

PHILMONT
SCOUT
RANCH
CIMARRON, N.M.
12

PHILMONT 2010

Guidebook to Adventure

MISSION OF THE BOY SCOUTS OF AMERICA

The mission of the Boy Scouts of America is to prepare young people to make ethical choices over their lifetimes by instilling in them the values of the Scout Oath and Law.

A PICTURE OF THE FUTURE FOR SCOUTING'S SECOND CENTURY

In Scouting's second century, we are building the leaders of tomorrow. Scouting's dynamic and engaging journey beckons to America's young people. Our exciting programs and outdoor adventures inspire lives of leadership, character, and service. Relevant and adaptive, we are a trusted advocate for youth. Our adult volunteers and employees are widely admired for their leadership excellence. The Boy Scouts of America is strong and financially secure. True to our mission, Scouting reflects our nation in its ethnic diversity and shapes our nation by developing responsible citizens.

VISION STATEMENT – PHILMONT SCOUT RANCH

It is the vision of the Philmont Scout Ranch to continue to positively impact the lives of young people and their Scouting leaders through inspiring and effective delivery of the finest Scouting possible through backcountry adventures and training center experiences.

It is our further vision that these experiences will be expanded to help meet increasing demands. All future growth must be accomplished with minimal ecological impact on resources to insure the preservation of this great asset to serve future generations of Scouts.

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PARENT'S COPY... TEAR-OUT AND POST ON REFRIGERATOR OR BULLETIN BOARD

My expedition number is:

Your Philmont Address and Mail

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Philmont address:

Your name, Your expedition number
Philmont Scout Ranch, BSA
47 Caballo Road
Cimarron, NM 87714

Emergency Telephone Number at Philmont

(575) 376-2281

Telephone calls to you are restricted to **EXTREME EMERGENCIES ONLY**. Since Philmont comprises 215 square miles of rugged mountain wilderness, it may require several hours to transport you from some camps to return an emergency phone call. In those cases, it will speed contact when the caller has your Full Name and Expedition Number.

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Philmont Scout Ranch, BSA
Cimarron, New Mexico

TEAR-OUT

MISSION OF THE BOY SCOUTS OF AMERICA

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PHILMONT MAGIC

There is a magic spell at Philmont. Long ago the Indians felt it. Later Kit Carson, Lucien Maxwell, and other mountain men were captivated by Philmont Country. 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.

LOCATION AND TERRAIN

P is a national High Adventure base, owned and operated by the Boy Scouts of America. Philmont is large, comprising 137,493 acres or about 215 square miles of rugged mountain wilderness in the Sangre de Cristo (Blood of Christ) range of the Rockies. Thirty-four staffed camps and fifty-five trail camps are operated by the ranch (four camps are in the national forest). Philmont has high mountains which dominate rough terrain with an elevation ranging from 6,500 to 12,441 feet.

HISTORY

P has a unique history of ancient Indians 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 ranches along the Santa Fe Trail, and miners, loggers, and cowboys. All these people left their mark on Philmont.

WILDLIFE

P 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

P is rich in natural beauty, including the soaring Tooth of Time... sunrise from lofty Mount Waite 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

P 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 interpretive history, with exciting challenges for today—rock climbing, burro racing, mountain biking and .30-06 rifle shooting—in an unbeatable recipe for fast-moving fun and outdoors.

FELLOWSHIP

P means camping with your own unit as well as meeting and sharing experiences with other crews from all over America and from other countries. This is an opportunity for fellowship and understanding unqualified anywhere in America.

STAFF

P has the finest staff in America. Each man and woman on the large seasonal staff is carefully selected and trained. Scouting spirit, knowledge of camping skills, keen interest in their respective program specialties, and a love for Philmont make the staff dedicated to seeing that you have 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!

WHO MAY PARTICIPATE?

P 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, age, sex, or special needs. Participants must be registered members of the BSA who will be 14 years of age OR completed 8th Grade and be at least 13 years of age prior to participation. 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. Each participant must meet the health requirements as outlined in the Health and Medical form.

P Philmont cattle brand

P Philmont horse brand

2011 Philmont participants must be 14 years of age OR completed 8th Grade and be at least 13 years of age prior to participation.

PHOTO (TALENT) RELEASE INFORMATION – CHQ

All Philmont Scout Ranch participants are informed that photographs, film, Video tapes, electronic representations and/or sound recordings may be made during their visit to Philmont Scout Ranch.

These images may be used for training and promotion purposes for Philmont Scout Ranch and other projects approved by the Boy Scouts of America.

Backcountry participants will be asked to complete either a talent release form or a crew roster talent release form. Participants 18 years of age or older will be asked to sign the appropriate form and those under the age of 18 must have a guardian's signature on the appropriate form.

AWARDS

Two unique awards are presented to participants who successfully meet the challenge of a Philmont Expedition.

The Arrowhead Award

An individual camper award presented by your adult Advisor when you have:

1. Attended the opening campfire—"The Philmont Story."
2. Completed a Philmont-approved itinerary (except for medical reasons) with your crew.
3. Completed at least three hours of staff supervised conservation work or a camp improvement project on Philmont and took advantage of every opportunity to learn about and improve our ecology, and practiced the art of outdoor living in ways that minimize pollution of soil, water, and air.
4. Fulfilled the personal commitment to the Wilderness Pledge (see page 28).
5. LIVE THE SCOUT OATH AND LAW.

The "We All Made It" Plaque

An award presented by Philmont to each crew that:

1. Demonstrated good camping practices and Scouting spirit.
2. Followed an approved itinerary and camped only where scheduled.
3. Fulfilled the commitment to the Wilderness Pledge (see page 28).

**PHILMONT AWARDS ARE NOT FOR SALE.
THEY CAN ONLY BE EARNED.**

Duty to God

Under the guidance of a crew Chaplain's Aide each participant may fulfill the requirements for the Philmont "Duty to God" award. The requirements are: 1) participants must attend a religious service while at Philmont, participate in at least three daily devotionals with their crew, and lead grace before a meal; 2) participants must obtain a Chaplain's Aide signature to certify completion of the requirements; 3) Chaplain's Aide must secure a "Duty to God" brochure for the crew upon completion of the trek; 4) at conclusion of the trek, Scouts and Leaders may then purchase a "Duty to God" patch from the Tooth of Time Traders.

