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

It is important that each adult Advisor become familiar with every aspect of the trip. Equally important is sharing information with participants and their parents. Philmont is not like other Scout camps and Philmont may not be for everyone. The stamina required to hike is much greater because of the distance, elevation changes and length of the Expedition. Every participant should understand Philmont’s Risk Advisory (pages 17-18) found in Part D of the National Annual Health and Medical Record and be aware of potential hazards. Philmont is placing special emphasis on physical preparation, including a detailed Annual Health and Medical Record. However, each group must carefully select participants that are capable of completing an Expedition. The height/weight chart on page 19 can serve as a guide to help determine who will attend.

Philmont and the Boy Scouts of America expect all participants will conduct themselves in a Scout-like manner. An estimated 22,000 participants will attend Philmont in 2012 from across the nation and several foreign countries. This provides many enriching opportunities, but also requires respect for other participants. Let the Scout Oath and Law guide the actions of your group in all situations.

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

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Cimarron, NM 87714
Phone: 575.376.2281 ~ Fax: 575.376.2636
Email: mark.anderson@scouting.org

Email For General Philmont Info:
camping@philmontscoutranch.org

Philmont Website: www.philmontscoutranch.org

Visit the Official Philmont Store:
www.toothoftimetraders.com

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Philmont Scout Ranch
Cimarron, New Mexico
PHILMONT HIGH ADVENTURE EXPEDITIONS

ADULT LEADERSHIP - BSA POLICY*

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

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

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

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

All Advisors must be physically capable of hiking and camping in Philmont's high mountains for the length of the Expedition. Each Advisor is expected to reflect high moral standards established by custom, traditional values, religious teaching and follow the youth protection guidelines.

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

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

YOUTH PARTICIPANTS

Philmont participants must be 14 years of age OR completed 8th Grade and be at least 13 years of age prior to participation. Please do not request or expect exceptions. Requirements for Philmont participation cannot be relaxed.

In keeping with the policies of the Boy Scouts of America, rules for participation are the same for everyone without regard to race, color, national origin, age, sex or disability.

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

- As members of a chartered unit - Scout Troop, Varsity Team or Venturing Crew.
- As members of a council contingent or district contingent with required leadership. (A coed crew must consist of all registered Venturers and not be a mix of Boy Scouting and Venturing Programs. It must operate under the guidelines of the Venturing Program.)
- As individuals in the Rayado Men/Women, Ranch Hands, Trail Crew Trek, ROCS Men/Women (Roving Outdoor Conservation School), or the Order of the Arrow Trail Crew.

Unregistered guests or family members are not permitted.
OTHER REQUIREMENTS

FIRST AID AND CPR CERTIFICATION REQUIRED

Philmont requires that at least one person, preferably two, (either an Advisor or a youth participant) in each crew be currently certified in Wilderness First Aid or the equivalent* and CPR from the American Heart Association, the American Red Cross or the equivalent*

Wilderness First Aid is the assessment of and treatment given to an ill or injured person in a remote environment where definitive care of a physician and/or rapid transport is not readily available. Wilderness First Aid training is a sixteen hour course. Several hours may be required for Philmont staff to reach a remote backcountry location after a message is delivered to the nearest staffed camp. Wilderness First Aid and CPR training will result in proper and prompt attention being given to injuries and/or illnesses. You must present current certification cards upon check-in to verify this requirement.

*Equivalent training can be obtained from the following nationally-recognized organizations:

- American Red Cross - www.redcross.org
- American Safety and Health Institute - www.ashinstitute.org
- Emergency Care and Safety Institute - www.ESCInstitute.org
- National Outdoor Leadership School (Wilderness Medicine Institute) - www.nols.edu/wmi/
- National Ski Patrol – Outdoor Emergency Care - www.nsp.org
- Stonehealth Open Learning Opportunities (SOLO) – www.soloschools.com
- The Mountaineers – www.mountaineers.org
- Wilderness Medical Associates (WMA) - www.wildmed.com
- Wilderness Medical Society (WMS) - www.wms.org
- Wilderness Medicine Outfitters – www.wildernessmedicine.com
- Wilderness Medicine Training Center www.wildmedcenter.com
- Wilderness Safety Council www.wfa.net
- Wilderness Safety & Emergency Response (W.I.S.E.R.) www.wiser-wfr.com

The Boy Scouts of America and the American Red Cross have a national agreement, the primary goal of which is to help councils (with their districts and units) become self sufficient teaching Red Cross courses, including First Aid. Wilderness First Aid is specified in the agreement. Through this agreement a local council can coordinate training of American Red Cross courses by providing BSA volunteers who are certified to instruct the course by the American Red Cross. The fees for the course taught by the BSA volunteers are dramatically reduced and include a $5.00 administrative fee and the cost of materials. Visit with your council service center for more information about the American Red Cross National Agreement.

Philmont encourages each crew to have at least one person trained in Wilderness First Aid or the equivalent. However, Philmont will accept the following advance levels of training and a copy of the current license or certification must be shared with Philmont during the registration process:

- Wilderness First Responder
- Outdoor Emergency Care
- EMT Basic, Intermediate, or Paramedic
- Military Corpsman or Medic
- Registered Nurse
- Licensed Nurse Practitioner
- Licensed Physician’s Assistant
- Licensed Physician, MD or DO
RELIGIOUS BELIEFS AND MEDICAL CARE

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

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

HEALTH AND MEDICAL RECORD

Every camper and advisor is required to have a medical evaluation within twelve (12) months of their participation date by a physician licensed to practice medicine. An examination conducted by a physician’s assistant or a nurse practitioner will be recognized for states where they may perform physical examinations to students enrolled in public school systems. The BSA Annual Health and Medical Record must be used. These forms will be available in the fall of 2011 at www.philmontscoutranch.org and Philmont will also mail a supply to the contact person for each reservation at that time.

Advisors are to collect the forms before leaving for Philmont and hold the forms to be turned in at the Health Lodge upon arrival at Philmont. **Advisors should review each participant's medical form to be familiar with any health restrictions; make sure each individual – youth and adult – meets the height and weight participation requirements; check for participant, parental and physician’s signatures; and that a copy of participant’s health insurance card is attached.**

An individual should always contact the family physician first and call Philmont at 575.376.2281 if there is a question about the advisability of participation. Philmont’s chief medical officer and other medical staff of the Health Lodge reserve the right to make medical decisions regarding the participation of individuals at Philmont.

Each crew must bring a first aid kit. The 2012 Guidebook to Adventure, that your group will receive a supply of in the March 2012 Advisor Kit, will contain a recommended first aid kit supply list. Many “over the counter” medications are available at the Tooth of Time Traders.

IMMUNIZATIONS

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

MEDICATIONS

Each participant at Philmont who has a condition requiring medication must bring an appropriate supply. The pharmacy at the Health Lodge is limited and the identical medications may not be available. In certain circumstances duplicate or even triplicate supplies of vital medications are appropriate. Participants will be charged for maintenance medications or medications that should have been brought to Philmont and dispensed by the Health Lodge.

Persons 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.** 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.

YOUTH PROTECTION

All registered adults must have current BSA Youth Protection Training (within the past two years) for participation in any national event/activity. This means all participants 18 years of age or older who are registered as an adult must have current youth protection training. Because of the great concern the Boy Scouts of America has for the problem of child abuse in our society, the Youth Protection program has been
developed to help safeguard both our youth and adult members. Adult BSA Registration and verification of Youth Protection Training is required as part of the National Tour Plan process.

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

Youth Protection training and documentation are available at your local council or online at www.scouting.org or www.myscouting.org. It is required in order to complete your Tour Plan worksheet and have it approved by your local council before you travel to Philmont. The Tour Plan worksheet can be found online at: http://www.scouting.org/scoutsource/HealthandSafety/TourPlanFAQ.aspx.

Philmont will strictly enforce youth protection policies.

HAZING - INITIATIONS - DISCIPLINE

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

A WORD ABOUT CONDUCT . . . .

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

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

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

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

ORGANIZE YOUR CREW

CREW SIZE - 12 MAXIMUM - 7 MINIMUM

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

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

Council contingents and other large groups should organize their crews according to hiking and camping abilities. Each crew can then choose an itinerary that corresponds to its ability, and travel at its own pace.

Should something happen to one of the Advisors, adult leaders need to be prepared to move to another crew within a contingent. This may be on the same itinerary or a different itinerary.

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

CREW LEADER

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

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

The crew leader responsibilities include:

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

CHAPLAIN AIDE

Philmont strongly recommends one crew member be asked to serve as a Chaplain Aide. Someone who has earned or is working on their religious award should be considered. The Chaplain Aide will be asked to lead daily devotionals and other appropriate religious services. A kit of worship resources including the booklet Eagles Soaring High will be provided for use along the trail during a training session provided upon arrival at Philmont. The Chaplain Aide will certify completion of requirements of the Duty To God award for each crew member. (Awards may be purchased at the Tooth of Time Traders at the conclusion of the trek.)

