

# WELCOME TO THE MONMOUTH COUNCIL KICK OFF FOR THE PHILMONT 2008 EXPEDITION

The attached pages provide information and an expedition registration form for the 2008 Monmouth Council Contingent trip to Philmont Scout Ranch in Cimarron, New Mexico that will be leaving on June 26, 2008 and returning on July 11, 2008. Please take a few minutes to go over the information before the meeting and presentations. All of the attached information will be discussed during the meeting so if you have any questions, please wait until the question and answer session as I'm sure many will be answered. The cost of the trip is approximate as negotiations are in progress for transportation, meals, and activities. The total cost of the trip is estimated to be \$1,400. The actual expenses will be reviewed in April 2008 to determine the last payment amount but it will more than likely be in the \$1,400 range unless the cost of several activities and transportation can be reduced.

If you plan to turn in your expedition registration form for the Philmont trip tonight, pages 23-25 must be completed and turned in along with your \$250 reservation fee. Together with the \$50 deposit you previously paid, you will be credited with \$300 toward the Philmont 2008 trip. Pages 21-22 (preliminary medical form) must be completed and returned to your Crew Advisor before your first crew hike. If you have a current Forestburg or Class 3 medical form, it may be submitted to your crew advisor. Philmont 2008 medical forms will be distributed in January 2008 and must be completed by your family physician prior to the trip.

Reserving a place for Philmont 2008 is a first-come, first-serve basis for scouts submitting an application and a \$50 deposit before tonight's Kick-Off. These scouts now must pay the \$250 balance of the Philmont 2008 \$300 registration fee to reserve their place on a crew. If more scouts apply than there are available places for Philmont, a backup list will be created after this Kick-Off. All scouts, even those on the backup list, will be assigned to a crew. Those on the backup list will be designated with a "B" indicator on a crew roster. We are keeping track of the order that the applications were received. By February 2008 we will decide if any scouts on the backup list need to move to another crew because of attrition. Every effort will be made to assign all scouts on the backup list to a crew for Philmont 2008.

Final decision on your participation in Philmont 2008 will be based on your readiness for Philmont – physical, mental, and willingness to work with a crew.

[www.monmoutbsa.org](http://www.monmoutbsa.org)

## Monmouth Council 2008 Philmont Committee

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**PHILMONT 2008 KICK OFF**

**AUGUST 23, 2007**

**AGENDA**

REGISTRATION

INTRODUCTIONS

VIDEO PRESENTATION

ITINERARY PLANNING & DATES

PHILMONT PROGRAM FEATURES

**PARENTS/GUARDIANS**

RISK ADVISORY

HEALTH AND FITNESS

FINANCES

QUESTIONS & ANSWERS

**SCOUTS (round-robin)**

THE "BEARMUDA" TRIANGLE

BACKPACKS

BOOTS/FOOTWEAR

PERSONAL EQUIPMENT

## **PHILMONT 2008 PREPARATION IMPORTANT DATES**

- **August 23, 2007** – Kick Off at Monmouth Council Service Center
- **September ??, 2007** – Contingent Meeting and first Crew Meeting
- **October 19-21, 2007** – Fall Contingent Shakedown Hike
- **April 11-13, 2008** – Spring Contingent Shakedown Hike
- **May 11, 2008 or May 17, 2008** – Conservation Projects at Quail Hill and Forestburg  
(Crews will participate on one of the two dates)
- **June 26, 2008** – Depart for Philmont
- **July 11, 2008** – Return from Philmont

In addition to the above, Crew hikes, outings and meetings will be held to provide information and get each crew ready for the Philmont Adventure. The crew will schedule these meetings and activities to best match everyone's schedule. Expect to have a meeting and/or activity at least once each month.

**TO BE READY FOR PHILMONT,  
YOU MUST ATTEND ALL CONTINGENT  
AND CREW ACTIVITIES!**

**CONTINGENT MEETING  
MONDAY, SEPTEMBER ??, 2007  
7:30 – 9:00 PM  
FORRESTDAL SCHOOL  
FORREST AVE, RUMSON**

**DIRECTIONS:**

**Deane Porter and Forrestdale schools are next to each other, on the block between Bingham and Forrest Avenues and Blackpoint and Narumson Roads. They are just behind Rumson Fair Haven Regional High School on Ridge Road in Rumson.**

**From the Garden State Parkway:**

Leave the Parkway at exit 109. Follow the exit ramp to the stop light at Newman Springs Road.

Turn east on Newman Springs Road toward Red Bank.

(Make a left turn off the exit ramp if you were heading south on the Parkway; make a right turn if you were heading north.)

Follow Newman Springs Road through about four traffic lights until it ends at Broad Street in Red Bank.

Turn left onto Broad Street. Follow it through downtown Red Bank for several traffic lights until it ends at Front Street.

Turn right on Front Street and follow it out of Red Bank, through Fair Haven (where it is renamed River Road), and into Rumson.

The first traffic light you will come to in Rumson is at the corner of River Road and Bingham Avenue.

There is an ice cream shop on the corner. Turn right on Bingham and follow it for a few blocks to another traffic light at Ridge Road.

Turn left here and pass the high school. Just past the high school buildings, turn left on Forrest Avenue. Follow it to the next block. This is Blackpoint Road.

Turn left for Deane Porter School; Forrestdale School is straight ahead on your left.

**From the Middletown/Hazlet/Holmdel area:**

Follow Route 35 south into Red Bank.

Turn east on Front Street and follow the directions above.

From Shrewsbury, Eatontown, or other points south of Red Bank:

Follow Route 35 north into Red Bank. When it crosses the train tracks, continue straight on Broad Street.

Follow Broad Street to Front Street, then follow the directions above.

**FALL CONTINGENT SHAKEDOWN HIKE  
FRIDAY TO SUNDAY, OCTOBER 19-21, 2007  
MONMOUTH COUNCIL SERVICE CENTER  
DEPARTURE AND RETURN POINT**

- Bus transportation provided.
- We start loading buses at 5:30 PM on Friday, October 19.
- Busses return to Service Center by noon on Sunday, October 21.
- Full uniforms worn while traveling to and from hiking site.
- Appropriate hike attire worn at campsite and while hiking.
- Food for weekend provided.

Note: eat Friday dinner before coming to service center.

