

Cradle of Liberty Council
Boy Scouts of America

High Adventure Training Committee

Scout and Advisor
Philmont Crew Training Guide
3rd Edition



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Introduction

The purpose of this introductory guide is to provide Philmont crew advisors and crews some basic information about Philmont, what you should expect as a crew, and how the Cradle of Liberty Council manages its contingent of crews as we prepare and eventually embark on our great Philmont adventures. We have included information about some of the Philmont procedures to help give you an idea of how Philmont operates.

Every crew member will also want to read through the Philmont Guidebook to Adventure, published by the Philmont Scout Ranch (also available on the Philmont website). This booklet provides a considerable amount of additional detail about Philmont.

The Cradle of Liberty Council organizes a contingent of crews (7 to 12 members each) and arranges all details of the trip to Philmont. Contingent sizes have ranged from about 100 to 160 members. Crews operate as teams, preparing themselves for a great experience. It takes considerable preparation as a team for the extended, high altitude camping experience. It is the hope of the Cradle of Liberty Council High Adventure Committee, that we have done our best to support each crew in preparing for this trip, that your crew will have a memorable and rewarding experience, and that you have a safe trip.

The High Adventure Committee conducts a series of training sessions for crew advisors, crew leaders, and the crews throughout the year leading up to the Philmont trip. These sessions are staffed by our team of very experienced staff, most of who have been to Philmont a number of times. We are available to share our experiences with you as you work to prepare for your trip.

What Is Philmont?

Philmont History/Background

- Size — 137,493 acres/215 sq. miles
- Location
 - N. E. corner of New Mexico
 - Sangre de Cristo Mountain Range
 - Peaks/Elevation — Base Camp (6696 ft) vs. Baldy/Phillips (12,441 & 11,736 ft) vs. Philadelphia (under 1000 ft)
- More than 20,000 Hikers per season practicing “Leave-no-Trace” camping
- Donated and endowed by Waite Phillips
 - Who was he?— Phillips Petroleum
 - Legacy of Philmont
 - Waite Phillips' "Summer Getaway"
 - Fish Camp/Hunting Lodge/Villa Philmonte
 - Philturn Rocky Mountain Scout Camp
 - Endowment — Philtower Office Building in Tulsa, OK.

Philmont Geography/Environment

- Northwest — Baldy Country and North (Valle Vidal area)
 - Elevation: 8,400' - 12,550'
 - Weather: Cool to cold nights - (30 - 40 F)
Warm dry days
Some rapidly moving thunderstorms
 - Water Supply: Very good
- North — Ponil Country
 - Elevation: 6,700' - 9,200'
 - Weather: Cool to warm nights
Warm to hot dry days
Some rapidly moving thunderstorms rare flash floods in valleys
 - Water Supply: Staffed camps - good, fair on trail
- Central — Cimarron Country
 - Elevation: 6,600' - 9,400'
 - Weather: Cool to warm nights
Warm to hot dry days
Some rapidly moving thunderstorms
 - Water Supply: Staff camps - good, fair/poor on trail
- South — Rayado Country
 - Elevation: 6,500' - 11,711'
 - Weather: Cold to warm nights
Warm to hot dry days
Some rapidly moving thunderstorms
 - Water Supply: Very good

How is Philmont Organized?

- Over 30 programs in total are offered, e.g. rock climbing, shotgun shooting, blacksmithing, etc. Treks will differ with respect to the programs offered and the extent to which programs are offered. Programs offered are detailed in the Philmont Itinerary Guide.
- You are also not guaranteed that programs will be available when your crew reaches camp as programs are generally run on a first-come, first-served basis. Certain programs such as horseback riding, burro packing, and Chuck Wagon Breakfast/Dinner can be scheduled in advance, however being scheduled for an activity does not guarantee participation. i.e. You cannot arrive 2 hours late for a Chuck Wagon dinner and expect the staff to save you stew!
- 35 Defined Trek Itineraries which can change year to year through the addition/deletion of new treks as well as changes to existing treks.
- Trek itineraries require that crews be camped each night in the location specified in their itinerary; however side hikes and route taken to and from each camp are up to each individual crew. Crews may pick up additional programs en route to their final destinations.
- Treks vary in their degree of difficulty and length of trek (from approximately 51 to 106 miles) and in the degree of elevation change. Factors to consider in selecting trek are the age, size, and maturity of Scouts in crew. Keep in mind that trek lengths do not include side-hikes and additional program options. Most crews tend to hike 25-33% more miles than originally thought.
- The selection process — Each crew will need to evaluate the itineraries offered and rank the top 5 itineraries in which they would like to participate. Each crew advisor will receive a Philmont Itinerary Guide, usually in March of the expedition year, from which the crew will be required to submit their 5 top selections and submit it to Philmont Scout Ranch via their website reservation system. Trek selections will be made on a first come-first served basis. The Philmont website provides copies of the prior year's Guide to assist in advance planning/selection. We recommend using this as a reference, but remember that trek numbers and programs can change from one year to the next. Always double-check the Itinerary Guide for the trek year before registering your trek options. Please see Page 8 of this guide for more details.
- You are not guaranteed your trek. Sometimes circumstances may arise such as the 2002, 92,000 acre Ponil Fire which caused many of the treks slated for the North section of the Ranch to be diverted to the South section and comparable treks provided. In 2013, a number of fires near, but not on, the Philmont property caused changes to itineraries and closure to certain parts of camp. Although Philmont does its best to match crews with selected programs in these emergencies, participants should be flexible and willing to accept changes as necessary.
- The maximum number of crews departing base camp each day that may be on a specific trek is limited to two. Since the Cradle of Liberty Council typically has about 1/3 of the crews going out on their specific departure date, your crew may very well be competing with other Cradle of Liberty crews for a specific trek.
- For more information on Philmont Trek Itineraries, please go to: BSA's official Philmont site (<http://www.philmontscoutranch.org>).

The Contingent and The Crew

(A.K.A. – All for One, One for All)

The Contingent (composed of all Council crews traveling together) supports each crew in whatever way necessary to ensure a safe and successful trip for the Scouts. In doing so, each crew must also support and assist the Contingent to ensure a safe and successful trip for the Scouts.

The Cradle of Liberty Council operates the Contingent based on over 30 years of successful expeditions to Philmont Scout Ranch. Over those years, we've changed transportation methods (no longer week-long train trips), tour stops (whitewater rafting is a current favorite), and organization (a few volunteer High Adventure Committee members travel as contingent leaders with the group). After every trip, we ask for detailed input from all crews (youth and adult participants) on training and travel so we can improve our methods and provide the best quality for all future Scouts.

