

# ***PHILMONT NOTES***



# FOREWARD

The need for Philmont Notes was recognized by Rich Edwards in 1989 in order to bring together a substantial amount of information on Backpacking, Camping, Equipment, First Aid and other skills necessary to make the 1990 Monmouth Council trip to Philmont Scout Ranch a successful activity. He prepared and spent a great deal of time and effort on each of the topics and has since updated them for the 1992 and 1994 Philmont trips to take into account new and/or changed information. The intent of putting this information together in one package was to ensure that Philmont Contingent adult advisors, now and in the future, are familiar with these topics and can impart them consistently to all Scouts in each crew. All of the information is absolutely essential to ensure that the welfare and safety of all individuals on each Philmont trip are not overlooked. If any one can provide additional articles on any of the topics, or new topics to be added, they should provide them to the Philmont Contingent Leader for inclusion in succeeding issues. It is the hope of those who have contributed in the past to the production of this product that it continues to provide for the success of future trips to Philmont.

In addition to those indicated below who have helped to compile this information, in some cases not only with the original version but subsequent versions, many others too numerous to name have provided additional information and input.

Walt Tanner  
1994 Contingent

From Rich Edwards original Philmont Notes ---

## ACKNOWLEDGEMENTS:

I would like to thank Don Dellet, Rich Goldman, Denis Longo and Harvey Noschese for their advice and input that helped fill these pages with information and helpful backpacking tips.

I especially thank Walt Tanner for his advice, encouragement, and above all for proofreading and editing this information.

Richard M. Edwards

## ACKNOWLEDGEMENT (2004):

During the time that he was Philmont Contingent Leader, Larry Goldsmith continued to update these pages and converted them to an editable format using current word processing software.

## ACKNOWLEDGEMENT (2006-08-10-12):

During the time that he was Philmont Contingent Leader, Maurice Zagha continued to update these pages and added new information.

## ACKNOWLEDGEMENT (2013-03):

During the time that he was Philmont Contingent Leader, Drew Kimberlin, Maurice Zagha, Craig Sherman, Ron Roszkowski, and Mike DeCarlo continued to update these pages and added new information.

**There are still a few places where the loudest noise you'll hear is the beating of your heart.**

# **PHILMONT NOTES** **TABLE OF CONTENTS**

## **OUTDOOR CODE**

### **BSA Wilderness Use Policy**

## **NOTES**

- 1. SCOUT MANNERS**
- 2. FIRST AID TREATMENT**
- 3. PERSONAL FIRST AID KIT**
- 4. PHILMONT CREW FIRST AID KIT**
- 5. TRAIL SAFETY**
- 6. PERSONAL LIGHT TOILETRY KIT FOR THE FIELD**
- 7. YOUR PERSONAL EQUIPMENT**
- 8. PHILMONT CREW EQUIPMENT REQUIREMENTS**
- 9. PACKING YOUR PACK**
- 10. PLASTIC BAGS, THE BACKPACKER'S FRIEND**
- 11. HIKING BOOTS AND CARE OF THE FEET**
- 12. PHYSICAL TRAINING & CONDITIONING**
- 13. THE TEN ESSENTIALS**
- 14. KNIVES**
- 15. SMELLABLES**
- 16. CARRY-ON BAGGAGE and YOUR PACK**
- 17. SUGGESTED READINGS ON CAMPING & BACKPACKING**
- 18. WINTER CAMPING TIPS**
- 19. TRIP TIPS & LAST MINUTE REMINDERS**

# Outdoor Code

---

I agree to join with the Boy Scouts of America in protecting my country's natural beauty and conserving her natural resources.

---

## The Outdoor Code

As an American, I will do my best to -

- **Be clean in my outdoor manners.**  
I will treat the outdoors as a heritage.  
I will take care of it for myself and others  
I will keep my trash and garbage out of lakes, streams, fields, woods, and roadways.
- **Be careful with fire.**  
I will prevent wildfire.  
I will build my fires only where they are appropriate.  
When I have finished using a fire, I will make sure it is cold out.  
I will leave a clean fire ring, or remove all evidence of my fire.
- **Be considerate in the outdoors.**  
I will treat public and private property with respect.  
I will use low-impact methods of hiking and camping.

and

- **Be conservation minded**  
I will learn how to practice good conservation of soil, waters, forests, minerals, grasslands, wildlife, and energy.  
I will urge others to do the same.

Page updated on: August 06, 2007

# BSA Wilderness Use Policy

For the purposes of this policy, all privately or publicly owned backcountry and designated wildernesses are to be considered "wilderness." The Outdoor Code of the Boy Scouts of America applies to outdoor behavior generally, but for treks into wilderness, Leave No Trace camping methods must be used. Within the outdoor program of the Boy Scouts of America, there are many different camping-skill levels. Camping practices that are appropriate for day outings, long-term Scout camp, or short-term unit camping do not apply to wilderness areas. Wherever they go, Scouts and Venturers must adopt attitudes and patterns of behavior that respect the rights of others, including future generations, to enjoy the outdoors.

In wildernesses, it is crucial to minimize our impact on particularly fragile ecosystems such as mountains, lakes, streams, deserts, and seashores. Since our recreational use varies from one season of the year to the next, we must adjust to these changing conditions as well, to avoid damaging the environment.

The Boy Scouts of America emphasizes these practices for all troops, crews, and ships planning to use the wilderness:

- Contact the landowner or land-managing agency (Forest Service, National Park Service, Bureau of Land Management, U.S. Fish and Wildlife Service, state agency, private landowner, etc.) well in advance of the outing to learn the regulations for that area and to obtain required permits and current maps.
- Always obtain a tour permit, available through local council service centers. Meet all conditions specified and carry the permit on the trip.
- Participate in Leave No Trace training for adult leaders, or be proficient and experienced in the leadership and skills required for treks into the wilderness.
- Match the ruggedness of high-adventure experiences to the skills, physical ability, and maturity of those taking part. Save more rugged treks for older youth members who are more proficient and experienced in outdoor skills.
- For your group, conduct pre-trip training that stresses proper wilderness behavior, rules, and skills for all of the conditions that may be encountered.
- Use backpacking stoves, particularly where the fuel supply is limited or open fires are restricted. An adult knowledgeable in the use of the stove(s) must supervise. If a fire is necessary, keep it as small as possible and use established fire lays where available in safe areas. After use, erase all signs.
- Emphasize the need for minimizing impact on the land through proper camping practices, and for preserving the solitude and quiet of remote areas. Camp at low-use areas; avoid popular sites that show signs of heavy use.
- Leave dogs, radios, and cassette or CD players at home.
- Use plastic (not metal or glass) food containers that are lightweight and reusable. Carry out unburnable trash of your own and any left by others.
- Dig catholes for latrines and locate them at least 200 feet from any source of natural water.
- Wash clothes, dishes, and bodies at least 200 feet from any source of natural water.
- Where a choice is available, select equipment in earth-tone colors that blend with natural surroundings.
- Look at and photograph; never pick or collect.
- Follow trail switchbacks and stay on established trails.
- Treat wildlife with respect and take precautions to avoid dangerous encounters with wildlife. Leave snakes, bears, ground squirrels, and other wildlife alone.
- On a canoeing trip, carry canoes into the foliage on shore so they will not be visible to other outdoor users.
- Respect the quest of others to enjoy the solitude and silence of the backcountry.
- Demonstrate respect by taking care of the outdoors. Land stewardship is everyone's responsibility. Do your part to leave wild America for future generations.

# PHILMONT NOTE 1

## Scout Manners

When you are out in public, meeting people from all over the country and sometimes with people from other countries, your actions and manners will be on display. Other people will be judging you and your actions. This includes ticket agents, airline personnel, bus drivers, our hosts at places we stay, people who operate the places we eat, and anyone we meet. All of these people automatically form an opinion about us, good or bad. Our actions, manners or lack of manners will give them the basis for that judgment. The wearing of a Scout uniform brings this judgment into finer focus. By being Scouts we are expected to be a cut above the rest in our actions and manners. It is important that you don't forget the small things, such as "**PLEASE**" when asking for something, and "**THANK YOU**" when you are served or helped. Being courteous and respectful doesn't cost anything except a few words and thoughtfulness. Many times someone will extend you a courtesy. It may be an invitation to some extra portions; a free tour, discount or help may be offered. Scouts pride themselves on paying their own way and being a help to others. This does not mean you may not accept someone's kindness, but do not ask for special treatment because you are a Scout. Also when someone is kind or generous to you, make sure you show your appreciation and say "**THANK YOU**".

One of the worse things that can happen is for a Scout to "**MISBEHAVE**" or "**HORSE AROUND**" in a public place and cause the rest of the group to be embarrassed because of his actions. This can lead to your group and other Scout groups that follow to not be asked back, or allowed back at that particular establishment.

A "Scout is **CLEAN**" includes the words he or she speaks. Just because it was spoken on television, sung in music, or uttered on a video does not mean certain words and phrases can be used in your language. Be **CONSIDERATE** of other people and the Scouts you travel with.

In summary remember that you and your actions either give people a good or bad impression **of you and the rest of the group**. Be courteous and say "**PLEASE**" when asking for something and "**THANK YOU**" when you are served. You will generally be treated with the same amount of respect that you gave.

## BE PROUD THAT YOU ARE A SCOUT AND SHOW IT.

### CREW ADVISORS NOTE:

Do not assume that your Crew members are automatically courteous. They may need a GENTLE reminder. It is suggested that all Crew Advisors read or relay the above informative "REMINDER" to all Crew Members.

Also see: Guidebook to Adventure - Page 6, Harassment  
Philmont Advisor's Guide - Page 27, Women at Philmont

## **PHILMONT NOTE 2**

### **First Aid Treatment**

The Philmont "Guidebook to Adventure" has some very pertinent information relevant to safe and healthy camping and hiking and provides recommendations for the treatment of a number of illnesses. Each of the topics on in the 2015 Guidebook to Adventure should be covered in detail in crew meetings prior to the departure to Philmont so that everyone is aware of the steps to take to provide for a safe trip and the treatment of injuries. It is not necessary to repeat the information here that is expounded upon in the Guidebook to Adventure.

## **PHILMONT NOTE 3**

### **Personal First Aid Kit**

While a crew will carry a large size first aid kit, you will be required to carry some of your own supplies. The following items are suggested to insure your welfare and comfort.

6 - 3/4" band-aids

3 - 1" band-aids

1 - Dr. Scholls Moleskin

1 - Small tube of Vaseline

6 - Q-Tips

1 - Tube of athletes foot cream or powder (Desenex or Tinactin)

24 (minimum) aspirin (Tylenol if you are allergic to aspirin.)

\*\* NOTE: Aspirin will help fight the affects of high altitude and sore muscles. Be aware that an adult advisor can not give medication without a parent's consent.

1 - Tube of chap stick with a sun block of at least SPF 15 is recommended.  
PLAIN, NOT FLAVORED OR SCENTED

1 - Plastic tube or bottle of a high block number (20 or higher) sun tan lotion.  
The sun is very strong in New Mexico in July.

NOTE: If you have any allergies, or you are taking a prescription medication, the adult advisors must know about it in advance of leaving for Philmont. You will be expected to bring it with you along with specific doctor's directions for its use.

The above list is not all you may want to include in your first aid kit. The above items will be beneficial to have with you when out in the field for an extended time.



## PHILMONT NOTE 4

### Philmont Crew First Aid Kit

Below are listed the minimum crew first aid kit items required by Philmont Scout Reservation.