**MONMOUTH COUNCIL PHILMONT 2008 TENTATIVE ITINERARY**  
(Using Philmont 2006 Itinerary as an example)  
**JUNE 26 TO JULY 11, 2008**

- 6/26/08 - Leave Newark Airport
  - Fly to Denver
  - Meet Bus Co.
  - Dinner at Fargo's Pizza
  - Overnight at Holy Cross Abbey
- 6/27/08 - Breakfast at Holy Cross Abbey
  - Full-day Whitewater Rafting Trip
  - Lunch on rafting trip
  - Dinner at Country Buffet
  - Overnight at YMCA in Colorado Springs
- 6/28/08 - Breakfast at Country Buffet
  - Travel to Pikes Peak Cog Railway
  - Lunch in Colorado Springs at Golden Corral
  - Travel to La Junta
  - Dinner, Indian Dance Show & overnight at Koshare Indian Kiva
- 6/29/08 - Breakfast at Otero Junior College
  - Travel to Philmont
  - Arrive at Philmont, meet Ranger & be assigned site in Tent City
  - Go to Logistics
  - Adult Physicals & Youth Medical review
  - Crew pictures
  - Equipment & food checkout
  - Visit Philmont Museum & Villa Philmonte
  - Personal equipment shakedown
  - Trading Post
  - Crew Advisors meeting & Crew Leaders meeting
  - Religious Services for all Contingent members
  - Opening Campfire
- 6/30/08 - Breakfast at Tent City
  - Hit the trail
  - Ranger Training on the trail (Leave No Trace Camping, etc.)

**6/30/08 to 7/9/08 – 10 Full Days on Selected Trail Itinerary**

- 7/10/08 - Hike to Base Camp or Pick-up Point
  - Equipment Check-in, Mail Check, Laundry & Showers, Pick-up Pictures
  - Visit Philmont Museum & Villa Philmonte
  - Closing Campfire, Awards Ceremony
  - Trading Post & Patch Trading
  - Overnight at Tent City
- 7/11/08 - Early AM - Break Camp - Breakfast
  - Bus to Colorado Springs
  - Lunch at Casa Bonita
  - Bus to Denver for flight to Newark Airport

**YOUR PERSONAL EQUIPMENT**

<b>Packing</b>	Double	Check
pack with padded hip belt (rental available)	_____	_____
capacity: external frame—4000 cu in +/-	_____	_____
internal frame—4800 cu in +/-	_____	_____
*pack one cover—waterproof nylon	_____	_____
*6-12 (gallon size) Ziploc plastic bags to pack clothes	_____	_____
<b>Sleeping</b>	_____	_____
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)	_____	_____
<b>Clothing</b>	_____	_____
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)	_____	_____

**YOUR PERSONAL EQUIPMENT**

<b>Eating</b>	Check	Double
deep bowl (small, plastic)	_____	_____
*cup (measuring style)	_____	_____
*spoon	_____	_____
*3 or 4 one qt. water bottles (BB, A)	_____	_____
<b>Personal and Miscellaneous</b>	_____	_____
*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)	_____	_____
*ditty bag (for personal items in bear bag)	_____	_____
<b>Optional</b>	_____	_____
*camera and film (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



# Program Features

## **ADOBE CASA**

At Abreu you will become acquainted with the art of constructing southwestern architecture. After mixing a batch of adobe mud, using a special formula of clay, straw, water, and sand, you pack it into wooden forms to mold bricks. When the bricks have dried from the solar energy of the New Mexico sun, they are used for construction.

## **ARCHAEOLOGY**

The Ponil country in the northern section is rich in the prehistoric background of the American Indian. Your crew can help reconstruct Philmont history while participating in this fascinating program and learning about Indians who inhabited this area. An educated archaeologist and staff explain and supervise the program in the North Ponil Canyon. Activities may include assisting with excavations or preparing specimens and artifacts. Please Note: You can assist the archaeology program by being observant as you hike the trails. You may discover an artifact that will lead to further discoveries. Philmont's antiquities rightfully belong to Philmont and are most meaningful when left where found. Others can then share the benefit of your discovery. Please report all finds to one of the staff archaeologists at Indian Writings or to the Philmont Museum.

## **BLACK POWDER**

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

## **BLACKSMITHING**

The ring of hammer striking iron echoes through the mountains around French Henry, Black Mountain, and Cypher's Mine camps. Here a staff blacksmith will acquaint you with a working forge, blower, leg vice and hardie, and an array of tongs used to grip red hot iron. They will discuss and demonstrate techniques for firing the forge, working metal, and tempering the finished product.

## **BURRO PACKING**

No animal is more closely associated with the colorful history of the Southwest than the burro. Burro packing methods are explained and demonstrated at Ponil and Miranda. Your tents and food may be packed on burros using a diamond hitch. Burros are available for use on the trail in the northern portion of the ranch, starting or ending at Ponil and Miranda. Burro traps (holding pens for overnight stops) are located at Ponil, Pueblano, and Miranda. Hay for feeding is provided at these camps. If your itinerary provides for packing burros, take advantage of this unique opportunity to pack them just as the miners once did.

## **BURRO RACING**

Thrills galore await you in catching, packing, and racing a burro in competition with other crews. At Harlan and Abreu this activity provides a memorable experience. In keeping with the southwestern spirit of the program, you will be instructed in preparing a special Mexican meal at Abreu.

## **CANTINA**

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

## **CONSERVATION**

Philmont offers opportunities for involvement, participation, and observation of conservation practices. Most conservation projects involve trail construction or repair, which is very important in controlling erosion. Three hours of conservation work under the supervision of a Philmont Conservationist is expected of each camper to earn the Arrowhead Award. Ten hours of conservation work is a requirement for the 50-miler Award. The 3 hours earned at Philmont can be applied—the other 7 may be acquired back home. Philmont has a number of conservationists on its staff; each located strategically throughout the backcountry. Logistics will identify the best location for your crew to do your 3-hour project under the supervision of one of them who will help you qualify for both the Arrowhead Award and the partial on the 50-Miler Award. Should your itinerary not provide for an area with a trail construction site, Logistics will identify and alternate project that can be done under the leadership of you advisor.