50-Miler Award

The 50-Miler Award, given by the National Council, BSA, may be earned by members of unit or council contingent groups. Requirements for this award include: hiking at least 50 miles and performing a 10-hour conservation project (3 hours or more will be earned at Philmont and the remaining 7 hours in your council). All Philmont itineraries meet the 50-Miler distance requirement. The award is secured through your local council service center.

Wilderness Pledge Award

Under the guidance of a crew Wilderness Pledge *Guía*, each participant can qualify for the new Wilderness Pledge Award. The requirements are:

- 1) Participate in Wilderness Pledge training provided by your Ranger; 2) Adhere to the five principals of the Wilderness Pledge throughout your trek, paying careful attention to camping practices; 3) Participate in a discussion about each of the seven principles of Leave No Trace (discussion led by the Crew Wilderness *Guía*), and 4) Find examples of each of the seven Leave No Trace principles during the trek.

PREPARING AND TRAINING FOR PHILMONT ADVENTURE.

A Philmont expedition begins at home. Months before arriving at Philmont, you should begin planning and training. Several details must be completed when your Advisor receives the "Expedition Advisor's kit."

Your Philmont Itinerary

The first step in preparing for Philmont is for your crew to select your itinerary. An itinerary is a hiking plan that describes camps and program features for each day on the trail. Crews submit their top five (5) itinerary choices to Philmont before May 1. Philmont will confirm one of your selections on a *first come first served basis*. Complete information about itineraries is contained in the "TREKS" 2010 Itinerary Guide.

Medical Record and Physical Evaluation

You must fill out a 2010 Philmont Health and Medical Record and have a physical evaluation performed by your doctor *before* departing for Philmont. Physical evaluations are valid for 1 year from the date of examination. You are required to have had a tetanus shot or booster within 10 years. A current measles vaccination is highly recommended. Participants **MUST NOT** exceed the maximum height/weight chart at the time of their arrival at Philmont. Give your completed medical form to your Advisor to present to the Philmont Health Lodge. A fee is charged for evaluations of campers who fail to get one at home or forget to bring the medical form. An additional charge is made for required tetanus shots when given by the camp physician. If an inhaler has been used in the past three (3) years, you will need to bring one. If you have an allergy to bees or food, you will need to bring an Ana-kit or Epi-Pen.

Know Your Expedition Number!

Your Expedition Number is assigned by Philmont. It is determined by your expected arrival date. For example, if your contingent is to arrive July 14, your Expedition Number will begin with 714, which signifies 7th month and 14th day. Since many contingents arrive each day, letters distinguish different contingents (for example, 714-A or B, C, etc.). If your contingent consists of several crews, numbers are used to designate each one. Thus, your crew's complete Expedition Number may be 714-A-2. If you don't know your crew's Expedition Number, ask your Advisor.

My Expedition Number is:

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Physical Training

A Philmont trek is physically demanding. Even if you are able to pass a physical examination with flying colors, you will need to get in shape for Philmont. Steep, rocky trails with 1,000-foot climbs are typical. Also, there is 20- to 35-percent less oxygen at Philmont elevations than at sea level. And remember, you will be carrying a pack that weighs 35 to 50 pounds. Breathing will be labored, especially at the start of your trek.

A program of regular aerobic exercise, started six months or more before you come to Philmont is highly recommended. Exercise for at least 30 minutes 3 to 4 times a week at an intensity that boosts your heart rate about 75% of your maximum. An average maximum heart rate is 220 minus your age. If you are older than 40, or have not been very active, consult your doctor before beginning an exercise program.

Jogging, hiking uphill or up long flights of stairs, and biking with a full pack are excellent preparation. Other aerobic exercises such as swimming, bicycling, and aerobic exercise classes can be used to supplement your training. Start slowly and gradually increase the duration of your exercise.

Exercise individually or with other members of your crew. Set aside regular periods of time to do it. Plan to be in top physical shape when you arrive at Philmont. You will enjoy your experience more and be less likely to have a medical problem. Wear the boots you will be bringing to Philmont.

Harassment

Philmont and the Boy Scouts of America prohibit language or behavior that belittles or puts down members of the opposite sex, unwelcome advances, racial slurs, chastisement for religious or other beliefs or any other actions or comments that are derogatory of people. We need to lift people up for the good things they do and refrain from putting them down for mistakes or poor judgment.

Philmont

SHARPEN YOUR HIKING AND CAMPING SKILLS

Time and effort spent in sharpening your hiking and camping skills will allow you more time to enjoy the natural beauties and program features of Philmont. The best way to practice and develop these skills is to participate in several outings with your crew. Use the Backpacking Merit Badge pamphlet or Venture Backpacking pamphlet to guide your preparation and training.

Gathering Your Equipment

Backpacking requires proper equipment just as any outdoor sport. Without suitable equipment you will face unnecessary hardships. Take only what you need. After several overnight camps you should be able to conduct your own shakedown to eliminate items that you didn't need. Remember, the key to successful backpacking is to go lightly. Check your equipment against the recommended list on pages 16 and 17. This is the maximum. All backpackers can reduce this list and still be comfortable, clean and safe.

Organizing Your Crew

A well-organized crew gets its chores accomplished quickly and has more time to enjoy Philmont. Your crew should be organized before you arrive at Philmont. If your crew is a chartered unit, this should be easy. If your crew is a provisional council group, it is especially important to be organized.

Each crew should elect a Youth Crew Leader several months prior to coming to Philmont. Your Crew Leader is responsible for organizing the crew, assigning duties, making decisions and recognizing the capabilities and limitations of each member. He or she leads by example and discusses ideas and alternatives with the entire crew to arrive at a consensus before taking action. This responsibility requires someone with leadership ability who is respected by everyone.

Each crew should also select a chaplain aide, perhaps a member of the crew who has received a religious award in Scouting. The chaplain aide is responsible for assisting the crew in meeting their responsibility to the 12th point of the Scout Law, as well as working with the Crew Leader and Advisor to ensure the smooth operation of the crew.