- 2 cravats
- 6 4"X4" gauze pads
- Assorted band aids (Large supply, \*J & J Sheer-strips work well)
- Moleskin or second skin
- Soap
- Aspirin
- 1 roll 2" adhesive tape
- 1 elastic bandage (Ace)
- 1 toenail clipper
- 1 ointment to prevent chafing
- 1 tincture of benzoin

#### Additional items you may want to include:

- Athlete's foot cream or powder
- Burn ointment
- Tube of Vaseline
- Rubbing alcohol
- Hay fever tablets
- Needles
- Scissors
- Anti-acid tablets
- Safety pins
- Butter-fly bandaids
- Roll of gauze (1 1/2" or 2" wide)
- First aid manual (pocket size)
- Q-tips (applying ointments)
- Sting kill
- Cortizone cream
- Tylenol
- First aid cream (J & J)
- Tweezers
- Eye drops (Visine AC)
- Rubber gloves
- Corns plasters (Dr. Scholls)

# PHILMONT NOTE 5

## Trail Safety

Trail safety begins with common sense. Be prepared to deal with routine situations on the trail in a rational manner. However, Mother Nature will still provide a few surprises, some curious and some hazardous. The best plan for protection is to avoid trouble, but when this fails be prepared to respond. Remember that the most important item you bring on the trail isn't in your pack: it's on your shoulders.

### 1) Common-Sense Practices

- When hiking on a grade, whether ascending or descending, maintain enough room between hikers to avoid a "domino effect" in the event that someone takes a spill.
- Loosen sternum straps and hip belts when crossing streams to reduce the risk of having a pack hold a fallen hiker under water. After crossing, all hikers should stand clear of the jump-off point until all are across.
- Always know where your crew is when on the trail. No hiker should pass the "Point" or lag behind the "Sweep". Pay particular attention at trail crossings to avoid separation of the crew.
- While all of us naturally will want to have fun on the trail, avoid overly aggressive behavior that can lead to serious problems, i.e., removing an injured hiker from the trail.

### 2) Critters

- Bears are natural part of the environment in the backcountry. They are curious animals that will investigate the source of strange odors and will not resist the temptation of an easy meal. They don't care much for human company, though, so stay out of their way and they won't bother you.
- Chipmunks – also know as “Mini Bears” will more likely do more damage to your personal equipment than any other animal you will encounter at Philmont. You cannot beat them, so it is best to leave the zippers on your packs open once you set up your camp. By doing so, you are admitting that they win...and your pack will not get chewed up.
- There is a wide variety of snakes to be found on the trail, only a few of which are poisonous. As is the case with bears, snakes would rather be left alone. Watch where you step and what you pick up and you won't have any problems.
- Even small insects can cause big problems if you're not careful. The threat of Lyme Disease is just one example. The use of a DEET-based repellent can help provide protection.

### 3) Natural Hazards

- Lightning is a lethal hazard, especially at higher elevations. If you are caught in a lightning storm, avoid obvious targets and squat with your feet close together and your head low. It is a sure sign of imminent danger if the hair on the nape of your neck stands up.
- Flash floods are most likely in normally dry areas that are at a relatively low elevation in comparison with the surrounding countryside. Be well aware of the terrain when you choose a campsite.

#### 4) Emergency Response

- Always have a contingency plan for removing an injured hiker from the trail, or for aborting your trek in the event of an emergency. Know where crossing trails provide access to roads, ranger stations, populated areas, and other possible sources of help.
- Should someone get hurt, make notes on one of your trail maps indicating: the name and location of the injured person, the nature and time of the injury, the emergency contact phone number and any pertinent medical information (e.g., allergies to medication, etc.). This will help rescue personnel to be prepared to deal with the situation.
  - If the problem is serious, send a party of four people to get help. If the remainder of the crew will attempt to remove the injured hiker from the trail (only in a life-threatening situation), be sure to coordinate the escape route, the destination, and any planned stopping points with the party that is going for help, so the rescuers will be able to find you.

## **Philmont Emergency Procedures**

### **Sending a Message for Help**

Specific information must be provided to Logistics and the Health Lodge when reporting an emergency at Philmont. It is important that the following information be written on the back of a Philmont map before going for help at the nearest staffed camp:

- Injured person's name
- Expedition number
- Exact location - mark the location on the map with an X and describe it in detail on the back of the map. Use grid lines also.
- Time of incident, and how long the condition has persisted
- Exactly what happened?
- What is wrong - describe all symptoms and conditions in detail. For example, is subject cold, hot; conscious, unconscious; pale, flushed; breathing quickly, slowly, deeply, shallowly; did you stop any bleeding? Too much information is not a problem.
- Any treatment that has been given so far
- Anything else that may seem important

Those going for help should be in good physical condition. Leave your backpack, take only items necessary. Each should have a map, compass, water, and rain gear. A small amount of quick-energy food may also help. Above all, remain calm and think completely through each situation. Common sense is the best guide to emergency situations.

## PHILMONT NOTE 6

### Personal Light Toiletry Kit for the Field

Putting together a light weight toiletry kit to keep yourself moderately clean while out on the trail is easy if you keep your mind open to new ideas. Size and weight are important considerations when assembling your kit. Supermarkets and discount stores carry trial size toiletry products that are ideal for travel and the trail. You should read the labels of any product before selecting it for your kit. Do not include aerosol type products or any items that contain perfumes or scents where practical.

To put together a kit, review the item by item list below. While these are one person's ideas, they may not suit everyone. This is a guide to assist you, not a "Must Do" directive. You may have some tips of your own to pass on to the rest of us. Please feel free to share them. We're always looking for fresh ideas or written materials that can be passed along to others, so pass it on.

NOTE: The asterisk \*\*\* marked items, are for travel to and from Philmont. They will stay in the Crew locker while you are on the trail.

- **Tooth Brush:** Your everyday tooth brush would do fine, but there are lighter models. Such as the scout self contained model. I use the child's size, it's small and light. What matters with a tooth brush is how it's used.
- **Dental Floss:** This is a required dental hygiene item, just as much as your toothbrush. Your dentist will tell you that you should floss your teeth everyday, along with your regular brushing. A small size spool, about the size of a quarter, is carried by your local drug store. Note that dental floss makes strong sewing thread for emergency repairs to clothes, tents, pack, boots, etc. **Dispose of used floss in the proper Philmont manner**
- **Tooth Paste:** You don't need your large family size tube for your trip. Look in the stores for "Trial Size" tubes. One tube will be all you need for the trip. Tooth paste is carried at many of the places we pick up food on the trail. You could also share this with your tent buddy so that both of you don't have to carry a tube of toothpaste.
- **Soap:** The soap that you carry **should not have any deodorant or scent in it.** It will attract bugs, bees, wasps, rodents, skunks, and quite possibly a bear. You need a soap that does not melt when kept in a plastic bag or soap dish when put away wet. It should be a good dirt remover, rinse easily, and be multipurpose. It should wash your dishes, underwear, socks, body, hair, and you can shave with it, if needed. "Camp Suds or Mountain Suds" is ideal, and biodegradable. Use it during travel also instead of a bar of soap.
- **Razor:** If you shave, one disposable razor will be all you need for the trail. I doubt you will shave very often, but suit your own needs.
- **Shaving Cream \*\*\*:** Non-aerosol for travel, see, SOAP, for shaving on the trail.
- **Comb or Comb and Brush Combination:** An unbreakable pocket comb will help keep your looking clean and neat. Some with longer hair may need a comb and brush. A folding, dual purpose unit is available in the cosmetic area of most drug stores. **NOTE: A shorter than normal hair cut, the day before you leave on the trip, is recommended.**

- **Mirror:** If you must carry a mirror, make it the unbreakable type. Keep it as small and light weight as you can find. Plan to share it with your buddy or buddies. One or two for the entire Crew on the trail is enough. A mirror can also be used for emergency signaling.
- **Deodorant \*\*\*:** While we are traveling and in camp at Tent City I'm sure the rest of us will appreciate your using it daily. Or stay down wind of the rest of us. Do not bring it on the trail or use it the morning we start out on our trek. There is no surer way to invite unwanted guests at night, and the bugs etc. etc. during the day. Leave it in our storage bin at Tent City. Aerosol cans cannot be brought on the plane. Use a roll-on or stick type deodorant
- **Towel \*\*\*:** For travel, bring a medium size towel, not your large economy size bath towel. They weigh too much and take up valuable space in your pack.
- **Trail Towel:** When out on the trail, you don't want to carry a large, heavy, slow drying towel, such as you used on the trip out. Usually the air is very dry in New Mexico, so you need some type of towel to get the worst of the water off your body. You can let time and the sun do the rest. I carry a "Pack Towel" I bought at a camping store. It is small, light weight, works surprisingly well and dries very fast when tied to the back of your pack.
- **Wash Cloth \*\*\*:** For travel only, packed in a heavy duty ZipLoc bag. See: **Trail Towel.**
- **After Shave Lotion:** You MUST be KIDDING. No Way CREW , I could not **BEAR** to have it on the trail with me.
- **Stuff Sack or Carrying Bag:** All of the above, with the exception of the large towel that you won't carry on the trail, can be put into a nylon stuff sack or zippered bag. Use the smallest, lightest size you can fit everything in.

I hope you have gotten some ideas from these ideas. Maybe it has sparked some thoughts of your own. If you have an idea, share it at a Crew meeting.

**Remember: Ounces become pounds.**

**Think light, pack light.**

#### PACKING CHECK LIST

Tooth brush  
 Dental Floss  
 Tooth paste  
 Soap  
 Razor  
 Shaving cream \*\*\*  
 Comb or Comb and brush combination  
 Mirror  
 Deodorant \*\*\*  
 Towel \*\*\*  
 Trail towel  
 Wash cloth \*\*\*  
 After shave lotion \*\*\*  
 Stuff sack or carrying bag

## PHILMONT NOTE 7

### Your Personal Equipment

Listed below is breakdown of personal equipment by category for consideration when planning a hike or backpack activity.

#### BACKPACKS:

- **Pack:** Large enough to carry your own gear plus your share of the Crew gear and food. (Food pick ups can be for a minimum of three days or as much as five days.)
- **Pack Cover:** Buy or make a waterproof pack cover. Plastic bags usually do not hold up. Disposal of trash, including plastic bags, must wait until we reach a staffed camp. We will be carrying our trash out with us.
- **Plastic bags:** The supply that the Crew is buying is mainly for food repackaging and for your personal use. Bring several assorted sizes for; packing your dirty clothes, wet clothes, towel, some leftover food you may not wish to eat at the regular stops, etc.

#### SLEEPING:

- **Sleeping bag:** The nights do not usually get too cold, but near freezing temperatures do sometimes occur at the higher elevations. Cool nights in the mountains are normal. (40 to 60 degrees)
- **Waterproof stuff sack:** Line your sleeping bag stuff sack with a trash can size plastic bag. Stuff your sleeping bag into it, tie it closed and then close the end of the stuff sack
- **Sleeping bag straps:** You may use rope if you prefer, or you can buy lashing straps. The best I have used are ARNO STRAPS, available from Campmor or other outdoor suppliers. Do not use a bungee cord. They will stretch out while hiking on the trail and be of no use.
- **Waterproof ground cloth:** 4 or 6 mil thick plastic sheeting will be needed to put under your tent. The size should be a little larger than 5 feet by 7 feet. One ground cloth for each pair of tent buddies. If you bring your own tent, prepare the ground cloth at home.

#### WEARING:

- **Hiking boots:** Buy a comfortable, well constructed boot. Don't buy a glorified sneaker, without a good sole and support. The need to break in your boots can not be stressed enough. Your whole trip and the rest of the groups could be ruined by buying the wrong type of boots and not breaking them in very well.
- **Light weight sneakers or tennis shoes:** You will need a pair for rock climbing and the Dean Challenge. Also you will want to get out of your hiking boots when in camp.