WILDERNESS PLEDGE GUIA (Spanish for Guide)

Each crew will select a Wilderness Pledge Guía. This individual will help the crew understand the principles of the Philmont Wilderness Pledge and Leave No Trace. This person will help the crew focus on camping practices that will adhere to the wilderness ethics outlined in the two approaches. With more than 21,000 participants camping each summer at Philmont, it is important that each person do their share to insure that we protect Philmont and our neighbor’s properties for generations to come.

UNIFORMS

Philmont strongly recommends groups wear the BSA field uniform while in base camp, especially at chapel service, dinner and opening/closing programs. The uniform is also appropriate for traveling to and from Philmont, however, it is not required on the trail.
The Philmont official store, Tooth of Time Traders, can produce custom tee shirts for your crew. Information can be found online by visiting www.toothoftimetraders.com. They also carry a wide variety of Scouting tee shirts and clothing. The use of Philmont Logos is permitted, provided they are manufactured by a BSA licensed vendor. You can check out the Tooth of Time Traders online at www.toothoftimetraders.com.

EXPEDITION TRAINING

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

Each crew member must be in top physical condition to enjoy the rugged, southwest experience. Personal physical conditioning should begin months prior to the trek. This conditioning should include regular aerobic activity. Please review the information on pages 22-23.

ADVISOR’S KIT

Early March 2012, each registered Philmont Expedition Advisor will be sent a kit of materials for each crew. Included will be the Philmont 2012 Treks Itinerary Guide, 2012 Guidebook to Adventure (a supply for your group), a Philmont map, insurance pamphlet, crew roster, talent release form, and other important information to share with your crew. The Expedition Advisor's kit contains all the information needed for final preparation of your Philmont Expedition.

The Tour Plan worksheet is not included in this packet, however, it is available online at http://www.scouting.org/filestore/pdf/4419.pdf. The following link will answer your questions regarding the new Tour Plan worksheet process: http://www.scouting.org/scoutsource/HealthandSafety/TourPlanFAQ.aspx

Please notify Philmont if a change occurs in the contact person for your Philmont Expedition or if your address or email address changes as updates are emailed occasionally and materials are mailed to the contact on record.

FEE PAYMENT POLICY

The Expedition fee for 2012 is $740 for each participant, youth or adult Advisor. A reservation fee of $100 per participant, including adult leaders, is required to hold your arrival date. Please refer to your last financial statement for your specific payment schedule.

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

Philmont must commit financial resources to employ staff, purchase food and supplies, and prepare for summer operations. Participants are, therefore, also required to make a financial commitment to attend. Be conservative in making reservations to avoid losing fees due to cancellations. Additional crew participants can be added to fill a crew to twelve members. Fees for additional participants can be included with your advance payment due Oct. 1, the balance payment due March 1 or upon arrival at Philmont.

Should your registration decrease by one crew or more, you will be eligible for a refund of the “Advance” or “Balance” fees if a replacement crew(s) is secured from the waiting list. The refund will be limited to the fees paid by the number of participants registered with the replacement crew. Please notify Philmont as early as possible so replacement crews can be secured.
SEND FEES TO:   CAMPING REGISTRAR
PHILMONT SCOUT RANCH
17 DEER RUN ROAD
CIMARRON, NM  87714

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

<table>
<thead>
<tr>
<th>TRANSMITTAL</th>
<th>AMOUNT DUE - per person</th>
<th>DUE DATE</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>12 Day Exp.</td>
<td>Short Trek</td>
</tr>
<tr>
<td>Reservation</td>
<td>$100.00</td>
<td>$100.00</td>
</tr>
<tr>
<td>Advance</td>
<td>$320.00</td>
<td>$175.00</td>
</tr>
<tr>
<td>Balance</td>
<td>$320.00</td>
<td>$175.00</td>
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**TOTAL:** $740.00  $450.00  $715.00  Per Person

**SCHOLARSHIPS**

Philmont offers scholarships to young people through the generosity of Waite Phillips in the 1960’s. The funds are distributed by two primary methods:

1) Funds have been allocated to each council who have units participating in Philmont. If you have young people who need financial assistance, contact your local Scout Service Center about availability of scholarship money. Youth apply to the council and the award amount is credited prior to January 31 of the year attending. A scholarship certification form is submitted to Philmont by the local council at that time.

2) Individual units (Boy Scout Troop, Varsity Team, or Venturing Crew) may apply for a Waite Phillips scholarship. Each crew may apply for one scholarship worth $370.00 or one half the Philmont fee. Application forms will be sent to Unit Reservation Advisors and are due back to Philmont by October 30, 2011. This scholarship is to help make it possible for a youth member to participate who might not otherwise be able to experience Philmont.

If you have questions about Philmont scholarships, please contact Philmont at camping@philmontscoutranch.org.

**CONTINGENCY FUND**

Groups should have a contingency fund to cover unexpected expenses such as emergency transportation, roadside repairs, equipment failure, or additional luggage fees.

**BUDGET**

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

<table>
<thead>
<tr>
<th>PHILMONT FEE</th>
<th>Individual Cost</th>
<th>Total Cost</th>
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<tbody>
<tr>
<td></td>
<td>$740.00 Expedition</td>
<td>$715.00 Cavalcade</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>TRANSPORTATION</th>
<th>Individual Cost</th>
<th>Total Cost</th>
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Transportation costs to and from Philmont (see pages 12 thru 14). Be sure to check insurance coverage on packs and gear in transit.

<table>
<thead>
<tr>
<th>MEALS AND LODGING</th>
<th>Individual Cost</th>
<th>Total Cost</th>
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All meals and lodging en route to and from Philmont. (Use of military bases helps cut down expenses. Air Force and Army liaison officers can help on this.) Include gratuities and occasional “treats” along the way. See page 15.

<table>
<thead>
<tr>
<th>TRAINING</th>
<th>Individual Cost</th>
<th>Total Cost</th>
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Meals and other incidental costs for weekend training events.

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<tr>
<th>PROMOTION</th>
<th>Individual Cost</th>
<th>Total Cost</th>
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Costs for promotion including production of all material, postage, etc., including hats and/or T-shirts.

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<thead>
<tr>
<th>EQUIPMENT- PURCHASE OR RENTAL</th>
<th>Individual Cost</th>
<th>Total Cost</th>
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Include purchase or rental of any equipment or supplies required by expedition. Expeditions are required to bring backpacking stoves. (Crews using commercial transportation must ship their stoves/fuel bottles, using ground service only, to themselves at Philmont prior to their arrival. Additional information will be included with the March mailing of the Advisors Kit.)

<table>
<thead>
<tr>
<th>SIDE TRIPS AND TOURS</th>
<th>Individual Cost</th>
<th>Total Cost</th>
</tr>
</thead>
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</table>

En route to and from Philmont.

<table>
<thead>
<tr>
<th>CONTINGENCY</th>
<th>Individual Cost</th>
<th>Total Cost</th>
</tr>
</thead>
<tbody>
<tr>
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</table>

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

<table>
<thead>
<tr>
<th>SUB-TOTAL</th>
<th>Individual Cost</th>
<th>Total Cost</th>
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</thead>
<tbody>
<tr>
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<table>
<thead>
<tr>
<th>PHILMONT SCHOLARSHIP</th>
<th>Individual Cost</th>
<th>Total Cost</th>
</tr>
</thead>
<tbody>
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</table>

Scholarships are available by two primary methods - through your local council or directly thru an individual unit by Philmont. Please refer to Scholarship information, Page 7. Deduct if you have a young person who receives financial assistance.

<table>
<thead>
<tr>
<th>TOTAL</th>
<th>Individual Cost</th>
<th>Total Cost</th>
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<tbody>
<tr>
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</table>
## RECOMMENDED PREPARATION PLAN

Unit - (u), Council Contingent (cc)