Each crew will select a Wilderness Pledge *Guru* (Guide). This individual will help the crew understand the principles of the Philmont Wilderness Pledge and Leave No Trace. This person will help the crew focus on camping practices that will adhere to the wilderness ethics outlined in the two approaches. With more than 21,000 participants camping each summer at Philmont, it is important that each person do their share to insure that we protect Philmont and our neighbor's properties for generations to come.

The Ranger assigned to serve as a resource for your crew may be either male or female. This person serves as a teacher and a resource for your crew and helps to coach the Crew Leader as well as the entire crew. You and your crew are expected to treat your Ranger with respect, regardless of gender.

Your adult Advisor counsels and advises your Crew Leader and crew. The Advisor assists if discipline is required. With the assistance of your Ranger, your Advisor is responsible for ensuring the safety and well-being of each crew member. **The Advisor lets the Crew Leader lead the crew.**

The entire crew and especially the Crew Leader and Advisor need to effectively relate to everyone in the crew. Crew congeniality is important to crew harmony. Make it a point to say something positive to each member of your crew at least once a day. Tell each person what he or she did well.

Good communication is crucial to your crew's success. Make sure that everyone participates in determining the objectives for the crew each day. After the evening meal is an ideal time to accomplish this.

Remember, when you are hot and tired, hungry and irritable, so is your crew. Everyone is expected to control personal behavior, especially when the going is tough. The Crew Leader needs to continually monitor the crew's dynamics.

A daily duty roster will help to organize your crew. Each crew member is assigned a responsibility for each day. Jobs should be rotated so that at least one experienced and one new crew member work together. Every job should be clearly defined. Your crew should have a list of all tasks for each job so that everyone knows what is expected. A form is provided with your Crew Leader's itinerary outline upon arrival at Philmont.

Backpacking – Setting the Pace

If you pack properly, backpacking will be much easier. Practice hikes will help. Your pace is the key to good backpacking. It should be slow enough to allow everyone to keep together without bunching up. Single file is the rule. A steady, constant pace is best. When climbing steep grades, your pace should be slower, but still constant. **Always keep your crew together.** A medical emergency is the only reason to separate from your crew.

Rest stops should be short and frequent. Any member of the crew can call for a rest stop at anytime. Sixty second rests will let you catch your breath. Learn to rest without removing your pack; if you bend over and loosen your hip strap, you can remove the weight from your shoulders. Deep breathing works best for high altitude backpacking on Philmont.

Conserving Energy

Use as many energy-saving techniques as possible; nibble snacks and drink plenty of liquids to sustain you throughout the day. On steep ascents, use the "rest step". Place the sole and heel of one foot flat on the ground. Lean forward and momentarily lock your knee. For an instant the bones of your leg and hips will support your weight, allowing the muscles of your thigh and calf to rest. Repeat this sequence with your other foot. Your pace will be slow, but you will save energy and make steady progress up the mountainside.

Use "rhythmic breathing" in conjunction with the rest step. To breath rhythmically, synchronize your breaths with your steps. On moderate slopes, take one breath per step; on steep slopes, take two or three breaths per step to take in more oxygen.

TIPS ON EQUIPMENT AND CLOTHING

Tents

Tents must be carried and used while at Philmont. Sudden downpours and gusty winds require appropriate shelter. Every member of your crew should know how to pitch, strike and fold a backpacking tent. Philmont issues the BSA Philmont Backpacker tent. (Footprint 5'6" x 7'6", approximate weight 5.6 lbs.) If you bring your own tent it must be a 2-person tent. Philmont will allow a single person tent in the event of an odd numbered crew. (No bivy sacks).

A 5'6" x 7'6" nylon or plastic ground cloth must be used under your tent. Tent mates can share the ground cloth. It is required that everyone sleep in a tent. The use of tents provides protection from weather and also is part of Philmont's Bear and Wildlife safety practice. No food or smellables should ever be allowed inside a tent.

Map and 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 camper has their own.

Learn and practice your map and compass skills. You will be able to know where you are at all times 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. Depending upon the map, each brown line represents a 20-foot or 40-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 (1:24,000 for Philmont section maps). The BSA "Fieldbook" and the "Orienteering Merit Badge Pamphlet" are excellent resources.

A GPS is encouraged, however, having a GPS does not constitute a primary source of navigation.

Packs and Frames

A sturdy pack, either external or internal frame, is essential for backpacking at Philmont. All of your personal gear, plus your share of food and crew equipment, should fit inside your pack.

A padded hip belt is essential for your pack. It allows you to transfer the weight from your shoulders and put it on your hips—which can support more weight than your shoulders.

To keep your pack dry at night and while hiking in the rain, a waterproof nylon cover is recommended.

All items in your pack should be neatly organized and packed in plastic bags. Additional bags may be used to carry small packages of food or to organize miscellaneous items.

Your map, compass, sunscreen, rain gear, camera, and first aid kit should be readily accessible. Roll your clothing tightly and pack it snugly inside a plastic bag. Do not pack aerosol cans or glass jars because they are bulky and prone to break or erupt.

Check your pack weight. Twenty to 25 pounds without food is preferred; 30 pounds is generally okay. Comfortable pack weights vary considerably with physical condition, age, and experience. Training will help you find out what weight is best for you. A fully loaded backpack should never exceed 25-30% of your body weight.

Using a Pack Frame

Your pack will be more comfortable if fitted with a proper internal or external frame. When you have packed your backpack, 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.

With an internal frame pack, heavier items should be packed toward the small of the back. With an external frame pack, heavier items should be packed towards the top of the pack and closest to your body to get the weight over your bone structure so your muscles will not tire easily.

When deciding what equipment to bring to Philmont, always consider each item's usefulness, durability, weight, and bulk. Remember that you are only packing for 11 days on the trail. It has been said that "An ounce in the morning is a pound at night".

If you do not have a good pack and frame with padded hip belt, or do not expect to use them after your trek, you can rent an external or internal frame pack at Philmont for \$18.00.

Be Prepared for Extremes of Weather

Be prepared for extreme weather variations at Philmont. Afternoon temperatures in low valley 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 of the above weather conditions.**

Clothing

During cold periods, it is especially important to stay dry since wet clothing loses much of its insulative 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. Down and cotton lose most insulative value when wet. 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 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 should have a rain jacket and pants.