Although we understand and appreciate that every crew and unit has their own style and personality, there are certain expectations the Council has for all participants. Participants must:

- be prepared with proper paperwork (specifically medical and release forms) before the annual training weekend and subsequent arrival at Philmont.
- follow all Council and Philmont policies, procedures and directions. Specific to this point, Advisors mentor and guide the crew leader, while allowing them to lead the crew. Additionally, the Philmont Ranger is considered the resource for all Philmont policies and procedures (such as bear bag and campsite setup, and storm safety procedures). If there is a disagreement between Advisors and a Ranger, the Advisor should “step-aside” with the Ranger and not discuss these disagreements in front of the crew.
- wear uniforms at all times during travel. Contingent leaders may decide to allow Class B (Contingent t-shirt) uniforms during certain activities. All participants will be given two Class B Contingent t-shirts prior to departure. Any “crew-specific” t-shirts should not be worn until crews reach base camp or are on the trail.
- refrain from any and all vocal or physical threats (including “non-constructive” discipline) to other participants. These are taken very seriously and it is a violation of Youth Protection to have such an altercation.
- train and prepare as a crew and individually as needed based on guidelines from the Council and Philmont.

The High Adventure Committee constantly looks for ways to improve the overall experience for Scouts participating in the Philmont Contingent. Please share your ideas before, during and after your expedition!

The Role of the Council in Supporting the Advisors

Note: Philmont considers ALL adults (whether first time dads or veteran Scoutmasters) “Advisors” and as such should be familiar with all policies and procedures and plan to attend all advisor training sessions.

As the Adult members of the crews, advisors must keep two often conflicting ideas in mind at all times:

- You are responsible for the health and safety of the members of your crew.
- You are on vacation and the Crew Leader should be the person who leads the crew.

Prior to your arrival at Philmont Scout Ranch, Advisors should:

- Train their crew for the rigors of Philmont
 - Establish a schedule of crew meetings and training hikes (see hike ideas in Appendix B)
 - Set the expectation that EVERYONE make all crew activities.
 - The crew must be able to function as a unit at Philmont.
 - Make certain that everyone is in proper physical and emotional shape to handle Philmont
 - Crews will have to rise early, break camp and hit the trail efficiently every day, rain or shine, for 10 consecutive days.
 - Crews will have to arrive at camp at a reasonable time to establish camp and prepare and clean-up dinner every day for 10 consecutive days.
 - Make certain that everyone has the proper equipment and knows how to use it.
 - Training hikes are the time to stress individuals and their equipment
 - Learn what works and what doesn't
 - Discover what equipment needs to be replaced and replace it early
 - Become aware of the characteristics of the individual members of the crew and the crew as a whole.
 - Advisors must know how to read the members of the crew
 - Learn to recognize when someone is stressed and when someone is just being lazy
 - Be aware of the medical and emotional histories of the crew (speak to parents).
 - Who has dietary restrictions? Food allergies?
 - Who has ADHD or ADD? (Philmont may not be the time for these individuals to go off their medications for the summer.)
- Work with Council to ensure that all fees are paid on time.
- Be certain that every adult (crew member 18 years or older at the time of the trek) has BSA Youth Protection Training, proper clearances as per PA state law and that every crew has at least one participant with current certification in Wilderness First Aid and CPR. (Please see Appendix A for current requirements.)

The Crew Leader must lead. BSA is a boy-led organization. The Crew Leader is the youth leader of the crew. He is the person who interacts with Philmont staff in the backcountry and with the Ranger in an "official" capacity. If a training schedule is set up properly, the Crew Leader will know what to do and will do what the advisors would have done. All will have much more fun, too. The High Adventure Committee runs a required training session for all Crew Leaders in the Council Contingent prior to your trek.

Advisors should have fun, they're on vacation!

Trek Selection

Choosing your crew's Philmont Trek Itinerary can be one of the most difficult decisions your crew will have to make. With so many great program offerings, how do you balance the desire to see the property with the excitement of so many staff camp experiences? In addition to the High Adventure Committee's in-person training, use this information as a guide to help your crew make the best choice for them. Detailed information on the specific selection process will be reviewed with all advisors prior to Philmont deadlines. The most important thing to remember is that every crew must make this decision on their own; don't assume your trek will be the same as another crew just because they've done a certain itinerary in the past.

First of all, the itinerary must be the youth's decision! The top five choices must meet all crew members' physical abilities and all crew members should be willing to accept any of these choices. Every itinerary offers a full Philmont experience.

Youth participants are usually fully capable of mastering the challenge. Many adults who lead sedentary lifestyles have great difficulty and could potentially be placing themselves in harm's way.

ITINERARY DISTANCES

Mileage distance for each trek is calculated from the GIS map shown for the itinerary. Be aware that this distance is measured from camp to camp and does not include side hikes (except for Baldy Mt. and the Tooth of Time), going to or from conservation sites, or hiking to program areas (often significant distances). Because of this, most crews can expect to actually cover 25% to 33% more mileage than is shown. Philmont provides mileages to give a consistent, comparable distance between itineraries.

SELECTING YOUR ITINERARY

The three tools your crew needs to make their five (5) top itinerary choices are:

1. The Philmont wall map - after your crew receives itinerary confirmation, they should purchase the sectional map suggested for their itinerary for more accurate navigation planning.
2. The *Guidebook to Adventure* which gives a brief description of the available programs.
3. The *PHILMONT TREKS- 2016 Itinerary Guide*. Available Spring 2016 online and distributed by High Adventure Committee to advisors. A 2015 guide can be used for preparation, however treks may change year to year.

Many crews determine their own unique method of choosing their top five (5) itinerary choices however some tried and true methods are:

1. Based on your conditioning program, determine the level of difficulty that best suits the crew.
2. Have each crew member select their five (5) favorite programs.
3. Tally the votes for each program.

