

PREFACE

This guide is designed to assist council contingents and units plan a successful Philmont adventure. Your Philmont journey has already begun and proper preparation now will result in a smoother more enjoyable Expedition.

*It is important that each adult advisor become familiar with every aspect of the trip. Equally important is sharing information with participants and their parents. Philmont is not like **other** Scout camps and Philmont may not be for everyone. The stamina required to hike is much greater because of the distance, elevation changes and length of the Expedition. Every participant should understand Philmont's Risk Advisory (page 16) and be aware of potential hazards. Philmont is placing a special emphasis on physical preparation, including a revised **Health and Medical Record**. However, each group must carefully select participants that are capable of completing an Expedition. The height/weight chart on page 19 can serve as a guide to help determine who will attend.*

*Philmont and the Boy Scouts of America expects all participants will conduct themselves in a Scout-like manner. An estimated 22,000 participants will attend Philmont in 2008 from across the nation and several foreign countries. This provides many enriching opportunities, but also requires respect for other participants. Let the Scout Oath and Law guide the actions of your group in **all** situations.*

Please read this guide carefully. Experienced advisors and new advisors will find the answers to their many questions regarding Philmont. Good luck as you continue preparing for your Expedition, we look forward to serving your group next summer.

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Visit the Official Philmont Store:
www.toothoftimetraders.com

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Cimarron, New Mexico**

PHILMONT HIGH ADVENTURE EXPEDITIONS

ADULT LEADERSHIP - BSA POLICY*

The best available adult leadership should be recruited to accompany each crew. In keeping with the policy of the Boy Scouts of America, there are no gender restrictions for adult leadership at Philmont except that each Coed Venturing crew must have coed adult leaders. **Each adult must be a registered member of the Boy Scouts of America.**

Each Philmont Expedition or group must have at least two BSA registered adult advisors for Scout groups, one advisor must be at least 21 years of age; the second advisor must be at least 18 years of age. **Each crew is required to have a majority of youth participants, and the maximum number of adults (over 21) is four (4) per crew.** Participants 18 through 20 years of age may be counted as youth or adult crew members.

Coed Venturing Crews are required to provide coed leadership while en route to and from Philmont and while hiking the trails of Philmont. A Coed Venturing crew must have at least one male advisor and at least one female advisor, each of whom must be at least 21 years of age. Male and female youth participants will not share the same sleeping facility. Male and female advisors are required to have separate sleeping facilities. Married couples serving as adult advisors may share the same quarters if appropriate facilities are available. Female advisors must be responsible for the female participants; male advisors must be responsible for the male participants.

When staying in tents, no youth will stay in the tent of an adult other than his or her parent or guardian.

All advisors must be physically capable of hiking and camping in Philmont's high mountains for the length of the expedition. Each advisor is expected to reflect high moral standards established by custom, traditional values and religious teaching.

Philmont recommends groups identify alternate leadership able to “step in” at the last minute in the event a leader is not able to attend. Philmont cannot provide staff to meet the BSA, two-deep leadership requirement.

* Refer to *Guide to Safe Scouting*, No. 34416, for additional adult leadership policy.

YOUTH PARTICIPANTS

2008 PHILMONT PARTICIPANTS MUST BE AT LEAST 14 BY JANUARY 1, 2008, OR HAVE COMPLETED THE 8TH GRADE AND BE AT LEAST 13 YEARS OF AGE PRIOR TO PARTICIPATION. TO AVOID DISAPPOINTMENT, PLEASE DO NOT REQUEST OR EXPECT EXCEPTIONS! REQUIREMENTS FOR PHILMONT PARTICIPATION CANNOT BE RELAXED.

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 disability.

Youth must be registered members of the Boy Scouts of America, and may participate in a Philmont expedition in one of the following ways:

- As members of a chartered unit - Scout Troop, Varsity Team or Venturing Crew.
- As members of a council contingent or district contingent with required leadership.
- As individuals in the Rayado Men/Women, Ranch Hands, Trail Crew Trek, R.O.C.S. Men/Women (Roving Outdoor Conservation School), or the Order of the Arrow Trail Crew.

Unregistered guests or family members are not permitted.

YOUTH PROTECTION

All registered adults must have current BSA Youth Protection Training for participation in any national event/activity. Because of the great concern the Boy Scouts of America has for the problem of child abuse in our society, the Youth Protection program has been developed to help safeguard both our youth and adult members.

Published and videotaped materials have been prepared to give professionals and volunteers information on the resources available for educating our membership about child abuse - how to avoid it, how to identify it, and how to deal with it. These materials and local council training programs are designed to give parents and their children basic information that will increase their awareness and sense of personal power to assist in their own self-protection.

Unit leaders can learn more from these materials:

Child Abuse: Let's Talk About It, (No. 3943); Spanish edition, *Abuso de los Ninos*, (No. 94-006)

Youth Protection Basic Training for Adults (Cub Scout and Boy Scout, No. 90-148; Venturing, No.34-225)

How to Protect Your Children from Child Abuse: A Parent's Guide - Included in all Boy Scouts of America handbooks as a special insert

A Time to Tell (video) - Available from district executive or local council service center

HAZING - INITIATIONS - DISCIPLINE

Any form of hazing, initiation, ridicule, or inappropriate teasing is prohibited and must not be allowed.

A WORD ABOUT CONDUCT

The Scout Oath and Law should serve as the guide in all interactions with other participants and staff. Philmont serves groups from many different backgrounds and it is important that each group respect the other. This includes coed and female crews and female staff. It is not acceptable to act in a manner which belittles, harasses or makes others uncomfortable.

Each group should develop a procedure regarding unacceptable behavior and/or conduct. The best method to accomplish this is to outline expectations before the trip, as well as consequences if a participant chooses to act in a way contrary to established guidelines. Parents/guardians must be informed of the guidelines. Remember, advisors are responsible for their participants at all times - Philmont cannot provide supervision should a participant be removed from the trail for discipline reasons, they must be sent home at their own expense. **An adult advisor will be required to come off the trail to provide supervision and assist with transportation arrangements in the event a participant is sent home.**

Philmont strongly recommends tobacco products not be used. Smoking and the use of smokeless tobacco is prohibited in all Philmont buildings, tents, vehicles and on Philmont trails. If tobacco is used it must be in designated areas.

Possession or use of alcoholic beverages or non-prescribed drugs (including marijuana) or abuse of prescribed drugs are expressly prohibited in the Philmont program. Groups or individuals found in violation of this policy will be sent home immediately as arranged with the responsible council or parent/guardian.

OTHER REQUIREMENTS

HEALTH AND MEDICAL RECORD

Every camper and advisor is required to have a medical evaluation within twelve (12) months of their participation date by a physician licensed to practice medicine. An examination conducted by a physician's assistant or a nurse practitioner will be recognized for states where they may perform physical examinations to students enrolled in public school systems. **The 2008 Philmont Health and Medical Record must be used.** These forms will be available fall of 2007 and will be mailed to the contact person for your reservation at that time. Advisors are to collect and hold the forms to be turned in at the Health Lodge upon arrival at Philmont. **Review each participant's medical form to be familiar with any health restrictions, check for parental and physician's signatures, and that a copy of participants insurance card is attached.**

An individual should always contact the family physician first and call Philmont at 505-376-2281 if there is a question about the advisability of participation. Philmont's chief medical officer and other medical staff of the Health Lodge reserve the right to make medical decisions regarding the participation of individuals at Philmont.

Participants will be charged for medications dispensed at the Health Lodge. Each crew must bring a first aid kit. The *2008 Guidebook to Adventure* will contain a recommended first aid kit supply list. Many "over the counter" medications are available at the Tooth of Time Traders.

RELIGIOUS BELIEFS AND MEDICAL CARE

The following is the policy of the Boy Scouts of America regarding medical requirements:

Medical examinations for camp attendance are required of all campers for the protection of the entire camp group. The immunization requirement is waived for persons with religious beliefs against immunization. (Write or call Philmont for a copy of the waiver form.)

