



## 1. What is Philmont

Philmont Scout Ranch, the Boy Scouts of America's premier High Adventure base, challenges Scouts with more than 214 square miles of rugged northern New Mexico wilderness. Backpacking treks, horseback cavalcades, and training and service programs offer young people many ways to experience this legendary country.

Philmont provides an unforgettable adventure in sky-high backpacking country along hundreds of miles of rugged, rocky trails. Program features combine the best of the old West. Horseback riding, burro packing, gold panning, chuck wagon dinners, and living history provide exciting challenges each day. Rock climbing, mountain biking and shooting sports and more make for an unbeatable recipe of fast-moving fun in the outdoors.

There is a magic spell at Philmont. Long ago, the Native Americans felt it. Later, Kit Carson, Lucien Maxwell, and other mountain men were captivated by the land. A century later, the late Mr. Waite Phillips found himself under its spell. His son, Elliott, and his cousins found it almost a necessity to return to Philmont during their high school and college summer vacations.

## 2. Who Can Go

- a. Unregistered guests or family members are NOT permitted on the Trek. However, Philmont does offer a family camping experience for Training Center and Trek participants. Families wishing to undertake that adventure need to register with Philmont. If the Family Camp and Trek schedules coincide, then combined travel would be an option.
- b. Trek participants must be registered members of the BSA who will be at least 14 years old OR have completed 8th grade and be at least 13 years old prior to participation.
- c. Trek participants must participate in the scheduled training and shakedown activities.
- d. Provide a copy of the BSA Annual Health and Medical Record less than 12 months old when at Philmont (not older than July 1, 2023).
- e. Within the maximum weight for height restrictions for participating. See other Philmont health risk advisories.

## 3. Medical Forms

- (a) Each participant must have a complete and signed Annual Health and Medical Form (680-001). The doctor's exam must have been completed after July 1, 2023.
- (b) Deadline to turn in to Skipper: April 14, 2024.
- (c) Download the complete form from the BSA website, [680-001\\_philmont.pdf](#)

[scouting.org](https://scouting.org)). Printed copies are available from Skipper upon request.

- (d) Parts A, B1, and B2 are filled out by parents and participants. The participant signs in the middle of Part A. The parent does too if scout is under 18 years old. The parent also signs Part B2 regarding non-prescription medications.
- (e) Part C is filled out and signed by a doctor. Be sure the doctor sees the High-Adventure Risk Advisory to Health-Care Providers and Parents on pages 5 and 6. Keep that portion of the form attached to your copy.
- (f) Attach a photocopy of BOTH the front and back of your insurance card.
- (g) Tetanus vaccination is mandatory, or an exemption form 680-451 must be filled out and submitted, <https://filestore.scouting.org/filestore/pdf/680-451.pdf>. Participants must be up to date, within last 10 years, on their tetanus immunization.
- (h) Tip: Make sure your weight and blood pressure meet the requirements before you get your physical exam.
- (i) Tip: Staple the doctor's business card to the form. Handwriting is sometimes illegible.
- (j) Tip: Keep a complete photocopy for your records.

#### **4. Itinerary and Travel Options**

- a. Dates of Adventure
  - (1). Depart Hampton Roads on 6/19/2024. Return on 7/4/2024.
  - (2). Philmont arrival 6/22/2024, Philmont departure 7/4/2024.
- b. All trek participants will travel together, except Parker who is travelling from Texas.
- c. Travel Itinerary
  - (1). 6/19 Flight ORF to ABQ (dep. time TBD), rental cars, bike tour, hotel or campsite.
  - (2). 6/20 Rental cars, white water rafting, hotel or campsite.
  - (3). 6/21 Depart Albuquerque to Philmont in Rental cars. Overnight in basecamp tents, tour Philmont and Cimarron.
  - (4). 6/22 Day 1 Philmont @ basecamp, check in process.
  - (5). 6/23-7/3 Philmont Backcountry Trek (11 days on trail).
  - (6). 7/3 Day 12 Philmont @ Basecamp), closing campfire.
  - (7). 7/4 Depart Philmont in rental cars, flight to ORF (arrival time TBD).

#### **5. Budget and Payments** – Actual fees determined by final costs, number of participants, and fund raising.

- a. Ship 1610 members will be able to apply their scout accounts to all payments.
- b. Payment Schedule.
  - (1). January 15, 2023 – Deposit \$150.
  - (2). September 17, 2023 – Advance payment, plus deposit if not already paid.
    - 1. \$350 for youth members of Ship 1610 who helped with fund raising.

2. \$1365 for all others, non-members, adults, etc.
- (3). February 18, 2024 – Balance payment. Amount based on expenses.
- c. Philmont has the Waite Phillips Scholarship fund to assist one youth participant per crew who would not otherwise be able to experience a Philmont trek. Instructions and an application will be emailed to Skipper in October 2023.
- d. Fund Raising Events. The lower cost for Ship 1610 youth assumes that the members actively help with our Ship's fund raising events. Triathlons are very lucrative, and more scouts means more money. Serving food at parties might not need as many scouts to be successful. Be sure to save these dates.
  - (1). September 8-10, 2023: Kinetic Triathlon at Jamestown
  - (2). September 9, 2023: Tri-Service Cup Race Party
  - (3). October 21, 2023: Round the Lights Race Party
  - (4). February 18, 2024: Yacht Club Valentines Party
  - (5). June 14-16, 2024: Kinetic Triathlon at Jamestown

## 6. Trek Roster and Wait List

- a. A Trek Roster will rank the participants in the order they sign up for the Philmont trip. The first 24 people to sign up will fill the Trek Roster. The \$150 deposit is due when signing up for the Trek Roster. January 15 is the regular signup deadline. Late signups will be taken until February 2024.
- b. Two crews are reserved. Expedition number is 622-A.
- c. If more scouts want to attend. If more than 24 participants sign up, then a Wait List will rank the overflowed participants in order they sign up. If a participant on the Trek Roster must drop out, then the first available person on the Wait List will be invited to take their place. Required fees up to that point must be paid by the promoted participant. Once a paid replacement is found, a refund to the dropped participant will be made, minus any non-refundable change fees (e.g., plane ticket change). No more additions are possible after May 22, 2024 (Philmont deadline) and might be impossible once travel arrangements are completed in February 2024.
- d. If fewer scouts can go. If only 16 or fewer participants make the advance payment (September 17), then a crew will be dropped. If that happens, only 12 participants will be on the expedition. Deposits cannot be refunded.
- e. Participants must make timely deposits and payments, and attend the training and shakedown events. Missing key events or payments may result in removal from the Trek Roster and replacement with someone from the Wait List.