The description page for each itinerary, located opposite the sketch map and elevation graph in the Itinerary Guide, lists the most common programs available for that itinerary. Crews are not required to participate in each and every one as some may not interest your crew, or weather may hinder participation. ***Just because a program is shown as being available at a camp, does not insure your crew that they will be able to take advantage of it – particularly if you arrive at the camp late in the day.*** A few programs such as the chuck wagon dinner, horse rides and the use of burros for equipment packing, require scheduling when the crew leader and Advisors meet with their trip planner in logistics at base camp. **TYPICALLY HORSE-BACK RIDING, BURRO PACKING, OR CHUCK WAGON PROGRAMS WILL ONLY BE GIVEN TO CREWS WITH THAT PROGRAM ON THEIR ITINERARY.**

Travel to Philmont

The Cradle of Liberty Council arranges and coordinates the contingent group travel to and from Philmont. The following brief outline should give you an idea of how this works. We are not a travel agency, but our goals are to lead a well-trained contingent to Philmont Scout Ranch, while working to help ensure the safety and security of our scouts and their belongings.

We will travel by air from Philadelphia to Denver. We usually can fly non-stop, although a plane change may be necessary. We often split the contingent for airline travel, but travel by coach bus as full contingent upon landing. We have also traditionally included two days of touring in the Colorado/New Mexico area as we travel from Denver to Philmont located in Cimarron, New Mexico. We have High Adventure Committee members designated as “contingent leaders” who oversee and manage the trip, the touring, and the return trip. Because we are travelling as a group of well over 125, we have a number of procedures in place to ensure the safety and success of the trip. The Contingent Leaders are the traveling liaisons of the High Adventure Committee and therefore the Cradle of Liberty Council.

All scouts and leaders travel in class A uniform (Official Scout shorts and short sleeve shirt, socks, boots, contingent neckerchief or bolo, hat & backpack. No individual hats, jackets, etc).

When permitted to walk about the airport and all other public areas, scouts must be in GROUPS OF FOUR OR MORE (Philmont buddy system). This includes rest rooms, restaurants, gift shops and any other area.

Note: Punctuality and order is a constant concern with a large group – we are very strict on this. Airplanes do not wait for anyone and moving a large group quickly from place to place is very important.

Contingent day packs are given to all participants for day-to-day activity needs and as a carry-on bag. These are the only bags allowed as carry-on.

When directed by the Contingent Leaders, participants may dress in class B uniform - contingent T-shirt - and not scout short sleeve uniform shirt and neckerchief.

During the trip from Denver to Philmont Scout Ranch, we will be spending the nights in hotel room accommodations. Although participants will have full access to their packs at this time, only **necessary** equipment for the night should be unpacked. In the morning they will have to quickly pack and be prepared to depart, so they should not unpack more than absolutely necessary.

The specific itinerary changes from year to year, so a detailed letter will be sent out prior to the trip. This letter will include emergency contact information for parents and daily activity schedule.

Base Camp Procedures

Base Camp Arrival

In general, once the contingent arrives at Philmont, we stop functioning as a contingent of several crews and begin functioning independently. The contingent leaders have a few business items to address (e.g., letting the staff in the Welcome Center know we have arrived, completing paperwork at Administration, paying the bill), but from this point until we board the buses for the return trip to Denver in 2 weeks, your crew will work with your Ranger to negotiate Base Camp.

Please note that the exact process may change from year to year (see the current Guidebook to Adventure given to all participants for updated information). The basics remain unchanged. Your Ranger will guide you through the process. It is important to realize that you should remain flexible throughout the check-in process. You, your crew and your Ranger all want to hit the trail tomorrow, but some things must be dealt with first.

- ***The Welcome Center*** —The Crew Advisor and Crew Leader from each crew will check in at the Welcome Center. While this is happening, the welcome center staff will supervise the unloading of packs from the buses and the formation of pack lines just beyond the welcome center. You will meet your Ranger here and receive your Trail-Bound Tent City assignments for tonight.
- ***Administrative Services*** — The contingent leaders will collect rosters and certification copies prior to arrival at base camp. They will use these items to check in the entire contingent at once at the administrative offices. Advisors can order extra copies of your crew photo at check-in time (everyone gets a "free" copy.) Don't forget to get your lunch ticket (if needed) for the final day in base camp.

Your Ranger will generally guide you through the following procedures (in no particular order) between Monday arrival and the time you hit the trail on Tuesday.

- ***Crew Photos*** — Every crew has its photo taken. This photo will be a valued souvenir of your trek for years to come, but also serves as your ID photos in case Philmont has to send out its search and rescue (PhilSAR) to look for you or any members of your crew. The Photo area (at the far end of tent city) closes daily at about 11:30 AM.
- ***Trail-Bound Tent City*** — You will be assigned wall tents, 2 to a tent. Stow your gear here as soon as you can. Always keep valuables out of sight and your tent flaps secured. Storms can pop up in seconds.
- ***Logistics*** — Lead Advisor and Crew Leader will confirm your itinerary. They'll check the water board for the latest information about water sources along your route, find out about trail conditions, reserve your time slots for various back country activities (e.g., horseback riding, rock climbing, pack mules). If you return to Base Camp by bus, they will also receive your pick-up time — don't be late!!
- ***Post Office*** — Pick up stoves and fuel bottle your crew shipped ahead of time, along with mail for participants that may have arrived. The Contingent Leaders will discuss stove shipment in spring of your departure year.
- ***Quartermaster and Food Services*** — Check out Philmont equipment for back country (cook sets, utensils, dining fly, tents, water purification tablets, sump frisbee, "yum-yum" bags, bear bags, bear bag rope, food for your first several days on the trail). If you are using Philmont's tents (PhilTents), they are free-standing and require 6-8 tent pegs —which your crew provides; the dining fly (PhilFly) requires about 10 tent pegs which your crew provides. If you are using Philmont's tents and fly, plan on each crew member bringing about 5 tent pegs for use on the tents and fly. The crew will also need to purchase fuel for your stoves as they were shipped empty.
- ***Medical Re-Check*** — Each crew member will meet with a member of Philmont's medical staff to review your medical form, check your height, weight and blood pressure. Philmont is serious about this. If your weight exceeds the guidelines for your height (i.e., if you are too short for your weight), you will be sent home. Participants 21 years or older who are over their maximum acceptable weight will be sent home at their expense. Participants under 21

years old who are up to 20 lbs over their maximum acceptable weight should discuss a POSSIBLE exception with Philmont physicians PRIOR to arrival. No participant over 295 lbs is allowed on the trail. No participant over 200 lbs may ride horses. If your blood pressure is too high — over 150/95 — you will be kept off the trail until it drops to an acceptable level, or sent home if it does not drop. The medical staff becomes concerned if your blood pressure is over 135/85. Bring your medications to Medical Re-Check. Those using inhalers should bring new inhalers (i.e., still sealed in the original container) -- Philmont wants to be certain that you have enough medication for two weeks with you.