## **CONTINENTAL TIE AND LUMBER COMPANY**

The exciting legend of the loggers with the Continental Tie and Lumber Company will come to life through the staff a Pueblano and Crater Lake. They will share their skills of spar tree "pole" climbing and the use of wood tools and instruments. Competition in exciting

logging events such as log toss, crosscut sawing, and log tongs races will challenge your crew.

## **ENVIRONMENTAL AWARENESS**

Become acquainted with some of the western birds, wildflowers, mammals, lizards, snakes, and insects in this natural outdoor wonderland. Discover what wildlife passed through camp by observing tracks and other signs—view how plant and animal species change as you climb higher into the mountains, and learn why these changes occur—walk past the timberline and observe the life that survives the rigors of the high-altitude environment. At Cimarroncito, Miner's Park, Ring Place, and Dean Cow, and program of environmental awareness will be given to help you know and understand Philmont's flora, fauna, geology, and like zones; and how you can be a part of maintaining the natural order of things to others that follow may enjoy them too.

## **FLY TYING AND FISHING**

The Rayado and Agua Fria streams in the south and Ponil stream in the north offer excellent trout fishing. Though not large, these trout are wary and exciting to catch. A little time and skill spent along these streams may yield you a delicious trout supper or breakfast. Fly rods may be checked out a fish Camp, Phillips Junction, Abreu and Ponil. At Fish Camp a program counselor with material and equipment will show you how to tie your own trout flies. The thrill of catching a trout on a fly you have tied is hard to beat. Near Fish Camp and Abreu a catch and release program is in effect. If you don't know how to remove the hook from your fish or how to clean it, a program counselor will demonstrate the correct methods. Your crew may also participate in Philmont's fish habitat improvement project and satisfy a portion of your conservation requirements. A tour of Waite Phillips' fishing lodge, including a narrative of area history is also offered. All fishermen are required to have a current New Mexico state fishing license.

## **GEOLOGY**

Philmont and the Bureau of Land Management have teamed up to provide an exciting and educational program of geology, mining technology and history at the sites where history comes alive--Baldy Camp and Cypher's mine camp.

## **GOLD MINING AND PANNING**

Gold is still found in almost all streams on Philmont, which was once the scene of lucrative gold-mining operations. Mine shafts, sluice boxes, and placer mines dot the mountainsides and valleys. If your itinerary takes you to Cypher's Mine or French Henry you will tour a real gold mine. Not working now, the mine is carefully shored to you can tour the mine tunnel. Bring your jacket and flashlight for the tour. Learn about adventures that were experienced during the fascinating and colorful past as determined miners sought their fortunes in these historic mountains. When you find some "color", ask one of the staff miners for some cellophane tape so you can take your discovery home to show others your success. Gold pans are available for you to use at Cypher's Mine, Baldy Camp, and French Henry.

## **HOMESTEADING**

At Crooked Creek and Rich Cabins you crew will visit a working homestead. The staff will help you learn early day skills such as splitting, shingle making, primitive farming, log structure construction and care of farmyard animals.

## **HORSE RIDES**

Philmont owns and maintains a remuda of 250 western horses with strings located at Beaubien, Clark's Fork, and Ponil. All three camps offer exhilarating mountain horse rides at 8 a.m. and 1 p.m. Be prompt for your scheduled ride. Reservations are made at Logistics Services on a first-come, first-served basis upon arrival at Philmont. Philmont wranglers are courteous but strict. They make certain everyone stays in line and maintains the pace to avoid endangering members of your crew. Even skilled riders cannot be permitted to ride at a different pace or away from the group. Please cooperate with the wranglers by following instructions for a safe and enjoyable ride. For your personal safety you will wear a helmet, which will be provided. Ponchos and maps should not be taken since they may frighten the horses. Wear long trousers on your horse ride to protect your legs. Persons weighing over 200 pounds will not be permitted to ride.

## **JICARILLA APACHE LIFE**

Apache Springs offers a unique program featuring the lifestyle of the Jicarilla Apache. You will see how the Jicarillas worked and played. A replica Jicarilla village has been erected for this program. Teepees

are furnished with realistic fireplaces, back rests, robes, hides and baskets for you to see.

Learn how to make arrowheads by knapping (chipping) rock with deer antlers. You may also grind corn using a mano and metate formed from smooth rocks. After that you can enjoy a "Jicarilla sauna" in a sweat lodge, followed by a dousing with cold water.

#### **MOUNTAIN BIKING**

Enjoy one of America's fastest growing sports at Iris Park Camp as your crew takes a wilderness Mountain Bike Ride into the most remote areas of the beautiful Valle Vidal Section of the Carson National Forest.

#### **MOUNTAIN LIVIN'**

This interpretive program is based upon skills utilized by the people who lived in this area, years ago. Blacksmithing, candle making, fashioning furniture and utensils from native materials, and making soap are typical early homestead crafts you will learn and do. The only access to Black Mountain Camp is on horse or foot; it is a perfect setting for this unique program.

#### **MOUNTAINEERING**

Although not a staff-sponsored program feature, mountaineering can be a fun and exciting as any. Restless adventurers seek challenges, comradeship, spectacular views, and fields of delicate wildflowers, stimulating exercise, and solace by climbing high mountains. You can fulfill these urges at Philmont, where many challenging mountains await you. Mount Waite Phillips, nearly 12,000 feet high, towers over the beautiful southwest section of Philmont country. This peak is a rugged climb with fabulous views of Eagle Nest Lake, Wheeler Peak (highest mountain in New Mexico at 13,161 feet elevation) and most of Philmont.

"Old Baldy," named for its rocky, barren top, is a favorite climb for those who camp in the Baldy Camp vicinity. Dotted with old gold mines, Baldy is the highest peak on Philmont—12,441 feet. The view from its top is unobstructed and spectacular.

The Tooth of Time, the 9,003-foot high Philmont molar, rises abruptly 2,500 feet from the valley floor. A landmark along the old Santa Fe Trail, the Tooth will give you a memorable view of Philmont. Big Red, Black Mountain, Hart Peak, Lookout Peak, Trail Peak, and many other peaks will test your stamina and give you breathtaking views of surrounding terrain. Always carry water, rain gear, jacket and other essentials when mountaineering.

#### **NO TRACE CAMPING**

Wildland ethic depends upon attitude and awareness rather than on rules and regulations. While at Dan Beard you will have the opportunity to learn how to enjoy wildland with respect; to hike, camp, eat meals, and dispose of trash without leaving a scar or trace.

