

**Denver Area Council – Philmont 2018
Parents Rally (Participants & Parents)
Agenda**



November 15, 2017

1. Dates

- Depart: **Friday, July 13, 2018** (depart ~0530 and arrive at Philmont for lunch) (250 miles)
- Return: **Wednesday, July 25, 2018** (leave after breakfast ~0830, tour Villa Philmonte, return after lunch)

2. Cost (proposed)

Expedition Fee	\$940	Meals, tents, cooking gear, program resources, insurance, leader's kits, medical, patch, crew photo
Conditioning hikes/meals/training/shakedown	\$50	
Transportation (Shakedowns/Philmont)	\$40	To/From Philmont
DVD or Memory Stick	\$11	
Meals return (Pueblo, CO)	\$15	
Equipment / Certifications	\$45	Includes req'd Wilderness First Aid/CPR certs
Souvenir Map of Philmont	\$5	
Contingent T-shirts (3)	\$47	w/ Philmont logo
Contingent Photo	\$7	
Crew Maps	\$5	
Villa Philmonte Tour	\$7	Donation to Philmont Museum
Contingency	\$25	
Council Administrative	<u>\$28</u>	10% of (Total less Expedition Fee)
Total	\$1225	

3. Summary of practice events (tentative)

Hike #1	Mar 3, 2018	Waterton Canyon	Break-in boots
Hike #1 Make-up	Mar 10, 2018	Waterton Canyon	Break-in boots
Hike #2	Mar 17, 2018	Deer Creek Canyon Park	Boots, light packs
Hike #2 Make-up	Mar 24, 2018	Deer Creek Canyon Park	Boots, light packs
Shakedown Training	Apr 14, 2018	Council Conference Center	Boots, backpacks, personal gear
Shakedown Training (alt)	Apr 28, 2018	Council Conference Center	Boots, backpacks, personal gear
Shakedown #1	May 4-6, 2018	Lost Creek Wilderness (GC)	Crew gear, full packs
Shakedown #2	June 8-10, 2018	Lost Creek Wilderness (TE)	Crew gear, full packs
Shakedown Make-up	June 22-24, 2018	Lost Creek Wilderness (WW)	Crew gear, full packs

4. Timetable

Summer 2017

- ✓ **Fee payment from participants (\$100 deposit, generally non-refundable)**

Fall 2017

- ✓ Submit fee payments to Philmont – Oct 1 (Council)
- ✓ Conduct Philmont Information Meeting / Parents' Rally
- ❑ **Fee (\$200/participant) due Nov 1, 2017**
- ✓ Share Risk Advisory Statement
- ❑ Decide transportation to/from Philmont (car or bus)
- ✓ Receive health and medical forms from Philmont

November –December 2017

- ✓ **Parents' Meeting** - Backpacking demonstration, equipment lists (personal, crew, and Philmont provided), confirm dates for hikes and overnights, Philmont video, Philmont daily itinerary
- ❑ **Begin physical conditioning**
- ❑ **Participants schedule medical form completion. Parts A & B due at Hike #1.**
- ❑ **Fee (\$200/participant) due Dec 1, 2017**
- ✓ Identify crews (draft) based on age, experience, preferences
- ❑ **Adult Leader Meeting (Date: Dec 13, 2017)**
- ❑ Schedule **Wilderness First Aid Training for Adults**, CPR for scouts

January - March 2018

- Fee (\$200/participant) due Jan 1, 2018**
 - Fee (\$200/participant) due Feb 1, 2018**
 - Parents' Meeting** February 7, 2018 - Backpack selection, personal gear/equipment lists (personal, crew, and Philmont provided), confirm dates for hikes and overnights, Philmont video, Philmont daily itinerary
 - Select **Crew Leader** / Crew Advisor
 - Review requirements for Backpacking, Camping, and Hiking merit badges
 - Select hiking boots and begin breaking them in**
 - Submit final fee payments to Philmont – Mar 1 (Council)
 - Fee (\$200/participant) due Mar 1, 2018**
 - Receive Advisor's Kit including *Treks – Itinerary Guide, Guidebook to Adventure* and map from Philmont
- | | | | |
|-----------------|--------------|-----|----------------|
| Hike #1 | Mar 3, 2018 | TBD | Break-in boots |
| Hike #1 Make-up | Mar 10, 2018 | TBD | Break-in boots |