- **Two pairs of heavy socks:** A good grade of wool socks or wool/ polypropylene socks. Heavy socks cushion impact.
- **One pair of medium weight hiking socks:** If your feet swell from hiking, you will have a thinner pair of socks to put on rather than squeezing into your boots.
- **Three pairs of polypropylene liner socks:** These serve two main functions. One, they wick the sweat away from your feet, and two, help reduce friction while hiking, thereby reducing the chance of blisters.
- **Two pair of hiking shorts:** Must be light weight, materials that dry quickly and are roomy. Do not use cut off sweatpants.
- **One long sleeve shirt:** a light weight fabric but warm.
- **Sweater or Sweat Shirt:** A wool sweater will keep you warm when **w e t**. This will be needed for the cool nights or mornings.
- **Lightweight Jacket:** Use your rain jacket over a shirt or sweater.
- **Hat or Cap:** Crew baseball hat. This will help block the rays of the sun.
- **Sturdy Rain Suit:** Top and bottoms. A poncho will not keep you dry if it's windy, which is most of the time if it's raining in the mountains.

### EATING:

- **Deep Bowl or Plate:** A Frizbee works great and is almost unbreakable.
- **Spoon:** Metal tablespoon.
- **Cup:** 10 or 12 ounce size plastic **Pack all three pieces together in a ziploc bag.**

### PERSONAL - SELF EXPLANATORY

- **Lip Balm:** Small tube of Vaseline lip therapy. Unscented, can be used on cuts, burns, sun burn.
- **Soap:** Mountain suds, it rinses well, and can be used for everything, including body, hair, and clothes.

All of the above items are included on the Personal Equipment checklist but are provided here also with a brief explanation

## **PHILMONT NOTE 8**

### **Philmont Crew Equipment Requirements**

Below are two lists of equipment that is issued to or supplied by each crew going to Philmont. You have the option of using the Philmont equipment or using equipment that your crew brings with them. These lists will be in your Guidebook to Adventure booklet that each crew member will receive. Comments have been provided about each item to help your crew determine if they will use the Philmont gear, bring their own or elect not to take a particular item on the trail. You are not required to take all of the items listed, but the decision about gear selection should be made before your crew leaves for Philmont. During the Shakedown Hikes, you and your fellow crew members will have an opportunity to evaluate your crews equipment needs.

#### **Crew Equipment Issued at Philmont**

**Note:** When checking the equipment issued by Philmont, make sure that it is clean, undamaged, no parts are missing and it will function properly on the trail. Dining fly's and tents should be hung up and checked for holes, rips, and the condition of grommets and tie down loops. Small holes may be repaired with tent repair tape that Philmont staff will provide on request. It is a good idea to take a piece of repair tape on the trail with you to make emergency repairs. If the damage is extensive, ask for another tent or fly. If you take a damaged piece of equipment on the trail, your crew may be assessed a fee for damages when you bring it back to Equipment Return.

#### **1 nylon dining fly 12X12**

This is your quick set up shelter when a thunder storm is on your heels as you arrive at a campsite. It also serves as a sheltered kitchen and dining room and a protected area for backpacks on a rainy day. A "**must have**" item.

#### **2 collapsible poles for the dining fly**

Needed to set up the dining fly. Use extra care when lashing these poles to the outside of your pack so that one section does not slide out of the other section when hiking on the trail.

#### **1 Philmont nylon tent with poles**

For two members of a crew. Weight approximately 5 1/4 lbs. These tents are adequate but do not allow much spare room for any other gear and do not allow for sit-up room. You and your tent partner may decide to take your own tent. If you decide to take your own tent, do not forget to: 1- check the tent for damage 2 - apply seam sealer to the seams 3 - re-waterproof if needed 4 - take repair tape with you.

**1 Trail Chef Kit** includes an 8 quart pot with lid, a 4 quart pot with lid, a 2 quart pot with lid and 2 fry pans with handles. Smaller kits are available but you will need the large pots for some of the bulkier menu items (i.e. spaghetti with meat sauce) and the large pot becomes the kitchen sink for clean-up. Your crew may decide to take Teflon fry pans to Philmont. Ten inch Teflon pans with folding handles are about the same weight as the plain aluminum fry pans with handles, will



fry foods far better and are much easier to clean. You will need nylon spatulas with them. Do not use metal utensils on any Teflon pot or pan.

**1 Chef Cutlery Kit** includes 2 large spoons and 1 large spatula

Use the Philmont issued utensils unless you are bringing the Teflon fry pans as described above. If you take Teflon fry pans, include nylon spatulas and do not take the large one. You may consider taking a plastic ladle for serving soups.

**2 pair of hot pot tongs**

Needed to lift hot pots and lids.

**1 extra 8 or 6 quart pot for clean-up**

Not needed. Make use of the other pots by planning what, when and how you cook your food.

**1 camp shovel ( 1 lb.)**

Do not take the Philmont provided shovel. Each crew should bring 2 plastic trowels with them to make emergency latrines.

**1 folding camp saw – optional and not really necessary.**

If you think you will need a saw, bring a folding Sven saw with a new blade. They are lighter than the Philmont saws and you know you will have a sharp blade.

**Plastic trash bags**

Plastic trash bags will be needed to carry out the crew trash to the next staff and for many other uses. See Philmont Note 10 for more information.

**Dish washing soap**

Philmont provides Mountain Suds which works well but for very greasy pots and pans a small bottle (4 ozs.) of Ivory or Dove dish detergent may be needed.

**Scouring Pads**

Philmont will provide Brillo pads to clean your cookware. Your crew should take two SOS brand TUFFY nylon scouring pads as they work well on Teflon pots and plastic dishes (i.e. Frisbee's). Two 4 X 6 inch green scouring pads by Scotch Brand Products work well on aluminum cookware. A brush with a built-in scraper on the back will help clean pots in very hot water without having to put your hands in the water. These items you will have to take with you to Philmont.

**Sanitizing tablets for rinse water**

Philmont supplies these for a final rinse for all cookware and utensils. Make sure you take plenty and use them to ensure your cookware is clean and sanitary.

**Potable Aqua tablets or Polar Pure**

Take some of these even if your crew is taking a water filter. If something happens to the filter, you can still purify water.

**1 150 foot length of nylon rope**

Philmont will supply this. This is your bear bag rope, a required item. Check the condition of the rope and do not accept a rope that has been damaged and tied back together. It will cause problems when trying to hoist the bear bags.

### **2 Bear Bags**

Philmont will issue your crew two bags. Try to get an extra one to ensure you have enough room for all of the crew food and all other smellables. Check them for fraying holes and if the bags provided are not in good condition, ask for another.

### **Plastic strainer and rubber scraper**

These items are required as part of your cookware cleaning and smellable control. Your ranger will teach you how to use them and their importance. Check the condition of both items.

## **EQUIPMENT PROVIDED BY EACH CREW**

### **3 Philmont Maps**

Buy the maps before leaving for Philmont. Your crew should mark the trails they will be taking, water sources, food pickup points, trail camps, the location of all staffed camps in case of emergencies and points of interest your crew may want to side hike to if time permits.

### **1 Ax – not necessary**

You will not need an ax, especially if your crew takes a saw.

### **1 measuring cup**

Necessary for measuring the correct amount of food and water when preparing a meal.

### **1 Sewing kit with heavy needles and thread for pack repairs**

This sewing kit is in addition to the sewing kit each person should carry on the trail. It should contain two heavy gauge needles and heavy thread such as " D or E " rod wrapping thread sold in some sporting goods stores.

### **10 tent pins per crew member – a must!**

Philmont does not provide any tent pins for use with their tents or dining flies. Each Philmont tent requires 8 pins and the two extra pins from each person is used to pitch the dining fly. Buy the tent pins before leaving for Philmont to ensure that you will have them when needed. Philmont has been known to run out of some items in the Trading Post that you will need on the trail. Aluminum gutter spikes work very well, are light in weight and strong. Paint them with fluorescent orange or green to make them easy to find when left lying on the ground.

### **2 Containers of insect repellent - optional**

The use of insect repellent, which is a "smellable," is very limited. Philmont does not recommend using it after one PM in the afternoon because it may attract bears. The bugs at Philmont have not been a major problem in the past but a limited amount should be taken in case it is a "bug year". This is one of the items that can be shared by the entire crew.

### **Collapsible water containers**

Three gallon water sacks, sold by Campmor and REI, are light in weight, strong and roll compactly when empty. They may be fitted with a small hose and spray nozzle kit that is

excellent for carrying water to a dry camp, rinsing dishes, washing clothes or taking a "two minute shower". Two per crew should be adequate for each crews needs.

### **Backpacking stoves with aluminum fuel bottles**

Two stoves exactly the same per crew is the rule of thumb for a group of twelve. A third fuel bottle may come in handy if your food pickups are 4 or 5 days apart. Some crews use more fuel than others for cooking and heating water for cleanup chores. Use good judgment in determining how much fuel to carry. Bring a field repair kit for the stoves.

### **Some words of caution:**

- Buy the stoves well in advance of your departure for Philmont and use them enough to become familiar with their safe operation and functions.
- Take a field repair kit for each stove and any tools required to disassemble the stove for cleaning and repair.
- Federal regulations prohibit carrying fuel containers on airplanes because they rupture and may cause a fire on the plane. Airline personnel can get very upset with people trying to bring stoves and fuel containers onboard aircraft. Save yourself a lot of trouble by following these suggestions. Empty all of the fuel out of the stoves and clean them thoroughly. Empty the fuel bottles and wash them out, drying them in a sunny area. Approximately three weeks prior to departure to Philmont, send all of the stoves and fuel bottles in a box to either Philmont or to the Bus Co. for all of the crews. If they are sent to Philmont, send them addressed to either adult leader and put the crew number and expected arrival date with a note to hold them until your arrival.

### **Crew First Aid Kit**

This is a "Must Have Item". Refer to Philmont Note 4 for a much more detailed listing of the items to be included in the Kit.

### **Spices for cooking**

This is a recommended item to purchase prior to departing for Philmont. Since most of the dehydrated food is somewhat bland, spices will provide some flavor to the foods.

As you can see, most of the equipment listed is needed or required with the possible exception of a couple of items. Each crew must decide exactly which items they will carry and if they will be obtained prior to departing for Philmont or if the equipment Philmont provides will be used. Actual time on the trail and in camp during crew development training will help each crew make the best decisions.

## **PHILMONT NOTE 9**

### **Packing Your Pack**

The packing of your equipment into your pack will determine how well the load will ride on your shoulders and hips. This also determines how comfortable it will be. There are many factors to be considered, some of them are: the type of terrain you will be hiking on, the type of equipment that is being carried, and your personal comfort.

The terrain you're hiking on may dictate where you pack the heavier items. For instance, if you will be hiking for several hours up a mountain, you should get as much weight as possible up high in your pack, and close to your body. The weight of the pack will then tend to push you in toward the mountain. It will help in the balancing of the pack. Should you stumble; the pack's weight will help keep you from falling backward down the mountain. A long downhill hike would dictate doing just the opposite in loading. The main weight should be lower to keep from pushing you head first down the mountain.

For overall loading, to allow for differing types of terrain, you should pack the heavier items close to your body and up high. This puts the center of the load over the axis of your body. The axis area is over your hips. You should adjust the pack shoulder straps so that the weight of the pack is closer to or farther away from your bodies' axis on the uphill and downhill portions of your hike.

A hiker with an internal frame pack will have to pack slightly different than a person with an external frame pack. See the attached articles for the differences. We will review here the packing of an external frame pack. As an example let's assume you have a pack with two main compartments, upper and lower. They have zippers on three sides that allow access from the back as the pack is laid on the ground. It also has four side pockets on the outside. There is also a small pocket on the outside of the lower main compartment.

