After tasting food, these bears never change their raiding habits and may have to be killed. Your crew should know that in New Mexico, providing food to a bear that has to be destroyed could result in a fine of up to \$500.00, possible jail time, and probation from future Philmont treks.

A few notes on Philmont's bear population:

- There are between 150-200 bears on the 215 square mile ranch at any one time. Therefore, there is a bear within 2 square miles of you at any one time.
- There is one alpha male who roams the whole ranch but stays away from staffed camps. Consequently, these camps are prime environments for the adolescent male bears. Even if they are removed from the ranch, they will usually find a way back to the environment that is best for them.
- Female bears have smaller ranges and are more scattered
- Bears grow into their ears. Therefore, big ears mean a young bear.
- The darker the coat, the more active the bear is at night as opposed to day
- Bears are cyclical, sleeping a couple of hours, then foraging for a couple of hours. They are most active and least visible from ~ 1:00 AM to ~ 7:00 AM.
- There is a three-strike policy for Philmont bears. Philmont will move them twice and on the third incident, they will be killed. Since young male bears do return to the ranch, one strike quickly leads to the next two. Bear incidents that threaten humans automatically result in death.

A couple of points to remember. Always maintain food security and personal and campsite cleanliness. DO NOT apply sunscreen, lip balm, or insect repellent; bathe with soap (including Camp Suds); or brush your teeth with toothpaste after 5 pm. Do not take toilet paper from home on the trail! Philmont wants you to use their unscented toilet paper in the backcountry. Crewmembers need to make a real effort not to contaminate themselves with food dust when handling or opening food packages. Eat only around the fire ring area and pick up **all** spilled food. Mix your drinks in a separate "Drink Master" 2-quart container that can be stored in the

bear bag. Any canteens that have **EVER HAD ANY DRINK MIXES IN THEM** must go up in the bear bag. Plastic is porous and retains scents.

Even if you don't smell it, a bear's nose is 50 times more sensitive than yours and it will smell it. Clean canteens can be left inside the fire ring. Place your cleaned pots and personal eating gear by the sump where the food smells are concentrated. Make sure that your supper meal dishwashers have no food smells left on their bodies. Be sure and change into your sleep clothes and put your in-camp clothes in your pack before going to bed so that no food smells will be brought into the tent. Packs should be covered with a pack cover and stored inside the "Bearnuda" triangle at night. You can put them underneath the crew tarp. **Never get anywhere near a sow and her cub. This may be the single most dangerous situation involving bears.**

Never shine a flashlight or use a flash camera on a bear at night. Persistent bears in camp can usually be chased away by shouting and banging pots and pans together. Do not use a whistle or throw anything at a bear. Never try to chase after a bear if it has already gotten your food. It is not worth the risk; the Philmont staff can always replace your food. Notify a Ranger or a Philmont staff member of all bear sightings or bear raids. Any information regarding approximate size, coloration or tag number (if any) will be useful in keeping track of problem bears. If a bear comes into your camp more than once at night, wake up the entire crew and start a fire.

Bear bags are just what the name implies; large sacks in which you place all your smellables that are hung high to keep them inaccessible to bears and other animals. Smellables include food, trash, "Drink Master", frisbee sump, sunscreen, toothpaste, film, Band-Aids, moleskin, foot powder, duct tape, extra batteries, Camp Suds, hand sanitizer, insect repellent, and anything else that has any kind of smell. What is leftover is pretty much uncontaminated clothes, sleeping gear, and water.

Up until a few years ago, hanging bear bags involved throwing a rope over a limb and hoisting the bag up as high as possible. As one might imagine, the results were often hit-or-miss, and the bears had a field day with the many bags that were either hung too low or too close the trees. Some of the truly hilarious tall tales involving bears recounted their magical abilities to get bear bags. The Kamikaze Bear was known to climb to the top of the nearest tree and dive down onto the bear bag. The First Class Bear, with his knowledge of all Scout knots, was able to untie any bear bag rope.

Today, at each staffed and trail camp on Philmont property, there is a designated bear bag site, with a stainless steel cable suspended between two trees. The cables are hung about 20 to 30 feet off the ground and have several chocks to prevent the rope from sliding to within reach of the trees. The hanging process is simple. Double the bear bag rope and tie Figure Eight knot with a loop at the mid point. Wrap several turns of the rope around this knot to help weight it and toss it over the cable between the chocks. Don't use rocks to weight the rope. If the rock should come off in the throwing process, you now have an unguided missile flying around in the bear bag area. If it stays on, it will swing back and wrap itself around the bear cable or swing back



and hit the guy holding the rope. In either case, you have problems. Tie each of your bear bags onto the rope with a lark's head knot as close to the midpoint as possible.

As part of Philmont's bear protocols, crews now use an "Oops Bag" for any last minute or forgotten items such as the sump Frisbee, yum-yum bag, trash, advisor coffee dishes, food or vomit soiled clothes etc. Crews are issued two bear ropes because of this. The traditional bear bag rope now has a loop tied at its midpoint for the "Oops Bag". The bear rope and bags are hung normally leaving the loop at the midpoint open. Using the loop as a pulley, the "Oops Bag" rope is then fed through so the "Oops Bag" can be hoisted or lowered without dropping the rest of the bear bags. We suggest that you bring a carabineer or small pulley and attach it to the loop. Use of the carabineer or pulley reduces the rope on rope friction generated using Philmont's "Oops Bag" method, making it easier to raise and lower the "Oops Bag". To get all the bear bags up usually takes the entire crew, especially if you have recently made a commissary stop. Once the bags are up, tie the free ends of the bear bag rope to two different trees, thereby avoiding loosing your food should a bear cut one end.

Philmont provides woven polyethylene bear bags. If you want to use these same bags on your shakedown hikes, most large agriculture feed stores will sell them to you or may simply give them to you if you explain that you need them for Scouts. Bear bags must be hung up as part of the camp setup process to prevent chipmunks (better known as mini-bears) from getting to your food. Having your bear bags up early also ensures that your crew will have food, should a bear come through your campsite.

Because of the recent bear sightings, the staff members at all staffed camps have become more vigilant in their bear protocol and now conduct unannounced late night inspections of campsites, waking up the entire crew, including the advisors, if any bear procedures are violated. Some violations are so egregious (bear baiting to attract bears for photographs) that Philmont has removed crews from the backcountry and sent them home. Their councils are further penalized by a reduction in future Philmont allocations. Don't let your crew be one of the ones that gets awakened up at night.

Despite Philmont's emphasis on bear procedures, crewmembers and their advisors continue to act in an irresponsible manner. Bob Klein witnessed lots of bonehead crew behavior on his 2002 trek. By far, the most egregious offense involved self-dusting with food powders – especially drink mixes being poured in canteens or opening dinner main course packages and spilling dry food. A lot of crewmembers and advisors thought nothing of stuffing food packaging in their pockets. Canteens containing drink mixes were routinely left out at many camps. Bob found a wad of gum stuck to a tree next to his tent at Harlan and his crew found at least a half a dozen food wrappers stashed under rocks at various campsite and overlooks. Very few of the crew he witnessed made any sort of efforts to make noise when approaching their bear bags.

A final note on personal smellables. If a crewmember has a medical requirement to carry an inhaler or an epinephrine pin, these items should be placed in a boot and covered with a used sock and kept inside his or her tent at night. You do not want to be trying to lower a bear bag when seconds count in the event of a medical emergency. As a minimum, the crewmember's

tent mate and an advisor should be trained in the proper use of both items. We recommend that the entire crew be trained and know the locations of these critical first aid items.

## Personal Hygiene

Most crewmembers will smell in the backcountry. Some crewmembers will really smell in the backcountry! While there are showers at many staffed camps, most are solar powered and are generally not available to crewmembers during periods severe drought. It is still important that your crew bathe each day after they set up camp. In discussing personal hygiene, your Ranger may refer to P.T.A. as the three parts of your body that should be washed each day. P stands for your pits or underarms. For the sake of decorum, we will refer to T and A only as your chest and backside, respectively.

When your crewmembers wash, please don't let them bathe in streams or near cattle troughs. Someone downstream will wind up using your bath water for drinking and the cows don't like it when the water tastes like soap. The bottom of a plastic gallon milk container or bleach container makes a great washbasin. Philmont requires that all bathing be done at the sump. However, most sumps are in the open and visible to all. Each year, more women come to Philmont, so it may be difficult to find enough privacy for a bath. A simple sponge bath using a bandanna or pack towel by reaching under clothes, will go a long way towards personal hygiene

Always use unscented biodegradable soap like Camp Suds for washing. One of Coop's 1996 crew brought along a mint scented biodegradable soap. After its first use, that crewmember and his clothes smelled like a peppermint stick, a bear's favorite candy. Needless to say that was the last time that soap was used. Remember not to use soap after 5 pm, since the scent may remain by the time you go to sleep. If you come into camp late, just rinse off your body salt with water without using any soap. Finally, there is **NO DEODORANT OR HAIR GEL** on the trail. It is just another smell that will attract bears. Advisors may need to check their crews **BEFORE** you hit the trail. Some folks can't go anywhere without smelling good. Just understand that everyone is going to stink, even if you bathe every day. After a while, you will get used to it.

Some crewmembers may develop "hiker's rash" between the legs and even under their arms. It feels like diaper rash and no one wants to talk about it. Hiker's rash can also be a problem on hips, from hip belts, which becomes a surprise because the hiker may have been wearing more layers during shakedown in cooler climates. The rash usually develops around day three. It comes from not washing and wearing dirty underwear and cotton hiking shorts and t-shirts that absorb sweat and body salt. The salt dries on the clothing and irritates the skin.

Our crews don't wear underwear or cotton hiking shorts. We wear nylon blend hiking shorts with a nylon brief because they are easy to keep clean and dry out quickly. Some crewmembers, especially the adults, may find that the combination of the change in diet, amount of water consumed, and heavy exercise can produce diarrhea. A few packaged flushable wipe or Destin can provide some relief. **If you do use these wipes, they cannot be placed in a latrine, but must be bagged and packed out.**

We also insist that our crews wash their socks, especially the liners, each day. Believe it or not, your feet have more sweat glands than any other part of your body. Washing your socks will ensure that there will always be a clean set available to wear. Clean socks and feet also help reduce the possibility of blisters. Keeping feet clean can also reduce the possibility of athlete's foot. Use medicated foot powder or an anti-fungal treatment such as tolnaftate (Ting) or miconazole (Lotrimin spray) should symptoms occur. Our crews wash their clothes and themselves immediately after they set up camp. Remember that washing must be done before 5 pm. If your hiking shorts and shirt are moist when you put them on the next morning, don't worry. They will dry out very rapidly while you are hiking. Damp socks can be pinned to your backpack to dry out as you walk to your next campsite.

Keeping yourself and your clothes clean can be a little more of a problem in rainy weather. Clothes don't dry out as fast and often have to be put back on damp. Mary Lane resorted to setting up a line under the dining tarp to dry out her clothes during a period of sustained rain. If your socks are just damp and you have a synthetic sleeping bag, you can wear them to bed at night and they will be dry in the morning. Don't try this with a down sleeping bag. Taking a bath with your bandanna can be a bit chilly because the air is cooler. But just taking the effort to good hygiene pays off in helping promote a positive attitude. You just "feel better".

Since body odor is caused by bacteria, an old farmer's trick can be useful. Just a little rubbing alcohol (before 5 pm of course) on a cotton pad or bandana will quickly destroy the bacteria. Gary's grandfather kept a bottle on his tractor for all the field hands to get an underarm splash just before coming in to supper. Gary carried a pint lexan hip flask that added only a few ounces. He was really a hit with the young women in his crew when after a couple of days on the trail, he pulled out the cotton pads and alcohol and let them clean their faces. It was part of his "maintaining the positive morale" equation.

## **Scout Skills**

We have found that older crewmembers can be pretty rusty on their basic Scout skills. One skill that is particularly important on the trail is fire building. Although gas stoves have replaced the need for building fires for cooking, inclement weather may require that a fire be built for warmth. On one of Wally's previous treks after a particularly cold and rainy day, it took hours for his crew to finally build a fire. Work with your crew and review methods for building a fire under wet and windy conditions.

In 2005, for the first time in several years, Philmont lifted the fire ban and fires were permitted for about the first half of the season. Crews were instructed to use small sticks (no bigger than about 1" thick) and to keep the fire small and within the fire rings. Before breaking camp, all ashes were to be gathered and scattered more than 100 yards from the camp. A stick was then driven vertically into the ground inside the fire ring. The part of the stick underground will not burn in the event of a wildfire and allow your crew to prove that your fire was out when you left.

For camp set up, crewmembers should know four basic knots. The tautline hitch, lark's head and clove hitch are important for setting up the dining fly. The two half hitches is best employed for a clothesline. The lark's head is also used for hanging bear bags.

## **First Aid**

Like any summer camp, you will be exposed to your everyday first aid situations like cuts, burns, and scrapes. However because of Philmont's high altitude, low humidity, and extended miles on the trail, you can expect to see some wilderness first aid situations that you probably have not seen before. The best treatment is always prevention. Each year, some crewmember will not make his trek because he gets injured fooling around before he arrives at Philmont or while at base camp waiting to go out. A quick game of ultimate Frisbee is not worth missing the ten days on the trail! Campsites are also areas where crewmembers can get hurt. Never let your crew walk around in socks or bare feet. Make sure that your cooks take proper precautions when using backpack stoves. Crewmembers should be reminded to always stay out of the fire circle when food is being cooked.

There are several wilderness first aid situations that may occur while you are on the trail. The daily rainfall and cool temperatures at higher altitudes provide all the ingredients needed for hypothermia. Left untreated, hypothermia can cause death. A cooling of the body's core temperature causes hypothermia. Although moisture takes away body heat rapidly, it is not required to make a person hypothermic. Lack of food, overexertion, cold, rain, wind, sweating, and exhaustion may all be factors. Usually, the person who is becoming hypothermic will not be aware that he is being affected. Therefore, all crewmembers must be able to recognize the symptoms and watch out for each other. Shivering is a signal that a person is becoming hypothermic. If a crewmember should begin to shiver, immediately take steps to increase the body's core temperature.

If you are on the trail, have him put on another layer of clothes or raingear, and pick up the pace. If in camp, have him head for his tent. If the shivering becomes uncontrollable, it is a sign that the body has lost its capability to generate heat. At this point, you have a potential medical emergency on your hands. Simply adding clothes or finding shelter simply will not help. You must provide the needed heat to raise the body's core temperature. Remove the crewmember's wet clothes and put him under a tarp or inside a tent in a dry sleeping bag to generate warmth. You can place canteens filled with warm water in the affected crewmember's groin area and under his armpits. You can also give him warm food and liquids, if he is able to take them. If he does not respond or becomes unconscious, send for help. Again, prevention is the best cure. When it starts to rain, put on rain gear immediately. Eat plenty of food. Layer your clothes to avoid overheating. Make sure crewmembers put on their knit hats and fleece sweaters. When one person gets hypothermia, everyone in the crew should be treated for it.

Unless you have hiked in high elevations before, Philmont may be your first exposure to altitude sickness. The reduced oxygen content in the air affects each crewmember differently. Your biggest and strongest crewmember may be the one who is affected while your "willow" walks down the trail with no problem at all. In 1986, one of Coop's better hikers came down with

altitude sickness after the crew had climbed above 10,000 feet for the first time. He complained of an almost blinding headache and nausea. We put him in his tent, and fed him Advil and soup for the remainder of the day. After a good night's sleep, he was ready to go again in the morning and was not affected again. Sometimes, crewmembers do not recover quite so well and must be brought down to lower altitudes.

Dehydration is a problem because of Philmont's low humidity. In the East, when we exercise and it is hot, we sweat and get thirsty. At Philmont, although we may be exercising just as strenuously, the sweat evaporates without leaving much moisture on the skin. We may be losing even more of our body's fluids and not even begin to feel thirsty. Before leaving camp in the morning, have your crewmembers stand in a circle with your crew leader in the center and drink at least a half a quart of water (by the end of the trek, crewmembers should be able to down a complete quart of water without batting an eye.)

This ritual is known affectionately by the crew as "cameling up." Most crewmembers don't like drinking that much water, so that is why your crew leader stands in the middle and watches. Another way to monitor fluid intake of your crew is noting whether they are urinating regularly. If they have to stop and take a leak, chances are they are drinking enough. A quick self-check for your own water intake is to note the color of your urine. If it is clear, you are drinking enough. If it is dark yellow, you need more water. Finally, be sure and have your crew fill their canteens at every water source. If you have been exercising hard before the water stop, camel up again. One of the responsibilities of the crew leader is to have strict discipline about enforcing water breaks, starting on shakedown hikes.