April 2018

- Fee due (\$125/participant) due Apr 1, 2018**
 - Share insurance information, risk advisory statement, expedition number, Philmont address, and emergency telephone number with parents
 - Before May 1 – select Itinerary choices (online lottery)
- | | | | |
|------------------------|--------------|------------------------|-----------------------------|
| Hike #2 | Mar 17, 2018 | Deer Creek Canyon Park | Boots, light packs |
| Hike #2 Make-up | Mar 24, 2018 | Deer Creek Canyon Park | Boots, light packs |
| Shakedown Training | Apr 14, 2018 | Council Offices | Boots, packs, personal gear |
| Shakedown Training M/U | Apr 21, 2018 | Council Offices | Boots, packs, personal gear |

May 2018

- Health forms due prior to Overnight#1.**
 - Confirm travel plans online
- | | | | |
|--------------|---------------|----------------------------|-----------------------|
| Overnight #1 | May 4-6, 2018 | Lost Creek Wilderness (GC) | Crew gear, full packs |
|--------------|---------------|----------------------------|-----------------------|

June 2018

- Submit Tour Plan for approval to Denver Area Council
- | | | | |
|-------------------|-----------------|----------------------------|-----------------------|
| Overnight #2 | Jun 8-10, 2018 | Lost Creek Wilderness (WW) | Crew gear, full packs |
| Overnight Make-up | Jun 22-24, 2018 | Lost Creek Wilderness (TE) | Crew gear, full packs |

July 2018

- Bring to Philmont:*
 - o Completed medical forms (Parts A, B, C) with proper signatures
 - o Wilderness First Aid / CPR certifications
- Depart Friday, July 13 (0530)**
- Return Wednesday, July 25 (1600)**
- Miscellaneous
 - **Each adult must be a registered member of the BSA. ALL adults MUST have Youth Protection Training.**
 - A crew is 7 – 12 persons. Maximum of 4 adults.
 - Verification required for Tetanus Immunization within 10 years prior to arrival.
 - Each crew must have two members Wilderness First Aid and CPR certified.

Personal Gear

Crew: 713-W1

Name _____

Packing Qty * denotes a "10 essentials" item
 _____ Pack (w/ padded hip belt) (w/ separable pack) 65 L (min) (internal frame) Vol _____
 _____ Pack cover
 _____ Zip-lock bags (6-12 1-gallon bags)

Sleeping
 _____ Sleeping bag in stuff sack (w/ plastic liner) (20°F)
 _____ Sleep clothes in stuff sack (t-shirt, gym shorts)
 _____ Straps to hold sleeping bag in place
 _____ Foam or inflatable sleeping pad

Clothing (Layer A - Hiking clothes)
 _____ Hiking boots (must cover ankles)
 _____ Lightweight sneakers (closed toe)
 _____ 3 pair heavy socks
 _____ 3 pair light inner socks (optional)
 _____ 3 changes underwear
 _____ 2 hiking shorts
 _____ 3 short sleeve shirts (Contingent tee shirts)
 _____ hat with flexible brim

Clothing (Layer B - Cool evening)
 _____ long sleeve shirt (synthetic, wool, or flannel)
 _____ long pants, light synthetic (not heavy jeans)

Clothing (Layer C - Cold)
 _____ sweater or jacket (wool or polar fleece)
 _____ stocking cap (wool or synthetic)
 _____ pair insulated underwear
 _____ pair gloves, glove liners or mittens

Clothing (Layer D - Cold, Wet, Windy)
 _____ sturdy rainsuit*(parka and pants)

Eating
 _____ deep bowl
 _____ cup (measuring style)
 _____ spoon or Spork
 _____ 2-3 quart water bottles* (1 marked as a smellable) or 2 liter
 _____ hydration pack/1 qt water bottle (marked)

Personal
 _____ small pocket knife*
 _____ lighter (or matches in a waterproof container)*
 _____ headlamp/flashlight (w/ extra batteries and bulb)*
 _____ compass*
 _____ watch*
 _____ whistle*
 _____ work gloves
 _____ 2 bandannas or handkerchiefs (can be cotton)
 _____ lip balm
 _____ soap, biodegradable
 _____ toothbrush / small toothpaste
 _____ small towel
 _____ sunglasses (w/ snugger cord)
 _____ ditty bag (for toiletries, smellables)
 _____ notepad and pen
 _____ medicines for entire trip (in original container)
 _____ camp pillow / pillowcase (**optional**)
 _____ 2 trekking poles (w/ rubber tips) or hiking stick (**optional**)

