

From Philmont 2018 Guidebook to Adventure, Pages 13-23, (with Troop Expedition Leader Notes)

TIPS ON EQUIPMENT AND CLOTHING

Tents

Due to the terrain, wildlife, and sudden change in weather conditions, tents are a required shelter for a Philmont trek and therefore all crew members are required to sleep in a tent. Bivy sacks are not acceptable. Every member of your crew should be able to set up, take down, and fold the tent. Philmont has 2 person backpacking tents (footprint 4'6" x 7'4", approximate weight = 5 lbs, 13 oz) available for your use at no charge. If you choose to provide your own tent it must be a two-person tent and free of all food smells. If you think your tent may have been compromised by food smells, please use a Philmont tent. Philmont will allow a single person tent in the event of an odd numbered crew.

Philmont's free-standing backpacking tent was designed in cooperation with MSR. The tent is called "Thunder Ridge". It requires 6-8 stakes and weighs 5lbs, 13oz. A crew may be able to select these tents if they are available at the time the crew checks out equipment at Outfitting Services.

Space for tents in most campsites is limited. Use of two-person tents minimizes the footprint and avoids encroaching on the "Bearmuda" Triangle (page 34). Two one-person tents take up nearly twice as much space as one 2-person tent. A 5' x 7' waterproof ground cloth must be used under each tent. These are not provided with the Philmont tents.

Packs

A sturdy, well-fitted pack is essential for backpacking at Philmont. All of your personal gear, plus your share of food and crew equipment will need to fit inside your pack. There are many choices of packs and having a pack fitted to your body with appropriate sizing of shoulder straps and hip belt is essential.

Whether you choose an external or internal frame, there is a method for packing that is basic to all. Nearly all backpackers stow their sleeping bag in the bottom of the pack. This is also a good place for other items you won't need until you make camp at night: sleepwear, camp pillow, sleeping pad. Internal frame packs should have heaviest items placed on top of the sleeping bag and centered in your pack. For external frames, the heaviest items should be placed at the top and against the frame of the pack near your shoulders.

All items in your pack should be neatly organized and packed in waterproof bags or stuff sacks. Your map, compass, sunscreen, raingear, camera, and first aid kit should be readily accessible. A waterproof rain cover is recommended to keep your pack dry at night and while hiking in the rain.

Check your pack weight. 20 - 25 pounds without food is preferred. Comfortable pack weights vary considerably with physical condition, age, and experience. Your training hikes will help you find out what is best for you. As a regular rule of thumb, a fully loaded pack should not exceed 25-30% of your body weight.

With your pack fully loaded, practice putting it on your back by first balancing it on one knee with the pack straps facing you, slip your nearest arm through the appropriate strap and smoothly swing the pack behind you, reaching down and back to slip your free arm through the second strap and jiggle your pack into a comfortable position.

If you are unsure of your pack's fit or question the durability for Philmont's trails, you can rent either an internal or external pack at Philmont for a fee of \$30 for the duration of the trek. Our knowledgeable staff will fit you in the appropriate pack at Philmont and pre-reservations are not necessary.

Be Prepared for Extremes of Weather

Be prepared for extreme weather variations at Philmont. Afternoon temperatures in low valleys can be hot (100 degrees or more), and night temperatures high in the mountains may drop to freezing.

Philmont can be extremely dry and then a sudden downpour will soak everything. Periods of rain lasting several days may occur. Fortunately, New Mexico's low humidity allows wet clothing and gear to dry quickly after the rain stops. **Rain occurs most frequently in the afternoon and may last an hour, all night, or several days.** Small hail or sleet often accompanies rain. Mountain weather is fickle—anything can happen and often does. Snow is possible, even during the summer.