Lightweight, closed toe shoes are recommended for use around camp and occasionally when hiking. These shoes will also be used when rock climbing, riding horses, and biking. Sandals are not generally acceptable but can be used in campsites only.

Glass and Aerosol Containers

No glass containers or aerosol cans should 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. If major items such as jackets are desired, more money will be needed.

About \$20 should cover most expenses on the trail. Money taken to the backcountry should be in small bills. These expenses may include:

- .30-06 rifle shooting—three shots free; shotgun shooting—three shots free; additional shots must be purchased.
- Youth 10-day fishing license, ages 13-17, cost determined by the state of New Mexico—about \$2.00; applies only to Philmont property.
- Adult fishing license: 1-day, 5-day, or annual—cost determined by the state of New Mexico—about \$17.00, \$29.00, \$61.00 (non resident). Most adults opt for the 5-day license which can be purchased in the backcountry. This requires bringing your driver's license with you on the trail, however.
- Healthy snacks, root beer, film, replacements for damaged equipment, etc.
- Fuel for stoves.

Sleeping Bags

Your sleeping bag should be warm (suitable for temperatures down to 25 degrees), but not bulky or heavy. If your sleeping bag may not be warm enough, long underwear and a stocking cap will increase your comfort on cold nights. 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 sack to store your sleeping bag and line the sack with a heavy-duty (4 to 6 mil) plastic bag safely secured to keep your sleeping bag dry even in wet weather.

Boots

A quality pair of broken-in hiking boots are a necessity at Philmont. Your trek may cover uneven rocky areas with many steep trails. Well broken-in boots that fit properly will keep you comfortable and prevent injuries.

When fitting boots, try them on at the end of the day when your feet may be a little larger. Use the same socks you will hike in. With your feet in the boots, and laces loosened, you should be able to place two fingers behind the heel. With your socks on and your laces fully tightened, your toes should not touch the end of the boot, while standing on a 30-degree incline. Don't be surprised if your boot is one size longer and one width wider than your shoe size. Hiking boots for Philmont should be 6 to 8 inches high with a sturdy sole. Be sure to treat your boots for wet weather.

Socks

Two pairs of socks will be more comfortable and prevent blisters. The two pairs should not be made of the same material. Wear a thin inner sock liner and a heavier outer sock. Advisors might consider a knee high inner sock with 8 to 12 mm of compression. Wool blends work very well for the outer sock. Socks made of new materials are available that are worn as a single sock.

Stretching

Hiking at Philmont can be as strenuous as any sport. Proper stretching before and after a hike can make your hike more enjoyable and prevent injuries. This can be extremely helpful for the Advisors and it sets a good example.

Caring for your Feet

Proper foot care starts before you come to Philmont. Make sure all foot problems are addressed by your family doctor or your foot specialist before arriving. While on the trail, you don't want to leave your group due to a preventable foot problem.

Make sure your toenails are cut. Cut them straight across. Clean feet and socks will reduce the possibility of blisters. Wash your feet before and after hiking. Change your socks daily. Always keep you feet and socks dry. Treat cuts and sores with antiseptic and adhesive bandages or mole-skin when necessary. Hot spots should be given immediate attention.

Photography

Although optional, a camera will record memorable experiences and beautiful scenes. Some crews select a crew photographer who takes shots for everyone. Another weight saving scheme is for several crew members to share a camera and have duplicate pictures made at home. If you have one set developed first, you can sort our poor photos before having additional copies made. You will save money as well as weight.

Digital photography can dramatically change your picture taking and sharing ability. Again, be sure to share images with other members of the crew.

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 lost and found can be returned.

Backpacking Stoves

Philmont requires the use of backpacking stoves. They will save time throughout your trek, particularly on wet mornings or when you need to start hiking early to avoid high afternoon temperatures (see page 11).

You must bring your own stoves. Philmont trading posts sell white gas, varieties of isobutane/propane fuel type canisters, stoves, and spare parts. If your crew uses butane, plan to carry the empty cartridges with you since they create a hazardous disposal problem in the backcountry.

Backpacking stoves must be used with adult supervision and should never be used in or near tents because of excessive fire danger. Bottles designed for fuel (available in the Philmont trading post) should be used to carry fuel. For safety, fuel may be purchased at Philmont rather than carrying it from home. Check the gasket of your fuel bottles to make sure they will not leak. A small funnel is needed for easy transfer of liquid fuels.

If using commercial transportation, check with your carrier regarding regulations for shipping stoves.

One stove per four persons is generally best. Learn and follow these safety tips:

1. Keep fuel containers away from hot stoves and fires. Never use fuel to start a campfire.
2. Let hot stoves cool before changing cylinders or refilling.
3. Never fuel or operate a stove in a tent, building, or dining fly.
4. Place stove on a level, secure surface before operating.
5. 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.

6. Refill stoves away from open flames. Recap all containers before lighting stoves.
7. Do not overload the stove.
8. Do not leave a lighted stove unattended.
9. Perform stove maintenance regularly, at home and at Philmont.
10. Store fuel in proper containers.
11. Carry out empty compressed fuel containers; they will explode if heated.
12. Use stoves only with knowledgeable adult supervision.

If using an isobutane/propane fuel stove, be sure to use a larger stove designed to hold an 8 quart pot. It is also safer to use one with a fuel line that separates the canister from the stove.