Your tent, ground cloth, and sleeping pad should go over the top compartment lashed to the external frame with Arno straps or some type of strap designed for the purpose. Next your stove, cooking gear, water purifier, eating gear, and food would go up high and close to the frame of the top compartment. Your rain suit could go into this compartment also if room allows. Rain suits should always be in an area of the pack where they can be readily available when needed. Your camp shoes can go in here also.

Clothing would go into the lower main compartment. ZipLoc your clothes or put a plastic bag into the compartment, put in your clothes and twist the bag closed.

Your upper side pockets should carry your fuel. Make sure the stopper is always tight. Water, toiletries, first aid kit, flashlight, trail snacks, etc. would go into the outside pockets for easy availability.

Smellable items must be properly packed to prevent contaminating your pack. Bear bag all foods, camera, camera film, toiletries, drink mixes, trail snacks, and first aid items.

The small outside pocket of the lower compartment can carry maps, compass, and guide books. Your sleeping bag will go on the outside bottom of your pack, lashed to the frame. Line your stuff sack with a heavy duty plastic bag, then stuff the bag into it and twist the top closed. This will help keep your bag dry during wet conditions.

Take special care when packing sharp objects such as stove, eating utensils, tent stakes and poles, and climbing gear. Also watch out for sharp or bulky items pressing against your body or pack while hiking. If you have a problem with any item, stop immediately and correct it. It does not take long to wear a hole through your expensive pack.

Try to develop a system in packing your pack so that you will always know where your gear is. This will help keep you from going through your entire pack every time you need a piece of gear or food.

Do not use elastic bungee cords. They will stretch out in time causing you to lose equipment or allow your equipment to bounce around while hiking. Use good lashing straps, such as Arno Straps to secure your gear.

Attached is some additional information on packing, etc. which should be reviewed to insure you are aware of all of the do's and don'ts.

Note: All smellable items should be packed together so they can be taken out of the backpack and placed into the bear bag each night. Take a medium size waterproof stuff sack with you that can hold all of your smellables. It will make bear bagging easier, identifiable and **your items** won't be spread all over the bear bag.

## **PHILMONT NOTE 10**

### **Plastic Bags, The Backpacker's Friend**

Plastic bags can be one of your best pieces of equipment you can have on a hike or backpacking adventure. Plastic bags have become almost indispensable for keeping your food, clothing, and equipment organized and dry. Do not think that your pack will do that for you. Most packs are treated with a waterproofing chemical that will do a fair job of protecting what is inside the pack for a short time. But as time goes on, and wear and tear take their toll, the treatment will lose its ability to keep out moisture. Pack design is also a factor. Zippers may leak, flaps may actually trap water instead of shedding it, and materials may not stand up to the task if you do not treat your equipment with care. So how do we keep your food, clothing, and equipment dry? The answer lies in the use of plastic bags.

There are a lot of different sizes, types, and thicknesses of bags available in our local supermarkets. Let's plan for packing our gear for any weather, wet or dry! We need bags that are strong, stay closed when sealed, and are reusable. What will we use it for? First we want to keep all of our equipment and supplies from getting wet. We will use them to organize our food into meals, and our clothes and equipment into groups. The ZIPLOC freezer weight bags are just what the doctor ordered. They come in pint, quart, half gallon, and gallon sizes. These bags are tough, being a heavier weight than the regular strength bags. When going on a short hike you can put your cereal, fruit drink, instant milk, sugar, cheese, and almost any food into these bags. Remember that a bag is also a bowl, for mixing in or eating out of. Put items in double plastic bags, if the contents would make a big mess if it ripped or opened during your hike (i.e. orange drink mix, flour, hot chocolate). Make sure that when using plastic bags you squeeze as much air as possible out of the bag before you finish closing it. When you have bagged your individual items (i.e. milk, sugar, cereal, hot chocolate) for one meal, you can put all of it into one larger bag. Put a label on it, marking which meal is in the bag, such as Saturday's lunch, Sunday's breakfast, etc. Also put into the bag any cooking instructions and seasonings that you will need to prepare that meal.

For a short or long trip, your clothes need to be kept dry. Nothing is worse than getting wet during the day on the trail and finding out that your clothes in the pack are also wet. Bag your clothes in Ziploc bags. I bag my clothes in sets to make things more organized. I bag a days underwear, socks, and handkerchief in one bag. At night when I change before getting into my sleeping bag, I just get out the one Ziploc bag and I have everything I need in one place. My dirty clothes can then go into that bag.

I bag everything practical, underwear, pants, sweater, hat, gloves, and shirts. This ensures that my clothes will be clean and dry when I need them. All of the items you plan to take on the trail at Philmont should be packed in Ziploc bags at home so that you don't have to waste time in base camp.

Eating utensils, stoves, first aid kit, maps, Scout handbook, and almost any item you can think of can be bagged to protect it and the other items in your pack.

Larger sized plastic bags can be used to protect bigger items such as sleeping bags. Line your stuff sack with a plastic trash bag, stuff the sleeping bag into it then tie the end of the stuff sack closed. Don't put the plastic bag on the outside as it will become torn during your hike and water will get in. Plastic bags can also be used as a pack cover or a rain coat in an emergency.

Here is a tip for you that will come in handy someday, so remember it. If your boots get wet, take off your wet socks, dry your feet, put on clean, dry socks, put a plastic bag over your socks, and then put on your wet boots. Your feet will be kept dry by the plastic bags. Small trash can types are about the right size.

As you can see, Ziploc and plastic trash bags have many uses for packing and protecting both you and your equipment. Always carry some extra in your pack. Some plastic trash bags are scented, so do not use this type of bag. The scent will get into everything in your pack, possibly attracting unwanted animals during the night. Carry several plastic bags of different sizes and types. You may be surprised how useful they are.

**DO NOT, DO NOT, DO NOT-----DISCARD PLASTIC BAGS IN THE WOODS.**

Plastic litter will take most of YOUR lifetime to decompose.  
(It takes about fifty years or more for them to decompose.)

PACK OUT ANY TRASH OR GARBAGE

IF YOU PACK IT IN, PACK IT OUT.

PROTECT OUR PRECIOUS ENVIRONMENT!

IF YOU ARE NOT PART OF THE SOLUTION, YOU ARE PART OF THE PROBLEM!

# PHILMONT NOTE 11

## Hiking Boots & Care of the Feet

One of the most important parts of the body that must be taken care of before and during your trip to Philmont will be your feet. We tend to take our feet for granted, day in and day out. As long as we don't stub a toe or step on something sharp, we don't pay much attention to our feet. It's only when we have a problem with them that we are reminded that our feet are important to us. They are our means of locomotion, carrying us to our destination. A minor problem with our feet at home may be a small inconvenience. The same "small problem" on the trail while backpacking, could ruin your trip and that of the people with you. Foot trouble can immobilize you miles away from the road. Many an inexperienced hiker has been stopped in his tracks by sore feet, requiring his companions to stop with him or carry him down the trail to help. Philmont crew members, you have a responsibility to yourself and the other members of your crew to make sure your feet are ready for the trail. Below are some of the more common foot problems that hikers suffer from, their prevention and treatment.

**Sore feet:** We all get sore feet from time to time, many times we are not even sure why. Usually it can be traced to improper fit of the shoes we are wearing, a longer distance traveled than we are used to, or wearing the wrong type of foot gear for the terrain we are walking. New boots or shoes are one of the biggest causes. The wrong type of sock for the conditions can also be a contributing factor.

**REMEDY:** Rest is the best cure for sore feet, but not always possible. In summer, a good soaking with cold water will soothe the aching muscles and reduce swelling. If your feet are just sore from **more walking** than they are accustomed to, extra socks or thicker socks may be the answer providing the boots have the needed room. Massaging your feet with rubbing alcohol, drying them, then sprinkling foot powder on them helps to reduce soreness.

**Blisters:** Everyone has suffered blisters on their feet at one time or another. This is one of the most common and painful of foot ailments while on the trail. Blistering is caused by friction from your boots, socks rubbing against your skin, or your toes rubbing against one another. Friction causes heat, which in turn raises welts on the skin that fill with fluid. These may break only to blister again in the same place, causing damage deeper into the foot tissue. Blisters can raise between the toes, on the heel, the outside ball of the foot, or the sole. Blisters on the sole are caused by oversize boots, allowing the foot to slide back and forth. This is a major problem in hilly or mountainous terrain. Blisters on the heel are caused by the foot moving up and down inside the boot as you hike. Blisters between the toes is caused by the boots or shoes being too narrow, forcing the toes to rub against each other.

**PREVENTION:** Buy boots that allow enough room for your foot to fit comfortably, but not slide around inside. Ask a salesman to assist you with the fitting of your boots. Have him hold onto the boots with both hands, one hand at the toe the other at the heel, while you try to move your foot inside. If you can slide your foot back and forth or up and down inside the boots too much, you may not have the right size. Ask the salesman to assist you with fitting. Wear the socks you plan to hike in when you buy your boots.

See: SOCKS. On the trail, keep your laces properly tightened, checking them during rest stops. Treat any sign of a blister forming, immediately. Heat is your first sign, pain is your next. If you feel your boot rubbing and causing heat, stop and correct the problem.

**REMEDY:** An extra pair of socks may be all you need to regain the proper fit of your boots. Tightening of the laces will hold your foot in place, but don't over-tighten. A piece of moleskin or a Band-Aid over the sore area, will prevent further damage. A coating of petroleum jelly or antiseptic ointment will soothe the affected area. Blisters that have gone deep into the skin and formed watery raised welts may need to be drained. This should be done with care to avoid



further damage and infection. Use a sterilized needle, piercing the outer edge of the welt, and gently squeezing out the fluid. Apply antiseptic and cover with sterile dressing. Proper preventive measures will stop trouble before it starts.

**Corns:** Corns are a thickening of the skin on the toes, usually caused by improperly fitting footwear. This causes pressure against the bones in the toes, which causes the body to build up skin in the area of the bones. This extends deep into the tissue of the toes, causing pain and swelling of the area.

**PREVENTION:** We again must look at our footwear, it's fit and how well they are broken in before trail use. If a sore spot on your toe turns into thickened skin, indicating a corn instead of a blister, change your socks, boots, or use corn plasters before the problem has a chance to develop further.

**REMEDY:** Changing to a better fitting shoe or boot will give relief from the pressure and pain. A corn plaster, a small adhesive pad with a hole in it, applied around the corn will relieve the pressure against it. Over the counter preparations can be used to remove excess skin. They usually contain salicylic acid, which softens the corn and allows it to be removed. Chronic cases may require surgery.

**In-Grown Toe Nails:** Ingrown toe nails can be traced to improper trimming of the nails or poor fitting boots or shoes. An ingrown toe nail is the nail of the toe growing into the surrounding flesh. They are very painful and debilitating. They sometimes cause bleeding, infection, and swelling of the surrounding tissue.

**PREVENTION:** Proper trimming of the toe nails is the best course of action. Buy a toe nail trimmer for the job; don't use the same trimmer you use on your finger nails. Toe nails are trimmed differently. Toe nails should be trimmed somewhat squarely across the front and down the sides. When you go to your doctor for your pre-trip physical, ask him the best procedure to trim the nails.

**REMEDY:** Trim the affected nail, apply an antiseptic to the irritated area, and cover with a Band-Aid if necessary.

We have just reviewed some of the most common problems with the feet but there are many more. Younger people tend to suffer less foot problems than adults. If YOU have a history of foot trouble, see your foot doctor about your footwear well in advance of the upcoming trip.

