



# TRAIL MARKERS

## 2024 PHILMONT TREK TIPS

### SHIP 1610

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#### NEWS

#### Next Payment Deadline is Coming

To make our required advance payment to Philmont on time, crew members must make their advance payment by September 17, 2023. Recall, the trip cost is \$57,620 (\$31,940 Philmont fee, \$17,980 travel, and \$7,700 other) or about \$2,881 per person. Philmont expects \$862.50 per person on October 1. Ship 1610 youth have been raising money for years and their fee is reduced as a result of this effort.

The amount due on September 17 is listed below:

\$350.00 Registered Ship 1610 Youth Members

\$1,365.00 All other crew members (Adults, non-ship youth)

#### Notes:

- If you have not made your initial deposit payment of \$150 yet, then add that amount to your September 17 payment. Ask skipper if you do not remember.
- Cash and checks (made to Ship 1610) are accepted.
- These fees are non-refundable unless your spot is filled by someone who pays your fee. If a ship youth backs out, it also places a serious financial hardship on the others since the portion paid by fund raising is unrecoverable. Philmont allows a few exceptions, but they all involve proof of the qualifying situation and time for paperwork to process.
- Let the skipper know if hardship requires you to delay your payment.
- Final payments will be due on February 18, 2024. The final payment amount should be about the same, but is based on actual travel costs and the total ship fund raising.
- If fewer than 16 participants make the September 17 payment, then a crew will be dropped, causing us to limit the crew to 12 participants, with a maximum of 4 adults.
- There are still open slots for crew members.



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#### PROGRAM

#### Initial Program Survey

Although the 2024 Itinerary Guidebook is not be published until December 2023, we should start reviewing our itinerary options. Think about which FIVE of the programs below interest you.

Archaeology  
Blacksmithing  
Burro Packing  
Cantina  
Challenge Events  
Continental Tie & Lumber Company  
COPE  
Fly Tying and Fly Fishing  
Geology  
Gold Mining and Panning  
Homesteading  
Horse Rides  
Jicarilla Apache Life  
Low Impact Camping  
Baldy Mountain Hike  
Tooth of Time Hike  
Post-Civil War Settlers  
Railroading  
Mountain Man Rendezvous  
Rock Climbing  
Rocky Mountain Fur Company  
.30-06 Rifle Shooting  
12 Gauge Shotgun Shooting  
Cowboy Action Shooting  
Muzzle Loading Rifle  
Western Lore  
Wilderness Medicine/Search and Rescue



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#### PHYSICAL READINESS

#### Philmont Food

The trail food at Philmont is high in calories but low on natural nutrition. There are no vegetarian or vegan options. The diet is based on getting 3000 calories into your body every day. Breakfasts and lunches are mostly dried meats, fruit bars, energy bars, and trail mix. Dinners are commercial backpacker meals with a snack for dessert. If you absolutely can't have an item on the menu (allergy or religious practice), then you have to buy a substitute.

The Philmont menu has 10 breakfasts, 10 lunches, and 10 dinners. They are numbered for the day of the month, for example: On July 1, you will eat Breakfast 1, Lunch 1, and Dinner 1. On June 27 you will eat Breakfast 7, Lunch 7, and Dinner 7.

Before leaving base camp, the crew will be issued its first 3-4 days of food. You will have to hike to a commissary on the scheduled days to get resupply. The food comes in plastic bags, one meal for two persons per bag. All lunches and most breakfasts do not require cooking. All dinners require cooking. Scouts will be paired into "Meal Buddies" who will share the breakfast and lunch bags. Dinner bags are grouped together to cook all at once.

A complete list of ingredients will be available for those with allergy concerns. Below is the trail menu from 2023, which might differ from the menu we get. Note our first trail meal is L3. Last trail meal is B3.

