

The Philmont Advisors Vacation Guide

**A Guide for Crew Advisors who are
Preparing for a Philmont Trek**



Prepared by

**The SHAC High Adventure Committee
With the help of countless past TREK advisors
from this Council and others across America**

2002 Edition

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BEFORE YOU GO

Physical Training

Philmont is physically demanding, especially for adults. Many adults go to Philmont expecting that it will be just like another BSA summer camp only to discover this is not the case. 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 who have been interviewed 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.

You will find 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. Don't have your doctor fill out the form at that time as you will want to do this prior to your trek when your height/weight ratio is at it's best.

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. While that is good, you should plan to 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 reduce the time required for your heart to recover from heavy exercise. At Philmont, you need to be able to monitor how well your body is performing. While hiking along some of Philmont's steep mountain trails at high altitude, your pulse may exceed your estimated maximum heart rate (220 - your age). Surpassing this rate can be dangerous since you may be working harder than your heart

can handle. Learn how to take your pulse. 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, stop for a minute, rest, and take your pulse again. It should be around 120-130 or so. After two minutes, your pulse should return to approximately 100. Try to stay at a level of exertion that will keep your heart below its estimated maximum rate. Aerobic exercise conditions your body so that you can safely exercise at higher heart rates while at the same time decreasing the amount of time your heart needs to recover. The more efficient the recovery time, the more you will enjoy Philmont.

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. Depending on your physical condition, the American Heart Association and the President's Council on Physical Fitness and Sports recommend that you train within a zone that ranges between 70 and 85% of your estimated maximum heart rate. 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 126 ($180 \times .70$). 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.

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.

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. Shoulders and chest need to be toned because the backpack straps rest along those muscle groups.

The objective of the hiking program is get your feet used to hiking long distances in boots. One of the questions recently asked on the TV game show 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. 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.

Many seasoned advisors take 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 before you go out is important to help lessen the soreness and get the body ready to go again. They can also help prevent or reduce injuries to muscles not properly warmed up.

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, culminated 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.

In 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 over train for Philmont, provided that you do not injure yourself in the process. Adults will, in most cases, need more physical preparation than crewmembers will. 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, Philmont had an advisor tragically collapse and die 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 allowed on the trail. Crewmembers who are over

the limit will be handled on a case-by-case basis. If you know that an advisor or one of your crewmembers does not meet the 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 he does not change his 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. One can actually use measuring cups or a scale.
4. Drink at least 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 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. Some advisors have a problem 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 - 183	220
5' 10"	132 - 188	226
5' 11"	136 - 194	233
6' 0"	140 - 199	239
6' 1"	144 - 209	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.

One final point about physical and emotional maturity; it is possible to have instances where the behavior of one crewmember ruined the entire Philmont experience for the rest of the crew simply because he was either not physically or emotionally ready to handle the trek. As an advisor, you may be faced with a similar situation early in your crew development process. Since it is your responsibility to ensure that the entire crew is completely prepared for Philmont, you may have to step in and talk to the crewmember in question along his parents. In a case like this, we recommend that the crewmember wait another year or two before attending Philmont, so that his experience and that of the crew will be the best that it can be. Since you will have only one opportunity to do a trek at Philmont (unless you come back for Trail Crew or Rayado), why not make it something really special that you will remember for the rest of your life?

A second factor that should be considered in selecting a trek is scenery. Some areas of Philmont are simply spectacular. Based on the reports of past trek advisors we have listed below some well known beautiful and especially scenic 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.
- 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.

- 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.
- 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. Visto 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 Castilla Mountain are unique.
- 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.
- o. The High Peaks - Baldy Mountain or Mount Phillips are tough, but the struggle up 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 Urraca Mesa, Inspiration Point makes another special sunrise spot.

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 five treks (20, 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 get as your first choice. If you do receive one of these five, 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 the spring, usually 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 has recently been re-done and has become 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 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.

Crew Training

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 still probably still too early to buy new ones, especially if a crewmember's feet are still growing. If new equipment is needed, talk with their 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 you leave 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. If a hiker cannot 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. Having an unfit crewmember, adult or youth, can completely demoralize a crew and ruin 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. 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 determining 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 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.

One week before departure - Final backpack and uniform inspection. Every time that this final shakedown is held, it is amazing the amount of personnel gear that is still missing. Remind crewmembers to pack their boots. This may sound crazy, but on several occasions, boots that 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 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 five 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. Additionally, keep in mind how difficult it may be to get everyone together after the trek to finish the service hours.

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 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 material for crews is available at 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 fourth measure is to complete a Council COPE course. This will really help bring the crew together and build unity and ensure teamwork. Contact the SHAC Camping service dept. for more information on Project COPE.

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 pretty funny. Gather your crew up and let their creative juices flow. Often crew t-shirt become the uniform of the day as soon as the Class A uniform shirts came off. The crew can wear their t-shirts everywhere while in Base Camp where afternoons can be hot prior to rain showers. They also can become the in-camp t-shirt while on the trail. Consider providing each crewmember with two t-shirts and give a t-shirt to your council contingent planner and your Ranger.

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 chief AFTER the first or second shakedown. For crew's 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 to get the crew ready to go to Philmont. Boy Scouts of America's Junior Leader Training syllabus has an excellent discussion of leadership styles. Another excellent resource is *Outdoor Leadership* by John Grasham, Mountaineers Books, (800) 553-4453. 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. 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. Be sure and bring your certification cards with you when you come to Philmont so that your training can be verified. Your Ranger will check your first aid and CPR certification cards upon your arrival at Philmont for verification during your inprocessing at Registration.

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, which could elevate these risks. All potential Philmont participants, their parents and **their physicians** need to be aware of these risks and 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 inprocessing activities at Philmont. There have been situations in the past where crewmembers and advisors who were overweight or with poor control of blood pressure or asthma, never made it to the trail and have to be flown home just days after they 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, send Philmont that person's complete medical records early and let them decide. While at Philmont (and when on your training hikes before Philmont), it is important that the entire crew is made aware of any known medical preconditions, so if something should happen on the trail, they can be prepared. We have included at Appendix C, information on chronic illnesses that each crewmember should receive early in the training program.

