

## Philmont 2011 info

### Dates for flights in and out of Atlanta (Jun 14 – Jun 26, 2011). Est. cost \$1325.



Permission slips (2) are needed for each youth. Read and understand the Troop high adventure policy and standard. Other forms will be needed as we get closer to the trip.

New 2011 **PHILMONT** Class III physicals (less than 12 months old) have to be provided for everyone. Schedule physicals for Jan – April and **must** use the form we provide and a copy of health insurance card will be needed (form will be provided in December).

Special gear; pack list is provided but recommend shoes and other clothes wait for spring purchase due to potential teenage growth spurts (but need to be broken in correctly).  
*Proper broken in hiking boots most critical item.*

Training consists of some merit badges, CPR, first aid, climb on safely and backpacking shakeouts. All are expected to participate. Personal exercise routines will be required. 30# pack (weigh it) to train with.

*"50 miles of overnight backpacking expected to be completed in preparation by each scout."*

*Current schedule for training hikes are Nov 13-14 for 12 miles, Feb 12-13 for 13-15 miles and Apr 2-5 for over 26 miles.*

Uniforms are to be worn for all travel portions (no exceptions).

Special dietary and medical items need to be identified early and validated so not in conflict with trip to allow success for all.

Fund raising activities (Popcorn, Flowers (?), Christmas Trees, Car Wash (?), others as announced)

#### Key tentative dates

9/24/10 account total must be at \$250 (\$250 non refundable but transferrable).

9/16/09 adult leader training at SSC.

11/13-14/10 participate in crew backpacking

12/1/10 account total must be at \$500.

1/25/11 adult leader training

2/1/11 account total must be at \$750.

2/?/11 participate in first aid and CPR safety training

2/12-13/11 participate crew Pine MT hike training.

2/22/11 adult leader training

3/1/11 account must be at \$1025.

4/2-5/11 Participate crew AT hike training.

4/30/11 adult leader training

5/1/11 final payments due - total in high adventure account \$1325.

5/?/11 participate on hike prep and training & complete all merit badges

5/1/11 all physicals must be turned in with copy of insurance card.

6/14/11 flight departure and arrive at Philmont, NM.

6/26/11 depart Philmont and flight home.

Next meeting with parents TBD.

**RISK ADVISORY - PHILMONT SCOUT RANCH**

Philmont has an excellent health and safety record with over 880,000 adults and young people having attended since 1938. Philmont strives to minimize risks to participants and advisors by emphasizing proper safety precautions. Most participants in Philmont programs do not experience injuries because they are prepared, are conscious of risks, and take safety precautions. If you decide to attend Philmont, you should be physically fit, have proper clothing and equipment, be willing to follow instructions and work as a team with your crew and take responsibility for your own health and safety. For further information please thoroughly read the *Guidebook to Adventure*. Like other wilderness areas, Philmont is not risk free and you should be prepared to listen to safety instructions carefully, follow directions and take appropriate steps to safeguard yourself and others.

Parents, guardians and potential participants in Philmont programs are advised that journeying to and from Philmont, and one's stay at Philmont, can involve exposure to accident, illness, and/or injury associated with a high elevation, physically demanding, high adventure program in a remote mountainous area. Campers may be exposed to occasional severe weather conditions such as lightning, hail, flash floods and heat. Other potential problems include: injuries from tripping and falling, motor vehicle accidents, worsening of underlying medical conditions such as diabetes or asthma, heart attacks, heat exhaustion and falls from horses.

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 refer to the *Guidebook to Adventure*, speak with previous Philmont participants, or call Philmont for further information concerning risks and measures which can be taken to avoid accidents. Philmont has staff trained in first aid, CPR and accident prevention, and is prepared to assist in recognizing, reacting, and responding to accidents, injuries and illnesses. Each crew is also required to have at least one member trained in wilderness first aid and CPR. Medical and search and rescue services are provided by Philmont in response to an accident or emergency. However, response times can be affected by location, weather or other emergencies and could be delayed six (6) or more hours.