Weather conditions vary from one area of the ranch to another depending upon elevation, terrain and irregular weather patterns. **You should be prepared for all of the above weather conditions.**

Clothing

During cold periods, it is especially important to stay dry since wet clothing loses much of its insulating value (90 percent or more). Several light layers of clothing are better than one heavy layer since air trapped between layers of clothing provides a high degree of insulation. As the atmosphere warms you can remove one layer of clothing at a time for proper body heat management. Keep in mind that wool and synthetics insulate when wet. Down or cotton layers such as sweatshirts and sweatpants drain body heat when wet, and dry very slowly. While the official BSA uniform is highly recommended for use when traveling to and from Philmont and wearing at base camp, you may choose to wear other clothing on the trail. Long pants are recommended for cold nights and are required for horseback riding, conservation projects, and pole climbing at logging camps. Shorts and short-sleeved shirts will generally be sufficient during the day; however, a sweater or fleece jacket is necessary for cold mornings and evenings and possible downpours of rain or hail.

To be comfortable and dry during rain, a good quality rain suit is essential. Inexpensive vinyl rain suits or ponchos will not hold up under extended use. A poncho is not adequate. You should have a durable rain jacket and pants.

Money

Campers spend an average of \$100 at Philmont's trading posts. If major items such as jackets are desired, more money will be needed.

\$20 - \$50 should cover most expenses on the trail. Money taken to the backcountry should be in small bills. These expenses may include:

- Shooting Programs: Three shots are free at Philmont's .30-06, shotgun, and muzzle loading programs, and twelve shots at the Cowboy Action Shooting program. Depending on availability, additional rounds may be purchased.
- Healthy trail snacks, root beer, repair items and replacement equipment, etc.
- Fuel for stoves.

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Sleeping Bags

Your sleeping bag should be warm (suitable for temperatures down to 20 degrees), but less than 5 pounds. You can increase the R value (temperature rating) of your bag by using an insulated pad under your bag or wearing long underwear and a hat. When your sleeping bag is packed it should be no more than 20 inches long and 10 inches in diameter, and it should weigh 5 pounds or less. Use a waterproof stuff sack to store your sleeping bag or if you do not have one, line the stuff sack with a heavy-duty (4 to 6 mil) plastic bag safely secured. This will keep your sleeping bag dry even in wet weather.

Boots

High quality hiking boots that are broken-in are required for the trails at Philmont. Your trek will cover uneven rocky surfaces and steep trails. Hiking boots that fit properly and are broken in will prevent injury.

It is imperative that you are fitted properly for hiking boots. Visit your local outdoor store and the sales staff will be happy to help you.

You will also need a pair of lightweight, closed toe shoes for use around camp and occasionally when hiking without your pack. These will also be used when rock climbing, riding horses and biking.

Sandals are not recommended but can be used in campsites only.

Socks

The socks you wear on the trails will have a significant effect on your experience. Just like boots, choose your socks carefully. Socks for backpacking are designed to provide cushioning and abrasion resistance as well as warmth. You should choose socks made of synthetic materials or wool. There are 3 categories of socks:

Liners: These are thin wicking socks that you wear next to your skin. They keep your feet dry and comfortable and are meant to be worn underneath other socks.

Lightweight Hiking Socks: These socks stress wicking performance over warmth. They are relatively thin so that you stay comfortable on warm weather trips. They can be worn with or without sock liners.

Midweight hiking socks: These socks are thicker and warmer than the lightweight hiking socks. Many have extra padding built into the heel and the ball of the foot for maximum comfort. They can be worn with or without liners.

Socks can add volume to your footwear. When you are fitted for your boots, make sure you wear the socks you have chosen to wear on your trek.

YOUR PERSONAL EQUIPMENT

Labels: Be sure to label all of your clothing and equipment with your name and Expedition Number, 619-R, so you can readily identify what is yours and so any of your belongings lost and found can be returned.

LOWER BODY LAYERS

You will need 1-2 synthetic insulating layers. All must fit comfortably over each other so they can be worn in combination.

EQUIPMENT	QTY	COMMENTS	CODE	CHECK
Base Layer (mid-wgt) synthetic	1	long underwear bottom	T	
Rain Pants	1	lightweight & sturdy	T, A	
Long Pants	1	no heavy jeans		
Underwear	3		T	
Hiking Shorts	2		T	

UPPER BODY LAYERS

It is imperative to layer your clothing, combining different garments to achieve protection from the elements and optimum insulation. Synthetic or wool layers are recommended as they insulate when wet. Avoid cotton, as it does not insulate when wet.