Another area that needs to be discussed with parents is who has the responsibility to ensure that youth crewmembers are taking their prescribed medications. 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 scout involved, even before you take

your first shakedown. A final point to remember; if you have a crewmember who 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, failed to take his meds.

Emotional Problems and Learning Disabilities

Advisors should review individually with the parents any emotional problems or learning difficulties, including Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD), that their son 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 son is taking something to help him control his behavior

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. This is not to say that if you use your own equipment that you can skip this part, but it allows 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 so the fragrance can be aired out. Once the tents have been washed, consider keeping them with the crew until you go to Philmont to ensure that they do not get re-contaminated with food odors. Be sure to reseal all tent and tarp seams before you head for Philmont.

Stoves

Up until the mid 1960's all cooking was done over an open fire. Backcountry cooking changed a great deal since then and stoves have become an essential part of crew equipment. SHAC Council Contingents can use Council provided stoves but we recommend if at all possible all crews bring our own stoves from home. This way we can ensure that they have been thoroughly checked out before hitting the trail. **However, in**

light of the tragic events of September 11, 2001, airlines will no longer accept stoves and fuel bottles as baggage and you will have to send them via parcel post or UPS to and from 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 are empty and have had a chance to air dry. Remember that you will have to perform these same procedures when you come off the trail in preparation for your trip home.

Philmont recommends that one stove be carried for each four crewmembers. Depending on your cooking methods you might 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 1, Coleman Apexes, MSR Dragon Flys, and the new Peak 1 Max butane/propane cartridge stoves have also been seen in the backcountry. White gas and Peak 1 Max 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. As a precaution double check your fuel after the bottles are filled, on one occasion we are aware of Kerosene was accidentally dispensed instead of White Gas causing the stoves to malfunction on day 2 with no fuel depot in site. Also, remember to gauge your fuel level as you near the end of the trek as there is no point in returning to base camp with a full bottle of fuel. If you do have left over fuel, consider donating it to an outward-bound crew as you come in to the welcome center. Whatever stove is chosen, it is important that you are familiar with it before you leave home. In his book, *The Complete Walker III*, 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.

If your stove is designed for it use a windscreen (store bought, natural protected area, or packs and people) to keep your stove lit in windy conditions. Typically, Coleman Peak 1 stoves can become dangerous if a tight fitting windscreen is employed as it heats the fuel source. 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 or packing 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. Consider taking a class on Liquid Fuel Safety if you are unsure of these types of stoves.

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 is how much fuel is required? IF 4-quart pots with tightly fitting lids are used for heating water instead of the large 8-quart pot that Philmont issues, 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 and one will last for four days of use. 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. 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. If new boots are needed, plan on purchasing them in 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 insole with a more expensive gel type insole. If you choose to do this, be sure to try out the new insoles during your shakedown hikes.

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 a getting a blister. Some of the new high tech socks state that an inner layer sock is not required. 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. Some experienced hikers use Thorlo socks, others like the all-synthetic Thorlo Hiking sock that do not itch and dry quickly because they contain no wool. 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. 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. Texas are not permitted in the backcountry. Philmont requires the wear of a closed toe shoe or boot when cooking, branding, rock climbing, horseback riding, spar pole climbing and your conservation project. In 2001 the Chief Ranger banned sandals as they were the cause of many foot injuries so we suggest you leave your Texas at home. 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 but try to find synthetic ones as opposed to cotton. 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. Many trekkers have become ardent believers 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.

An inexpensive pair of gaiters is nice to have. Gaiters help keep your boots and socks clean and dry. They also prevent small rocks and sand from getting inside your boots on especially rough trail sections.

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 tents leak in a heavy rain. Cascade Design produces the Z-Rest, an excellent pad that is very comfortable, is less bulky than traditional pads, and can even be used for a camp seat! For advisors, we recommend a Therm-A-Rest sleeping pad because of its ability to provide a good night's sleep. It also adds 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 on 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. A lightweight coated nylon rain suit works almost as well and costs under \$60. 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. Whether to wear rain pants or gaiters is a matter of choice. Often times, by the time you get your rain pants on and get back on the trail the rain stops and you heat up

until you remove the pants. But keep in mind that a trek in June will have cooler temperatures and usually less rain than one in July or August.

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. Put up your clothesline and hang your hiking clothes up to dry. Be aware that some Philmont Rangers have discouraged tying clotheslines to trees (even if the trees are protected by putting bandannas around them). Hanging clothes from branches works just as well. 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 safely 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? We don't recommend it; instead consider the use of 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. Consider wearing a set of synthetic (CoolMax) underwear under your Philmont or standard cotton shorts. Other advisors have worn unpadded nylon bike shorts or a Speedo swimsuit under their hiking shorts for support. But be forewarned, 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. Road Runner Sports, (800) 551-5558, www.roadrunnersports.com, sells 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 only worn while sleeping. When getting ready for bed, each crewmember takes off his in-camp clothes and places them in a plastic bag that is then hung in the "Oops Bag" (see Bears and Bear Bags). After putting on his sleep clothes, the crewmember can get in his sleeping bag. This will reduce the possibility of having any sort of food smell on you or inside your tent that may attract bears. 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 they moved into Philmont's low country looking 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. 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.

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 wool knit hat is an optional item but is nice to have. Most crewmembers will wear their knit hats especially at the higher elevations and at night.

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. 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. For fair complexion crewmembers, we recommend a 30 SPF sunscreen as a minimum. Consider using 50 SPF if one has fair skin. The sun and low humidity can also cause severe chapped lips so each crewmember should have a good lip balm, one with sunscreen properties is recommended. While we suggest sharing as many personal items as possible this is one that we suggest each member have a personal supply of for sanitary reasons.

Each crewmember needs a minimum of at least two 1-quart canteens, preferably a wide mouth variety for ease of filling and cleaning.. 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. 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, we are not big fans of them 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. Additionally, hydration systems can build up mildew in their drinking tubes if they are

not properly cleaned. It can also be a problem when going to a backcountry activity if you have to carry your bag of water and risk puncturing it. Personally, we like taking a water break, whether it is a short "packs on" break or a longer "packs off" break and taking a good slug of water. During the break, you can quickly assess 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.