## 7. Physical Training

- a. Youth and adults are expected to undertake extensive physical training.
- b. Extensive training is defined as everyday or nearly everyday backpacking, carrying a heavy pack, for a minimum of one hour per day for several months prior to the trek start date; plus a minimum of two "realistic" backpacking shakedown events (10 miles minimum, including at least 2,000 feet of total elevation change, or 15 miles minimum with a lesser amount of elevation change), during the two months prior to the trek.
- c. If you need to lose weight to meet the Philmont maximum for your height, or you need to trim down to 200 pounds to ride a horse, then get started early enough to reach your goal safely. Expect to lose only about a pound a week. Try to have your weight goals met by the time you have your doctor's physical.

- d. When Do You Need to be in Decent Shape? BEFORE YOUR FIRST BACKPACKING SHAKEDOWN! So when do you therefore need to start getting in shape? Depends on your shakedown schedule, and your current fitness level - for most of us, about 10 weeks before that first shakedown.
- e. Sports is not Philmont Training! Even the “best” Sports only hit two of the three fitness needs - and many hit only one. None help the most important fitness need - backpacking fitness.
- f. Shakedowns are not Fitness Training! Shakedowns are PROTOCOL; “How-To-Do-Philmont” training. They are utterly useless as Fitness Training, except to serve as a warning. Fitness is what you do every day, not what you do two or three times in the 6 months before you go.

**8. Training Calendar** – Participants should attend shakedown training, and the shakedown trips. Participants should attend monthly conditioning hikes. To earn the 50-Miler Award, each participant must perform an additional 7 hours of service on a selected conservation project.

- a. Monthly Training Hikes – Sundays in place of scout meeting. Hike about five miles at Fort Monroe, with packs, gear, and boots. Each time practicing skills like land navigation and camp setup/breakdown. These hikes occur rain or shine.
  - (1). October 15, 2023
  - (2). December 17, 2023
  - (3). January 28, 2024
  - (4). February 11, 2024
  - (5). March 10, 2024
  - (6). April 14, 2024
  - (7). May 19, 2024
- b. Skipper will schedule some optional Saturday hikes, based on weather. Some hikes will be at Noland trail, and some will be in the mountains. These should be done with packs.
- c. Wilderness First Aid Initial Certification – November 11, 2024 at Scout Farm. Additional details for signing up for this blended training course will be available soon. Course involves about 8 hours of on-line training and 8 hours of in-person training.
- d. Pre-Shakedown Training– January 19-21, 2024 at Scout Farm. Learn all the basic Philmont camping skills like water purification, cooking and cleanup, bear bags, tarp setup, caterpillar hiking, land navigation, etc. Also, WFA Recertification for those previously certified.
- e. Shakedown Trips – Most of these backpacking trips involve splitting the expedition into crews to meet Leave No Trace guidelines for crews no bigger than 12 people.
  - (1). March 16-17, 2024 Shakedown Trip: Dobie Mountain (Diff 3, 6.8 mi, 1560 ft). Annual tradition loop hike that begins with a hike up Humpback Rocks before trekking to the Paul Wolf Shelter. Each crew will take a different direction in the loop.
  - (2). April 5-7, 2024 Shakedown Trip: Priest/Seeley (Diff 5, 21.3 mi, 3500 ft). On the first day, one crew starts at Hog Camp Gap and hikes to

Seeley/Woodworth Shelter while the other crew starts at the Tye River and hikes to the Priest Shelter. On day 2, the first crew continues to the Priest while the second crew continues to Seeley/Woodworth; drivers exchange vehicle keys. On day 3, the crews continue to the cars. Everybody meets up at Buena Vista for lunch before driving home.

(3). April 27-28, 2024 Shakedown Trip: Three Ridges (Diff 5, 14 mi, 4290 ft). Challenging hike. One crew starts at the Tye River and hikes to Maupin Field Shelter. The other crew starts at Reeds Gap and hikes to Harpers Creek Shelter. On day two, the crews return to their cars and meetup for lunch in Crozet.

f. 50-Miler Award Service Projects

(1). June 1, 2024 Service Project: Clean the Bay Day at Fort Monroe (3 hrs)

(2). June 9, 2024 Service Project: Grandview Beach cleanup (4 hrs)

## 9. Administrative Calendar

- a.  October 2022: Signup for Philmont Lottery – proposed dates submitted.
- b.  November 30, 2022: Philmont lottery deadline.
- c.  December 1, 2022: Philmont selection announced.
- d.  January 15, 2023: Trek Roster signup and deposit payment due.
- e.  January 31, 2023: Registration and deposit due at Philmont, \$150 per person.
- f. September 17, 2023: First half payment due to Ship.
- g. October 1, 2023: 50% payment due at Philmont.
- h. November 30, 2023: Scholarship applications due at Philmont.
- i. January 2024: Finalize travel arrangements and reservations
- j. January 16, 2024: Begin itinerary selection process.
- k. February 16, 2024: Submit itinerary choices, receive assignments.
- l. February 18, 2024: Balance payment due to Ship.
- m. March 1, 2024: Final payment due at Philmont.
- n. April 14, 2024: Medical forms due to Skipper.
- o. May 22, 2024: Submit Roster and Arr/Dep Info to Philmont.

## 10. Personal Gear

Backpacking gear is an investment. Several items should be the best that you can afford because they have an important impact on comfort and safety. The four items below are listed in order of importance.