**PHILMONT WEIGHT LIMITS FOR BACKPACKING AND HIKING**

Each participant in a Philmont trek must not exceed the maximum acceptable limit in the weight for height 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. Those who fall within the limits are more likely to have an enjoyable trek and avoid incurring health risks. Every Philmont trek involves hiking with a 35-50 lb. backpack between 6,500 and 12,500 ft. elevations. Philmont recommends that participants carry a pack weighing no more than 25-30% of their body weight.

**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.** For example, a person 70 inches tall cannot weigh more than 226 lbs. 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. Participants under 21 years of age are strongly encouraged to meet the weight limit for their height. 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, whether it is over or under.* Philmont will consider up to 20 lbs. over the maximum acceptable as stated on the chart, however, the exception will never exceed 295 lbs. Philmont's phone number is 575-376-2281.

The maximum weight for any participant in a Cavalcade Trek and for horse rides is 200 lbs. **Under no circumstances will any individual weighing more than 295 pounds be permitted to participate in backcountry programs.** This requirement is necessary because of limitations of rescue equipment and for safety of search and rescue personnel.

**Individuals who do not meet Philmont's weight for height requirements will not be allowed on the trail and will be sent home.**

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

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.



# Philmont



## 2011 Philmont Crew Member & Advisor Application

Please Print Clearly Philmont 2011 Crew # \_\_\_\_\_

Name \_\_\_\_\_ e-mail \_\_\_\_\_

Address \_\_\_\_\_ City/Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

District \_\_\_\_\_ Unit \_\_\_\_\_

Check one:

\_\_\_ Scout / Age \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Rank \_\_\_\_\_

\_\_\_ Adult / Age \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Lead Crew Advisor? \_\_\_ (Y or N)

The 2011 Atlanta Area Council, Philmont High Adventure Expedition will leave Atlanta on Tuesday, June 14, 2011 from Hartsfield-Jackson International Airport early in the AM and return to Atlanta on Sunday, June 26, 2011 in the PM. Travel information will be provided when it becomes available.

**All adult crew leaders must attend three mandatory training sessions.** Certifications: The AAC requires that 2 adult crew leaders be currently certified in CPR and Wilderness First Aid. All adult crew advisors are required to have YPT.

**Please complete this application and send to the address below. (See Important Refund Policy Note below on 2011 Fees)**

Payment Schedule - Individual. (Please make checks payable to Atlanta Area Council, BSA – Philmont 2011)

- Down payment = \$50 per person to reserve crew slot (non-refundable)
- Payment #1 = \$200 due September 24, 2010 (non-refundable)
- Payment #2 = \$250 due December 1, 2010
- Payment #3 = \$250 due February 1, 2011
- Payment #4 = \$275 due March 1, 2011
- Payment #5 = \$300 due May 1, 2011 (Important note: remaining balance due depends upon the final transportation fee)
- Total = \$1325 estimated amount due per person. Includes council air and bus transportation cost.

**Important Note:** The fee for the 2010 Philmont trip was \$1180. For 2011, Philmont has increased their fee and there remains uncertainty associated with commercial airline fuel costs and fares, therefore it is difficult to quote the exact total fee at this time. In our estimation, this 2011 fee could vary anywhere from \$1200 up to \$1350. We will keep the crew advisors apprised as these final costs are determined.

The Council reserves the right to cancel reservations from the expedition in case the expedition does not have sufficient youth or leaders registered. Fees are subject to change pending final cost of transportation and other unforeseen circumstances.

Approved: \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent/Guardian or Adult leader Signature)

*Send to: Atlanta Area Council - BSA  
Volunteer Service Center Attention: Program  
Director 1800 Circle 75 Parkway SE, Atlanta,  
GA 30339*

**Philmont youth age requirements: 14 years old by September 1, 2011**

**Fee Refund policy:**

1. \$250.00 of the fee is non-refundable (down payment & 1<sup>st</sup> payment).
2. If notice of withdrawal from the contingent is received in writing/email before February 1, 2011, a refund of fees paid in excess of the \$250.00 non-refundable portion will be granted after review by the AAC.
3. If withdrawal from the contingent occurs between February 1 and May 1, 2011, refund of fees paid will be considered by the AAC after receiving a written request stating the reason for withdrawal and review of financial commitments for the contingent.
4. **No fee refunds in any amounts will be granted after April 15, 2011.**