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. 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. Remember that duct tape is also considered as a "smellable" and must be put in the bear bag.

A chair is appreciated because of the rocky and often wet ground at Philmont, but weight and bulk need to be considered. 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 sleep pads by those who are really trail nuts and are practically part of a Ranger's equipment. But if you do use your chair as a sleeping pad, be very cautious when eating in you chair to avoid carrying smells from spills with you to bed. Another popular chair is the Lafuma High Back, which weighs 3 lbs and is comfortable enough to nap in!

Be sure to mark all common items such as canteens, 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, makes you more prone to injury, and reduces your potential for having a good time on the trail. Consider giving the crew a list of equipment with the maximum acceptable weight for each item of personal gear. One can even bring a postal scale to gear shakedown and weigh each item to make sure that meets his criteria! If an item is too heavy, it is rejected! You may think that this might be extreme, but many crews who do this 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 include:

- Small rather than large (flashlight, knives, etc.) **Remember, no knives on planes.**
- 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 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)
- Sharing (one set of toothpaste or Camp Suds or a flashlight per tent)
- 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, electronic game toys)

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.

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. An external frame pack for a Philmont trek should be a minimum of 4000 cubic inches.

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. Since sleeping bags are carried inside of an internal frame pack, minimum size for a Philmont trek should be no less than 4500 cubic inches

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. 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. 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. Jan Sport 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. 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 does one need and what film speed should be bought? Well, you will realize when you see Philmont's beauty; 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. You also do not need to buy the more expensive high-speed film. On the trip to and from Philmont, consider using a 100 or 200-speed film. At Philmont with its bright surroundings, you can easily use 100-speed film. Consider what you want to do with your pictures, have a big slide show to show those at home or make a photo album and pick your film accordingly. Developing film may not seem like a major concern, but some places do develop film with a higher quality than others.

Crewmembers love to bring cameras but generally take few good pictures. But you also can consider sharing photos after the trek and having one designated photographer take pictures during the trek. 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. 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.

Consider a film cooperative in which each member receives a copy of all the pictures taken by members of the cooperative. The co-op should use two or three decent quality cameras. Crewmembers did not have to carry cameras that meant less weight for them. Each member shares equally in the cost of the film and it's developing. As of 2001, Philmont considered all cameras as smellables and required they go in a bear bag so one needs to decide if a high priced camera is right for the trip as it could get damaged.

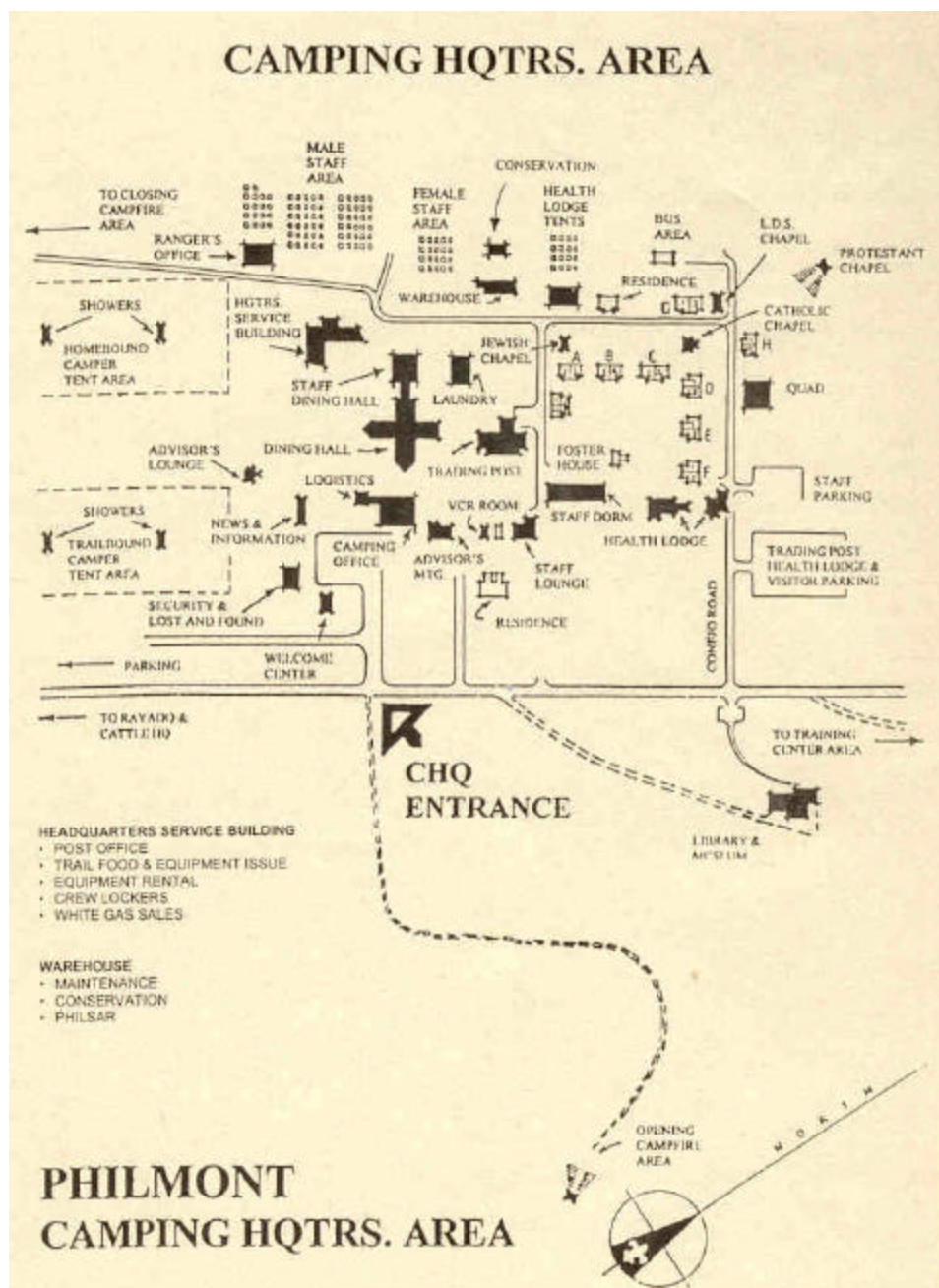
Another option is the Digital one and the scope of this Advisors Guide is not broad enough to include the latest info on the newest products so you will have to do the homework there. Keep in mind that you need plenty of battery power and that Digital cameras are more prone to damage from dust, rain and being jarred.

