



# TRAIL MARKERS

## 2024 PHILMONT TREK TIPS

### SHIP 1610

#### NEWS

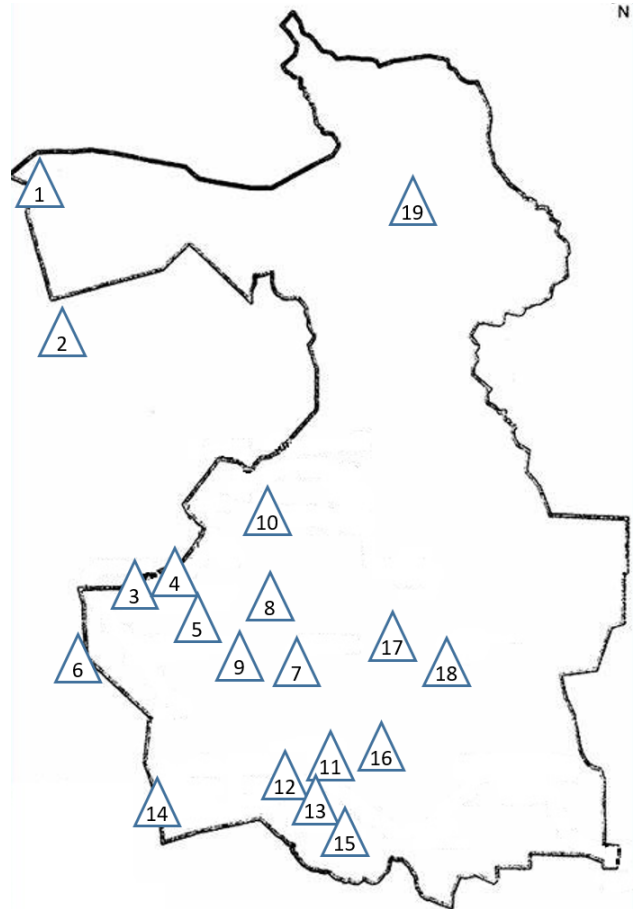
Philmont is a working cattle ranch with 250 horses, 85 burros, 320 cattle, 140 buffalo, and 7 ponies. 300 tons of hay is produced each year. Philmont has over 1,500 deer, 300 elk, 40-60 antelope, and 100-150 bears.

#### PROGRAM

##### Mountaineering

Philmont Scout Ranch covers 137,000 acres (about 214 square miles) of rugged mountain wilderness in the Sangre de Cristo Mountains of the Rocky Mountains in northern New Mexico. Philmont has high mountains dominating rough terrain with elevations ranging from 6,500 to 12,441 feet. Philmont utilizes the phrase "God's Country" to characterize the atmosphere of the ranch. That name is well-chosen.

- 1 Baldy Mountain- 12,441 ft
- 2 Touch-Me-Not Mountain - 12,044 ft
- 3 Mount Phillips - 11,736 ft
- 4 Comanche Peak - 11,303 ft
- 5 Big Red - 11,020 ft
- 6 Garcia Peak - 10,929 ft
- 7 Black Mountain - 10,889 ft
- 8 Bear Mountain - 10,662 ft
- 9 Bonito Peak - 10,610 ft
- 10 Cimarroncito Peak - 10,475 ft
- 11 Trail Peak - 10,250 ft
- 12 Burn Peak - 9,936 ft
- 13 Lookout Peak - 9,927 ft
- 14 Apache Peak - 9,856 ft
- 15 Rayado Peak - 9,790 ft
- 16 Crater Peak - 9,730 ft
- 17 Shaefers Peak - 9,413 ft
- 18 Tooth of Time - 9,003 ft
- 19 Hart Peak - 7,975 ft





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#### **PHYSICAL READINESS**

##### Fads, Myths, and Other Bad Ideas

- \* Crash Diets Work - We all know better than that. Short term at best, and leave you too weak to do Proper Fitness Training.
- \* Crash Exercise Programs Work - Crash Exercise Programs greatly increase the risk of a debilitating injury - just before Philmont - and leave you exhausted. Very bad idea. Start gently, build up to real conditioning.
- \* Sports is Philmont Training - Absolutely False. 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*.
- \* Shakedown is Fitness Training - Absolutely Not! 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.