Participant

I fully understand the guidelines and procedures outlined in the Troop 629 High Adventure Policy Manual and hereby agree to  
 Abide by the High Adventure Policy from this day forward until the completion of the High Adventure Trip  
 To submit my initial non-refundable deposit of \$100.00 to the designated trip leader concurrently with this signed contract  
 To make subsequent monetary deposits according to the schedule of payments published by the designated trip leader  
 To submit to the designated trip leader a PHILMONT Class 3 medical form completed within 12 months prior to the end of the trip by a  
 licensed physician.  
 To participate in all schedule training activities.  
 To submit to the designated trip leader a completed Troop 629 Permission Form and other applicable forms prior to the trip, and  
 To forfeit the opportunity to participate if any element of this contract has been unfulfilled.

Participant \_\_\_\_\_  
 Parent or Guardian of Scout \_\_\_\_\_  
 Date \_\_\_\_\_

Talent Release

I hereby assign and grant to the Boy Scouts of America the right and permission to use and publish the photographs/film/video  
 tapes/electronic representations and/or sound recordings made of me this date by the Boy Scouts of America, and I hereby release the  
 Boy Scouts of America from any and all liability from such use and publication.

I hereby authorize the reproduction, sale, copyright, exhibit, broadcast, electronic storage and/or distribution of said  
 photographs/film/video tapes/electronic representations and/or sound recordings without limitation at the discretion of the Boy Scouts of  
 America and I specifically waive any right to any compensation I may have for any of the foregoing.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Photo session dates or event: \_\_\_\_\_

BSA Council/ Unit Number: \_\_\_\_\_ Atlanta Area Council/T629 \_\_\_\_\_

Signed: \_\_\_\_\_ date \_\_\_\_\_

Guardian: \_\_\_\_\_

Witness: \_\_\_\_\_

(if subject is younger than 18)

## TROOP 629, BSA PERMISSION FOR ACTIVITY

**TROOP 629, BOY SCOUTS OF AMERICA IS PLANNING AN ACTIVITY AND NEEDS A PARENT WRITTEN PERMISSION FOR THEIR SCOUT TO ATTEND. PLEASE FILL OUT THIS FORM AND RETURN WITH PAYMENT FOR ACTIVITY.**

My son \_\_\_\_\_ has my permission to participate in (fill in activity) \_\_\_\_\_. He is in good physical condition and has not had any serious illness or operation since his last health (physical) exam, except as noted below: Special conditions to monitor \_\_\_\_\_ and medications \_\_\_\_\_.

During this activity, I may be reached by: phone \_\_\_\_\_, e-mail \_\_\_\_\_, or cell phone \_\_\_\_\_. If I cannot be reached in the event of an emergency, the adult Scout Leader in charge is authorized to act on my behalf to hospitalize, secure proper anesthesia, or to order any injection(s) for my son.

*In order to expedite, in the event of any unforeseen emergency the Troop must have the following information (to be kept confidential),*

MEDICAL INSURANCE PROVIDER: \_\_\_\_\_

POLICY OR GROUP NUMBER: \_\_\_\_\_

DOCTOR NAME: \_\_\_\_\_ AND PHONE NUMBER: \_\_\_\_\_

\_\_\_\_\_. WILL PICK UP MY SON FOLLOWING ACTIVITY.

My son also has my permission to be transported to and from this activity by car, van or Mount Pisgah Church vans. I understand the driver of the vehicle will be licensed, insured, and will do all driving in accordance to the law, and will abide by the Boy Scouts of America transportation rules and regulations. My son knows the importance of a safe trip and therefore he will wear a seatbelt, sit still at all times, listen to the driver, and refrain from any unruly behavior, loud noise, unsafe objects (laser pointers, throwing objects, opening his scout knife, etc.). I also understand that my son might be eating a bag supper in the vehicle and that he will be responsible for the contents in the bag, before, during and after the trip. I understand that sometimes trips may be delayed either in departing or arriving, and I will help in any way we can to assure a positive attitude in sons and ourselves. In turn, I can expect to be informed via phone tree or car phone from our son's vehicle of any major delays or emergencies. The Scout Oath and Law are our way of life. Every Scout's behavior while on our activity is expected to reflect the Oath and Law in all ways.