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 batteries before you go. Consider taking 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



Cimarron and the Drive Into Philmont

In Cimarron, New Mexico, a small, historic town that Kit Carson and Buffalo Bill once knew, turn off US 64 on NM 21. Cimarron means "wild" or "untamed" in Spanish and echoes memories of a wild and wooly past. After crossing a small bridge over the Cimarron river,

you will see a hotel to the left. The St. James Hotel boasts an exciting history. Billy the Kid, Clay Allison, and other famous gunfighters stayed there. Twenty-six men were allegedly carried from the hotel- feet first (that means they were dead)!

Across the street is a building once known as Swink's Gambling Hall. Here, Lucien Maxwell, a great land baron who owned 1,714,765 acres, including all of Philmont, bet on one of the Old West's most famous horse races. Maxwell's bet was a roulette table piled high with gold. The race is famous because Maxwell warned his jockey to win or he would shoot him off his horse at the finish line. He won.

One block west of the St. James stands an old grist mill, built in 1864 and operated by Maxwell. Now a museum, Philmont campers are always welcome. Plan to visit this fascinating museum before or after your Philmont trek.

Just beyond Cimarron, you will pass the Philmont boundary marker. The land west of the highway is buffalo pasture which contains about 4,500 acres and Philmont's buffalo herd of about 100 head.

Looking to your right, every mountain you see lies on Philmont. As you scan the horizon, you can just see the top of the famous "Tooth of Time" Beyond the Buffalo pasture, the group of buildings on the right are homes of ranch personnel. Farther back are the barns where Waite Phillips once kept polo horses. The administration offices and homes are next on your left. Warehouses for food and supplies, farm equipment, vehicles, and maintenance shops are located here.

Next on your left is the Villa Philmonte, the magnificent summer home of Waite Phillips. Notice the Spanish-style architecture, high arches, and tile roof. Surrounding the Villa is the Philmont training center where Scouting families live in tent cities during weekly training conferences held throughout the summer. Past the Villa is the Philmont Museum and Seton Memorial Library where interesting collections are exhibited for you to see.

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 30 crews that have arrived that day. Each one of these crews will have to go through the same inprocessing routine. We have found that if you and your crew are prepared for inprocessing, the time can be shortened and the amount of confusion can be lessened. Try and remember that the order of the inprocessing 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 inprocessing activities are being done in a haphazard manner, your Ranger is following the rule of "scramble, be flexible" to get your crew completed as soon as possible.

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 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 inprocessing 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 inprocess 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 inprocessing will be. Getting through Logistics quickly is the key to the rest of your inprocessing 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 are tied shut when you leave the area.

Logistics is where your itinerary gets finalized. Be sure to bring the Philmont map that you received with the *Treks Itinerary Guide* 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 dry 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. Philmont needs to know where your crew is in the event of an emergency, so don't make changes on your own.

One crew advisor and the crew leader are the only ones allowed in Logistics, the staff prefers to deal directly with just the crew leader. Decisions that may seem to be minimal to you, will 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) 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.

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 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.

c. Horse ride time

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 afternoon times may be canceled because of thunderstorms. 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.

d. Returning Lunch

The crew leader must decide which type of lunch is needed for the last day on the trail. 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" or "Your Girlfriend") listing all commissary stops, your scheduled horseback ride time, 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. Since Philmont only takes 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 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 inprocessing. Make sure to you have your personal cameras available and ask the Philmont photographer to take any personal photos.

Medical Recheck

The medical recheck begins with your Ranger. He or she reviews each crewmember's medical form for completeness. 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, 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. Your Ranger will check to ensure that the medication is up to date and 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.
- 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).

After your Ranger completes his preliminary review and your crewmembers have phoned home to get the missing information, the crew will be taken to the health lodge so that each crewmember can be screened. Each advisor will be required to have their blood pressure taken. 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 Scouts 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. Try not to drink coffee or cola the day before getting your pressure checked.
- b. Retention of water will elevate blood pressure. Be very careful of salty foods eaten in route 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 on whether you should be allowed to go on 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.

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. 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 buy fuel for your crew's stoves. 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!

At Services, an advisor will be able to pick up crew mail. It's highly recommended that you 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 stamps here since they are sometimes not available in the backcountry.

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 high. If you have a large crew (greater than 10), ask for a second locker when signing for the first one. If one is available, you may get it assigned to your crew. The bottom line is to limit the extra junk that you bring to Philmont.

Philmont Museums

Exhibits at the three Philmont museums recount and interpret its rich historical past. They are open every day, and you will have opportunity to visit them either at the beginning or end of your trek. There is no admission charge.

Philmont Museum and Seton Memorial Museum: Located at headquarters, the Philmont Museum houses exhibits of historical and anthropological interest to the Philmont area. The Seton Memorial Library is home to the personal art, library, and anthropological collections of the founder and first Chief Scout of the Boy Scouts of America, Ernest Thompson Seton. The Gift Shop at the Museum carries a full line of Indian jewelry, Southwestern books, Pendleton blankets, drums, moccasins, and specialty items appropriate of your Philmont trek.

Kit Carson Museum: Philmont Scout Ranch lies upon land that was once the land grant given to Carlos Beaubien and Guadeloupe Miranda by the Mexican government in 1841. Mountain man Lucien Maxwell founded a colony on the grant on the Rayado River in 1848. A year later frontiersman Kit Carson joined him at the settlement. In 1950 the BSA constructed an adobe museum at Rayado to serve as an interpretive area to portray its history. It was named in honor of Kit Carson.