The dry humidity and high altitude can also be a factor in causing nosebleeds. The lining of the nose simply gets dried out causing a surface rupture of the small blood vessels. If you have a crewmember that has experienced nosebleeds in the past, he can increase the moisture level of his nose by putting a light coat of petroleum jelly or Carmex in each nostril. If a crewmember should get a nosebleed, have him stop whatever activity he is doing and sit down. He should gently pinch the nostrils together while tilting his head forward. If bleeding persists, he should be taken to a staffed camp for additional medical treatment. Nosebleeds can also be caused by dehydration. Make sure that your crew stays fully hydrated.

As was mentioned earlier, diarrhea can be a problem for some crewmembers. After a day or two on the trail, the body adjusts and other than being an inconvenience, it usually goes away. However, should it persist, diarrhea can cause substantial dehydration and lead to serious complications. If one of your crew has a problem with diarrhea, stop by a staffed camp early in the situation for some medical assistance.

Dehydration, altitude sickness, and heat exhaustion all produce the same symptoms: fatigue, nausea, and headaches. At Philmont, it is likely that someone with these symptoms has a touch of all three, so treat for all three: drink more, breathe deeply, and slow the pace. At Philmont, you should be drinking up to 8 quarts a day (almost a quart an hour while on the trail) depending on the weather conditions and the amount of strenuous activity that you are undertaking. The body's reaction to less oxygen in the air due to altitude is to breathe more often, but this

automatic compensation may not be enough. Teach your crewmembers rhythmic or power breathing, forcing the air out of the lungs on their rest step, so that they will breathe deeply and more often. Finally, to avoid heat exhaustion, hike early in the day with its cooler morning temperatures and hike at a pace that everyone can handle.

You will find that the most common injuries that you will have to treat are simple cuts and blistered feet. Cuts should be cleaned in soap and water (it is amazing how dirty you will get), cleansed with an antiseptic wipe, treated with antibiotic ointment and covered with a Band-Aid. Blisters are another story. The best treatment is prevention. This process begins during your shakedown hikes when the crew's boots and socks are checked out. Crewmembers should know where their boots will rub their feet and put on moleskin BEFORE they hit the trail. Additionally, crewmembers should know that it is **their right and responsibility** to stop the crew while hiking if they begin to develop a foot problem. It is much easier to re-tie a boot or apply moleskin than to treat a full-blown blister. Remember, if someone develops a foot problem, the whole crew will be affected.

Teach your crew how to take care of their feet. Washing their socks each day is a good place to start. Crewmembers should carry their own hot spot kits and know how to put on moleskin. There is only one rule when it comes to moleskin; more is better. Crewmembers will usually use only enough moleskin to cover the affected area. This is ineffective since it will not provide enough surface area to ensure that the moleskin will stay on and the blister will generally increase in size.

If a crewmember begins to develop a hot spot, stop, remove the socks and powder the feet. Keeping the feet dry will help reduce the chance that a hot spot will develop into a blister. Next, use tincture of benzoine to coat the affected area. Tincture of benzoine will toughen the skin and add to the sticking capability of the moleskin. Finally, cover the area with a moleskin patch. The patch should have rounded corners to reduce the chances of it coming off when putting on socks. You will need a small set of scissors to cut moleskin effectively.

If the skin appears loose around the hot spot, make a moleskin donut by cutting a hole the size of the affected area and place it on the foot. If a full blister has developed, use a molefoam donut instead of moleskin. Unless the blister is extremely painful making it difficult to walk, it is generally best not to drain it. The fluid inside the blister acts as a lubricant and helps improve the healing process. Draining it creates a non-sterile open wound that must be treated. Coop has also found that duct tape does a great job holding moleskin in place and it can be applied to the inside of the boot to reduce friction.

In 1997, Mimi tried something new. Instead of "pretreating" potential hot spots with moleskin, she painted those areas with New Skin. This pretreatment worked like a charm and did not leave any sticky residue on her socks like moleskin and tincture of benzoine can. She reapplied New Skin each morning before putting on her socks. Coop now carries New Skin in his crew's first aid kit. Again, the best treatment is prevention. Another terrific product is Spyroflex, found in some pharmacies and outfitter stores. It is a breathable substitute for moleskin, but it is thinner, more flexible, and more durable. It works best for preventive care and is not bulky under socks.

Compeed is an excellent product for blister care, with its moisture control technology, which allows the wound to remain naturally moist, while blocking outside dirt, water, and bacteria. It is an adhesive product that stays in place for the entire healing cycle. Until recently, it was difficult to find in stores. Band-Aid brand now produces an Advanced Healing Band-Aid product, found in the Band-Aid or foot care sections of stores. The Advanced Healing strips are actually made of Compeed in various sizes and shapes, and are quite convenient to use. Compeed Band-Aids are also terrific for trail cuts and other shallow wounds, protecting the injury for the rest of the trek after the initial treatment. One drawback to Compeed is getting the adhesive on socks, so be careful to check that it has remained in place after hiking.

Each crew should have its own first aid kit, which is normally carried by an advisor. Much like stoves and packs, the contents of a first aid kit are left up to personal preference of the crew advisor. However all first aid kits should contain the basics such as Band-Aids, gauze, adhesive tape, an Ace bandage for sprains, and triple antibiotic ointment, such as Mycitracin or Neosporin to handle every day problems such as cuts, scrapes, blisters, and burns.

Advisors should note that they are **NOT ALLOWED** to give medication orally to any non-adult crewmember, unless they have been given written permission ahead of time. This includes pain relievers and fever medications such as Advil, Aleve, Nuprin or Motrin; Imodium AD for diarrhea; and antihistamines such as Benadryl for treating colds and allergies. Coop shares this information with the parents of crewmembers before the crew heads off for Philmont. He has developed a consent form that covers the specific dates of the trip, including travel out and back, that lists the over the counter medications that he carries in the crew first aid kit and asks the parents to initial in either the “yes” or “no” column to indicate whether he will be permitted to dispense these medications, based on his judgment and training. Without an initialed “yes”, no medications will be provided. A more complete first aid kit list is contained in Appendix I.

In the unlikely event that you that you are faced with a first aid situation that requires more skill or resources than you possess, don't worry. Philmont is fully prepared to handle any situation. Each staffed camp and each vehicle traveling in the backcountry is equipped with a radio that can be patched into the health lodge at base camp. During your Ranger training, your crew leader will be instructed how to fill out the information that is now printed on the back of the new maps that the health lodge will need to know to properly evaluate your specific first aid situation. Simply fill in the blanks, send four crewmembers to the nearest staffed camp and keep your patient comfortable. Help will soon be on the way.

If you have a cell phone, calling 911 is not an effective way to get help in the backcountry because you could reach as far away as Colorado and they will have no idea of where Philmont is. Instead Philmont has established a protocol so that crews can call Base Camp directly. It should be noted that cell phone coverage in the backcountry is sporadic and crews should be prepared to head to a staffed camp when help is required.

## **Women at Philmont**

Every year more and more women come to Philmont, usually as part of a co-ed crew or a Rayado Crew. This trend is reflected in the growing number of female Rangers that prepare crews for the backcountry. Even though you may not be a co-ed crew, you could be assigned a female Ranger. Women clearly have established that they are as capable of handling the same strenuous Philmont conditions as their male counterparts.

With the increase of women at Philmont has also come a down side in the form of blatant sexual harassment of female staff members and co-ed crewmembers by male crewmembers and their male advisors. In 1994, a crew almost lost its chance to earn their Philmont arrowhead patches when one of the crewmembers made a sexually explicit remark to the female staff member responsible for monitoring the crew's conservation project. After a lengthy discussion and an apology, the crew was allowed to continue their work and ultimately received their patches.

That same year, another all male crew was assigned a very attractive female Ranger. The crewmembers immediately began to talk about what they were going to do to their Ranger after it got dark, loud enough so that the Ranger could hear exactly what was being said. When the advisors did nothing to stop this discussion and acted as if "boys will be boys", the Ranger reported the incident to the Chief Ranger. As a result, the council involved received written notification from Philmont that these advisors would not be allowed to return to Philmont again.

Perhaps this behavior is a result of too many years of single sex camping or an outright opposition by some crewmembers and adults to females participating in Scouting's high adventure programs. Whatever the reason, it is still wrong. Advisors should tell crewmembers, that they expect them to live by the Scout Oath and Law while on the trail. That means **all** people, regardless of sex, race or religion should be treated with the same level of respect and dignity, whether in base camp or on the trail. We applaud those young women who come to Philmont either as staff members or as crewmembers because they add a unique dimension to the overall experience. It is time for all of us to get beyond the single sex issue and focus on what can be learned from one another while on the trail at Philmont. And guys, be careful about how macho you become while on the trail. There are some women out there that can hike you into the dirt without even getting winded and not even look back.

## **Co-ed Crews**

If you are an advisor to a co-ed crew, you need to be comfortable discussing women's issues. Some advisors may feel that it is just not their place to discuss topics such as menstruation with both male and female crewmembers. This is simply not the case. Right from the very start, advisors need to be frank and honest with their crewmembers and provide any information that will make the trek more successful. Open communication with the entire crew will help to encourage better understanding and cooperation among its members.

Gary found it advantageous to have a meeting with the mothers of his 2005 female crewmembers. He had a past female advisor present along with the female advisor going out



with his crew to discuss women's issues. This way the female crewmembers mothers could go over the issues with their daughters first. Additionally they knew that they could always approach the female crew advisor or Gary if need be.

The stress of hiking in the backcountry may induce or delay a woman's menstrual cycle or it may have no effect at all. Therefore it is important to know how to deal with it under wilderness conditions. Each female crewmember, despite the timing of her last period, should carry a supply of sanitary products in a waterproof container inside of her pack. Both tampons and sanitary pads are approved for use at Philmont. A smaller container, such as a Ziploc bag, can be used for daily needs and should be kept handy in a pack's outside pocket. When the crew arrives at its camp for the night, the daily container can be resupplied and the used products can be removed and stored in the waterproof container. Sanitary products (both used and unused) are considered as "smellables" and must be placed in the bear bag at night.

In the *NOLS Wilderness Guide*, it is recommended that woman bring along small Ziploc bags for the storage of used tampons and pads. They have also found that placing several crushed aspirins in the Ziploc bag can help eliminate the problem of odor. Outward Bound recommends storing used sanitary products in a Ziploc bag with dry tea bags to absorb the odor. Used sanitary products and toilet paper used by menstruating women must never be placed in latrines or buried in the backcountry. They should be packed out and discarded – double bagged – at a staffed camp or commissary. Used products must never be placed in latrines or buried in the backcountry. In 1997, Mimi reported that some staffed camps in the backcountry maintained an emergency supply of sanitary products. Women may want to consider discussing hormonal therapy with their doctor to prevent the start of their menstrual cycle while on the trail. This method is NOT 100% effective and sanitary products still need to be readily available.

Hiking at Philmont is tough but it can be made even more difficult with cramping. Advisors need to be aware that women can experience cramping between menstrual periods. The pain can occur on either side of the abdomen or lower back. Women who regularly experience cramping are familiar with its symptoms and are better able to cope with the associated pain. Cramping usually goes away within 36 hours. Sometimes when cramping occurs on the right side it can be mistaken for appendicitis. However, with appendicitis, other symptoms including low-grade fever, diarrhea, and vomiting are present. Cramping has none of these symptoms.

If a female crewmember experiences severe cramping, it may be necessary to hike at a slower pace or even off load some crew and personal gear. While this situation did not come up with Wally's five co-ed crews or Coop's one crew co-ed crew, they both had discussed the situation ahead of time with their entire crews. While the some of the guys were not happy with the idea of increasing their personal loads to assist a female crewmember, they at least understood the reasons why.

Cotton hiking shorts and underwear promote an environment that can cause several unpleasant and debilitating medical conditions for female hikers, such as candidiasis and urinary tract infection (UTI). Because of this, some women may prefer to hike in nylon blend hiking shorts with a built-in nylon brief, as discussed earlier in this guide. Outward Bound recommends nylon

hiking shorts with no underwear to participants in all-female, adult programs. But many women, particularly those in co-ed crews, may prefer the comfort and discretion provided by independent briefs. Additionally, independent briefs provide more flexibility for the use of sanitary products during the menstrual cycle.

Both Cathie Cummins and Mimi have used CoolMax briefs on previous treks and have been pleased with their durability, moisture wicking and drying attributes, and ease of laundering. Mimi now likes REI's Featherweight LTS briefs. They come in a variety of color and sizes, and dry almost instantly when laundered on the trail. Mimi also likes Moving Comfort's ultralight Daylite bra, which combines the look of a lingerie bra with the features of a sports bra. This CoolMax/Lycra blend bra dries in a flash on the trail, and comes in black and white.

The combination of climate, physical exertion, and sanitary conditions at Philmont, provides an increased possibility of candidiasis, or yeast infection, in women. The first-aid kit for co-ed crews should contain a non-prescription anti-fungal medication, such as Monistat 7. Most adult women know whether they need to carry this item for themselves, but teenage girls might be surprised by the infection, so travel prepared.

Philmont is known for its wide open spaces and does not afford very much privacy. This was not a big problem when Boy Scouts alone hiked the trails alone. With the influx of women on the trail, there has been a change in the backcountry. Most youth who attend Philmont are mature enough to handle the change. As an advisor to five co-ed crews at Philmont, Wally was particularly impressed by how other crews camping nearby went out of their way to respect of the privacy of the female members of his crew.

Gary did run into a small problem meeting Philmont's bear protocol that required crewmembers to change into sleep clothes outside of their tents. Thus was invented the alternating "fun run" where either the young men or young women headed a reasonable distance into the woods (it was dark at night so the distance did not have to be too great) and when one group was finished changing, the other simply repeated the process.

Latrines have also had to change at Philmont. Although Philmont is building covered and enclosed latrines, there are still some open air latrines at some of the more remote campsites. These rustic latrines come in two varieties; the pilot to bombardier (two holer, back to back) and pilot to copilot (two holer, side to side) and are the source of some great campfire skits. In fact, some these latrines are so close to the trails that one can watch a crew walk by while doing his daily constitutional.

Unless latrines at a camp are enclosed, many female crewmembers may prefer to use nature instead. The crew leader of a co-ed crew should keep privacy needs in mind when selecting a campsite, preferably choosing a site that is unpopulated on at least one side. If such a site is not available, crewmembers of a co-ed crew should be a little more aware of who is using the latrine before just walking up. Crewmembers may want to go to these rustic latrines in pairs, with one as the lookout who stands between the latrine and the campsite.

Washing up can also present a problem for a co-ed crew. Philmont requires hikers to wash up at the sump so that odors can be concentrated. However, the sump is usually out in an open area with absolutely no privacy. Wally's and Coop's co-ed crews simply washed in shifts using a large opaque ground sheet that was set up around the sump to provide for some privacy.

Lack of privacy also makes it difficult for women to urinate on the trail. For a male crewmember, it is no big thing. He can relieve himself while leaning nonchalantly against a tree, taking in the great views of the mountains and not even taking off his pack! For female crewmembers, it can be a little more of an effort. As a result, some female crewmembers may not drink enough water, just to keep from urinating on the trail. Insufficient water intake can result in dehydration and increases the risk of urinary tract infection (UTI), which must be treated with antibiotics, and would undoubtedly result in that female crewmember being taken off the trail.

There are several small plastic funnel-type devices available such as the "Lady J" or the "Freshette" that will allow a woman to urinate while standing, with a minimum of exposure. Mimi says that she is seeing a growing legion of female "believers" in the Freshette on the trail. She carries hers in a small mesh bag along with a small, squirt top water bottle to rinse it out after use.

Since urination for a woman generally involves a state of partial undress, female crewmembers need to be out of sight of the crew. This usually means heading up around the bend in the trail. In Coop's 2000 co-ed crew, during short packs off breaks or called pee breaks, the rule was guys head down the trail and women head up the trail. Female crewmembers usually headed out in groups, providing another set of eyes and ears for other crews that might be approaching on the trail.

You want all of your crewmembers to have urine output that is "clear and copious". If you have a co-ed crew, make sure everyone "camels up" and be ready to take more time on the trail. If a crewmember needs to stop, have the remainder of the crew hike ahead while another crewmember stands lookout for any crews coming from behind. Let your crew know that becoming dehydrated can cause severe problems and will slow the crew down even more than stopping to take an occasional leak on the trail.

A quick note on latrine use for **both sexes**. Urine is basically a sterile product and does not contain the pathogens found in feces. However, it does contain salts that do attract animals. If you are on the trail and need to urinate, the best way is to pee on a rock off the trail. In the old days, we used to tell a camper to just "find a tree". However, urinating on a tree puts salt on the bark that will attract animals that will ultimately eat the bark and destroy the tree. So find a nice rock that won't splash back!