**SOCKS:** Socks are a very important part of footwear. The wrong socks with the best boots, makes the boots appear to be the cause of foot trouble. It may be the socks you are wearing that are causing problems. Thin, stretched out tube socks are not going to cushion your feet or protect them from blistering. It has been proven that cotton socks cause more than twice as many blisters as do wool/nylon socks. You need your socks to do several things:

1. They should be a cushion from the steady pounding you give them on the trail.
2. Let the foot slip back and forth, and up and down without causing friction. Your foot is going to move in the best fitting boots. If it doesn't move at all, it's too tight.
3. Wick sweat away from the feet, helping keep them dryer.
4. Be easy to wash and dry on the trail.

I am a believer in the two sock system. The inner sock being a light polypropylene liner sock, to wick away sweat. The outer sock being a middle to heavy weight wool or wool blend hiking sock that is not too tall for the boots I'm wearing. This combination will fill requirements 1 thru 4. Do not buy cotton socks to hike in. They hold all the sweat, don't cushion the feet well, stick to the skin when damp, adding to friction, and take a long time to dry.

**Camp Shoes:** After hiking all day, your feet will need a break from the confines of your trail boots. Around camp you can usually get by with light weight moccasins, or light weight sneakers. This gives you a chance to dry out your boots, and give your feet a much needed rest. As your feet might rebel against the stress of the hike after being in boots for a day or two depending on the condition of the trail, it is imperative that you pick your camp shoes with care. They must be light, but also suitable for limited trail use. You will find that camp shoes are worth the added weight on a long trip. They will be a welcomed change at the end of a tough trail day.

**Pre-trip Preparation:** Walk bare footed around the house and in warm weather walk in your yard to toughen the soles of your foot. A good build up of callous will help keep you from getting blisters, and walking barefoot helps condition the foot muscles. Be very careful not to step on any object that can hurt your feet, such as, stones, glass, metal, sharp objects, or walk in poison ivy. Walk where ever you go. Don't take the elevator when you can walk the stairs. Walk to the store instead of riding your bike. Ride your bike, "carefully", instead of riding in the family car, when practical. Most of the foot problems discussed above can be prevented.

"The proper boots, properly fitted, well broken-in, and worn over the right socks, will prevent most foot trouble."

\*\*\*\*\* REMEMBER \*\*\*\*\*

#1 On any hike you are taking, tape or moleskin any problem areas you usually have trouble with before going on the trail.

#2 **Stop at the first sign** of a foot problem. Take whatever steps are necessary to correct your problem and apply the proper first-aid.

#3 **Don't wait until you are suffering with pain. You will only wind up spoiling your trip and your companions trip also....**

Also see: Guidebook to Adventure -  
Philmont Advisor's Guide -

# **PHILMONT NOTE 12**

## **Physical Training & Conditioning**

### **PHYSICAL CONDITIONING FOR A PHILMONT TREK**

Your Philmont trek will certainly be memorable, and will probably be the most physically, mentally and emotionally stressful activity of your entire life.

Whether you remember it to be the most enjoyable, or the most horrifying experience you'll ever have will depend almost entirely on your physical conditioning in the six months prior to departure.

Philmont treks require every crew member to carry a forty to fifty pound pack over steep rocky terrain at elevations between 6,000 and 12,441 feet in weather that varies from forty degrees in rain to over 100 degrees in very dry air.

### **PHYSICAL CONDITIONING IS VITAL TO YOUR ENJOYMENT OF PHILMONT**

Perhaps you've heard of "AEROBICS", or aerobic exercise. During this type of exercise, your body first uses glucose, then stored glycogen, both of which are forms of sugar and then fat by combining each of them with oxygen (just like regular combustion). This form of exercise has the advantage of burning fat and sparing lean body tissue (muscle) which is broken down during "ANAEROBIC (without oxygen)" exercise.

Anaerobic exercise involves high intensity activities such as weight lifting or actually, any type of exercise for which your cardiovascular system (heart, lungs and circulatory system) cannot supply sufficient oxygen to produce energy "AEROBICALLY (with oxygen)". So, if there isn't enough oxygen available for your body to burn glucose, glycogen and fat, it will break down muscle for energy.

### **THINK ABOUT THE EFFECT A STRENUOUS PHILMONT TREK WOULD HAVE ON A BODY WHICH IS NOT "AEROBICALLY" FIT.**

The bad news is, if you arrive at Philmont in poor cardiovascular condition, your body will break down muscle for energy and you will actually become weaker as your trek progresses. You'll be a burden to your crew but more importantly, your enjoyment of this great experience will be diminished. Hiking from camp to camp will be difficult and you'll be so tired when you arrive that you won't enjoy the program activities.

The good news is, with a little planning and regular exercise, you can avoid this sort of difficulty and get the most out of your Philmont experience. If you arrive at Philmont in good cardiovascular condition, your body will be aerobically efficient, ready and able to burn glucose, glycogen and fat for energy, and you may ADD muscle to your body and actually get stronger as your trek progresses.

You'll be an asset to your crew but more importantly, your enjoyment of this great experience will be increased. Hiking from camp to camp will be fun and you'll get to enjoy the magnificent scenery. And when you arrive at each camp, you'll be loaded with energy and able to enjoy your program activities.

## **WHICH PHILMONT EXPERIENCE DO YOU WANT ?**

Physical conditioning can actually be fun and easy if you start soon enough. It is recommended that each crew member begin a six month program of "AEROBIC" exercise consisting of thirty to sixty minute work-outs three to five times per week. It's fun to keep a record of your exercise and compare notes with your fellow crew members and actually see your physical condition improve.

### **BEFORE STARTING ANY EXERCISE PROGRAM, YOU MUST GET A PHYSICAL EXAMINATION BY YOUR FAMILY PHYSICIAN**

Your cardiovascular (aerobic) conditioning will improve most quickly if you exercise with your pulse at your "TRAINING HEART RATE". Your training heart rate is approximately eighty per cent of your maximum heart rate. You can calculate these pulse rates by using the following formulas:

MAXIMUM HEART RATE (MHR) = 220 (BEATS PER MINUTE) - YOUR AGE  
TRAINING HEART RATE = 80 % OF MHR  
MHR = 220 MINUS 16 (IF YOU'RE 16) OR 204  
THR = 204 X .8 = OR 163 BEATS PER MINUTE

So, if your 16 years old, you would do an aerobic type exercise at an intensity where your pulse would be anywhere from 158 to 168 beats per minute.

When exercising in your training heart range, you should be able to carry on a conversation. If you're too out of breath to do so, you are exercising too intensely. Slow down and gradually increase your exercise intensity over a period of weeks.

### **REMEMBER, IF YOU EXERCISE TOO INTENSELY, YOU WON'T GET AS MUCH CARDIOVASCULAR BENEFIT AS YOU WOULD IF YOU EXERCISED WITHIN YOUR TRAINING HEART RANGE.**

How intensely you exercise is not as important as exercising regularly for periods of thirty to sixty minutes. Running a fast two miles in fifteen minutes with your pulse rate at 190 beats per minute will do you very little good where jogging the same two miles in thirty minutes with your pulse in your training heart range on a regular basis will do you a great deal of good.

Any form of exercise which causes your heart to beat at a rate within your training heart range will promote aerobic fitness. Jogging, running, bicycle riding, stair climbing, swimming, aerobic exercise classes and hiking are all excellent forms of aerobic exercise.

You should choose two or three different aerobic exercises that you enjoy. Variety will help you avoid becoming bored with the same exercise.

Involvement in team or individual sports will certainly help with your physical conditioning but remember, your program must include 3 - 5 sessions of 30 - 60 minutes of an "AEROBIC" exercise (running etc.) per week. You can spend time weight lifting or doing other strenuous "ANAEROBIC" exercises, but they must be "IN ADDITION TO" not as a substitute for your aerobics.

## **DON'T FOOL YOURSELF, YOU MUST DO YOUR AEROBICS**

When starting your exercise program, after having a physical by your doctor, begin slowly, and gradually increase the intensity and duration of your sessions. Intensity is ALWAYS determined by your heart rate. Take your pulse regularly when you exercise to be sure that you are exercising at the proper intensity with your pulse within your training heart range.

The best way to prepare for any activity is actually doing that activity so backpacking is an excellent addition to any exercise program to prepare for Philmont.

Philmont recommends that every member of your crew fulfill the requirements for the Backpacking merit badge. This includes three 15 mile treks with two overnights each and one five day backpacking trek of at least thirty miles.

Start your backpacking with a short hike and a light pack, gradually increasing your pack weight and distance from hike to hike. This will help you get used to carrying your pack and toughen your feet as well as break in your boots (good foot care and well broken in boots cannot be over stressed).

### **SUGGESTED CONDITIONING PROGRAM**

- January      Get your physical from your doctor. Jog in place, walk, ride a stationary bike or do some other form of aerobic exercise for 15 -20 minutes 3 -5 times per week.
- February     Purchase your boots. Continue aerobic exercise for 20 - 30 minutes 3 - 5 times per week. Monitor your pulse to determine intensity of exercise.
- March        When weather permits jog or run outdoors or continue your aerobic exercise 30 - 40 minutes 3 - 5 times per week. You should notice that you can exercise with greater intensity while maintaining your pulse in your training heart range.
- April         Continue aerobic exercise 40-50 minutes 3-5 times per week. Go on the Contingent Shakedown hike with a full pack. Schedule a couple of 5-10 mile day hikes.
- May          Continue aerobic exercise 45-60 minutes 3-5 times per week. If you have been faithful to your exercise program, you will have noticed a big difference in the intensity of exercise you are capable of.
- June/July    Continue aerobic exercise five times per week for 60 minutes each time right up to the day before departure.

Remember, a regular program of cardiovascular exercise will make your body an efficient aerobic machine, ready for the challenges Philmont has in store for you.

Your adult advisors will ask you about your physical conditioning program. You should be truthful about your preparation because when you get to Philmont, everyone will know how well you prepared.

**YOU WON'T BE ABLE TO HIDE THE TRUTH**  
**WILL YOU BE AN ASSET OR A BURDEN TO YOUR CREW ?**  
**REGULAR AEROBIC CONDITIONING WILL MAKE THE DIFFERENCE**  
**DO IT !!!!**

Also see: Philmont Advisor's Guide

## **PHILMONT NOTE 13**

### **The Ten Essentials**

There are certain items that should always be carried on any trip into the fields and woods. The further we are away from roads and inhabited areas, the more important they become. You may have never been away from areas where there are people at every turn in the trail or in the next camp site. Depending on the time of the year or locale you're hiking, you may not see someone else for several days or weeks. If your matches get wet or you lose your way on the trail, you could be in trouble. You will notice that some of the items on this list you always carry anyway. While it's true some things are just basic equipment, you may sometimes take them for granted or you don't think you need them. After all "I'm only going to hike into the woods a few miles. Besides, I'm in New Jersey or New York and you can't get lost there." "RIGHT??"

That can be answered in several ways. First, it's not where you may or may not run into trouble, it's the chance that you may not be able to get out of it when you need to. Weather can have a great effect on your timing. You may plan to hike and camp for two days in clear weather. But overnight a front moves in and dumps several inches of rain or snow on you, making travel impossible or too dangerous to attempt. Getting disoriented on the trail can put you in the wrong direction and you can lose precious time in re-routing. Darkness may set in, stopping you for an unexpected extra night. The Pine Barrens of New Jersey can be a deceptive place to hike. There are so many jeep and fire trails in these woods that aren't on the topographic maps such that making a wrong turn can be very easy to do. Also, the area is devoid of major vantage points or easily identified features. One mile of Pine Barrens looks like the next, mile after mile. Injury can also throw off a schedule in the blink of an eye. A badly twisted ankle or broken leg in the woods is big trouble. This is the major reason never to hike alone and a reason to make sure someone knows your route and time schedule. If you are not back when you're supposed to be, they can come looking for you or notify the authorities in that area that you are overdo.