Staff at the Kit Carson Museum dress in period clothing and demonstrate frontier skills and crafts like blacksmithing, cooking, shooting, and farming. Each room in the Museum is outfitted with reproduction furniture and objects of New Mexico in the 1850s. The Rayado trading Company, located at the museum, sells books, maps, reproduction tools and equipment, moccasins, and blankets.

Kit Carson Museum is located seven miles south of headquarters. Bus transportation to and from the museum is available from Headquarters each day. Large groups should schedule with Logistics Services before starting for the Museum.

Rayado is a certified site on the Santa Fe National Historic Trail.

Villa Philmonte

During your inprocessing, make sure to get a time to visit the Villa Philmonte, Waite Phillips' home. When Waite Phillips gave his beautiful mountain ranch to the boy Scouts in 1941, he also donated his luxurious and spacious ranch home, the Villa Philmonte. Philmont Scout Ranch continues to preserve the "Big House" as a memorial to Phillips and his generosity to the Boy Scouts

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. It is listed on the National Register of Historic Places. Tours of the Villa may be scheduled at the Philmont Museum.

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 the all 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. 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. Remember, Ranger training is another voice teaching the latest methods of LNT camping that have been found to work at Philmont. Take advantage of it!

ON THE TRAIL

Hiking Techniques

The first rule to 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 Scouts do not have. Advisors may want to bring an anti-inflammatory such as Advil, Aleve, Motrin, or Nuprin that contains ibuprofen. 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. 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.

Philmont recommends taking a five-minute "packs on" break every 30 minutes or so for a quick drink of water. Every hour, Philmont recommends that the crew take a 20-minute "packs off" break to check their feet, get a drink of water, and make any necessary clothes or pack adjustments. Taking these breaks not only ensures that you stay hydrated but it also conserves your energy over the length of the day. If you feel like you need to take breaks more often, you are probably setting too fast a pace. You don't want to arrive at your next camp early, only to be too exhausted to enjoy it.

Philmont uses a 5/20-minute rule for pack breaks due to lactic acid buildup in the muscles of your legs. You can take a short, five-minute "packs on" break just to get water and start walking without a significant buildup of lactic acid. Should you need to take a break of longer duration, you should spend at least twenty minutes to allow the lactic acid that is now in your legs to dissipate.

One technique that has been found to help 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 every 10 minutes so that each hiker can at least see each other thus breaking up the hike. Finally, when caterpillaring, you should stand and 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.

A technique that can be used to rest leg muscles on long uphill climbs is the "rest 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.

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 had 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 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

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.

Sharing responsibilities is an important part of growth for the crew. So 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, stream crossings, trail intersections, and staffed and trail camps. It also includes time spent for program, 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. 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 1000-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.

Each evening, the 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, they become 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 four map sheets (1:24,000), which covers the northern, central, southern sections and the Valle Vidal area. We use the 1:24,000 scale maps on trail because it provides much more detail than the 1:48000-scale map. The map should be folded and so that the route is clearly visible and held in the hand for frequent checking. The crew leader, his navigator for the day, and the 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 1992 is 10 1/2 degrees east of true north (the map indicates a 1983 declination of 11 1/2 degrees). 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 10 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 10 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 10 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 *Boy 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.

If all of this 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

Philmont typically issues one bottle of Polar Pure for every two crewmembers to purify their water while on the trail. Philmont instructs crews to put two capfuls of the Polar Pure solution in each quart canteen of water and shake well. Crewmembers then turn their canteens upside down and let some of the water rinse the top and threads. The Polar Pure bottle is refilled immediately to make sure that it will be ready for use. Remember, it takes an hour before the Polar Pure can be used again. Although Polar Pure instructions state that the water is ready to drink in 20 minutes, Philmont now requires an hour to allow for more contact time. We suggest that you pick up some Polar Pure for use during your crew training before you go to Philmont. **Note:** Some people are sensitive to the amount of iodine that their body can tolerate. Check with your crew and review their medical records to see if any of them have a sensitivity or allergy to iodine. Not liking the taste IS NOT a reason to switch away from Polar Pure.

More and more crews are taking water-purifying filters on the trail and while that is now being accepted by the Philmont Rangers, your crew needs to know how to use Polar Pure as well, in case the pump clogs up. We have found that you will need either extra filter cartridges or presilt filters that some pumps come with.

One way to cut down on the amount of iodine (Polar Pure) on the trail (and the amount of time spent purifying water) is to use "unputrified" 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 Polar Pure. Always separate those canteens that already contain "putrified" water from those that are in the process of being "putrified". If you can't remember which canteens are okay to drink from, you must assume that all canteens are in the process of being "putrified". Consider putting the Polar Pure bottles with those canteens that are being "putrified". This eliminates any guesswork. 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. 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 do bring a filter, make sure you bring at least two. A final note on Polar Pure use; the iodine in Polar Pure is an oxidizing agent and will react with the ascorbic acid, sugar, coloring agents, flavoring agents, binders and preservatives found in most powdered drink mixes, reducing the concentration of iodine available to purify the water. Any residue of the drink mix left in a canteen can significantly reduce Polar Pure's purifying/

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 depart from Baldy Town NO 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 should bring polypro long underwear, 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.