If a crewmember needs to defecate on the trail, he or she needs to take the shovel, toilet paper and a small stick, and find a spot at least 200 feet from a water source or the trail. Use the shovel and remove the top cap of soil that contains the microorganisms that will ultimately reduce the feces. Dig the hole approximately 6 inches deep. After defecating and cleaning with the paper,

add dirt to the hole and mix it in with the feces using the stick. The crew shovel should never come in contact with feces! To the uninitiated, this might sound like a disgusting task, but adding the soil will immediately eliminate any odors. Mixing the soil, feces and paper together into a “poop soup” will facilitate the decomposition of the feces and the paper. Once you have used up all of the soil, replace the top cap and insert the stick so that someone else will not dig in the same area.

NEVER urinate in Philmont’s backcountry latrines. The salt in the urine will act as a preservative, increasing the decomposition time for the feces and the acids will kill the bacteria decomposing the feces. Also, any urine that gets on the latrine’s wood will attract animals. In many latrines, you can actually see where porcupines and other animals have chewed the seat area.

As we discussed in the Personal Hygiene section of this guide, it is extremely important to wash off the salt and grime that accumulates each day to prevent “hiker’s rash”. Cathie and Mimi recommend that female crewmembers bring bras to Philmont that can be washed and dried each day. There are an increasing variety of sport bras available, with the largest selection manufactured by Champion, in styles to match individual builds. Champion outlet stores provide a full range of options at significantly reduced prices.

Check the fabric content in each style. Look for Lycra for support and CoolMax for breathability, rather than cotton, as both dry quickly. Cathie and Mimi suggest bringing two bras; one as a “hiking” bra and the other as an “in-camp” bra. The hiking bra should be rinsed out each day. Although it may wet first thing in the morning, it will not matter because it will either dry quickly or just get wetter when you begin sweating.

When choosing long pants, female crewmembers may want to consider warm-up style pants with elastic waists and ankle zippers, which allow the flexibility to dress without removing shorts and boots, in areas where privacy is hindered. If you have questions about woman-specific Philmont issues not mentioned in the Guide and want to get feedback based on other female trek advisors, please feel free to drop a line to Mimi Hatch, [m.i.hatch@earthlink.net](mailto:m.i.hatch@earthlink.net), or Mary Lane, [crewmemberinfun@yahoo.com](mailto:crewmemberinfun@yahoo.com).

## **Weather**

Weather at Philmont is unlike that experienced in the East. You may start the day hiking in the heat and the dust only to find yourself being pounded by hail in an afternoon thunderstorm and finally going to sleep in the high country with the temperatures falling below freezing. Your crew must be prepared to handle these weather conditions. Rain gear and pack covers should be located in a pack’s outside pocket to allow crewmembers to quick access. It is extremely important that crewmembers stay dry in the event of bad weather because of the risk of becoming hypothermic.

The early Philmont season (late June, early July) is generally dry. The real rain begins after the second week in July. As you approach your departure date, you can check on the conditions on

line by going to Weather Channel ([www.weather.com](http://www.weather.com)) and typing in Cimarron, NM and looking for the link to Cimarron Canyon State Park. The park is off Highway 64 about 16 miles west of Cimarron at 8,000 feet, so the conditions should match much of the ranch.

You can expect rain and possible thunderstorms each afternoon at Philmont, even in the dry season. Lightning has killed Philmont hikers in the past. Remember that mountains may block your view of an approaching storm and that most lightning strikes occur on the leading edge of a storm, so take immediate action to seek protection once you see dark clouds heading your way or hear thunder.

Lightning is attracted to objects that will conduct electricity to the ground along the path of least resistance. Since trees are usually the tallest conductors, they will usually take the worst beating in a thunderstorm. Wire fences and bare, exposed mountaintops are also likely targets for lightning. Lightning has been known to follow the face of a cliff down to the ground, so stay out from under cliffs and overhangs. If you are on a ridge or a peak, make a beeline down the hill, staying on the side of the hill opposite the approaching storm. You should be safe if you are under some sort of forest cover, at least 100 yards down from the peak or ridgeline. Never begin an ascent in the face of a threatening thunderstorm. Save that peak for a day when the weather is better.

Most camps at Philmont are located under trees and are not on exposed mountaintops. If you are in camp when a thunderstorm hits, you should be in good shape. Stay away anything that can conduct electricity including metal tent poles, bear bag wires, and backpack frames. Keep everyone within eyesight of each other and spread out. This way, if one person is hit, the others can administer first aid. If you are bunched up, one stroke of lightning could injure the entire crew. If you are caught in the middle of a meadow, you become the most prominent object. If the threat of lightning is imminent, try to seek a stand of trees. If this is impossible, squat down on your sleeping pad with only your feet touching it; this is the “lightning position”. Do not lie down since lightning can travel along the ground. Thunderstorms at Philmont commonly bring hail. For quick cover, head for a stand of even-sized trees. If you get caught in a hailstorm, the temperature can drop rapidly so get everyone into rain gear. If lightning is not present, get into a tent or under a fly.

The Tooth of Time Ridge can be an unfriendly place during a lightning and thunderstorm. The trail is a rugged, rocky, majestic path offering magnificent vistas of the valley floor to south and as far as the eye can see to the north. This trail straddles a classic “hogback” ridge. Because its sides slope abruptly away, there is little opportunity to get off of the ridge. In 1991, Doug Cox’s crew was caught by a storm while hiking over Tooth Ridge. Early in the morning, his crew had left Webster Parks with the destination of Tooth Ridge Camp. At about 1:30 pm when his crew was halfway down the Tooth Ridge, the storm hit. Because his crew could see the storm coming, they had plenty of time to form a packline and cover it tightly with their rain fly. The crew then moved as far off the ridge as possible, put on their rain gear, squatted on their sleeping pads, and rode out the storm. Lightning struck close enough for them to smell the ozone in the air. The lesson learned by his crew was not to panic. While they would rather not have been on that

ridge, they took the correct actions to protect themselves. Doug says that his crew still talks about that afternoon, but the storm gets bigger with each re-telling.

Rain can also cause drastic changes in watershed areas. Camps located in canyons or narrow valleys usually get the most water. If you are in one of these camps and the stream begins to rise unusually fast, it is a sure sign of imminent flooding. The air will also smell like dirt and ash and there will be a thundering noise. If you see that the stream is about to crest its banks, evacuate the area immediately. DO NOT attempt to save crew gear in a flash flood. The gear is replaceable, you are not. Get to high ground IMMEDIATELY.

The Middle and North Ponil and their tributaries will experience flooding as a result of the 2002 fire damage. Staff along the Middle Ponil observed a 15-foot high wall of water during one storm, while Horse Canyon, which has no stream had a 3-foot high wall of water. If the flooding is widespread, you may have to spend several days on your own before you are rescued. Even a small amount of supplies and gear can make the group more comfortable. However, 99% of the flash floods will be over quickly.

In the event of extended rain, it is important to keep morale high. In 1991, Wally's crew experienced seven straight days of bad weather. Crewmembers can sink into depression, if someone doesn't keep the morale up. Crewmembers should understand that rainy days are a part of nature. In fact, it is the comparison with rainy days that makes the sunny days that much more sweeter.

Troy Hayes' troop has a saying that "weather determines what you wear, not what you do". Warm clothes and warm meals help to keep people operating with a positive attitude. Cook and eat your meals together under the dining fly. Move meals around to make sure the crew has something warm to eat when it is cold and wet. When the weather breaks, take the time to dry out wet gear. Your personal attitude and that of your crew leader will have a big impact on how inclement weather affects the crew.

## **Leaving Camp**

Leaving camp is the advisor's main source of aggravation. Watching crews take hours to vacate the campsite is very frustrating. Crews work at a pace such that individual members will not be asked to do any extra work. Even though Scouts are supposed to "help other people at all times", they seem to think that "work" is a dirty four letter word that ends in "k". If you are not cooking breakfast, leaving camp should not take any longer than 45 minutes. If the crew wakes at 5 am, the crew leader must wake up at 4:50 am.

Each crewmember should not take more than 10 minutes to wake up, put their clothes on, and stuff their sleeping bag. It should not take any longer than 20 minutes to retrieve the bear bag and for the crew leader to distribute the gear. While the bear bag is being retrieved, the dining fly and tents should be taken down. Once the gear is divided, it should not take more than 10 minutes for everyone to finish packing and make a pack line. It should not take any longer than 5

minutes to do a clean sweep of the campsite. And that takes 45 minutes. Even at high elevations when it is below 40 degrees and wet, the crew must just decide to do it!

There are several good reasons for getting on the trail early. By leaving camp early, you avoid the heat of the day. It can really begin to cook on the trail after 11 am. It also avoids hiking during afternoon thunderstorms that typically occur between 1 pm to 5 pm. By leaving camp early, you arrive at program areas before they become crowded with other crews and while the staff is generally less fatigued and more enthusiastic. By leaving camp early, you also have a chance to see more wildlife. Finally, by leaving camp early, you have more options for your trek; perhaps a side hike up Trail Peak, a chance to wash clothes and dry out, a good game of volleyball with the staff, or maybe just a lazy afternoon watching the clouds drift by.

But if I leave camp early, what do I do about breakfast? There is no rule that breakfast has to be eaten as the first meal each day. On the trail, food is simply food. Why not substitute a no cook lunch for your cooked breakfast? Or if the next staffed camp with a program activity is only a mile or two away, get up and leave your overnight trail camp early so you can arrive and quietly eat your breakfast waiting for the program to start. Please do not disturb the staff cabins. Remember that backcountry personnel work 13+ hours days from 8:00 am program start to advisors' coffee and campfire at 9 pm.

When hiking out of the camp, pass by the water supply to "camel up". After "cameling up", be sure and fill your canteens and purify them if required. If you are leaving a staffed camp, the crew leader will need to sign out. Because of the fires in 2002, Philmont now wants to keep track of crews and signing out helps do that.

## **Trail Meditations**

It always has been the responsibility of Boy Scouting's adult leadership to provide an opportunity for their Crewmembers to observe the twelfth point of the Scout Law, "A Scout is Reverent". This is especially true at Philmont where the use of daily meditations has been found to be an excellent means to provide a time of thoughtful reflection for individual crewmembers. Daily meditations have also helped crewmembers bond themselves into a harmonious unit that can overcome the challenges of fatigue, bad weather or rough terrain.

During the advisor's meeting conducted the first night at base camp, each member of the crew will receive *Eagles Soaring High, Trail Worship for Christians, Muslims and Jews*. This is an excellent resource that can be used by the crew to conduct short meditations while on the trail. The booklet has been specifically written to mirror the needs of crewmembers. For example the meditation for Day 4 on the trail speaks of forgiveness. By this time, everyone has somebody they need to ask forgiveness from! As you hike along the trail in the first part of the morning, stop at an overlook and take a couple of minutes to do a meditation. You will find that the natural beauty of Philmont provides the ideal outdoor place of worship.

Another way that a crew can display reverence and build unity as a group is through the use of grace at meals. No matter how difficult the day or how hungry the crewmember, time should be

taken to give thanks for the food and those who prepared it. Saying grace together can become almost magical after a while. Several suggested graces for meals in addition to the Philmont grace are contained in *Eagles Soaring High*.

A Philmont trek is really a workshop in group behavior and dynamics. If the weather has been bad or if the terrain has been difficult, a crew can come apart at the seams. The cooperation and enthusiasm that was present on the first day of the trek can disappear only to be replaced with frustration or even anger. Adults can be especially vulnerable to this frustration. It is up to the advisor to help the crew leader keep the crew working together as a group, so that the Philmont experience will be one in which the crewmembers will have grown, both physically and emotionally.

A non-threatening technique that is now being taught by Philmont Rangers as a means to share feelings and resolve conflicts is “Thorns, Roses and Buds” or simply “Thorns and Roses”. Each day, no matter how tired you are and no matter how much a crewmember wants to go to bed, the crew should pause and allow each member to reflect on his feelings. “Thorns and Roses” can be done immediately following a daily meditation or perhaps at the end of the day. The crew sits in a circle and each member has an opportunity to say the worst (thorns) thing that has happened to him that day, the best (roses) thing, and voice future expectations (buds). There are only three ground rules.

- First, if a crewmember does not want to speak, he does not have to.
- Second, only one person speaks at a time and no one can question what is being said.
- Third, what is said in the circle, is left at the circle and not discussed again.

“Thorns and Roses” works. It allows the crew to discipline themselves, without adult intervention. In fact, during Coop’s 1992 Philmont trek, several crewmembers asked for a “Thorns and Roses” session because there were problems in the crew that needed to be solved. Start using these techniques from your very first training hike.

Philmont chaplains will tell you that those crews who conducted daily devotions, said grace before meals, and used “Thorns and Roses” exhibited stronger group dynamics and did not fall apart when conditions got tough. Philmont chaplains are available should your crew experience some form of human dynamics problem in the backcountry. Usually by that time however, the crew as a team is broken and cannot be fixed. It is your job as the advisor to be sensitive to what is going on with each person within your crew including adults and use the techniques like “Thorns and Roses” to allow each person to express their feelings.

### **Hiking Into Base Camp**

Philmont is truly an adventure, so celebrate in your accomplishments. As a matter of personal pride, Doug Cox suggests that your crew look their best the day they come back into Base Camp. This is especially true if they hike in from the Tooth of Time. Most crews will return ragged, dirty, and weary looking, and rightfully so. But you hiked Philmont’s trails - the trails did not hike you. You made it! Come in with your head held high and not looking whipped.



The secret is to plan your return. By now, your trail clothes are pretty disgusting, even if you have washed them every day. On the morning of your return, why not wear your in-camp clothes instead; or your sleep shirt, since it is probably your cleanest shirt. Trust us, people will notice and your crew will have the same excitement about coming in as they did going out.

## **BACK AT BASE CAMP**

### **Returning to Base Camp**

Sometime around Day 5, one of your crewmembers will begin talking about the ice cream cone (or two) that he is going to get as soon as he gets into base camp. If you let your crew disperse when they arrive back in base camp, the only one available to do the base camp in-processing will be you! One of the best ways to bring order out of this chaos is to hold a crew meeting in the shade of the trees behind the Services building and assign all tasks that must be completed before the crew can be released.

All crew gear, whether borrowed from Philmont or brought from home, must come out of packs and be cleaned and inspected. Be prepared to scrub out all pots and pans with steel wool and dry out your tents and crew tarps. If you borrowed gear from Philmont and it was damaged while in the backcountry, have some money available to pay at Services. Any extra food and fuel can also be returned at Services.

While the rest of the crew is working at Services, the crew leader and lead crew advisor should gather up the itinerary sheet, wildlife census cards and the safe deposit signature cards and head down to the Welcome Center. At the Welcome Center, the crew leader receives the crew's tent assignments and a detailed out processing sheet that must be completed and turned back in. The next stop is Logistics where crew is logged in as returned and the crew's itinerary is reviewed to determine whether the crew has met all requirements necessary to receive their Philmont arrowhead patches. The next stop is the Registration desk, where the wildlife census cards and Philmont evaluations are turned in and any valuables that have been stored while the crew was on the trail are be picked up. It should be noted that four evaluations forms; one for program and one for your Ranger that have to be filled out and turned in by the advisors and youth members of the crew. If you are conscientious about these forms, it can take 30 to 45 minutes to complete.

The next stop is the Security building, where the keys to the crew's lockers are picked up. The next stop is Packs and Gas where extra gas and any rental equipment can be dropped off. The crew leader and lead crew advisor can then return to the crew at Services, stopping at the Post Office to pick up mail received while on the trail. After all equipment, including any rental gear, is cleaned and turned in, the crew can head for the lockers to pick up the items left in storage and head for their tent site. **Only then**, should the crew leader release the crew for the trading post and snack bar.

A final note. Trailbound tents are now set on concrete platforms instead of the old wood platforms that make them a lot cleaner and more level. However, this also means the Base Camp critters now come inside your tent looking for goodies instead of being content to rummage under the old wooden platforms. Don't keep any junk food in your tents. Bob Klein had a skunk in his tent on homebound night!!!!

## Security

Not all participants in the Philmont experience are completely trustworthy. On the trail, security problems are quite uncommon. What incidents that do occur can probably be attributed as much to simple loss as theft. Common sense is the rule: keep the crew away from unoccupied neighboring camp sites and keep your own site buttoned down when you are away. If you are doing a side hike or "double dipping" at a camp you are passing through, set up your packline well off the immediate trail and cover everything with your tarp. It is also a good idea for keeping an unexpected rain from becoming a problem. Remember to hang your bear bags if you are going to leave your packs unattended.