Those who hike and backpack on a regular basis develop their own style of selecting and packing their equipment. They have their own personal list of clothing, food and equipment that they feel is needed or wanted on the trail. Because backpacking is an individual endeavor, seldom do two people select the same items.

While your pack may contain different equipment from another backpacker's, there are essential items that should always be carried on any trip into the fields and woods. They are commonly referred to as "The Ten Essentials". These basic items help insure your comfort and safety while on the trail. Their importance should not be underestimated. The farther away from roads and inhabited areas you travel, the more important they become. The time of year you hike will also make a difference. Those well traveled trails of summer become empty trails in late fall and winter. There may not be anyone around to give you aid in an emergency. Many unexpected emergencies, both minor and major can and do happen to hikers and backpackers. They get lost, hurt, misjudge the time needed to complete their hike or get delayed because of the weather conditions. Any of these reasons may mean staying on the trail longer than expected.

The regular use of some of these items can help to prevent problems. The topographic map and compass combination are prime examples. Knowing how to use them and actually using them while hiking or backpacking will help prevent your getting lost or may help you find a quick way off the trail in an emergency.

The following list of the "Ten Essentials" names the item and gives a short caption about it. Because of space, they are only briefly outlined with some information about each one. You will learn more about their importance as you develop your hiking and backpacking skills.

- 1 **Map and Compass.** These two items go together. The compass tells you direction; the map shows you where you are and can help you find your way back to camp or a road. Always get the best, up-to-date topographic map of the area that you can before you leave on a trip. Use it, even in familiar terrain. You will become better at their use the more you practice with them.
- 2 **Waterproof Matches and Fire Starter.** Being able to start a fire is a basic skill for a scout. You may be surprised how many Scouts can't build a fire under the best of conditions. Throw in wind, rain and wet wood, and it becomes almost impossible to start a fire. Having an emergency supply of matches and some sort of fire starter can be the difference between a cold night or warm one. In cold weather that can become an emergency in itself. Typical fire starters are; candle stubs, Fire Ribbon, and fire Sticks. These items are in addition to your regular supply, they should be kept in a separate container, for emergency use only. Keep your main stash of wooden, strike-anywhere matches in a waterproof container with a scrap of sandpaper for striking. Or, in addition, carry a small lighter.
- 3 **First aid kit.** An emergency first aid kit can be as basic as a few band aids, some antiseptic and a few aspirin or add some additional items such as 1 inch gauze tape, moleskin, tweezers and Immodium. If you are taking any type of medication, it should be included also. Make sure there is also a small guide for first aid treatment. Imagine yourself descending an unfamiliar mountain as darkness falls. Your map, compass, and flashlight help you avoid a 500 foot cliff, but suddenly diarrhea strikes. You waste precious time in the bushes, cramps and dehydration sap your strength, and frostbite tickles your tush. That's one scenario. The other is that at the first twinge of trouble down below, you grab the Immodium from your well-stocked medical kit and stay on the trail.
- 4 **Knife.** Your all around helper, especially when caught in a emergency. It helps build a shelter, dig up edible roots, cut a fishing spear, etc. The best type is the multiple-blade, Swiss Army type with at least one knife blade, can opener, screwdriver and tweezers.
- 5 **Small Flashlight.** A pocket size flashlight can make the difference between getting back to camp, the trail head in the dark or spending an extra night on the trail. Or you may have to leave camp in the dark to seek help for a medical emergency. Use alkaline batteries, which last two to four times longer than the standard carbon-zinc variety. **Always carry extra batteries and a spare bulb.**
- 6 **Extra Food.** If for some reason you have to spend an extra day or two on the trail, you will probably need some extra provisions. Don't make these items full meals, but snack and drink items such as; candy bars, extra trail mix, instant oat meal, tea, hot chocolate, and fruit drink granules. You can go many days without eating before your health is really affected to a great degree. If you're like most Scouts, you'll probably bring enough extra food to feed yourself for several extra days anyway. All of the above are great for moral as well as nutritional support.
- 7 **Extra Clothing.** In certain seasons of the year and in some locations, clothing selection is somewhat difficult. Rain, cold fronts, late season snow storms and unseasonable weather can catch the unsuspecting hiker off guard. It is wise to carry an extra sweater, wind breaker, or pair of pants, just in case the weather turns bad.
- 8 **Sun Protection.** Protection from the sun is a year-round necessity. Ultraviolet rays from the sun are bad for your skin and your eyes. A hat with an eye shading brim will protect both the top of your head from hot summer sun and will help protect the eyes. Add a good quality pair of sunglasses (make sure they will block damaging ultraviolet rays), a sun blocking lotion SPF15 minimum, reapplied regularly, (higher number/better protection), lip balm and a good dose of common sense and you won't have a problem from too much sun. Do not believe that you don't have to worry about the sun in the winter. Reflected glare from water, ice and snow can cause sunburn and snow blindness. Always protect yourself from the damaging effects of the sun.

- 9 **Water, Water Containers, Purification Tablets/Filter.** I don't see how anyone can go into the woods without a supply of water and a way to purify more in an emergency. The days of drinking from brooks and streams are gone forever. Illegal chemical dumping, acid rain, live stock, land fills and disregard for the environment has tainted our brooks, lakes, rivers and even our underground supplies. You must boil or treat all water from any questionable source. If it isn't posted safe to drink, consider it **NOT SAFE TO DRINK.** For day hikes, a one-quart or liter plastic bottle will suffice. In extremely hot or cold weather, carry two to four quarts/liters. On overnight trips, a collapsible jug is a convenient way to carry water from the source to camp.
- 10 **Whistle.** If you're lost or hurt you can not shout for very long before your lungs and throat give out. But you can blow a whistle for a long time, and someone is likely to come and find out who is blowing a whistle in the middle of the woods. It's great for signaling in an emergency or to get someone's attention.

I know what some of you are thinking. Some of you are probably saying that I forgot other items of equipment, such as; tube tent, emergency blanket, insect repellent, fishing tackle, mirror or signaling device, rope or cord (nylon), all-purpose paper, etc. The "Essential" items are what are considered by most backpacking experts as basic, required equipment. You can make up your own list, but it should always include the "Ten Essentials".

Some books and articles that talk about the "Ten Essentials" have expanded the list above and some even look at the "Twenty Essentials". Below are some additional items to think about depending on the season, location and length of the hike you may be taking. Consider them in light of the amount of items you can carry and what you might need.

- **Tube Tent.** For day hikes, carry emergency shelter, such as a small tube tent. A waterproof poncho will do in a pinch. For overnights, carry a tent with rainfly, stakes, and poles. Make sure it has been properly waterproofed and practice setting it up in your backyard. A large waterproof tarp can substitute for a tent if you're confident you can rig it properly.
- **Emergency Blanket.** Consider one of the aluminum fold types so that body temperature can be contained.
- **Insect Repellent.** Most use DEET in concentrations ranging from about 30 to 95 percent. At the height of bug season, only manual applications will do and high concentrations of DEET can strip paint and melt some plastics. Avoid prolonged skin contact with DEET by applying it to your clothing, hat brim and even your pack.
  
- **Fishing Tackle, Needle and Thread.** When something falls apart or rips, a large needle and good strong nylon fishing tackle or monofilament can be extremely handy for repairs. These items are small and take up little if any space.
- **Mirror or Signaling Device.** A flat faced plastic or tin mirror can do wonders for getting someone's attention. In addition, the mirror can be used for shaving, etc.
- **Rope or Nylon Cord.** Good items to have for emergencies. Can be used to tie up items, support a splint, use for bear bags. 50 feet of ¼ inch rope is excellent.
- **Sunglasses.** See Sun Protection above.
- **Cup.** A simple metal cup can be used to heat water, but the insulated plastic or stainless steel types are awfully nice.



- **AP Paper**. Remove the cardboard tube from inside a half-used roll and keep it dry by stashing it in a sealable plastic bag. Make sure it is unscented so it does not attract animals. Carry it on your person so it is available in an emergency. Can also be used for starting a fire.
- **Repair Kit**. Small needle-nose pliers, along with your Swiss Army knife and the tweezers in your first aid kit can handle most equipment failures. Also include nylon cord, a piece of wire, needle and thread, a spare clevis pin and split ring for backpack frame repairs as well as different size buckles. Include any special tools necessary to keep your particular equipment—stove or water filter, for instance—operating.
- **Stove, fuel and cooking supplies**. Familiarize yourself with the vagaries of your stove before setting out. A lightweight windscreen helps conserve fuel. You'll need two nesting pots with lids. A plastic scouring pad kept in a plastic bag is ideal for cleanup. If you use hot water, soap is probably unnecessary.
- **50 Gal. Trash Bags**. One of modern technologies greatest wonders. Can be used for garbage, to cover a backpack, to put over a tent, keep clothes dry, etc., etc., etc.
- **Duct Tape**. Wrap it around a pencil, your water bottle, a hiking stick or the frame of a backpack. Can be used for a lot of repairs.
- **Bandanna**. It's like a toolbox you can wear around your neck. It can be used as a fly swatter, a handy measuring tool, a strainer for muddy water or bad coffee, a tie to keep your hat from blowing away, a pouch to hold your valuables, a washcloth, a sling, a napkin, a signal flag, a bandage for heifers, horses and humans, a rag to polish boots, belts and buckles, a hot pad if dipped in hot water, a sweat band, protection against the sun, snow, sleet and dust, emergency compression bandage, a handkerchief of course and the all important backcountry fashion accent piece.

The better prepared you are, the less likely you will have trouble in the outdoors. Make a conscience effort to use **COMMON SENSE** and basic safety practices. Plan for emergencies and your chances of actually having one will be lessened.

**Remember: The best equipment you have is your brain.  
Use it**

Sources of information:  
 Philmont Notes  
 Various Internet Sites  
 Boy Scout Handbook

## PHILMONT NOTE 14

### KNIVES

A knife is a basic item of equipment any time you are in the field. It is an indispensable tool. Properly treated and used with respect, it's your assistant for an unlimited variety of tasks. It cuts fuzz sticks to start your fire, cleans the fish you catch, slices your dinner, whittles a replacement for a lost tent peg and a thousand other chores. I doubt that you can take a trip into the woods and fields and not find a need for one.

Scouts often ask "What kind of knife do I need?" And follow it by saying, "I really like the knife Rambo had in the movie." Most troops and Monmouth Council, in particular forbid the carrying of any sheath knife. The main reason is safety. Large knives are awkward to handle, have the potential of inflicting deep wounds and are not needed for our scouting purposes. Besides they are much heavier than a folding, light weight knife that is suitable for backpacking. Don't feel that you are "limited" without such a knife. Today, pocket knives, especially the lock blade type, can do almost anything that the sheath knife can do, and do some things better. Today, lock blade knives are practical, dependable, strong, safer, and more packable. The popular "Swiss Army Knife" is now available in the lock blade style. What is a lock blade knife? It's a folding knife with a mechanism that locks the blade in an opened position, until the user presses a catch or lever to unlock the blade allowing it to be folded closed. This prevents the blade from closing unexpectedly while in use, a great safety feature in itself. There are many fine knives on the market that do not have locking blades and they are still practical for our needs. Be more alert when using the non-locking knives.

"What about the length of the blade?" A three inch blade will do 99% of the tasks we need a knife for. There are a lot of knives in the 2 1/2" to 3 1/2" size to choose from. The blade should be thick enough to stand up to heavy use, but not overly bulky. Watch out for look alike imitations of popular brand knives. They are much cheaper than the real thing and so is their construction. Don't waste your money on "bargain basement, look-alike knives".

"I see so many knives for sale, I don't know where to start." The best advice I can give you is to buy brand name knives. The makers are proud of their product, use the best of materials, produce a quality knife, and stand behind their guarantee.