Day	Breakfast	Lunch	Dinner
1 7/1	Peppered Jerky Raisins Animal Crackers Cookies N Cream Energy Bar Strawberry Granola Orange Drink Mix	Saltines Crackers Chunk Chicken Cheddar Goldfish Sea Salted Caramel Energy Bar Salted Peanuts Orange Drink Mix	Beef Stroganoff Goldfish Pretzels Chocolate Chip Cookies Fruit and Nut Trail Mix
2 7/2	Pepperoni Mixed Dried Fruit Chocolate Energy Bar Chocolate Granola Blueberry Lemon Bar	Graham Crackers Peanut Butter Orange Energy Chews Sweet BBQ Snack Stick Salted Sunflower Seeds Lemon Lime Drink Mix	Santa Fe Style Rice and Beans with Chicken Hot Buffalo Wings Pretzel Pieces Spicy and Cajun Sticks Trail Mix Oreos Cookies



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Day	Breakfast	Lunch	Dinner
3 6/23 7/3	Apples and Cinnamon Oatmeal Cajun Jerky Salted Caramel Waffle Graham Snacks Banana Chips Hot Cocoa Mix	Original Triscuit Crackers Original Cheese Wedges Cranberry Almond Energy Bar Spam Honey Roasted Peanuts Strawberry Banana Drink Mix	Cheddar Broccoli Rice with Salmon Nut and Chocolate Trail Mix Cheddar Cheese Crackers Graham Cookies
4 6/24	Turkey Sausage Bites Granola Frosted Cinnamon Pop Tarts Almond and Pumpkin Seed Bar Tropical Dried Fruit	Good Thins Crackers Chili Con Queso Cheese Cup Peanut Butter Chocolate Chip Snack Bar Sea Salt Flavored Corn Brown Sugar Jerky Stick Blue Raz Ice Drink Mix	Four Cheese Mashed Potatoes with Chicken & Soup Mix Nut and Chocolate Trail Mix Marshmallow Squares
5 6/25	Honey Brown Sugar Turkey Bites Fruit Snacks Fig Bar Whole Berry Blast Meal Bar Lemons and Limes Drink Mix	Chick In A Biskit Crackers Sweet & Spicy Tuna Sweet & Salty Granola Bar Cheezits Honey Roasted Sunflower Seeds Fruit Punch Drink Mix	Rice and Chicken with Summer Sausage Jalapeno Bread Pieces Cinnamon Grahams Cookies
6 6/26	Jalapeno Cheddar Bison Jerky Raisins Animal Crackers Strawberry Oatmeal Bar Cinnamon Granola Cran-Raspberry Drink Mix	Sea Salt Pita Chips Smoked Gouda Cheese Cup Strawberry Energy Chews Pepperoni Sticks Salted Sunflower Seeds Orange Drink Mix	3-Cheese Macaroni and Cheese Goldfish Pretzel Nut and Chocolate Trail Mix Nutter Butter Cookies
7 6/27	Dark Chocolate Sunflower Seed Butter Blueberry Breakfast Biscuit BBQ Beef Bites Chocolate Granola Vitamin C Drink Mix Berry Energy Bar Berry Energy Bar	Wheat Thins Crackers Chicken Salad Carmel Almond Sea Salt Energy Bar Habanero Flavored Corn Salted Peanuts Lemon Lime Drink Mix	Butter & Herb Rice Mix with Chicken Honey Mustard and Onion Pretzel Pieces Fruit and Nut Trail Mix Lorna Doone Shortbread Cookies
8 6/28	Turkey Ends and Curls Vanilla Energy Waffle Peanut and Sunflower Seed Bar Mixed Dried Fruit Blueberry Lemon Bar	Ritz Crackers Jalapeno Cheese Sauce Chocolate Coconut Energy Bar Beef Sausage Mini Bites Honey Roasted Peanuts Grape Drink Mix	Spaghetti with Meat Sauce Pepperoni Pretzel Pieces Spicy and Cajun Sticks Trail Mix Oreos



