

# Zia Trek Preparedness Guide

Thank you for participating in this life-changing high adventure experience. This guidebook is designed to assist you in preparing for your trek. Participants that are well prepared, in good physical condition, and aware of how Philmont works, will have a greater and more rewarding experience. This guide is what all trekkers at Philmont read.

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## Philmont Overview

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### Philmont Magic

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 (“Chope”), and his cousins found it almost a necessity to return to Philmont during their high school and college summer vacations.

### Location and Terrain

Philmont is a National High Adventure base, owned and operated by the Boy Scouts of America. Philmont is large, comprising 140,711 acres or about 220 square miles of rugged mountain wilderness in the Sangre de Cristo (Blood of Christ) range of the Rockies in northeastern New Mexico. Over thirty staff camps and over seventy trail camps are operated by the ranch (four camps are in the Carson National Forest and several are on neighboring ranches).

Philmont has high mountains which dominate rough terrain with an elevation ranging from 6,500 to 12,441 feet. Philmont has established special use permits with several neighbors:

- US Forest Service – Valle Vidal Unit of the Carson National Forest
- Barker Wildlife Management Area, New Mexico Game and Fish Department
- Colin Niblett State Wildlife Area
- Chase Ranch
- CS Ranch
- UU Bar Ranch

Each neighbor has established specific use requirements. If your itinerary passes through these lands, you will receive specific information during your orientation at Logistics. Each requires use of Leave No Trace principles. These additional properties add about 110,000 acres for a total use area of 250,000 acres or 390 square miles.

### History

Philmont has a unique history of ancestral Puebloans who chiseled writings into canyon walls...Spanish conquistadors who explored the Southwest long before the first colonists arrived on the Atlantic coast...the rugged breed of mountain men like Kit Carson who blazed trails across this land...the great land barons like Lucien Maxwell who built ranchos along the Santa Fe Trail, and miners, loggers, homesteaders, and cowboys. All these people left their mark on Philmont.

### Wildlife

Philmont is abundant with wildlife – deer, elk, coyote, antelope, mountain lion, buffalo, beaver, wild turkey, bear, and others. Its hills and canyons teem with birds and its streams abound with fish. Its cool mountains harbor a wilderness of botany – trees, shrubs, flowers, and grasses.

### Beauty

Philmont is rich in natural beauty, including the soaring Tooth of Time...sunrise from lofty Mount Phillips...the blue water of Cimarroncito Reservoir...the panoramic sweep of the plains from Urraca Mesa...and sunlight filtering through aspen along the rippling Rayado.

## Program

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, railroading, gold panning, chuck wagon dinners, and living history provide exciting challenges each day. Rock climbing, mountain biking, and .30-06 rifle shooting and more make for an unbeatable recipe of fast-moving fun in the outdoors.

## Fellowship

The opportunities for fellowship at Philmont are incredible from your own crew to others from across the nation and the world.

## Staff

Philmont has the finest staff in America. Each staff member is carefully selected and trained. Scouting spirit, knowledge of camping skills, keen interest in their respective program specialties, and a love for Philmont lead the staff to deliver a rewarding and memorable experience.

When you come to Philmont, take advantage of these opportunities. It is one of the best investments you will make – the returns are great!

## Philmont Health & Safety

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### Who may participate?

In keeping with the policies of the Boy Scouts of America, rules for participation are the same for everyone without regard to race, color, national origin, religion, age, sex, gender, sexual orientation, marital or familial status, genetic information, citizenship status, protected activity, or any other status or classification protected by applicable federal, state, and/or local laws.

Participants must be registered members of the BSA who will be 14 years of age OR have completed 8th grade and be at least 13 years of age prior to participation. DO NOT request or expect any exceptions to this rule.

Some special programs allow for individual person registration and participation. A crew must have a majority of its members under age 21. Each participant must be capable of participating in the backpacking or horseback riding trek. Please note that specific programs may have additional requirements for participation including but not limited to a 200 lb. weight limit for Cavalcades and horse rides. Each participant must meet the health requirements as outlined in the Annual Health and Medical Record.

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

## BSA Annual Health & Medical Record

All participants in backcountry programs are required to have a current BSA Health and medical form completed within 12 months of their arrival at Philmont. The Annual Health and Medical Records part A, B, and C must all be completed, and Part C must be signed by a MD, DO, PA, or NP.

The completed Health and Medical form should be reviewed by the crew's Lead Advisor to ensure they are aware of any medical issues that may arise on the trek and to make sure that it is filled out completely. The completed forms must be uploaded into the crew roster on the Camping Gateway in advance of your crew's arrival at Philmont. Information to upload the completed crew forms will be emailed to the lead advisor at the same time as itinerary selection information.

Bring a copy of the form to Philmont with you in case there is a problem with the uploaded electronic version or an emergency during travel.