Base camp is an entirely different situation. First, there is the simple reality of a very large group of crewmembers and advisors, all crammed together in an unfamiliar and featureless tent city. With a million things to do and no readily identifiable markers to your area, it is natural and unavoidable for both crewmembers and advisors to occasionally find themselves entering the wrong tent. It happens all the time. Normally, an incident like this is nothing more than a somewhat exasperating inconvenience. What turns out to be a security problem is the presence of "F Troop".

F Troop are the ones who washed out on the trail and found backpacking to be less appealing than a week-long stay at the Snack Bar. Unfortunately, Philmont has not yet devised a way to keep these individuals busy other than to send them home at their own expense. For the sake of your crew, keep truly valuable items at the security office or in the crew locker. Your crew should always keep as much of their gear zipped up in their packs or under cover, especially while you are at meals, at a base camp activity or campfire. This goes double for wallets, cameras, and patches.

## IN CLOSING

Hopefully this guide has provided you with a better understanding of some of what a Philmont trek is all about. In the final analysis, it is impossible to fully describe or appreciate "**Philmont**" without actually experiencing it for yourself. And regardless of how many times you've been before, your next experience will be different because each trek is unique. As stated earlier, the purpose of this guide is to provide crew advisors with our opinions regarding things that your crew can do to help them make their Philmont experience the best possible one. Plan on having the time of your life in God's country – You will!

## **APPENDIX A PHYSICAL PREPARATION FOR A PHILMONT TREK**

To enjoy the Philmont experience, participants must be physically prepared to carry a 35-50 pound pack over steep, rocky trails at elevations ranging from 6,500 feet 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 who are unaccustomed to physical exercise.

The first step is to get a physical examination from your physician. Use the forms provided by Philmont that will be mailed in December. Complete the health history on page 3 and schedule a physical exam.

Staff physicians at Philmont reserve the right to deny access to the trails to any adult or youth on the basis of the physical recheck at Philmont. All medical evaluation forms will be checked by Philmont medical staff. Areas of concern include, but are not limited to: heart disease, seizure disorder, sickle cell anemia and hemophilia. Blood pressure without medication must be less than 150/95 for any participant to be permitted to hike on Philmont. Adults or youth participants who are more than 25 pounds overweight should begin a program of exercise and dieting at least six months prior to a Philmont trek. If there are any doubts after the individual has had a physical examination, contact Philmont.

A program or 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 or long flights of stairs and hiking with a full pack are excellent preparation. How fast you run or how far you go is not nearly as important as regular exercise. Other aerobic exercise 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 exercise. Start a journal to record your progress. If anyone has questions, contact the family physician.

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. 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.

Ninety percent of the crews that participated in 2001 indicated on their evaluation forms that additional physical training by all members of their crew would have been helpful.

## SUGGESTED CONDITIONING PROGRAM

### MONTH      CONDITIONING

DECEMBER/JANUARY      Complete health history on individual medical form and get parental approval (signature).

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 physician's recommendation on how to lose weight through dieting and/or exercise.

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 intensity of exercises.

Purchase a pair of quality hiking boots. A pair of boots 6 to 8 inches high with sturdy soles is recommended. Lightweight hiking/running footwear is excellent for dry, rocky trails that are prevalent at Philmont. They are not recommended for people with weak ankles who need heavier leather boots. Wear your boots to school or work and when walking anywhere to break them in and to condition yourself.

FEBRUARY/MARCH      When weather permits jog, run or walk outdoors. Start with 20 minute sessions and gradually increase the length and the incline or speed.

APRIL      Continue exercising. Schedule a couple of 5-10 mile day hikes. Carry a full backpack on the second hike.

MAY      Continue exercising. Schedule at least two overnight backpacking treks of 10-20 miles. Plan the second trek to cover more rugged terrain or increase the mileage. Consider meeting the requirements for Backpacking Merit Badge that includes 3-three day backpacking treks of at least 15 miles each and 1-five day trek covering at least 30 miles.

JUNE/JULY      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).

## **APPENDIX B CREW LEADER'S ORIENTATION**

Congratulations on being selected as a crew leader. Yours will be an experience that will never be forgotten, and will provide you with a unique opportunity to better your leadership abilities, and interpersonal skills. You are the quarterback, and your team will be depending upon you to give them good leadership. Just as with any good quarterback, you need a game plan. This orientation will help you put together a game plan that will give you the best chance of success in the Super Bowl of Scouting: Philmont.

A good game plan always involves planning ahead, and preparing for all foreseeable circumstances. A crucial element of any enjoyable outdoor experience is planning. The saying "an ounce of prevention is worth a pound of cure" is really apparent in the woods. Examples of circumstances you should plan for include: the route for each day, how long it will take your crew to get to a destination, finding water sources along the way, looking at the map to determine which geographical feature you should pass so you do not go the wrong way, etc. As you can see, it is necessary to plan for each day.

An excellent way of measuring how well your plan was is to set goals for objectives that you would like to accomplish each day. Such goals would include: when everyone should get up in the morning, how fast camp should be broken, the time you want to get to your next camp, etc. These goals should be made by the entire crew at crew meeting held each night you are on the trail. It is amazing how much good planning and goal setting will make any outdoor experience more rewarding and enjoyable.

A Ranger will be assigned to your crew at the beginning of your Philmont trek. The Ranger is knowledgeable of outdoor skills and developing teamwork, and will orient your crew to the fundamentals of camping at Philmont. He or she will also give you suggestions on how to plan, and how to implement those plans.

You, the crew leader, are the quarterback of your crew, and it is your responsibility to make sure the game plan is followed. Any good quarterback needs to know how to be an effective leader. Being a good leader means assuming leadership early and using an appropriate leadership style to fit the needs of each situation. Let your crew know that you are its leader, and that you call the plays.

Upon being selected as the crew leader, you were given authority, it is now up to you to earn the respect of your crew, making sure that they always feel like they are part of the team. It is also important to know when to assert your leadership and when to be a diplomat. This is a difficult aspect of leadership, and you should use every resource at your disposal concerning this point. If you are too assertive in leadership, your crew will look upon you as a dictator; however, if you are too diplomatic, some members of your crew will likely run all over you. Finding a happy medium separates the exceptional leaders from the inadequate ones. It is often helpful to look back to the leaders you respect, and examine how they dealt with different situations. You will probably find that they almost, without exception, all led by example.

Perhaps the most difficult task you will face as crew leader is developing teamwork within the crew. As the leader, it is up to you to set a positive tone for the group. If you are negative, then the rest of the group will probably be the same. A positive attitude will help the crew get through almost any situation. Another aspect of developing good teamwork is resolving conflict early before it develops into a more serious matter. It is extremely important to always be aware of signs of conflict. You should consult your advisors about any situation that you are uncomfortable in dealing with.

As with any team, it takes time to develop good teamwork, and much effort should be taken in going on as many training hikes as it takes to get everyone working together as a team. A helpful tool in developing good teamwork is putting together a duty roster that splits up tasks such as cooking, cleanup, etc. A duty roster form will be provided when you arrive at Philmont.

As the quarterback, you are not alone in making decisions; you have at least two coaches. At Philmont these coaches are known as advisors, and they are key members of your crew. They will give you a lot of valuable insight on how to be an effective crew leader, and you should try to get as much advice from them as possible. Before coming to Philmont, sit down with your advisors and discuss your expectations of them and their expectations of you regarding your respective leadership roles with the crew. They have experience with leadership, and will help you immensely in developing your leadership ability.

Hopefully, this orientation will have given you some idea as to what awaits you in your role as crew leader. Your Ranger will provide additional guidance during your orientation at Philmont. Remember, find your own leadership style and develop it. The most effective way of becoming a better leader, however, is practice. We look forward to having your crew at Philmont, and wish you the best of luck as the crew leader.

The Philmont Staff

## APPENDIX C RECOMMENDATIONS REGARDING CHRONIC ILLNESSES

A Philmont trek is physically, mentally and emotionally demanding. Each person will carry a 35 to 50 lb. pack while hiking 5 to 12 miles per day in an isolated mountain wilderness, ranging from 6,500 to 12,500 feet in elevation. Climatic conditions include temperatures from 30 to 90 degrees F, low humidity (10-30%) and frequent, sometimes severe, afternoon thunderstorms. Activities include horseback riding, rock climbing and rappelling, challenge events, pole climbing, black powder shooting, 12 gauge trap shooting, .30-06 shooting, flint knapping, trail building, mountain biking and other activities that may have potential for injury. Philmont strives to minimize risks to participants and advisors by emphasizing proper safety precautions. Refer to the *Guidebook to Adventure*, which will be mailed in mid-March, for specific information. Philmont staff instructs participants in safety measures to be followed. Each participant and crew is expected to follow these safety measures and to accept responsibility for the health and safety of each of its members.

**Philmont requires that this information be shared with the parent(s) or guardian(s) and examining physician of every participant. Philmont does not have facilities for extended care or treatment, therefore, participants who cannot meet these requirements will be sent home at their expense.**

### **Cardiac or Cardiovascular Disease**

Adults who have had any of the following should undergo a thorough evaluation by a physician before considering participation at Philmont.

1. Angina (chest pain caused by blocked blood vessel or coming from the heart)
2. Myocardial infarction (heart attack)
3. Heart surgery or heart catheterization (including angioplasty to treat blocked blood vessels, balloon dilation, or stents).
4. Stroke or transient ischemic attacks (TIA's)
5. Claudication (leg pain with exercise caused by hardening of the arteries)
6. Family history of heart disease or a family member who died unexpectedly before age 50
7. Diabetes
8. Smoking and/or Excessive Weight

Youths who have congenital heart disease or acquired heart disease such as rheumatic fever, Kawasaki's disease or mitral valve prolapse should undergo thorough evaluation before considering participating at Philmont.

The altitude at Philmont and the physical exertion involved may precipitate either a heart attack or stroke in susceptible persons. Participants with a history of any of the first seven (7) conditions listed above should have a physician supervised stress test. More extensive testing (e.g. nuclear stress test) is recommended for participants who have coronary heart disease. **Even if the stress test is normal, the results of testing done at lower elevations and without the**

**backpacks carried at Philmont do not guarantee safety.** If the test results are abnormal, the individual is advised not to participate.

### **Hypertension (high blood pressure)**

The combination of stress and altitude appears to cause significant increase in blood pressure in some individuals attending at Philmont. Occasionally hypertension reaches such a level that it no longer is safe to engage in strenuous activity. Hypertension can increase the risk of having a stroke, developing altitude sickness, or angina. **Persons coming to Philmont should have a normal blood pressure (less than 135/85).** Persons with significant hypertension (greater than 150/95) should be treated before coming to Philmont, and should continue on medications while at Philmont. **The goal of treatment should be to lower the blood pressure to normal. Persons with mild hypertension (greater than 135/85 but less than 150/95) probably require treatment as well.** It is the experience of the Philmont medical staff that such individuals often develop significant hypertension when they arrive at Philmont. Participants already on antihypertensive therapy with normal blood pressures should continue on medications. Diuretic therapy to control hypertension is not recommended because of the risks of dehydration, which exist with strenuous activity at high altitude and low humidity. Each participant who is 18 years of age or older will have his or her blood pressure checked at Philmont. **Those individuals with a blood pressure consistently greater than 150/95 may be kept off the trail until the blood pressure decreases.**

### **Insulin-Dependent Diabetes Mellitus**

Exercise and the type food eaten affect insulin requirements. Any individual with insulin-dependent diabetes mellitus should be able to monitor personal blood glucose and know how to adjust insulin doses based on these factors. The diabetic person also should know how to give a self injection. Both the diabetic person and one other person in the group should be able to recognize indications of excessively high blood sugar (hyperglycemia or diabetic ketoacidosis) and to recognize indications of excessively low blood sugar (hypoglycemia). The diabetic person and one other individual should know the appropriate initial responses for these conditions. It is recommended that the diabetic person and one other individual carry insulin on the trek (in case of accident) and that a third vial be kept at the Health Lodge for backup. Insulin can be carried in a small thermos, which can be resupplied, with ice or cold water at most staffed camps.

An insulin dependent diabetic who has been newly diagnosed (within last 6 months) or who has undergone a change in delivery system (e.g. insulin pump) in the last 6 months, should not attempt to participate in the strenuous activities encountered at Philmont. A diabetic person who has had frequent hospitalizations for diabetic ketoacidosis or who has had frequent problems with hypoglycemia probably should not participate in a trek at Philmont until better control of the diabetes has been achieved. Call Philmont at (505) 376-2281 to obtain permission from the chief medical officer for individuals hospitalized within the past year.



## **Excessive Body Weight**

Any youth or advisor who exceeds the maximum weight limits on the Philmont weight chart is at extreme risk for health problems. (See table at page 9)

## **Seizures (epilepsy)**

A seizure disorder or epilepsy does not exclude an individual from participating at Philmont. However, the seizure disorder should be well controlled by medications. A minimum one year seizure-free period is considered to be adequate control. Exceptions to this guideline may be considered by Philmont's chief medical officer and will be based on the specific type of seizure and the likely risks to the individual and to other members of the crew. The medical staff at the Health Lodge may place some restrictions on activities (rock-climbing, horse riding, etc.) for those individuals who are approved for participation but whose seizures are incompletely controlled.

## **Asthma, Allergy or Anaphylaxis**

Asthma should be well-controlled before coming to Philmont. Well-controlled asthma means: 1) the use of a short-acting bronchodilator MDI (albuterol, Ventolin, Proventil) 0 or 1 time a day; 2) no need for nighttime treatment with a short-acting bronchodilator. Well controlled asthma may include the use of long-acting bronchodilators, inhaled steroids or oral medications such as Singulair. You must meet these guidelines in order to participate. You will not be allowed to participate if: 1) you have exercise asthma not prevented by medications; or 2) you have been hospitalized or have gone to the emergency room to asthma in the past 6 months; or you have needed treatment with oral steroids (prednisone) in the past 6 months.

You must bring a 15 day supply of your medications and a spare short-acting bronchodilator. At least one other member of the crew should know how to recognize signs of worsening asthma or an asthma attack, and should know how to use the bronchodilator. Any person who has needed treatment for asthma in the past 3 years must carry an inhaler on the trek. If you do not bring an inhaler, you must buy an inhaler at Philmont before you will be allowed to participate.

Allergy shots may be given to persons on a maintenance dose and who have not had an anaphylactic reaction. You must bring your own medications. Philmont staff may not be able to give allergy shots while persons are on their trek.

Persons who have had an anaphylactic reaction for any cause must contact Philmont before coming. 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 at Philmont before you will be allowed to participate.

## **Recent Musculoskeletal Injuries and Orthopedic Surgery**

Every Philmont participant will put a great deal of strain on feet, ankles and knees. Participants who have had orthopedic surgery, including arthroscopic surgery or significant musculoskeletal injuries, within the past six months, find it difficult or impossible to negotiate Philmont's steep rocky trails. To be cleared to backpack by the Philmont medical staff, individuals with significant musculoskeletal problems (including back problems) or recent orthopedic surgery must have a letter of clearance from their orthopedic surgeon or treating physician. A person with a cast on any extremity may participate only if approved by a Philmont physician. Ingrown toenails are a common problem and must be treated 30 days prior to arrival. All such problems will be reviewed by a Philmont to determine if participation in a trek will be permitted.

## **Psychological and Emotional Difficulties**

A psychological disorder does not necessarily exclude an individual from participation. Parents and advisors should be aware that a Philmont trek is not designed to assist participants to overcome psychological or emotional problems. Experience demonstrates that these problems frequently become magnified, not lessened, when a participant is subjected to the physical and mental challenges of a trek at high elevation, carrying a heavy backpack over steep, rocky trails. Any condition should be well controlled without the services of a mental health practitioner. **Under no circumstances should medication be stopped immediately prior to a Philmont trek.** Participants requiring medication must bring an appropriate supply. The nearest mental health support is (3) three hours from Philmont.

## **Medications**

Each participant at Philmont who has a condition requiring medication should bring an appropriate supply. The pharmacy at the Health Lodge is limited and the identical medication may not be available. In certain circumstances, duplicate or even triplicate supplies of vital medications are appropriate. People with an allergy to bee, wasp or hornet sting must bring an EpiPen or equivalent with them to Philmont.