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.

Height (inches)	Recommended Weight (lbs)	Allowable Exception	Maximum Acceptable
60	97 - 138	139-166	166
61	101-143	144-172	172
62	104-148	149-178	178
63	107-152	153-183	183
64	111-157	158-189	189
65	114-162	163-195	195
66	118-167	168-201	201
67	121-172	173-207	207
68	125-178	179-214	214
69	129-185	186-220	220

Height (inches)	Recommended Weight (lbs)	Allowable Exception	Maximum Acceptable
70	132-188	189-226	226
71	136-194	195-233	233
72	140-199	200-239	239
73	144-205	206-246	246
74	148-210	211-252	252
75	152-216	217-260	260
76	156-222	223-267	267
77	160-228	229-274	274
78	164-234	235-281	281
79 & over	170-240	241-295	295

- **Shake-Down** — Your Ranger will have the entire crew go through everything you intend to bring on the trail. This is a time to decide what to leave in the locker, what can be shared (tooth paste, soap, flashlights, pocketknives, maps, compasses) and what cannot (sleeping bags, boots). Your Ranger will have ideas and suggestions about which items you may want to leave behind. Listen to your Ranger's suggestions, but use good judgment based on your training hikes.
- **Meet with Contingent Leaders** – Advisors pick up final items (such as money for return breakfast at airport) from Contingent leaders immediately following dinner Monday night.

Your Ranger will tell your crew leader and advisors about these things that need to be done, but your crew will generally be on your own to accomplish them.

- **Advisors' Meeting** — A 30-minute meeting with all advisors. Some important health and safety reminders. Good information about the Chaplains and how they can be of assistance in the back country.
- **Crew Leaders' Meeting** — Similar to the Crew Advisor's meeting, but with a focus on the boy leader's responsibilities in the back country.
- **Meals** — You will have Lunch and Dinner in the Dining Hall on Monday, Breakfast (and Lunch, depending upon when you hit the trail) on Tuesday. Your crew should be in "Class A" — our travel uniform - for Monday dinner. After that, you are on your own. Please be in "Class A" for Dinner on Friday (after returning from the trail).
- **Worship** — Base Camp shuts down from 7 PM to 8 PM daily for Worship. There are daily Jewish, Catholic, Protestant and LDS worship services at that time. The twelfth point of the Scout Law is "A Scout is Reverent." All members of the contingent are expected to attend worship on Monday and Friday evening.
- **Opening Campfire** — Starts shortly after the conclusion of evening worship. This is the story of Philmont, the people who lived here and how Philmont Scout Ranch came into being.

- **Lockers** — Each crew is assigned 1 (sometimes 2 — ask for a second if you are assigned only 1) locker in which to store items you brought to Philmont that you will not be taking into the backcountry. (Lockers are only 2x2x2 ft, so do not bring much more than you will take on the trail.) Your clean uniforms, contingent day packs, travel pack bags, etc. will be stored here. As these get VERY hot during the day, do not store anything that is heat sensitive (food, electronics at your discretion). Also, as there is no ventilation to speak of in the lockers, do not store anything wet or damp, as the aroma will be overpowering upon your return to Base Camp.
- **Check-Out from Trail-Bound Tent City** — You will have to sweep out your tents on Tuesday (usually by breakfast). These tents will be assigned to crews arriving on Tuesday. Brooms are always stored in the washhouses.
- **Laundry** — There is a coin operated laundry available. It is a good idea to wash and dry uniforms on Monday night so they will be ready for the trip home in 2 weeks.
- **Security** — An envelope for keeping cash, credit cards, ID's and the keys or combination to your locker while you are on the trail will be handed in here. (Wallets and larger items will be kept in a storage locker (or 2) while you are on the trail.)
- **Starting Your Trek** — Your Ranger will arrange for a departure time on Tuesday. Arrive about 30 minutes early; there are always last minute details the crew has forgotten (such as filling water bottles). Treks depart by bus from the Welcome Center. Follow your Ranger's directions about loading the packs on the bus —they have done this more than a few times and have a clear idea of what needs to be done.

Base Camp Return

You will get back to Base Camp on Friday one of two ways: you will hike in or you will be bussed in. Either way, once you arrive in Base Camp, there will be a number of things your crew must accomplish. Prior to hitting the trail, the lead advisor will receive a checklist of things to do once you return to Base Camp — they should keep this in a safe place readily accessible upon your return. It is ESSENTIAL to complete all of your business with General Services (QM), Administrative Services and the PostOffice prior to 5 PM on Friday. You will not be able to do any of this on Saturday, as we will be leaving before any offices open that day!

- **Check-In at Welcome Center** — This lets Philmont know that you are back in camp. You will get your Home-Bound Tent City tent assignments.
- **General Services** — Crew will return all Philmont gear, CLEAN and DRY. They will pay for any missing or broken items. Any unused fuel from your stoves will need to be returned prior to shipping home.
- **Lockers** — Get your stowed gear. You may have to go here before returning gear if you stored portions of your cook set while on the trail.
- **Showers** — Need I say more?
- **Administrative Services** — Return your wildlife survey, collect your crew photos and Arrowhead patches
- **Security** — Collect your valuables, check Lost and Found for any items your crew may have lost in the backcountry.
- **Post Office** — Wash, rinse and take your fuel bottles and stoves to the post office for airing out and shipping home. Pick up any Crew mail.

- **Dinner** — Optional, many crews head into Cimarron for "real food" to celebrate the completion of their trek. Philmont has a shuttle bus between Base Camp and downtown Cimarron (for about \$5 each) — check schedule at Welcome Center.
- **Worship** — All should attend.
- **Closing Campfire** — A great celebration of your adventure.
- **Check-Out from Home-Bound Tent City** — Sweep out your tents prior to checking out at the Welcome Center.

As our flights home usually leave in the early morning from Denver (roughly 3.5 to 4 hours north of Cimarron, we will be departing Philmont early. Sometimes this means about 3 AM. Be prepared!)