<table>
<thead>
<tr>
<th>WHEN</th>
<th>SUGGESTED ACTION</th>
<th>PERSON RESPONSIBLE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WINTER/Spring/Summer 2011</strong></td>
<td>Conduct critique with a previous year’s expedition Advisors (cc)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Council Philmont Kick-off (cc)</td>
<td></td>
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<tr>
<td></td>
<td>Determine attendance objective for council and districts (cc)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Establish schedules for mailings, meetings, promotions (cc, u)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Confirm two-deep leadership per crew with at least one alternate (cc, u)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Announce details in Council bulletin and provide Philmont updates noting leadership participation, trip details, <em>age/grade requirements, and weight requirements for participation</em> (cc)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Share Philmont plans with Camping Committee (cc)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Share Philmont plans with Unit Committee (u)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Promote Philmont at Roundtables (cc)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Recruit participants and collect Reservation Fee Payment from each participant (cc, u)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Transmit Reservation Fee Payment to Philmont (cc - May 1, u – Feb 24)</td>
<td></td>
</tr>
<tr>
<td><strong>FALL 2011</strong></td>
<td>Collect advance fee payment from each participant (cc, u)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Transmit advance fee payment to Philmont (due Oct. 1) (cc, u)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Philmont Committee meets with all selected expedition Leaders and reviews plans (cc)</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>CONDUCT PHILMONT PARENTS' RALLY</strong> (cc, u)</td>
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<tr>
<td></td>
<td>Sign up 100% of quota (cc)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Share risk advisory statement with parents (cc, u)</td>
<td></td>
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<td></td>
<td>Arrange transportation and overnight accommodations to and from Philmont (cc, u)</td>
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<td></td>
<td>Make plans for training and the second parent's meeting (cc)</td>
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<tr>
<td></td>
<td>Receive Annual Health and Medical Record forms from Philmont (cc, u)</td>
<td></td>
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<tr>
<td></td>
<td>Apply for Waite Phillips Scholarship (due Oct 31) (u)</td>
<td></td>
</tr>
<tr>
<td>PERSON</td>
<td>WHEN</td>
<td>SUGGESTED ACTION</td>
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<tr>
<td></td>
<td>DEC 2011/JAN 2012</td>
<td>Each participant schedule medical exam - review completed medical forms prior to shakedown activities (cc, u)</td>
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<td></td>
<td></td>
<td>Continue updating Philmont news in Council bulletin (cc)</td>
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<tr>
<td></td>
<td></td>
<td>Begin physical fitness training plan (cc, u)</td>
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<tr>
<td></td>
<td></td>
<td>Each crew conducts series of training experiences prior to arrival at Philmont (2-3 recommended); start easy and increase difficulty, with several days of camping and hiking with full packs (cc, u)</td>
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<tr>
<td></td>
<td></td>
<td>Submit Scholarship Certification Form to Philmont by Jan 31 (cc)</td>
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<tr>
<td></td>
<td>MARCH/APRIL 2012</td>
<td>Transmit final fee payment to Philmont by March 1 (cc, u)</td>
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<tr>
<td></td>
<td></td>
<td>Receive Advisor's Kit (Early March) including <em>Treks - Itinerary Guide</em>, <em>Guidebook to Adventure</em> and map from Philmont (cc, u)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Complete online itinerary selection process with Philmont as soon as possible, and not later than May 1 (Itineraries are booked on a first come, first served basis and many fill-up early. In 2011, 89% of crews received their first or second choice.)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Share accident and sickness insurance information, risk advisory statement, expedition number, Philmont address and emergency telephone number with parents (cc, u)</td>
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<td>Complete and submit online, a Tour Plan worksheet to your council (cc, u)</td>
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<tr>
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<td></td>
<td>Continue physical fitness training (cc, u)</td>
</tr>
<tr>
<td></td>
<td>MAY 2012</td>
<td>Complete details-confirm travel plans (cc, u)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Return <em>Arrival Plans</em> card (inside cover of 2012 Itinerary Guide) or enter information online</td>
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<td>Prepare and release &quot;Story&quot; to news media (find form in Advisor Kit or online at <a href="http://www.philmontscouranch.org">www.philmontscouranch.org</a>) (cc, u)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Continue physical fitness training (cc, u)</td>
</tr>
<tr>
<td></td>
<td>JUNE/ JULY/ AUGUST 2012</td>
<td>This year's expedition is all set to go! (cc, u)</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Bring to Philmont:</strong> completed Annual Health and Medical Records w/proper signatures and copy of insurance card, Wilderness first aid/CPR verification, approved tour plan, itinerary confirmation, <strong>completed</strong> crew roster and talent release form. (cc, u)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Evaluate Philmont trek and preparations - prepare for next High Adventure experience (cc, u)</td>
</tr>
<tr>
<td></td>
<td>SEP 2012</td>
<td>Follow-up event: Family program to share photos and stories</td>
</tr>
</tbody>
</table>
ARRIVAL / DEPARTURE

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

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

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

**DO NOT PLAN TO ARRIVE EARLY OR DEPART LATE WITHOUT WRITTEN CONFIRMATION FROM PHILMONT.** For example, if your Expedition # is 627-Z, your arrival date is June 27, 2012. If you are delayed en route, please notify Philmont by calling 575.376.2281 and ask for the Logistics manager. Your arrival time will determine your first meal at Philmont. Meals are served at the following times:

- **TRAILBOUND CREWS:** Breakfast - 6:30 a.m., Lunch - 11:30 a.m., Supper - 5:00 p.m.
- **HOMEBOUND CREWS:** Breakfast - 7:00 a.m., Lunch - 12:15 p.m., Supper - 5:45 p.m.

Each Philmont expedition concludes after breakfast on day thirteen. On departure day, Philmont offers either a continental breakfast at 5:45 a.m. or the regular breakfast at 7:00 a.m.; indicate your preference upon check-in at Philmont. Continental breakfast will **not** be available prior to 5:45 am on the day of your departure.

As a courtesy to all groups in Base Camp (homebound and trailbound), please do not plan to depart Philmont prior to 6:00 am. **Early morning departures impact the ability of everyone to obtain adequate rest.** Planning a travel tour day could allow a crew to leave Philmont at a reasonable time and position themselves closer to airports for early plane departures one day later.

SECURITY

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

INSURANCE

The Philmont camper fee includes insurance coverage for health, accident and sickness en route to and from home and while hiking the trails of Philmont. This policy is an Excess Insurance Plan meaning that the Plan will pay all those eligible expenses incurred from a covered accident or sickness not paid by any other collectable insurance or pre-paid health plan in force for you or a dependent child(ren). If no other collectable insurance or pre-paid health plans are in effect at the time of the loss, this plan will pay all eligible covered
expenses up to the plan limits. There is no deductible under this Plan. Specific information about the Camper’s Insurance will be included in the March 2012 Advisors Kit mailing.

Name and policy number of the family policy must be noted on each medical form AND a copy of the insurance card must be attached. If no insurance is in force, state NONE on the form.

TRANSPORTATION

THE ARRIVAL PLANS AND CREW INFORMATION CARD MUST BE MAILED AT LEAST 30 DAYS PRIOR TO YOUR ARRIVAL AT PHILMONT. (Card distributed in March 2012 Advisors Kits.) This can also be submitted online at the time of itinerary selection or at a later date online on the same website.

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

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

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

- Airlines to Denver (270 miles from Philmont), Colorado Springs (190 miles) Pueblo (159 miles), Albuquerque (220 miles) and Amarillo (220) - obtain chartered bus directly to Philmont OR Greyhound Lines (800-231-2222) to Raton.
- Charter bus service arranged at home direct to Philmont.
- Amtrak Train (800-872-7245 or www.amtrak.com) to Raton - Philmont bus to/from Philmont.
- Inquire from airlines reservations personnel about supplemental chartered airline services offering packaged plans with reduced group rates. Review baggage fees and other airline related costs to include in budget process.

Travel companies serving Philmont include the following: (For an updated list with additional information to

- **A Charter Company** (800-366-9024 or acccharter@msn.com) Web: www.a chartercompany.com charter service from Denver International Airport.
- **A Great Way To Charter, Tour & Travel** (866-466-8792 or charters@agreatwaytogo.com) Web: www.agreatwaytogo.com
- **Advantage Rent-A-Car** (Albuquerque 505-247-1066) - Rentals available.
- **American Tour Bus Company** (505-342-2303 or americantoursinc@email.com) charter service from Albuquerque. Web: www.americantoursinc.com. (Can also contact by fax: 505-342-2304.)
- **Blue Sky Adventures** (877-225-8375) charter service from Albuquerque, Denver or Colorado Springs. Web: www.blueskyadventures.net
- **Faust’s Transportation** (575-758-3410) charter service from Albuquerque.
- **Follow The Sun, Inc.** (866-428-4786 or info@ftstours.com), charter service from Albuquerque. Web: www.ftstours.com
- **Global Transportation** (303-298-1585 or info@globaltransportation.us) charter service from Colorado. Web: www.globaltransportation.us
- **Gray Line** of Colorado Springs (800-345-8197 or joanie@coloradograyline.com) provides transfer services to/from Philmont for groups or individuals from Colorado Springs Airport.
• **Gray Line** of Denver (800-348-6877 or [www.grayline.com/denver](http://www.grayline.com/denver)) provides daily transfer services to/from Philmont for groups or individuals from Denver International Airport and Denver Amtrak.