IMMUNIZATIONS

Verification is required that adequate Tetanus Immunization has been given within the last 10 years prior to arrival at Philmont. If this service must be performed at Philmont, you will be charged accordingly.

MEDICATIONS

Each participant at Philmont who has a condition requiring medication must bring an appropriate supply. The pharmacy at the Health Lodge is limited and the identical medications may not be available. In certain circumstances duplicate or even triplicate supplies of vital medications are appropriate. People with an allergy to bee, wasp or hornet sting must bring an EpiPen or equivalent with them to Philmont.

FIRST AID AND CPR CERTIFICATION REQUIRED (Note – NEW REQUIREMENT – 2008)

Philmont requires that at least **one person**, preferably two, (either an advisor or a youth participant) **in each crew be currently certified in American Red Cross Wilderness First Aid or the equivalent* and CPR from the American Heart Association, the American Red Cross or the equivalent.** The American Red Cross Wilderness First Aid is a sixteen hour course designed to help in situations when help is not readily available. Several hours may be required for Philmont staff to reach a remote backcountry location after a message is delivered to the nearest staffed camp. First aid and CPR training will result in proper and prompt attention being given to injuries and/or illnesses. **You must present current certification cards upon check in to verify this requirement.**

*Equivalent training can be obtained from the following organizations:

Wilderness Medical Associates (WMA) www.wildmed.com; Stonehealth Open Learning Opportunities (SOLO) www.soloschools.com/wfa.html; National Outdoor Leadership School (WMI) www.nols.edu/wmi/;

*Equivalent training can be obtained from the following organizations (cont'd):
National Safety Council (NSC) www.nsc.org; Wilderness Medical Society (WMS) www.wms.org;
Wilderness Medicine Training Center www.wildmedcenter.com; Wilderness Safety Council www.wfa.net;
American Safety & Health Institute www.ashinstitute.org

ORGANIZE YOUR CREW

CREW SIZE - 12 MAXIMUM - 7 MINIMUM

The maximum crew size is 12 people and the minimum crew size is 7 people, including adult advisors. These standards are strictly enforced. Each crew is required to have a majority of youth participants, and the maximum number of adults (over 21) is four (4) per crew.

Experience, as well as wilderness emergency procedures, and Leave No Trace principles have proven that a group of 7 to 12 people is the best size for a Philmont crew. The itineraries have been developed for this number. You will find handling crew chores more efficient, food distribution best and program opportunities greater. Also, keeping the crew together on the trail will be easier. Campsites are designed to comfortably accommodate a maximum of 12 campers.

Council contingents and other large groups should organize their crews according to hiking and camping abilities. Each crew can then choose an itinerary that corresponds to its ability, and travel at its own pace. Should something happen to one of the Advisors, adult leaders need to be prepared to move to another crew within a contingent. This may be on the same itinerary or a different itinerary.

Note: Philmont reserves the right to combine smaller crews within contingents or multi-crew groups to maximize staff resources.

CREW LEADER

A well qualified Scout or Venturer should be selected as crew leader before training begins. The crew leader is a key person for a successful Philmont expedition and the advisor must work closely with this person. The crew leader should:

- be elected by the crew.
- lead by example.
- be respected by the crew.

The crew leader responsibilities include:

- Discussing ideas with the entire crew to arrive at a consensus before taking action.
- Organizing the crew, assigning duties and making decisions.
- Choosing routes during the trek based upon the capability of the crew
- Setting up and breaking camp
- Checking that all "smellables" are properly stored
- Making sure the *Philmont Wilderness Pledge* is being upheld and that every campsite, fire pit and dish water sump is left clean.
- Guiding crew in conservation project.

CHAPLAIN AIDE

Philmont strongly recommends one crew member be asked to serve as a Chaplain Aide. Someone who has earned or is working on their religious award should be considered. The Chaplain Aide will be asked to lead daily devotionals and other appropriate religious services. A kit of worship resources including the booklet *Eagles Soaring High* will be provided for use along the trail during a training session provided

upon arrival at Philmont. The Chaplain Aide will certify completion of requirements of the *Duty To God* award for each crew member. (Awards may be purchased at the Tooth of Time Traders at the conclusion of the trek.)

UNIFORMS

Philmont strongly recommends groups wear the BSA field uniform while in base camp, especially at chapel service, dinner and opening/closing programs. The uniform is also appropriate for traveling to and from Philmont.

The Philmont Tooth of Time Traders carries a variety of Scouting tee shirts and clothing. The use of Philmont Logos is permitted, provided they are manufactured by a BSA licensed vendor. You can check out the Tooth of Time Traders online at www.toothoftimetraders.com.

EXPEDITION TRAINING

To ensure the success and enjoyment of a Philmont trek, each expedition should be thoroughly trained for the trek. Each crew should conduct several backpacking trips to prepare each member physically and mentally and to mold the unit into an efficient camping crew. These activities should include hiking with full packs and training in the use of map and compass.

Each crew member must be in top physical condition to enjoy the rugged, southwest experience. Personal physical conditioning should begin **months** prior to the trek. This conditioning should include regular aerobic activity. Please review the information on pages 20 - 21.

ADVISOR'S KIT

Medical forms will be sent in the fall of 2007 in order to allow time for physical fitness training and conditioning. In mid-March 2008, each registered Philmont expedition Advisor will be sent a kit of materials for each crew. Included will be the *2008 Itinerary and Advisors Guide*, *2008 Guidebook to Adventure*, a Philmont map, insurance pamphlet, Tour Permit application, crew roster and talent release form. The Expedition Advisor's kit contains all the information needed for final preparation of your Philmont expedition.

Please notify Philmont if a change occurs in the contact person for your Philmont Expedition. Materials and information are mailed or emailed to the contact on record.



FEE PAYMENT POLICY

The fee for 2008 is \$560.00 for every participant including adult advisors. A reservation fee of \$50.00 per participant, including adult leaders, is required to hold your arrival date. Please refer to your last financial statement for your specific payment schedule.

ALL FEES (Reservation, Advance and Balance as indicated in fee payment schedule) ARE NON-REFUNDABLE AND NON-TRANSFERABLE TO THE BALANCE OF FEES IN EVENT OF CANCELLATION. BE CAUTIOUS OF MAKING RESERVATIONS OR PAYING FEES FOR THOSE WHO HAVE NOT MADE A FINANCIAL COMMITMENT.

Philmont must commit financial resources to employ staff, purchase food and supplies, and prepare for summer operations. Participants are, therefore, also required to make a financial commitment to attend. Be conservative in making reservations to avoid losing fees due to cancellations.

Should your registration decrease by one crew or more, you will be eligible for a refund of the "Advance" or "Balance" fees if a replacement crew(s) is secured from the waiting list. The refund will be limited to the fees paid by the number of participants registered with the replacement crew. Please notify Philmont as early as possible so replacement crews can be secured.

SEND FEES TO: CAMPING REGISTRAR
PHILMONT SCOUT RANCH
17 DEER RUN ROAD
CIMARRON, NM 87714

FEE PAYMENT SCHEDULE: BE SURE TO COMPLETE AND SUBMIT THE RESERVATION FORM WITH THE INITIAL FEE PAYMENT.

TRANSMITTAL NAME	AMOUNT DUE - per person			DUE DATE
	12 Day Exp.	Short Trek	Cavalcade	
<i>Reservation</i>	\$ 50.00	\$ 50.00	\$ 50.00	<i>With Reservation Form</i>
<i>Advance</i>	\$255.00	<i>½ balance</i>	\$280.00	<i>October 1, 2007 per financial statement</i>
<i>Balance</i>	\$255.00	<i>remaining bal.</i>	\$280.00	<i>March 1, 2008 per financial statement</i>
	\$560.00	<i>Based on # of days (\$49/day)</i>	\$610.00	<i>Per Person</i>

SCHOLARSHIPS

If you have young people who need financial assistance to attend Philmont, contact your local Scout service center about the availability of scholarship money. Waite Phillips established a scholarship fund in the 1960's. Income from this fund is divided between the four regions to be allocated to councils who have units participating in Philmont.