**An individual with congenital or chronic medical conditions should always contact the family physician first and call Philmont at (505) 376-2281 if there is a question about the advisability of participation. Philmont's chief medical officer and other medical staff of the Health Lodge reserve the right to make medical decisions regarding the participation of individuals at Philmont.**

**APPENDIX D**  
**SUGGESTED CREW EQUIPMENT**  
**(for an 8-12 member crew)**

Equipment easily brought from home

- 3 backpacking stoves (2 if you really are sure of your stoves and know how to fix them)
- 3 1-liter fuel bottles with pour spouts (Powermax-purchase 6 at Philmont if you are flying)
- 1 Coleman fuel filter funnel
- 4 4-quart pots or 2 8-quart pots
- 2 large spoons
- 1 measuring cup
- 1 2-quart drink pitcher (Coop carries, Wally does not)
- 1 hot pot tong or pliers (a Leatherman works real well as hot pot tongs)
- 1 nylon mesh dish bag (or 3 x 3 foot plastic sheet)
- tents and ground cloths as appropriate
- 10 tent stakes for dining fly
- 2 2-1/2-gallon water bags
- 2 compasses with declination devices
- 2 Philmont maps
- 1 crew first aid kit
- 1 crew repair kit – needles, thread (dental floss), duct tape
- 1 butane lighters (will need to purchase on the ground if flying) or waterproof matches
- 1 spice kit
- 1 lightweight shovel (Coop brings a U-Digit)
- 1 carabiner for Oops rope

Equipment issued by Philmont

- bear bags (1 per every two campers)
- trash bags
- bear bag and “Oops Bag” rope
- dining fly with poles
- frisbee sump plus rubber spatula
- Micropur water purification tablets (20 per camper)
- toilet paper
- 1 plastic scrubbie
- 1 plastic bottle of Camp Suds

## APPENDIX E SUGGESTED PERSONAL EQUIPMENT

### Equipment Worn or Packed for Travel

1 Scout uniform  
 1 pair Scout socks (if shorts are worn)  
 1 neckerchief slide  
 1 pair sneakers/moccasins  
 3 pair underwear shorts  
 3 t-shirts  
 1 large towel  
 1 Scout red jacket (optional)  
 1 Scout belt

### Equipment for Travel and Trail

1 sleeping bag inside a plastic bag,  
     in a waterproof stuff sack  
 1 set of sleep clothes (inside sleeping bag)  
 1 sleeping pad  
 1 toilet kit  
     toothpaste and brush  
     biodegradable soap (Camp Suds)  
     comb or hair brush  
     small mirror  
     extra sanitary products (women)  
 sun glasses  
 chap stick (Carmex recommended)  
 \$ 100-125 for souvenirs  
 watch  
 camera with film and extra camera  
     batteries (optional)  
 1 flashlight (with new batteries)  
 1 rain suit

### Equipment Worn or Packed for Trail

1 pack  
 1 pack cover or several large trash bags  
 1 hot spot kit  
     moleskin  
     foot powder  
     sun screen (30 SPF or higher)  
 1 pair hiking boots (recently waterproofed)  
 2 or 3 pair wool/nylon ragg or Thorlo socks  
 2 or 3 pair sock liners  
 3 1-quart canteens  
 1 pair long pants (or shorts over long underwear)  
 2 pair nylon shorts w/ brief (one hiking, one in-  
     camp)  
 1 long sleeve synthetic fleece sweater or lightweight  
     wool sweater  
 1 nylon windbreaker or light jacket (optional)  
 20 feet of 1/8 " nylon line (parachute cord)  
 2 bandannas  
 1 pair synthetic long underwear  
 1 knit hat  
 1 wash basin (bottom half of plastic gallon  
     milk container or Clorox bottle)  
 1 small towel (can use a bandanna)  
 2 t-shirts (one synthetic, one 50/50)  
 1 pair camp shoes  
 1 cap (baseball or wide brim)  
 1 emergency blanket/ground sheet  
     safety pins (for hanging wash on pack)  
 1 mess kit  
     large plastic mug  
     spoon  
 extra trash/Ziploc bags  
 1 pair wool in-camp socks (optional)  
 1 pair of gaiters (optional)  
 clothes pins (optional)  
 1 hike log and pen (optional)  
 pillow (optional)  
 Advisor's Pad (optional)  
 1 pocket knife (optional)  
 5 post card stamps

## APPENDIX F 2005 PHILMONT TRAIL FOOD MENU

### BREAKFAST 2005

#### **Breakfast #1**

Instant Oatmeal  
Tropical Gorp  
Oberto Jerky  
Nature Valley Granola Bar Oat n Honey  
Hot Cocoa

#### **Breakfast #2**

French Vanilla Almond Granola  
Apricots  
Cliff Bar (chocolate chip peanut)  
Oberto Jerky  
Salted Sunflower Kernels

#### **Breakfast #3**

Dry Cereal (lucky charms)  
Lara Bar Apple Pie  
Cherry Gorp  
Raisins  
Oberto Jerky

#### **Breakfast #4**

Cereal Bar (H.N. Cheerios)  
Gorp  
Pop Tarts (strawberry)  
Lawry's Jerky  
Peaches

#### **Breakfast #5**

Maple Almond Granola  
Oberto Jerky  
Harvest Power Bar (strawberry)  
Tropical Gorp  
Salted Sunflower Kernels

#### **Breakfast #6**

Cereal Bar (cinnamon toast crunch)  
Gorp  
Lawry's Jerky  
Apples  
Hot Spiced Cider

#### **Breakfast #7**

Instant Oatmeal  
Pop Tarts (blueberry)  
Apples  
Cranberries  
Short Stops Sausage

#### **Breakfast #8**

Granola Cereal (supper nutty)  
Gorp  
Hooah Bar (apple cinnamon)  
Short Stops Sausage  
Honey Roasted Sunflower Kernels

#### **Breakfast #9**

Cereal Bar (team cheerios)  
Nature Valley Granola Bar (Maple)  
Cherry Gorp  
Lawry's Beef Jerky  
Apple Sauce (Zinnamon)

#### **Breakfast #10**

Granola Cereal (blueberry)  
Chewy Granola Bar (chocolate chip)  
Lawry's Jerky  
Honey Roasted Sunflower Kernels

#### **Cereals:**

**FRENCH VANILLA ALMOND GRANOLA-** Organic rolled oats, unsulfured molasses, water, expeller pressed canola oil, crisp rice (milled rice unsulfured molasses, salt and malt), honey, cornstarch, almonds, whey powder, vanilla extract, salt, epasote leaf, prune powder, cardamom seed, fennel seed, fenugreek seed, nutmeg.

**LUCKY CHARMS-** whole grain oats (includes the oat bran), marshmallows (sugar, modified corn starch, corn syrup, dextrose, gelatin, calcium carbonate, artificial flavor, yellow 5 and 6, red 40, blue 1), sugar, corn syrup, wheat starch, salt, calcium carbonate, color added, trisodium phosphate, zinc and iron (mineral nutrients), vitamin C (sodium ascorbate), a B vitamin (niacinamide), artificial flavor, vitamins B6, B2, B1, vitamin A, a B vitamin (folic acid), vitamin B12, vitamin D, vitamin E.

**MAPLE ALMOND GRANOLA-** Organic rolled oats, unsulfured molasses, expeller pressed canola oil, water, maple syrup, almonds, natural maple flavor, honey, salt, soy lecithin, epasote leaf, prune powder, cardamom seed, fennel seed, fenugreek seed, nutmeg.

**WILD BLUEBERRY GRANOLA-** Organic rolled oats, unsulfured molasses, expeller pressed canola oil, mixed fruit juice concentrate (pineapple syrup, peach, pear, white grape and apple juice concentrates), water, coconut, sunflower seeds, blueberries, natural blueberry flavor, soy lecithin, epasote leaf, prune powder, cardamom seed, fennel seed, fenugreek seed, nutmeg.

**SUPPER NUTTY GRANOLA-** organic rolled oats, organic unsulfured molasses, expeller pressed canola oil, coconut, almonds, sesame seeds, sunflower seeds, cashews, walnuts, honey, sea salt, natural vanilla flavor, epazote leaf, prune powder, cardamom seed, fennel seed, fenugreek seed and nutmeg.

**REGULAR FLAVOR INSTANT OATMEAL-** whole grain rolled oats (with oat bran), calcium carbonate (a source of calcium), salt, guar gum, caramel color, reduced iron, niacinamide, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, folic acid.

**APPLES AND CINNAMON INSTANT OATMEAL-** whole grain rolled oats (with oat bran), sugar, dehydrated apples (treated with sulfur dioxide and sodium sulfite to promote color retention), calcium carbonate (a source of calcium), salt, cinnamon, guar gum, natural flavors, niacinamide, reduced iron, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, folic acid.

**CINNAMON AND SPICE INSTANT OATMEAL-** whole grain rolled oats (with oat bran), sugar, salt, calcium carbonate (a source of calcium), cinnamon and other spices, guar gum, caramel color, niacinamide, reduced iron, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, folic acid.

**MAPLE AND BROWN SUGAR INSTANT OATMEAL-** whole grain rolled oats (with oat bran), sugar, salt, brown sugar flavor blend (natural flavors, non-fat milk, salt, carob powder, calcium carbonate (a source of calcium), guar gum, caramel color, natural flavors, niacinamide, reduced iron, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, folic acid.

**RAISINS AND SPICE INSTANT OATMEAL-** whole grain rolled oats (with oat bran), sugar, raisins coated with partially hydrogenated vegetable oil (cottonseed and or soybean oil), salt, calcium carbonate (a source of calcium), spices, guar gum, niacinamide, reduced iron, pyridoxine hydrochloride, vitamin A palmitate, riboflavin, thiamin mononitrate, folic acid.

#### **Snacks:**

**CHERRY GORP -** peanuts, m & m's, cranberries and cherries.

**GORP-** milk chocolate, raisins and dry roasted peanuts.

**TROPICAL GORP-** milk chocolate (sugar, chocolate, cocoa butter, skim milk, milkfat, lactose, soy lecithin, salt, artificial flavors), sugar, cornstarch, cornsyrup, gum acacia, coloring (includes red 40 lake, yellow 6, yellow 5, blue 2 lake, red 40, blue 1 lake, blue 1, blue 2, yellow 5 lake, yellow 6 lake), dextrin, almonds, cranberries, sugar, sunflower oil, pineapple, sugar and sulfur dioxide added for color retention.

**TOASTER PASTRY – STRAWBERRY-** Strawberry filling, high fructose corn syrup, dextrose, wheat flour, water, glycerin, food starch – modified, sugar, partially hydrogenised soybean and or cottonseed oils, dried strawberries, cornstarch, salt, natural and artificial flavors, sodium alginate, malic acid, citric acid, soy lecithin, red #40, yellow #6, blue #1, enriched wheat flour(wheat flour , niacin, reduced iron, thiamin mononitrate,(vitamin B), Riboflavin(vitamin B2) Folate), Sugar, Water, Partially hydrogenated soybean and or cottonseed oils, dextrose, contains 2% or less of salt leavening (baking soda, sodium acid pyrophosphate), high fructose corn syrup, sodium stearoyl lactylate, cornstarch, gelatin, ground corn grits, corn syrup, food starch – modified, titanium dioxide(for color), turmeric, blue #1, red #3, yellow #5, yellow #6, vitamin A palmitate, niacin, reduced iron, pyridoxine hydrochloride(vitamin B6) riboflavin(vitamin B2), folate thiamin mononitrate(vitamin B1)

**TOASTER PASTRIES- BLUEBERRY -**BLUEBERRY filling (sugar, high fructose corn syrup, blueberry puree, apples, wheat flour, salt, partially hydrogenated soybean oil, modified wheat starch, cornstarch, natural and artificial flavors, citric acid, red 40, blue 1) enriched wheat flour[wheat flour, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2) folic acid], sugar, water, vegetable shortening (partially hydrogenated soybean and or cottonseed oils), dextrose, contains 2% or less of each of the following: whey, salt, baking powder( baking soda, sodium aluminum phosphate, aluminum sulfate.), sodium stearoyl lactylate, cornstarch, gelatin, ground corn grits, corn syrup, food starch – modified, color added, blue 2, red 3, red 40, blue 1, calcium sulfate, bht added to retard spoilage, vitamin A palmitate, niacin, reduced iron, pyridoxine hydrochloride(vitamin B6), Riboflavin (vitamin B2), folate, thiamin mononitrate (vitamin B1).

**FRUIT ROCKETZ APPLE SAUCE- ZINNAMON-** apples, high fructose corn syrup, water, natural cinnamon flavoring, ascorbic acid (vitmin C), may contain citric acid.

**TEAMCHERRIOS CEREAL BAR -** whole grain oats, corn syrup, sugar, high fructose corn syrup, canola and/or rice bran oil, corn (whole grain corn, flour, bran), natural strawberry flavored fruit pieces (sugar, cranberries, citric acid, natural flavor, elderberry, juice concentrate, sunflower oil), whole grain wheat, fructose, whole grain rice, water, hulled barley, glycerin, calcium carbonate, maltodextrin, brown sugar syrup, salt, sorbitol, wheat starch, corn starch, gelatin, red 40 lake and other color added, natural and artificial flavor, trisodium phosphate, distilled monoglycerides, vitamin c (sodium ascorbate), iron and zinc (mineral nutrients), A B vitamin (niacinamide), vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), vitamin A (palmitate), A B vitamin (folic acid), vitamin E (tocopherol), vitamin B12, vitamin D, almonds meal, mixed tocopherols added to preserve freshness. Contains wheat and almond ingredients.

**HONEY NUT CHEERIOS MILK'N CEREAL BAR-** Cereal: [whole grain oats (includes the oat bran), sugar, honey, brown sugar syrup, salt, calcium carbonate, trisodium phosphate, dextrose, zinc and iron (mineral nutrients), a B vitamin (niacinamide), vitamin B6, Vitamin B2, Folic acid, wheat flour, almond meal], milk filling: sugar, nonfat milk, lactose, palm kernel oil, partially hydrogenated soybean oil, salt, soy lecithin, natural and artificial flavor, freshness preserved by TBHQ], corn syrup, isolated soy protein, soy flour, rice flour, fructose, high fructose corn syrup, gelatin, vitamin C, salt, malt extract, iron and zinc, honey, vitamin A, niacinamide, natural and artificial flavor, vitamin D, vitamin B2, vitamin B6, vitamin B1, Folic acid, vitamin B12. Freshness preserved by vitamin E and BHT. **Contains wheat, almond, milk and soy ingredients.**

**CINNAMON TOAST CRUNCH MILK'N CEREAL BAR-** Cereal: [whole wheat, rice flour, sugar, maltodextrin, honey, salt, dextrose, partially hydrogenated soybean oil, tricalcium phosphate, trisodium phosphate, caramel and annatto extract color, zinc and iron, niacinamide, vitamin B6, Vitamin B2, Natural flavor, Folic acid, nonfat milk], milk filling[sugar, nonfat milk, lactose, palm kernel oil, partially hydrogenated soybean oil, salt, soy lecithin, natural and artificial flavor, freshness preserved by TBHQ], corn syrup, isolated soy protein, soy flour, fructose,

sugar, rice flour, high fructose corn syrup, partially hydrogenated soybean oil, glycerin, tricalcium phosphate, maltodextrin, sorbitol, cinnamon, gelatin, vitamin C, (sodium ascorbate), malt extract, salt, iron and zinc (mineral nutrients), caramel and annatto extract color, Vitamin A, Niacinamide, artificial flavor, Vitamin D, Vitamin B2, Vitamin B6, Vitamin B1, Folic acid, Vitamin B12, almond meal, freshness preserved by BHT.

**LIGHTLY SALTED SUNFLOWER KERNELS-** sunflower kernels, non-hydrogenated sunflower oil, salt.

**HONEY ROASTED SUNFLOWER KERNELS-** sunflower kernels, non-hydrogenated sunflower oil, wheat starch, maltodextrin, honey, salt, xanthan gum.

#### **Energy Bars:**

**NATURE VALLEY CHEWY GRANOLA BAR-** Granola (rolled oats), wheat flakes, sugar, hydrogenated vegetable oil (canola and/or soybean and/or cottonseed), honey, molasses, whey, whey protein concentrate, lactose, salt, and natural flavor, glucose, crisp rice (milled rice, sugar, salt, malt) bittersweet chocolate chunks (sugar, chocolate liquor, cocoa butter, soy lecithin and emulsifier, salt, and natural flavor), partially hydrogenated soybean, cottonseed, and/or canola oil, glycerin, whey, honey, sugar, sorbitol, corn syrup, almond pieces, soy lecithin, natural and artificial flavor, sunflower meal, peanut flour, pecan flour.. Contains wheat, milk, almond, peanut, pecan and sunflower ingredients.