• **Greyhound Charter Services** (800-454-2487) Web: [www.greyhound.com](http://www.greyhound.com)

• **Herrera Coaches, Inc.** (505-242-1108, fax: 505-242-1125) Web: [www.herreracoach.com](http://www.herreracoach.com)

• **Hertz-Rent-a-Car** (303-598-1485 or [trthomas@hertz.com](mailto:trthomas@hertz.com)) Rental Service from Denver, Colorado Springs, Raton. Web: [www.hertz.com](http://www.hertz.com) (use discount #1909769)

• **Leading The Way Tours, Inc.** (866-696-5073 or [Christine@leadingthewaytours.com](mailto:Christine@leadingthewaytours.com)) charter services from Colorado Springs, Denver or Albuquerque. Web: [www.leadingthewaytours.com](http://www.leadingthewaytours.com)

• **Main Event Transportation** (888-881-2819) from Albuquerque. Web: [www.ScoutTransport.com](http://www.ScoutTransport.com)

• **NewMexiTour** (888-355-8687 or [newmexitour@yahoo.com](mailto:newmexitour@yahoo.com)) from Albuquerque. Web: [www.newmexitour.com](http://www.newmexitour.com)

• **Pacesetter** (800-877-6001 or [sales@pacesetterbus.com](mailto:sales@pacesetterbus.com)) provides service from Denver (airport or Amtrak) and Colorado Springs.

• **Ramblin’ Express** (800-772-6254 or 719-590-8687, [info@ramblinexpress.com](mailto:info@ramblinexpress.com)) service in the Rocky Mountain region. Web: [www.ramblinexpress.com](http://www.ramblinexpress.com)

• **Star Limo, LLC,** (505-848-9999 or [info@505starlimo.com](mailto:info@505starlimo.com)) Van & Mini-Bus Service from Albuquerque. Web: [www.505starlimo.com](http://www.505starlimo.com)

• **Thrifty Car Rental** (800-847-4389) - 7 or 12 passenger vans available to rent from Albuquerque, based on availability.

### PRIVATE VEHICLES

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

### TOUR PLAN (new in 2011 - replaces Tour Permit)

Units complete this form when planning for local, national, or international adventure. The plan helps ensure the unit is properly prepared, that qualified and trained leadership is in place, and that the right equipment is available for the adventure. The Tour Plan Worksheet is available for you to fill out and submit at the following link:


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

Groups are encouraged to secure the signatures of these authorized persons on the front of the Tour Plan as indications of satisfactory experiences at various stopping points.

**NOTE:** Youth Protection Training, Weather Hazard Training and BSA Registration are verified by submitting a Tour Plan Worksheet.

### TOURS AND EXPEDITIONS BROCHURE

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

Philmont provides round trip bus transportation from the bus and train stations in Raton, New Mexico, at a cost of $45 per person. The cost of round trip bus transportation from Cimarron is $10 per person. Amtrak passengers arriving from either the east or west coast should plan to eat in Raton. Philmont buses are scheduled upon receipt of the "Arrival Plans" card that will be included in the Treks 2012 Itinerary Guide distributed in early March (in the Advisor Kit) or through the online itinerary selection process. (The fees for Philmont bus service could be subject to change. Corrected costs, if applicable, will be included in the March 2012 Advisor Kit.)

EMERGENCY TRANSPORTATION

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

MESSAGES FROM HOME OR WORK

While at Philmont, your crew will be in the backcountry and will not be able to receive messages from home or work. In the event of an emergency, call Philmont at 575-376-2281. If it is possible to get a message to a crew member, it may take between several hours and a day to deliver the message. It may not be possible for the crew member to return the message. Because of this, all crew members should make appropriate arrangements for others to conduct their business for the duration of their trek.
OVERNIGHT ACCOMMODATIONS IN THE PHILMONT AREA
Contact by email camping@philmontscoutranch.org for an updated list of all locations that offer low cost overnight accommodations for groups traveling to Philmont. Contact locations directly to make a reservation or seek specific information.

LODGING IN AND AROUND CIMARRON, NEW MEXICO

<table>
<thead>
<tr>
<th>Phone No.</th>
<th>Agency and Address</th>
<th>Location</th>
<th>Miles to Philmont</th>
</tr>
</thead>
<tbody>
<tr>
<td>575-377-6271</td>
<td>Cimarron Canyon State Park (Web: <a href="http://www.nmparks.com">www.nmparks.com</a>)</td>
<td>PO Box 185</td>
<td>20 Miles</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Eagle Nest, NM 87718</td>
<td></td>
</tr>
<tr>
<td>575-445-3382</td>
<td>New Mexico Army National Guard</td>
<td>HCR 62, Box 20</td>
<td>35 Miles</td>
</tr>
<tr>
<td>or 505-474-2616</td>
<td>Detachment 1, 1115 Transportation Co.</td>
<td>Raton, NM 87740</td>
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<tr>
<td></td>
<td></td>
<td>SW of Raton, NM</td>
<td></td>
</tr>
<tr>
<td>505-474-2066</td>
<td>New Mexico Army National Guard</td>
<td>P.O. Box 457</td>
<td>25 Miles</td>
</tr>
<tr>
<td>or 505-474-2074</td>
<td>Attn: Administrative Officer</td>
<td>Springer, NM 87747</td>
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<tr>
<td></td>
<td></td>
<td>West of Springer, NM</td>
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</tr>
<tr>
<td>575-445-3615</td>
<td>NRA Whittington Center (Web: <a href="http://www.nrawc.org">www.nrawc.org</a>)</td>
<td>P.O. Box 700</td>
<td>40 Miles</td>
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<tr>
<td></td>
<td></td>
<td>Raton, NM 87740</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>10 mi. SW of Raton</td>
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<tr>
<td></td>
<td></td>
<td>on Highway 64</td>
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<tr>
<td></td>
<td></td>
<td>Email: <a href="mailto:info@nrawc.org">info@nrawc.org</a></td>
<td></td>
</tr>
<tr>
<td>575-376-2343</td>
<td>Ponil Campground</td>
<td>31006 U.S. Highway 64</td>
<td>6 Miles</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cimarron, NM 87714</td>
<td></td>
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<tr>
<td>575-445-5607</td>
<td>Sugarite Canyon State Park (Web: <a href="http://www.nmparks.com">www.nmparks.com</a>)</td>
<td>HCR 63, Box 386</td>
<td>55 Miles</td>
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<td></td>
<td>Raton, NM 87740</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Email: <a href="mailto:rdye@state.nm.us">rdye@state.nm.us</a></td>
<td></td>
</tr>
<tr>
<td>575-376-2268</td>
<td>Cimarron Inn &amp; RV Park</td>
<td>St. James Hotel</td>
<td>5 miles</td>
</tr>
<tr>
<td>575-376-2264</td>
<td>St. James Hotel</td>
<td>Cimarron Inn</td>
<td>4 miles</td>
</tr>
<tr>
<td>575-376-2336</td>
<td>Canyon Inn</td>
<td>Casa Del Gavilan Bed &amp; Breakfast</td>
<td>2 mi South of</td>
</tr>
<tr>
<td>575-376-2246</td>
<td>Casa Del Gavilan Bed &amp; Breakfast</td>
<td>South of Philmont</td>
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</tbody>
</table>

LODGING IN ALBUQUERQUE, NEW MEXICO
505-292-2729 KOA-Albuquerque
12400 Skyline Drive, NE
Albuquerque NM 87714 (I-40, Exit 166)
For information about Kampgrounds of America facilities visit www.koa.com

Additional Friends of Philmont:
719-384-4411 Koshare Indian Museum (Web: www.kosharehistory.org)
115 West 18th Street
P.O. Box 580
La Junta, CO 81050
La Junta CO 150 Miles

806-335-3175 Kwahadi Museum of the American Indian (Web: www.kwahadi.com)
9151 I-40 East, POB 32125
Amarillo, TX 79120
Amarillo CO 238 Miles
Email: kwahadi@sbcglobal.net

While traveling across America, visit the National Scouting Museum, Official Museum of the Boy Scouts of America. It is centrally located in Irving, Texas, in the heart of the Dallas-Ft. Worth metropolitan area. Phone numbers: 800-303-3047 OR 972-580-2100 Web: www.bsamuseum.org
PHILMONT PARENT’S RALLY
A SUGGESTED PROGRAM FOR EARLY FALL

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

Opening
Philmont maps posted on wall with photos of previous trips.
Table with snapshots, souvenirs, mementos from Philmont, etc.
Display personal equipment needed and have a backpacking demonstration.

Meeting
Welcome and introductions
What is Philmont?
A talk by a youth or advisor who has been to Philmont and slides of previous expeditions, Philmont's DVD presentation, "Keys to A Successful Wilderness Adventure" or DVD Presentation, "National High Adventure Bases"(available from council office or Philmont’s Tooth of Time Traders, www.toothoftimetraders.com).
Keep this fast-paced and limited to 30 minutes.

Administrative details
• Explain budget and items within budget (use flip chart or hand-outs).
• Reminder of fee payments - emphasize deadline dates and commitment required by each participant.

Travel plans - instructions
• Uniform
  Pack - for those items needed at Philmont. Mention rental opportunity of a pack and frame at Philmont for those who do not want to invest in equipment.
  Small carrying bag for items essential while traveling.
  Boots for hiking, comfortable and well broken in.
  Guide for spending money - how much?
• Review organization of crews.
• Review plans for shakedown hikes and camps.

Physical Preparation
• Read and distribute copies of risk advisory to parents. (Pages 17-18 )
• Philmont medical form – Annual Health and Medical Record
• Height/Weight Requirements
• Fitness Program

Review plan for team building and smooth communication
Distribute application forms if needed and collect fees

Question and answer period.