#### **PHILMONT CAMPFIRES**

Throughout the backcountry, various staffed camps conduct special evening campfires and programs.

Urraca, Puebloano, and Crater Lake campfires relate to tales of the Old West, Logging, and the history of the land. Facts about the Beaubien Miranda Land Grant come alive, and the influence of Waite Phillips and his gift of Philmont to the BSA provide for a special inspiration.

At Beaubien and Clark's Fort, the focus is on the Old West with its songs and stories and true cowboy atmosphere.

At Cypher's Mine the story of gold will become memorable as an interpreter relates the life and adventures of miners of yesteryear. Conducting your own campfire can be equally stimulating whether you are camping at Visto Grande, Wild Horse Park, New Dean, or another non-staffed camp. You and your friends will enjoy the camaraderie that radiates from the warmth of a Scouting campfire.

#### **RENDEZVOUS**

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

#### **RING RANCH**

Visit the historic ring family home at Ring Place Camp and learn about their way of life during the early years. Astronomy is featured each night. Gaze through a professional quality telescope to see the rings of Saturn, distant stars and moons.

#### **ROCK CLIMBING**

This fascinating and challenging sport is a favorite of all Philmont campers. You'll scale a steep pitch and rappel down a sheer cliff Philmont has carefully selected three areas to conduct this program

where the rocks are safe and practical, but a distinct "Class Five" challenge.

Under the supervision of expert climbers, you will climb using your hands and feet while protected by rope, carabiners, and helmet. Safety is always stressed and practiced. Rock climbing at Philmont is restricted to the three locations, Miner's Park, Cimarroncito, and Dean Cow, and is only done under the supervision of Philmont rock climbing staff.

#### **ROCKY MOUNTAIN FUR COMPANY**

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

#### **ROPES AND CHALLENGES**

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

#### **SPECIAL TRAIL MEALS**

The programs at Clark's Fork and Beaubien include a special chuck wagon dinner. A Mexican meal is included at Abreu. Ponil will feature a chuck wagon dinner and a special breakfast. Members of your crew will help prepare these meals. Cast-iron Dutch ovens can't be beat for good old-fashioned cooking, but they require some special care. Clean the oven by boiling water in it for about 10 minutes. Scrape any remaining food particles with a flat wood chip—do not use scouring pads or anything metal because scratches can harm the oven. Heat it until dry, then grease the inside and lid lightly with shortening, wipe off any excess and replace the lid. Dutch ovens may be borrowed at most staffed camps.

#### **.30-06 RIFLE SHOOTING**

This program offers a review of firearms and tips for successful and safe shooting. Wildlife conservation and game management are discussed.

Metallic silhouette targets provide a challenging experience at Sawmill's .30-06 rifle range. Each participant will reload and fire 3 rounds; additional rounds may be purchased at 3 for \$1.00.

#### **12 GAUGE SHOTGUN SHOOTING**

Shooting trap takes skill, but with some instruction and practice you may find that you can hit clay birds. Each participant at Harlan will reload and fire 3 rounds; additional rounds may be purchased at 3 for \$1.00.

#### **WESTERN LORE**

Philmont is an operating western cattle ranch. Cowboys still watch over cattle on horseback and drive them from their winter pasture on the plains to high mountain meadows for summer grazing. While you hike the trails, look for the whiteface Hereford cattle. Though not wild, they are best observed from a distance. A cow with a calf may become dangerous if she feels her calf is threatened. To chase or attempt to rope these animals is foolish and can result in serious injury. Watch and photograph them if you wish. An organized western lore program is offered at Beaubien, Ponil Clark's Fork. Horse riding, campfires, and branding are all part of the western lore program. Philmont cowboys will tell you about New Mexico's cattle industry. Using authentic western lariats, they will show you how to rope. The cowboy's garb and equipment will be named and their uses explained. After a hearty chuck wagon dinner which you help prepare, you'll gather around a campfire under the western sky for an evening of songs, guitar playing, and stories of the old west at Beaubien or Clark's Fork. Ponil Campers may gather at the cantina. Ponil also features a chuck wagon breakfast.

#### **WILDERNESS MEDICINE/SEARCH AND RESCUE/GPS TECHNOLOGY**

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

## **TO EACH PARTICIPANT AND THEIR PARENT(S) or GUARDIAN(S)**

### **Risk Advisory**

Philmont has an excellent health and safety record, with over 820,000 adults and young people having attended since our founding in 1938. Philmont strives to minimize risks to participants and advisers 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 must 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 to you 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 accident possibilities include injuries from tripping and falling, motor vehicle accidents, worsening of underlying medical conditions such as diabetes or asthma, incidents, heart attacks, heat exhaustion, and falls from horses. 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's staff is trained in first aid, CPR, and preventing accidents, 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 hours or more.

### **The Philmont Trek Experience**

A Philmont trek is physically, mentally, and emotionally demanding. Each person will carry a 35- to 50-pound pack while hiking five to 12 miles per day in an isolated mountain wilderness ranging from 6,500 to 12,500 feet in elevation. Weather could include temperatures from 30 to 90 degrees Fahrenheit, low humidity (10 percent to 30 percent), and frequent, sometimes severe, afternoon thunderstorms. Activities include horseback riding, rock climbing and rappelling, challenge events, pole climbing, black-powder shooting, 12-gauge trap shooting, .30-06 shooting, trail building, mountain biking, and other activities that have potential for injury. Philmont strives to minimize risks to participants and advisers by emphasizing proper safety precautions. Refer to the Guidebook to Adventure, which is mailed to participants in mid-March, for specific information. Philmont staff instructs 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 illness and medical conditions**

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 (TIAs)
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

Youth 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 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 a 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 150/95) should be treated 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. Persons with mild hypertension (greater than 135/85 but less than 150/95) probably require treatment as well.** 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 that 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 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. Insulin can be carried in a small thermos, which can be re-supplied with ice or cold water at most staffed camps.

An insulin-dependent diabetic who has been newly diagnosed (within the past six months) or who has undergone a change in delivery system (e.g., insulin pump) in the past six 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 adviser who exceeds the maximum weight limits on the Philmont weight chart is at extreme risk for health problems.