CONTINGENCY FUND

Groups should have a contingency fund to cover unexpected expenses such as emergency transportation or roadside repairs.

BUDGET

In establishing the actual fee for each participant, please review the budget worksheet. It is important to include all expenses.

BUDGET WORKSHEET

INDIVIDUAL COST

TOTAL COST

PHILMONT FEE

Covers all Philmont meals, tents, cooking gear, program resources, camper's insurance, leader's kits, medical care, chaplain service, use of horses and burros, Philmont patch, Crew Photo etc. All Philmont participants are charged the same fee.

\$ 560.00 Expedition
\$ 610.00 Cavalcade

\$ _____

TRANSPORTATION

Transportation costs to and from Philmont (see pages 10 thru 12). Be sure to check insurance coverage on packs and gear in transit.

MEALS AND LODGING

All meals and lodging en route to and from Philmont. (Use of military bases helps cut down expenses. Air Force and Army liaison officers can help on this.) Include gratuities and occasional "treats" along the way. See pages 13-15.

TRAINING

Meals and other incidental costs for weekend training events.

PROMOTION

Costs for promotion including production of all material, postage, etc., including hats and/or T-shirts.

EQUIPMENT- PURCHASE OR RENTAL

Include purchase or rental of any equipment or supplies required by expedition. Expeditions are required to bring backpacking stoves. (Groups traveling by plane or other public transportation must contact carriers regarding stove shipping restrictions.*) It is also recommended that crews bring water filters or purifiers.

SIDE TRIPS AND TOURS

En route to and from Philmont.

CONTINGENCY

Allowance for any contingency during trip that may require unexpected expenditures. Refund at end of trip if unused.

SUB-TOTAL

PHILMONT SCHOLARSHIP

Information about scholarships available through your local council service center. Deduct if you have a young person who receives financial assistance.

\$ _____

\$ _____

TOTAL:

*Call the Dept. of Transportation Hazardous Materials Information Center at 1-202-366-4511 OR Hazardous Materials Website: <http://hazmat.dot.gov>
Or: <http://cas.faa.gov>

Stoves may be shipped to Philmont prior to crew's arrival. Arrangements to ship stoves home at the conclusion of your trek can be made at Philmont. (\$10.00/first stove, \$7.50/ea. additional stove.

RECOMMENDED PREPARATION PLAN

Unit - (u), Council Contingent (cc)

WHEN	SUGGESTED ACTION	PERSON RESPONSIBLE
WINTER/ SPRING 2007	Conduct critique with a previous year's expedition advisors (cc)	_____
	Council Philmont Kick-off (cc)	_____
	Determine attendance objective for council and districts (cc)	_____
	Establish schedules for mailings, meeting, promotion (cc, u)	_____
	Confirm two deep leadership per crew with at least one alternate (cc, u)	_____
	Announce details in Council bulletin (cc)	_____
	Share Philmont plans with Camping Committee (cc)	_____
	Share Philmont plans with Unit Committee (u)	_____
	Promote Philmont at Roundtables (cc)	_____
	Collect Reservation Fee Payment from each participant (cc,u)	_____
	Transmit Reservation Fee Payment to Philmont (cc - May 1, u – Jan 31)	_____
SUMMER 2007	Continue recruiting participants if needed. (cc,u)	_____
	Continue Philmont updates in Council Bulletin noting Leadership Participation, Trip Details, Age/Grade Requirements. (cc)	_____
FALL 2007	Collect advance fee payment from each participant (cc, u)	_____
	Transmit advance fee payment to Philmont (due Oct. 1) (cc, u)	_____
	Philmont Committee meets with all selected expedition leaders and reviews plans (cc)	_____
	CONDUCT PHILMONT PARENTS' RALLY (cc, u)	_____
	Sign up 100% of quota (cc)	_____
	Share risk advisory statement with parents (cc, u)	_____
	Arrange transportation and overnight accommodations to and from Philmont (cc, u)	_____
	Make plans for training and the second parent's meeting (cc)	_____
	Receive health and medical forms from Philmont (cc, u)	_____

WHEN	SUGGESTED ACTION	PERSON RESPONSIBLE
DEC 2007/ JAN 2008	Each participant schedule medical exam - review completed medical forms prior to shakedown activities (cc, u)	_____
	Continue updating Philmont news in Council bulletin (cc)	_____
	Begin physical fitness training plan (cc, u)	_____
	Each crew conducts series of training experiences prior to arrival at Philmont (2-3 recommended); start easy and increase difficulty, with several days of camping and hiking with full packs (cc, u)	_____
MARCH 2008	Transmit final fee payment to Philmont by March 1. (cc, u)	_____
	Receive Advisor's Kit (mid-March) including <i>Treks - Itinerary Guide</i> , <i>Guidebook to Adventure</i> and map from Philmont (cc, u)	_____
	Continue physical fitness training. (cc, u)	_____
APRIL 2008	Send itinerary selections card to Philmont as soon as possible, and not later than May 1. (Itineraries are booked on a first come, first served basis and many fill-up early. In 2006, 87.5% of crews received their first or second choice.)	_____
	Share accident and sickness insurance information, risk advisory statement, expedition number, Philmont address and emergency telephone number with parents. (cc, u)	_____
	Submit tour permit application through council (cc, u)	_____
	Continue physical fitness training. (cc, u)	_____
MAY 2008	Complete details-confirm travel plans in writing (cc, u)	_____
	Return <i>Arrival Plans</i> card (inside cover of <i>Treks-Itinerary Guide</i>)	_____
	Prepare and release "Story" to news media (cc, u)	_____
	Continue physical fitness training. (cc, u)	_____
JUNE - JULY - AUGUST 2008	This year's expedition is all set to go! (cc, u)	_____
	Bring to Philmont: completed Philmont Health and Medical Records w/proper signatures and copy of insurance card, first aid/CPR verification, approved tour permit, itinerary confirmation card, completed crew roster <u>and</u> talent release form. (cc, u)	_____
	Evaluate Philmont trek and preparations - prepare for next High Adventure experience (cc, u)	_____
SEP 2008	Follow-up event: Family program to share photos and stories	_____

ARRIVAL / DEPARTURE

Please do not arrive early or depart late unless required by airline or train schedules. Scheduled Expeditions will have priority for base camp accommodations over groups arriving early or departing late. Philmont recommends groups utilize other alternatives if travel arrangements require arriving or departing other than scheduled dates (see pages 11 - 15). All early arrivals/late departures will be assigned trail tents for lodging unless platform tent space is available. (Note: Platform space is very limited and is not released for early/late groups until late in the day. Please plan to stay in trail tents.) The charge for additional meals is \$5 per person/per meal and extra lodging is \$6 per person/per night if you use your own tents or \$10 per person/per night if you use Philmont tents. **YOU MUST WRITE OR EMAIL PHILMONT REQUESTING APPROVAL IN ADVANCE IF YOUR TRAVEL ITINERARY REQUIRES A LAYOVER. All approved layovers are limited to one night.**

Your expedition begins with lunch on your arrival day (Day 1), you're off the trail on Day 12, and depart Philmont after breakfast on Day 13. The Philmont fee covers 36 meals and 12 nights lodging, staff and program supplies. Prorating for missed meals is not available.

Many months of planning lead up to your arrival at Philmont! Arrange your travel itinerary to arrive at Philmont between 8-11:00 am on your **SCHEDULED** arrival day. Early afternoon arrivals are acceptable and will still permit your crew to complete all Base Camp duties.