- Footwear – Well made, well-fitted boots or trail runners. Lots of toe room, snug heel, wear good socks. Buy them early to allow time for proper breaking in before we go on our shakedown trips. Wear these shoes often, especially when doing physical conditioning.
- Sleeping Bag – Lightweight, synthetic fill, right sized. Temperatures during shakedown trips may be near freezing, and Philmont often has evening temperatures in the 40's. Try to keep the weight at 3 lbs or less. I will be perfectly fine with a 40F rated bag, and wear a base layer when colder. I prefer synthetic over down because down is useless when it gets wet.
- Rain Gear – Rain is not an emergency at Philmont. The trek will go on, even if it's raining. The rain suit must be rugged, breathable (doesn't trap sweat), lightweight, and wearable over your boots. This item prevents hypothermia – very important.
- Backpack – At least 70 liter capacity, rugged, internal frame, sized and fitted properly.

The pack must also fit right. We need to measure a scout's torso (C7 vertebra to iliac crest) to get the right size. Many packs are adjustable.

**LOWER BODY LAYERS**

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

**CODE:** (T)=Available at Philmont's Tooth of Time Traders; (A)=Easily accessible in pack or carried on person; (BB)=Packed in bear bag at night; (S)=Share with a buddy; (O)=Optional, (E)=Philmont Essentials

EQUIPMENT	QTY	COMMENTS	CODE
Base Layer	1	Long underwear bottom, mid-weight, synthetic or wool. Used for cold mornings or evenings, & extra warmth while sleeping.	T
Rain Pants	1	Lightweight & sturdy	T, A, E
Long Pants	1	Pants needed for spar pole climbing, horseback riding, cold weather, & conservation project. Convertible pants or long underwear with rain pants may be used.	T
Underwear	3		T
Hiking Shorts	2		T

**UPPER BODY LAYERS**

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

EQUIPMENT	QTY	COMMENTS	CODE
Base Layer	1	Long underwear top, mid-weight	T
Middle Layer	1	Wool sweater or fleece pullover	T
Top Layer (Warm Jacket)	1	Lightest and warmest available. Wool or fleece is best since they both provide warmth if wet.	T, E
Rain Jacket	1	Sturdy, waterproof jacket with hood. Layer over fleece for extra warmth.	T, A, E
Shirt - Short Sleeve	2	Moisture wicking, avoid cotton.	T
Shirt - Long Sleeve	1	Moisture wicking. Avoid cotton or nylon. Warmth layer for cold mornings or evenings.	T
Sports Bra	2	Synthetic or wool blend.	T

**HEAD/NECK/HANDS**

EQUIPMENT	QTY	COMMENTS	CODE
Wool or Fleece Hat	1	Preserves body heat during cool evenings and while sleeping.	T
Glove Liners or Mittens	1 pr	Polypro or wool is best for warmth in cool, wet conditions. Work gloves for conservation projects are provided	T
Baseball Cap or Wide Brim Hat	1	Protect ears and face from sun	T

**PACKS AND BAGS**

EQUIPMENT	QTY	COMMENTS	CODE
Backpack	1	Internal frame 75 L (4600 cubic in.) External frame 65 L (3966 cubic in.) Rental available w/pack cover-\$30	T
Summit/Daypack	1	Side hikes.	T, S
Lashing Straps	1 pr	To hold sleeping bag on pack.	T
Gal. Ziploc Bags	6-12	Keep gear dry and clothing organized.	T
Pack Cover	1	Waterproof. Highly recommended. Make sure it fits over pack and any external items.	T, A
Small Stuff Sacks	2 - 3	Pack personal items/organize.	T
Ditty Bags	2 - 3	Put all personal smellables in one to raise in bear bag.	T

**FOOTWEAR**

EQUIPMENT	QTY	COMMENTS	CODE
Boots	1 pr	Well broken in durable boots. Trail runners are accepted but ankle support is highly recommended.	T
Socks	3 pr	Synthetic or wool.	T
Liner Socks	3 pr	Synthetic or wool, wicks sweat away from foot.	T, O
Camp Shoes	1 pr	Sturdy lightweight, closed toe shoes. Use in camp, side hikes, rock climbing, and biking.	T, O

**SLEEPING GEAR**

EQUIPMENT	QTY	COMMENTS	CODE
Sleeping Bag	1	Rated 20 degrees and less than 4 lbs.	T
Waterproof Stuff Sack	1	Alternatively use compression sack lined w/plastic bag.	T
Sleeping Pad	1	Provides padding and insulation from the ground.	T
Sleep Clothes	1 set	Worn only in sleeping bag. T-shirt & gym shorts acceptable.	T

**MISCELLANEOUS ITEMS**

EQUIPMENT	QTY	COMMENTS	CODE
Bowl	1	Deep bowl of lightweight material.	T
Mug/Cup	1	12-20 oz. Measuring style recommended.	T, O
Spoon/Spork	1	Lightweight.	T
Water Bottles (1 Qt.)	4 +	Any combinations of bladders and bottles are accepted, but at least one water bottle is necessary.	T, A, BB, E
Pocket Knife	1	Small knife for opening food packages and water purification tablets.	T, A, S, E
Matches/Lighter	1	Pack in waterproof container for lighting camp stove. Can be shared w/buddy.	T, BB, S, E
Flashlight/ Headlamp	1	Durable and lightweight. Everyone in crew should have one. Bring extra batteries.	T, E
Trekking Poles w/rubber tips	1 pr	Rubber tips to prevent erosion. Can reduce impact on ankles and knees by up to 25%. Improve balance.	T, O