YOUR PERSONAL EQUIPMENT	Check	Double Check
Packing		
pack with padded hip belt (rental available)		
capacity: external frame—4000 cu in +/-		
internal frame—4800 cu in +/-		
*pack cover—waterproof nylon		
*6 to 12 (gallon size) Ziploc plastic bags to pack clothes		
Sleeping		
sleeping bag in stuff sack lined with plastic bag		
sleep clothes—worn only in sleeping bag (T-shirt and gym shorts)		
*straps to hold sleeping bag on pack		
*foam sleeping pad (closed cell or Thermo-Rest)		
CLOTHING		
Layer A (Hiking Clothes)		
hiking boots—well broken in		
lightweight sneakers or tennis shoes		
*3 pairs heavy socks		
*3 pairs lighter inner socks (polypro)		
3 changes underwear		
*2 hiking shorts		
*2 short sleeve shirts (not nylon)		
*1 hat or cap—flexible, with brim		
Layer B (Cool Evening)		
1 long sleeve shirt (wool or flannel)		
*1 long pants, cotton or nylon (not heavy jeans)		
*1 pair insulated underwear (polypro)		
Layer C (Cold)		
*1 sweater or jacket (wool or polar fleece)		
*1 stocking cap (wool or polypro)		
*1 glove liners or mittens (wool or polypro)		
Layer D (Cold, Wet, Windy)		
*1 sturdy rain suit (A)		
Eating		
deep bowl (small, plastic)		
*cup (measuring style)		
*spoon		
*3 or 4 one qt. water bottles (BB, A)		

Personal and Miscellaneous
*small pocketknife (A)
*matches and lighter in waterproof container (BB, A)
*flashlight (small with extra batteries and bulb)
*Philmont map (A)
*compass—liquid-filled (A)
*2 bandannas or handkerchiefs (BB)
money (\$10-\$20 in small bills)
*lip balm (BB, A) (with SPF of 25) chapstick
*soap, biodegradable (BB, S)
*toothbrush/toothpaste (BB, S)
*small camp towel
*tampons/sanitary napkins (BB)
*sunglasses (inexpensive)
*dirty bag (for personal items in bear bag)
Optional
*camera and film or memory cards (BB)
*whistle
watch, inexpensive
*fishing equipment/licenses
*postcards, pre-stamped
rubber bands (large for packing)
*foot powder (BB, S)
*note pad and pen
*daypack for side hikes (S)

NO RADIOS, CD/MP3 PLAYERS, VIDEO GAME DEVICES OR HAMMOCKS. CELLULAR TELEPHONES ARE DISCOURAGED. DO NOT BRING DEODORANT.

Code
 *Available at Philmont's Tooth of Time Traders
 (BB)—Packed together in plastic bag to be placed in bear-bag at night
 (S)—Share with buddy
 (A)—Easily accessible in pack or carried on person

CREW EQUIPMENT ISSUED AT PHILMONT

Each crew of 7-12 persons is issued the following equipment free of charge (except for damage or replacement charges when returned).

Person Responsible

- _____ 1 nylon dining fly 12' x 12', weight about 4 pounds
- _____ 2 collapsible poles for dining fly, weight about 1 pound
- _____ 1 BSA Philmont backpacker nylon tent with poles
(1 per each 2 persons), weight about 5½ pounds
- _____ 1 trail chef kit:
 - _____ 6 pounds or: 4 pounds
 - _____ 8-quart pot 6-quart pot with lid
 - _____ 4-quart pot with lid 4-quart pot with lid
 - _____ 2-quart pot with lid 2-quart pot with lid
 - _____ 1 fry pan 1 fry pan
- _____ 1 chef cutlery kit: 1 large spoon, weight about ½ pound
- _____ 1 pair hot-pot tongs, weight about ½ pound
- _____ 1 extra 8-quart pot for washing dishes, weight about 1 pound
- _____ plastic trash bags, salt and pepper
- _____ dishwashing soap, hand sanitizer
- _____ scrub pads
- _____ water purification chemical
- _____ 100-foot length of ½-inch nylon rope, weight about 2½ pounds
- _____ 3-6 bear bags (for hanging food), weight about 1½ pounds
- _____ plastic strainer and rubber scraper, weight about ¼ pound
- _____ toilet paper

EQUIPMENT PROVIDED BY CREW

Necessary items of equipment for each crew of 7-12 persons to bring to Philmont or to purchase include these:

- _____ 1 sewing kit with heavy thread and needle
- _____ *metal tent pins, 10 per person
- _____ *2-3 collapsible water containers, 2 1/2 gal. each
- _____ *2 or 3 backpacking stoves
- _____ *2 one-quart fuel bottles and funnel
- _____ 1 crew first aid kit—see page 38-39 (BB)
- _____ *duct tape for equipment repair (BB)
- _____ *spices for cooking (optional) (BB)
- _____ *padlock for your crew locker (extra security)
- _____ *waterproof ground cloth, 5'6" x 7'6", 1 per tent
- _____ *3 fifty ft. ¼" nylon cord
- _____ *sunscreen (BB)
- _____ *insect repellent—not aerosol (BB)
- _____ *2 or 3 water purifiers/filters (recommended)
- _____ 1 multi-type tool
- _____ *Philmont sectional maps
- _____ *1 bottle sunscreen, at least 25 spf (BB)
- _____ *1 camp shovel/trowel
- _____ 1 large carabiner for rigging "coops" bag with bear bags

* Available at Philmont Trading Post
 (BB) Packed in plastic bag to be placed in bear bag at night
 Additional supplies may be required for your trip to and from Philmont

ARRIVING AT PHILMONT

In Cimarron, New Mexico, a small, historic town that Kit Carson and Buffalo Bill once knew, turn south off U.S. 64 on NM 21. Cimarron means “wild” or “untamed” in Spanish and echoes memories of a wild and woolly past. After crossing a small bridge over the Cimarron river, you will see a hotel to the left. The St. James Hotel boasts an exciting history. Jesse James, Wyatt Earp, Clay Allison, and other famous gunfighters stayed here. Twenty-six men were allegedly carried from the hotel—feet first!

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

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

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

Looking to your right, every mountain you see lies on Philmont. As you scan the horizon, you can just see the top of the famous “Tooth of Time”.

Beyond the buffalo pasture, the group of buildings on the right are homes of ranch personnel. Farther back are the barns where Waite Phillips once kept polo horses. The administration offices and homes are next on your left. Warehouses for food and supplies, farm equipment, vehicles, and maintenance shops are located here.

Next on your left is the Villa Philmonte, the magnificent summer home of Waite Phillips. Notice the Spanish-style architecture, high arches, and tile roof. Surrounding the Villa is the Philmont Training Center where Scouting families live in tent cities during weekly training conferences held throughout the summer.