DO NOT PLAN TO ARRIVE EARLY OR DEPART LATE WITHOUT WRITTEN CONFIRMATION FROM PHILMONT. For example, if your Expedition # is 627-Z, your arrival date is June 27, 2008. If you are delayed en route, please notify Philmont by calling 505-376-2281 and ask for the Logistics manager.

Your arrival time will determine your first meal at Philmont. Meals are served at the following times:

TRAILBOUND CREWS: Breakfast - 6:30 a.m., Lunch - 11:30 a.m., Supper - 5:00 p.m.

HOMEBOUND CREWS: Breakfast - 7:00 a.m., Lunch - 12:15 p.m., Supper - 5:45 p.m.

Each Philmont expedition concludes after breakfast on day thirteen. On departure day, Philmont offers either a continental breakfast at 5:45 a.m. or the regular breakfast at 7:00 a.m.; indicate your preference upon check-in at Philmont. Continental breakfast will **not** be available prior to 5:45 am on the day of your departure. As a courtesy to all groups in Base Camp (homebound and trailbound), please do not plan to depart Philmont prior to 6:00 am. **Early morning departures impact the ability of everyone obtaining adequate rest.**

SECURITY

Philmont provides crew lockers and safekeeping (vault) storage service for crews. Crew lockers (2' x 2' x 3') are available for items not needed on the trail. These **lockers are limited** and groups traveling by private vehicle will be required to store items in their vehicles. **Crews using crew lockers will be limited to two (2) lockers. Additional gear will be stored in a warehouse.** Safekeeping storage is available for valuables such as tickets, travelers checks, credit cards, etc. Items are sealed in envelopes and placed in the vault. Never leave valuables in tents or unattended. Philmont is not responsible for lost or stolen items.

INSURANCE

The Philmont camper fee includes insurance coverage for health, accident and sickness en route to and from home and while hiking the trails of Philmont. This policy is secondary to a family policy that might be in effect. **Name and policy number of your family policy must be noted on each medical form AND a copy of your insurance card must be attached.** Specific information about the Camper's insurance will be included in the March 2008 Advisors Kit mailing.

TRANSPORTATION

THE ARRIVAL PLANS AND CREW INFORMATION CARD MUST BE MAILED AT LEAST 30 DAYS PRIOR TO YOUR ARRIVAL AT PHILMONT. (Card distributed in March 2008 Advisors Kits)

Traveling to and from Philmont is an important part of the "High Adventure" experience. Most contingents will find transportation the largest expense in the budget. Study the various travel options before making a final decision. Choose one that has the greatest appeal and is affordable.

Philmont participants have found public carriers to be reliable transportation to the ranch. Consult the passenger department of any of the following carriers for scheduling information and costs. Your local travel agency can also provide this service.

Philmont does not endorse any agency or vendor listed in this publication, but provides this information to assist groups in making travel and lodging arrangements.

- Airlines to Denver (270 miles from Philmont), Colorado Springs (190 miles) Pueblo (159 miles), Albuquerque (220 miles) and Amarillo (220) - obtain chartered bus directly to Philmont **OR** TNM&O Coaches (866-242-4998 or 505-242-4998) to Cimarron or Raton.
- Charter bus service arranged at home direct to Philmont.
- Amtrak Train (800-872-7245 or www.amtrak.com) to Raton - Philmont bus to/from Raton.
- Amtrak Train to Denver - obtain chartered bus directly to Philmont or TNM&O Coaches to Cimarron or Raton.
- Thrifty Car Rental (800-847-4389 or 505-842-8733) - 7 or 15 passenger vans available to rent from Albuquerque.
- Advantage Rent-A-Car (Albuquerque 505-247-1066 or Santa Fe 505-983-9470) - Rentals available at both locations.

Inquire from airlines reservations personnel about supplemental chartered airline services offering packaged plans with reduced group rates.

TRAVEL COMPANIES SERVING PHILMONT INCLUDE THE FOLLOWING (For any updates and additional information to this listing, email camping@philmontscoutranch.org):

- A Great Way To Charter, Tour & Travel (866-466-8792 or charters@agreatwaytogo.com) Web: www.agreatwaytogo.com
- American Tour Bus Company (505-342-2303 or americantoursinc@email.com) charter service from Albuquerque. Web: www.americantoursinc.com. (Can also contact by fax: 505-342-2304.)
- Blue Sky Adventures (877-225-8375 or Mike@BlueSkyAdventures.net) from Albuquerque, Denver and Colorado Springs. Web: www.blueskyadventures.net
- Faust's Transportation (505-758-3410) provides charter service for groups and individuals from Albuquerque.
- Follow The Son, Inc. (866-428-4786 or info@ftstours.com) provides charter service for groups from Albuquerque. Web: www.ftstours.com
- Global Transportation (303-877-3016 or cutrellpc@msn.com) charter services from Colorado. Web: www.globaltransportation.us
- Gray Line of Colorado Springs (800-345-8197 or joanie@coloradograyline.com) provides daily transfer services to/from Philmont for groups or individuals from Colorado Springs Airport.
- Gray Line of Denver (800-348-6877) provides daily transfer services to/from Philmont for groups or individuals from Denver International Airport and Denver Amtrak. Web: www.grayline.com/denver
- Herrera Coaches, Inc., (505-242-1108, fax: 505-242-1125) Web: www.herreracoach.com
- Leading The Way Tours, Inc. (866-696-5073 or leadingthewaytours@sbcglobal.net) charter service from Colorado Springs, Denver or Albuquerque. Web: www.leadingthewaytours.com

- C Main Event Transportation (888-881-2819) from Albuquerque. Web: www.ScoutTransport.com
- C Pacesetter (800-877-6001 or pacesettercoachlinescolo@netzero.com) charter service from Denver (airport or Amtrak) and Colorado Springs.
- C Ramblin' Express (800-772-6254 or 719-590-8687) charter service in the Rocky Mountain region. Web: www.ramblinexpress.com
- C Texas, New Mexico and Oklahoma (TNM&O, 866-242-4998 or charters@greyhound.com) Coaches provide daily service from Denver, Colorado Springs and Albuquerque. Web: www.tnmo.com (affiliated w/Greyhound Bus Co.)

The following list of bus companies are not eligible for participation in the BSA High Adventure transportation activities:

- Adventure Trails
- Timberline Transportation Service
- The Shuttle
- ScoutConnect.com

Units planning High Adventure activities during 2008 should not use these companies.

PRIVATE VEHICLES

This method of transportation should be used only with full assurance vehicles are safe and drivers are reliable. Make sure there is adequate insurance coverage for each vehicle. Adhere rigidly to the Tour Permit requirements. Philmont is not responsible for vehicles parked in parking areas.

TOUR PERMIT

A Local Tour Permit is needed for tours of **less than 500 miles**. To get one you must fill out a Local Tour Permit Application, No. 34426. It is approved by your local council and a portion of it detached and sent to you as your permit.

A National Tour Permit is needed for tours of **500 or more miles** or that cross national boundaries and into the territory of other nations. To get one you must fill out a National Tour Permit Application, No. 4419C (included in the March Advisors Kit from Philmont). In addition to local council approval, this application must be sent to the regional service center of the Boy Scouts of America. Upon approval, the permit is issued to you. Please use a current tour permit form.

A tour group must have its permit in its possession at all times and must display it when requested by Scout officials or other authorized persons. All reservations by a tour group for overnight group camping on council properties and military bases will be subject to the presentation of a tour permit on arrival.

Groups are encouraged to secure the signatures of these authorized persons on the front of the national tour permit as indications of satisfactory experiences at various stopping points. **Philmont reviews the tour permit upon arrival at the registration office.**

TOURS AND EXPEDITIONS

This brochure, No. 33737, is a useful reference book for planning your trip to Philmont. It is available at your local council service center.