##### Three Fitness Needs of Backpacking

- \* Aerobic (Cardiovascular) Exercising - Improve Heart and Lung Capacity and Endurance Compensate for Altitude and Mountainous Terrain. **MUST LAST AT LEAST 20 MINUTES IN ORDER TO HAVE ANY LONG-TERM BENEFITS.**
- \* Strength Exercising - Improve Carrying Capacity, Overall Muscle Tone, Resistance to injury and Fatigue
- \* Backpacking Exercising - Toughen Weight Bearing Points (feet, hips, and shoulders). Get adjusted to walking "at a tilt" (extremely important). Break in Boots. Train feet to "read" trail.



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#### THE PHILMONT WAY

#### Duty Roster - Continued

In addition to the 3 leadership roles (Chief, Chaplain, and Guia), the following positions on the duty roster should be filled by scouts. If two scouts are assigned a task, they should not be tent mates. An adult may be called to assist with these tasks.



**Cooking** - Responsible for setting up the cooking area, boiling water, sterilizing dishes, and re-hydrating and serving the food.

**Cleaning** - Responsible for boiling water for dishwashing, washing and rinsing dishes and utensils, stacking dishes by the sump, and emptying dirty wash water into the sump using the food strainer and "yum-yum bags" (yum-yum bags hold the dirty scrubby pad piece and leftover food particles from the cleaning process). The crew members responsible for cleaning also ensure the food strainer, scraper,

yum-yum bags, and trash are hung in the "oops" bag at night.

**Dining Fly** - Responsible for setting up the dining fly on arrival and taking it down before departure.

**Bear Bags** - Responsible for dividing bear bags from oops bags (bear bags will stay hung until the following morning; oops bags hold the night's dinner, personal toiletries, medications, the first aid kit, etc. and are accessible for dinner and in case of an emergency), throwing bear rope over the bear cable, hoisting the bags, and tying the ropes off to trees. The two crew members responsible for bear bags should get the rest of the crew to help with the lifting and lowering of the bags due to weight and safety concerns.

**Water/Fire** - Responsible for finding the closest water source, purifying, and bringing water back to camp. At some camps it will be a spring, well, or stream, all of which need to be purified. At other camps the water will already be purified and accessible from spigots. Water crew members should ask the rest of the crew to give them any of their empty bottles or bladders that need to be refilled. Additionally, the crew members responsible for water retrieval will also be responsible for the building, lighting, supervision, and extinguishing of a campfire if there is no fire ban and your crew chooses to build one.

**Navigator** - Sets pace and hikes at the front of the crew, carrying a map and compass. At



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any trail junctions, orients the map and confers with the rest of the crew on which way to go.

#### **LEADERSHIP**

##### What Makes a Good Crew?

I believe that the most important factor is that each crew member **WANTS to go to Philmont** (his/her choice). This WANT must be derived from inside and not influenced by others (parents or peers). When the crew member wants to go to Philmont, they are willing to do the following:

1. Be physically fit, including, if necessary, to lose weight.
2. Hike together as a crew and not try to split the crew.
3. Attend monthly sessions for training, etc.

The second factor is that each crew member has reached a certain **level of maturity**, to the extent that they are aware of cause and effect. While goofing off is fun, if you are five miles from help and somebody gets hurt or sick, who carries them out? Maturity additionally reveals itself by being:

1. Willing to drink the water and stay hydrated.
2. Willing to eat the food and stay healthy.
3. Willing to stay clean and sanitary (washing body and clothes daily).
4. Able to self-medicate.

The third factor is that each crew member must be willing to **work as a member of the crew** or as the leader. Taking Scouts that have to be constantly prodded to do their chores indicates that while they would like to go to Philmont, they are not ready to participate in the Philmont experience.

Finally, each parent must be willing to **discuss any and all medical issues** with the advisors. This type of information is required for the advisors to best know how to work with each crew member. It is not for general crew knowledge, just for advisors.