"Name some of the more popular knife makers." Well I can't name them all, but some of the more common, locally available names are: Buck, Case, Gerber, Schrade, Uncle Henry, Victorinox, and Wenger. All of these companies make good knives. "Yes, that helps, but exactly what knife should I buy?"

The selection of a knife is a personal preference decision. It's like trying to pick out a tie for someone else. What I like may not be what you like. I may want a single lock blade, and you want a Swiss Army Champion with 40 components.

You have to decide for yourself what you want your knife to do. If you are only interested in a cutting instrument, you may buy a knife with a single blade or a model with two blades. You may want a knife with a can opener, awl, screw driver, nail file and a saw. In that case you should look for a knife made by Victorinox or Wenger. They make the so-called "Swiss Army

Type" of knife, and have a variety of styles to suit almost any needs, are reasonably priced and well made.

"The knife I want seems to be a little too big to be carried comfortably in my pocket." While a knife may be of the folding type, it does not necessarily mean it is a "pocket knife" Many of the knives you see for sale, are meant to be carried in a belt case. They are too big and too heavy for your pocket and would soon wear a hole through your pocket. In many cases the knife makers leave the decision of using a case up to the buyer. You will notice that some of the largest models do come with a case. If you do decide to use a case, go to a sporting goods, or cutlery store. They carry cases for most popular models.

"I need my knife for backpacking and I want it to be light. Do you have any suggestions?" I will give you a few examples, but there are many more. Don't think that these examples are exactly what you must buy, but use them as a starting point for comparison purposes.

- Single lock blade - Medium duty: Gerber LST 1.4 oz. 3 1/2" closed, 2 5/8" blade. Case available.
- Single lock blade - Heavy duty: Gerber "Bolt Action" 3 oz. 3 1/4" blade Closed 4" [approx.] Comes with a case.
- Single lock blade - Heavy duty: Bucklite 3 oz. 3" blade Case included
- Victorinox Swiss Army Knife: "Spartan" 2 oz. 3 1/4" closed. 2 blades, small/large, can opener, cap opener, reamer, corkscrew, 2 standard screwdrivers, wire stripper, and a lanyard ring.

You should have learned how to sharpen and care for your knife from your Boy Scout Handbook. Here is a Backpacker's Tip for you: Sharpen your knife before leaving on your trip, and carry a 2" X 8" piece of emery cloth to touch-up the blade when in the field. It weighs little and stores easily. Lay it on a flat pot bottom, and work away from your fingers. Remember your Tote n' Chip Safety Rules.

**Keep your mind on what your are doing.**

**\*\*FINGERS COME IN A MATCHED SET. ONE SET TO A CUSTOMER.\*\***

## PHILMONT NOTE 15

### Smellables

SMELLABLES, what are smellables? Smellables are any item of food, toiletries, equipment, or your garbage, that gives off an odor that may attract animals. The animal may be as small as a mouse or as big as a bear, and may include raccoons, rats, squirrels, wild dogs, or skunks. None of these animals are wanted in camp, whether it is Philmont or any other camp. You may be surprised that some of your equipment can bring these animals into camp. Camera film for some reason attracts bears.

You must take precautions in the way you pack these items, when and where you use them, and how you store them at night. Your ranger will give you lessons about how to operate in bear country, which is all of Philmont. The safety of your fellow scouts and yourself may depend on how well you follow your ranger's advice.

Before you leave for Philmont you should do some pack cleaning. Unless you have a new unused pack, you should clean it thoroughly. During your troop camping activities, you have gotten the smell of food, candy bars, chewing gum, potato chips, soap, shampoo, and many other smells on your pack. These odors will surely draw animals into your camp area, and directly to your pack. To clean your pack, wash it with a mild soap and water. Lightly scrub the heavily soiled areas and rinse it well in cold water. Hang it in a shady spot to dry completely. If it is an external frame type of pack, take the pack bag off the frame first. It would be a good idea to inspect the pack for wear, and torn stitching while you have it off the frame. Repair the pack if needed and treat the material with a waterproofing spray such as Camp Dry. Make sure that any treatment used is recommended for nylon. Let the pack dry completely outdoors after treatment. This should be done at least two weeks before you leave for Philmont.

The following are some packing hints to keep smellable odors from getting into your pack, and general guidelines for use and storage:

- 1- Put **your** suntan lotion, bug spray, etc. directly into heavy duty ZipLoc bags. They can then be put into your pack.
- 2- Don't put food on or into your pack without having first put it into plastic bags tied at the top.
- 3- Don't put dirty clothes into your pack without putting them into plastic bags first. Your clothes can have the smell of food on them from cooking and eating during wear.
- 4- Don't use deodorant or hair tonics while out camping.

- 5- Limit the use of bug repellent and sun tan lotions to early in the day. Do not use them after about 1 p.m.
- 6- Do not wear the clothes you have worn while eating to bed or take them into your tent.
- 7- Never take food into your tent or eat and drink around your tent.
- 8- Do not put your tent anywhere near the cooking or campfire area.
- 9- Hang your smellables in a bear bag at night, well away from your camp area.
- 10- Remember that garbage is a smellable, and that must go into the bear bag at night.
- 11-Do not put your tent between the cooking/campfire area and the bear bag.
- 12- Store your pack away from your tent. Leave the pockets unzipped so that a curious animal can find out what is inside without ripping or chewing it's way in.
- 13-Don't bath or brush your teeth near your tent site, and do your bathing early, so that the smell has a chance to fade away.
- 14-Check the area you wish to erect your tent in before setting it up. The hikers in the site before you may have been careless with food and drink. If so, move to another area if possible.
- 15-Eat all food or burn it completely. Don't bury it; the animals will still be attracted.
- 16-DON'T PUT FOOD OUT FOR THE ANIMALS. TO FEED A BEAR, IS TO KILL A BEAR. They develop bad habits fast. Don't help a bear become a problem by poor sanitation habits or by a thoughtless act. Problem bears are usually SHOT.
- 17-**DON'T BECOME THE HIT MAN.**

Pay attention to your ranger or guide. Follow their directions to the letter. It is your safety that they are concerned about.

**Be safe, be clean, and use the bear bag system wherever you camp.**

## **PHILMONT NOTE 16**

### **Carry-on Baggage**

You will need to have a small daypack or gym type bag to hand carry your travel clothes and personal items on the plane with you. It must be small enough to fit in the overhead compartment over your seat or under the seat in front of you.

You should carry the following things in your carry-on baggage:

- a. 3 changes of underwear and socks, or plan on doing some hand washing on the way to Philmont.
- b. Swimsuit, sunscreen, sneakers (old) or watershoes, lightweight towel, wool sox
- c. Sunglasses, strap, and old cap
- d. Lightweight jacket or fleece
- e. Mountain suds or camp suds for washing your clothes. The facilities for washing clothes at Philmont are limited as is the time to do your wash.
- f. Any prescription medicine that you may need.
- g. Spare film; do not let your film go through the security-screening machine.
- h. Pen, stationary and stamps.
- i. Reading material, to read on your trip to and from Philmont.
- j. Toiletries and smellables (candy bars, chewing gum, snacks, soaps, shampoo, toothpaste, deodorant, tooth brush, razor, shaving cream, comb, hair brush, etc.)
- k. Plastic bags, for your dirty clothes.
- l. 1 spare Class A uniform (Shirt only).
- m. Handkerchiefs.
- n. Spare class "B" shirts.
- o. Hiking staff: If you use a hiking staff, you CANNOT carry your hiking staff on the plane; it will be bundled with other hiking sticks and checked.
- p. Identification: Put an I.D. tag on the outside of your bag, and an I.D. tag inside also. If you should lose your carry on and the outside I.D. tag has been lost, the inside I.D. tag will give the airline the name of the person the bag belongs to. Also write the airline you flying with, the flight number and your destination. With this information the lost article can be forwarded to you.

## **Your pack and flying**

So you are at the airport with your pack that weights about 50-60 pounds. It has items in it that you will not be hiking with, but will need for the few days prior to Philmont and for the return trip. Your bandanna and other items may be hanging off the pack. The question is how to make sure it gets to Denver (our airport destination) without losing anything.

Once again, plastic bags are your best friend. Many airlines offer oversized plastic bags; most are the perfect size for your pack. All you need to do is call the airline and pickup a roll.

At the airport, have the bag ready and a roll of duct tape. Each member puts the pack into the bag and seals it with the tape. Cut a hole at the top so the frame is available for the luggage ticket and to be able to manage it. Someone from your crew puts the tape in their carry on. Make sure you each member of your crew has a second plastic bag for the trip home; the bag used for the outbound trip will most likely not be usable for the trip home.

A second option will be to purchase a pack bag at Campmor or EMS. Condisering the cost and how often you will be using it, the plastic bag is a better option.

Regardless of which method you go with, plastic bag or canvas, choose a crew color and put an identifying string, ribbon or colored duct tape on the bag. This will help when you are trying to find your pack within the other 112 packs on the carasul. If a crew member sees the color they grab the pack...not considering who it belongs to.

Updated 9/25/07 MZ

## **PHILMONT NOTE 17**

### **Suggested Readings on Camping and Backpacking**

If you like the outdoors, camping, hiking and backpacking or think you would like to find out more about it, you can do the following. Talk to someone you know who is involved in these activities and read some of the books on the subject. All of us going to Philmont should sharpen our scouting and outdoor skills prior to the trip. A great deal of information about camping and backpacking can be learned from your Boy Scout Handbook, Camping Merit Badge Booklet, Backpacking Merit Badge Booklet, the Orienteering Merit Badge Booklet, and the Field Book. What you learn from these books and the experience you get in the field, together should make you a more accomplished outdoorsman. Listed below are some other books about backpacking, available at your local library or book store:

**The Complete Walker III** by Colin Fletcher

**One Step at a Time** by Harvey Manning

**Walking Softly in the Wilderness** by the Sierra Club

**Backpacker Magazine**

Remember that what you read by the different authors, is "their" view as to how best to operate in the outdoors. You should take their suggestions and see what suits your needs and comforts. They all have good ideas and provide good sound advice as to equipment and preparation for a trip in the outdoors.

In these Philmont Notes, you will find many helpful hints. Hopefully you will follow the suggestions offered and they will make your outdoor experience a more enjoyable one.

**"Low-Impact Camping" -----**

**All you leave is a footprint; all you kill is time**



## PHILMONT NOTE 18

### Winter Camping Tips

Winter camping has its own set of rules that are not as flexible or as forgiving as the other seasons of the year. For example, take getting wet after falling into a stream while crossing a log. In the spring and the early fall, when the temperatures are still cool, you can easily get hypothermia. In the hot temperatures of summer, it could be a welcomed dunking provided you didn't get injured in doing it. We may try to drain the water from our boots and put on dry socks, check our packs for water and head out again. The same situation in winter could be life threatening. Hypothermia is a very real danger. Even a spring time dunking, given the right conditions could cause you to suffer the effects of it. In the mountains of Philmont, with its varying weather conditions, a wetting, untreated, could cause you to suffer from hypothermia. In the cold weather, our body temperature would drop suddenly, our clothes would freeze, frostbite would quickly start, we would be in trouble, FAST.

To try to avoid hypothermia, do the following:

1. Get the wet clothes off and put on dry clothes.
2. Drink warm liquids, such as soup or hot drinks.
3. If the symptoms persist, exercise is one recommendation. The assistance of another person may be needed.
4. If the above isn't effective, get the person into a warmed sleeping bag with another person.
5. Get medical help as soon as possible if symptoms persist.

Early fall through late winter, when our shakedown hikes are scheduled, can have varied weather conditions. Daytime temperatures can be in the seventies, dropping to the twenties or lower during the night. Or one day can be warm and comfortable and the next day can have **freezing temperatures**. Your clothing selections should provide for the varying temperatures you may encounter.