PHILMONT BUS SERVICE

Philmont provides round trip bus transportation from the bus and train stations in Raton, New Mexico, at a cost of \$35 per person. The cost of round trip bus transportation from Cimarron is \$10 per person. Amtrak passengers arriving from either the east or west coast should plan to eat in Raton. Philmont buses are scheduled upon receipt of the "Arrival Plans" card included in the *Treks 2008 Itinerary Guide* distributed in mid-March. (The fees for Philmont bus service are subject to change. Corrected costs, if applicable, will be included in the March 2008 Advisor Kit.)

EMERGENCY TRANSPORTATION

Philmont will assist with transportation arrangements when a family emergency (death or serious illness) occurs during an Expedition requiring a participant to return home or if a participant must return home for medical reasons. Participants will be required to reimburse Philmont for any transportation services provided, including transportation to a required airport.

OVERNIGHT ACCOMMODATIONS IN THE PHILMONT AREA

Contact by email camping@philmontscoutranch.org for an updated list of all locations that offer low cost overnight accommodations for groups traveling to Philmont. Contact locations directly to make a reservation or seek specific information.

LODGING IN AND AROUND CIMARRON, NEW MEXICO

Phone No.	Agency and Address	Location	Miles to Philmont
505-377-4322	Angel Fire Resort Attn: Warren Jarrett P.O. Box 130 Angel Fire NM 87710 Email: wjarrett@angelfireresort.com	Angel Fire, NM	35 Miles
505-377-6271	Cimarron Canyon State Park PO Box 185 Eagle Nest NM 87718 Web: www.nmparks.com	Ute Park, NM	20 Miles
505-445-3615	National Rifle Association Whittington Center P.O. Box 700 Raton NM 87740 Email: info@nrawc.org	10 mi. SW of Raton on Highway 64	40 Miles
505-445-3382	New Mexico Army National Guard Detachment 1, 1115 Transportation Company HCR 62, Box 20 Raton NM 87740	SW of Raton, NM	35 Miles
505-483-3600 or 505-483-3603	New Mexico Army National Guard Attn: Administrative Officer P.O. Box 457 Springer NM 87747	West of Springer, NM	25 Miles
505-376-2343	Ponil Campground 31006 U.S. Highway 64 Cimarron NM 87714 Web: www.ponilcampground.com	Cimarron, NM	6 Miles
505-445-5607	Sugarite Canyon State Park HCR 63, Box 386 Raton NM 87740 Email: rdye@state.nm.us Web: www.nmparks.com	Raton, NM	55 Miles
505-376-2268	Cimarron Inn & RV Park	Cimarron	5 miles
505-376-2664	St. James Hotel	Cimarron	4 miles
505-376-2336	Canyon Inn	Cimarron	5.5 miles
505-376-2246	Casa Del Gavilan Bed & Breakfast	South of Philmont	2 mi S. Camping Hdqtrs

**While traveling across America, visit the National Scouting Museum, Official Museum of the Boy Scouts of America. It is centrally located in Irving, Texas, in the heart of the Dallas-Ft. Worth metropolitan area.
Phone #'s: 800-303-3047 OR 972-580-2100 Web: www.bsamuseum.org**

Philmont Parent's Rally

A SUGGESTED PROGRAM FOR EARLY FALL

PURPOSE OF MEETING

- To acquaint parents and youth with Philmont and the risk advisory (included in this booklet).
- To share with them the calendar of events leading up to departure for Philmont.
- To inform them of procedures regarding payment of fees, Philmont medical forms, equipment needs, travel itinerary to and from Philmont, age requirement.
- Introduce Expedition Leadership.
- Introduce a physical fitness program.

Opening

Philmont maps posted on wall with photos of previous trips.

Table with snapshots, souvenirs, mementos from Philmont, etc.

Display personal equipment needed and have a backpacking demonstration.

Meeting

Welcome and introductions

What is Philmont?

A talk by a youth or advisor who has been to Philmont and slides of previous expeditions, Philmont's VCR presentation, "Philmont-The Right Stuff" or VCR Presentation "Introduction to the National High Adventure Bases" (available from council office or Philmont's Tooth of Time Traders). Keep this fast-paced and limited to 30 minutes.

Administrative details

Explain budget and items within budget (use flip chart or hand-outs).

Reminder of fee payments - emphasize deadline dates.

Travel plans - instructions

Uniform

Pack - for those items needed at Philmont. Mention rental opportunity of a pack and frame at Philmont for those who do not want to invest in equipment.

Small carrying bag - for items essential while traveling.

Boots for hiking, comfortable and well broken in.

Guide for spending money - how much?

Review organization of crews.

Review plans for shakedown hike and camp.

Physical Preparation

Read and distribute copies of risk advisory to parents. (Page 15)

Philmont medical forms

Weight Guidelines

Fitness Program

Review plan for team building and smooth communication

Distribute application forms if needed and collect fees

Question and answer period.

Closing

Philmont Hymn suggested.

NOTE: Additional organization meetings may be necessary.

Suggestions for Subsequent Meetings:

Plan a cookout using dehydrated and freeze-dried menus and invite parents. Review additional fitness suggestions.

ATTENTION ADVISOR!
COPY AND DISTRIBUTE PAGES 15, 16, 17, 18
TO EACH PARTICIPANT AND THEIR PARENT(S) or GUARDIAN(S)

RISK ADVISORY

The Health Lodge Task Force will meet at the conclusion of the 2007 summer season and review all health information. Any changes will be included in the 2008 *Philmont Health & Medical Record* that will be mailed to you in the fall and will apply to all participants for 2008.

Philmont has an excellent health and safety record with over 840,000 adults and young people having attended since 1938. Philmont strives to minimize risks to participants and advisors by emphasizing proper safety precautions. Most participants in Philmont programs do not experience injuries because they are prepared, are conscious of risks, and take safety precautions. If you decide to attend Philmont, you should be physically fit, have proper clothing and equipment, be willing to follow instructions and work as a team with your crew and take responsibility for your own health and safety. For further information please thoroughly read the *Guidebook to Adventure* which will be mailed in mid-March. Like other wilderness areas, Philmont is not risk free and you should be prepared to listen to safety instructions carefully, follow directions and take appropriate steps to safeguard yourself and others.

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 potential problems include: injuries from tripping and falling, motor vehicle accidents, worsening of underlying medical conditions such as diabetes or asthma, heart attacks, heat exhaustion and falls from horses.

Philmont's trails are steep and rocky. Wild animals such as bears, rattlesnakes and mountain lions are native and usually present little danger if proper precautions are taken. Please refer to the *Guidebook to Adventure*, speak with previous Philmont participants, or call Philmont for further information concerning risks and measures which can be taken to avoid accidents.

Philmont has staff trained in first aid, CPR and accident prevention, and is prepared to assist in recognizing, reacting, and responding to accidents, injuries and illnesses. Each crew is also required to have at least one member trained in first aid and CPR. Medical and search and rescue services are provided by Philmont in response to an accident or emergency. However, response times can be affected by location, weather or other emergencies and could be delayed six (6) or more hours.

THE PHILMONT TREK EXPERIENCE

A Philmont trek is physically, mentally and emotionally demanding. Each person will carry a 35 to 50 lb. pack while hiking 5 to 12 miles per day in an isolated mountain wilderness, ranging from 6,500 to 12,500 feet in elevation. Climatic conditions include temperatures from 30 to 90 degrees F, low humidity (10-30%) and frequent, sometimes severe, afternoon thunderstorms. Activities include horseback riding, rock climbing and rappelling, challenge events, pole climbing, blackpowder shooting, 12 gauge trap shooting, .30-06 shooting, trail building, mountain biking and other activities that may have potential for injury. Philmont strives to minimize risks to participants and advisors by emphasizing proper safety precautions. Refer to the *Guidebook to Adventure*, which will be mailed in mid-March, for specific information. Philmont staff instruct participants in safety measures to be followed. Each participant and crew is expected to follow these safety measures and to accept responsibility for the health and safety of each of its members.