Closing
Philmont Hymn suggested.

NOTE: Additional organization meetings may be necessary.

Suggestions for Subsequent Meetings:
Plan a cookout using dehydrated and freeze-dried menus and invite parents. Review additional fitness suggestions.
Part D of the Annual Health & Medical Record

The Health Lodge Task Force will meet at the conclusion of the 2011 summer season and review all health information. Any changes will be included in the 2012 Annual Health & Medical Record that will be mailed to you in November 2011 and will apply to all participants for 2012.

Part D
Participation at any of the BSA’s high-adventure bases can be physically, mentally, and emotionally demanding. To be better prepared, each participant must complete the following before attending any high-adventure base:

- Fill in parts A and B of the Annual Health and Medical Record.
- Share Part D with the examining health-care provider.
- Have a physical exam by a certified and licensed health care provider/physician (MD, DO), nurse practitioner, or physician assistant, and have part C completed.
- Read the following information, which focuses on specific risks at the high-adventure base you will be attending.

The Trek Experience. Each high-adventure base offers a unique experience that is not risk-free. Knowledgeable staff will instruct all participants in safety measures to be followed. Be prepared to listen to and carefully follow these safety measures and to accept responsibility for the health and safety of yourself and others.

Philmont. Each participant must be able to carry a 35- to 50-pound pack while hiking 5 to 12 miles per day in an isolated mountain wilderness ranging from 6,500 to 12,500 feet in elevation. Summer/autumn climatic conditions include temperatures from 30 to 90 degrees, low humidity (10 to 30 percent), and frequent, sometimes severe, afternoon thunderstorms. Activities include horseback riding, rock climbing and rappelling, challenge events, pole climbing, black powder shooting, 12-gauge trap shooting, .30-06 shooting, trail building, mountain biking, and other activities that have potential for injury.

Winter climatic conditions can range from -20 to 60 degrees. For the Kanik Experience, each person will walk, ski, or snowshoe along snow-covered trails pulling loaded toboggans or sleds for up to 3 miles, or more on a cross-country ski trek. Refer to the Philmont Scout Ranch website for specific information.

Northern Tier. Each person must be able to carry a 50- to 85-pound pack or canoe from a quarter-mile to 2 miles several times a day on rough, swampy, and rocky portages and paddle 10 to 15 miles per day, often against a headwind.

Climatic conditions can range from 30 to 100 degrees in summer/autumn and from -40 to 40 degrees in the winter. For the Okpik Experience, each person will walk, ski, or snowshoe along snow-covered trails or across frozen lakes, pulling loaded toboggans or sleds for up to 3 miles, or more if on a cross-country ski trek. Refer to the Northern Tier website for specific information.

Florida Sea Base. Climatic conditions at Florida Sea Base include temperatures ranging from 50 to 95 degrees, high humidity, heat index reaching to 110 degrees, and frequent, sometimes severe, afternoon thunderstorms. Activities include snorkeling, scuba diving, kayaking, canoeing, sailing, hiking, and other activities that have potential for injury. Refer to the Sea Base website for specific information.

Risk Advisory. All of the high-adventure bases have excellent health and safety records and strive to minimize risks to participants and advisors 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, Northern Tier, or Florida Sea Base, you should be physically fit, have proper clothing and equipment, and be willing to follow instructions, work as a team with your crew, and take responsibility for your own health and safety.

Parents, guardians, and participants in any high-adventure program are advised that journeying to and from these bases can involve exposure to accidents, illness, and/or injury.
High-adventure staff members have been trained in first aid, CPR, and accident prevention and are prepared to assist the adult advisor in recognizing, reacting to, and responding to accidents, injuries, and illnesses as needed. Each crew is required to have at least one member trained in wilderness first aid and CPR. Medical and search-and-rescue services are provided in response to an accident or emergency. However, 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.

**Philmont.** Participants and guests for Philmont activities that are conducted with limited access to the backcountry, including most Philmont Training Center conferences and family programs, should review Part D to understand potential health risks inherent at 6,700 feet in elevation in a dry Southwest environment.

High elevation; 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. Philmont's trails are steep and rocky. Wild animals such as bears, rattlesnakes, and mountain lions are native and usually present little danger if proper precautions are taken. Please call Philmont (575.376.2281) if you have any questions.

**Northern Tier.** While participating in Northern Tier's canoeing and camping wilderness areas, life jackets must be worn at all times when on the water. Crew members travel together at all times. Emergency communications via radio, and in more remote locations by satellite phone, are provided by Northern Tier. Radio communication and/or emergency evacuation can be hampered by weather, terrain, distance, equipment malfunction, and other factors, and are not a substitute for taking appropriate precautions and having adequate first-aid knowledge and equipment. Please call Northern Tier (218-365-4811) if you have any questions.

**Florida Sea Base.** Several activities are offered, including snorkeling, sailing, camping, kayaking, canoeing, swimming, fishing, and scuba diving. Diving is an exciting and demanding activity. When performed correctly, it is very safe. When established safety procedures are not followed, however, there are extreme dangers. All participants will need to learn from the instructor the important safety rules regarding breathing and equalization while scuba diving. Improper use of scuba equipment can result in serious injury, so participants must be instructed to use the equipment safely under direct supervision of a qualified instructor.

To scuba dive safely, participants must not be extremely overweight or in poor physical condition. Diving can be strenuous under certain conditions. Participants’ respiratory and circulatory systems must be in good health. All body air spaces must be normal and healthy. A person with heart trouble, a current cold or congestion, epilepsy, asthma, or a severe medical problem, or who is under the influence of alcohol or drugs, should not dive. If taking medication, participants should consult a doctor and the instructor before participation in this program. If there is a question about the advisability of participation, contact the family physician first, then call the Sea Base at 305-664-4173. The Sea Base health supervisor reserves the right to make medical decisions regarding the participation of individual at Sea Base.

**Food.** Each base offers food appropriate for the experience. If a participant has a problem with the diet described in the participant guide, please contact the high-adventure base you are considering attending.

**Medications.** Each participant who has a condition requiring medication should bring an appropriate supply for the duration of the trip. Consider bringing duplicate or even triplicate supplies of vital medications. People with allergies that have resulted in severe reactions or anaphylaxis must bring with them 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.

**Recommendations Regarding Chronic Illnesses.** Each base requires that this information be shared with the parents or guardians and examining physician of every participant. There are no facilities for extended care or treatment; therefore participants who cannot meet these requirements will be sent home at their expense.
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.

**Adults or youth who have had any of the following conditions should undergo a thorough evaluation by a physician before considering participation at a BSA high-adventure base.**

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

Youth who have a congenital heart disease or an acquired heart disease such as rheumatic fever, Kawasaki’s disease, or mitral valve prolapse should undergo thorough evaluation by a physician before considering participating at a high adventure base. The physical exertion at any of the high-adventure bases may precipitate either a heart attack or stroke in susceptible persons. Participants with a history of any of the first seven conditions listed above should have a physician supervised stress test. More extensive testing (e.g., nuclear stress test) is recommended for participants who have coronary heart disease. **Even if the stress test results are normal, the results of testing done at lower elevations, without backpacks, do not guarantee safety.** If the test results are abnormal, the individual is advised not to participate.

**Hypertension (High Blood Pressure).** The combination of physical, mental, and emotional stress, increased exertion and/or heat, and altitude appears to cause a significant increase in blood pressure in some individuals. Occasionally, hypertension reaches such a level that it is no longer safe to engage in strenuous activity. Hypertension can increase the risk of having a stroke, heart attack, or angina. **Participants should have a normal blood pressure (less than 140/90).** Persons with significant hypertension (greater than 140/90) should be treated and controlled before attending any high adventure base, and should continue on medications while participating. **The goal of treatment should be to lower the blood pressure to normal.** Participants already on antihypertensive therapy with normal blood pressure should continue on medications. Individuals taking diuretics to treat hypertension are at increased risk for dehydration related to strenuous physical activity and should be careful to maintain good hydration during the trek.

**Philmont.** Each participant who is 18 years of age or older will have his or her blood pressure checked at Philmont. **Those individuals with a blood pressure consistently greater than 160/100 at Philmont may be kept off the trail until their blood pressure decreases.**

**Florida Sea Base.** Those taking beta-blocker medication should consider a change of medication before participating in any scuba program.

