

# TRAIL MARKERS

## 2024 PHILMONT TREK TIPS

### SHIP 1610

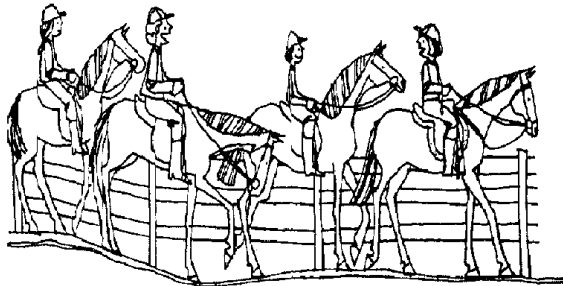
#### NEWS

Congratulations! We have reserved two crews and paid the deposit. Two crews provide an opportunity for 24 participants. So far we have 7 adults and 9 youth (under 21). There is room for 8 more participants.

#### PROGRAM

Each issue of this newsletter will highlight a program offered at a staffed camp. This information may help you with itinerary selection in January 2024.

#### Horse Rides



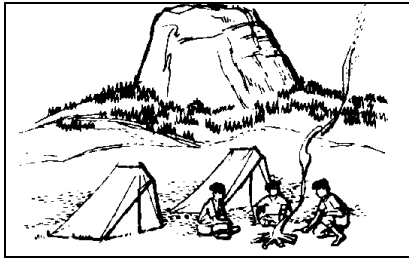
Philmont owns and maintains a remuda of 300 western horses with strings located at Beaubien, Clarks Fork, and Ponil. All three camps offer exhilarating mountain horse rides at times noted on crew itinerary. Be prompt for your scheduled ride. Reservations are made at Logistics on a first-come, first-served basis upon arrival at Philmont. Philmont wranglers are

courteous but strict. They make certain everyone stays in line and maintains the pace to avoid endangering members of your crew. Even skilled riders cannot be permitted to ride at a different pace or away from the group. Please cooperate with the wranglers by following instructions for a safe and enjoyable ride. For your personal safety you will wear a helmet, which will be provided. Ponchos and maps should not be taken since they may frighten the horses. Wear long trousers on your horse ride to protect your legs. Closed toe shoes are required to protect your feet. Persons weighing over 200 pounds will not be permitted to ride.

#### PHYSICAL READINESS

#### Risk Advisories

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



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There are special requirements for participants that have any of the following health conditions:

- COVID-19
- Hypertension
- Seizures & Epilepsy
- Diabetes
- Asthma
- Allergies & Anaphylaxis
- Chronic Medical Conditions
- Musculoskeletal Injuries
- Orthopedic Surgery
- Sleep Apnea
- Psychiatric and Mood Disorders

For more information about Philmont health advisories, visit this website:

<https://www.philmontscoutranch.org/philmonttreks/healthform/>

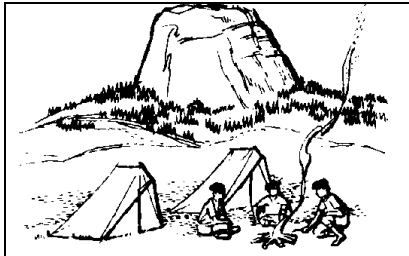
There are height-weight restrictions for participants. The table below describes the ideal weight ranges and the maximum weights.

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

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

Each participant will need a BSA Annual Health and Medical Form, Parts A, B, and C. The form must be completed no more than 12 months before participation at Philmont; that means it must be no older than July 2023. More details about these forms will come shortly.

The following immunizations are required: DTap (Tdap), MMR, Varcella (chicken pox), and polio. For medical or religious reasons, Immunization Exemption Request forms can be downloaded from this website: <https://filestore.scouting.org/filestore/pdf/680-451.pdf>



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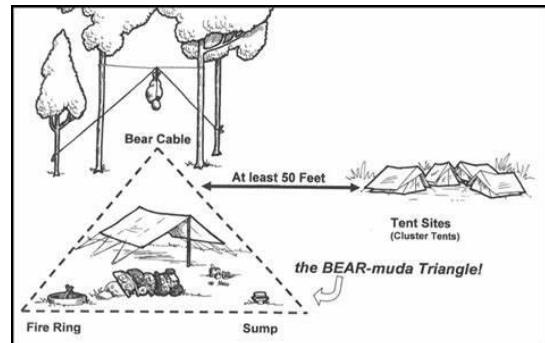
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#### THE PHILMONT WAY

#### "BEAR-muda" Triangle

At Philmont you are going to hear much about the "BEAR-muda Triangle" and "smellables." The BEAR-muda Triangle refers to the space enclosed within the triangle defined by the location of your camp site's "fire ring" (cooking area), your site's liquid waste "sump," and your "bear bag cable" (shared with several other sites.) This space belongs to the bears. Activities that produce smells are all conducted within the BEAR-muda Triangle - cooking at the fire ring, cleanup (both cooking and human, like brushing your teeth) at the sump, and all smellables in bear bags, hanging from the bear bag cable. Hence, no tents should be pitched within the triangle and where possible, it is best to pitch the tents 50 feet or so outside of the triangle. Pitch your tents in small groups but not forming a closed group which could trap and confuse a visiting bear. Your crew tarp (dining fly) will be pitched inside the BEARmuda triangle, usually near the fire ring.



#### LEADERSHIP

Every Philmont crew has three key youth leaders: Crew Chief, Chaplain's Aid, and Wilderness Pledge Guia. Temporary leaders are elected before each shakedown trip. The permanent leaders are elected during the last shakedown. Additional details and training will be provided as time progresses.

The **Crew Chief**, or Crew Leader is responsible for organizing the crew, assigning duties, making decisions, and recognizing the capabilities of each crew member. He/she leads by example and practices servant leadership to allow the crew to have an enjoyable and successful trek. Successful Crew Chiefs exhibit the following traits: positive attitude, attentiveness to all crew members' needs, and the ability to identify and resolve conflicts before they develop into larger issues.

The **Chaplain's Aide** leads the crew in following the 12th point of the Scout Law. Helps the crew earn the Duty To God Award and leads daily devotionals from the Eagles Soaring High Booklet. Leads the crew in Thorns and Roses each night.

The **Wilderness Pledge Guia (Guide)** helps the crew understand and follow the principles of the Philmont Wilderness Pledge and Leave No Trace. Helps the crew earn the Wilderness Pledge Achievement Award with the help of the Ranger.