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Day	Breakfast	Lunch	Dinner
9 6/29	Turkey Sausage Bites Frosted Strawberry Pop Tarts Orange Energy Bar Banana Chips Maple and Brown Sugar Oatmeal Strawberry Watermelon Drink Mix	Fire Roasted Tomato Triscuit Crackers Lemon Pepper Tuna Pink Lemonade Energy Chews Marshmallow Squares Honey Roasted Sunflower Seeds Strawberry Banana Drink Mix	Southwestern Style Veggie Bowl with Rice and Beans Cheddar Cheese Bread Pieces Nut and Chocolate Trail Mix Chocolate Chip Waffles
10 6/30	Landjaeger Jerky Cinnamon Granola Cheez-it Fruit Snacks Oats N Honey Granola Bar	Pepperjack Cheese Wedges Beef Salami Slices Raspberry or Orange Energy Shots Salt and Vinegar Flavored Corn Fruit Punch Drink Mix Club Crackers	Stuffing Mix with Chicken and Cranberries Cinnamon Grahams Cookies

#### Philmont Food Tips:

- If going to a dry camp, eat your cooked meal (dinner) for breakfast or lunch while you are near water. Otherwise, you have to carry more water to the dry camp.
- When picking up food at a commissary, ask for fresh fruit and soft tortillas.
- Eat your heaviest meals first.
- Don't eat breakfast before hitting the trail.
- Make cleanup easy by eating everything you cook.

#### THE PHILMONT WAY

##### Dry Camps

Dry camps are trail camps that have no water. They are used because they provide scenic vistas, pleasant campsites, and valuable training. Vast stretches of the great Southwest are dry, and early pioneers traveling the Santa Fe Trail in covered wagons had to conserve every cup of water. Sometimes they had to drink the blood of their oxen and other animals to survive. You will not have to endure this much hardship, but you may need to carry water for several miles before arriving at your dry camp. Check your itinerary to determine the closest place to get water for all of your camping locations.



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Most itineraries have a 1-3 dry camps. For example, 12 of the 15 itineraries that end with a hike over Tooth of Time into base camp will have their last night in a dry camp.

Each crew member should be able to store and carry 4 liters of water. On a normal day, you might only need to carry 2 liters, but when going to a dry camp, you might need to carry 2 liters for the hike in and 2 liters for the hike out. Add to that any meals needing rehydration.

#### **LEADERSHIP**

##### The Role of Adult Advisors

A crew advisor's primary responsibility is for the health and safety of each member of the crew. They are responsible for ensuring the crew follows all BSA and Philmont rules. An Advisors' role is to coach, mentor, and support the Crew Leader, Chaplain's Aide, and Wilderness Pledge Guide. By doing this, the youth leaders will gain leadership experience throughout the trek and will be able to help all members of the crew develop into a strong team. Philmont enforces the idea of youth leadership to the point that the Ranger will not interact with the adults, only the crew leader and youth participants.

Adults should "advise" the youth on "how" to make decisions, not "what" decisions to make. We all learn from mistakes. Let the youth make mistakes as long as safety is not endangered. After they have made a mistake, talk with them about how the mistake could have been avoided, what other things could have been considered in making the decision, etc.

Advisors should ensure the safety and well-being of each crew member through:

- First aid treatment.
- Administration of required medications.
- Proper water purification.
- Supervision any time a stove is in use.
- Guidance and support in emergency situations.

Advisors also help foster positive crew dynamics, help settle disputes between members of



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the crew, assist with administering proper discipline if required, and ensure that the crew operates following all Youth Protection guidelines.

Advisors must make every effort to help youth leaders succeed. By coaching and mentoring, adults can play a critical behind-the-scenes role. Adults make sure that safety procedures are followed and that Youth Protection policies are practiced.

#### When an Advisor is a Parent

All advisors should understand they function as advisors for the entire crew, not just their own children! If a youth participant must come off the trail for any reason, their parent cannot accompany them if it would result in the crew becoming a Substandard Crew (less than required number of adults). Youth and adults are required to tent separately, so even father/son tenting is not allowed.