



TRAIL MARKERS

2024 PHILMONT TREK TIPS

SHIP 1610

NEWS

Next Payment is Due

To make our required advance payment to Philmont on time, crew members must make their advance payment by **September 17, 2023**.

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.
- 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.

PROGRAM

Initial Survey Results

Last month you received an email asking you to make preliminary choices for the programs you wanted to take at Philmont. I received only seven responses. All of the respondents clustered around the same activities, with a couple outliers. Here were some of the most frequently selected activities:

- Baldy Mountain
- Cowboy Action Shooting
- Rock Climbing and Rappelling
- Gold Mining and Panning
- Cantina



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Those selections best line up with itinerary 12-15, which is a 61 mile trek classified as rugged. It has campsites at Bluestem, Pueblano Ruins, Baldy Town (layover), Ringtail, Santa Clause, Dean Skyline, Ponil, House Canyon, and Chase Cow. Program highlights include climbing Baldy, shotgun reloading and shooting, rock climbing and rappelling, blacksmithing, gold mining and panning, spar pole climbing, cowboy action shooting, cantina, mountain man rendezvous, tomahawks, chuckwagon dinner, Atl Atl darts, two trial campfires, four dry camps, and two chances for showers.

The group will begin discussing program in greater detail in December when we get the 2024 Itinerary Guide. When we submit our selections, we need to have at least six itineraries selected, in order of preference.

I really expected more participation in the survey. Remember, you have to vote to be counted.

PHYSICAL READINESS

Start Working on Cardio

Our first backpacking trip is in November. You should be working on your fitness now. Some of you will also need to lose some weight, and cardio exercise helps enormously with that challenge. Daily (or nearly daily) cardio exercise should be starting now.

What is cardio?

Cardio exercise, which is sometimes referred to as aerobic exercise, is any rhythmic activity that raises your heart rate into your target heart rate zone. This is the zone where you burn the most fat and calories. Part of what sets cardio apart from other types of exercise—such as strength training—is that it relies on your body's ability to use oxygen during your extended hike -- on an incline -- at high elevation -- day after day.

How do I start?

Your first step in choosing the right cardio workout for you is to figure out what kind of activities you enjoy. Think about what fits your personality and what you'd feel comfortable fitting into your life. This is key because if you don't like the exercise, you're less likely to stick with it long-term.

If you like to go outdoors, running, cycling, and walking are all good choices. If you prefer going to the gym, you have access to many options in the form of stationary bikes, elliptical trainers, treadmills, rowing machines, climbers, the pool, and more. The goal is to exercise for about 30-60 minutes a day.



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I like walking (hiking) the best because it most closely resembles what I'll be doing at Philmont. It strengthens my feet (blister prevention) and improves my balance (fall prevention). As time goes on, I'm now wearing my backpack and adding five pounds additional weight every month; I'm up to 30 pounds now and getting my heart rate up to my target of 110 bpm. My resting pulse is 60 bpm. Learn more about target heart rate at this website: [Target Heart Rate: Chart, Meaning and Heart Rate Zones \(verywellfit.com\)](https://www.verywellfit.com/target-heart-rate-chart-meaning-and-heart-rate-zones/).

"Feet Time"

A typical day on the trail at Philmont will might have you walking for **four hours**, climbing around **2000 feet** elevation change. You need to get your legs and feet ready for that kind of endurance. Practice walking with weight, wearing your trail shoes and socks. This will toughen your feet (blister prevention), strengthen your muscles and tendons (injury prevention), improve your balance (trip and fall prevention), and build aerobic capacity (fatigue prevention).

THE PHILMONT WAY

Taking Breaks on Trail

Days on the trail start early in the morning to avoid the afternoon heat, thunderstorms, and improve the chances of having program at your destination. Awakening before dawn and starting to hike by sunrise are typical. It is inevitable that your crew will not be able to sustain a good pace without occasional breaks.

Any stops along the hike, especially going uphill, hurts your crew's momentum and pace. Once you get started again it takes a while to reach a pace of 2 miles per hour again. Anything that you can do to avoid unnecessary stops will benefit your crew.

There are two types of break: 1. Less than 2 minutes - Packs On, and 2. More than 20 minutes - Packs Off.

- Less than 2 minutes after stop - Your leg muscles are still stretched. Restart at your pre-stop pace without issue. Keep your pack on.
- 2-20 minutes after stop - Your leg muscles are no longer stretched and have not had enough rest. If you start hiking again your leg muscles may cramp. This can be painful and will continue to slow your momentum. AVOID THESE BREAKS.
- 20+ minutes after stop - Your legs should be rested. Begin hiking without issue. Your momentum has stopped, and it may take some time to reach your 2 mile per hour pace.



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Before stopping, your crew leader should decide if this is a 2-minute packs-on break or a 20-minute packs-off break. Your crew should try to hike for at least 1-1/2 hours before taking a 20-minute break. If you are within a mile of a camp, try to reach the camp and rest there. It's best if you can combine a 20+ minute break with some other activity to save time such as eating a meal, treating water, or getting a porch talk from the staff.

LEADERSHIP

The Daily Navigator

The role of navigator switches every day. The navigator leads the group carrying the map and compass. Normally the crew leader takes second position and keeps track of how spread out the group is. Remember, the entire group should be within sight of one another, but at least 10 feet apart.

Everyone must learn to expertly use the map and compass. Learn and understand all the map symbols, colors, and notes. Become knowledgeable of the UTM coordinate system. Vital skills include orienting the map, correcting for declination, taking a bearing and transferring to the map, and triangulation.

The crew should stop at every trail junction to consult the route. First, the navigator selects the route, and then the crew leader confirms it. If they disagree, then ask an advisor to break the tie.

Once at your camp, tomorrow's navigator should scope out and locate tomorrow's trailhead. Sometimes it is not as easy as you think. The crew will be very disappointed if they hike a mile in the wrong direction in the morning because the navigator didn't check it out. Remember, it will be low light at dawn, so reconnoiter your trailhead while it is still light.

During the daily Roses & Thorns, the crew should discuss the next day's plan. That includes a detailed discussion of the route to be taken. To be ready, the next day's navigator should review the route before this discussion.

Is Anybody Not Ready - Hike On!

Stay up to date by visiting the ship's Philmont [webpage](#).