The Philmont Ranger

- Provides on-site training/gear shakedown
 - Will train the crew in:
 - Proper safety procedures such as bear bag procedures, stove usage procedures, tenting procedures, etc.
 - Proper cooking and clean-up procedures
 - Proper use of toilet facilities in backcountry
 - Ranger will schedule a "gear shakedown" to go over both personal and crew gear and recommend that certain gear go or not go on trail.
 - Will walk with crew through base camp processing
 - Rangers are pre-assigned to crews and will meet immediately with crews upon registration at the Welcome Pavilion upon arrival at Philmont.
 - Rangers will work with and through Crew Leaders. The Crew Advisor is to accompany the Ranger and the Crew Leader through the processing but is to let the Crew Leader try to lead as much as possible
- Your Ranger will hike with the crew for two days and leave on the morning of the third day.
- Is the Ranger a god?
 - As it pertains to safety procedures, the Ranger is a deity. The Ranger has been instructed by Philmont to ensure that Scouts and Adult leaders understand the necessity of properly following safety procedures while at Philmont. Some Rangers by their physical presence will easily command respect and adherence to these procedures. In other cases, Adult Crew Advisors should ensure through the Crew Leader that the crew provides the Ranger with proper respect and the Ranger's message gets across to the crew.
 - As it relates to non-safety related procedures such as cooking, please discuss these with your Ranger and decide whether to follow his/her recommendations or not.
 - Advisors and Crew Leader should not publicly argue with a Philmont Ranger in front of crew.
- The intent of our training is, hopefully, to mirror the instruction that you will receive from your Philmont Ranger.

Individual Gear Needs

Although Cradle of Liberty Council and Philmont Scout Ranch do all they can to keep the trip cost down, there are certain essential gear needs that may be above and beyond the quoted cost of the expedition. We strongly recommend borrowing and renting gear to ensure all crew members are fully prepared. Although you need not buy “top of the line” or “name-brand” gear, your equipment must withstand the rigors of a 10 day expedition and constant use.

This guide should be used to assist scouts and leaders with choosing the proper gear for Philmont, however training and practice is REQUIRED to properly make decisions on gear. Review the “Philmont Guidebook to Adventure” and other resources throughout the Philmont website.

Packs

A sturdy pack and frame are essential for backpacking at Philmont. All of your personal gear, plus your share of food and crew equipment, must fit inside your pack. Although a good pack and frame may be expensive, cheap models tend to tear at the seams and crack at the welded joints. If you already own a pack and frame, be certain there are no cracks in the welded joints or unraveling seams on your pack. Sometimes a 30 year old pack is just as capable as a brand new one, but be sure to use your practice hikes and detailed inspection as gauges of this.

A padded hip strap is essential for your pack. A hip strap allows you to take the weight from your shoulders and put it on your hips, which can support more weight than your shoulders. Often a hip belt can be replaced/upgraded for a better and more comfortable fit. Check with a local reputable source (such as EMS or REI) for recommendations.

To keep your pack dry at night and while hiking in the rain, a nylon cover is recommended.

All items in your pack should be neatly organized and packed in plastic bags. Additional bags may be used to carry small packages of food or to organize miscellaneous items. A base weight (prior to food) of 20-25 lbs is preferred. A fully loaded pack should generally be 25-30% of your body weight.

If you do not have a good pack and frame with padded hip strap, or do not expect to use them after your trek, you are encouraged to rent a pack at Philmont for about \$18.

Boots

- Boots are one of the most important investments that you will make for Philmont; consider these factors:
 - **Comfort.** Pick a brand that best fits your foot. Try boots on with two pairs of socks (liner and hiker) or a pair of thick hiking socks. Boots should feel snug but not restrict circulation. Remember to account for growth in a scout's foot over the coming months. Thin nylon or polyester liner socks should be worn under hiking socks to wick moisture and prevent blisters. Never use cotton socks. Don't be afraid to try on boots built for the opposite sex if necessary to get a comfortable fit.
 - **Foot and ankle support.** Philmont hiking will involve rugged and rigorous hiking, so it is imperative to select a boot that provides sufficient foot and ankle support. To see if a boot provides adequate support, try bending the top of the boot sideways and if it bends easily, it does not provide adequate support. As many boots do not come with a high quality insole, we recommend spending a few extra dollars for an insole that best supports the arch and foot bed.
 - **Weight.** Although a heavy boot may appear to have better support, those extra pounds will be very obvious after many trail miles. On the other hand, a boot that is too light may not have the rigidity necessary to provide your feet with the required support for heavy backpacking.
 - **Durability.** Look for boots that are sturdy and well-made. Leather boots tend to outlast other types of boots, however Cordura and other new materials also have a proven track-record. Very often leather boots can be re-soled for continuing use. Comfort should be of higher concern than any one specific material.

- **Sole qualities and tread.** Soles are too soft if you can press in the sole with your thumb or twist the soles. Look for boots that have a hard plastic or steel shank in sole of the boot to provide support for your foot.
- **Waterproof.** Select waterproof fabric boots or leather boots that can be waterproofed with Sno-seal, beeswax, or other waterproofing solutions. If a non-waterproof fabric boot provides the best fit, a Gore-Tex sock insert can be bought.
- **Recommend strongly that boots be purchased from reputable outdoor gear supply stores like REI, EMS, Cabela's, etc.**
- Although online retailers can be a great bargain, we STRONGLY RECOMMEND trying boots on in a store setting before purchasing online. A proper fit is key and not every manufacturer's size chart will match up.
- Always break boots in before going on an extended hike (this means walking and hiking on various terrain prior to your trek). Gore-Tex fabric boots tend to break in quicker than leather boots.

Take care of boots. Boots should be cleaned after use and waterproofed (if applicable) periodically.

Rain Gear

To be comfortable and dry during rain, a good quality rain suit (jacket and pants) is essential. A lightweight, "packable" style works best. Inexpensive vinyl rain suits or ponchos will not hold up under extended use. A PONCHO IS NOT ADEQUATE, nor will your Ranger allow you to take it on the trail.

Sleeping Bags

Your sleeping bag should be warm (suitable for temperatures down to 25 degrees) but not bulky or heavy (mummy-style bags work best). If your sleeping bag may not be warm enough, long underwear and a stocking cap will increase your comfort on cold nights. When your sleeping bag is packed, it should be no more than 20 inches long and 10 inches in diameter, and it should weigh five pounds or less. Use a waterproof sack to store your sleeping bag and line the sack with a heavy-duty (4 to 6 mil) plastic bag safely secured to keep your sleeping bag dry even in wet weather. Always stuff your sleeping bag (rather than roll) to ensure no cold spots are created.