EQUIPMENT	QTY	COMMENTS	CODE
Philmont Sectional Maps	2 sets	Overall maps are not for navigation.	T, A, S, E
Compass	1	Liquid filled compass w/rotating dial is optimal.	T, A, S, E
Bandana/tubular headgear	2	Serves as a wash cloth, hot pot holder, and a variety of other uses.	T, BB
Money	\$20-\$50	ATM in Base Camp. Small bills. Backcountry trading posts have many items.	BB
Lip Balm	1	Moisturizing balm with SPF 25 +	T, A, BB
Soap	1	Biodegradable. For body or clothes. Small amount needed.	T, BB, S
Toothbrush	1	Travel size.	T, BB
Toothpaste	1	Small amount needed.	T, BB, S
Camp Towel	1	Quick drying & small.	T
Tampon/Pads		Strongly recommended for all females to bring.	T, BB
Personal Medication		Enough for entire trek.	BB
Sunglasses	1		T
Watch	1	Several recommended throughout crew members.	T, O, E
Camera	1	Batteries & memory card.	T, BB, S
Whistle	1	To signal an emergency.	T, E
Fishing Equipment	1	Some itineraries have fishing opportunities.	T, O
Fishing License	1	NM State fishing license required. Purchase at Tooth of Time Traders or <a href="http://www.wildlife.state.nm.us">www.wildlife.state.nm.us</a>	T, O
Postcards	1+	Pre-stamped. Mailing available on trek	T, O
Foot Powder	1	Can soothe tired feet, absorb moisture and reduce chance of blisters	T, BB, S, O
Notepad & Pen	1	For journals or emergency messages. The Philmont Passport is great for journaling.	T, BB, O

**ITEMS PROHIBITED:**

- Deodorant
- Drones
- Hammocks
- Turkey Bags
- Bear Bag Pulley Systems
- Radios/Bluetooth Speakers
- Video Game Devices

**Labels**

Be sure to label all of your clothing and equipment with your name and Expedition Number so you can readily identify what is yours and so any of your belongings sent to Lost and Found can be returned.

**11. Ship Supplied Gear For Each Crew**

**CODE:** (T)=Available at Philmont’s Tooth of Time Traders; (A)=Easily accessible in pack or carried on person; (BB)=Packed in bear bag at night; (S)=Share with a buddy; (O)=Optional, (E)=Philmont Essentials

Necessary items for each crew to bring or purchase upon arrival.



EQUIPMENT	QTY	COMMENTS	CODE
Sewing Kit	1	Heavy thread & needle used to repair pack, tents, clothing, etc.	T
Tent Stakes/per person	5	Philmont Thunder Ridge tents – 8, Philmont dining fly - 8	T
Extra water capacity 10 qt	2-3	One large Collapsible or several small ones.. Review itinerary to ensure sufficient water carrying capabilities.	T, E
Backpacking Stove	2	Take repair kit on trail. Stove should be able to safely hold 8 qt. pot	T
Fuel Bottle/1 qt.	2	White gas & canister fuel is available in backcountry. Be able to carry white gas w/60 oz capacity or canister w/1600 grams capacity.	T
First Aid Kit	1	Sufficient for crew and easily accessible.	T, BB, A, E
Duct Tape		Small amount needed for trail repairs	T, BB
Spices		Personal preference to compliment cooked meals.	T, BB, O
Waterproof Ground Cloth	1 per tent	5' x 7' is suitable for Philmont tents.	T
Nylon Cord	3	50' x 1/8" for dining fly, clothesline, repairing items or tying items to pack.	T
Sunscreen	2-3	6 oz tubes w/SPF 25 or higher.	T, BB, E
Insect Repellent	2	Small bottles, no aerosol spray cans.	T, BB, E
Water Purifiers/Filters	2-3	All water from streams, lakes, wells, etc needs to be purified. Water at staff camps is purified unless noted. Micropur tablets are issued so filters are optional and will require a repair kit on the trail.	T, O
Multi-Tool	2	To remove lid from cooking pot & to repair gear.	T
Trowel/Shovel	1	Useful if away from a camp or camping in low impact campsite	T
Carabiner	1	Carabiner (locking preferred) must be rated as climbing strength for rigging "oops" bag w/bear bags. A carabiner designed to be a key ring is not sufficient.	T

## 12. Philmont Supplied Gear

Each crew of 8-12 persons is issued the following equipment free of charge (except for any damage or replacement charges upon return).

**CODE:** (T)=Available at Philmont’s Tooth of Time Traders; (A)=Easily accessible in pack or carried on person; (C)=Available for resupply at commissary camps; (BB)=Packed in bear bag at night; (E)=The Essentials for Hiking at Philmont; (S)=Share with a buddy; (O)=Optional

EQUIPMENT	QTY	COMMENTS	CODE
Thunder Ridge Shelter (Dining Fly)	1	12' x 10'/wt 2 lbs. 8 oz. Crews may bring their own. A wide/short dining fly is preferred vs a tall/narrow area.	
Collapsible Poles	2	For dining fly, wt 1lb. 0.6 oz. Trekking poles are a convenient substitute.	
Philmont Thunder Ridge Tent w/ poles	1 Per 2 ppl	Weight w/poles is 5 lbs, 5 oz. Footprint is 88" x 54". Personal tents must be fully enclosed. Single person tents are not allowed due to a larger overall camp footprint except for odd numbered crew or adult male/female tenting needs.	
Cooking Pot	1	8-qt Aluminum pot with lid: 1 lb., 5.8 oz Must be large enough to cook for everyone in the crew, and must be large enough to submerge eating utensils to sanitize dishes before eating.	
Dishwashing-2 <sup>nd</sup> cooking pot	1	8-qt Aluminum pot without lid: 1 lb., 4 oz. Must be large enough to heat water for washing and rinsing.	
Large Spoon	1	1 lg spoon, 2.6 oz	
Hot Pot Tongs	1 pr	3.5 oz. Multi-tool can be used instead.	