### **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 one-year seizure-free period is considered to be adequate control. Philmont's chief medical officer may consider exceptions to this guideline. Any exceptions 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, Allergy, or Anaphylaxis**

Asthma should be well controlled before coming to Philmont. Well-controlled asthma means (1) the use of short-acting bronchodilator MDI (albuterol, Ventolin, Proventil) zero or one time per day, and (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 six months, or (3) you have needed treatment with oral steroids (predisone) in the past six months.

You must bring a 15-day supply of your medications and a spare short-acting bronchodilator. 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 three 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 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 for 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.

### **Recent Musculoskeletal Injuries and Orthopedic Surgery**

Every Philmont participant will put a great deal of strain on feet, ankles, and knees. Participants who have had orthopedic surgery—including arthroscopic surgery—or significant musculoskeletal injuries within the past six months find it difficult or impossible to negotiate Philmont's steep rocky trails. To be cleared to backpack by the Philmont medical staff, individuals with significant musculoskeletal problems (including back problems) or recent orthopedic surgery must have a letter of clearance from their orthopedic surgeon or treating physician. A person with a cast on any extremity may participate only if approved by a Philmont physician. Ingrown toenails are a common problem and must be treated 30 days prior to arrival. All such problems will be reviewed by a Philmont physician to determine if participation in a trek will be permitted.

### **Psychological and Emotional Difficulties**

A psychological disorder does not necessarily exclude an individual from participation. Parents and advisers 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 circumstances 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.

## Medications

Each participant at Philmont who has a condition requiring medication should 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 stings must bring an EpiPen or equivalent with them to Philmont.

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 and Hiking

Each participant in a Philmont trek must not exceed the maximum acceptable limit in the weight-for-height chart below. The right 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- to 50-pound backpack at elevations of 6,500 to 12,500 feet. Philmont recommends that participants carry a pack weighing no more than 25% to 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 pounds.

The Philmont physicians will use their best professional judgment in determining participation in a Philmont trek by individuals under 21 years of age who exceed the maximum acceptable weight for their height. Participants under 21 years of age are strongly encouraged to meet the weight limit for their height, and exceptions are not made automatically, and the maximum allowable exception will be 20 pounds. 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.

**Under no circumstances will any individual over 295 pounds be allowed to participate regardless of height or age.** This limit is necessary due to limitations of rescue equipment and for the safety of Philmont personnel. The maximum weight for any participant in a Cavalcade Trek and for horse rides is 200 pounds.

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

Height	Weight Recommended	Max 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	Weight Recommended	Max 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"	170-240	295

## Physical Preparation for a Philmont Trek

To enjoy the Philmont experience, participants must be physically prepared to carry a 35- to 50-pound 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 get a physical examination from your physician using forms provided by Philmont that will be mailed in December. Complete the health history on page 3 of the form and schedule a physical exam. Bring the entire form (all six pages) to your 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 without medication must be less than 150/95 for any participant to be permitted to hike at 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 30 to 60 minutes three to five times a week.

Jogging, running uphill, climbing long flights of stairs, walking along abandoned railroad tracks, and hiking with a full pack are all 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 of the Backpacking merit badge. These include three 15-mile treks with two overnights each, and one five-day 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 you will use at Philmont to toughen your feet and to break in your boots.

Ninety percent of the crews that participated in 2002 indicated on their evaluation forms that additional physical training by all members of their crew would have been helpful.

## **Suggested Conditioning Program**

### **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 the physician's recommendation on how to lose weight through dieting and exercise.

Walk, jog in place, swim, or pedal an exercise bike indoors for 20 minutes or more at least three to five times a week. Gradually increase the length and the intensity of exercises.

Buy a pair of quality hiking boots. A pair of boots 6 to 8 inches high with sturdy soles is recommended. Lightweight hiking/running footwear is excellent for the dry, rocky trails prevalent at Philmont. Lightweight footwear is not recommended for people with weak ankles, who need heavier leather boots. 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.

### **April**

Continue exercising. Schedule a couple of five- to 10-mile day hikes. Carry a full backpack on the second hike.

### **May**

Continue exercising. Schedule at least two overnight backpacking treks of 10 to 20 miles. Plan the second trek to cover more rugged terrain or increase the mileage. Consider meeting the requirements for the Backpacking merit badge, which include three three-day backpacking treks of at least 15 miles each, and one five-day trek covering at least 30 miles.

### **June/July**

Continue exercising right up to the day you depart for Philmont. Come to Philmont in top physical and mental condition, ready for carrying a 35- to 50-pound pack over steep, rugged trails at high elevations (6,500 to 12,500 feet).

## **Tips for Physical Conditioning**

To ensure that physical training is not neglected, each member of your crew should schedule regular periods of time to exercise and prepare and follow this schedule faithfully, from beginning to end. Although it is possible to exercise individually, it would be more productive to make preparations as a crew. In addition to being more enjoyable, working together as a group will encourage participation and will help develop a spirit of teamwork.

It is highly recommended that everyone in a Philmont crew fulfill the requirements for the Backpacking merit badge, which requires three three-day backpacking treks of at least 15 miles and one five-day trek covering at least 30 miles.

## **Dining in the Backcountry**

Philmont will provide all the food that crews require on the trail. The crew will carry a few days' supplies at a time, picking up food at designated camps along the trail. Each camp commissary staff will issue a specific menu according to a prearranged plan. This plan enables crews to eat a different menu each day on the trail. Packaged in durable, disposable plastic 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.

The trail food diet is, by necessity, a high-carbohydrate, high-calorie diet rich in wheat, milk products, and sugars. Explicit cooking directions are indicated on each food packet for your convenience. Follow these



instructions closely. Your crew may find it helpful to practice cooking freeze-dried or dehydrated food before your trek begins.

## **Food Allergies and Dietary Restrictions**

A participant with allergies to some food products or who requires a special diet for medical or religious reasons may need to buy suitable trail food at home and bring it to Philmont. (Note: There is no reduction in the Philmont fee for individuals who bring their own food.) Should this be necessary, follow these guidelines: Menus should be much higher in calories and carbohydrates than normal to provide additional energy. Lightweight, non-perishable, low-bulk foods are recommended for backpacking. Dehydrated and freeze-dried items work best. Meals should be packaged in lightweight, watertight, and disposable containers such as heavy-duty plastic bags. Package each day's meals separately and write the participant's name and expedition number on each package. Upon arrival at the ranch, the participant should provide their food to the ranger, who will take it to Logistics. Arrangements will be made to transport it to the appropriate backcountry commissaries for your crew so that the participant will not have to carry it all at once. For meals taken in the dining hall, appropriate substitutions can be arranged by speaking to the dining hall manager upon arrival at Philmont.