RECOMMENDATIONS REGARDING CHRONIC ILLNESSES

Philmont requires that this information be shared with the parent(s) or guardian(s) and examining physician of every participant. Philmont does not have facilities for extended care or treatment, therefore, participants who cannot meet these requirements will be sent home at their expense.

CARDIAC OR CARDIOVASCULAR DISEASE

Adults who have had any of the following should undergo a thorough evaluation by a physician before considering participation at Philmont.

1. Angina (chest pain caused by blocked blood vessels or coming from the heart)
2. Myocardial infarction (heart attack)
3. Heart surgery or heart catheterization (including angioplasty to treat blocked blood vessels, balloon dilation, or stents).
4. Stroke or transient ischemic attacks (TIA's)
5. Claudication (leg pain with exercise caused by hardening of the arteries)
6. Family history of heart disease or a family member who died unexpectedly before age 50
7. Diabetes
8. Smoking and/or Excessive Weight

Youths who have congenital heart disease or acquired heart disease such as rheumatic fever, Kawasaki's disease or mitral valve prolapse should undergo thorough evaluation by a physician before considering participating at Philmont.

The altitude at Philmont and the physical exertion involved may precipitate either a heart attack or stroke in susceptible persons. Participants with a history of any of the first seven (7) conditions listed above should have a physician supervised stress test. More extensive testing (e.g. nuclear stress test) is recommended for participants who have coronary heart disease. **Even if the stress test is normal, the results of testing done at lower elevations and without the backpacks carried at Philmont do not guarantee safety.** If the test results are abnormal, the individual is advised not to participate.

HYPERTENSION (HIGH BLOOD PRESSURE)

The combination of stress and altitude appears to cause significant increase in blood pressure in some individuals attending Philmont. Occasionally hypertension reaches such a level that it is no longer safe to engage in strenuous activity. Hypertension can increase the risk of having a stroke, developing altitude sickness, or angina. **Persons coming to Philmont should have a normal blood pressure (less than 135/85).** Persons with significant hypertension (greater than 140/90) should be treated and controlled before coming to Philmont, and should continue on medications while at Philmont. **The goal of treatment should be to lower the blood pressure to normal.** It is the experience of the Philmont medical staff that such individuals often develop significant hypertension when they arrive at Philmont. Participants already on antihypertensive therapy with normal blood pressures should continue on medications. Diuretic therapy to control hypertension is not recommended because of the risks of dehydration which exist with strenuous activity at high altitude and low humidity. Each participant who is 18 years of age or older will have his or her blood pressure checked at Philmont. **Those individuals with a blood pressure consistently greater than 150/95 may be kept off the trail until the blood pressure decreases.**

INSULIN DEPENDENT DIABETES MELLITUS

Exercise and the type of food eaten affect insulin requirements. Any individual with insulin-dependent diabetes mellitus should be able to monitor personal blood glucose and to know how to adjust insulin doses based on these factors. The diabetic person also should know how to give a self injection. Both the diabetic person and one other person in the group should be able to recognize indications of excessively high blood sugar (hyperglycemia or diabetic ketoacidosis) and to recognize indications of excessively low blood sugar (hypoglycemia). The diabetic person and one other individual should know the appropriate initial responses for these conditions. It is recommended that the diabetic person and one other individual carry insulin on the trek (in case of accident) and that a third vial be kept at the Health Lodge for backup. Bring a small insulated container for your insulin. Bring enough testing equipment and supplies for your trip and trek. Extras are usually needed.

An insulin dependent diabetic who has been newly diagnosed (within last 6 months) or who has undergone a change in delivery system (e.g. insulin pump) in the last 6 months, should not attempt to participate in the strenuous activities encountered at Philmont. A diabetic person who has had frequent hospitalizations for diabetic ketoacidosis or who has had frequent problems with hypoglycemia should not participate in a trek at Philmont until better control of the diabetes has been achieved. Call Philmont at 505-376-2281 to obtain permission from the chief medical officer for individuals hospitalized within the past year.

EXCESSIVE BODY WEIGHT

Any youth or advisor who exceeds the maximum weight limits on the Philmont weight chart is at extreme risk for health problems. Participants who arrive at Philmont will not be allowed on the trail if your weight is over the limit stated for your height. (Refer to Page 6)

SEIZURES (EPILEPSY)

A seizure disorder or epilepsy does not exclude an individual from participating at Philmont. However, the seizure disorder should be well controlled by medications. A minimum six month seizure-free period is considered to be adequate control. Exceptions to this guideline may be considered by Philmont's chief medical officer and will be based on the specific type of seizure and the likely risks to the individual and to other members of the crew. The medical staff at the Health Lodge may place some restrictions on activities (rock-climbing, horse riding, etc.) for those individuals who are approved for participation but whose seizures are incompletely controlled.

ASTHMA

Asthma should be well-controlled before coming to Philmont. Well-controlled asthma means: 1) the use of an inhaler 0 or 1 time a day; 2) no need for nighttime treatment with a short-acting bronchodilator. Well controlled asthma may include the use of long-acting bronchodilators, inhaled steroids or oral medications such as Singulair. You must meet these guidelines in order to participate. You will not be allowed to participate if: 1) you have exercise asthma not prevented by medications; or 2) you have been hospitalized or have gone to the emergency room to treat asthma in the past 6 months; or 3) you have needed treatment with oral steroids (prednisone) in the past 6 months.

You must bring a 15 day supply of your medications and a spare inhaler that are not expired. At least one other member of the crew should know how to recognize signs of worsening asthma or an asthma attack, and should know how to use the bronchodilator. Any person who has needed treatment for asthma in the past 3 years must carry an inhaler on the trek. **If you do not bring an inhaler, you must buy an inhaler at Philmont before you will be allowed to participate.**

ALLERGY OR ANAPHYLAXIS

Allergy shots may be given to persons on a maintenance dose and who have not had an anaphylactic reaction. You must bring your own medications. Philmont staff may not be able to give allergy shots while persons are on their trek. Persons who have had an anaphylactic reaction from any cause must contact Philmont before coming. If you are allowed to participate, you will be required to have appropriate treatment with you. You and at least one other member of your crew must know how to give the treatment. If you do not bring appropriate treatment with you, you will be required to buy it at Philmont before you will be allowed to participate.

INGROWN TOENAILS, RECENT MUSCULOSKELETAL INJURIES AND ORTHOPEDIC SURGERY

Every Philmont participant will put a great deal of strain on feet, ankles, and knees. Ingrown toenails are a common problem and must be treated 30 days prior to arrival.

Participants who have had orthopedic surgery, including arthroscopic surgery or significant musculoskeletal injuries, within the past six (6) months, find it difficult or impossible to negotiate Philmont's steep rocky trails. Individuals with significant musculoskeletal problems (including back problems) or recent orthopedic surgery/injuries, must have a letter of clearance from their orthopedic surgeon or treating physician to be considered for approval to backpack at Philmont. Permission is not guaranteed. A person with a cast on any extremity may participate only if approved by a Philmont physician.

PSYCHOLOGICAL AND EMOTIONAL DIFFICULTIES

A psychological disorder does not necessarily exclude an individual from participation. Parents and advisors should be aware that a Philmont trek is not designed to assist participants to overcome psychological or emotional problems. Experience demonstrates that these problems frequently become magnified, not lessened, when a participant is subjected to the physical and mental challenges of a trek at high elevation, carrying a heavy backpack over steep, rocky trails. Any condition should be well controlled without the services of a mental health practitioner. **Under no circumstance should medication be stopped immediately prior to a Philmont trek and medication should be continued while at Philmont.** Participants requiring medication must bring an appropriate supply for the duration of the trip.