EQUIPMENT	QTY	COMMENTS	CODE
Plastic Trash Bags	10	Personal preference, multi-purpose.	C
Salt, Pepper, Condiments			BB, C, O
Dishwashing Soap, Hand Sanitizer, Scrub Pads			BB, C
Water Purifier Tablets		Micropur-1 tablet treats 1 liter, Resupply at Backcountry Commissaries.	C
Bear Rope	2-3	1/4" polyester, diamond braid, weighs 1 lb. 1 oz each. Philmont requires crews to use Philmont's or equivalent dimension rope. Smaller diameter ropes may be lighter but experience has shown that they are more difficult to hoist up and they can fray or snag on the bear cables.	
Bear Bags	5-8	For hanging smellables. 1 lb, 8oz	
Food Strainer and Scraper	1 ea	8 oz	
Toilet Paper		Resupplied w/Food Pickup	

### 13. Risk Advisory

- a. Philmont has an excellent health and safety record and strives to minimize risks to participants by emphasizing appropriate safety precautions. Because most participants are prepared, are conscious of risks, and take safety precautions, they do not experience injuries. If you decide to attend Philmont, you should be physically fit, have proper clothing and equipment, be willing to follow instructions, work as a team with your crew, and take responsibility for your own health and safety.
- b. Philmont staff members are trained in first aid, CPR, and accident prevention. They can assist the adult advisor in recognizing, reacting to, and responding to accidents, injuries, and illnesses. Each crew is required to have at least two members trained in wilderness first aid and CPR. Response times can be affected by location, terrain, weather, or other emergencies and could be delayed for hours or even days in a wilderness setting.
- c. All Philmont participants should understand potential health risks inherent at or above 6,700 feet in elevation in a dry Southwest environment. High elevation; a physically demanding high- adventure program in remote mountainous areas; camping while being exposed to occasional severe weather conditions such as lightning, hail, flash floods, and heat; and other potential problems, including injuries from tripping and falling, falls from horses, heat exhaustion, and motor vehicle accidents, can worsen underlying medical conditions. Native wild animals such as bears, rattlesnakes, and mountain lions usually present little danger if proper precautions are taken.
- d. Guests attending Philmont Training Center conferences and family programs who are unfamiliar with the backcountry should review the supplemental information available on the Philmont website, especially information about activities that may be new to them.
- e. Please call Philmont at 575-376-2281 if you have any questions. All participants and guests should review all materials and websites related to the experiences they are planning to have at Philmont Scout Ranch.
- f. **Food.** If the diet described in the participant guide does not meet the participant's special dietary needs, contact Philmont directly. Visit the Philmont Scout Ranch website for sample menus and more information.
- g. **Medication.** Each participant who needs medication must bring enough medicine for the duration of the trip. Consider bringing two or three supplies of vital medication. People with allergies that have resulted in severe reactions or anaphylaxis must bring an EpiPen that has not expired. [Prescription medications must be in their original packaging, with labelling showing name and expiration date. You can repackage for the trail after medical checkin.](#)
- h. **Immunizations.** Each participant must have received a tetanus immunization within the last 10 years. Recognition will be given to the rights of those Scouts and Scouters who do not have immunizations because of philosophical, political, or religious beliefs. In such a situation, the Immunization Exemption Request form is required; it is located on the

Philmont website.

- i. **High Blood Pressure.** Upon arrival at Philmont, all adult participants will have their blood pressure checked. Participants should have a blood pressure less than 140/90. People with hypertension (greater than 140/90) should be treated and controlled before attending Philmont, and should continue on medications while participating. The goal of treatment should be to lower the blood pressure to normal levels. Those individuals with a blood pressure consistently greater than 160/100 at Philmont may be kept off the trail until their blood pressure decreases.
- j. **Seizures (Epilepsy).** The seizure disorder must be well-controlled by medication. A well-controlled disorder is one in which a year has passed without a seizure. Exceptions to this guideline may be considered on an individual basis, and will be based on the specific type of seizure and likely risks to the individual/other members of the crew.
- k. **Diabetes Mellitus.** Both the person with diabetes and one other person in the group need to be able to recognize signs of excessively high or low blood sugar. An insulin-dependent person who was diagnosed or who has had a change in delivery system (e.g., insulin pump) in the last six months is advised not to participate. A person with diabetes who has had frequent hospitalizations or who has had problems with low blood sugar should not participate until better control of the diabetes has been achieved. If an individual has been hospitalized for diabetes-related illnesses within the past year, the individual must obtain permission to participate by contacting the Philmont Infirmary at 575-376-2281.
- l. **Asthma.** Asthma must be well-controlled before participating at Philmont. This means: 1) the use of a rescue inhaler (e.g., albuterol) less than once daily; 2) no need for a rescue inhaler at night. Well-controlled asthma may include the use of long-acting bronchodilators, inhaled steroids, or oral medications such as Singulair. You may not be allowed to participate if: 1) you have asthma not controlled by medication; or 2) you have been hospitalized/ gone to the emergency room to treat asthma in the past six months; or 3) you have needed treatment by oral steroids (prednisone) in the past six months. You must bring an ample supply of your medication and a spare rescue inhaler that are not expired. At least one other member of the crew should know how to use the rescue inhaler. Any person who has needed treatment for asthma in the past three years must carry a rescue inhaler on the trek. If you do not bring a rescue inhaler, you must buy one before you will be allowed to participate.
- m. **Recommendations for Chronic Illnesses.** Adults or youth with any of the following conditions should undergo an evaluation by a physician before considering participation at Philmont.
  - (1). Chest pain, myocardial infarction (heart attack) or family history of heart disease in any person before age 50
  - (2). Heart surgery, including angioplasty (balloon dilation), to treat blocked blood vessels or place stents
  - (3). Stroke or transient ischemic attacks (TIAs)
  - (4). High blood pressure
  - (5). Claudication (leg pain with exercise, caused by hardening of the arteries)
  - (6). Diabetes
  - (7). Smoking or excessive weight
- n. The physical exertion at Philmont may precipitate either a heart attack or stroke in susceptible people. Participants with a history of any of the seven conditions listed above should have a physician-supervised stress test. Even if the stress test results are normal, the results of testing are done at lower elevations, without backpacks, and do not guarantee safety. If the test results are abnormal, the individual is advised not to participate.
- o. **Allergy or Anaphylaxis.** People who have had an anaphylactic reaction from any cause must contact Philmont before arrival. If you are allowed to participate, you will be required to have appropriate treatment with you (e.g. Epi Pen). You and at least one other member of your crew must know how to give the treatment. If you do not bring appropriate treatment with you, you will be required to buy it before you will be allowed to participate.