Philmont asks that food substitutions be requested only for medical (including allergies) or religious reasons. If there is any question about food substitutions, please contact Philmont by telephone (505-376-2281) or in writing.

## **Kosher Trail Meal**

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. If you have question or concerns, please direct them to the Philmont Jewish Chaplain.

**WHAT IS BEING PROVIDED FOR \$1400**  
(Tentative based on preliminary planning)

Contingent fee includes:

- Round Trip Airfare from Newark to Denver
- Ground Transportation from Denver to Philmont & return
- All meals prior to, after and while at Philmont
- Cog Railway to the top of Pikes Peak
- Whitewater Rafting down the Arkansas River
- Air Force Academy and/or Olympic Training Center
- Overnight stays prior to arriving at Philmont
- Koshare Indian Show and Museum
- Overnight stay at the Koshare Indian Kiva
- Philmont fee
- 2 Contingent T-Shirts, 1 Contingent Hat and 1 Philmont Patch
- Crew Picture
- Other fees: (i.e., extra white gas, crew maps, etc.)  
    Transportation and food for two Contingent Shakedown weekends  
    (October 2007 and April 2008)

Contingent fee does not include:

- Transportation for Conservation Weekend
- Costs for crew development activities (meetings, hikes, outings, etc.)
- Spending money
- Personal gear
- Any crew equipment needed
- Transportation to and from Newark Airport

Fundraising is encouraged by each crew to reduce the cost of the trip for all crew members.

## Payment and Refund Policies

### Payment Schedule

<i>Due Date Payment</i>	<i>Payment</i>	
August 26, 2007	\$300.00	<ul style="list-style-type: none"> <li>• All payments should be made payable by check to: ""Monmouth Council - BSA"</li> <li>• Payment should be provided to the Crew Advisor for your Scout's crew each month (after initial payment at the Kick Off)</li> <li>• Please be sure to annotate your check: "Philmont 2008" and include your Scouts Name</li> <li>• * \$250.00 if \$50 deposit has been paid</li> </ul>
November 1, 2007	\$200.00	
December 1, 2007	\$150.00	
January 1, 2008	\$150.00	
February 1, 2008	\$150.00	
March 1, 2008	\$150.00	
April 1, 2008	\$150.00	
May 1, 2008	\$150.00	

### Payment Policy

In the event that a Scout's payments are more that 45 days behind or the total amount paid is less than "No Replacement Available Non-Refundable" amount shown below, the Contingent reserves the right to drop the Scout from the Contingent if payment is not brought up-to-date with 48 hours after notification to the parents. In the event of payment difficulties, you should discuss the situation with your Scout's Adult Advisor.

### Refund Policy

If a scout registers for the Philmont 2008 Expedition and then finds that he/she cannot participate, the refund amount will be determined based upon whether an alternate can be found to take the scout's place. The chart shown on the Payment and Refund Policies page provides an estimated fee liability. In all cases, any expenses incurred for pre-Philmont activities will be reflected as a reduction to a refund. The actual refund amount will be calculated based upon payments made by the scout and deducting expenses incurred for pre-Philmont activities at the time he/she withdraws from the Philmont 2006 Expedition. We reserve the right to process refunds after completion of the Expedition in July 2006.

### Estimated Fee Liability

The following table lists the **estimated** schedule of fee liabilities based upon the date the Council Office and the Philmont 2008 Contingent Leader receive **written** notification of a Scout's withdrawal from the Contingent. This table will be adjusted to reflect actual commitments of revenue.

Last Notification Date	Total Non-Refundable Amount		Comment
	Replacement Available	No Replacement Available	
August 26, 2007	\$25	\$25	Kick Off
<b>September 27, 2007</b>	\$50	\$300	Philmont 2 <sup>nd</sup> Payment/Crew Hike
January 15, 2008	\$100	\$450	Airfare Deposit
<b>February 27, 2008</b>	\$100	\$650	Philmont Final Payment
April 1, 2008	\$100	\$750	Shakedown/Patches/Shirts/Hat
May 1, 2008	\$100	\$850	Reservations
June 1, 2008	\$200	\$1,000	Reservations
After airline tickets issued	\$300	\$1,200	Non-refundable airfare

# Registration Forms Package

## Instructions:

There are 4 required forms after this page. Each is to be filled out and turned in.

1. The Registration Form must be filled out completely, notarized, and accompanied by the initial fee payment of \$300 (\$250 if deposit already made) by check made payable to "Monmouth Council BSA" with the Scout's Name and "Philmont 2008" noted on the check.

**A Scout is NOT considered to be registered until this step is completed.**

2. The Preliminary Medical Record with Addendum must be filled out and signed by the Parent or Guardian and submitted to your Crew Advisor at your first crew meeting. **A Doctor's Signature is NOT required!**
3. & 4. The Scout Questionnaire and Information for First Crew Shakedown must be turned in with the Registration Form. You will have the opportunity to update the information for First Shakedown form at your first crew meeting.

### PERSONAL HEALTH AND MEDICAL RECORD FORM

**I. IDENTIFICATION** Age \_\_\_\_\_ Sex \_\_\_\_\_ Date of Birth\* \_\_\_\_\_  
 Name \_\_\_\_\_  
 Last name First name Initial  
 Address \_\_\_\_\_  
 City & State \_\_\_\_\_ Zip \_\_\_\_\_  
 Health/Accident Insurance \_\_\_\_\_ Policy no. \_\_\_\_\_

**IN AN EMERGENCY NOTIFY:**

Name \_\_\_\_\_ Relationship \_\_\_\_\_  
 Address \_\_\_\_\_ Home phone \_\_\_\_\_  
 City & State \_\_\_\_\_ Business phone \_\_\_\_\_  
 Personal Physician Phone \_\_\_\_\_