**Insulin-Dependent Diabetes Mellitus.** Exercise and the type of food eaten affect insulin requirements. Any individual with insulin-dependent diabetes mellitus should be able to monitor personal blood glucose and to know how to adjust insulin doses based on these factors. The person with diabetes also should know how to give a self-injection. Both the person with diabetes and one other person in the group should be able to recognize indications of excessively high blood sugar (hyperglycemia or diabetic ketoacidosis) and excessively low blood sugar (hypoglycemia). The person with diabetes and one other individual should know the appropriate initial responses for these conditions. An insulin-dependent person who has been newly diagnosed (within the last six months) or who has undergone a change in delivery system (e.g., insulin pump) in the last six months should not attempt to participate. A person with diabetes who has had frequent hospitalizations for diabetic ketoacidosis or who has had frequent problems with hypoglycemia should not participate until better control of the diabetes has been achieved.
Florida Sea Base. Persons with diabetes who are 18 years of age or older who wish to scuba dive should be assessed by a physician familiar with both hyperbaric issues related to diabetes and medications used for the control and treatment of diabetes. Persons 18 years old or older who are determined to be candidates for scuba diving must submit four hemoglobin A1c (HbA1c) tests, each with HbA1c values less than 7, taken within the previous 12 months. Any test within the past 12 months with an HbA1c value greater than 7 disqualifies a person from scuba diving as part of a BSA activity. Persons less than 18 years of age with Type 1 diabetes will not be allowed to scuba dive. Persons under the age of 18 who control their diabetes with exercise and diet (no medications) and can provide three sequential hemoglobin tests with HbA1c values less than 6 may be approved to scuba dive.

Seizures (Epilepsy). A seizure disorder or epilepsy does not exclude an individual from participating at a high-adventure base. However, the seizure disorder should be well-controlled by medications. A minimum one year seizure-free period is considered to be adequate control. Exceptions to this guideline may be considered on an individual basis, and will be based on the specific type of seizure and the likely risks to the individual and to other members of the crew.

Florida Sea Base. Any seizure activity within the past five years, regardless of control and/or medication, disqualifies an individual from participation in any scuba program. A person with a history of seizure activity who has been asymptomatic AND medication-free for five years, as evidenced by a physician, will be allowed to dive.

Asthma. Asthma should be well-controlled before participating at any high-adventure base. Well-controlled asthma means: 1) the use of a rescue inhaler (e.g., albuterol) less than once daily; 2) no need for nighttime treatment with a rescue inhaler (e.g., albuterol). Well-controlled asthma may include the use of long-acting bronchodilators, inhaled steroids, or oral medications such as Singulair. You must meet these guidelines in order to participate. You will not be allowed to participate if: 1) you have exercise asthma not prevented by medications; or 2) you have been hospitalized or have gone to the emergency room to treat asthma in the past six months; or 3) you have needed treatment with intravenous, intramuscular, or oral steroids (prednisone) in the past six months. You must bring an ample supply of your medications and a spare rescue inhaler that are not expired. At least one other member of the crew should know how to recognize signs of worsening asthma or an asthma attack, and should know how to use the 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.

Florida Sea Base. Persons being treated for asthma (including reactive airway disease) are disqualified from BSA scuba programs. Persons with a history of asthma who have been asymptomatic and have not used medications to control asthma for five years or more may be allowed to scuba dive as part of a BSA activity upon submission of evidence from their treating physician. Persons with a history of asthma who have been asymptomatic and have not used medication to control asthma for less than five years may be allowed to scuba dive as part of a BSA activity upon submission of a methacholine challenge test showing the asthma to be resolved.

Allergy or Anaphylaxis. Persons who have had an anaphylactic reaction from any cause must contact the high adventure base 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. Every participant will put a great deal of strain on feet, ankles, and knees due to negotiating steep, rocky trails with a backpack; paddling and portaging heavy gear over irregular terrain; or climbing into and out of a boat. Therefore, individuals with significant musculoskeletal problems (including back problems) or orthopedic surgery/injuries within the last 6 months must have a letter of clearance from their orthopedic surgeon or treating physician to be considered for approval to participate. Permission is not guaranteed. A person with a cast on any extremity may participate only if approved by the high-adventure base. Ingrown toenails are a common problem and must be treated 30 days prior to arrival.
Psychological and Emotional Difficulties. A psychological disorder does not necessarily exclude an individual from participation. Parents and advisers 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 magnified, not lessened, when a participant is subjected to the physical and mental challenges of a remote wilderness setting. Any condition should be well-controlled without the services of a mental health practitioner. Under no circumstance should medication be stopped immediately prior to participation, and medication should be continued throughout the entire high-adventure experience. Participants requiring medication must bring an appropriate supply for the duration of the trip.

Weight Limits. Weight limit guidelines are used because overweight individuals are at a greater risk for heart disease, high blood pressure, stroke, altitude illness, sleep problems, and injury. Those who fall within the limits are more likely to have an enjoyable trek and avoid incurring health risks.

Philmont. Each participant in a Philmont trek must not exceed the maximum acceptable limit in the weight chart shown below. The right-hand column shows the maximum acceptable weight for a person’s height in order to participate in a Philmont trek.

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 example, a person 70 inches tall cannot weigh more than 226 pounds. All heights and weights will be measured in stocking feet.

For participants under 21 years of age who exceed the maximum acceptable weight for height, the Philmont physicians will use their best professional judgment in determining participation in a Philmont trek. Philmont will consider up to 20 pounds over the maximum acceptable as stated on the chart; however exceptions are not made automatically, and discussion in advance with Philmont is required regarding any exception to the weight limit for persons under 21 years of age. Philmont’s telephone number is 575.376.2281.

Under no circumstances will any individual weighing more than 295 pounds be permitted to participate in backcountry programs. This requirement is necessary due to rescue equipment restrictions and for the safety of search-and-rescue personnel.

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

Participants and guests in Philmont activities, including most Philmont Training Center conference and family programs, who will participate in limited backcountry access during their visit must not exceed the maximum acceptable limit in the weight chart.

Northern Tier. Each participant in a Northern Tier expedition should not exceed the maximum acceptable weight for height in the table shown on the Annual Health and Medical Record form. Those who fall within the recommended weight limits are much more likely to have an enjoyable trek and avoid incurring injuries and health risks. Extra weight puts strain on the back, joints, and feet. The portage trails can be very muddy, slippery, and rocky, and present a potential for tripping and falling. We also strongly recommend that no participant be less than 100 pounds in weight. Extremely small participants will have a very difficult time carrying canoes and heavy packs.

Canoes’ loads are another important reason to limit participant weight. Northern Tier assigns three people to a canoe. The total participant load per canoe must not exceed 600 pounds, or an average of 200 pounds per participant. Northern Tier does not permit individuals exceeding 295 pounds to participate in high-adventure programs.

Florida Sea Base. Any participant or advisor who exceeds the maximum weight limits on the weight chart may want to reconsider participation in a Sea Base high-adventure program. Anyone who exceeds these limits is at extreme risk for health problems. Participants who fall within the guidelines are more likely to have an enjoyable program and avoid incurring health risks. The absolute weight limit for our programs is 295 pounds.
Individuals who do not meet Philmont’s weight for height requirements will not be allowed on the trail and will be sent home.

<table>
<thead>
<tr>
<th>Height (inches)</th>
<th>Recommended Weight (lbs)</th>
<th>Allowable Exception</th>
<th>Maximum Acceptable</th>
</tr>
</thead>
<tbody>
<tr>
<td>60</td>
<td>97 - 138</td>
<td>139-166</td>
<td>166</td>
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<tr>
<td>61</td>
<td>101-143</td>
<td>144-172</td>
<td>172</td>
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<td>62</td>
<td>104-148</td>
<td>149-178</td>
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<td>63</td>
<td>107-152</td>
<td>153-183</td>
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<td>64</td>
<td>111-157</td>
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<td>65</td>
<td>114-162</td>
<td>163-195</td>
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<td>66</td>
<td>118-167</td>
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<td>173-207</td>
<td>207</td>
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<tr>
<td>68</td>
<td>125-178</td>
<td>179-214</td>
<td>214</td>
</tr>
<tr>
<td>69</td>
<td>129-185</td>
<td>186-220</td>
<td>220</td>
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</tbody>
</table>

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

A water-displacement test to determine percent body fat will also be accepted in lieu of the height-weight guidelines. Women will need to have a body fat of 20% or less and men will need to have a body fat of 15% or less to be qualified to participate. No other form of test to determine percent body fat (DEXA scan, skin fold, etc.) will be accepted by Philmont.

### 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.

We will mail a supply of the Annual Health and Medical Record in the fall of 2011. Part A – General Information, and Part B - INFORMED CONSENT AND HOLD HARMLESS /RELEASE AGREEMENT are to be filled in by the participant/guardian. Part C of the Annual Health and Medical Record must be completed by a certified, licensed physician (MD, DO), nurse practitioner, or physician’s assistant.

Staff physicians at Philmont reserve the right to deny access to the trails to any adult or youth on the basis of the physical recheck at Philmont. All medical evaluation forms will be checked by Philmont medical staff.

Areas of concern include, but are not limited to: heart disease, seizure disorder, sickle cell anemia and hemophilia. Blood pressure with or without medication must be less than 160/100 for any participant to be permitted to hike on Philmont. If there are any doubts after the individual has had a physical examination, contact Philmont.