Other Gear

Be prepared for extremes of weather at Philmont. Afternoon temperatures in low valleys can be 100 degrees or more, and night temperatures high in the mountains may be cold enough to freeze a thin crust of ice on water. Philmont can be dry as a desert and then a sudden downpour will soak everything. Prolonged periods of rain lasting several days occur frequently. Fortunately, New Mexico's low humidity allows wet clothing and gear to dry quickly after the rain stops. Rain occurs most frequently in the afternoon and may last an hour, all night, or several days.

Small hail or sleet often accompanies rain. Snow is possible, even during the summer. Weather conditions vary from one area of the ranch to another depending upon elevation, terrain, and irregular weather patterns. You should be prepared for all of these weather conditions.

Clothing

During cold periods, it is especially important to stay dry because wet clothing loses much of its insulating value (90 percent or more). Several light layers of clothing are better than one heavy layer since air trapped between layers of clothing provides a high degree of insulation. Keep in mind that wool and polypropylene insulate when wet. Down and cotton lose most insulating value when wet. Cotton layers such as sweatshirts and sweatpants drain body heat when wet and dry very slowly.

Long pants are recommended for cold nights and are required for horseback riding, pole climbing at logging camps, conservation projects and possibly other activities. Shorts and short-sleeved shirts will generally be sufficient during the day; however, a sweater or warm jacket is necessary for cold mornings and evenings and frequent downpours of rain or hail.

When deciding what equipment to bring to Philmont, always consider each item's usefulness, durability, weight, and bulk. It's always best to travel light and carry multi-function items. i.e. A rain-jacket can be used to stay warmer on cold mornings/nights. Remember that you are only packing for 10 days on the trail. It has been said that "An ounce in the morning is a pound at night."

Items Prohibited

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

Review the packing list included in the "Philmont Guidebook to Adventure" for more helpful tips and information. Be aware that this list is all-inclusive and includes many items that may or may not be necessary for you as an individual. Practice hikes are the best way to determine your style and needs, however Philmont hiking operations are NOT the same as troop based trips on the east coast.

Crew Gear Needs

This guide should be used to assist scouts and leaders with choosing the proper gear for Philmont, however training and practice is REQUIRED to properly make decisions on gear. Review the "Philmont Guidebook to Adventure" and other resources throughout the Philmont website.

Stoves

Fires are not always permitted in the backcountry at Philmont (National Forest Service makes final call). All crew cooking will be done on backpacking stoves. A variety of quality stoves are available. Be certain that every member of the crew is familiar with stove procedures, maintenance and stove safety.

Philmont sells stoves at the trading post, The Tooth of Time Traders, but don't rely upon the trading post for your stoves unless an emergency replacement.

Fuel is available at base camp and at the back country commissaries. The MSR Dragonfly and MSR WhisperLite stoves (among others) use white gas, which is readily available in the backcountry. Please contact Philmont directly if you're unsure if your fuel will be available.

Other types of stoves requiring isobutane fuel canisters (i.e. Gaz stoves) work well. Fuel for many (but not all) of these stoves may be available in the backcountry but all empty canisters must be packed out. Isobutane is not as effective at high altitude. Check with Philmont directly if you plan to use these stoves.

Small personal stoves (such as Jetboil) are not sufficient for patrol method cooking and are generally not stable enough for the pot size needed for your crew cooking needs. Biofuel stoves are not permitted for use at Philmont due to the desert climate in many areas.

Plan to ship your stoves and empty, dry fuel bottles to Philmont via UPS Ground at least a week prior to our arrival. When you return to Base Camp, you will need to pack your stoves and bottles to be sent home via UPS Ground (please have prepaid shipping label). The council will provide the latest procedures for stove shipping.

Most crews bring three stoves: two for use day to day and one as a backup. (1 stove per 4 people)

Cooking Gear

Unless your crew needs coffee to jump start it in the morning, very little is needed in the way of cooking gear. The crew will need to boil water for cooking the dinner meal each day, about 12 cups of water per meal.

You can use Philmont-issued cook sets or bring your own. Two pots and lids are all you will need on the trail along with cooking utensils (large spoons, spatulas) and clean up supplies (Camp Suds, scrubbing pads, plastic trash bags). These items will also be issued to you at base camp and can be replenished at commissary locations. Your crew may decide to bring their own cookware, but most crews find the Philmont issued supplies sufficient.

*If you use Philmont's cookware, you will be able to choose the proper pieces for your crew (based on number of crew members). Your main cooking pot must be 8 qt size no matter how many crew members you have. This allows washing of dishes in the pot.

Philmont Supplied vs. Crew Supplied

Tents

Tents must be carried and used while at Philmont (no hammocks or “under the stars” allowed). Sudden downpours and gusty winds require appropriate shelter. Every member of your crew should know how to pitch, strike and fold a backpacking tent. Philmont has begun issuing a new free-standing tent designed in conjunction with MSR and Cascade Design. (Footprint 5.5x7.5 ft, approximate weight 5 lbs 13 oz) If you bring your own tent it must be a 2 person tent. The High Adventure Committee has a sample of Philmont supplied gear available during their training sessions. Philmont will allow a single person tent in the event of an odd numbered crew (preferably advisor or crew leader sleeps alone). **NO BIVEY SACKS ALLOWED.**

A 6x8 ft nylon, plastic or Tyvek ground cloth should be used under your Philmont tent. Tent mates can share the tent pieces to spread the weight. No food or smellables are ever allowed in tents (including practice hikes at home).

We strongly recommend using the Philmont supplied tents for multiple reasons:

- If something breaks in the backcountry, spare parts are easily available at staff camps or commissaries.
- Wear and tear is placed on the Philmont gear, rather than personal.
- Less gear must be checked on the plane and carried through the travel days.

Cook Sets

Your crew may decide to bring their own cookware, but most crews find the Philmont issued items sufficient (and it reduces wear and tear on personal gear). All participants will need an individual bowl, spoon and cup.

Dining Fly

All crews must carry a backpacking dining fly for shelter in poor weather and emergency situations. Philmont issues a nylon 12x12 ft dining fly (about 4 lbs) and 2 collapsible poles (about 1.5 lbs). Many crews choose to use the Philmont fly and two personal hiking sticks from a crew member. Most crews find the issued dining fly sufficient; however you may choose to bring your own. Please be sure to practice with any/all crew gear you plan to bring (Rangers are familiar with all Philmont gear, but may not know how your personal gear works).