Past the Villa on the left is the Philmont Museum and Seton Memorial Library where interesting collections are exhibited for you to see.

DAY ONE AT PHILMONT

Welcome Center

At last you’re here! Drive through the gateway to the unloading area at the Welcome Center, where you will be greeted by a staff member with complete instructions for unloading. Please follow them carefully.

Meet Your Ranger

After unloading, you will meet your Ranger, a well qualified male or female who has a sincere interest in your group and has been trained to help your crew get started on a successful expedition. The Ranger’s job is to lead you through the Philmont check-in and to accompany you for 2 days on the trail to review camping and hiking skills.

Philmont Check-In

Before your crew hits the trail, the following steps must be completed:

1. Start Hydrating Now

2. Tent Assignment

You will receive tent assignments at the Welcome Center for your first night at Philmont. Your ranger will show your crew to their assigned tents.

3. Your Advisor Picks up the Key to Your Crew Locker

You will be taken promptly to the Security office where you may reserve a crew locker for safekeeping your belongings. Only your Advisor will have the locker key. All unattended gear and clothing must be stowed in your crew locker (max. 2 lockers per crew) or vehicle when you hit the trail. Nothing can be left in your tent. If you have vehicles, please use them and save the limited lockers for crews traveling by public transportation.

4. Your Advisor Meets the Registrar

Your contingent leader or Advisor will meet a registrar in the Camping Headquarters office to finalize fee payments. A completed roster and photo talent release roster of participants must be turned in at this time and certificates shown for first aid, CPR and tour permit. Philmont requires that at least one person (preferably two) in each crew be currently certified in American Red Cross Wilderness First Aid Basic and CPR or the equivalent. A large envelope for storing extra money and valuable papers will be issued here. When you have deposited these items, your Advisor will return the envelope to the registrar to store in a safe while you are on the trail.

5. **Your Leaders Visit Logistics Services**
Your adult Advisor and Crew Leader will meet one of the itinerary planners at Logistics Services to finalize arrangements for your program, food pickups and bus transportation. Your Crew Leader should bring a Philmont wall map to mark your route and campsites. You will be given a copy of your selected itinerary as a souvenir of your Philmont adventure.
6. **Your Crew Photograph**
A Philmont photographer will take the picture and color prints (8" x 10") will be available when you return from the trail. Each person will receive one photo free. The photographer will record the crew order. The BSA uniform or crew uniform is appropriate dress.
7. **Medical Recheck**
A medical recheck will be given to all crew members. Your ranger will give you the procedures for this required recheck. Participants who do not satisfactorily complete this recheck will be sent home at their expense. Participants must not exceed the maximum weight/height chart. You will need to bring any medication with you to the recheck.
8. **Laundry – Trail Equipment – Trail Food Issue – Mail**
Dirty clothing may be laundered at Philmont's self-service Laundromat. One or more crew members should be assigned to bring all the crew's dirty clothes to the laundry. All clothing should be marked with your names in indelible ink and any loose patches or insignia should be removed to save time and confusion for everyone. Laundry soap and supplies are available from the Tooth of Time Traders or the Laundry.
Trail equipment including tents, poles, cutlery kits, cooking pots, etc., will be issued to your crew from the trail equipment section of the Mabee Services Building. Your first trail food will be issued in this complex also. The Crew Leaders' copy of your itinerary must be presented to draw your trail food.
Just before leaving the Mabee Services Building, your Advisor or Crew Leader should pick up your mail.
9. **Shakedown**
In a place designated by your Ranger you will unpack everything. Your ranger will review the necessary items and demonstrate the best methods of packing at Philmont. Store excess items in your crew locker or vehicle.
PLEASE NOTE: After leaving Camping Headquarters, there is NO opportunity to return excess baggage. If you have doubts about taking certain items, discuss them with your Ranger. Your Ranger will not take any gear from the trail.
10. **Your Crew Reporter Visits News and Photo Service**
Before departing for Philmont, your crew should select one member to serve as its reporter. The reporter should contact local news media and arrange to have one or two articles about your Philmont expedition published. Philmont's News and Photo Service will furnish helpful hints and other information for news articles to your reporter. Bring an email address for your local paper to submit an article while at Philmont.
11. **Tour Camping Headquarters – Tooth of Time Traders**
As time permits, your Ranger can give you a tour of Camping Headquarters. Tours of the Villa Philmonte can be scheduled at the Philmont Museum.
Your tour should include a visit to the Tooth of Time Traders, where a complete supply of Scout uniforms and equipment, Philmont items (patches, belts, buckles, wool jackets, maps, etc.) and other souvenirs are available. You will have another opportunity to visit the trading post when you return from the trail.
12. **Headquarters Dining Hall**
In Camping Headquarters, you will eat in the dining hall. The menus are well-balanced and nutritious.
13. **Advisor's Meeting/Crew Leader's Meeting/Chaplain Aide's Meeting/Wilderness Pledge *Guia* Meeting**
Separate meetings will take place for Advisors, Crew Leaders, Chaplain Aides, and Wilderness Pledge "*Guia*". Topics will include: current backcountry conditions as well as tips to improve your expedition.
14. **Religious Services**
Chaplains of Jewish, Protestant, Catholic, and LDS faiths conduct services at Camping Headquarters beginning at 7 p.m. Your crew is encouraged to attend (see page 52). The *Tooth of Time Traders* and Snack Bar will be closed at this time.
15. **Write Home – Call Home**
After supper is a good time to write home. Your parents will enjoy hearing from you. (Philmont postcards are available at the Tooth of Time Traders.) Phones are available in base camp.
16. **Opening Program**
Your first evening program at Philmont is a pageant of the "Philmont Story", a historic narrative of the Southwest. Your Philmont adventure begins here. Warm clothing is recommended for this and all evening programs.

17. A Good Night's Sleep

Following the evening program, quietly return to your tent for a good night's sleep. Tomorrow you hit the trail!

18. Security and Lost-and-Found

Philmont employs a seasonal staff to assist with lost and found, issue crew lockers, and provide security. Do not leave valuables in tents — Philmont is not responsible for lost or stolen items.

DAY TWO AT PHILMONT

At Headquarters

After breakfast, check out of tent city and report to the Welcome Center at the time scheduled for your departure.