Crew Gear

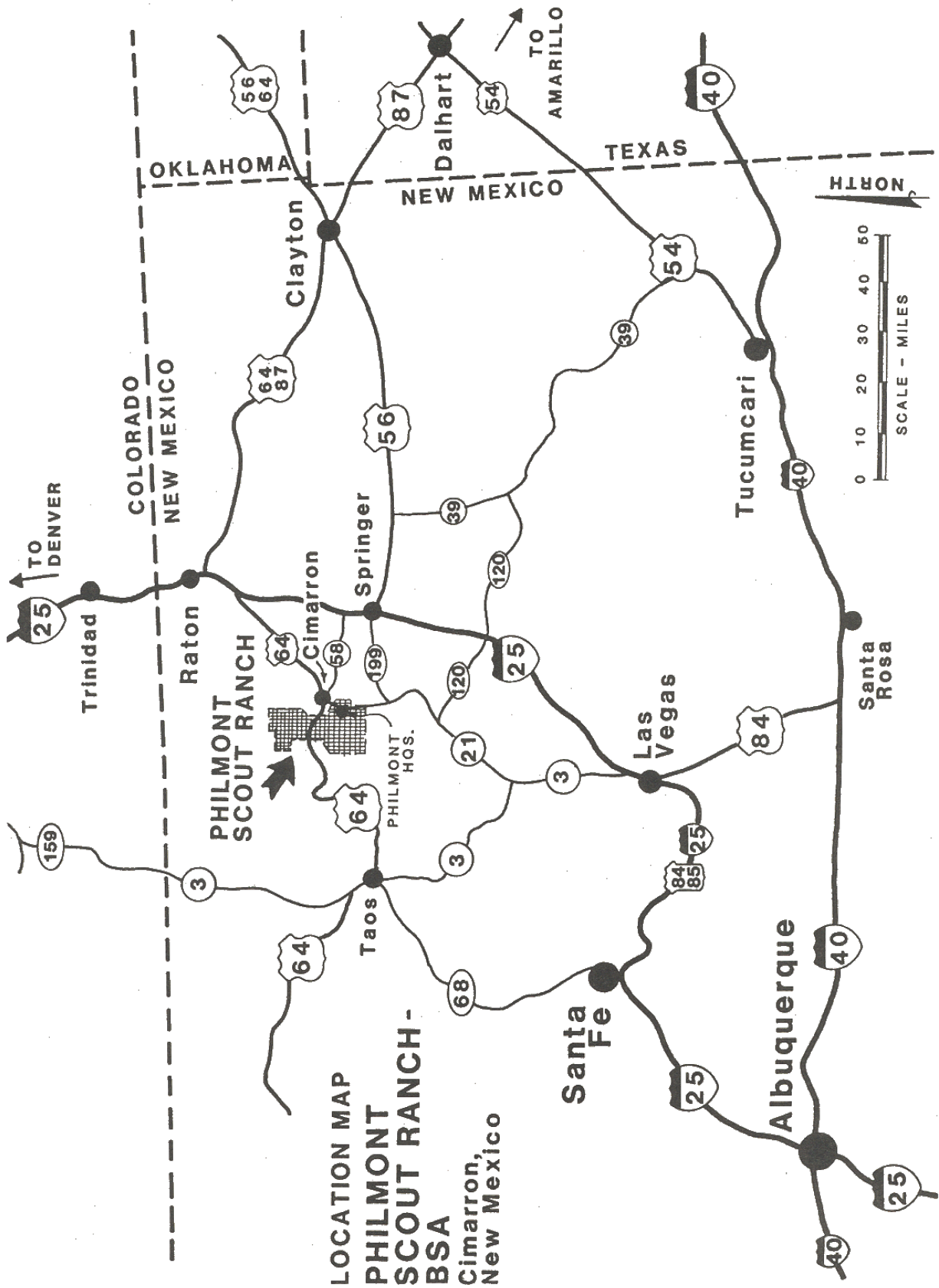
Crew Furnished Equipment (Crew 713-W1) (Rev 4)

Provided by (enter name):