**NATURE VALLEY CRUNCHY GRANOLA BAR- MAPLE BROWN SUGAR-** Whole grain rolled oats, sugar, canola oil, crisp rice (rice flour, sugar, malt, salt), soy protein, high fructose corn syrup, maple syrup, brown sugar syrup, salt, soy lecithin, baking soda, natural flavor, almond flour, peanut flour. **Contains soy, almond and peanut ingredients.**

**NATURE VALLEY GRANOLA BAR – OAT N HONEY-** whole grain rolled oats, sugar, canola oil, crisp rice (rice flour, sugar, malt, salt) soy protein, honey, brown sugar syrup, high fructose corn syrup, salt, soy lecithin, baking soda, natural flavor, almond flour, hazelnut flour, walnut flour. Contains soy, almond, peanut, pecan, hazelnut, and walnut ingredients.

**LARA BAR- APPLE PIE-** Dates, walnuts, unsweetened apples, almonds, raisins, cinnamon.

**HOOAH BAR – APPLE CINNAMON-** corn syrup, fructose, soy protein isolate, maltodextrin, fractionated palm oil, apple powder, rice flour, whey protein concentrate, rice bran, glycerine, barley malt extract, dates, raisins, soy lecithin, natural flavor, ascorbic acid, d-alpha-tocopherol acetate, niacinamide, zinc oxide, tocopherols added to protect flavor, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, folic acid, vitamin B12.

**HOOAH BAR – CHOCOLATE CRISP -** Corn syrup, soy protein isolate, fructose, maltodextrin, fractionated palm oil, unsweetened chocolate, dextrose, rice flour, cocoa (processed with alkali), whey protein concentrate, barley malt extract, glycerin, dates, raisins, soy lecithin, natural flavor, rice bran, ascorbic acid, d-alpha-tocopherol acetate, niacinamide, zinc oxide, tocopherols added to protect flavor, pyridoxine, hydrochloride, riboflavin, thiamine mononitrate, folic acid, vitamin B12.

**CLIFF BAR – CRUNCHY PEANUT BUTTER-** organic brown rice syrup, Clifpro(soy rice crisps [soy protein isolate, rice flour, malt extract], organic soy flour, organic roasted soybeans), organic rolled oats, organic evaporated cane juice, organic peanut butter (organic peanuts, salt), peanut flour, Clifcrunch (apple fiber, oat fiber, organic milled flaxseed, chicory extract, psyllium), fig paste, peanuts, natural flavors, sea salt. Dicalcium phosphate, magnesium oxide, ascorbic acid (vitamin c) tocopheryl acetate (vitamin e) ferric orthophosphate (iron), beta carotene (vitamin a), zinc citrate, phytonadione (vitamin k1) biotin, niacinamide (vitamin B3) calcium pantothenate (vitamin B5), potassium iodide, manganese gluconate, copper gluconate, sodium selenite, thiamin (vitaminB1), Chromium Chloride, cyanocobalamin (vitamin B12), sodium molybdate, folic acid (vitamin B9), riboflavin (vitamin B2), pyridoxine hydrochloride (vitamin B6).

**CLIF BAR – CHOCOLATE CHIP PEANUT CRUNCH-** organic brown rice syrup, Clifpro(soy rice crisps [soy protein isolate, rice flour, malt extract], organic soy flour, organic roasted soybeans), organic rolled oats, organic evaporated cane juice, organic peanut butter (organic peanuts, salt), peanut flour, Clifcrunch (apple fiber, oat fiber, organic milled flaxseed, chicory extract, psyllium), fig paste, peanuts, natural flavors, sea salt, Chocolate chips (organic evaporated cane juice, unsweetened chocolate, cocoa butter, soy lacinin, natural flavors). Dicalcium phosphate, magnesium oxide, ascorbic acid (vitamin c) tocopheryl acetate (vitamin e) ferric orthophosphate (iron), beta carotene (vitamin a), zinc citrate, phytonadione (vitamin k1) biotin, niacinamide (vitamin B3) calcium pantothenate (vitamin B5), potassium iodide, manganese gluconate, copper gluconate, sodium selenite, thiamin (vitaminB1), Chromium Chloride, cyanocobalamin (vitamin B12), sodium molybdate, folic acid (vitamin B9), riboflavin (vitamin B2), pyridoxine hydrochloride (vitamin B6).

**HARVEST POWER BAR – STRAWBERRY-** whole oats, brown rice syrup, dried strawberries, apple juice concentrate, rice flour, sunflower oil, rice crisps (milled rice, sugar, salt, barley malt), brown rice, evaporated cane juice syrup, dried cranberries (sugar, cranberries, sunflower oil, roasted soy beans, almond butter, honey, pear and grape juice concentrates, soy protein isolate, natural flavors, glycerin, nonfat dry milk, calcium phosphate, magnesium carbonate, zinc gluconate, iron (ferrous fumarate), copper gluconate. Made on equipment that also processes peanuts and nuts.

**GATORADE ENERGY BAR – CHOCOLATE CHIP-** soy protein isolate, whole grain rolled oats, sugar, dextrose, glucose syrup, sorbitol, glycerin, fructose – glucose syrup, chocolate liquor, rolled wheat, nonfat dry milk, rice starch, cocoa (processed with alkali), whey protein concentrate, rice, milk protein concentrate, salt, natural flavors, rice flour, soy lecithin, cocoa butter, barley malt. Contains soy, wheat, and milk ingredients. May contain traces of peanuts.

#### **Drinks:**

**HOT COCOA MIX-** sugar, sweet dairy whey, corn syrup solids, cocoa (processed with alkale), partially hydrogenated soybean oil, nonfat dry milk, salt, cellulose gum, dipotassium phosphate, mono- and diglycerides, artificial flavor.

**INSTANT APPLE CIDER-** Sugar, maltodextrin, apple juice solids, malic acid, less than 2% of: dextrose, sodium citrate, caramel color, sodium silico aluminate, ascorbic acid, natural flavor, honey solids, gum arabic, artificial flavor, modified food starch, tracetin.  
**This product is manufactured in a facility that makes products containing milk, egg, soy, and wheat.**

**Fruits:**

**PEACHES-** dried peaches, sulfur dioxide for freshness..

**APRICOTS-** Apricots and Sulfur Dioxide (as a preservative)

**APPLE RINGS-** Apples, Sulfur dioxide.

**RAISINS-** California raisins, sunflower seed oil.

**FRUIT LEATHER- TROPICAL-** Apples , Pears, concentrated juices of pineapple, orange, tangerine, passionfruit, grapefruit and lemon; natural flavors.

**PEARS -** dried pears, sulfur dioxide for freshness.

**DRIED CRANBERRIES-** cranberries, sugar, sunflower oil.

**Meat Sticks:**

**LAWRY'S BEEF JERKY-** Beef, brown sugar, salt, corn syrup, dextrose, flavorings, monosodium glutamate, sugar, sodium erythorbate, sodium nitrite.

**OBERTO JERKY-** Beef, brown sugar, sugar, dextrose, salt, natural hickory smoke flavor, hydrolyzed corn and soy protein, corn syrup solids, water, flavorings, vinegar, molasses, sodium erythorbate, caramel color, sodium nitrate, citric acid.

**SHORT STOPS SMOKED SAUSAGE STICK-** Pork hearts, beef, pork fat, water, salt, dextrose, wheat flour, natural flavoring, paprika, potassium nitrate, lactic acid starter culture, sodium nitrate, sodium nitrate, BHA.



## LUNCH 2005

### Lunch #1

Canned Chicken  
Zesta Crackers  
Pears  
Hooah Bar (chocolate crisp)  
Gatorade

### Lunch #2

Club Crackers  
Tuna Fish  
Chocolate Pudding  
Oriental Mix  
Gatorade

### Lunch #3

Graham Crackers  
Peanut Butter Squeezers  
Grape Jelly Squeezers  
Fruit Leather  
Chex Mix  
Gatorade

### Lunch #4

Townhouse Crackers  
Jalapeno Squeeze Cheese  
Cliff Bar (crunchy peanut butter)  
Nutter Butter Cookies  
Gatorade  
Cheddar Squeeze Cheeses

### Lunch #5

Club Crackers  
Canned Ham  
Fruit Roll Up  
Rice Crispy Treat  
Gatorade

### Lunch #6

Graham Crackers  
Peanut Butter Squeezers  
Strawberry Jam Squeezers  
Santa Fe Mix  
Raisins  
Gatorade

### Lunch #7

Townhouse Crackers  
Jalapeno Squeeze Cheese  
Cheddar Squeeze Cheeses  
Gatorade Energy Bar (chocolate chip)  
Gatorade  
Salted Sunflower Seeds

### Lunch #8

Club Crackers  
Tuna Fish  
Honey Roasted Sunflower Seeds  
Rice Crispy Treats  
Gatorade

### Lunch #9

Graham Crackers  
Peanut Butter  
Brownie  
Short Stop Sausage  
Gatorade

### Lunch #10

Townhouse Crackers  
Cheddar Squeeze Cheese  
Nutter Butter Cookies  
Gorp  
Jalapeno Squeeze Cheese  
Gatorade

### **Crackers:**

**CLUB CRACKERS-** enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], vegetable shortening (partially hydrogenated soybean and/or cottonseed oils), sugar, contains two percent or less of salt, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), high fructose corn syrup, corn syrup.

**GRAHAM CRACKERS-** Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1] riboflavin [vitamin B2], folic acid), sugar, partially hydrogenated soybean oil, graham flour, honey, high fructose corn syrup, leavening (baking soda, calcium phosphate), salt, artificial flavor, malted barley flour.

**TOWN HOUSE CRACKERS-** enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), vegetable shortening (partially hydrogenated soybean and or cottonseed oil), sugar, contains 2% or less of salt, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), corn syrup, high fructose corn syrup.

**ZESTA CRACKERS-** enriched flour [wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, (vitamin B1), riboflavin (vitamin B2), folic acid], vegetable shortening (partially hydrogenated soybean and or cottonseed oils), salt, corn syrup, leavening (sodium bicarbonate, yeast).

### **Spreads:**

**CHUNK CHICKEN-** Chicken meat, water, modified food starch, salt, sodium phosphates.

**CHEDDAR SQUEEZE CHEESE -** cheddar cheese milk, cheese culture, salt, enzymes) water, partially hydrogenated soy oil, sodium phosphate, whey, non-fat milk, salt, lactic acid, apo carotenal (color), xanthan gum, locust bean gum, guar gum.

**JALAPENO SQUEEZE CHEESE**- cheddar cheese (milk, cheese culture, salt, enzymes) water, partially hydrogenated soy oil, sodium phosphate, whey, non-fat milk, jalapeno peppers, salt, lactic acid, apo carotenal (color), xanthan gum, locust bean gum, guar gum.

**PEANUT BUTTER SQUEEZERS**- roasted peanuts, sugar, hydrogenated vegetable oil (rapeseed, cottonseed, and/or soybean oils), salt.

**CHICKEN OF THE SEA LIGHT TUNA IN WATER**- light tuna, water, vegetable broth and salt.

**GRAPE JELLY SQUEEZERS**- corn syrup, water, high fructose corn syrup, sucrose, concord grape concentrate, fruit pectin, citric acid.

**CHUNK LEAN HAM**- Ham (cured with water, salt, sugar, sodium phosphates, sodium erythorbate, sodium nitrite), smoke flavoring.

**STRAWBERRY JAM SQUEEZERS**- corn syrup, sugar, strawberries, high fructose corn syrup, water, pectin, citric acid.

#### **Energy Bars:**

**HOOAH BAR CHOCOLATE CRISP**- Corn syrup, soy protein isolate, fructose, maltodextrin, fractionated palm oil, unsweetened chocolate, dextrose, rice flour, cocoa (processed with alkali), whey protein concentrate, barley malt extract, glycerine, dates, raisins, soy lecithin, natural flavor, rice bran, ascorbic acid, d-alpha-tocopheral acetate, niacinamide, zinc oxide, tocopherols added to protect flavor, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, folic acid, vitamin B12.

**GATORADE ENERGY BAR- PEANUT BUTTER**- Crisp rice (rice, barley malt, sugar, salt), whole grain rolled oats, glucose syrup, dextrose, sugar, peanut butter (peanuts, sugar, hydrogenated cottonseed and/or rapeseed oil, salt), sorbitol, soy nuggets (soy protein isolate, rice flour, barley malt, salt), fructose-glucose syrup, glycerin, whey protein concentrate, sunflower oil, rolled wheat, nonfat dry milk, soy protein isolate, barley malt extract, salt, soy lecithin, caramel color, ascorbic acid (source of vitamin C), vitamin E acetate, natural mixed tocopherols to preserve freshness, niacinamide (vitamin B3), calcium pantothenate (vitamin B5), pyridoxine hydrochloride (vitamin B6), beta carotene (source of vitamin A), riboflavin (vitamin B2), thiamin mononitrate (vitamin B1), cyanocobalamin (vitamin B12).

#### **Snacks:**

**ANIMAL CRACKERS**- enriched bleached and unbleached wheat flour (contains niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), vegetable margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, lecithin, mono and diglycerides, sodium benzoate, a preservative, artificial butter flavor, beta carotene and vitamin A Palmitate), sugar, leavening (sodium bicarbonate), natural and artificial flavor, lecithin, salt.

**SANDIES COOKIES- PECAN SHORTBREAD** – enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), partially hydrogenated soybean and/or cottonseed oil, sugar, pecans, contains 2% or less of dried eggs, salt, baking soda.

**CHEX MIX- TRADITIONAL**- enriched flour bleached (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), degermed yellow corn meal, whole wheat, partially hydrogenated soybean oil, sugar, salt, malt, rye flour, maltodextrin, yeast, sunflower oil, barley malt extract, spices, yellow corn flour, color added, dextrose, corn syrup, baking soda, distilled monoglycerides, autolyzed yeast, trisodium phosphate, calcium carbonate, onion, garlic, hydrolyzed soy protein, natural flavor, citric acid, disodium guanylate, disodium inosinate, sesame seed, almond flour, peanut flour, nonfat milk. Freshness preserved by BHT. **Contains wheat, soy, sesame, almond, peanut and milk ingredients.**

**ORIENTAL TRAIL MIX** - peanuts, unbleached wheat flour, corn, green beans, sesame seeds, soy sauce, sugar, vegetable oil (palm, coconut, peanut and partially hydrogenated soy), bulgarwheat, salt, maltodextrin, spices, tortula yeast, chili pepper, dehydrated jalapeno, parsley, natural and artificial colors.

**SANTA FE TRAIL MIX** - Toasted corn (corn, vegetable oil [palm and partially hydrogenated soy] salt), sesame stick (unbleached wheat flour, sesame seeds, partially hydrogenated vegetable oil [soybean], bulgar wheat, yeast and annatto vegetable color, with salt added), jalapeno peanuts (peanuts, salt malto dextrin, spices, torula yeast, chili pepper, dehydrated jalapenos and parsley, natural and artificial flavor, roasted in canola oil), hot cajun corn sticks, unbleached wheat flour, stone ground corn, soybean oil, spices, salt, onion, dehydrated tomatoes and green peppers, citric acid, paprika), chili peanuts (peanuts, spices, paprika, salt, onion, garlic, roasted in canola oil with peanut oil and salt added), pepitas roasted in canola oil with salt added.

#### **Cookies/Desserts:**

**OREO COOKIES**- sugar, enriched wheat flour (contains niacin, reduced iron, thiamine mononitrate [vitamin b1], riboflavin [vitamin b2], folic acid), vegetable shortening (partially hydrogenated soybean oil), cocoa (processed with alkali), high fructose corn syrup, corn flour whey cornstarch, baking soda, salt, soy lecithin (emulsifier), vanillin (an artificial flavor), chocolate.

**CHIPS AHOY COOKIES**- Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin b1], riboflavin [vitamin b2], folic acid). Semisweet chocolate chips (sugar, chocolate, dextrose, cocoa butter, soy lecithin – an emulsifier, vanillin –

an artificial flavor), partially hydrogenated soybean and cottonseed oils, sugar, brown sugar, salt, whey (from milk), baking soda, fructose, natural and artificial flavor.

**NUTTER BUTTER COOKIES**- enriched wheat flour (contains niacin, reduced iron, thiamine mononitrate [vitamin b1] riboflavin [vitamin b2], folic acid), sugar, peanut butter (roasted peanuts, hydrogenated rapeseed, cottonseed and soybean oils, salt), rolled oats, vegetable shortening (partially hydrogenated soybean oil), whey, high fructose corn syrup, leavening (baking soda, calcium phosphate), eggs, salt, cornstarch, vanillin-an artificial flavor, soy lecithin (emulsifier).