Enroute to Starting Camp

A Philmont bus will take your crew within hiking distance of your starting camp. Be prepared to hike to your camp.

Starting Camp

Here your Ranger will work with you on:

- Mountain hiking and camping skills
- Map and compass navigation
- Adjusting to high elevations
- Trail and personal safety and first aid
- Lightning Safety
- Stove and liquid fuel safety
- Fire building and extinguishing (conditions permitting)
- Cooking dehydrated menus at high elevations
- Water purification process
- Camp and personal sanitation
- Wilderness Pledge—your personal commitment
- Conservation and environmental awareness
- Low-impact and minimum-trace camping skills and techniques
- Bear, Mountain Lion and wildlife procedures

DAY THREE AT PHILMONT

After a good night's sleep and a good breakfast in starting camp your Ranger will hike with you on the first leg of your Philmont trek. Your Ranger will be on hand to assist you and will offer constructive ideas on how to sharpen your camping skills. When your crew has achieved reasonable proficiency in hiking and camping skills, your Ranger will leave you (usually early in the morning of your fourth day). Then you are strictly on your own.

Hiking on Philmont

Philmont abounds with picturesque hiking areas. Every section of the ranch has many opportunities for stimulating and beautiful hikes. Take time to enjoy those scenic panoramas, delicate wild flowers, 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.

Hiking on 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, within hearing 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 that 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, 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 (see page 40-48). All staffed camps have water supplies and two-way radio communications with the Philmont Logistics Services, Commissaries, trading posts, and showers are available at some staffed camps. See the Itinerary Guide for detailed information on camp facilities.

Trail camps have water but no staff. Here you are completely on your own. All itineraries include several trail and/or dry camps. They are part of your Philmont experience. See the Itinerary Guide 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. Vast stretches of the great Southwest are dry, and early pioneers traveling the Santa Fe Trail in covered wagons had to conserve every cup of water. Sometimes they had to drink the blood of their oxen and other animals to survive. You will not have to endure this much hardship, but 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.

All campsites are clearly designated with numbers routed into wood blocks nailed 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 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 Points

Metal fire rings have been established at all camps. They are to contain the fires, reduce possibilities of forest 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.

Cooking—Food Pickups

Ten different trail menus are issued. Packaged in durable, disposable poly bags, these lightweight trail meals have been carefully developed and checked for quality and quantity for rugged mountain hiking and backpacking needs of energetic young people and leaders who hike Philmont trails. Concentrated foods do not always look or taste the same as fresh, frozen, or canned foods, but when properly prepared they are appetizing and nourishing. Your crew may find it helpful to practice cooking freeze dried/dehydrated food before your trek begins.

Explicit cooking directions are indicated on each food packet for your convenience. Follow these instructions closely. Remember, make allowances for high-altitude cooking.

High-altitude cooking is different than at lower elevations—it takes longer. At 7,000 feet, which is low at Philmont, water boils at 199°F. At 9,000 feet, a typical Philmont elevation, it boils at 195°F and at 11,000 feet, a high Philmont elevation, it boils at only 191°F. Water at higher elevations is generally colder, requiring more time to boil. By keeping your pots and food and water covered, you can decrease the heat loss and reduce your cooking time. To overcome this loss of time due to high altitude and cold water, you should organize your meal preparation procedures well.

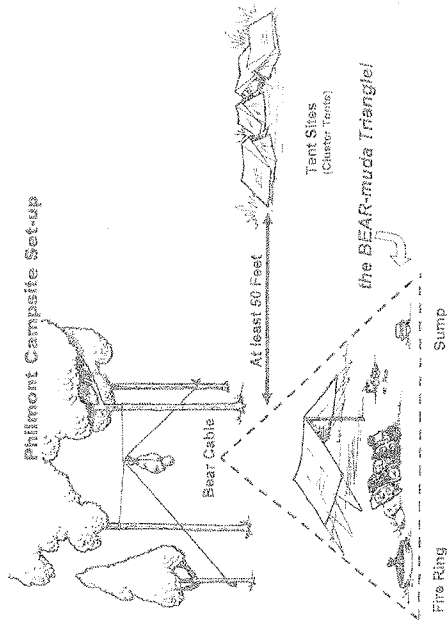
When planning your trek, a Philmont itinerary planner will designate camps where you will pick up food. Normally, you will carry a 2-3 day supply—sometimes 4, depending on your itinerary. Each camp commissary staff will issue you specific menus according to a prearranged plan. This plan enables your crew to eat a different menu each of your 10 days on the trail. Philmont trail food is by necessity a high-carbohydrate, high-caloric diet. It is high in wheat, milk products, sugar and corn syrup, and artificial coloring/flavoring. If an individual is allergic to some food products or requires a special diet, suitable trail food must be purchased at home and brought to Philmont. Lightweight, non-perishable, low bulk foods are recommended for backpacking. Package each day's meals separately and write the person's name and Expedition Number on each package. Upon arrival at the ranch, give the food to your Ranger who will take it to Logistics. Arrangements will be made to transport it to the appropriate backcountry commissaries for your crew. There is no fee reduction for individuals who bring their own food.

Appropriate substitutions can be arranged for food served in the dining hall by speaking with the dining hall manager upon your arrival at Philmont.

Philmont asks that food substitutions be requested only for medical (including allergies) or religious reasons. Your cooperation is appreciated. If there is any question about food substitutions, please contact Philmont by telephone (575-376-2281) or in writing. All food shipped to the backcountry is subject to inspection to insure best delivery method.

BEARMUDA TRIANGLE

Your Ranger will teach your crew how to set-up your campsite using the "Bearmuda Triangle". This method concentrates all activities that might have a smell within a triangle formed by the fire ring, sump and bear cable. Tents are set up outside the triangle and backpacks, dining fly, cooking and dish-washing take place inside the triangle.



PRESERVING THE PHILMONT WILDERNESS

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 number of 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 he or she 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 carry this pledge to all camping areas that they might visit throughout America.

WILDERNESS PLEDGE

The major areas of emphasis involved in the Philmont Wilderness Pledge are:

Litter and Graffiti

Each camper should make sure that all trails and campsites 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.