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

Jogging, running uphill, long flights of stairs or walking along abandoned railroad tracks, and hiking with a full pack are excellent preparation. How fast you run or how far you go is not nearly so important as regular exercise. Other aerobic exercises such as swimming, bicycling, 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**

<table>
<thead>
<tr>
<th>MONTH</th>
<th>CONDITIONING</th>
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</thead>
<tbody>
<tr>
<td>DECEMBER/ JANUARY</td>
<td>Complete health history on individual medical form and get parental approval (signature).</td>
</tr>
<tr>
<td>JANUARY</td>
<td>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 a physician’s recommendation on how to lose weight through dieting and exercise in order to meet Philmont’s height and weight requirements.</td>
</tr>
<tr>
<td>FEBRUARY/ MARCH</td>
<td>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.</td>
</tr>
<tr>
<td>FEBRUARY/ MARCH</td>
<td>Purchase a pair of quality hiking boots. A pair of boots 6 to 8 inches high with sturdy soles are recommended. Wear your boots to school or work and when walking anywhere to break them in and to condition yourself.</td>
</tr>
<tr>
<td>APRIL/MAY</td>
<td>When weather permits jog, run or walk outdoors. Start with 20 minute sessions and gradually increase the length and the incline or speed. While walking begin to carry your backpack and gradually add weight to it.</td>
</tr>
<tr>
<td>APRIL/MAY</td>
<td>Continue exercising. Schedule a couple of 5 -10 mile day hikes and at least two overnight backpacking treks of 10 - 20 miles. Plan the second trek to cover more rugged terrain or increase the mileage. Whenever possible, hike in the boots you will use on the trail and carry your backpack.</td>
</tr>
<tr>
<td>JUNE/JULY</td>
<td>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.)</td>
</tr>
</tbody>
</table>
Special Food Needs for Allergic or Religious Reasons

Philmont trail food is by necessity a high-carbohydrate, high-caloric diet. It is high in wheat, milk products, sugar and corn syrup, and artificial coloring/flavoring. If an individual in your crew is allergic to some food products or requires a special diet, suitable food must be purchased at home and brought to Philmont.

Philmont asks that food substitutions be made only for medical (including allergies) or religious reasons. All food shipped to the backcountry is subject to inspection to insure the best delivery method. There is no fee reduction for individuals who bring their own food.

If replacement food is required, go to the Philmont website at http://www.philmontscoutranch.org and find the menu and ingredients list. (Note: the 2012 menu and ingredients list will be posted in late April, 2012.) All meals are numbered from 1 to 10. Review this list and determine which items in each meals will cause a problem and prepare a substitute for the specific items in the meal. When putting the substitutes together, keep in mind that Philmont participants need approximately 3,000 calories a day. Package the substitutes for each meal individually and label them with your Expedition Number, the person’s name, and the meal that the substitute is needed for (“Supper 5”). Do this for all meals that need substitute items.

On the afternoon of your arrival at Philmont, your crew’s Ranger, the Crew Leader, and individual(s) needing the substitute food should bring the food bags and the crew’s “Crew Leader Copy” to Logistics. The Logistics staff will then group the meals by backcountry commissary and will arrange for them to be delivered to that commissary so that they will be at the commissary when the crew makes its regular food pickup. The key thing to be sure of is that items are clearly labeled.

Appropriate substitutions can be arranged for food served in the dining hall by speaking with the dining hall manager upon your arrival at Philmont.

If you have any questions about food substitutions, please contact Philmont by telephone at (575-376-2281) or email camping@philmontscoutranch.org. The 2012 menu and ingredient list will be available in late April 2012. The 2011 menu and ingredients will remain on the website until the new information is available.

KOSHER TRAIL MENU

Philmont supports a Kosher/Halal trail menu. Philmont has requested that all food suppliers bid products that are identified as Kosher. To assist crews identify those items that are Kosher the menu has an identification mark by each item that qualifies.

Crews or individuals that require a Kosher trail menu may bring substitutes for items that are not Kosher for each meal. These items must be prepared as outlined in this section.

My Own Meal products are available at Philmont as a substitute for the entre’ in the dinners and need only to be immersed in boiling water for 5 minutes to be ready. All of the products used in My Own Meal are Glatt Kosher and are Halal. Philmont has Kosher vessels (i.e. Brand new and not used) available. We recommend that Jewish and Muslim Scouts either bring their own trail stove or purchase one at Philmont, so that they do not have to wait for a crew stove to boil their water and, thus, not eat at the same time as their crew members.

Philmont Scout Ranch will do its best to provide specific information to help in planning meals for Jewish and Muslim Scouts. Substitute food items that are brought to Philmont and substitute My Own Meals provided by Philmont will be packaged using the process described in this section and delivered to specific commissaries to match the meals they are needed for.

You may direct specific question or concerns to the Philmont Jewish Chaplain or the Philmont Scout Ranch Director of Program at camping@philmontscoutranch.org. The 2012 menu and ingredient list will be available in late April 2012.
PROMOTIONAL HELP

Philmont has two DVD’s that can be helpful in preparing for and promoting the Philmont Experience: “Keys to A Successful Wilderness Adventure” and “National High Adventure Bases”. Check with your local Scout service center to borrow a copy or contact Philmont's Mail Order department at the Tooth of Time Traders to order your own copy. Your local council has copies of all Philmont's printed material or you may call or email Philmont to obtain brochures. 575.376.2281 or camping@philmontscoutranch.org) Both DVD’s are available at www.toothoftimetraders.com.

Philmont has promotional information thru the following electronic addresses:

www.PhilmontScoutRanch.org
www.facebook.com/PhilmontScoutRanch
www.youtube.com/PhilmontScoutRanch
www.twitter.com/philmont

TRADING POST

The Tooth of Time Traders (Philmont Scout Ranch’s trading post) carries gear that will cover all of your crew gear and personal equipment needs as well as Philmont’s souvenirs. To sign up for email updates and mailings, go to www.toothoftimetraders.com and register your account today. If you want further information or have any questions, you can email toothoftimetraders@scouting.org.

Please visit the official Philmont Store at: www.toothoftimetraders.com.

PRESERVING THE PHILMONT WILDERNESS

Philmont is a magnificent wilderness camping area with an immense network of trails and camps tied together by service roads designed for service and protection of both campers and land.

Each camper and advisor is asked to sign the PHILMONT WILDERNESS PLEDGE which declares that he or she will do everything possible to preserve the beauty and wonder of the Philmont Wilderness through good Scout camping. It is expected that Philmont campers will carry this pledge to all camping areas that they might visit throughout America.

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

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

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

WATER - Remember, you are in a land where water is scarce and very precious. Conservation and wise use of water has been practiced since the first person entered this land. You should never bathe or do laundry or dishes in or near a spring or stream. Do not throw rocks in springs or touch any solar pumps. They are easily damaged and the flow of water can be disrupted.

TRAILS - Pledge yourself to respect all trails at Philmont. Do not cut green boughs or trees, or mark them. Do not cut across switchbacks, and do not alter or change trail signs.

CAMPSITES - Each crew is responsible for leaving a neat and orderly campsite. Whether it be in Camping Headquarters, staffed camps, or non-staffed camps, your campsite should be left litter-free with its latrine and sump clean. Fires must be left DEAD OUT. Leave a courtesy woodpile when possible.
Philmont typically serves 22,000 Scouts, Venturers and their Advisors each year. Consequently, some trails and camps, especially around commissaries, are subjected to heavy use. Nevertheless, it is not the wear of so many pairs of boots that mar Philmont. It is the carelessness and thoughtlessness of inconsiderate Scouting campers. It is our sincere hope that through your commitment to the PHILMONT WILDERNESS PLEDGE, Philmont will always remain a beautiful and clean place to enjoy high adventure.

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

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

The Wilderness Pledge Guía program and Wilderness Pledge achievement award are designed to add additional emphasis to the important issue of adherence to camping ethics.

PHILMONT GLOSSARY

EXPEDITION NUMBER - the number assigned to a chartered unit expedition or council contingent expedition by the Philmont Camping Registrar to identify an expedition and its crews. A crew arriving at Philmont on June 20 will be assigned a 620 number along with a letter of the alphabet (e.g., 620-A, 620-B, etc.). A multicrew expedition will be numbered further (e.g., 620-A-01, 620-A-02, etc.). Please use your correct expedition number in all correspondence with Philmont.

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

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

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

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

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

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

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

CREW LEADER - a member of a crew and elected by the crew to be its leader. This is the same relationship a patrol leader has to a patrol. Ideally this young person will have attended council junior leader instructor training or a previous Philmont trek.
ADULT ADVISOR - each crew is required to have at least two adult leaders, one of whom must be at least 21 years of age. The second adult must be at least 18 years of age. There are no gender restrictions for adult leadership. The Advisors' role is primarily coaching, counseling and advising the crew leader. During emergencies the advisor may assume direct leadership of the crew.