_____ 1 tent for 2-3 participants	Crew
_____ 10 metal tent pins (per tent)	Crew
_____ 1 plastic ground cloth (per tent)	Crew
_____ 1 sewing kit / repair kit	Crew
_____ 1 Carabiner	Crew
_____ 1 Leatherman	Crew
_____ 2-3 collapsible water cont. (10L)	Crew / Council (2 10L Dromedary bags)
_____ 2-3 backpacking stoves	Crew / Council (1 MSR Dragonfly)
_____ 2 quart fuel bottles and funnel	Crew / Council (1 MSR 30 oz & fuel)
_____ 1 crew first aid kit	Crew
_____ 1 small roll duct tape	Crew
_____ 1 spices for cooking / Tabasco sauce	Crew
_____ 3 50' nylon cord	Crew
_____ 2 Philmont map sets, 1 Field Guide	Contingent
_____ 1 sunscreen (BB)	Crew
_____ 1 insect repellent (BB)	Crew
_____ 2 trowels for latrine	Council
_____ 2-3 water filters or purifiers	Crew / Council-1
_____ 1 nylon dining fly (12 x 12)	Council
_____ 2 collapsible fly poles	Council
_____ 1 (optional) coffee pot	Council
_____ 1 (optional) GPS	Crew
_____ 1 (optional) mesh bag for dishes	Crew
_____ 1 (optional) collapsible bucket	Crew
_____ 1 (optional) measuring cup	Council
_____ 1 (optional) rock bag	Crew

Philmont Supplied Equipment

_____ 1 cook kit (8 qt pot, 4 qt pot, 1 fry pan)	Council
_____ 1 extra 8 qt pot for dishes	Council
_____ 2 hot pot tongs	Council / Crew
_____ toilet paper	Contingent
_____ plastic trash bags	Contingent
_____ dishwashing soap (BB)	Contingent
_____ hand sanitizer (BB)	Contingent / Crew
_____ scrub pads	Contingent
_____ water purification tablets (Katadyn MicroPure)	Contingent
_____ 4 bear bags	Council
_____ 2 bear bag ropes	Council
_____ 1 plastic strainer /scraper (Frisbee w/ 1/8''	Council



PHYSICAL PREPARATION FOR A PHILMONT TREK

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

A program of regular aerobic exercise is highly recommended to become physically conditioned for Philmont. Plan to exercise for 30 to 60 minutes 3 to 5 times a week.

Jogging, running uphill, long flights of stairs or walking along abandoned railroad tracks, and hiking with a full pack are excellent preparation. How fast you run or how far you go is not nearly so important as regular exercise. Other aerobic exercises such as swimming, bicycling, stationery cycling and aerobic exercise classes can supplement your training. Start slowly and gradually increase the duration and intensity of your exercises. Start a journal to record your progress. If anyone has questions have them contact their family physician or exercise physiologist.

Backpacking is the best way to prepare for a Philmont trek. It is highly recommended that everyone in a Philmont crew fulfill the requirements for Backpacking Merit Badge. These include three 15 mile treks with two overnights each and one 5-day backpacking trek covering at least 30 miles. Fulfilling these requirements will enable you to enjoy a Philmont trek. The Venturing Backpacking pamphlet also has excellent tips for preparing for a Philmont trek. Be Prepared!

Select a hilly area for your training. Start with a short hike and a light pack. Increase the mileage and your pack weight as your training progresses. It is important to hike often enough while carrying a pack and wearing the boots which you will use at Philmont to toughen your feet and to break in your boots.

Most of the crews that participate indicate on their evaluation forms that additional physical training by all members of their crew would have been helpful.