In winter everyone must be very careful not to sweat or get wet. To sweat in cold weather, from exertion, is to invite trouble. Damp clothes do not keep you as warm as dry clothes. The evaporation of moisture causes a cooling effect. Wet clothes are almost useless, and in the field are almost impossible to dry out in winter. You should take steps to insure that you stay as dry as you can. Be especially careful crossing streams, traveling through wet or snow covered brush and trees. Dress in layers, with a water resistant covering on the outside when in wet, cold climates. Changing your socks during the day will help keep your feet warm. Perspiration dampened socks will chill your feet. Clean socks have a way of making you feel better all over.

Drying leather in the field is almost impossible in winter. Keep your leather boots treated with a waterproofing application according to the manufacturers' recommendations. Leather is best dried with warm heat, not hot, over a long period of time. Too much heat will ruin good leather. Putting your feet close to the fire feels very good, but some boots become unglued by excessive heat, leaving you miles from your pickup point with your boots coming apart. At night, wipe the dirt from your boots, put them in a plastic bag, and put them into the bottom of your sleeping bag. This may not be the most comfortable place for them, but at least they won't be "brick hard" in the morning. Your clothes for the next day should be in the bottom of your bag also. This keeps them warm for the morning and also dry. My personal preference in winter sleeping bags is the long size bag. This gives me room to put these items in the bag and still leave room for me to sleep comfortably.

Sleeping bags for winter are generally more expensive than the so called 3 season bags on the market. Some of the cost comes from extra filling to provide warmth, draft collars at the shoulders, draft stops on the zippers, and on some models special coatings or linings. Of all the equipment you will buy for your hiking and camping, the sleeping bag is one of the most important. If your bag doesn't keep you warm and give you a good nights sleep, you are not going to enjoy your long awaited trip. Stay with the better brands of bags and don't be afraid to invest your money in this essential item of equipment. This is not the time to economize, buy the best bag you can afford. Your summer weight sleeping bag may not have draft collars, etc. that are a important winter item. Summer or 3 season bags are usually roomier than the typical mummy winter bags, much lighter in weight and cheaper. Again, go with the better bags, they are worth the price in the long run. Also, don't forget to protect your investment, both in camp and on the trail. Take care where you put the bag when airing it out daily, don't snag it on a branch or pull too hard on the zipper in trying to open or close the bag. On the trail, use a waterproof stuff sack or plastic bag to keep the sleeping bag dry. A wet bag is not going to keep you warm. Something for you to think about when purchasing a new bag is the filling. Down is still rated the warmest filler per ounce by weight although some of the man-made fillers are coming close. You should be aware that down, once wet is almost impossible to dry in the field during cold weather. At best it is a **tedious, time consuming job**. Good quality man-made fillers, such as **Quallofil and Polar Guard** retain their ability to keep you warm when wet. People who may be allergic to feathers and need a good bag should look into buying bags with a good quality name brand filler, as named above. If in doubt, ask someone with more experience.

### **KEEP IT LIGHT, OUNCES COUNT**

# PHILMONT NOTE 19

## Trip Tips & Last Minute Reminders

I hope the tips and information in this section will help you prepare for your trip. These tips are not by any means all of the things you need to know, but will give you a starting point. Use a highlighting felt marker to mark the items you need to do. Then check them off as you accomplish them. This will ensure that you don't miss something. You may want to copy these pages so you can save this information for future reference.

- Carry an assortment of rubber bands, more of the larger size. These can be used to keep plastic bags closed, mark your page in a book, etc.
- Sharpen your knife before your trip. It must be carried in your backpack, **NOT IN YOUR POCKET**, until we reach Philmont Scout Ranch.
- Carry a strip of emery paper (2"x8") to touch up your knife blade on the trail.
- Rig a drinking tube on your water bottle so you can easily drink as you hike the trail.
- If you take vitamins, pack your daily doses in small zip loc bags. Very small zip seal poly bags (2"x3") are available from Campmor.
- Don't forget any prescription medications you must take. Have a spare supply with you at all times. Notify your adult advisor of what medication you are taking and when you have to take it.
- Carry an assortment of empty freezer weight ZIPLOC bags in you pack.
- Line your sleeping bag stuff sack with a plastic trash bag. Stuff your bag into it, twist the top closed, then close the sack. Your bag will always be dry when you reach camp. Carry extra bags. **DO NOT** use scented bags, **BEARS** love the smell.
- Treat your boots with the proper silicone or paste application at least a 2 weeks before you leave for Philmont.
- Carry a small tube of Vaseline lip therapy in your personal first aid kit. It can be used for many first aid needs.
- Share the following items with your tent partner. Mountain Suds, suntan lotion, insect repellent, foot powder, toothpaste, ground sheet, and some of the other items referred to in previous notes.
- Get a slightly shorter than normal hair cut, a few days before you leave for Philmont. It will be easier to care for and cooler.
- Wear your boots around the house, in the yard, to school, or shopping. Your boots need to be well broken-in and comfortable for the trip.
- Get a good tan gradually, don't get a sunburn. The New Mexico sun is very hot and strong. Start your tanning program well before you go to Philmont.
- Use the Philmont personal equipment check list when you pack. This will help you in organizing your packing and help keep you from forgetting items.

- For the rafting trip, the following should be packed separately: bathing suit or shorts, T-shirt, hat, sunscreen, sneakers, towel and a plastic bag for wet clothes.
- Put any items that you don't want stolen into your carry-on bag.
- Do your Philmont equipment shopping early. Don't wait until the last minute. Now is the time to buy your socks, shorts, toiletries and the other items you will need.
- A Frisbee makes a great plate for eating. It packs well, is almost indestructible, easy to clean, and still good for after dinner sport. Don't buy an El-Cheepo frisbee, it may crack.
- Address and stamp envelopes for mailing letters home before you leave for camp. Carry extra stamps for post cards.
- Put fresh batteries in your flashlight, and carry one spare set in your pack.
- Aluminum gutter spikes make good tent stakes. Use a small stuff sack or plastic tube to carry them in your pack. **You must each bring 8 tent stakes with you to Philmont. Philmont will not provide stakes with the tent or dining fly.**
- Use straps to secure your sleeping pad, tent and sleeping bag to your pack. Bungie cords just won't hold up on the trail. Arno straps are one of the best available. Buy the longer lengths (36" or 48"). They will fit all of your equipment needs and are useful for many other uses. i.e. a belt for carrying your water bottle on side hikes, hanging your pack on a tree, etc.
- Check your pack for loose or missing hardware. Check all seams, buckles, straps and belts for wear and repair them before leaving home.
- Buy a bottle bag to carry your water bottle on side hikes.
- Put your name inside all of your clothes and footwear.
- Put an I.D. card inside of your pack and carry on baggage. Write the airline name, flight number and destination on it. In the event your bag or pack is misplaced, it can be forwarded to you. **EXAMPLE: Home address:** Joe Smith 1000 Main Street, Morganville, N.J. 00000 **Phone:** 732-555-0000, **Ali Oop Airlines Flight Number:** OOO Newark, N.J. to Colorado Springs **Destination:** Philmont Scout Ranch, Cimarron, New Mexico 87714 **Crew Number** 000-0-00 **Monmouth Council Contingent, Morganville, N.J. Arrival date:** July 1, 2012 **Departure to home address:** July 13, 2013 **Bailing Wire Airlines Flight number:** OU812 Denver, Co. to Newark, N.J.
- Tie a ribbon or apply a colored tape on your pack so you can identify it at the airport. Your crew should have the same identifier.
- Don't pack aerosol products for air travel, i.e. shaving cream, deodorant, hair spray, etc.
- Look in stores for sample or trial size shampoo, shaving gel, etc.
- Buy a plastic brush and comb combination at a variety store. They are light and good enough to do the job on the trail.
- Bring a partial tube of tooth paste for the trail. Share this with your tent partner.
- Footcare - trim your toe nails properly several days prior to the trip

- Don't **flash** your money when in public. It's an invitation to get robbed or have a pickpocket take it away. Carry your cash in two different pockets.
- Bring a book to read on the plane or during the bus ride.
- A Walkman is fine for traveling. Bring spare batteries. Remember, your Walkman does not go on the trail.
- The sun is very bright and strong at Philmont. You should use sunglasses to protect your eyes from the sun's rays. Don't buy cheap sunglasses; they can damage your eyes.
- Buy some snacks to eat on your trip before you leave. The supermarket prices are much cheaper than airport concessions. Stay away from salty snacks and candy that melts easily. Remember not to put this smelly in your backpack.
- A small chess set or playing cards, appropriate movies on dvd, can make the bus travel less boring.
- Make sure your trail money, about \$40.00, in small bills. Outpost camps and supply points don't always have change for large bills. Extra shots at shooting programs, film, candy, soda, emergency equipment purchases, are some of the things you may want money for.
- Make your camera film purchases before you pack for camp. Don't let it go through the security scanner at the airport. At some outposts you may find electricity for charging your camera batteries.
- Keep your camp shoes light in weight. Sneakers are fine. Don't bring your \$100.00 Reeboks.
- Keep a record of your trail pictures so you know what the picture was taken of when you arrive home.
- Have your Crew members take some pictures of you with your camera, so the pictures will have "**YOU**" in some of the pictures.
- Have your pack for Philmont ready well in advance of the departure date. Wear it on walks around the block or through your neighborhood. This will help condition your body for the trail.
- Don't forget to "**thank**" those people that have made it possible for you to go to Philmont. A nice card or letter to MOM and DAD, Grandparents, Aunts and Uncles, etc. is in order. You are in their debt for the assistance they have given you.
- You can order by mail from the Philmont Trading Post any item in stock. You may wish to order in advance or after your trip.
- Put breakable souvenirs in your carry on baggage. Don't put it in your backpack for the trip home.
- If you want to buy a T-shirt or some other item of clothing as a souvenir for someone, find out his or her size before your trip.
- Don't get hurt before we leave. Accidents do happen, but many are avoidable. Don't take chances while swimming, biking, or skateboarding. It would be a shame to miss this trip because you were careless. Even a twisted ankle could ruin your plans.

- Study your Scout Handbook and Field Book concerning map and compass. You will need these skills at Philmont.
- Read your copy of Philmont's Guidebook to Adventure. There is a lot of information you should know and that you will need for the trip. You don't have to take the book with you but it makes good reading on the trip to remind you of the activities you will be experiencing.
- Make a journal about your trip, some of the things you see and experience need to be recorded right then or at least at days end. Your memory recall will not be as great weeks after your get home.
- Carry your rain jacket in your carry-on bag. This way you won't have to dig through your pack at the airport.
- Tell your parents not to call Philmont for you, unless it is a family emergency requiring that you come home immediately. You don't need bad news at Philmont. If it is not important enough to come home immediately, DON'T CALL.
- If you have a tendency to get sick on buses, boats, or planes, take some over the counter medication before you leave for the airport. These products don't help much once you are already sick. They take an hour or so to work.
- If you are on an allergy prevention shot program, make sure your allergist knows you're going to Philmont. This way he can give you your shots in advance of the trip.
- **Field Guides and Maps:** These items may be ordered from the Philmont Trading Post. Your crew may want to buy them in advance to insure they have them for the trip.
- **CREW BACKPACK REPAIR KIT:** Each crew should put together a backpack repair kit so that if a backpack needs repair, it can be done quickly on the trail and properly finished when reaching camp. The kit should contain: pack frame bolts and pins, a spare belt buckle, 2 heavy sewing needles, 10 feet of heavy nylon thread, 2 regular sewing needles, small spool of thread, nylon tent repair tape & pack hardware tools

## Philmont Grace

For food, for raiment  
 For life, for opportunity  
 For friendship and fellowship  
 We thank thee, O Lord