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. The 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. Mean while, 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 Scouts 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 "Bear-muda" triangle, which are the fire circle, the sump, and the bear bag cable (which can be disregarded if it is more than 200 feet away). The dining fly is always set up inside this triangle and tents are pitched outside of it 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. The following guideline for camp set up is per the 2001 Ranger guidelines which were implemented after several bear encounters. Note that the bear bags are the first thing done after finding the 3 points of the "Bear-muda" triangle

- a. The crew leader finds the three points of the "Bear-muda" triangle, ALL crew gear, food, canteens, and personal smellables are removed from packs and placed in individual piles. The crew members in charge of putting up the bear bags get all smellables up on the bear cables out of reach. If you have just received a food resupply, you will need the entire crew to hoist the bags up on the cable.
- b. The crew sets up the dining fly inside of the Bear-muda" triangle and the crew quartermaster puts crew gear underneath the fly, except for cooking pots and utensils which are set by the sump.
- c. Water containers are filled and may also need to be purified. Water purification takes 1 hour. 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. If water pumps are being used to purify follow the directions per pump brand.
- d. Crewmembers set up their tents.
- e. 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. Some crews choose to use their walking sticks instead of Philmont issued poles, however this can present a problem if you want to do some side hikes, like going up Baldy, and your trekking poles are in use with the fly. Philmont issued poles are heavy aluminum and while they will hold up well in a windy storm, they can set the roofline of the tarp high enough to let wind and rain in around the lower edges, so consider leaving the bottom section of each pole set at base camp. This will allow the roofline to be about 40 inches high and the lower edges will just touch the ground. Philmont provides no pegs for your tarp, so your crew will have to bring them from home. Some crews use aluminum gutter nails that weigh next to nothing and can easily be hammered in the hardest ground, just make sure you have the lightest, strongest pegs your wallet can handle. 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 and try not to have the sloping sides facing a hill or incline as the rain that runs off the rainfly will take the path of least resistance and go right through the ground under the fly, soaking everything and everyone there. 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.

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 and rotated each day, the duty roster lists the jobs to be performed each day by crewmembers. Jobs include cooks, cleanup, water collection and purification, trash compactor, and "naviguesser". Speaking of trash, Philmont is really stressing trash compaction and staffed camps will not accept crew trash that has not been thoroughly compacted. One way to check and see if the trash is compacted enough is if it bounces when dropped on the ground. Another technique in the camp setup process that works 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. 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

Although Philmont has both 6-quart billy pots and 8-quart cooking pots available for issue, we recommend that if you can afford to, bring your own. You never know what condition Philmont's pots are in and some may be in pretty rough shape after having been used so often. If you don't bring your own pots, don't use Philmont's 8-quart pots. We have found that backpacking stoves are geared for much smaller pots. At campsites where it is cold and windy (Ute Meadows, Miranda, Copper Park, Ewells Park, Comanche Peak, Mt. Phillips, and others), it seems to take an eternity to boil water because of the 8-quart pot's large surface area that is exposed to the cold that acts as a radiator. If you use Philmont's 6-quart billy pot, it may be a lot quicker if you boil the water in two 4-quart pots first and then mix the food in the 6-quart. Windscreens can help, however much less fuel is consumed if two stoves are used with the smaller 4-quart pots with tightly fitting lids. We have found that most four person supper packs require a quart of water to rehydrate the contents. A 4-quart pot will just barely handle two 4-man supper packs. If you have more food, you may want to split your supper packs, so that you are cooking in two 4-quart pots, a more manageable situation.

Cooking isn't complicated. If you can boil water, you can make a great tasting supper. There are only four 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. There is a big difference to *"add contents to boiling water and simmer"* as compared to *"add water to contents and bring to a boil"*.
- 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 an 8-quart pot on a hot stove can be dangerous.

Philmont food is not as bad as most make it out to be. There are two types of breakfasts at Philmont. The first is the no-cook breakfast that contains dry cereal or food bars such as the famed pemmican bar (better known as barf bars or adobe bricks). 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).

Philmont has three types of lunches, all of which are no-cook. Three lunches are squeeze cheese, four lunches are meat spreadables (tuna, ham, chicken and turkey), and three lunches are peanut butter, jelly, and crackers. In 1999, Philmont began phasing out the old spreadables and replacing them with a different brand that were better liked.

All suppers must be cooked. It seems that most Philmont Rangers recommend that only one pot be used for all ingredients but it's really up to you and your crew. We have found that you may want to add your dehydrated vegetables or rice soups to the water first to allow them to fully cook and soften. This avoids crunchy green beans or rice. We have found the soups contained a lot of salt. In cold, wet weather, a pot of soup in the afternoon before supper makes a great pick-me-up. The soup can also be added to the supper entree to spice up the flavor. Don't add any extra water for the soup or you will be drinking your supper. Philmont suppers are as follows:

Macaroni and Cheese	Lasagna with Beef
Beef Stroganoff	Turkey Noodle Dinner
Santa Fe Black Beans and Rice	Chicken and Rice
Barbeque Beef and Mashed Potatoes	Beef Stew
Spaghetti with Meat Sauce	Chicken with Wild Rice

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, or consider buying 2 small shaker caps that fit on film canisters, available at many backpacking stores. 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. A small bottle of Tabasco Sauce doesn't weigh much and works well, especially at the chuck wagon supper. Consider bringing along oregano, basil and garlic powder for spaghetti and lasagna. Just make sure that the seasonings being added are ok with all the crewmembers, or let each member add his own seasoning in the amount they like.

The breakfast drink made with hot water is a great pick-me-up for cold mornings. A final 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.

Food is packaged in packets for both 2 and 4 people. A 7 - 8 man crew will receive two 4-man food packets per meal; a 9 - 10 man crew will receive two 4-man food packets and one 2-man food packets per meal, however some back country commissaries may not have 2 man food packs at all times, so you may get the larger 4 man packs. The amount of

food provided is usually more than enough to satisfy a crew. However, crews made up extensively of older Scouts or on longer treks may find themselves renotching their belts. You can augment or modify your food supply by using the "Swap-box" which is located at each commissary and at some staffed camps. "Swap-boxes" allow you to trade in your own unwanted food items for more desirable items that may be in the box.

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), trash bags, and Dutch oven supplies. Depending on your trek, commissary pickups will vary anywhere for 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 or materials to make a cobbler! Finally, commissaries will also 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.

One final word on food; 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 by 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. However, with that in mind, you need to allow for the fact that you may have a crewmember with dietary or religious preferences. Philmont does offer Kosher meals, but if a crewmember is diabetic or vegetarian or has certain food allergies, food must be packaged and sent from home. While it is certainly possible for a crew to have an extra type of meal being cooked, it does cause a bit of juggling when using stoves and most likely that person will also have to carry their supply of food as well as any crew gear. And one final thought: As you plan the meals check with the crew as to how hungry they are before preparing a cooked meal as there is no way to discard unwanted cooked food after it is prepared. You may find that after a real strenuous day that everyone may be too tired to eat a big meal. Also remember to ask around at lunch and breakfast before opening another package of crackers, dried fruit, etc. Once opened, the food has the chance of spilling in someone's pack if it is packed away.