- p. **Recent Musculoskeletal Injuries and Orthopedic Surgery.** Participants will put a great deal of strain on their joints. Individuals who have significant musculoskeletal problems (including back problems) or orthopedic surgery/injuries within the last six months must have a letter of clearance from their treating physician to be considered for approval, and Philmont should be contacted in advance of participation. Permission is not guaranteed. Ingrown toenails are a common problem and must be treated 30 days prior to arrival.
- q. **Psychological and Emotional Difficulties.** Parents and advisors should be aware that no high adventure experience is designed to assist participants in overcoming psychological or emotional problems. Experience demonstrates that these problems frequently become worse, when a participant is under the stress of the physical and mental challenges of a remote wilderness setting. Medication must never be stopped prior to participation and should be continued throughout the entire Philmont experience.
- r. **Weight Limits.** Weight limit guidelines (see Part C) are used because overweight individuals are at a greater risk for heart disease, high blood pressure, stroke, altitude illness, sleep problems, and injury. These guidelines are for all Scouting high-adventure activities. Each participant’s weight must be less than the maximum acceptable limit in the weight chart. Participants 21 years and older who exceed the maximum acceptable weight limit for their height at the Philmont medical recheck WILL NOT be permitted to backpack or hike at Philmont. They will be sent home. For participants under 21 years of age who exceed the maximum acceptable weight for height, the Philmont staff will use their judgment to determine if the youth can participate. Philmont will consider up to 20 pounds over the maximum acceptable; however, exceptions are not made automatically and discussion with Philmont in advance is required for any exception. Philmont’s telephone number is 575-376-2281. Due to rescue equipment restrictions and evacuation efforts from remote sites, under no circumstances will any individual weighing more than 295 pounds be permitted to participate in backcountry programs.
- s. **Philmont Approval.** Staff and/or staff physicians reserve the right to deny the participation of any individual on the basis of a physical examination and/or medical history. Each participant is subject to a medical recheck at Philmont.
- t. **Height/Weight Restrictions.** If you exceed the maximum weight for height as explained in the following chart and your planned high-adventure activity will take you more than 30 minutes away from an emergency vehicle/accessible roadway, you may not be allowed to participate.

Height	Recommended Weight (lbs)	Maximum Acceptance
5’0”	97 – 138	166
5’1”	101 – 143	172
5’2”	104 – 148	178
5’3”	107 – 152	183
5’4”	111 – 157	189
5’5”	114 – 162	195
5’6”	118 – 167	201
5’7”	121 – 172	207
5’8”	125 – 178	214
5’9”	129 - 185	220

Height	Recommended Weight (lbs)	Maximum Acceptance
5’10”	132 – 188	226
5’11”	136 – 194	233
6’0”	140 – 199	239
6’1”	144 – 199	246
6’2”	148 – 205	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

**14. Trail Menu** (Table below is menu from 2022 & 2023)

Day	Breakfast	Lunch	Dinner
1 7/1	Brown Sugar Snack Stick Raisins Animal Crackers Cookies N Cream Energy Bar Protein Granola Orange Drink Mix	Saltines Crackers Chunk Chicken Cheezits Sea Salted Caramel Energy Bar Salted Sunflower Seeds Orange Drink Mix	Beef Stroganoff Goldfish Pretzel Pieces Marshmallow Squares Salted Peanuts
2 7/2	Pepperoni Tropical Dried Fruit Chocolate Chip Energy Bar Strawberry Fig Bar Chocolate Granola	Wheat Thins Peanut Butter Orange Energy Chews Sweet BBQ Snack Stick Honey Roasted Peanuts Lemon Lime Drink Mix	Santa Fe Style Rice and Beans with Chicken Buffalo Blue Cheese Pretzel Pieces Sweet N Spicy Trail Mix Teddy Grahams
3 6/23 7/3	Apples and Cinnamon Oatmeal Mesquite BBQ Beef Stick Salted Caramel Energy Waffle Blueberry Lemon Bar Banana Chips Hot Cocoa Mix	Ritz Crackers Original Cheese Wedges Cranberry Almond Energy Bar Spam Honey Roasted Sunflower Seeds Strawberry Banana Drink Mix	Teriyaki Noodles with Salmon Nut and Chocolate Trail Mix Spicy Honey Mustard Pretzels Pieces Sandies Shortbread Cookies
4 6/24	Turkey Sausage Bites Granola Brown Sugar Cinnamon Pop Tarts Almond and Pumpkin Seed Bar Mixed Dried Fruit	Chicken in a Biskit Chili Con Queso Cheese Cup Peanut Butter Chocolate Chip Snack Bar Sea Salt Chickpeas Teriyaki Snack Stick Blue Raz Ice Drink Mix	Four Cheese Mashed Potatoes with Chicken & Soup Mix Salted Peanuts Chocolate Chip Cookies
5 6/25	Honey Brown Sugar Turkey Ends and Curls Fruit Snacks Strawberry Granola Whole Berry Blast Meal Bar Lemons and Limes Drink Mix	Sociables Crackers Sweet & Spicy Tuna Chocolate Energy Bar Cheezits Honey Roasted Peanuts Fruit Punch Drink Mix	Creamy Pesto Italian Sides with Summer Sausage Cheddar Cheese Bread Pieces Marshmallow Squares
6 6/26	Honey Peppered Beef Stick Raisins Cherry Dunkers Bar Raspberry & Lemons Bar Cinnamon Granola	Pepper and Olive Oil Triscuit Crackers Smoked Gouda Cheese Cup Strawberry Energy Chews Pepperoni Sticks Nut and Chocolate Trail Mix Orange Drink Mix	3-Cheese Macaroni and Cheese Goldfish Pretzel Pieces Sweet N Spicy Trail Mix Oreos