**III. PARENTAL STATEMENT**  
 Has it ever been necessary to restrict applicant's activities for medical reasons?  No  Yes Does applicant take medicine regularly or have special care?  No  Yes If yes, explain: \_\_\_\_\_  
 To the best of my knowledge, the information in sections I, II, III, IV, and VI is accurate and complete. I request a licensed health-care practitioner to examine applicant, to give needed immunization, and to furnish requested information to other agencies as needed. I give my permission for full participation in BSA programs, subject to limitations noted herein. In the event of illness or accident in the course of such activity, I request that measures be instituted without delay as judgment of medical personnel dictates.  
 Parent or guardian \_\_\_\_\_ (Must sign if applicant is 18 or younger)  
 Applicant's signature \_\_\_\_\_  
 Date signed \_\_\_\_\_

**BOY SCOUTS OF AMERICA**  
 All Class 3 activities require a health examination within the past 12 months by a licensed health-care practitioner.\* This includes youth and adult members participating in high-adventure activities, athletic competition, and world jamborees. Annually, this form is to be used by adults over 40 for all activities requiring a physical examination and applies to all Wood Badge participants/staff regardless of age.

**II. EMERGENCY MEDICAL INFORMATION**  
 Has or is subject to (check and give details):  
 Allergy to a medicine, food, plant, animal, or insect toxin  
 Any condition that may require special care, medication, or diet  
 ADHD (Attention Deficit Hyperactive Disorder)  
 Asthma  Convulsions  Heart trouble  Contact lenses  
 Diabetes†  Fainting spells  Bleeding disorders  Dentures

**EXPLAIN** \_\_\_\_\_

**V. LICENSED HEALTH-CARE PRACTITIONER'S EVALUATION AND ADVICE**  
 Approved for participation in:  
 Hiking and camping  Water activities  
 Competitive sports  All activities  
 Specify exceptions \_\_\_\_\_  
 Recommendations (explain any restrictions OR limitations): \_\_\_\_\_  
 Date \_\_\_\_\_  
 Signed \_\_\_\_\_  
 \*Licensed health-care practitioner

\*Examinations conducted by licensed health-care practitioners other than physicians will be recognized for BSA purposes in those states where such practitioners may perform physical examinations within their legally prescribed scope of practice.

PLEASE TYPE OR PRINT.

NAME \_\_\_\_\_ UNIT \_\_\_\_\_

NOTE: Keep original form for your personal record. Make reproductions for agency use. Be sure information and signatures are legible on reproduced copies. This upper section may be reproduced and carried with you for emergency identification and care.

**VI. MEDICAL HISTORY**  
 Parent (or applicant if 18 or older): Fill in sections I, II, III, IV, and VI before seeing a licensed health-care practitioner. Check immunizations to be given at this time. Be sure to include any emergency information and restrictions or special care that should be observed. Especially be sure to record any injuries, illnesses, surgery, or significant changes in condition of health of applicant since last complete examination.

- Date of most recent complete physical examination (month and year) \_\_\_\_\_ 20\_\_\_\_
- Are you aware of any current health problems?  No  Yes
- Now under medical care or taking medicines?  No  Yes
- Has there been any surgery, injury, illness, allergy, or change in health status since last complete physical examination?  No  Yes

Give dates and full details below for any "yes" answers.

IS THERE DISEASE OF (OR PAST OR PRESENT HISTORY OF):

	No	Yes	Year	Details/Medicines
Serious illness	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Serious injury	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Deformity	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Surgery	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Skin, glands	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Ears, eyes	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Nose, sinus	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Teeth, tonsils	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Dentures	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Bridge	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Chest, lungs	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Heart	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Murmur	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Rheumatic fever	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Stomach, bowels	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Appendicitis	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Kidneys or urine	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Albumin	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Sugar	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Infection	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Bed-wetting	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Menstrual problems	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Hernia (rupture)	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Back, limbs, joints	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Sleepwalking	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Nervous condition	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
Other (explain)	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____

Please list ALL medications taken in the 30 days prior to arrival at the Scouting activity where this form is to be used: \_\_\_\_\_

**VII. HEALTH EXAMINATION**  
 Licensed Health-Care Practitioner: \_\_\_\_\_

The applicant will be participating in a strenuous activity that will include one or more of the following conditions: athletic competition, adventure challenge or wilderness expedition (afloat or aloft) that may include high altitude, extreme weather conditions, cold water, exposure, fatigue, and/or remote conditions where readily available medical care cannot be assured.

- Please insist applicant furnish complete medical history (VI) before exam.
- Review immunizations; for youth (18 or younger) tetanus and diphtheria toxoids, measles, mumps, and rubella vaccines, and trivalent oral polio vaccine are required; youths and adults must have had tetanus booster within 10 years. A measles booster is recommended at age 12.
- After completing section VII, summarize any restrictions and/or recommendations in sections II and V, above, and sign.

Date \_\_\_\_\_ VISION: \_\_\_\_\_ HEARING: \_\_\_\_\_  
 Normal \_\_\_\_\_ Normal \_\_\_\_\_  
 Ht. \_\_\_\_\_ Wt. \_\_\_\_\_ Glasses \_\_\_\_\_ Abnormal \_\_\_\_\_  
 B.P. \_\_\_\_\_ / \_\_\_\_\_ Pulse \_\_\_\_\_ Contacts \_\_\_\_\_

Check box if normal; circle if abnormal and give details below:

<input type="checkbox"/> Growth, development	<input type="checkbox"/> Teeth, tonsils	<input type="checkbox"/> Genitourinary
<input type="checkbox"/> Skin, glands, hair	<input type="checkbox"/> Respiratory	<input type="checkbox"/> Skeletomuscular
<input type="checkbox"/> Head, neck, thyroid	<input type="checkbox"/> Cardiovascular	<input type="checkbox"/> Neuropsychiatric
<input type="checkbox"/> Eyes, ears, nose	<input type="checkbox"/> Abdomen, hernia, rings	<input type="checkbox"/> Other (specify)

**COMMENTS** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**FOR THOSE ATTENDING PHILMONT OR NATIONAL HIGH-ADVENTURE BASES:**  
 \* The minimum age for all participants is 13 by January 1 of the year of participation, or have completed the seventh grade. No exceptions.  
 † Trail food is by necessity a high-carbohydrate, high-calorie diet. It is high in wheat, milk products, sugar, corn syrup, and artificial coloring/flavoring. Dinner meals contain meat. If these food products cause a problem in your diet, you need to bring appropriate substitutions with you and so advise base personnel.  
 Note: Licensed health-care practitioners representing high-adventure bases reserve the right to deny access to the trails or other program activity on the basis of a medical evaluation performed at the base after arrival.