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. They also require **sterilizing your dishes 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.

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. You can purchase a small pot scrapping tool (about 2x2 inches) at most backpacking stores for less than \$2. 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. 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.

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. Now you can add 3-5 drops of Camp Suds. Do not add more, since 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 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 foot 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 dishes are done, they are placed at the sump, where the smells are the greatest.

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 off, 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 near your campsite. 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. Staffed camps and commissaries will normally not accept trash that has not been really well compacted. 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, spreadable cans crushed as much as possible, 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. Keep each meal's trash package separate

and small. When you arrive at a staffed camp or commissary, always ask the staff what they want done with the trash. In most cases, they will take it if it has been compacted and is double bagged. If the trash has not been compacted well enough, your crew may wind up carrying it out!! 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 to 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 bear's natural wariness of humans. Philmont staff vigorously pursues any bear that approaches a staffed camp. Treed bears are tagged and radio collared. Third, nuisance bears or those bears that have repeatedly raided camps are captured and removed to the Rocky Mountain National Park, over 250 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. In June of 2001, a nuisance bear that may have been attracted to a campsite by human vomit, attacked and injured two scouts. During the summer of 2000, bears injured six scouts. 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 Bear-muda triangle.

As a result of these incidents, Philmont published new 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, they reorient their 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 up to \$500.00, possible jail time, and probation from future Philmont treks.

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; or brush your teeth with toothpaste after 5 pm. Eat only around the fire ring area and pick up all spilled food. Any canteens that have **ever had any drink mixes in them** must go up in the bear bag. 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 up in the bear bag before going to bed so that no food smells will be brought into the tent. **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 of all bear sightings or bear raids. Any information on 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, frisbee sump, sun screen, toilet paper from home, toothpaste, film, Band-Aids, moleskin, foot powder, duct tape, extra batteries, worn clothes and anything else that has any kind of smell. What is leftover is pretty much 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 your bear bags on rope near the mid point with a lark's head knot. As part of Philmont's new bear protocols, crews are now instructed to use an "Oops Bag" for any last minute or forgotten items such as the sump Frisbee, yum-yum bag, trash, advisor coffee dishes, clothes etc. The bear rope and bags are hung normally leaving the loop at the mid point 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. For several years, the *Philmont Advisor's Guide* has suggested the use of a small pulley and a light nylon line to raise and lower the crew's personal smellables bag that we called the "Wait A Minute" bag. The pulley reduces the amount of rope-to-rope friction generated using Philmont's "Oops Bag" method. 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 losing 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 to you or may simply give them away 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. Several Advisors have reported good results with mesh bags purchased at REI. They have a handle that a carabineer can be hooked through and a drawstring to close the bag. They can take a lot of weight and we have never had one rip out.

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 crew leaders (and everyone else at the site in the process) if any "smellables" are found outside of the bear bags. Don't let your crew be the ones that get woken up at night by the Rangers or Staff.

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.

Personal Hygiene

Most crewmembers will smell in the backcountry. Some crewmembers will really smell in the backcountry! While there are showers at staffed camps, most are solar powered and are generally not available to crewmembers during periods of rain. 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.

Always use unscented biodegradable soap like Camp Suds for washing. 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, HAIR GEL OR HAIR SPRAY** 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. 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 towelettes can provide some relief.

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. We recommend that 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 take them off the clothesline 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. 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”.

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. Work with your crew and review methods for building a fire under wet and windy conditions. If you do build a fire, Philmont wants you to keep them small and in the fire ring, using downed sticks of 1” or less in diameter. Allow your fire to burn out rather than pouring water on it. Before breaking camp, gather up the cold ashes into a plastic bag and scatter them well away from the camp.

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 clothes line. 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 a factor. 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 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 fly 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 wool 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 Scout may be the one who is affected while your "willow" walks down the trail with no problem at all.

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 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.

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. We have 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. 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.

Some advisors have found that instead of "pretreating" potential hot spots with moleskin, you can instead paint those areas with New Skin. This pretreatment works well and tends to not leave any sticky residue on one's socks like moleskin and tincture of benzoine can. 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 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 section of stores, in a silver metallic box. The Advanced Healing strips are actually made of Compeed in various sizes and shapes, and 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.

Each crew should have its own first aid kit that 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. Share this information with the parents of crewmembers before the crew heads off for Philmont. Consider developing 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,

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 F.

In the unlikely event that you that you will be 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 to permanently mark on the back of one of your maps the information that the health bdge 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.

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 have clearly 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 program. Whatever the reason, it is still wrong. Advisors should tell crews, that he or she expects 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.

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. 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) 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 should only be discarded in a trash facility at a staffed camp or at a 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.

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 earlier in the 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. Some female advisors have used CoolMax briefs on previous treks and have reported they have been pleased with their durability, moisture wicking and drying attributes, and ease of laundering.

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 Monostat 7. Most adult women know whether or not 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. With the influx of women on the trail, there has been a change in the backcountry. Most Scouts who attend Philmont are mature enough to handle the change.

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 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 camp site.

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. Co-ed crews should consider simply washing 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 male crewmembers, 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" which will allow a woman to urinate while standing, with a minimum of exposure. However, most women we have talked to found these devices to be too cumbersome.

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. 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 urinate right on the trail itself. Remember that the trail is a narrow band of land that has already been sacrificed to allow us into the backcountry. 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 on the trail 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. 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". It is recommended 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. Females should consider 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.

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.

You can expect rain and possible thunderstorms each afternoon at Philmont. 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 don't all bunch up. 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. An advisor reported that in 1991 his 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 pack line 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.

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. If you see that the stream is about to crest its banks, evacuate the area immediately, taking as much crew gear as possible. 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.

