



TRAIL MARKERS

2024 PHILMONT TREK TIPS

SHIP 1610

NEWS

One Year to Go

Day 1 at Philmont is on June 22, 2024. Only 387 days and counting!

The general advice to crews going on a trek is to begin focused preparation about a year before arrival. That includes starting your fitness routine, scheduling your medical exam, gathering and weighing your gear, reviewing available program options, and raising your money.

Our current crew count is 14 youth (under 21) and 6 adults. There is still room for 4 participants.

The current cost estimate for the trip is \$56,500, which works out to about \$2,800 per person. Ship 1610 youth have been raising money and could receive up to a 75% discount, paying less than \$700 each.

PROGRAM

Training and Administrative Schedule

For Scouts, a Philmont trek is a true challenge that requires training and preparation.

The table below lists the upcoming training events. Although it's not mandated that crew members attend each and every event, everyone should make a sincere effort to attend every one. Practice weekends build the needed skills and exercise the crew's teamwork. Don't let your crew down.

Date	Description
Sep 17, 2023	First Half Payment Due
Nov 11, 2023	Wilderness First Aid Course, renewals and new certifications.
Nov 18-19, 2023	St. Mary's Wilderness (2-day, 5 mi.) Fun trip.
Jan 19-21, 2024	Scout Farm Training Campout. Don't miss this one.
Jan 28, 2024	Swim Test (1pm). Needed for the rafting part of our trip.
Jan 28, 2024	Parent Meeting (3pm). Bring everyone up to date on travel plans.
Feb 4, 2024	Itinerary Selection Meeting. We make 6-8 itinerary choices.
Feb 18, 2024	Balance Payment Due



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Mar 16-17, 2024	Dobie Mountain (2-day, 6 mi.). First practice trek.
Apr 5-7, 2024	Priest/Seeley (3-day, 21 mi.). Multi-day practice trek.
Apr 14, 2024	Health Forms Due. Doctor's exam, insurance card copy, etc.
May 4-5, 2024	Three Ridges (2-day, 14 mi.). Strenuous practice trek.
Jun 1, 2024	Conservation Service Project. Clean the Bay day.
Jun 9, 2024	Conservation Service Project. Grandview Beach cleanup.

Scout Farm Campout: Learn Philmont-specific camping skills, perform personal gear review, select youth leaders (Crew Chief, Wilderness Guide, and Chaplain), review itinerary possibilities and input preferences.

Conservation Service Project: Must complete an additional 7 hours of conservation service to earn the 50-Miler award. June 1 is Clean the Bay Day at Fort Monroe. June 9 is Grandview Beach cleanup.

PHYSICAL READINESS

Fitness Takes Time

"Fitness is what you do every day."

Starting Line: Most of us live sedentary lives, sitting in a chair for 6-12 hours a day, eating a carbohydrate-rich diet, drinking sugary drinks, and exercising less than 2 hours per week.

Finish Line: You need to be able hike 12 miles, climb 2000 feet, and carry 30-45 pounds, and do it again for 12 days in a row.

You can't get to the finish line without injury unless you put in the time working up to it. Don't try and squeeze a year of training into 6 weeks.

Anything that is measured can be improved. If not measured, it never gets better. So, each crew member should begin a training journal. Start writing down today's weight, resting pulse, and blood pressure. Add the amount of walking and the number of floors climbed. Also, indicate a goal for just before we leave for Philmont.

For example, my log entry for today: 5/15/23 - 182 lbs, HR 68, BP 120/70, 5.5 miles (no pack), 24 floors climbed. My goal for 6/15/24 - 170 lbs, HR 64, BP 120/70, 6 miles (50 lb pack), 100 floors climbed.

In September, I'll provide you all with a training journal. It might help you.



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THE PHILMONT WAY

Water Treatment

All water from all sources - including springs, streams, and wells - must be purified. Most staff camps have treated water. Be sure to check with staff that water is safe to drink.

The most effective treatment to purify water is to heat it to a rolling boil, but that method uses an extraordinary amount of stove fuel, takes a lot of time to boil, and must cool off before drinking.

Some crews choose to carry water filters to remove small particles from water collected in streams. Purifiers remove giardia, bacteria, cryptosporidium, and viruses - filters do not remove viruses. If using a filter, you must also use additives or boiling to kill all viruses.

Philmont provides Micropur tablets that release chlorine-dioxide that is effective at killing waterborne bacteria and viruses that cause disease. This is the method we'll use.

1. Fill your water bottle. The open end of the bottle should be downstream to avoid catching debris.
2. Add one tablet per liter. There are 2 tablets to each package, so try to purify 2 liters at a time to avoid wasting tablets. Turn in the empty package to the crew chief for return at the commissary.
3. When the tablet is fully dissolved, shake the bottle. Then turn upside down, loosen the lid to flush the threads. Retighten the lid. Let the chemicals work for 15 minutes before drinking the treated water.

Learn more from the Philmont training video: [Philmont Preparation Sessions: Episode 7 - Backcountry Water Purification - YouTube](#)

Additional Tips:

1. Dry Camps: Plan to carry extra water for dry camps. Eat dinner for lunch to minimize water needed at a dry camp.
2. Ask staff about water situation at next camp.
3. If staff says water is safe to drink, then purification not required.
4. Use large water jugs at campsite to save trips to the water source.
5. Fill water bottles before going to bed to save time in the morning.
6. Empty your smellable water bottle before hoisting in the Bear Bag.



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LEADERSHIP

The Philmont Ranger

Philmont's Rangers provide orientation and training for crews during their first few days at Philmont, give leadership to the Rayado and Mountain Trek programs, and coordinate field operations for Search & Rescue (SAR) efforts.

At the Welcome Center on our scheduled arrival day, we will meet our Ranger, a well-qualified staff member who has a sincere interest in our group and has been trained to help our crew get started on a successful Expedition. Our Ranger will guide us through a series of important check-in stops at Camping Headquarters (CHQ), each designed to help our crew prepare for our adventure.

The Ranger's job is to lead us through the Philmont check-in and to accompany us for 2 days on the trail to coach and review camping and hiking skills. The Ranger works with the crew through the youth Crew Chief. The adults will largely be ignored - so don't take offense. Remember, adults are on a vacation, scouts are on an adventure.

A nice gesture is to offer to carry the Ranger's food.