Examining Physician's Name (PRINT) \_\_\_\_\_ Telephone \_\_\_\_\_  
 State Licensed in \_\_\_\_\_ Lic# \_\_\_\_\_ Address \_\_\_\_\_

REVIEW FOR CAMP OR SPECIAL ACTIVITY						
DATE	AGENCY AND ACTIVITY	BY	*OK*	PHYSICIAN RECHECK NEEDED	RESULTS OF RECHECK	INITIAL

---

INTERVAL RECORD (CAMP, CAMPOREE, TOURNAMENT, TRAVEL, ETC.)

---

DATE, TIME, PLACE, ETC.	FINDINGS, DIAGNOSES, TREATMENT, INSTRUCTIONS, DISPOSITION, ETC.	BY:

***MUST BE COMPLETED***

In the event my son must leave camp before scheduled, I authorize the following persons to pick him up:

**Name(s)**

**Telephone(s)**

Agency Other Than Original: Please accept Personal Health and Medical Record as evidence either of examination or that appropriate health review and memorandum was made by physician as of date signed. Other details are available from original agency or physician. Please return record to applicant after short-term activity. Copy may be made for applicants file, if needed.

**MONMOUTH COUNCIL**

BOY SCOUTS OF AMERICA  
705 GINESI DRIVE  
MORGANVILLE, NEW JERSEY 07751

### PHILMONT 2008 EXPEDITION REGISTRATION FORM

\_\_\_\_\_  
(Last Name) (First Name) (Middle Initial)

\_\_\_\_\_  
(Address) (City) (State) (Zip Code)

Home Phone Number: \_\_\_\_\_ Religious Preference: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ E-mail (Parent/Guardian) \_\_\_\_\_

In case of Emergency, please notify: \_\_\_\_\_

Emergency Phone number: \_\_\_\_\_

Alternate emergency contact:: \_\_\_\_\_

Alternate Phone number: \_\_\_\_\_

**REFUND POLICY:** If a scout registers for the Philmont 2008 Expedition and then finds that he/she cannot participate, the refund amount will be determined based upon whether an alternate can be found to take the scouts place. The chart shown on the Payment and Refund Policies page provides an estimated fee liability. In all cases, any expenses incurred for pre-Philmont activities will be reflected as a reduction to a refund. The actual refund amount will be calculated based upon payments made by the scout and deducting expenses incurred for pre-Philmont activities at the time he/she withdraws from the Philmont 2008 Expedition. We reserve the right to process refunds after completion of the Expedition in July 2008.

#### TENTATIVE PAYMENT SCHEDULE

Aug. 23 \$300.00	Jan. 1 \$150.00	Apr. 1 \$150.00
Nov. 1 \$200.00	Feb. 1 \$150.00	May 1 \$150.00
Dec. 1 \$150.00	Mar. 1 \$150.00	

**PARENTS' OR GUARDIANS' APPROVAL:** I am willing and desirous that my child be a member of the Monmouth Council Philmont Expedition. If accepted, I will see that he is given the required medical examination and will obtain a doctor's certificate stating that my child is physically able to undertake this trip and also stating that the doctor is aware the trip will include Wail hiking at an altitude range of 6,000 to 12,000 feet. In the event that I cannot be reached in a medical emergency, nor can the person who is listed at the emergency phone, I hereby give permission to the physician selected by the adult leader in charge to provide the necessary medical treatment, including hospitalization, securing proper anesthesia, or ordering injection or surgery, for the scout named above.

I understand and agree to all of the above conditions.

On this \_\_\_\_ day of \_\_\_\_\_, in the year 2007 before me

personally came \_\_\_\_\_ to me known, who, being by me duly sworn, did dispose that he/she

Date: \_\_\_\_\_

is the Parent/Guardian of \_\_\_\_\_ and say that he resides in New Jersey; and that name Parent/Guardian was signed hereto by like order.

Signature: \_\_\_\_\_

\_\_\_\_\_

Notary Public  
Notary Public of New Jersey  
My Commission Expires: \_\_\_\_\_

**THIS FORM MUST BE NOTARIZED**

# Philmont Scout Questionnaire

Scout's

Name: \_\_\_\_\_

Home

Address: \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Home Phone No: \_\_\_\_\_ E-mail: (Scout or Parent): \_\_\_\_\_

Current Rank: \_\_\_\_\_ Council: \_\_\_\_\_

District: \_\_\_\_\_ Unit Number (Troop/Post): \_\_\_\_\_

Unit Leader's Name: \_\_\_\_\_

Leadership Record List the leadership positions you have held (include dates):

\_\_\_\_\_

Advancement Record Check off which of the following merit badges you have earned:

Camping \_\_\_\_\_ Cooking \_\_\_\_\_ Backpacking \_\_\_\_\_ Hiking \_\_\_\_\_

If you have served on any camp or leadership training staffs, please list them below (include dates):

\_\_\_\_\_

\_\_\_\_\_

List any formal Scout training you have undergone (include dates):

\_\_\_\_\_

\_\_\_\_\_

Camping Record List any long term camps you have attended (include dates):

\_\_\_\_\_

\_\_\_\_\_

List any high adventure camps you have attended (include dates):

\_\_\_\_\_

\_\_\_\_\_

Miscellaneous List any hobbies, sports or extra curricular activities:

\_\_\_\_\_

\_\_\_\_\_

If there are any Scouts planning to go to Philmont that you would like to be in the same crew with, list them below:

\_\_\_\_\_

\_\_\_\_\_



**SCOUT NAME:**

\_\_\_\_\_

Information for the 1<sup>st</sup> Shakedown Hike:

Do you own or can you borrow for the 1st Shakedown Hike, any of the following backpacking items:

(Answer "yes or "no")

1. A Two-man Tent \_\_\_\_\_
2. Cooking Utensils \_\_\_\_\_
3. A Dining Fly with Poles \_\_\_\_\_
4. Backpacking Stove \_\_\_\_\_
5. Collapsible Water Containers \_\_\_\_\_
6. Cooking Pots \_\_\_\_\_