Wildlife

Respect Philmont's wildlife, including livestock. Follow all guidelines regarding food handling and trash disposal. Never feed or harass wild animals.

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 or do laundry or dishes 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.

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.

Campsites

Each crew is responsible for leaving a neat and orderly campsite, whether it be in Camping Headquarters, staffed camps, or nonstaffed 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; 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, 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.

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 prehistoric Indians (arrowheads, potshards, grinding stones, etc.) to old mining camps (bottles, cans, equipment, cabins, etc.). Specimens of plants, animals, or artifacts, such as 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 Philmont Museum.

SAFE AND HEALTHY CAMPING AND HIKING

Strict adherence to proper health and safety practices is crucial at Philmont. Campers are responsible to themselves for remaining strong and healthy. Failure to purify water or to rinse dishes thoroughly may affect everyone in the crew. Health and safety are a crew responsibility, as well as an individual one. Here are some wise trail practices that will help keep you and your crew strong, safe, and healthy.

Dehydration

Low humidity and strenuous activity cause your body to lose enormous amounts of fluids. You will dehydrate even though you do not feel thirsty. You need to drink more water than you usually do. Six to eight quarts per day is not excessive. The salt content of Philmont's menus is adequate to replace your loss of salt from sweating. Salt tablets are not recommended. Symptoms of dehydration include light-headedness, dizziness, nausea, general weakness, muscle cramps, and sometimes fever and chills. Hot, clear days accelerate loss of body fluids. Plan to hike early in the morning to avoid the intense heat of midday and potential dehydration problems.

Heat Exhaustion

Prolonged physical exertion in a hot environment may cause heat exhaustion. The subject may feel faint and have a weak, rapid pulse. Body temperature usually remains near normal. The afflicted person should rest in a comfortable environment and drink fluids.

Heat Stroke

Though less common than heat exhaustion, heat stroke is much more serious. The body's cooling mechanisms stop functioning from overwork. The patient's body temperature soars and the skin is hot, red, and dry. Cool the patient immediately with a dip in a stream or put him/her in the shade and drape bare skin with wet cloths. When the patient is able to drink, give fluids. Treat for shock and get help.

Keep Personally Clean

Good campers are clean. Personal cleanliness will make you feel better. Take pride in the personal appearance of yourself and your crew. Your appearance will be compared with that of other crews from all parts of America. A short haircut is recommended the day before you leave for Philmont. Short hair is easier to wash and comb when you are in the rugged, challenging wilderness. Showers are available at Indian Writings, Ponil, Dean Cow, Baldy Camp, Sawmill, Cimarroncito, Clarks Fork, Cyphers Mine, Beaubien, Phillips Junction, Miners Park, Abreu and Zastrow (except during drought periods). Sponge baths can be taken at most camps.

Caring for Your Feet

Proper foot care will keep your feet healthy. Cut your toenails short and square—don't round the corners. Clean feet and socks will reduce the possibility of blisters. Wash your feet before and after hiking. Change your socks daily. Always keep your feet and socks dry. Treat cuts and sores on your feet with antiseptic and adhesive bandages or moleskin. Hot spots should be given immediate attention.

Wash Your Clothes

The mark of a first-class backpacker is clean clothes. You can wash clothing at shower houses. They will dry quickly in Philmont's low humidity.

Hyperventilation

A feeling of panic accompanied by rapid breathing with shallow breath is symptomatic of hyperventilation. The subject loses carbon dioxide from the bloodstream and may become numb around the mouth and in the extremities. *If untreated, the person may experience violent spasms in the hands and feet and even lose consciousness. Hyperventilation occurs fairly frequently, especially to teenagers and young adults when undergoing strenuous activity at high elevation.*

Although it is usually not serious for an otherwise healthy person, the symptoms of hyperventilation can be frightening to the subject and the crew. The

most effective treatment is to have the subject re-breathe his or her own air from a plastic or stuff sack. The higher concentration of carbon dioxide in re-breathed air will enter the lungs and in 10-20 minutes get into the person's bloodstream and restore a normal balance. Reassure the subject and tell the person to take long, deep breaths from the bag.

Hypothermia

Hypothermia results from exposure to cold, wet weather, with most cases developing in air temperatures of 30° to 50°F (common in Philmont's high country). Wind, wet clothing, or exhaustion increase the chance of hypothermia. Always carry rain gear with you on side bikes. Symptoms include faltering coordination, slurred speech, loss of good judgment, disorientation, numbness, and fatigue. Wet clothing must be replaced with dry, preferably wool or polypropylene clothing. Apply heat to the head, neck, sides, and groin with hot-water bottles, warm, moist towels, or the bodies of two other persons. Put the subject in a sleeping bag and give hot sugary liquids if able to drink without choking. Do not rub the subject's body, as that may cause injury.

Sunburn

Prevent sunburn by wearing a broad-brimmed hat and applying a high-numbered sunscreen—at least 25 SPF. Cover the most susceptible parts of your body—nose, head, face, neck, ears, knees, and legs. Fair-skinned campers should apply protection early in the morning and reapply it during the day. If you do become sunburned, treat it immediately. Get the afflicted person to shade, and administer fluids. The incidence of developing skin cancer is fairly high among people who have been severely sunburned during childhood. Taking preventative measures is a wise precaution.

Acute Mountain Sickness (AMS)

Participants who live at less than 3,000 feet elevation may require 2 to 3 days, or more, to adapt to a higher elevation above 6,000 feet. Teenagers and young adults have a higher incidence of acute mountain sickness (AMS). A gradual ascent of not more than 1,000 feet per day above 6,000 feet elevation will help prevent AMS.

Physical symptoms of AMS include headache, insomnia, fatigue, shortness of breath, lassitude and intestinal upset. Psychologically, a person may become irritable and have difficulty concentrating. AMS usually occurs at elevations in excess of 6,500 feet—all of Philmont qualifies.

Descending to a lower elevation, avoidance of strenuous activity and taking aspirin for headache may relieve the symptoms of AMS.

If this is not successful within 24 hours, the subject may need to be transported to base camp. While regular physical conditioning prior to the trek is beneficial, it does not prevent the development of AMS.