For more information about completing the BSA annual Health and medical record please visit:

[www.scouting.org/health-and-safety/ahmr/medical-formfaqs/](http://www.scouting.org/health-and-safety/ahmr/medical-formfaqs/)

**NOTE:** An individual should always contact the family physician first and **call Philmont at (575) 376-2281 if there is a question about the advisability of participation.** Philmont's Chief Medical Officer and other medical staff of the Philmont Infirmary reserve the right to make medical decisions regarding participation of individuals at Philmont.

## Food Allergies & Dietary Restrictions

Philmont trail food is a high-carbohydrate and high-caloric diet by necessity. It contains wheat, milk products, sugar and corn syrup, and artificial coloring/flavoring. **If an individual in your crew is allergic to any of the food products in our menu or requires a special diet, suitable replacement food must be purchased at home and brought to Philmont to replace those items. Food substitutions may be made ONLY for medical (including allergies), religious, or vegetarian/vegan reasons.** All food shipped to the backcountry is subject to inspection to ensure that food is being substituted for these reasons. *There is no fee reduction for individuals who bring their own food.*

If you think you may need replacement food, refer to [www.philmontscoutranch.org/philmonttreks/dining/](http://www.philmontscoutranch.org/philmonttreks/dining/) for the menu and ingredients list. The list for the summer menu will be available online in early May each year. Review the list and determine which items in each meal would cause a problem and replace with substitute food items. Keep in mind that Philmont participants need approximately 3,000 calories per day.

## Philmont Infirmary

Philmont's Infirmary is an "Infirmary" licensed by the State of New Mexico. It is supported by the Kansas University Medical School which has provided doctors, nurses, medics, and medical students as summer professional medical staff for over 60 years.

## Treatment

If a participant is injured or becomes ill while at Philmont, they are likely to be treated by the Infirmary. Initial support will most often come from backcountry staff who will communicate with the Infirmary by radio. Depending on the situation, the injured person may be transported from the backcountry to the Infirmary for treatment. In other instances, the person may be treated in the backcountry while remaining with the crew.

For participants brought to the Infirmary for treatment, the objective will be to provide treatment necessary for recovery and then to reunite them with their crew at the earliest possible time. This will be at the first staffed

camp the crew will be staying at after the participant is cleared to return to the trail. If the participant cannot be cleared to return to the trail, Philmont's Logistics department will assist them in making arrangements to return home.

### **Risk Advisory**

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

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

All Philmont participants should understand potential health risks inherent at or above 6,700 feet in elevation in a dry Southwest environment. These include 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 and heat exhaustion. Native wild animals such as bears, rattlesnakes, and mountain lions usually present little to no danger if proper precautions are taken.

Complete Philmont Risk Advisory <https://www.philmontscoutranch.org/philmonttreks/trekrequirements/risks/>

## **Preparing and Training**

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### **Hiking at Philmont**

Philmont abounds with picturesque hiking areas. Every section of the Ranch has many opportunities for stimulating and beautiful hikes. Take time to enjoy the scenic panoramas, delicate wildflowers, rippling streams, majestic peaks, and towering trees. Some of the most beautiful scenery is along little-used trails and remote trail camps. When your crew is quiet you may see wildlife including deer, turkey, porcupine, elk, bobcat, coyote, badger, and bear. Be sure to record the animals you see on your wildlife census card that is given to your Wilderness Pledge Guia upon check in. A *Philmont Field Guide* is available at the Tooth of Time Traders to help enhance your experience.

Hiking is an important part of the Philmont experience. Navigators and Crew Leaders will need to study the map and Crew Leader Copy itinerary to determine the best route, the number of miles, and the elevation gain and loss. The map can provide many clues to help determine hiking times and scenic stops. Philmont requires that crews hike during daylight with rare exceptions to travel from a nearby trail camp to a staff camp for evening campfires. It is recommended that the Crew Leader lead a discussion about the next day's hike each evening following dinner and "Thorns and Roses". This ensures the entire crew knows what to expect the next day, the reason for getting on the trail early, etc.

**Hiking at Philmont is often difficult.** Weighty packs, steep trails, and high altitudes challenge even the best backpackers. Remember, your trek is a team effort. Stronger hikers are expected to help weaker ones. Faster hikers should hike near the end of the line and encourage the slower ones in front. Your crew should always hike

together, staying within sight and sound of one another. This avoids the terrifying experience of someone being lost. Due to risks involved, Philmont strongly discourages hiking at night.

### **Camping at Philmont**

Camping is the major activity at Philmont. You will camp every day on your trek at Philmont – camps vary from vast meadows to narrow valleys and lofty mountain tops. Elevations at some camps are less than 7,500 feet; others exceed 10,000 feet. Your itinerary will include several different types of camps, such as starting, staffed, trail, low impact, and dry camps.

Rangers are the only staff in starting camps. Here you will receive Ranger training and become further oriented and acclimated to Philmont.