**RICE KRISPIES TREATS**- Toasted rice cereal (rice, sugar, salt, high fructose corn syrup, malt flavoring, niacinamide, reduced iron, riboflavin [vitamin B], folic acid), marshmallow (corn syrup, sugar, gelatin, artificial flavor), fructose margarine (partially hydrogenated soybean oil, water, natural and artificial butter flavor, deacetyl tartaric acid esters of mono- and diglycerides, acetylated monoglycerides, vitamin A palmitate, BHT to preserve quality, vitamin D), invert sugar, corn syrup solids, glycerin, salt, niacinamide, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), CONTAINS A MILK INGREDIENT.

**FRUIT ROLL UP** - Pears from concentrate, orange juice from concentrate, corn syrup, dried corn syrup, sugar, partially hydrogenated cottonseed oil, citric acid, sodium citrate, acetylated mono and diglycerides, pectin, malic acid, vitamin C (ascorbic acid), natural flavor, color (red 40, yellow 5, blue 1), glycerin.

**CHOCOLATE PUDDING** - non-fat milk, water, sugar, partially hydrogenated soybean oil, modified corn starch, cocoa (processed with alkali), less than 2% of: salt, sodium stearoyl lactylate, tricalcium phosphate, carrageenan, artificial flavors.

#### **Drinks:**

**GATORADE- FROST**- Sucrose, dextrose, citric acid, natural flavors, salt, sodium citrate, monopotassium phosphate, ascorbic acid (to promote color retention), red 40, blue 1.

**GATORADE-FRUIT PUNCH**- sucrose, dextrose citric acid, salt, sodium citrate, monopotassium phosphate, natural and artificial flavors, red 40, partially hydrogenated coconut oil.

**GATORADE- LEMON-LIME**- sucrose, dextrose, citric acid, salt, sodium citrate, monopotassium phosphate, natural lemon and lime flavors with other natural flavors, yellow #5.

**GATORADE- ORANGE**- sucrose, dextrose, citric acid, salt, soduim citrate, natural orange flavor with other natural flavors, monopotassium phosphate, partially hydrogenated soybean oil, yellow 6.

## **SUPPERS 2005**

### **Supper #1**

Spaghetti W/Meat Sauce  
Corn  
Pilot Biscuits  
Chips Ahoy

### **Supper #2**

Homestyle Chicken With Mashed Potatoes And Gravy  
Green Beans  
Pilot Biscuits  
Apple Sauce (razzberry)

### **Supper #3**

Black Beans And Rice  
Bread Sticks  
Corn Nuts  
Oreos

### **Supper #4**

Chicken And Rice  
Mashed Potatoes (bacon and cheddar)  
Bread Sticks  
Animal Crackers

### **Supper #5**

Stroganoff w/ Beef and Noodles  
Pilot Biscuits  
Apple Sauce (cinnamon)  
Oreo Cookies

### **Supper #6**

Teriyaki Chicken  
Ramon Noodles  
Chips Ahoy

### **Supper #7**

Mexican Rice w/ Beef  
Refried Beans  
Bread Sticks  
Cheesecake

### **Supper #8**

Mac and Cheese  
Green Beans  
Pilot Biscuits  
Chocolate Cheese Cake

### **Supper #9**

Stir Fry Beef  
Ramon Noodles  
Pecan Sandies Cookies

### **Supper #10**

Fettuccine Primavera  
Mashed Potatoes (garlic and herb)  
Corn  
Vanilla Pudding

## **Entrees:**

**SPAGHETTI WITH MEAT SAUCE**- spaghetti (durum wheat semolina flour), dehydrated tomato, soy flour, dehydrated beef, sugar, onion, modified food starch, parmesan cheese, maltodextrin, salt, whey, spices and spice extractives including paprika, beef flavor (contains salt and skim milk powder), mushrooms, garlic, beef powder, citric acid.

**HOMESTYLE CHICKEN WITH MASHED POTATOES AND GRAVY**- mashed potatoes (potatoes, nonfat milk, salt, partially hydrogenated soybean oil, vegetable emulsifier, natural and artificial flavors, artificial color, freshness preserved with sodium bisulfite and BHT). Gravy seasoning: dehydrated chicken, modified food starch, nonfat dried milk, peas, chicken flavor (contains salt and tapioca starch), carrots, maltodextrin, salt, yeast extract, dextrose, celery, onion, spice extractives including tumeric.

**BLACK BEANS AND RICE**- black beans, rice, wheat starch, tomato, onion, fructose, salt, garlic, molasses, spices, cilantro and citric acid.

**CHICKEN AND RICE**- Rice, dehydrated chicken, modified food starch, peas, chicken flavor (contains salt and tapioca starch), maltodextrin, salt, yeast extractive, dextrose, whey, onion, parsley flakes, spice extractives including tumeric.

**STROGANOFF AND BEEF WITH NOODLES**- Noodles (soft wheat semolina flour), dehydrated beef, dehydrated sour cream, nonfat dry milk, onion, soy flour, wheat flour modified food starch, salt, beef flavor (contains salt and skim milk powder), mushrooms, sugar, whey, parsley, citric acid, spices including paprika, garlic, smoke flavor.

**CHICKEN TERIYAKI**- Rice, freeze-dried chicken, fructose, soy flour, onion, wheat starch, soy sauce (wheat, soybeans, salt, maltodextrin [complex carbohydrate from corn]), red and green bell peppers, snow peas, whey, garlic, ginger, chicken flavor (contains salt and tapioca starch), salt, sherry wine solids, citric acid.

**MACARONI & CHEESE**- Noodles (soft wheat semolina flour), cheddar cheese blend [whey, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, partially hydrogenated soybean oil, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes), food starch-modified, disodium phosphate, autolyzed yeast extract, citric acid, butter (cream, salt), yellow 5 and yellow 6], wheat starch, whey, nonfat dry milk, salt, mustard flour, maltodextrin (complex carbohydrates from corn), xanthan gum, butter flavor, cheese flavor, citric acid, sodium tripolyphosphate, spices.

**MEXICAN RICE AND BEEF** - instant white rice, sauce (sour cream [cream, nonfat milk, cultures, cultured nonfat milk, citric acid, and BHA (to help protect flavor)], salt, flour, tomato powder [tomato paste, maltodextrin], potato starch, chili pepper, onion powder, sugar, vitamin supplement, coriander, cumin, garlic powder, oregano, black pepper, citric acid), textured vegetable protein (soy flavor, caramel flavor, partially hydrogenated soybean oil, salt, hydrolyzed corn-soy-wheat protein, autolyzed yeast), onion, freeze-dried beef, freeze-dried cheddar cheese (cultured milk, salt, calcium chloride, enzymes), tomato flakes.

**STIR FRY BEEF**- precooked noodles (durum semolina, salt), freeze dried cooked beef, carrots, broccoli, whey, fructose, onion, soy sauce (water, wheat, soybean, salt), garlic, beef flavor (salt, nonfat milk flavor, gub arabic), spices, salt, citric acid.

**FETTUCINE PRIMAVERA**- Precooked noodles (durum semolina, salt), corn starch, parmesan cheese powder (pasteurized milk, salt, cheese cultures, enzymes, salt), dehydrated vegetables (broccoli, tomatoes, red bell peppers, parsley), non-fat milk powder, sour cream powder (cream, cultured nonfat dry milk, citric acid), natural butter flavor, natural vegetable flavor, salt, spices.

## **Side Dishes:**

**MASHED POTATOES**- potatoes, nonfat milk, salt, partially hydrogenated soybean oil, vegetable emulsifier, natural and artificial flavors, artificial color. freshness preserved with sodium bisulfite and bht.

**BACON AND CHEDDAR CHEESE MASHED POTATOES**- mashed potatoes (dehydrated potatoes, partially hydrogenated soybean oil, salt, corn syrup solids, sodium caseinate, sucrose, monoglycerides, natural and artificial flavors, onion, calcium stearoyl-2-lactylate, artificial color, spice. sodium acid pyrophosphate, sodium bisulfite and citric acid added to preserve color and freshness), cheddar cheese blend (whey, enriched wheat flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], salt, partially hydrogenated soybean oil, cheddar cheese [pasteurized milk, cheese cultures, salt, enzymes], food starch-modified, disodium phosphate, autolyzed yeast extract, citric acid, butter [cream, salt], yellow 5 and yellow 6), imitation bacon (textured vegetable protein [soy flour, caramel color, red 3], partially hydrogenated soybean oil, salt, natural flavoring), spice, dry vinegar solids.

**GARLIC AND HERB MASHED POTATOES**- Mashed potatoes (dehydrated potatoes, partially hydrogenated soybean oil, salt, corn syrup solids, sodium caseinate, sucrose, monoglycerides, natural and artificial flavors, onion, calcium stearoyl-2-lactylate, artificial color, spice. Sodium acid pyrophosphate, sodium bisulfite and citric acid added to preserve color and freshness), garlic, onion, salt, butter flavor, spice, dry vinegar solids, parsley.

**FRUIT ROCKETZ APPLE SAUCE- ZINNAMON**- apples, high fructose corn syrup, water, natural cinnamon flavoring, ascorbic acid (vitamin c), may contain citric acid.

**FRUIT ROCKETZ APPLE SAUCE- RAZZBERRY**- apples, high fructose corn syrup, water, natural flavor, ascorbic acid (vitamin c), red 40, may contain citric acid.

**RAMEN NOODLES-** Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (contains one or more of the following: canola oil, cottonseed oil, palm oil), contains less than 2% of salt, sodium tripolyphosphate, potassium carbonate, sodium carbonate, sodium alginate, tocopherols.

**Ramen Noodles Spices- Oriental Flavor:** salt, soy sauce powder (wheat, soybeans, maltodextrin, salt), monosodium glutamate, hydrolyzed soy protein, spices, caramel color, garlic powder, dehydrated onions, citric acid, disodium succinate, disodium guanylate, disodium inosinate, natural flavor.

**REFRIED BEANS WITH JALAPENOS AND GREEN CHILIS-** Pinto beans, salt, corn oil, dehydrated vegetables (chili powder, garlic, jalapeno pepper, onion, tomato, green bell pepper), salt, paprika, spices, sugar.

#### **Crackers:**

**PILOT BISCUITS-** Enriched flour (containing niacin, reduced iron, thiamine mononitrate and riboflavin), vegetable shortening (contains one or more of the following partially hydrogenated oils: soybean, canola, cottonseed), sugar, corn syrup, whey, salt, bicarbonate of soda, monocalcium phosphate and ammonium bicarbonate.

**PLAIN BREAD STICKS-** unbleached enriched wheat flour (contains malted barley flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), vegetable shortening (partially hydrogenated soybean oil), yeast, salt, corn and malt syrup, and dried brewers yeast.

**GARLIC BREAD STICKS-** unbleached enriched wheat flour (contains malted barley flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), vegetable shortening (partially hydrogenated soybean oil), yeast, salt, corn and malt syrup, and dried brewers yeast. Garlic powder and garlic oil.

**SESAME BREAD STICKS- -** unbleached enriched wheat flour (contains malted barley flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), vegetable shortening (partially hydrogenated soybean oil), yeast, salt, corn and malt syrup, and dried brewers yeast. Sesame seeds.

**ONION BREAD STICKS- -** unbleached enriched wheat flour (contains malted barley flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), vegetable shortening (partially hydrogenated soybean oil), yeast, salt, corn and malt syrup, and dried brewers yeast. Onion.

**CORN NUTS-** Corn, partially hydrogenated soybean and/or canola oil, salt.

#### **Desserts:**

**RICE KRISPIE TREATS-** Toasted rice cereal (rice, sugar, salt, high fructose corn syrup, malt flavoring, niacinamide, reduced iron, riboflavin [vitamin B], folic acid), marshmallow (corn syrup, sugar, gelatin, artificial flavor), fructose margarine (partially hydrogenated soybean oil, water, natural and artificial butter flavor, diacetyl tartaric acid esters of mono- and diglycerides, acetylated monoglycerides, vitamin A palmitate, BHT to preserve quality, vitamin D), invert sugar, corn syrup solids, glycerin, salt, niacinamide, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), CONTAINS A MILK INGREDIENT.

**VANILLA PUDDING-** Non-Fat milk, Water, Sugar, modified corn starch, partially hydrogenated soybean oil. Less than 2% of: salt, sodium stearoyl lactylate, natural and artificial flavors, tricalcium phosphate, carrageenan, yellow 5, yellow 6. **Contains Milk**

**CHEESECAKE-** filling (nonfat dry milk, sugar, corn syrup solids, partially hydrogenated coconut and palm kernel oils, cream cheese solids, dried buttermilk, modified food starch, natural gums, sodium phosphates, natural and artificial flavors, yellow #5 & #6), Graham cracker crumbs (enriched wheat flour, graham flour, high fructose corn syrup, leavening [baking soda, monocalcium phosphate], dairy whey, salt, honey).

**CHOCOLATE CHEESECAKE-** filling (nonfat dry milk, sugar, corn syrup solids, partially hydrogenated coconut and palm kernel oils, cream cheese solids, dried buttermilk, modified food starch, natural gums, sodium phosphates, natural and artificial flavors, yellow #5 & #6), cocoa powder, chocolate crumb topping (sugar, enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], cocoa [processed with alkali], cornstarch, baking soda, salt, soy lecithin [emulsifier], vanillin – an artificial flavor, chocolate).

## APPENDIX G INFORMATION ON BEARS

This is a summary of information your Ranger will provide your crew:

### I. What attracts bears?

Bears have an acute sense of smell. The smell of food or any other odor (except human scent) may attract bears, which are curious by nature. Bears are opportunistic feeders. They will investigate any different odor as a food sources and will take advantage of any easy meal, which may be presented. Bears typically search for food at night, but also roam during the day.

### II. How can encounters with bears be avoided?

Adhere to good Scout camping practices including:

**Cooking** – Prepare and cook food close to a fire ring. Sleep away from areas where food has been eaten or prepared, including cleaning of fish. Never eat food in a tent; the odor remains even after the food is gone.

**Cleanup** – Put wet garbage and uneaten food in plastic bags and hang them in a bear bag. When the crew reached the next staffed camp, consult the staff on what to do with the wet garbage. Never leave your trash or garbage on a porch without a staff member being made aware of it. Use a sump to dispose of dirty dishwater and cooking liquids.

**Food Storage** – Store food and other smellables in a properly hung bear bag at night. Smellables include soaps, shampoo, toothpaste, toothbrushes, lip balm, sunscreen, insect repellent, unused film cartridges and first aid kits. Hang your bag(s) on the cable that is provided in every camp. The weight of the rope will enable it to be tossed over the cable – a serious injury may result from using a rock. In the Valle Vidal area where there are no bear cables, tie up a couple of handfuls of dirt in a bandanna for a weight to hang your bear bags. If you leave your campsite or pack during the day, hang your food and smellables. Do not leave your packs unattended while you take program of visit a conservation site. Hang your food and smellables as soon as possible upon arriving at camp.

**Personal Sanitation** – Using scented lotions, soaps, deodorants and shampoo may attract the attention of bears. Wash early in the day (before 2:00 pm) so that residual smells will dissipate before night. Avoid using hair tonic, perfume and deodorants. Brush your teeth as you usually do.

**Sleeping** – Wear sleeping clothing at night that is stored inside a sleeping bag. Store “trail clothing”, clothing soiled with spilled food and containers that have or have had drink mix or fuel, away from the tent at night.

**Bear Sightings** – Report any bear sighted in a staffed camp to a staff member as soon as possible. Report a bear sighted in a trail camp when your itinerary takes you to a staffed camp. Note the bear's size color, and whether or not it had cubs or an ear tag.

**Firearms** – No one is permitted to carry a firearm in the backcountry. Philmont management enforces this policy rigidly.

III. What should you do if you encounter a bear?

- Never provoke a bear to act aggressively. Do not throw rocks, use flash bulbs, approach, or go close to a bear. A mother with cubs is very protective and easily provoked. Give them a wide berth.
- If a bear approaches your campsite (50-100 yards away), make loud noises to discourage it from coming closer. Never risk injury by attempting to save your food or gear. Both can be replaced if necessary.
- If a bear enters your campsite, gather your crew and quickly leave the area until the bear is gone. Contact the staff that may attempt to chase the bear away.
- If you awaken with a bear curiously examining you, do not play dead and do not strike the bear. Talking with a calm tone of voice will tell the bear you are alive and well. If the bear is several feet away, you may be able to slip out of your sleeping bag and retreat. Running may provoke a bear. If possible, back away slowly.
- If you are attacked by a black bear or mountain lion do not play dead, but rather fight with everything you have using rocks, sticks or anything else in hand.

IV. These recommendations are based on our best knowledge of bears, and are designed to minimize bear-human encounters, but Philmont cannot guarantee that an individual camper will not be injured by a bear even if these recommendations are followed. Bears are wild animals and it is ultimately your responsibility to be cautious when camping in bear habitat.