SUGGESTED CONDITIONING PROGRAM

MONTH	CONDITIONING
DEC/JAN	Complete health history on individual medical form and get parental approval (signature).
MARCH	<p>Be examined by a physician or osteopath. Call attention of the physician to the note on the medical form that describes the rigors of a Philmont trek and to the box that indicates areas of medical concern. Ask the physician about any special medical needs or areas of concern. If overweight, get physician's recommendation on how to lose weight through dieting and exercise.</p> <p>Walk, jog in place, swim or pedal exercise bike indoors for 20 minutes or more at least 3-5 times a week. Gradually increase the length and the intensity of exercises.</p> <p>Purchase a pair of quality hiking boots. A pair of boots 6 to 8 inches high with sturdy soles is recommended. Lightweight hiking/running footwear is excellent for dry, rocky trails which are prevalent at Philmont. They are not recommended for people with weak ankles who need heavier leather boots. Wear your boots to school or work and when walking anywhere to break them in and to condition yourself.</p>
APRIL	<p>When weather permits jog, run or walk outdoors. Start with 20 minute sessions and gradually increase the length and the incline or speed.</p> <p>Continue exercising. Schedule a couple of 5-10 mile day hikes. Carry a full backpack on the second hike.</p>
MAY/JUNE	Continue exercising. Schedule at least two overnight backpacking treks of 10-20 miles. Plan the second trek to cover more rugged terrain or increase the mileage. Consider meeting the requirements for Backpacking Merit Badge which include: 3-three day backpacking treks of at least 15 miles each and 1 -five day trek covering at least 30 miles.
JULY	Continue exercising right up to the day you depart for Philmont. Come to Philmont in top physical and mental condition ready for backpacking a 35 to 50 pound pack over steep, rugged trails at high elevations (6,500 to 12,500 feet.)

RISK ADVISORY

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

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

All Philmont participants should understand potential health risks inherent at or above 6,700 feet in elevation in a dry Southwest environment. High elevation; a physically demanding high- adventure program in remote mountainous areas; camping while being exposed to occasional severe weather conditions such as lightning, hail, flash floods, and heat; and other potential problems, including injuries from tripping and falling, falls from horses, heat exhaustion, and motor vehicle accidents, can worsen underlying medical conditions. Native wild animals such as bears, rattlesnakes, and mountain lions usually present little danger if proper precautions are taken.

Guests attending Philmont Training Center conferences and family programs who are unfamiliar with the backcountry should review the supplemental information available on the Philmont website, especially information about activities that may be new to them.

Please call Philmont at 575-376-2281 if you have any questions. All participants and guests should review all materials and websites related to the experiences they are planning to have at Philmont Scout Ranch.

Food. If the diet described in the participant guide does not meet the participant's special dietary needs, contact Philmont directly. Visit the Philmont Scout Ranch website for sample menus and more information.

Medication. Each participant who needs medication must bring enough medicine for the duration of the trip. Consider bringing two or three supplies of vital medication. People with allergies that have resulted in severe reactions or anaphylaxis must bring an EpiPen that has not expired.

Immunizations. Each participant must have received a tetanus immunization within the last 10 years. Recognition will be given to the rights of those Scouts and Scouters who do not have immunizations because of philosophical, political, or religious beliefs. In such a situation, the Immunization Exemption Request form is required; it is located on the Philmont website.

High Blood Pressure. Upon arrival at Philmont, all adult participants will have their blood pressure checked. Participants should have a blood pressure less than 140/90. People with hypertension (greater than 140/90) should be treated and controlled before attending Philmont, and should continue on medications while participating. The goal of treatment should be to lower the blood pressure to normal levels. Those individuals with a blood pressure consistently greater than 160/100 at Philmont may be kept off the trail until their blood pressure decreases.

Seizures (Epilepsy). The seizure disorder must be well-controlled by medication. A well-controlled disorder is one in which a year has passed without a seizure. Exceptions to this guideline may be considered

on an individual basis, and will be based on the specific type of seizure and likely risks to the individual/other members of the crew.

Diabetes Mellitus. Both the person with diabetes and one other person in the group need to be able to recognize signs of excessively high or low blood sugar. An insulin-dependent person who was diagnosed or who has had a change in delivery system (e.g., insulin pump) in the last six months is advised not to participate. A person with diabetes who has had frequent hospitalizations or who has had problems with low blood sugar should not participate until better control of the diabetes has been achieved. If an individual has been hospitalized for diabetes-related illnesses within the past year, the individual must obtain permission to participate by contacting the Philmont Infirmary at 575-376-2281.

Asthma. Asthma must be well-controlled before participating at Philmont. This means: 1) the use of a rescue inhaler (e.g., albuterol) less than once daily; 2) no need for a rescue inhaler at night. Well-controlled asthma may include the use of long-acting bronchodilators, inhaled steroids, or oral medications such as Singulair. You may not be allowed to participate if: 1) you have asthma not controlled by medication; or 2) you have been hospitalized/ gone to the emergency room to treat asthma in the past six months; or 3) you have needed treatment by oral steroids (prednisone) in the past six months. You must bring an ample supply of your medication and a spare rescue inhaler that are not expired. At least one other member of the crew should know how to use the rescue inhaler. Any person who has needed treatment for asthma in the past three years must carry a rescue inhaler on the trek. If you do not bring a rescue inhaler, you must buy one before you will be allowed to participate.