Staffed camps are supervised by a camp director and program counselors to present unique program features. Most staffed camps have potable water supplies and two-way radio communications with Philmont's Logistics department. You will be assigned a campsite by the staff.

Commissaries, trading posts, and showers are available at some staffed camps. See the *Itinerary Guidebook* for detailed information on camp facilities for your itinerary.

Trail camps have water but no staff. Here you are completely on your own. All itineraries include multiple trail camps. They are part of your Philmont experience. See the *Itinerary Guidebook* for ideas about what to do in trail camps.

Dry camps have no water and no staff. They are used because they provide scenic vistas, pleasant campsites, and valuable training. You may need to carry water for several miles before arriving at your dry camp. Check your itinerary to determine the closest place to get water for all your camping locations.

All campsites on Philmont property are clearly designated with numbers routed into wood blocks attached to trees. Check your map and use a compass to be sure you're at the right place. Most camps are designated by rectangular trail signs with the camp's name. Look for a map of campsites that is posted in trail camps; sometimes the best campsites are secluded. The map will help you locate them.

### **Fire Rings**

Metal fire rings have been established at all camps. They are to contain fires, reduce possibilities of a wildland fire, limit amounts of wood burned, establish campsites in the most desirable locations, eliminate unnecessary fire lays, and designate the place for all cooking. Do not scar the beauty of Philmont camps by creating unnecessary new fire lays or enlarging existing ones. Keep your fire small – it will be easier to extinguish. Conditions may ban the use of wood fires. Stoves are required for meal preparation.

### **Latrines**

Pit latrines are provided for your use in backcountry camps. They should be kept clean and free of graffiti by members of your crew. At other locations you may need to dig a cat hole. Dig it at least 200 feet from any trail, water, or campsite. Dig the hole about 6 inches deep, but no deeper than the organic topsoil. After use, fill the hole completely, pack and mound the earth to avoid erosion. Garbage and trash must not be put in any latrine because animals will dig it out.

### **Risk & Physical Preparedness**

The Philmont experience is NOT risk-free. Staff will instruct participants in safety measures. Be prepared to listen to and follow these measures. Accept responsibility for the health and safety of yourself and others in your crew.

Each participant must be able to carry 25 to 30 percent of their body weight while hiking 5 to 12 miles per day in an isolated mountain wilderness ranging from 6,500 to 12,000 feet in elevation over trails that are steep and rocky. Weather during summer and autumn includes temperatures from 30° to 100°F, low humidity (10 to 30 percent), and frequent - sometimes severe thunderstorms.

Your Philmont trek should not be the first experience with hiking and backpacking for a crew. Physical training and shakedown hikes in the year leading up to your trek will give you the greatest chance of success. These shakedown hikes not only help you to build physical fitness but also allow participants to evaluate their gear and clothing to see how it will function at Philmont, as well as make plans for dealing with any medical emergencies or conditions that may arise at Philmont.

### **Insurance**

The Philmont camper fee includes insurance coverage for health, accidents, and sickness enroute to and from home and while hiking the trails of Philmont. This policy is an Excess Insurance Plan, meaning that the plan will pay all those eligible expenses incurred from a covered accident or sickness not paid by any other collectible insurance or pre-paid health plan in force for you or a dependent child/children. If no other collectible insurance or pre-paid health plans are in effect at the time of the loss, this plan will pay all eligible covered expenses up to the plan limits. There is no deductible under this plan. Specific information about the camper's insurance plan will be included in the Advisor's Packet. **Name and policy number of the family policy must be noted on each medical form AND a copy of the insurance card (front and back) must be attached. If no insurance is in force, state NONE on the form.**

### **Preparing and Training**

Parents, guardians, and potential participants in Philmont programs are advised that journeying to and from Philmont, and one's stay at Philmont, can involve exposure to accident, illness, and/or injury associated with a high-elevation, physically demanding, high-adventure program in a remote, mountainous area. Campers may be exposed to occasional severe weather conditions such as lightning, hail, flash floods, and heat. Other accident possibilities include injuries from tripping and falling, motor vehicle accidents, worsening of underlying medical conditions such as diabetes or asthma, incidents, heart attacks, heat exhaustion, and falls from horses.

### **Physical Preparation**

To enjoy the Philmont experience participants must be physically prepared to carry a 35- to 50-pound backpack over steep, rocky trails at elevations ranging from 6,500 to 12,441 feet. A regular program of physical conditioning for at least three to six months prior to the trek is essential. A longer period of conditioning is required for those unaccustomed to physical exercise. A program of regular aerobic exercise is highly recommended to become physically conditioned for Philmont. Plan to exercise for 30 to 60 minutes 3 to 5 times per week.