Philmont Procedures

Bear Bag Procedures

- Bear bags are used to hold any food or smellable item that the crew has, e.g food packs, toiletries, film, garbage, water bottles that have ever been filled with anything other than water, clothing that has incurred spills, medicine, duct tape, etc. (The list gets longer each year, depending upon the experiences of the previous season.) Each crew member should have a "ditty bag" for personal items.
- Bears are a serious concern at Philmont with a few, scattered attacks over the years.
- Bear bags must be hung at all times except when retrieving food or smellable items or hiking.
- Bear bag cables are provided in each camping area and cables are generally shared by multiple campsites (except in the Valle Vidal region, where most sites do not have cables and require special procedures).
- Two lines are to be used to hoist and hold bear bags with each line tied off to a different tree to ensure that if a bear manages to cut one line, the bear bag will still stay aloft.
- A separate "last minute bag" (oops bag) which can be hoisted and lowered independently of any bear bags for any items that need to go up in the bear bag at the last minute will also be hung.
- Water bottles should be kept underneath the dining fly tarp or in the fire ring as bears have started recognizing water bottles as smellables and possible food sources. Your ranger will fill you in more on this procedure.
- In case you were hoping to save a bit of weight by using high-tech cording, only Philmont issued bear ropes are allowed in to be used in the back country.
- **NOT FOLLOWING BEAR BAG PROCEDURES MAY GET A CREW THROWN OUT OF PHILMONT. IN STAFFED CAMPS, THERE ARE BEAR BAG PATROLS THAT WILL COME INTO CAMPSITES OVERNIGHT AND ENSURE THAT ALL FOOD AND SMELLABLES HAVE BEEN APPROPRIATELY PUT UP IN BEAR BAGS. THEY HAVE NO PROBLEM WAKING A CREW AT 3 AM TO HAVE THEM FIX A PROBLEM.**

Cooking Outline

- Preparation
 - Cooks rinse hands at sump, with minimal water.
 - Cooks sanitize hands with hand sanitizer.
 - Work over empty bear bag
 - NO 2-Piece trash!!
- Pre-Cooking
 - Read instructions on food packages
 - Pour required water into cook pot
 - Estimate water a bit short
 - You can always add more later
 - Start stoves
 - Can put metal spoon in water to speed up boiling
 - While boiling the water, empty contents of food packs in the second pot
 - TURKEY BAG COOKING METHODS ARE NOT ALLOWED AT PHILMONT
- Sanitize mess kits
 - Gather personal bowls, drinking cups, personal spoons and serving spoon
 - Sanitize items in boiling water for 3 seconds
 - Set aside to air dry while cooking
- Cooking
 - Follow directions on package, these will vary from meal to meal
 - Add boiling water to the food pot and allow to rehydrate for the required time
 - Serve everything possible from cooking pot, scrape it clean
 - Practice "one-pot-meal" method to avoid extra dishes and use of additional gas
- Clean-up
 - Sump your own dish
 - Scrape off and eat all large pieces of food
 - Lick bowl clean, if possible
 - Add small amount of water to bowl
 - Use spoon to clean any food stuck to bowl
 - Drink water and food debris
 - Repeat as necessary, until bowl is clean
 - Boil cleanup water in the clean pot, then pour half that water in the dirty pot
 - Add 2 drops of Camp Suds to cooking pot
 - Wash all items
 - Rinse in clean pot
 - Let dishes dry at sump
- Disposal of wash and rinse water at sump
 - Pour wash water into sump through sump Frisbee
 - Scrape any food particles on Frisbee into "yum-yum" bag
 - Sump spatula may be used to "push" water through sump screen
 - Pour "clean" rinse water into wash (cooking) pot
 - Empty wash (cooking) pot into sump, rotating to rinse all surfaces
 - Sprinkle a bit of water over sump screen
 - Scrape any bit of food on sump screen into "yum-yum" bag
 - Tap edge of sump with sump spatula to break up any water droplets remaining on screen
- Now is the time and place to brush teeth – do it at the sump after the dishes are cleaned up

Appendix A: 2016 First Aid Training Requirements for Philmont Crews

FROM PHILMONT SCOUT RANCH "COUNCIL AND UNIT PLANNING GUIDE"

BOY SCOUTS OF AMERICA

Philmont requires that at least **two people**, preferably more, (either Advisor or 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 Safety Council – www.nsc.org
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 and Emergency and Safety Institute (ECI) have national agreements, the primary goal of which is to help councils become self-sufficient teaching First Aid Courses. Wilderness First Aid is specified in these agreements. Visit with your council service center for more information about the implementation of the agreements that are working in your council.

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/Ski Patrol; EMT Basic, Advanced, or Paramedic; Military Corpsman, Medic or Equivalent Medical Training; Registered Nurse; Licensed Nurse Practitioner; Licensed Physician's Assistant; Licensed Physician, MD or DO

Appendix B: Training Hike Opportunities Close to Home

“Training in the field is the best training.”

These few training hike suggestions are provided to help you and your crew develop skills to make your Philmont trip the best possible and develop successful crew leaders and improve teamwork. They are not meant to provide individuals going to Philmont with adequate physical training and conditioning. A list of day hikes for additional physical conditioning is listed at the end of this section.

Training Hike Goals

- Develop Crew Leaders
- Gain an appreciation of the physical demands of backpacking
- Practice packing and carrying full-size packs
- Learn and practice quick and efficient camp setup/tear-down
- Practice logistics, trail planning and map/compass navigation
- Practice cooking and cleanup
- Practice leave no trace principles
- Develop better personal care on the trail – health, hygiene
- Develop strong crew ties
- Test and practice crew and personal gear use
- Have fun and enjoy the great trails in the region!

The most successful crews tend to have more serious backpacking practice hikes under their belts. Weekend long (one or two nights of camping) with short hikes on Friday evening and/or Sunday and day long hike on Saturday work well. Make attendance mandatory on three or more of these hikes. This will help the crew begin to jell and develop/practice critical outdoor skills. You do not learn this stuff in a classroom or from a book, only by practice.

Physical Conditioning

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

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

Overnight Hikes

1. **Resica Falls** – There are a multitude of hikes that can be planned on the Resica Falls Scout Reservation. One can stay on the reservation or venture north onto the Thunder Swamp Trail System: http://www.dcnr.state.pa.us/ucmprd1/groups/public/documents/document/dcnr_002044.pdf. One suggested hike starts at the main parking lot on Friday evening, hike up Pine Mountain and set up camp on the shores of Lake Roger. Saturday's hike heads around the lake, following the White, Silver, and Red Trails to Lookout Point; then hiking out to Route 402 following the yellow trail to Signal Mountain – for lunch; finally the yellow and orange trails up to Lake Ann and camping near the Firestone Explorer base on Saturday night. Return to the main parking lot on Sunday morning.