In the event of extended rain, it is important to keep morale high. 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. There's 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 have your breakfast outside the Ranger's cabin. The Rangers will be impressed and may offer to take your crew for an early program time.

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.

Trail Meditations

It always has been the responsibility of the Boy Scouts 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

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, we suggest 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 crew leader is supervising this effort, the crew advisor should gather up the crew leader's itinerary sheet, wildlife census cards and the safe deposit signature cards and head down to the Welcome Center. At the Welcome Center, the crew is logged in, given tent assignments and the advisor receives a detailed out processing sheet that must be completed. The next stop is the Security building, where the advisor picks up the keys to the crew's lockers. The advisor heads for the Registration desk, where the wildlife census cards are turned in and any valuables that have been stored while the crew was on the trail are picked up. The last stop is Logistics, where the crew leader's itinerary is reviewed to determine whether the crew has met all requirements necessary to receive their Philmont arrowhead patches. The advisor then returns to the crew at Services, stopping at the Post Office to pick up mail received while on the trail. After all equipment 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 be released for the trading post and snack bar.

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. After about two days, they are broke and bored stiff. 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 a Philmont experience, everyone who plans to take a trek must be physically prepared. At Philmont every person will carry a 30-40 pound pack over steep, rocky trails at elevations ranging from 6,000 feet to 12,441 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 more than 25 pounds overweight and for those 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 January. Complete the health history on page 1 and then schedule a time for a physical exam.

Staff physicians at Philmont reserve the right to deny access to the trails to any adult or camper 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 150/90 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 month 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 important as regular exercise. Other aerobic exercise such as swimming, bicycling, stationery cycling and aerobic exercise classes can supplement your training. Start slowly and gradually increase the duration and intensity of your exercise. 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!

SUGGESTED CONDITIONING PROGRAM

MONTH CONDITIONING

JANUARY Complete health history on individual medical forms and get parents 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.

FEBRUARY 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 with ankle support that is 6 to 8 inches high with sturdy soles are 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.

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, and 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 30-40 pound pack over steep, rugged trails at high elevations (6,000 to 12,441 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

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.

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 6500 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.

Cardiac or Cardiovascular Disease

Adults or youth that 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 coronary artery disease)
2. Myocardial infarction (heart attack)
3. Surgery or angioplasty to treat coronary artery disease; surgery to treat congenital heart disease or other heart surgery
4. Stroke or transient ischemic attacks
5. Claudication (leg pain with exercise caused by hardening of the arteries)
6. Family history of heart disease under age 50
7. Excessive weight
8. Smoking

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 six (6) conditions listed above should have a physician-supervised stress test. A thallium 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 hiking 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 will 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 probably will 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.

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 5).

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

Individuals must consult with a physician in order to establish "good" control of their asthma. The asthma should be controlled to essentially normal lung function with the use of oral and/or aerosol bronchodilators. The patient should bring ample supplies of medication to Philmont. Individuals undergoing allergic desensitization therapy who require injections while at Philmont should bring and store them in the Health Lodge on arrival.

Asthmatic individuals whose exercise-induced asthma cannot be prevented with bronchodilator premedication; individuals requiring systemic corticosteroid therapy and/or who have required multiple hospitalizations for asthma should not attempt to participate in the strenuous activities encountered at Philmont. At least one other crewmember should know how to recognize an asthma attack, how to recognize worsening of an attack, and how to administer bronchodilator therapy. Any person who has required medical treatment for asthma within the past six years must carry a full size prescribed inhaler if that person is approved to go on a trek. If an inhaler is not brought, it must be purchased at Philmont.

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 injuries 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 mental 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 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

- 2-3 backpacking stoves
- 2 1-liter fuel bottles with pour spouts (one for each stove)
- 1 Coleman fuel filter funnel
- 4 4-quart pots with lids (or one 6-quart pot and two 4-quart pots)
- 2 large spoons, preferably plastic
- 1 plastic whisk
- 1 plastic measuring cup
- 1 hot pot tong or pliers
- 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 or waterproof matches
- 1 spice kit
- 1 light weight spade type +shovel

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
- Polar Pure water purification crystals (one for every two crewmembers) 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
 - sun screen (30 SPF or higher)
 - biodegradable soap (Camp Suds)
 - comb or hair brush
 - small mirror
 - extra sanitary products (women)
 - safety pins (for hanging wash on pack)
- sun glasses
- chap stick
- \$ 100-125 for souvenirs
- watch
- camera, film and fresh batteries
- 1 flashlight (with new batteries)
- 1 rain suit, with or without pants
- 1 pair of gaiters (optional)
- 1 small pocket knife or scissors

Equipment Worn or Packed for Trail

- 1 pack
- 1 pack cover or several large trash bags
- 1 hot spot kit (moleskin, Band-Aids)
- 1 pair hiking boots (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 (Chamois type or use a bandanna)
- 2 t-shirts (one synthetic, one 50/50)
- 1 pair camp shoes
- 1 cap (baseball or wide brim)
- 1 mess kit (large plastic mug and spoon)
- extra trash/Ziploc bags
- 1 pair wool in-camp socks (optional)
- clothes pins (optional)
- 1 hike log and pen (optional)
- pillow (optional)
- Advisor's Pad (optional)
- post cards and postcard stamps

APPENDIX F

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
- 1 roll of adhesive tape
- 24 Compeed Band-Aids
- 10 2" by 2" gauze pads
- 10 butterfly Band-Aids
- 1 Cortaid or other non prescription hydrocortisone cream for rashes
- 1 Visine or other type eye wash
- 1 tincture of benzoine to toughen skin and help glue on moleskin
- moleskin and molefoam
- 2 needles for removing splinters
- 1 set of tweezers
- 1 Ace bandage
- 2 nail clippers
- 3 scissors for cutting moleskin and adhesive tape
- Monostat 7 (for female crewmembers)

* must receive permission before giving to non adult crewmembers

APPENDIX G

INFORMATION ON BEARS AND ADDITIONAL PRECAUTIONS

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 a bear will not injure an individual camper even if these recommendations are followed. Bears are wild animals and it is ultimately your responsibility to be cautious when camping in bear habitat.

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.