Jogging, running uphill, climbing long flights of stairs and hiking with a full backpack are excellent methods of preparation. How fast you run or how far you go is not nearly as important as regular exercise. Other aerobic exercises such as swimming, bicycling, stationary cycling, and aerobic exercise classes can supplement your training. Start slowly and gradually increase the duration and intensity of your exercises. Start a journal to record your progress. If anyone has questions, have them contact their family physician or exercise physiologist. Backpacking is the best way to prepare for a Philmont trek. It is highly recommended that everyone in a Philmont crew review the Backpacking Merit Badge pamphlet as a source of information. The Venturing Backpacking pamphlet also has excellent tips for preparing for a Philmont trek. Be Prepared! Select a hilly area for your training. Start with a short hike and a light pack. Increase the mileage and your pack weight as your training progresses. It is important to hike often enough while carrying a pack and wearing the

boots that you will use at Philmont to toughen your feet and break in your boots. Most of the crews that participate indicate on their evaluation forms that additional physical training by all members of their crew would have been helpful.

As said earlier, **Philmont is hard!** The stamina required to hike Philmont is much greater than you may be used to due to the distances traveled, elevation changes, and the overall duration of the trek.

### Suggested Conditioning Program

Month	Conditioning
December/January	<ul style="list-style-type: none"> <li>• Complete health history on individual medical form and get parental approval (signature).</li> <li>• Be examined by a physician or osteopath. Call attention of the physician to note on the medical form that describes the rigors of a Philmont trek and to the box that indicated areas of medical concern. Ask the physician about any special medical needs or areas of concern. If overweight, get a physician’s recommendation on how to lose weight through dieting and exercise to meet Philmont’s height and weight requirements.</li> <li>• Walk, jog in place, swim or ride a stationary bike for 20+ minutes at least 3 to 5 times per week. Gradually increase the length of time and intensity of exercises.</li> <li>• Purchase a pair of quality hiking boots. A pair of boots 6 to 8 inches high with sturdy sole are recommended. Wear your boots to school or work and when walking anywhere to break them in and to condition yourself.</li> </ul>
February/March	<ul style="list-style-type: none"> <li>• When the weather permits, jog, run or walk outdoors. Start with 20-minute sessions and gradually increase the length and the incline or speed. While walking, begin to carry your backpack and gradually add weight to it.</li> </ul>
April/May	<ul style="list-style-type: none"> <li>• Continue exercising. Schedule a couple of 5- to 10-mile day hikes and at least two overnight backpacking trips of 10 to 20 miles. Plan the second trek to cover more rugged terrain or increase the mileage. Whenever possible, hike in the boots that you will use on the trail and carry your backpack.</li> </ul>
June/July	<ul style="list-style-type: none"> <li>• Continue exercising right up to the day you depart for Philmont. Come to Philmont in top physical and mental condition ready for backpacking with a 35 to 50-pound pack over steep, rugged trails at high elevations.</li> </ul>

### Preparation Resources

- Training videos for your Philmont trek: Several trek preparation videos are available covering a variety of topics. [www.youtube.com/playlist?list=PLknEzfYTrwSHzX3WH\\_P4\\_ckd9yeJpvjVw](http://www.youtube.com/playlist?list=PLknEzfYTrwSHzX3WH_P4_ckd9yeJpvjVw)

- Shakedown guide: This is a two-part guide in .pdf format. The parts may be downloaded from: [www.philmontscoutranch.org/philmonttreks/shakedown/](http://www.philmontscoutranch.org/philmonttreks/shakedown/)

### Northeastern New Mexico Climate

Located where the Great Plains meet the Southern Rockies in Northeastern New Mexico, Cimarron has a cool semi-arid climate, where summers feature cool nights and warm days with frequent thunderstorms. Typical temperatures for June-August are highs in the mid-80's during the day and overnight lows in the upper 40's to lower 50's.

Afternoon thunderstorm activity typically increases in the months of July and August during monsoon season.



The Autumn months of September and October bring cooler temperatures. Daytime highs range in the 60-70's and lows in the 30-40 range. Afternoon thunderstorm activity diminishes as cool, crisp Fall weather arrives. October brings the possibility of early snow, typically at higher elevations.

### **Weather: Be Prepared for Extremes of Weather**

Be prepared for extreme weather variations at Philmont. Afternoon temperatures in low valleys can be hot (100 degrees or more), and night temperatures high in the mountains may drop to freezing.

Philmont can be extremely dry and then a sudden downpour will soak everything. Periods of rain lasting several days may occur. Fortunately, New Mexico's low humidity allows wet clothing and gear to dry quickly after the rain stops. Rain occurs most frequently in the afternoon and may last an hour, all night, or several days. Small hail or sleet often accompanies rain. Mountain weather is fickle – anything can happen and often does. Snow is possible, even during the summer. Weather conditions vary from one area of the ranch to another depending upon elevation, terrain, and irregular weather patterns. *You should be prepared for all the above weather conditions.* The National Weather Service forecast office in Albuquerque, NM monitors conditions and issues alerts for our area. To learn more about current weather conditions or information on past weather patterns, visit the NWS Albuquerque website at [www.weather.gov/ABQ](http://www.weather.gov/ABQ).