Notes: Requires the boys to use map and compass and route planning vs. hikes along the Appalachian Trail (AT) which is very well blazed and can be easily followed. Water can easily be procured from the many spigots as you pass by Big Springs, the Ranger House or up at Firestone (these sources are limited in cold months). In temperate months swimming is available at Cool Dip, Fossil Rock or Little Falls (follow Safe Swim Defense). Car logistics for this loop hike means staging vehicles is not needed. Backup is nearby in the event of emergency. Good topographic maps can be purchased at the camp store or obtained from the High Adventure Committee.

2. **PA Appalachian Trail Sections** – Very near home. The map published by the Keystone Trails Association titled “Sections 1-6 – Delaware Water Gap to Swatara Gap” is excellent, giving elevation profiles, spring locations, parking lots and good mileage charts. Camping at designated campsites or previously used rustic sites is plentiful.

Section 1 - Delaware Water Gap to Wind Gap; approx 15.8 miles– in either direction this one starts with a decent Friday night climb.

Section 3 – Follows ridge above turnpike tunnel. Approx 13.2 miles. Very easy to reach by car. One end is at Route 309, the other in Lehigh Gap near I-476. Highlights include Knife Edge and Bake Oven Knob. New Tripoli campsite is easy to find on a Friday evening from the South (Route 309) end.

Section 4 – A bit longer (26.7 miles), but easily truncated and several loop options in the vicinity of the Pinnacle, the Pulpit promontories, and Hawk Mountain. Some special parking and camping regulations around Hawk Mountain and the Hamburg Reservoir. *Bonus events on Sunday morning can be a visit to nearby Cabela’s and Cracker Barrel.*

Section 5 – 14.4 miles, easily made longer by tacking on some loop hikes and not as well traveled as some of the other sections noted above. Termination at Port Clinton (S to N route) has the same Sunday dividend benefits (Cabela’s/Cracker Barrel) noted above.

Notes: Greater satisfaction for the boys is often realized by doing a “point to point”, i.e. completing a section in one direction. Logistical ideas: (1) stage a car at the terminus, drivers can be ferried back to the beginning; (2) work with another crew, drive the other crew’s cars up on Friday, crews hike in opposing directions, drive your own car home; (3) have parents drop you off Friday night and have others pick you up on Sunday (drivers on Sunday are then not exhausted from the hike, you are not worried about your car parked at a trailhead, saves the hassle of staging cars, and it engages parents in the process).

3. **Pinchot Trail** - The Pinchot Trail is a 23 mile loop-type footpath in the Lackawanna State Forest. Backpack campers and hikers will find this trail on the Pocono Plateau challenging, exciting and beautiful. It offers everything from a scenic overlook of expansive forests, a path sheltered by hemlocks next to a gurgling creek, to bog areas which contain some plants not common to Pennsylvania. You can overnight along the trail and use one of the connector trails to shorten the loop. A township road cutting through the center of the system easily creates two loops, perhaps making two training hikes.

Notes: A bit further to drive. As suggested this hike can be done as a loop hike.

<http://www.dcnr.state.pa.us/forestry/recreation/hiking/stateforesttrails/pinchottrail/index.htm>

When camping in state forests in groups there are regulations that may require permits and letters of authorization. These can be obtained from the appropriate district office. A benefit of this system is that it informs the rangers that you are on the trail (in the event assistance is needed) and they can keep an eye out for your vehicle at trail heads. Information and regulations.

http://www.dcnr.state.pa.us/ucmprd1/groups/public/documents/document/dcnr_001910.pdf

4. **Delaware Water Gap National Recreation Area** – Just across the Water Gap bridge lies a network of excellent trails. Highlights of this area include Sunfish Pond, 1527’ Mt. Tammany, and Mt. Mohican (Raccoon Ridge). Raccoon Ridge presents excellent continuous views off the ridgeline down to the Delaware River to the west as well as vistas off to the east. The map set published by the New Jersey Trail Conference (www.nynjtc.org) titled “Kittatinny Trails” is an excellent resource. Camp sites and campsite regulations and trails information is available here: <http://www.nps.gov/dewa/planyourvisit/loader.cfm?csModule=security/getfile&pageid=241735>.

5. **The Loyalsock Trail** –Beautiful scenery, rugged terrain and a spectacular trail system maintained by the Alpine Club of Williamsport (<http://www.lycoming.org/alpine/>). The Loyalsock system intersects with a trail system in Worlds End State Park http://www.dcnr.state.pa.us/stateparks/parks/worldsend/worldsend_trails.aspx . The convenience of the park might allow for a Friday night camp at the State Park (at an organized group camping site) followed by two or three solid days of hiking in this rugged terrain.

Notes: As the system of trails is complex, map and compass and trip planning skills can be developed.

Day Hikes

1. **Wissahickon Valley** – Extensive network of trails can be used for map and compass skills, good trail map can be purchased here <http://www.fow.org/map.php>
2. **Valley Forge** – Ups and downs at Mt. Misery and Mt Joy.
3. **Philadelphia** – East Falls to Ben Franklin Bridge, via West River Drive, Belmont plateau, Please touch museum, the fish ladder, Museum of Art, Rodin Museum, Downtown Scout building, Comcast Center, Rittenhouse Square, City Hall, site of Ben Franklin flying the kite, Jewelers Row, Washington Square, Independence Hall, Liberty Bell, Franklin Court, and Christ Church.
4. **Spring Mountain or other ski hills**
5. **Ft. Washington Whitemarsh History Trail** - <http://ftwash-trail.org/aboutus.aspx>

“You cannot be in too good shape for Philmont – all crew members should do physical conditioning separate and apart from crew training hikes.”

On Line Resources:

1. http://rohland.homedns.org/at/state/state_menu/at_state_menu.aspx?id=1
2. <http://www.nps.gov/appa/index.htm>
3. http://www.backpacker.com/june_09_rip_go_pennsylvanias_appalachian_trail_from_wind_gap_to_delaware_water_gap/destinations/13162
4. <http://www.explorepatrails.com/>
5. <http://www.satc-hike.org/paoutdoors.html>

Books:

1. Backpacking Pennsylvania: 37 Great Hikes (by Jeff Mitchell)
2. 50 Hikes in Eastern Pennsylvania: From the Mason-Dixon Line to the Poconos and North Mountain (by Tom Thwaites)