EQUIPMENT	QTY	COMMENTS	CODE	CHECK
Base Layer (mid-wgt) synthetic	1	long underwear top	T	
Middle Layer (fleece pullover)	1	opt - wool sweater	T	
Top Layer (synthetic jacket)	1	wool or polar fleece ok	T	
Rain Jacket	1	sturdy, waterproof jacket w/hood, coated nylon and breathable fabrics acceptable.	T, A	
Shirt - Short Sleeve	2	moisture wicking no cotton or nylon	T	
Shirt - Long Sleeve	1	moisture wicking no cotton or nylon	T	
Sports Bra	2	synthetic	T	

HEAD-NECK-HAND

EQUIPMENT	QTY	COMMENTS	CODE	CHECK
Wool or fleece hat	1	warm hat for cold temps	T	
Glove liners or mittens	1pr	synthetic wool	T	
Baseball cap or wide brim hat	1	sun protection of ears, face		

PACKS AND BAGS

EQUIPMENT	QTY	COMMENTS	CODE	CHECK
Backpack- rental available (\$30)	1	internal frame 75L +/- 4600 cu in. External frame 65L +/- 3966 cu in.	T	
Summit/Daypack	1	side hikes	T, S	
Lashing Straps	1 pr	holds sleeping bag on pack	T	
Gal. Ziploc Bags	6-12	pack clothes	T	
Pack Cover	1	waterproof	T	
Small Stuff Sacks	2-3	pack/organize personal items	T	
Ditty Bags	2-3	pack/organize personal items	T	

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SLEEPING GEAR

EQUIPMENT	QTY	COMMENTS	CODE	CHECK
Sleeping Bag	1	rated 20 degrees and less than 5 lbs/packed in compression sack lined w/plastic bag	T	
Waterproof Stuff Sack	1	Or 2 heavy duty 4-6 mil plastic bags	T	
Sleeping Pad	1	closed-cell foam or fully inflatable pad	T	
Sleep Clothes	1 set	worn only in sleeping bag-t-shirt & gym shorts acceptable.	T	

FOOTWEAR

EQUIPMENT	QTY	COMMENTS	CODE	CHECK
Boots	1 pr	well broken in	T	
Socks	3 pr	synthetic or wool	T	
Liner Socks	3 pr	synthetic	T	
Camp Shoes	1 pr	lightweight sneakers	T	

MISCELLANEOUS ITEMS

EQUIPMENT	QTY	COMMENTS	CODE	CHECK
Bowl	1	deep bowl of lightweight material	T	
Mug/Cup	1	measuring style recommended 12-20 oz	T, O	
Spoon/Spork	1	Lexan or lightweight-sporks are popular	T	
Water Bottles/1 qt	4 or more	qty reduced if also using hydration bladder in pack	T, A, BB	
Pocket Knife	1	small knife sufficient	T, A, S	
Matches/Lighter	1	pack in waterproof container/lighting camp stove	T, A, BB, S	
Flashlight/Headlamp	1	durable/lightweight-bring extra batteries	T	
Trekking Poles w/rubber tips	1 pr	reduce impact - 25% - knees & ankles, improve balance	T, O	
Philmont Map	1	sectionals available for your itinerary or overall	T, A, S	
Compass	1		T, A, S	
Bandana/tubular headgear	2	bandanas or headgear also known as Buffs work well/ many brands on the market	T, BB	
Money	\$50	ATM in Base	BB	
Lip Balm	1	moisturizing balm w/SPF 25 or greater	T, A, BB	
Soap	1	Biodegradable	T, BB, S	

MISCELLANEOUS ITEMS (continued)

EQUIPMENT	QTY	COMMENTS	CODE	CHECK
Toothbrush	1	trial size	T, BB	
Toothpaste	1		T, BB, S	
Camp Towel	1	small, quick dry	T	
Personal Medication				
Sunglasses	1		T	
Watch	1		T, O	
Camera	1	batteries/memory card	T, BB, S	
Whistle	1		T	
Daypack for side hikes	1		S, O	
Fishing Equip & Licenses	1	some itineraries have opportunity to fish	S, O	
Crazy Creek seat	1		T, O	
Postcards	1+	pre-stamped	T, O	
Food Powder	1		T, BB, S	
Notepad & Pen	1		T, BB, O	