## **Equipment and Clothing**

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### **Tents**

Tents will be provided for all crew members.

Due to the terrain, wildlife, and sudden change in weather conditions, tents are a required shelter for a Philmont trek and therefore all crew members are required to sleep in a tent. Bivy sacks and hammocks are not acceptable. Every member of your crew should be able to set up, take down, and fold the tent. Philmont uses two-person, free standing backpacking tents called "The Thunder Ridge" (footprint - 4'6" x 7'4"). The tent is durable, requires 6-8 stakes (not provided), weighs 5 lb. 5 oz., and is available for your use at no charge.

Space for tents in most campsites is limited. Use of two-person tents minimizes the footprint and avoids encroaching on the "Bermuda" Triangle. Two one-person tents take up nearly twice as much space as one 2-person tent. A 5' x 7' waterproof ground cloth must be used under each tent. These are not provided with the Philmont tents.

A tent washing station is located at Outfitting Services for the washing of tents and dining flies. Crews are asked to help with this process as they return the equipment they have checked out. If you choose to provide your own tent it should be a two-person tent and free of all food smells. If you think your tent may have been compromised by food smells, please use a Philmont tent.

Philmont will allow a single person or three-person tent in the event of an odd numbered crew, gender numbers, and for youth protection compliance. **Keep in mind, due to recent changes in the Youth Protection Policy, parents cannot tent with their children. Please make tenting assignments accordingly.** Please use as few tents as possible.

### **Packs**

A sturdy, well-fitted pack is essential for backpacking at Philmont. A pack with a 65-85 liter carrying capacity will fit personal gear, crew gear, food, and water. There are many choices of packs and having a pack fitted to your body with appropriate sizing of shoulder straps and hip belt is essential.

Whether you choose an external or internal frame, there is a method for packing that is basic to all. Nearly all backpackers stow their sleeping bag in the bottom of the pack. This is also a good place for other items you won't need until you make camp at night: sleepwear, camp pillow, sleeping pad. Internal frame packs should have the heaviest items placed on top of the sleeping bag and centered in your pack. For external frames, the heaviest items should be placed at the top and against the frame of the pack near your shoulders.

All items in your pack should be neatly organized and packed in waterproof bags or stuff sacks. Your map, compass, sunscreen, rain gear, camera, and first aid kit should be readily accessible. A waterproof rain cover is recommended to keep your pack dry at night and while hiking in the rain.

Check your pack weight. 20-25 pounds without food and water is preferred. Comfortable pack weights vary considerably with physical condition, age, and experience. Your training hikes will help you find out what is best for you. ***As a regular rule of thumb, a fully loaded pack should not exceed 25-30% of your body weight.***

With your pack fully loaded, practice putting it on your back by first balancing it on one knee with the pack straps facing you, slip your nearest arm through the appropriate strap and smoothly swing the pack behind you, reaching down and back to slip your free arm through the second strap and jiggle your pack into a comfortable position.

If you are unsure of your pack's fit or question the durability for Philmont's trails, you can rent either an internal or external pack at Philmont for a fee of \$30 for the duration of the trek. This fee includes the pack cover. Our knowledgeable staff will fit you in the appropriate pack at Philmont and pre-reservations are not necessary. Please call the Tooth of Time Traders for information on pack sizing and review the chart included for information on types and sizes of packs available for rental.

### **Map & Compass**

Most trails on Philmont are marked at intersections, but they are not so well marked that you can put your map and compass away and forget them. Philmont trail signs often point to geographic features such as mountains, canyons, and streams. At the least, two (2) people share a map and compass. It's best if each participant has their own.

Learn and practice your map and compass skills. You will be able to always know where you are and where you are headed. Look at a map. Do you know what the symbols mean? What do the colors – black, brown, blue, green, white, and red – stand for?

Brown contour lines are particularly significant. The contour lines on Philmont's sectional maps represent a 50-foot climb, the more lines you cross on an upward route, the tougher the climb. Steep descents are tough, too.

You must be able to orient a map, understand symbols and scale (1: 31,680 for Philmont sectional maps). The BSA "Field Book" and the "Orienteering Merit Badge Pamphlet" are excellent resources.

Philmont has introduced trail signs that indicate the UTM coordinates of the specific location. You will be trained by your Ranger in understanding how to find a UTM coordinate on the map.

### **Backpacking Stoves and Fuel**

Crews will be provided Philmont backpacking stoves and the use of stoves is required.

Backpacking stoves must be used with adult supervision and should never be used in or near tents because of fire danger. Bottles designed to carry fuel should be used. Isobutane/propane fuel stoves are also acceptable. The Philmont Trading Post (Tooth of Time Traders) carries fuel bottles and several brands of isobutane/propane

canisters. Outfitting Services carries white gas. Fuel is also available on the trail at commissary camps where you pick up food. Check the O-rings on your fuel bottles to prevent leaks.