Recommendations for Chronic Illnesses.

Adults or youth with any of the following conditions should undergo an evaluation by a physician before considering participation at Philmont.

1. Chest pain, myocardial infarction (heart attack) or family history of heart disease in any person before age 50
2. Heart surgery, including angioplasty (balloon dilation), to treat blocked blood vessels or place stents
3. Stroke or transient ischemic attacks (TIAs)
4. High blood pressure
5. Claudication (leg pain with exercise, caused by hardening of the arteries)
6. Diabetes
7. Smoking or excessive weight

The physical exertion at Philmont may precipitate either a heart attack or stroke in susceptible people. Participants with a history of any of the seven conditions listed above should have a physician-supervised stress test. Even if the stress test results are normal, the results of testing are done at lower elevations, without backpacks, and do not guarantee safety. If the test results are abnormal, the individual is advised not to participate.

Allergy or Anaphylaxis. People who have had an anaphylactic reaction from any cause must contact Philmont before arrival. If you are allowed to participate, you will be required to have appropriate treatment with you. You and at least one other member of your crew must know how to give the treatment. If you do not bring appropriate treatment with you, you will be required to buy it before you will be allowed to participate.

Recent Musculoskeletal Injuries and Orthopedic Surgery. Participants will put a great deal of strain on their joints. Individuals who have significant musculoskeletal problems (including back problems) or orthopedic surgery/injuries within the last six months must have a letter of clearance from their treating

physician to be considered for approval, and Philmont should be contacted in advance of participation. Permission is not guaranteed. Ingrown toenails are a common problem and must be treated 30 days prior to arrival.

Psychological and Emotional Difficulties. Parents and advisors should be aware that no high-adventure experience is designed to assist participants in overcoming psychological or emotional problems. Experience demonstrates that these problems frequently become worse, when a participant is under the stress of the physical and mental challenges of a remote wilderness setting. Medication must never be stopped prior to participation and should be continued throughout the entire Philmont experience.

Weight Limits. Weight limit guidelines (see Part C) are used because overweight individuals are at a greater risk for heart disease, high blood pressure, stroke, altitude illness, sleep problems, and injury. These guidelines are for all Scouting high-adventure activities. Each participant’s weight must be less than the maximum acceptable limit in the weight chart. Participants 21 years and older who exceed the maximum acceptable weight limit for their height at the Philmont medical recheck WILL NOT be permitted to backpack or hike at Philmont. They will be sent home. For participants under 21 years of age who exceed the maximum acceptable weight for height, the Philmont staff will use their judgment to determine if the youth can participate. Philmont will consider up to 20 pounds over the maximum acceptable; however, exceptions are not made automatically and discussion with Philmont in advance is required for any exception. Philmont’s telephone number is **575-376-2281**. Due to rescue equipment restrictions and evacuation efforts from remote sites, under no circumstances will any individual weighing more than 295 pounds be permitted to participate in backcountry programs.

Philmont Approval. Staff and/or staff physicians reserve the right to deny the participation of any individual on the basis of a physical examination and/or medical history. Each participant is subject to a medical recheck at Philmont.

Height/Weight Restrictions. If you exceed the maximum weight for height as explained in the following chart and your planned high-adventure activity will take you more than 30 minutes away from an emergency vehicle/accessible roadway, you may not be allowed to participate.

Height	Recommended Weight (lbs)	Maximum Acceptance
5’0”	97 – 138	166
5’1”	101 – 143	172
5’2”	104 – 148	178
5’3”	107 – 152	183
5’4”	111 – 157	189
5’5”	114 – 162	195
5’6”	118 – 167	201
5’7”	121 – 172	207
5’8”	125 – 178	214
5’9”	129 - 185	220

Height	Recommended Weight (lbs)	Maximum Acceptance
5’10”	132 – 188	226
5’11”	136 – 194	233
6’0”	140 – 199	239
6’1”	144 – 199	246
6’2”	148 – 205	252
6’3”	152 – 216	260
6’4”	156 – 222	267
6’5”	160 – 228	274
6’6”	164 – 234	281
6’7” & over	170 - 240	295

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