CODE

- (T) Available at Philmont's Tooth of Time Traders
- (A) Easily accessible in pack or carried on person
- (BB) Packed together in plastic bag - placed in bear bag at night
- (S) Share with buddy
- (O) Optional

ITEMS PROHIBITED

- Deodorant
- Radios
- MP3 Players
- Video Game Devices
- Hammocks

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EQUIPMENT PROVIDED BY CREW

Necessary Items for Each Crew (7-12 Persons) to bring or purchase on arrival

EQUIPMENT	QTY	COMMENTS	CODE	CHECK
Sewing Kit	1		T	
Tent Stakes		5 per person	T	
Water Container 2.5 gal	2-3	collapsible	T	
Backpacking Stove	2-3		T	
Fuel Bottle/ 1 QT	2		T	
Fuel Funnel	1		T	
First Aid Kit	1		T, BB	
Duct Tape	1	for trail repair	T, BB	
Spices		for cooking	T, BB, O	
Waterproof Ground Cloth	1/tent	6' x 8'	T	
Nylon Cord	3	50 ft x 1/8"	T	
Sunscreen	2-3	6 oz tubes w/SPF 25 or higher	T, BB	
Insect Repellent	2	small bottles, no aerosol spray cans	T, BB	
Water Purifiers/Filters	2-3	optional	T	
Multi-Tool	1		T	
Trowel/Shovel	1		T	
Carabiner	1	Carabiner must be rated climbing strength for rigging "oops" bag w/bear bags	T	

SPECIAL NOTES BY TROOP 116 EXPEDITION LEADER

Most of the following 9 items are listed in the crew equipment section of the Philmont Guidebook, but your Expedition Leader requests they be included in each camper's personal equipment.

EQUIPMENT	QTY	COMMENTS	CODE	CHECK
Toilet Paper	1	In Ziploc bag		
Sewing Kit	1	With heavy thread & needle	T, S	
Small metal tent stakes		as required by tent + 3	T	
Personal First Aid Kit		In ditty bag to include band aids, large bandages, sports tape, antibiotic ointment, moleskin, bandana, ace bandage, small supply of duct tape, personal medications.		
Waterproof Ground Cloth	1/tent	6' x 8', sized to fit tent	T	
Nylon Cord	1	50 ft x 1/8"	T, S	
Insect Repellent	2	small, non-aerosol	T, S, BB	
Sunscreen	2-3	small, SPF 25 or greater	T, S, BB	
Water Purification Tablets		Micropur, 1 tablet treats 1 liter		

EQUIPMENT ISSUED BY PHILMONT

Each Crew of 7-12 Persons is Issued the following equipment free of charge (except for damage or replacement charges upon return)

EQUIPMENT	QTY	COMMENTS	CHECK
Nylon Dining Fly	1	12' x 12' , wt 4 lbs	
Collapsible Poles	2	for dining fly, wt 1.45 lb	
Philmont Tent w/poles	1 per 2 camper	weight w/poles old tent: 7 lbs, 2 oz new tent: 5 lbs, 13 oz	
Cooking Pot	1	8 qt w/lid, 2 lbs	
Dishwashing-2nd cooking pot	1	8 qt , 1lb,4oz, or 6 qt , 1lb,9oz, or 4 qt , 10oz. Size dependent on crew size	
Beverage Pot	1	2 qt w/lid, 8 oz - optional	
Chef Cutlery Kit	1	1 lg spoon, 1 lg spatula 4 oz	
Hot Pot Tongs	1 pr	4 oz	
Plastic Trash Bags	10		
Salt Pepper			
Dishwashing Soap, Hand Sanitizer, Scrub Pads			
Water Purifier Tablets, Micropur-1 tablet treats 1 liter			
Nylon Rope 100 x 1/4"	2	Weight 2 1/2 lbs	
Bear Bags	3-6	for hanging smellables 2lbs, 4oz	
Plastic Strainer & Rubber Scraper	1 ea	4 oz	
Toilet Paper		Resupplied	

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