Scout signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

Be sure to label all of your clothing and equipment with your name and expedition number so you can readily identify what is yours and so any of your belongings lost and found can be returned

### **YOUR PERSONAL EQUIPMENT**

Packing pack with padded hip belt  
capacity: external frame-4000 cubic inches +/-  
or internal frame-4800 cubic inches +/-  
pack cover-waterproof nylon  
6-12 1-gallon Zip Lock 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)  
*tents will be with a buddy (either brought from home or issued by Philmont)*

### **Clothing Layer A (Hiking Clothes)**

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

### **Layer B (Cool Evening)**

1 long sleeve shirt (wool or flannel)  
1 long 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 2 piece rainsuit (no ponchos)

### **Eating**

deep bowl (small, plastic)  
cup (measuring style)  
spoon  
2 or 3 one qt water bottles

### **Personal and Miscellaneous**

Small pocketknife  
matches and lighter in waterproof container  
flashlight (small with extra batteries and bulb)  
Philmont map  
compass-  
2 bandannas or handkerchiefs  
money (\$10-\$20 in small bills)  
lip balm (with SPF of 25) Chapstick  
soap, biodegradable  
tooth brush tooth paste  
small towel  
sunscreen at least 25 SPF  
sunglasses (inexpensive)  
ditty bag (for personal items in bear bag)

### **Optional**

Camera and film	whistle
watch, inexpensive	fishing equipment/licenses
rubber bands (large for packing)	foot powder
note pad and pen	

NO RADIOS, TAPE/CD PLAYERS, OR HAMMOCKS & CELLULAR TELEPHONES ARE DISCOURAGED

## Philmont Suggested Individual Packlist

Pack with a padded hip strap

Pack cover - water proof nylon (no trash bags!)

Sleeping bag in stuff sack lined with a plastic bag

Sleeping cloths (boxers and a t-shirt)

Foam Sleeping pad

Hiking Boots (well broken in!!!)

Camp Shoes (lightweight sneakers or tennis shoes)

2 pairs of heavy socks

3 pairs of light inner socks

3 pairs of underwear

2 hiking shorts (one should be zip off)

2 short sleeve shirts

1 wide brim hat

1 long sleeve shirt

1 pair long pants (zip-offs can double as a pair of shorts)

1 sweater or jacket (wool or polar fleece)

1 stocking cap

1 pair glove liners or mittens

1 sturdy rain suit (jacket AND pants)

bowl

spoon

small cup (1 cup measuring style)

3-4 1 quart water bottles (or some method of carrying 3-4 quarts of w

flashlight (small with extra batteries and bulb)

2 bandannas or handkerchiefs

money (\$10-\$20 in small bills)

lip balm

soap, biodegradable

toothbrush/toothpaste

small towel

sunglasses

ditty bag for items in the bear bag

small amount of mole skin and duct tape

*tents will be with a buddy (either brought from home or issued by Philmont)*

## Optional

camera and film

whistle

watch

fishing equipment / licenses

postcards and stamps

note pad and pen

SMALL pocket knife

daypack for side hikes

1 pair insulated underwear

small pillow

light chair (or a 3ft x 3ft square of plastic to sit on)

## Crew Gear to bring:

\_ 3 compasses

\_ 1 Philmont wall map

\_ 1 Set of Philmont section maps

\_ matches or lighters

\_ sunscreen

\_ foot powder

\_ stakes for rainfly (8)

\_ stakes for phil-tents (14 each)

\_ rope for rainfly (30ft 1/8th inch)

\_ other extra rope (50ft 1/8th inch)

\_ water carrying bags (5 Gal total)

\_ 2 stoves

\_ fuel for stoves. (must be able to cook 4-6 meals without refill)

\_ large locking carbineer for bear bags

\_ First Aid Kit (individuals do not need first aid kits!)

\_ Water Pumps (optional, Polar Pure is issued and you must take it)

## issued crew gear

Pots and pans

Dining fly