## **APPENDIX H ADDITIONAL BEAR PROCEDURES**

### **NOTIFICATION:**

- A nuisance bear is one that is hard to chase away and returns to your site – or –has investigated any camp items. At night, if you suspect a nuisance bear, gather the crew, build a small fire, and stay up to keep watch. During the day, notify the nearest staff camp.
- In trail camps: notify all other crews in camp of any bear sightings. Also notify the next staff camp you come to.
- In staff camps: notify staff and any crews in your immediate area of any bear sightings.

### **TENTS:**

- Keep tents grouped in clusters – no isolated tents.
- Keeps tents away from smellables, backpacks, wooded areas, and slopes.
- Strive to be at least 50 feet from any point on the bearmuda triangle.
- **DO NOT STORE DAY-CLOTHES IN THE TENT**

### **SMELLABLES:**

**DO NOT LEAVE THE AREA OF THE BEARMUDA TRIANGLE WITH ANY SMELLABLES**

- ALL cameras and film
- Water bottles – smellables go up, all others go in the fire ring. Smellable water bottles include those that have had any drink mix, duct tape, stickers, adhesive material, or were once soda or beverage bottles.
- Clothes that have been worn – unless they have been washed
- When conditions permit, discourage wearing warm clothes or rain gear while cooking
- Vomit: while hiking, move off the trail and kick dirt over vomit. While in camp, clean it up and hang it in the bear bag

### **OOPS BAG:**

- Use for any last minute or forgotten items such as: sump Frisbee, yum-yum bag, trash, advisor coffee dishes, pudgees (Ranger food supplies), clothes
- Hang rope and bags as normal, but leave the loop at the midpoint open. Do this by tying the knots to the right and left of the loop. Use the loop as a pulley, and thread the *oops rope* through. Leave the *oops rope* dangling so that the *oops bag* can be hoisted without dropping the primary bear bag complex.

### **ADDITIONAL INFORMATION:**

- If you have cooked or washed dishes, be sure to rinse thoroughly your hands and arms with clean rinse water to wash away any food particles or smells.
- Strive to use hand sanitizer before 6 pm. Try to cook earlier in the evening.
- Be diligent at picking up trash EVERYWHERE!
- At trail camps, conduct campsite checks to see that bear procedures are being followed. At staff camps, off to help conduct campsite checks.



- If you go back out to visit a crew on the trail, DO NOT hike out pizza, ice cream, or any messy treats. This includes Rayado Treks and Mountain Treks, ROCS, OATC.
- Report poorly arranged campsites to the Conservation Department, (i.e. juxtaposition of sump, bear cable, and fire ring). The bear cable and sumps should be on the uphill side of camp or closest to wooded areas. The area for setting up tents should be no less than 50 feet from the bearmuda triangle. When reporting campsites, know the camp, site number, and what needs to be changed.

**APPENDIX I  
SUGGESTED FIRST AID KIT**

- 24 Advil or other ibuprofen pain reliever tablets\*
- 24 Benadryl or other antihistamine tablets for colds and allergies\*
- 24 Imodium AD or other over the counter medication tablets for diarrhea\*
- Mycitracin or other triple antibiotic ointment or cuts, scrapes, and burns
- Tolnaftate (Ting), miconazole (Lotrimin spray), or clotrimazole (Mycelex cream) for athletes foot or jock itch
- New Skin or Spyroflex for blisters
- roll of adhesive tape
- 24 Compeed Band-Aids
- 10 2" by 2" gauze pads
- 10 butterfly Band-Aids
- Cortaid or other non prescription hydrocortisone cream for rashes
- Visine or other type eye wash
- tincture of benzoine to toughen skin and help glue on moleskin
- moleskin and molefoam
- needles for removing splinters
- set of tweezers
- Ace bandage
- nail clippers
- scissors for cutting moleskin and adhesive tape
- Monistat 7 (for female crewmembers)
- Latex gloves

\* must receive permission before giving to non adult crewmembers

**APPENDIX J**  
**OBSERVATIONS FROM A CREW ADVISOR**  
*(thanks to Dave Parmly)*

**Know the difference between “PRINCIPLES” and “TECHNIQUES”. Techniques vary by day, by crew, by circumstance; Principles never vary, regardless of the circumstances.** "Keeping the group together in the backcountry" is an example of a PRINCIPLE. You never violate this principle. It is needed for safety reasons and to violate it endangers the lives of a lot of people. Keeping a group together is done in the interest of safety, first and foremost. A crewmember who has a medical emergency, or an accident, if he is outside the vision of the entire crew, is more likely to have their condition unnoticed during those first crucial minutes. Crews that hit trail junctions, if they are not together, have a higher likelihood of splitting up. A crew that has a wide disparity in athletic ability or fitness must be aware of this reality and adjust their style to adhere to this Principle.

Each crew is so unique it's virtually impossible to apply one technique that will fit all of their needs/capabilities in every circumstance. Younger crews often will have a wider spread in individual capability. This disparity can show itself on tough sections of trail, like steep hills. A TECHNIQUE that may be used by your crew to maintain the PRINCIPLE of keeping the group together is the caterpillar method. A soccer star crew leader might apply the technique of caterpillaring even though he personally doesn't need it so his crew could maintain the principle of staying together, advisors included. Know your crew's capabilities.

Another example of a PRINCIPLE is the Bearmuda Triangle (BMT). However, its shape will vary from site to site. Where you set up your personal tents is a TECHNIQUE. The fact that they must be outside of the BMT is a PRINCIPLE. Keep backcountry PRINCIPLES adhered to at all times. Everything else is just a TECHNIQUE.

**Philmont doesn't “Give” you anything:** Every day on the trail you will be challenged in some way, shape or form. Any day that looks easy on the map, won't be. So many factors can arise to challenge you, and you cannot predict them. A short day of hiking turns long because storms have swelled the “creek” until it's too wide to jump, too deep to cross without filling your boots, too little stuff around to build a bridge, etc., etc. Suddenly, your 2-hour hike has turned into 4 hours and you missed your program, got to camp just in time to get pounded by rain. That long gradual climb you saw on the map that didn't look so tough turns out to be pretty tough and then just before getting to camp it runs straight up hill for a kilometer before dropping into camp. You didn't see that on the map? Neither did I, but it happened. Oh, that is the morning you picked up 4 days worth of food so your packs were at their heaviest of the trek. You see what I mean? There are NO EASY DAYS at Philmont. Some will be easier than others yes, more fun than others, yes, but every day you have to wake up with the mindset that you are going to go out and throw a lariat around the galloping bull known as Philmont, then grab it by the horns and drag it down and tie it up. Then get up and do it again the next day.

**Rain might dictate what you wear, but should not dictate what you do. And the corollary: Breathable, Waterproof Rain Gear is a 100% necessity:** If I hear anyone talk about going to

Philmont “on the cheap” with an El Cheapo vinyl rain suit, or a poncho, I’ll say you aren’t ready to go to Philmont. There are plenty of reasonably priced GTX suits or the equivalent that this is do-able for every trekker. Beginning in mid to late July at Philmont, the monsoon season begins. Daily rain, usually around 2:00-4:00 pm., lasting between 1 and 3 hours. A breathable, waterproof rain suit will mean that the rain will change what you wear, not what you do. Case in point: Head of Dean/Day 7: Got to camp, set up before the rain, then rain just at lunch time. The guys could have huddled under trees but chose to go eat on the out-in-the-open picnic tables in front of the cabin. After lunch, the guys played stump ball, played chess, and hung out. All in the rain. Chess? In the rain? Sure. You have the luxury of ignoring the rain if you have a rain suit that keeps you completely dry. Frankly, our youngsters were less bothered by the rain than I was. They seemed to take it in stride just fine, while I was often quite irritated by the daily downpours. The fact of daily rain might dictate some of your schedule, because I recommend setting up camp at a time of day OTHER than during a downpour. But that’s just me.

**Think of the Crew First, then the Individual when setting up camp. But “Thinking of the Crew first” can look different on different days.** Most websites, guides, etc., state to set up the dining fly and hang the bear bags first when getting to camp and that is generally sound advice...in theory. But Philmont is a place that should also teach you to make your own decisions, not merely follow a checklist. See Item 1 RE “Principles and Techniques”. A crew may roll in to camp accompanied by thunder rumbling. In that case, the crew leader may direct individual tents to go up first then come back and get the bear bags up and dining fly out. It’s not so bad hanging a bear bag in the rain, or even a dining fly. But setting up personal tents in the rain is not a good thing. Note that I am NOT advocating to disregard bear procedures: (PRINCIPLE: Never leave your site without having all smellables up.) However, to leave the packline, covered by the dining fly or with pack covers on near the fire ring for the 20 minutes it takes everyone to get their tents up is not an unforgivable breach of bear protocol. Your tent has got to be 100% dry inside if it is going to be the last, safe haven that it becomes each day.

A different illustration of the same principle is that even when the crew says they want to eat first upon getting to camp, do not listen to them. On Dave Parmly’s Crew 506 trek, on Day’s 1 and 2, the Crew Leader directed the appropriate priorities to take place before eating, even though everyone was saying that they were hungry: Crew Leader said, “No dice”. Bear bags went first, then the dining fly, then the tents, even though the crew complained of being hungry and wanting to eat. On each occasion when this happened, rain hit at a time when we were eating, and after we had done everything needed to have a complete camp site. Do what you HAVE TO DO before you do what you WANT TO DO. It will pay off in the end. After the second time this happened, the crew gave compliments to their leader for his decisions and from then on, whatever he decided, they did without resistance.

**“Roses, Thorns, Buds & Devotionals” (RTB&D) MUST BE DONE every day, no matter what.** You get back to camp after the program campfire, it’s 9:00 pm and you want to get to bed. Great, but not before doing RTB&D. You want to get to bed early? Then do RTB&D right after dinner before the campfire, but DO NOT SKIP THIS EVEN ONE TIME! We heard the horror stories of crews disintegrating at mid-trek, etc., but it never happened with us primarily due to RTB&D being a part of their routine. Not to say we didn’t have conflict. Whenever I get the

silly idea in my head that we did not butt heads from time to time, I remember three words: HEAD OF DEAN where our crew experienced its only meltdown of the trek. The open communication that is fostered by good RTB pays off when, in the event of inevitable conflict, the guys are accustomed to sharing their feelings, listening to the other and coming to a solution quickly rather than carrying around anger or frustration bottled up inside of them. RTB&D is the means by which you resolve conflict before you go to bed. Forgiveness, apology, accountability, appreciation, all get expressed in a good RTB&D. Advisors are full partners in the process, too, but the Crew Leader and the Chaplain are the keys to making it happen.

By the way, it's nice to try to get away from camp for RTB&D when the circumstances allow it. Find a little spot close by but out where it seems like you are going off to do something special. If pressed for time, don't waste a lot tromping around, so this is a technique, not a principle, but we found that getting in the open, where one could absorb the majesty of the night sky was a good way to bring about a sense of wonder and awe that is appropriate for devotions.

**Get out of camp early and enjoy the trail.** Some crews prefer a less-hurried approach to getting out of camp and that is a function of their crew personality. We found early hiking kept us from setting up in the rain, kept us walking in cooler weather, and allowed us to do the programs in the afternoon. It also allowed the guys to enjoy the trail along the way because they knew they were not under a time crunch. Nothing much fun happens between 5:00 and 8:00 am, so why stay there and do nothing? Get up, get going and get where you want to be...on the trail. Early hiking allows for packs-off breaks on Baldy Skyline, for appreciative looks around at green alpine meadows, for map checks that can be educational times rather than pressure packed moments of decision.

We did NOT do a good job of practicing this in our prep hikes, until right at the end of our training. **RECOMMENDATION: Start this early in your prep process and make it your normal procedure.** By the way, most kids are NOT wired to get up early enough to wake the crew at the appointed time. I'd recommend the job of Crew Alarm Clock as a job for an advisor. One alarm clock saves weight and allows the crew leader to delegate responsibility for wake-ups on someone other than himself and lets him get a little more sleep than if he were doing it himself. My recommendation: 4:30 am wake-up for the alarm clock, 0445 an early "nudge" to the crew leader, and then everyone gets a wake-up call at 5:00 am. We usually hit the trail at 6:45 am, but that's because our crew chose to eat before getting on the trail, and chose to do a group regimen of stretching, as well as a process called "Yea God" in which we stand in a circle and everyone says one thing they want to thank God for, after which everyone takes a pull of water with a goal to finish or mostly finish, a full Nalgene before hitting the trail. This process adds about 45 minutes to our morning because those Nalgens needed to be refilled before walking, but the crew enjoyed doing it. Oh and we were mostly "Morning People" when it comes to taking a dump, so a lot of guys would need to purge before hiking and that added time also. Of course, we typically arrived at our next campsite before the crews that left before us. They'd stop to eat, or take long packs-off breaks, etc. In 11 days, we were not passed by a single crew that we did not eventually re-pass and then stay in front of. Not that it was a race, because it wasn't. We were pretty leisurely in our hiking pace, or it felt that way to us. We stopped to smell the roses along the way, we just tended to do it with packs on, then get going again.

**Do your Conservation Project early on in the trek.** This is one of those techniques that will vary with each crew, but if you can work the schedule to do this early in the trek, you take the pressure off from doing it at the last opportunity. We realized that if we had been a lot faster getting on the trail on Day 2, when the hike distances are usually very short, we could have knocked out “cons” and still been able to get to the afternoon program at Indian Writings. Day 2 was our slowest day, but we figured we’ll do cons later. We ended up being forced to the wall, to get them done at our last opportunity on a day when we really would have benefited from a relaxed day in trail camp.

**Stuff happens. Don’t get uptight.** Things will happen on the trail that will really make you mad, will really test your mettle as an outdoorsman and as a Scout. You’ll be the victim of backcountry staff misinformation (“The cons site is just down the trail from the Y. You can’t miss it.”) Rain will cancel your most-eagerly-anticipated program. You will lose your floppy hat somewhere on a staff cabin porch. The Crew in front of you at the showers on Day 7 will appear to believe they are the only crew on the trail at Philmont and you will run out of hot water. You will get disoriented on the trail on a day you REALLY want to get to your next site. Someone will need to stop to eat a snack before pushing on the last mile on that “long hike day” and everyone else will get mad about this.

When these things happen, do not get upset. That is a part of the Philmont experience. The finest steel is forged in a hot fire and we are all being tempered by the events on the trail, both the breathtakingly beautiful and the bone-crushingly frustrating. The youth will react the same way as they see their advisors behave. We are creatures of habit who consistently seem to be looking for “whose fault” something is, or who can we blame for something. Try very hard to get out of that mode on the trail at Philmont. The advisors can feed off the kids emotional outbursts.

Or everyone can commit to two things: 1.) Not sweating the small stuff and 2.) Not getting upset with a crewmember who reminds you “Not to sweat the small stuff”. The thought that a bad day on the trail at Philmont beats a good day anywhere else is really quite true...if you remember. And sometimes, things will turn around. Be cool with the staffer who tells you he just cancelled that anticipated program. Tell him your kids sure hoped to do it and to let you know if you decide to open it up again. You just might find that staffer running to your site to tell you to be down at the activity in 20 minutes...“We’re opening it up again”. Ask yourself: Would he have run up here to tell me that if you had chewed him out for making an arbitrary decision that disappointed kids who paid thousands of dollars to come all this way so you could stand on a porch just because it’s raining and you don’t want to get WET!?!? I’ll betcha he would not have. Neither would you, if you were him.

**Don’t compare your trek to anyone else’s.** There is an unfortunate tendency for Philmont Vets to try to play the old “up-manship” game, where we try to see that our experience sucked worse than anyone else’s on the Ranch.. It’s like asking “Which is better: An apple or an orange?” The question is ridiculous because there is no better or worse: They are simply different. One crew hikes in over the Tooth and tells crews that bus in that they haven’t REALLY done Philmont unless you come in on foot. Another crew sneers at kids who didn’t go up Baldy.

Another group says that “typical” treks are for wussies. Or “We got out of camp an hour before that crew...they must suck!” You might even hear guys in your own crew either saying these things, or worse, listening to other people say them. STOP! Each crew, each trek, is a unique experience. They are all roughly the same as far as when challenging things happen, (or else the “Eagles Soaring High” booklet devotionals wouldn’t make sense for the 40+-treks like they do for the single digit treks.) You will have plenty of company along the trail and in camp each night. They are having a unique experience, just as you are. The adventure our crew experienced in their team-effort to get to the 8:00 am bus for our Day-11 pick-up was just as memorable to us, probably, as the experience of the crew that hiked in over the Tooth. In any case, that was our adventure, and theirs was their own.