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

Smaller one or two-person stoves have become available and popular, however they do not meet the requirements for crew cooking (Patrol Method) at Philmont Scout Ranch. A small stove might be a good addition for quick heating of water for coffee, tea, or cocoa while on the trail. Biofuel stoves are generally small, although, due to the desert southwest climate and frequent fire restrictions, these are not permitted for use at Philmont.

If using commercial transportation, stoves and fuel bottles can be shipped to Philmont and will be held at the Base Camp Mail Room for your arrival (see page 32). A minimum of two stoves for your crew is required.

Learn and follow these safety tips:

- Keep fuel containers away from hot stoves and fires. Never use fuel to start a campfire.
- Let hot stoves cool before changing cylinders or refilling.
- Never fuel or operate a stove in a tent, building, or dining fly.
- Place stove on a level, secure surface before operating.
- When lighting a stove, keep fuel bottles and extra canisters well away, do not hover over stove, open fuel valve slowly, and light carefully. The pressure differential is greater at Philmont's high altitudes.
- Refill stoves away from open flames. Recap all containers before lighting stoves.
- Do not overload the stove.
- Do not leave a lighted stove unattended.
- Perform stove maintenance regularly, at home and at Philmont.
- Store fuel in proper containers.

## **Clothing**

During cold periods, it is especially important to stay dry since wet clothing loses much of its insulating value (90 percent or more). Several light layers of clothing are better than one heavy layer since air trapped between layers of clothing provides a high degree of insulation. As the atmosphere warms you can remove one layer of clothing at a time for proper body heat management. Keep in mind that wool and synthetics insulate when wet. Lightweight merino wool base layers tend to be naturally odor resistant but can be expensive. Down or cotton layers such as sweatshirts and sweatpants drain body heat when wet, and dry very slowly.

While the official BSA uniform is highly recommended for use when traveling to and from Philmont and wearing at base camp, you may choose to wear other clothing on the trail. Long pants are recommended for cold nights and are required for horseback riding, conservation projects, and pole climbing at logging camps. Shorts and short-sleeved shirts will generally be sufficient during the day; however, a sweater or fleece jacket is necessary for cold mornings and evenings and possible downpours of rain or hail.

To be comfortable and dry during rain, a good quality rain suit is essential. Inexpensive vinyl rain suits or ponchos will not hold up under extended use. A poncho is not adequate. You need to have a durable rain jacket and pants.

## **Boots and Shoes**

High quality hiking boots that are broken-in are required for the trails at Philmont. Your trek will cover uneven, rocky surfaces and steep trails. Hiking boots that fit properly and are broken-in will prevent injury. Trail runners are permitted for hiking at Philmont and can reduce hiking weight, but they do not provide ankle support that traditional hiking boots provided and should only be used by those who have experience wearing them while carrying heavy loads through rocky terrain. Remember, boots are required for horse rides. Visit your local outdoor store and the sales staff will be happy to help you.

You will also need a pair of sturdy lightweight, closed toe shoes for use around camp and occasionally when hiking without your pack. These will also be used when rock climbing, biking, and potentially crossing streams. Sandals are not recommended but can be used in campsites only. For more tips on choosing boots and footwear visit [www.ToothOfTimeTraders.com](http://www.ToothOfTimeTraders.com).

## **Socks**

The socks you wear on the trails will have a significant effect on your experience. Just like boots, choose your socks carefully. Socks for backpacking are designed to provide cushioning and abrasion resistance as well as warmth. You should choose socks made of synthetic materials or wool. Socks can add volume to your footwear. When you are fitted for your boots, make sure you wear the socks you have chosen to wear on your trek. There are 3 categories of socks:

- **Liners** - These are thin wicking socks that you wear next to your skin. They keep your feet dry and comfortable and are meant to be worn underneath other socks.
- **Lightweight Hiking Socks** - These socks stress wicking performance over warmth. They are relatively thin so that you stay comfortable on warm weather trips. They can be worn with or without sock liners.
- **Midweight Hiking Socks** - These socks are thicker and warmer than the lightweight hiking socks. Many have extra padding built into the heel and the ball of the foot for maximum comfort. They can be worn with or without liners.

## **Glass and Aerosol Containers**

Glass containers or aerosol cans should not be carried on the trail. Glass breaks easily and aerosol cans are bulky and may erupt in packs.