Day	Breakfast	Lunch	Dinner
7 6/27	Peanut Butter Cups Blueberry Breakfast Biscuit Original Smoked Hickory Jerky Stick Granola Cran-Raspberry Drink Mix Berry Energy Bar	Wheat Thins Chicken Salad Carmel Almond Sea Salt Energy Bar Chili Lime Chickpeas Salted Sunflower Seeds Lemon Lime Drink Mix	Butter & Herb Rice Mix with Salmon Buffalo Blue Cheese Pretzels Fruit and Nut Trail Mix Lorna Doone Shortbread Cookies
8 6/28	Turkey Ends and Curls Animal Crackers Maple and Brown Sugar Oatmeal Peanut and Sunflower Seed Bar Mixed Dried Fruit	Saltines Crackers Sunflower Seed Butter Chocolate Coconut Energy Bar Beef Sausage Mini Bites Salted Peanuts Grape Drink Mix	Spaghetti with Meat Sauce Pepperoni Pretzel Pieces Honey Roasted Peanuts Oreos
9 6/29	Honey Peppered Turkey Stick Cinnamon Granola Frosted Strawberry Pop Tarts Orange Energy Bar Banana Chips Hot Cocoa Mix	Ritz Crackers Lemon Pepper Tuna Raspberry/Orange Energy Chews Nutter Butter Cookies Honey Roasted Sunflower Seeds Blue Raz Ice Drink Mix	Southwestern Style Veggie Bowl with Rice and Beans Cheddar Cheese Bread Pieces Nut and Chocolate Trail Mix Sandies Shortbread Cookies
10 6/30	Biscuits and Gravy Entrée Chocolate Granola Short Stack Energy Waffle Fruit Snacks	Triscuit Crackers Pepperjack Cheese Wedges Beef Salami Slices Pink Lemonade Energy Chews Ranch Chickpeas Fruit Punch Drink Mix	Stuffing Mix with Chicken & Gravy Mix Chocolate Chip Cookies

## 15. Itinerary Selection

Philmont offers 34 itineraries, which take different routes, visit different staffed (program) camps, and have different levels of difficulty. The sections below list and describe the program features available at Philmont’s back country staffed camps.

### Archaeology

The Ponil country in the northern section is rich in the prehistoric background of Native Americans. Your crew can help reconstruct Philmont history while participating in this fascinating program and learning about Indians who inhabited this area. An educated archaeologist and staff explain and supervise the program in the North Ponil Canyon at Indian Writings camp. Activities may include assisting with excavations or preparing specimens and artifacts.

### Blacksmithing

The ring of hammer striking iron echoes through the mountains around Black Mountain, Cyphers Mine, French Henry, Metcalf Station, and Rayado/ Kit Carson. Here, staff blacksmiths will acquaint you with a working forge, blower, leg vice, hardie, and an array of tongs used to grip red-hot iron. They will discuss and demonstrate techniques for firing the forge, working metal, and tempering the finished product.

### Burro Packing

No animal is more closely associated with the colorful history of the Southwest than the burro. Burro packing methods are explained and demonstrated at Ponil and Miranda. Your tents and food may be packed on burrows using a diamond hitch.

### Cantina

Abreu and Ponil offer the opportunity for a thirst-quenching root beer in a Mexican or Western-style cantina. You can buy root beer for your whole crew or a cup for yourself.

### Challenge Events

A series of activities that will test the teamwork, skill, and resourcefulness of your crew awaits you at Dan Beard, Head of Dean, and Urraca. While the challenges can be met by every crew, the real contest is with yourself. Did you do your best? How would you do better next time?

### Continental Tie & Lumber Company

The exciting legend of the loggers with the Continental Tie and Lumber Company will come to life through the staff at Pueblano and Crater Lake. They will share their skills of spar pole climbing and the use of wood tools and instruments. Competition in exciting logging events such as log toss, cross-cut sawing, and log tong races will challenge your crew.

### COPE

A COPE course is a challenging outdoor personal development and team building activity which usually consists of high and/or low elements. Low elements take place on the ground or just above the ground. High elements are usually constructed in trees or made of utility poles and require a belay for safety. High and Low COPE courses and a COPE tower at Rocky Mountain Scout Camp (RMSC).

### Fly Tying and Fly Fishing

The Rayado and Agua Fria streams in the south offer excellent trout fishing. Though not large, these trout are wary and exciting to catch as a part of Philmont's catch and release fishing programs. Fly rods may be checked out at Hunting Lodge, Fish Camp, Abreu, and Phillips Junction. At Fish Camp, a program counselor with material and equipment will show you how to tie your own trout flies. The thrill of catching a trout on a fly you have tied is hard to beat. Near Fish Camp, Phillips Junction, and Abreu a catch-and-release program is in effect.

### Geology

Philmont staff and volunteer geologists have teamed up to provide an exciting and educational program of geology and mining technology at sites where history comes alive—Cyphers Mine, Baldy Town, and French Henry.

### Gold Mining and Panning

Gold is still found in almost all streams at Philmont, which was once the scene of lucrative gold-mining operations. Mine shafts, sluice boxes, and placer mines dot the mountainsides and valleys. If your itinerary takes you to Cyphers Mine or French Henry, you will tour a real gold mine. Not working now, the mines are carefully maintained so you can tour the mine shaft. Bring your jacket and a flashlight for the tour. Learn about adventures and hardships as determined, miners sought their fortunes in these historic mountains. When you find some gold, ask one of the staff miners for some cellophane tape so you can take your discovery home. Gold pans are available for you to use at Cyphers Mine and French Henry.

### Homesteading

At Crooked Creek, Rich Cabins, and Abreu your crew will visit a working homestead. The staff will help you learn early day skills such as rail splitting, shingle making, primitive farming, log

structure construction, and care of farmyard animals. In keeping with the Southwestern spirit of the program, you will be instructed in preparing a special Mexican meal at Abreu.

### Horse Rides

Philmont owns and maintains a remuda of 300 western horses with strings located at Beaubien, Clarks Fork, and Ponil. All three camps offer exhilarating mountain horse rides at times noted on crew itinerary.

### Jicarilla Apache Life

Apache Springs offers a unique program featuring the lifestyle of the Jicarilla Apache. You will see how the Jicarilla worked and played. A replica Jicarilla village has been erected for this program. Teepees are furnished with realistic fireplaces, back rests, robes, hides, and baskets for you to see. 3-D and Sporting Arrows programs will also be offered. After that, you can enjoy a "Jicarilla sauna" in a sweat lodge, followed by dousing with cold water (subject to fire restrictions).