MEDICATIONS

Each participant at Philmont who has a condition requiring medication should bring an appropriate supply for the duration of the trip. The pharmacy at the Health Lodge is limited and the identical medications may not be available. In certain circumstances duplicate or even triplicate supplies of vital medications are appropriate. People with an allergy to bee, wasp or hornet stings must bring an EpiPen or equivalent, that has not expired, with them to Philmont. Philmont cannot guarantee the delivery of any medication for participants in a backcountry program. Please call Philmont if you have any questions.

An individual with congenital or chronic medical conditions should always contact the family physician first and call Philmont at 505-376-2281 if there is a question about the advisability of participation. Philmont's chief medical officer and other medical staff of the Health Lodge reserve the right to make medical decisions regarding the participation of individuals at Philmont.

PHILMONT WEIGHT LIMITS FOR BACKPACKING & HIKING

Each participant in a Philmont trek must not exceed the maximum acceptable limit in the weight for height chart shown below. The right hand column shows the maximum acceptable weight for a person's height in order to participate in a Philmont trek. Those who fall within the limits are more likely to have an enjoyable trek and avoid incurring health risks. Every Philmont trek involves hiking with a 35-50 lb. backpack between 6,500 and 12,500 ft. elevations. Philmont recommends that participants carry a pack weighing no more than 25-30% of their body weight.

Participants 21 years and older who exceed the maximum acceptable weight limit for their height at the Philmont medical recheck, will not be permitted to backpack or hike at Philmont. For example, a person 5'10" cannot weigh more than 226 lbs.

For participants under 21 years of age who exceed the maximum acceptable weight for height, the Philmont physicians will use their best professional judgment in determining participation in a Philmont trek . Participants under 21 years of age are strongly encouraged to meet the weight limit for their height. Exceptions are not made automatically and the maximum allowable exception will be 20 lbs. Discussion in advance with Philmont regarding any exception to the weight limit for persons under 21 years of age is required, whether it is over or under.

The maximum weight for any participant in a Cavalcade Trek and for horse rides is 200 lbs.

This table is based on the revised Dietary Guidelines for Americans from the U.S. Dept. of Agriculture and the Dept. of Health & Human Services.

HEIGHT	RECOMMENDED WEIGHT (LBS)	MAXIMUM ACCEPTANCE
5'0"	97-138	166
5'1"	101-143	172
5'2"	104-148	178
5'3"	107-152	183
5'4"	111-157	189
5'5"	114-162	195
5'6"	118-167	201
5'7"	121-172	207
5'8"	125-178	214
5'9"	129-185	220

HEIGHT	RECOMMENDED WEIGHT (LBS)	MAXIMUM ACCEPTANCE
5'10"	132-188	226
5'11"	136-194	233
6'0"	140-199	239
6'1"	144-205	246
6'2"	148-210	252
6'3"	152-216	260
6'4"	156-222	267
6'5"	160-228	274
6'6"	164-234	281
6'7" & over	170-240	295

PHYSICAL PREPARATION FOR A PHILMONT TREK

To enjoy the Philmont experience participants must be physically prepared to carry a 35 - 50 lb. pack over steep, rocky trails at elevations ranging from 6,500 to 12,500 feet. A regular program of physical conditioning for at least three to six months prior to taking a trek is essential. A longer period is required for those unaccustomed to physical exercise.

The first step is to have each participant get a physical examination from their physicians on the 2008 Philmont Health and Medical Record provided by Philmont to each crew. We will be mail the medical forms in fall of 2007. Complete the health history on page 3 of form and schedule a physical exam.

Staff physicians at Philmont reserve the right to deny access to the trails to any adult or youth on the basis of the physical recheck at Philmont. All medical evaluation forms will be checked by Philmont medical staff. Areas of concern include, but are not limited to: heart disease, seizure disorder, sickle cell anemia and hemophilia. Blood pressure with or without medication must be less than 150/95 for any participant to be permitted to hike on Philmont. If there are any doubts after the individual has had a physical examination, contact Philmont.

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 a week.

Jogging, running uphill, long flights of stairs or walking along abandoned railroad tracks, and hiking with a full pack are excellent preparation. How fast you run or how far you go is not nearly so 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 fulfill the requirements for Backpacking Merit Badge. These include three 15 mile treks with two overnights each and one 5 day backpacking trek covering at least 30 miles. Fulfilling these requirements will enable you to enjoy a Philmont trek. The Venture 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 which you will use at Philmont to toughen your feet and to 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.

SUGGESTED CONDITIONING PROGRAM

<u>MONTH</u>	<u>CONDITIONING</u>
DECEMBER/ JANUARY	Complete health history on individual medical form and get parental approval (signature). Be examined by a physician or osteopath. Call attention of the physician to the note on the medical form that describes the rigors of a Philmont trek and to the box that indicates areas of medical concern. Ask the physician about any special medical needs or areas of concern. If overweight, get physician's recommendation on how to lose weight through dieting and exercise. Walk, jog in place, swim or pedal exercise bike indoors for 20 minutes or more at least 3-5 times a week. Gradually increase the length and the intensity of exercises. Purchase a pair of quality hiking boots. A pair of boots 6 to 8 inches high with sturdy soles are recommended. Wear your boots to school or work and when walking anywhere to break them in and to condition yourself.

- FEBRUARY/
MARCH When 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.
- APRIL/MAY Continue exercising. Schedule a couple of 5 -10 mile day hikes and at least two overnight backpacking treks of 10 - 20 miles. Plan the second trek to cover more rugged terrain or increase the mileage. Whenever possible, hike in the boots you will use on the trail and carry your backpack.
- JUNE/JULY Continue exercising right up to the day you depart for Philmont. Come to Philmont in top physical and mental condition ready for backpacking a 35 to 50 pound pack over steep, rugged trails at high elevations (6,500 to 12,500 feet.)

SPECIAL FOOD NEEDS FOR ALLERGIC OR RELIGIOUS REASONS

Philmont trail food is, by necessity, a high-carbohydrate, high-caloric diet. The menu provides between 2,700 and 3,100 calories per person per day. 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 by that individual to Philmont.

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 prior to arrival at Philmont.

Philmont asks that food substitutions be only for medical (including allergies) or religious reasons. Your cooperation is appreciated. If there is any question about food substitutions or to obtain a copy of the Philmont menu and ingredients list, please contact Philmont by phone (505-376-2281) or email (camping@philmontscoutranch.org).

KOSHER TRAIL MENU

A Kosher Trail Menu is available and is based, as much as possible, on the standard Philmont Trail Menu. This allows for a higher level of practicality, since it will permit the Jewish Scout to share the same foods in many instances as the non-Jewish ones, reducing the amount of extra food that needs to be packed into the backcountry and allowing more social interaction through shared food at meal time.

The *My Own Meal* products are used for the dinners and need only to be immersed in boiling water for 5 minutes to be ready, requiring very little clean-up afterwards. All of the meat products used in *My Own Meal* are Glatt Kosher. Philmont has kosher vessels (ie. brand new and not used) available. We recommend that Jewish Scouts either bring their own trail stove or purchase one here, so that they do not have to wait for a crew stove to boil their water and, thus, not eat at the same time as their crew members.

Some, but not all, of the products currently in use at Philmont have a U or K heksher. While they should be adequate to fulfill the kashrut requirements of most of our Jewish Scouts, if it is important for you to have heksher on all food products, you should consider bringing all food from home. Please request a menu as a guide on what to bring.

Much care has been placed on insuring the separation of meat and dairy at any given meal. For example, dried fruit has been substituted for the regular desserts in several suppers because the regular desserts contain milk or whey, and we feel it is important that the Scout have meat protein available at that point in the trek. Many dinners have been made vegetarian or cheese so that the Scout could also enjoy a dairy dessert with that meal.

When practical, we can arrange one or more food pick-ups in the backcountry so that Jewish Scouts do not have to carry all their food with them from the beginning of the trek. These can be arranged to occur at the same times and places as the regular crew food pick-ups. Your Ranger will help make these arrangements

If you have questions or concerns, please direct them in writing to the Philmont Jewish Chaplain.