## **Money**

Campers spend an average of \$100 at Philmont's trading posts. Backcountry trading posts are located at: Ponil, Apache Springs, Abreu, Baldy Town, and Phillips Junction. If major items such as jackets, leather belts, and buckles are desired, more money will be needed. \$20 - \$50 should cover most expenses on the trail. Money taken to the backcountry should be in small bills. Trail Charges can be made for larger purchases and emergency needs in the backcountry. These expenses may include:

- Shooting Programs: Three (3) shots are free at Philmont's .30-06, shotgun, and muzzle loading programs, and twelve (12) shots at the Cowboy Action Shooting program. Depending on availability, additional rounds may be purchased.
- Healthy trail snacks, root beer, repair items, and replacement equipment, etc.
- Fuel for stoves (available at all trading posts and commissaries)

## **Sleeping Bags**

Your sleeping bag should be warm (suitable for temperatures down to 20 degrees), but less than 5 pounds. You can increase the R value (temperature rating) of your bag by using an insulated pad under your bag, wearing long underwear and a hat, or using a fleece or synthetic sleeping bag liner. When your sleeping bag is packed it should

be no more than 20 inches long and 10 inches in diameter, and it should weigh 5 pounds or less. Use a waterproof stuff sack to store your sleeping bag or line the stuff sack with a heavy-duty (4 to 6 mil) plastic bag safely secured. This will keep your sleeping bag dry even in wet weather.

### Cameras/Crew Photographer

Although optional, a camera will record memorable experiences and beautiful scenes. Some crews select a crew photographer who takes shots for everyone. Digital photography can dramatically change your picture taking and sharing ability and a dedicated camera can often yield better results than a cell phone camera. Cold weather or prolonged use can deplete camera batteries. Be sure to bring replacement batteries, a small lightweight solar charger or power pack.

## Personal Equipment

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### Backpacking Gear

Equipment	QTY	Comments	Code
Backpack	1	Large enough to be able to carry all personal gear and your share of crew gear. 65 to 75 L capacity recommended. Rental available with pack cover for \$30	T
Pack Cover	1	Waterproof, durable cover that fits over full pack	T, A
Sleeping Bag	1	Recommended comfort rating of 20 degrees and weight less than 4 lbs.	T
Waterproof stuff sack	1	For sleeping bag. Alternatively, use compression sack lined with plastic bag	T
Sleeping pad	1	For padding and insulation from ground	T
Headlamp or Flashlight	1	Durable and lightweight. Bring extra batteries	T, E

### Food and Water

Equipment	QTY	Comments	Code
Bowl	1	Deep bowl of lightweight material	T
Utensils	1	Only a spoon or spork are recommended	T
Water bottles and reservoir	4+ L	At least 4-liter personal capacity in any combination of bottle or reservoir	T, A, BB, E
Extra water capacity (for dry camps)	2 L	Recommend each person have 2 liters of extra water capacity in collapsible water bottles for dry camps	T, E
Mug/cup	1	12-20 oz. measuring style recommended	T, O

## Clothing & Footwear

Equipment	QTY	Comments	Code
Underwear	3-4 pr	Moisture-wicking	T
Sports Bra	2	Synthetic, moisture-wicking	T
T-shirt	2	Moisture-wicking, avoid cotton	T
Long sleeve shirt	1	Moisture-wicking, avoid cotton	T
Pants/shorts	2	Quick drying. Pants are needed for certain programs including conservation	T
Lightweight fleece	1	Lightest and warmest available. Wool sweater or fleece pullover	T
Boots	1 pr	Sturdy, supportive, broken in. Durable and fit comfortably. Trail runners are accepted but ankle supporting boots are highly recommended.	T
Socks	3-4 pr	Wool or synthetic, not cotton. Liners are optional and help prevent friction and wicks sweat from feet	T
Camp/stream shoes	1 pr	Used in camp, stream crossing, some backcountry programs	
Sleep clothes	1 set	Only worn in sleeping bag. Lightweight t-shirt and gym shorts recommended.	
<b>Optional</b>			
Long underwear	1	Mid-weight synthetic top and/or bottoms. Used for cold mornings or nights	

## Rain & Cold Weather

Equipment	QTY	Comments	Code
Rain jacket	1	Durable rain gear is highly recommended	T
Rain pants	1	In heavy rain, rain pants are vital for warmth	T
Gloves	1 pr	Recommended for cold/summit days	T
Warm hat	1	For sleeping, cold/summit days	T
<b>Optional</b>			
Insulated jacket	1	Packable down or synthetic puffy or fleece. Expect lows in 30s at higher elevations.	T

## Health & Hygiene

Equipment	QTY	Comments	Code
Toothbrush and toothpaste	1	Larger toothpaste tubes may be considered crew gear	T, BB
Menstrual products		Tampons/Pads strongly recommended for those that need them. See feminine hygiene	T
Camp towel	1	Small, quick drying	T
<b>Optional</b>			
Foot powder		May be kept as crew gear. Soothes tired feet, absorbs moisture, and reduces chance of blisters.	BB

## Sun Protection

Equipment	QTY	Comments	Code
Hat	1	Wide brim or baseball, protects ears and face from sun	T
Sunglasses	1	Protect your eyes and reduce eye strain	
Lip balm	1	Moisturizing with SPF 25 or more	BB