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

ITINERARY - each crew has an itinerary which is the hiking schedule for the 10 days on the trail. The itinerary outlines the trails to be taken and the crew's daily destination (either staffed or unstaffed camps.) The itinerary will be selected after receiving the March mailing of the 2012 Trek Itinerary Guide.

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

SHORT TREKS – expeditions that arrive on August 10 - 14 and are 7 days in length. Special procedures for selecting an itinerary for a short trek will be outlined in the 2012 Short Treks Guide send to Advisors of 2012 Short Treks.

WILDERNESS PLEDGE GUIA (Spanish for Guide) – A youth member who accepts the responsibility of guiding the crew in their camping ethics during the trek.
RAYADO TREK - Older Scouts and Venturers (not coed crews) who have mastered basic outdoor skills should consider applying for the challenging and selective Rayado Trek program. Rayado participants will experience more of Philmont’s backcountry and will have program opportunities not available to Expedition campers. Rayado is unparalleled for developing outdoor leadership, group dynamics, wilderness problem solving and advanced outdoor skills. A Rayado Trek encourages participants to attain a high level of personal growth and self-reliance. Rayado is a twenty (20) day program. Participants depart the morning of the twenty-first (21st) day (July 10 and August 7 are departure dates).

2012 Dates: Sessions #1: June 20 – July 10  #2: July 18 – August 7  
Cost: $690  Length: 20 days and nights  
Age: 15 by program start date, but not 21 by its conclusion  

ROCS (Roving Outdoor Conservation School) - The Roving Outdoor Conservation School (ROCS) is an exciting program for Scouts and Venturers who have an interest in conservation, environmental science and natural resource management. ROCS will offer participants hands-on experience in conservation and environmental science. As the crew hikes the Ranch they will camp in different forest types and participate in activities in the following areas: Forestry, Fire Ecology, Insects, Fisheries Management, Wildlife Management, Geology, Plant Identification, Dendrology, Watershed Management and Range Management. In addition, part of the trek will practice “Leave-no-Trace” and “Tread Lightly” Techniques. ROCS is a twenty-one (21) day program. Participants depart the morning of the twenty-second (22nd) day (July 7, 14, 21, 28, & Aug 4 are departure dates)

2012 Dates: Sessions #1: June 16 - July 7  #2: June 23 - July 14  
#3: June 30 - July 21 (Female Session)  
#4: July 7 - 28  #5: July 14- Aug 4  
Cost: $475  Length: 21 days and nights  
Age: 16 by program start date, but not 21 by its conclusion  

ORDER OF THE ARROW TRAIL CREW – In partnership with the Order of the Arrow, Philmont is offering an opportunity to join other Arrowmen in cheerful service and the formation of lasting brotherhood on the trails at Philmont. The first week focuses on trail construction and maintenance under the guidance of Philmont trail crew foremen. The second week is a seven day backpacking trek that is designed by the participants. The OATC is a fourteen (14) day program. Participants depart the morning of the fifteenth (15th) day (June 22, 29, July 6, 13, 20, 27, August 3, 10, 17 are departure dates).

2012 Dates: Sessions #1: June 8 – 22  #2: June 15 – 29  
#3: June 22 - July 6  
#4: June 29 - July 13  #5: July 6 – 20  #6: July 13 – 27  
Cost: $200  Length: 14 days and nights  
Age: 16 by program start date, but not 21 by its conclusion  

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SPECIAL INDIVIDUAL TREK EXPERIENCES – Continued

TRAIL CREW TREK – Trail Crew Trek (TCT) is a co-ed fourteen-day educational program focused on conservation and leadership development. TCT involves seven days of building trail, a seven-day educational trek throughout Philmont, hands-on experience with a variety of conservation projects on the Ranch and visits from guest speakers involved in conservation and resource management. TCT provides a strong foundation for participants to become involved in service through conservation. Participants depart the morning of the fifteenth (15th) day (June 28 and August 10 are departure dates).

2012 Dates: Sessions #1 June 14 – 28 #2 July 26- August 9
(Both Sessions are Coed with Coed Leadership)
Cost: $310 : Length: 14 days and nights
Age: 16 by program start date, but not 21 by its conclusion

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

2012 Dates: One Session Only: July 7 – July 23
Cost: $200 : Length: 16 days and nights
Age: 16 by program start date, but not 21 by its conclusion

For additional information about any of these special individual Philmont Experiences please contact Philmont Scout Ranch at 575.376.2281 or camping@philmontscoutranch.org
## Philmont Scout Ranch Summer Packing List

### YOUR PERSONAL EQUIPMENT

#### PACKING
- pack with padded hip belt (rental available)
- capacity: external frame—4000 cu in +/-
- internal frame—4800 cu in +/-
- *pack cover—waterproof nylon
- *6 to 12 (gallon size) Ziploc plastic bags to pack clothes

#### SLEEPING
- sleeping bag in stuff sack lined with plastic bag
- sleep clothes—worn only in sleeping bag (T-shirt and gym shorts)
- *straps to hold sleeping bag on pack
- *foam sleeping pad (closed cell or Therma-Rest)

#### CLOTHING

**LAYER A (Hiking Clothes)**
- hiking boots—well broken in
- lightweight sneakers or tennis shoes
- *3 changes underwear
- *3 pairs heavy socks
- *3 pairs lighter inner socks (polypro)
- *2 short sleeve shirts (not nylon)
- *1 hat or cap—flexible, with brim

**LAYER B (Cool Evening)**
- *1 long sleeve shirt (wool or synthetic) pants, cotton or nylon (not heavy jeans)
- *1 pair insulated underwear (polypro)

**LAYER C (Cold)**
- *1 sweater or jacket (wool or polar fleece)
- *1 stocking cap (wool or polypro)
- *1 glove liners or mittens (wool or polypro)

**LAYER D (Cold, Wet, Windy)**
- *1 sturdy rain suit (A)

#### EATING
- *deep bowl (small, plastic)
- *cup (measuring style)
- *spoon
- *3 or 4 - one qt. water bottles (BB, A)

#### PERSONAL AND MISCELLANEOUS
- *small pocketknife (A)
- *matches and lighter in waterproof container (BB, A)
- *flashlight (small with extra batteries and bulb)
- *Philmont map (A)
- *compass—liquid-filled (A)
- *2 bandannas or handkerchiefs (BB)
- *ditty bag (for personal items in bear bag)
- *lip balm (BB, A) (with SPF of 25) chapstick
- *soap, biodegradable (BB, S)
- *toothbrush/toothpaste (BB, S)
- *small camp towel
- *tampons/ sanitary napkins (BB)
- *sunglasses (inexpensive)

*Sold at Philmont Trading Post (BB) Packed in plastic bag, stored in bear bag at night
(S) Share with Buddy (A) Easily Accessible in Pack

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7/2011
Optional

- camera and film (BB)
- whistle
- fishing equipment/licenses
- postcards, pre-stamped
- foot powder (BB, S)
- note pad and pen
- daypack for side hikes (S)
- watch, inexpensive rubber bands (large for packing)

Crew Equipment Issued at Philmont

1 nylon dining fly 12’x12’, weight about 4 pounds
2 collapsible poles for dining fly, weight about 1 pound
1 BSA Philmont backpacker nylon tent with poles (per 2 people), weight about 5 pounds
1 trail chef kit: 6 pounds: 8-quart pot 4-quart pot with lid 1 fry pan with handle
1 trail chef kit: 4 pounds: 6-quart pot 4-quart pot with lid 1 fry pan with handle
1 chef cutlery kit: 2 large spoons, 1 large spatula, weight about 1/2 pound
2 pair hot-pot tongs, weight about 1/2 pound
1 extra 8-quart or 6-quart pot for washing dishes, weight about 1 pound
plastic trash bags, salt and pepper
dishwashing soap, hand sanitizer scrub pads
water purification chemical
1 - 150-foot length of 1/8-inch nylon rope, weight about 2 pounds
3-5 bear bags (for hanging food), weight about 1 pound
plastic strainer (or screen) and rubber scraper, weight about 1 pound

Equipment Provided by Crew

Necessary items crews 7-12 are expected to bring or to purchase include these:
- metal tent pins, 10 per person
- 2-3 collapsible water containers, 2 1/2 gal. each
- 2 or 3 backpacking stoves
- 2 one-quart fuel bottles and funnel
- duct tape for equipment repair (BB)
- waterproof ground cloth, 5’6”x7’6”, 1 per tent
- 3 fifty ft. 1” nylon cord
- sunscreen and shampoo (BB)
- insect repellent—not aerosol (BB)
- 2 or 3 water purifiers/filters
- Philmont sectional maps
- 1 bottle sunscreen, at least 25 spf (BB)
- 1 camp shovel/trowel
- 1 crew first aid kit—see page 38 (BB)
- 1 multi-type tool
1 sewing kit with heavy thread and needle
padlock for your crew locker (extra security)
spices for cooking (optional) (BB)

*Sold at Philmont Trading Post (BB) Packed in plastic bag, stored in bear bag at night
(S) Share with Buddy (A) Easily Accessible in Pack 7/2011
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