### Low Impact Camping

Wildland ethics depend upon attitude and awareness rather than on rules and regulations. While camping off of Philmont property in the Valle Vidal or any other locations, you are expected to employ Leave No Trace methods at Dan Beard, Rich Cabins and other entry points into the Valle Vidal. You will have the opportunity to learn how to enjoy wildland with respect to hiking, camping, eating meals, and disposal of trash without leaving a scar or trace.

### Mountaineering

Although not a staff-sponsored program feature, mountaineering can be as fun and exciting as any. Restless adventurers seek challenges, camaraderie, spectacular views, fields of delicate wildflowers, stimulating exercise, and solace by climbing high mountains. You can fulfill these urges at Philmont where many challenging mountains await. Mount Phillips, Big Red, Black Mountain, Hart Peak, Lookout Peak, Trail Peak, and many other peaks will test your stamina and give you breathtaking views of surrounding terrain.

### Baldy Mountain Hike

Baldy Mountain, named for its rocky, barren top, is a favorite climb for those camping in the area at and around Baldy Town. Dotted with old gold mines, Baldy Mountain is the highest peak at Philmont, standing at 12,441 feet above sea level. The view from the top is unobstructed and spectacular.

### Tooth of Time Hike

The Tooth of Time, the iconic incisor sitting at 9,003 feet of elevation, rises abruptly 2,500 feet from the valley floor. A landmark among the old Santa Fe Trail would signify to settlers moving out West that they were approximately two weeks from arriving in Santa Fe. May itineraries hike over the Tooth on way back to base camp on the last day.

### Philmont Campfires

Throughout the backcountry, various staffed camps conduct special evening campfires and programs. Urraca, Pueblano, and Crater Lake campfires relate to the tales of the Old West, logging, and the history of the land. Facts about the Beaubien-Miranda Land Grant come alive, and the influence of Waite Phillips and his gift of Philmont to the BSA provides for a special inspiration. At Beaubien and Clarks Fork, the focus is on the Old West with its songs and stories and true cowboy atmosphere. Ponil offers a nightly Old West Cantina show. At Cyphers Mine, the story of gold will ring through your ears as an interpreter relates the life and adventures of the miners of yesteryear at the nightly "STOMP". At Metcalf Station, be ready for



the Railroad Jubilee Campfire that regales stories and songs of railroading history and lore. At Rich Cabins enjoy the family gathering and hear some stories and music regaling the life of the Rich family.

#### Post-Civil War Settlers

Experience life as it was soon after the Civil War at this rustic settlement. Shoot .58-caliber muzzle loading rifles, learn to do blacksmithing, and meet former Fort Union soldiers. Black Mountain is one of Philmont's very popular living history camps.

#### Railroading

At Metcalf Station, learn about the history of the Cimarron & Northwestern Railway and experience what it was like to build a railroad in the early 1900's. The ringing sounds of the mauls driving spikes, the "tick-tick" of the telegraph, combined with the smell of coal burning in the blacksmith's forge will fill the air just like it did in 1907.

#### Mountain Man Rendezvous

Catch some of the flavor of a mountain man rendezvous while at Miranda. Find out why rendezvous were held and what went on. See demonstrations of the mountain man way of life and participate in some of these skills and contests such as tomahawk throwing and muzzle-loading rifles.

#### Rock Climbing

This fascinating and challenging sport is a favorite of all Philmont campers. You will scale a steep pitch and rappel down a sheer cliff. Philmont has carefully selected three areas to conduct this program where the rocks are safe and practical, but a distinct "Class Five" challenge. Under the supervision of expert climbers, you will climb using your hands and feet while protected by rope and harness, carabiners, and a helmet. Safety is always stressed and practiced. Rock climbing is restricted to three locations: Miners Park, Cimarroncito, and Chase Cow, and is only done under the supervision of Philmont rock climbing staff.

#### Rocky Mountain Fur Company

At Clear Creek, several veteran trappers of the Rocky Mountain Fur Company (portrayed by Philmont staff interpreters) have established an outpost camp. Trapping was their way of life; however, it is not practiced at Philmont today. See traps like those they used to catch beaver, muskrat, raccoon, and bear. Hear about how they cured hides and see trade goods which they used to purchase food and supplies.

#### .30-06 Rifle Shooting

This program offers a review of firearms and tips for successful and safe shooting. Wildlife conservation and game management are discussed. Metallic silhouette targets provide a challenging experience at Sawmill's range. Each participant will reload and fire three rounds.

#### 12 Gauge Shotgun Shooting

Shooting trap takes skill, but with some instruction and practice, you may find that you can hit clay birds. Each participant at Santa Claus will reload and fire three rounds.

#### Cowboy Action Shooting

This program is conducted at Ponil. Bring the Old West to life in this exciting shooting sports activity. Participants will shoot single-action army pistols, lever action rifles, and coach shotguns.

### Muzzle Loading Rifle

You will use powder, patch, ball, ramrod, and cap to actually load and shoot a .50 or .58-caliber muzzle-loading rifle. This exciting, historic program is offered at Black Mountain, Clear Creek, and Miranda.

### Western Lore

Philmont is an operating western cattle ranch. Cowboys still watch over cattle on horseback and drive them from their winter pasture on the plains to high mountain meadows for summer grazing. An organized western lore program is offered at Beaubien, Ponil, and Clarks Fork. Horse riding, campfires, and branding are all part of the western lore program. Philmont cowboys will tell you about New Mexico's cattle industry. Using authentic western lariats, they will show you how to rope. The cowboy's garb and equipment will be displayed and explained. After a hearty chuck wagon dinner that you will help prepare, you will gather around a campfire under the western sky for an evening of songs, guitar playing, and stories of the Old West at Beaubien or Clarks Fork. Ponil campers will gather at the Cantina for a Wild West Cantina Show.

### Wilderness Medicine/Search and Rescue

This exciting, informative program at Carson Meadows will enable your crew to "Be Prepared" to meet emergency first aid needs in a true wilderness environment. Every year, many people become lost in the outdoors. Scouts are often called upon to help search for these people. Your crew will enjoy learning how to correctly conduct an organized search.