## Miscellaneous Items

Equipment	QTY	Comments	Code
Ditty bags/ Sealable plastic bags	6-10	Useful for packing and keeping clothes dry, cleaning laundry, and pack organization	T
Whistle	1	For emergency use/ signaling	T, E, A
<b>Optional</b>			
Daypack	1	For use on summit days and side hikes.	T
Bandana/tubular headgear	2	Serves as a wash cloth, hot pot holder, and a variety of other uses.	T, BB
Lashing straps	2	Hold sleeping bag and gear on pack	T
Pocketknife		A few per crew is sufficient	
Money	\$20- \$50	Small bills. Backcountry trading posts have many items	BB
Watch	1	Several recommended throughout crew members	T, O, E
Camera	1	Batteries and memory card	T, BB, S
Fishing equipment	1	Some itineraries have fishing opportunities. Including NM State Fishing License.	T, O
Postcards	1+	Pre-stamped. Mailing available on trek	T, O
Notepad & pen	1	For journals or emergency messages. The Philmont Passport is great for journaling.	T, BB, O
Cards or games		For entertainment	

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

### ITEMS PROHIBITED:

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

## Preserving the Philmont Wilderness

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

Since 1938, thousands of young people have enjoyed the great scenic beauty of Philmont's mountain terrain and experienced the unique and memorable programs of its staffed camps. However, in the past, a few inconsiderate and impolite Scout campers, employing improper camping methods have marred certain areas of this magnificent land. Consequently, Philmont asks all campers and their Advisors to commit themselves to good Scout camping and genuine wilderness understanding.

Each camper and Advisor will be asked to sign the Philmont Wilderness Pledge, which declares that they will do everything possible to preserve the beauty and wonder of the Philmont wilderness and its facilities through good Scout camping. It is expected that Philmont campers will follow this pledge at all camping areas that they might visit throughout America.

### Wilderness Pledge

The 5 areas of emphasis of the Philmont Wilderness Pledge are:

1. **Litter and Graffiti:** Each camper should make sure that all backcountry facilities, trails, campsites, and latrines are left neat and clean, including Camping Headquarters, shower, and tent areas.

While litter can be picked up, graffiti often permanently defaces BSA property and detracts from the "Philmont experience". Do not contribute to this problem. Any Graffiti left on Philmont facilities will result in consequences, including the revocation of the Philmont Arrowhead.

2. **Wildlife:** Respect Philmont's wildlife, including livestock. Follow all guidelines regarding food handling and trash disposal. Never feed or harass livestock or wild animals.
3. **Water:** You are in a land where water is scarce and very precious. Conservation and wise use of water has been practiced since the first person entered this land. Use water properly; never bathe, do laundry, wash dishes, or play in or near a spring or stream. Do not disturb or throw rocks in springs or touch any solar pumps. They are easily damaged, and the flow of water can be disrupted. Everyone needs water, and you should leave each spring and stream as clean as you found it.
4. **Trails:** Pledge to respect Philmont trails. Do not cut green boughs or trees, or mark on them. Do not cut across switchbacks, and do not alter or change trail signs.
5. **Campsites:** Each crew is responsible for leaving a neat and orderly campsite, whether it be in Camping Headquarters, staffed camps, or non-staffed camps. Your campsite should be left litter-free with its latrine and sump clean. Fires, if permitted, must be left DEAD OUT and then cleaned of debris before you leave. Do not trench tents; always pitch them on high ground. You should respect the feelings of those crews camping near you and those that will come after you.

Philmont serves over 20,000 Scouts, Venturers, Explorers, and leaders each year. Consequently, some trails and camps are subjected to heavy use. Nevertheless, it is not the wear of so many pairs of boots that mars Philmont. It is the carelessness and thoughtlessness of inconsiderate campers. It is our sincere hope that through your commitment to the Philmont Wilderness Pledge and Leave No Trace principles, Philmont will always remain a beautiful and clean place to enjoy high adventure.



## **Leave No Trace**

Hiking and camping without a trace are signs of an expert outdoorsman and of a scout who cares for the environment and Philmont. Your Wilderness Pledge Guia will lead the crew discussion on each principle. They are:

1. Plan ahead and prepare.
2. Travel and camp on durable surfaces.
3. Dispose of waste properly.
4. Leave what you find.
5. Minimize campfire impacts.
6. Respect wildlife.
7. Be considerate of other visitors.

## **Report Artifacts**

Philmont is a natural outdoor biological, geological, archaeological, and historical laboratory and museum. Countless varieties of rock, plants, and animals are found here, as well as abundant evidence of past human habitation from Native Americans (arrowheads, potshards, grinding stones, etc.) to old mining camps (bottles, cans, equipment, cabins, etc.). Specimens of plants and animals (including mule deer antlers, elk sheds, or animal skulls), or artifacts mentioned above, are to be observed and left where you discover them, not collected, and removed from Philmont. Reports of discoveries are helpful in reconstructing Philmont's archaeological and historical past. These should be put in writing and left at the Camping Headquarters during the check-out process.