PROMOTIONAL HELP

Philmont has two Videotapes: "Philmont - The Right Stuff" and "Introduction to the National High Adventure Bases". Check with your local Scout service center to borrow a copy or contact Philmont's Mail Order department at the Tooth of Time Traders to order your own copy. Your local council has copies of all Philmont's printed material or you may call or email Philmont to obtain brochures. (505-376-2281 or camping@philmontscoutranch.org) A new DVD is planned for the 2008 season. Information on this DVD will be released in the fall of 2007.

TRADING POST

The Tooth of Time Traders offers a full line of camping and hiking equipment and souvenirs. Mail order is available. To obtain a copy of the current catalog, contact the Tooth of Time Traders at 505-376-2281 x 243 or email toothoftimetraders@philmontscoutranch.org. You may also visit the official Philmont Store at www.toothoftimetraders.com.

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.

Each camper and advisor is 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 through good Scout camping. It is expected that Philmont campers will carry this pledge to all camping areas that they might visit throughout America.

The major areas of emphasis involved in the PHILMONT WILDERNESS PLEDGE are:

LITTER/GRAFFITI - Each camper should make sure that all trails and campsites are left neat and clean. Camping Headquarters should be left in a like manner.

WILDLIFE - Respect wild (and domestic) animals. Do not feed or harass any wild animals.

WATER - Remember, 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. You should never bathe or do laundry or dishes in or near a spring or stream. Do not throw rocks in springs or touch any solar pumps. They are easily damaged and the flow of water can be disrupted.

TRAILS - Pledge yourself to respect all trails of Philmont. Do not cut green boughs or trees, or mark 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 non-staffed camps, your campsite should be left litter-free with its latrine and sump clean. Fires must be left DEAD OUT. Leave a courtesy woodpile when possible.

Philmont typically serves 22,000 Scouts, Venturers and their Advisors each year. Consequently, some trails and camps, especially around commissaries, are subjected to heavy use. Nevertheless, it is not the wear of so many pairs of boots that mar Philmont. It is the carelessness and thoughtlessness of inconsiderate Scout Campers. It is our sincere hope that through your commitment to the PHILMONT WILDERNESS PLEDGE, Philmont will always remain a beautiful and clean place to enjoy high adventure.

Coinciding with the wilderness pledge is a practice at Philmont called "Low Impact" or "Leave No Trace" camping. For Philmont to survive intense backcountry use year after year, each participant must make a personal commitment to the environment. However, we realize that there will be some High Impact areas in Philmont's backcountry due to the number of participants in our program each year.

The philosophy of “Low Impact” or “Leave No Trace” is that we leave minimum evidence of our passing in the wilderness. In other words, a conscientious camper should erase any sign of a camp. It is the genuine desire of the Philmont staff to instill the “Low Impact” or “Leave No Trace” philosophy into our participants. We hope they carry this way of camping into other primitive and delicate areas around the nation. Take with you precious memories, leaving only footprints.

PHILMONT GLOSSARY

EXPEDITION NUMBER - the number assigned to a chartered unit expedition or council contingent expedition by the Philmont Camping Registrar to identify an expedition and its crews. A crew arriving at Philmont on June 20 will be assigned a 620 number along with a letter of the alphabet (e.g., 620-A, 620-B, etc.). A multicrew expedition will be numbered further (e.g., 620-A-1, 620-A-2, etc.). Please use your correct expedition number in all correspondence with Philmont.

ARRIVAL DATE - reservations made with Philmont designate the arrival date at Philmont. Each expedition hits the trail the day after its arrival and returns on its twelfth day.

DEPARTURE DATE - operating daily with a 12-day cycle, departure from Philmont is on the morning of the thirteenth day. Arrival day is day one.

COUNCIL CONTINGENT - a provisional expedition composed of Scouts, Varsity Scouts and/or Venturers and leaders from a district or council. Contingents with multiple crews should designate a contingent advisor, responsible for transportation (lodging, meals, tours, etc.) and serves as the liaison for the group.

CHAPLAIN AIDE - a youth member who accepts responsibility to conduct appropriate religious activities during the trek.

CHARTERED UNIT - an expedition composed of members from a chartered Boy Scout Troop, Varsity Team or Venturing Crew with its own registered leadership.

CREW - a group varying in size from 7 to 12 people. Youth must be in the majority and no more than 4 adults.

COED CREW - A Venturing Crew with male and female participants. Must have adult male and female advisors at least 21 years of age.

CREW LEADER - a member of a crew and elected by the crew to be its leader. This is the same relationship a patrol leader has to a patrol. Ideally this young person will have attended council junior leader instructor training or a previous Philmont trek.

ADULT ADVISOR each crew is required to have at least two adult leaders, one of whom must be at least 21 years of age. The second adult must be at least 18 years of age. There are no gender restrictions for adult leadership. The advisors' role is primarily coaching, counseling and advising the crew leader. During emergencies the advisor may assume direct leadership of the crew.

RANGER - upon arrival at Philmont, each crew will be met by a Philmont Ranger. The Ranger stays with the crew for three days serving as guide and trainer in camping and teamwork skills.

ITINERARY - each crew has an itinerary which is the hiking schedule for the 10 days on the trail. The itinerary outlines the trails to be taken and the crew's daily destination (either staffed or unstaffed camps.) The itinerary will be selected after receiving the March mailing of the *2008 Trek Itinerary Guide*.

MOUNTAIN CAMPS - these may be camps with a staff (camp director and three or more program staff) or unstaffed trail camps. Dry camps are trail camps with no water.

SPECIAL INDIVIDUAL TREK EXPERIENCES - Continued

RANCH HANDS - Ranch Hands is a program for Scouts and Venturers who have knowledge of horsemanship and horse care and want to expand their skills and experience. The Ranch Hand crew will spend eight days working in the horse department hauling hay, saddling, daily chores and other horse program tasks. Then they will participate in their own special Cavalcade itinerary trek for eight days. Ranch Hands is a sixteen (16) day program. Participants depart the morning of the seventeenth (17th) day (July 23 is a departure date).

2007 Dates: One Session Only: July 7 - July 23

Cost: \$100 Length: 16 days and nights
Age: 16 by program start date, but not 21 by its conclusion

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2008 Dates: One Session Only: July 7 – July 23

Cost: \$100 Length: 16 days and nights
Age: 16 by program start date, but not 21 by its conclusion

ORDER OF THE ARROW TRAIL CREW - The Order of the Arrow is offering an opportunity for Arrowmen to join together in cheerful service and the formation of lasting brotherhood on the trails at Philmont. The first week focuses on trail construction and maintenance under the guidance of Philmont trail crew foremen. The second week is a seven day backpacking trek that is designed by the participants. The Trail Crew Trek is a fourteen (14) day program. Participants depart the morning of the fifteenth (15th) day (June 22, 28, July 5, 12, 19, 26, August 2, 9, 16 are departure dates).

2007 Dates: Sessions

#1: June 8 - 22	#2: June 15 - 28	#3: June 22 - July 5
#4: June 29 - July 12	#5: July 6 – 19	#6: July 13 – 26
#7: July 20 – August 2	#8: July 27 – August 9	#9: August 3 - 16

Cost: \$150 Length: 14 days and nights
Age: 16 by program start date, but not 21 by its conclusion

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2008 Dates: Sessions

#1: June 8 - 22	#2: June 15 - 28	#3: June 22 - July 5
#4: June 29 - July 12	#5: July 6 – 19	#6: July 13 – 26
#7: July 20 – August 2	#8: July 27 – August 9	#9: August 3 - 16

Cost: \$150 Length: 14 days and nights
Age: 16 by program start date, but not 21 by its conclusion

For additional information about any of these special individual Philmont Experiences please contact Philmont Scout Ranch at 505-376-2281 or camping@philmontscout ranch.org