



HIGH ADVENTURE SHAKEDOWN WEEKEND

Crew Advisor's Training Syllabus

High Adventure Committee
Chester County Council
Boy Scouts of America

Revised 3/95

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INTRODUCTION

This High Adventure Shakedown Training Syllabus is designed to provide those crew advisors making shakedown weekend presentations with the necessary background and checklists to ensure an adequate transfer of information to Scouts and other advisors comprising the council expeditions.

Another purpose of the syllabus is to bring uniformity to each of the presentation subjects since the cast of presenters usually changes every year. Portions of the material that follow are included in the normal pre-expedition handouts. Some of it will serve as useful reinforcement, and all of it will be reviewed by each crew's ranger during the first three days of the expedition.

Since mountain/wilderness and canoe camping differs sharply from a typical troop camping experience in state/county parks or tent camping at Ware, it is imperative that each Scout have a good grasp of the skills and knowledge that are covered at a shakedown weekend.

The syllabus covers these subjects:

- Backpacking/Packs
- Bearbags/Sanitation/Wildlife
- Camping/Tents
- Cooking (trail food/backpacking stoves)
- Land Navigation
- Personal Care/First Aid
- Trail Manners

Sources of information for this syllabus include the reflections of former crew advisors, the Philmont Guidebook, Philmont Ranger Fieldbook, and the Boy Scout Fieldbook (many chapters of which were written by former Philmont staff members, especially rangers). While the training syllabus is useful for any High Adventure preparation, it has been written primarily for the Philmont environment. Nearly all techniques described on the following pages are transferrable to other National and Regional High Adventure Bases such as Northern Tier.

The Chester County Council enjoys a good reputation at Philmont. While the council is not a large one, it is frequently among the top 25 in the nation in terms of Philmont attendance. Philmont rangers have indicated that the council's crews are well trained. Another purpose of this document is to help maintain that reputation for crew preparedness.

High Adventure Committee
Chester County Council, B.S.A.
West Chester, PA

SUBJECT STATIONS

<u>Subject</u>	<u>Location</u>
#1. Backpacking	Lawrence Lodge
#2. Camping/tents	Trees W of Gilwell Field
#3. Land navigation	Pavilion
#4. Bearbags/sanitation	Bear Cables
#5. Cooking/stoves	Tree grove by Lawrence
#6 Personal care (evening)	Dining hall
#7 Trail manners "	" "
#8 Portaging/Fishing	Ware/Octoraro Chapel
EQUIPMENT	

Obtaining proper demonstration equipment is your responsibility. Nearly all of the required equipment should be available from your troop. If it is not, contact the High Adventure Committee Chairman or Quartermaster. You should be in position and ready to make your presentation according to the timetable on the Crew Chief's copy.

Your presentation should last approximately 30 minutes. If you finish early, repeat several of the most important points and/or have the campers practice the techniques you have just presented.

A whistle will announce the rotation to the next session. Sequencing through the full five sessions in the morning should take roughly two and one-half hours. One whistle toot is the five minute warning -- two toots signals class rotation.

Crew Chief Copy Chester County Council, B.S.A.
High Adventure Shakedown Weekend - May 6/7, 1995

Crew Number _____
Crew Chief _____
Crew Advisor _____

Food and Equipment Issued () _____
Map () _____

Upon arrival, line packs up by a tree next to the dining hall. Draw food and equipment from Lawrence Lodge. All food and equipment should be placed in packs prior to starting the orientation sessions. Be sure you have adequate water in your canteens. Leave nothing in cars - everything goes on the trail.

Schedule Saturday, May 6, 1995

8:15 - 8:30 AM Arrival, remove gear from cars, form pack line
8:45 - 8:55 Registration, draw food & equipment
8:55 - 9:00 Briefing
9:00 - 11:30 Orientation sessions 1-5
 30 minutes per session, clockwise rotation
 through stations. 5 minute warning whistle,
 rotation upon hearing double whistle.

<u>Station</u>	<u>Location</u>	<u>Subject</u>
I	Lawrence Lodge	Backpacking
II	Tree grove	Tents/campsites
III	Pavilion	Land navigation
IV	Bear cable	Sanitation
V	Tree grove by Lawrence	Cooking

11:30 Depart for trail, lunch on trail, not in camp
 (Sommers crews portage to Ware chapel)
3:45 - 4:45 PM Service Project
5:30 Dinner
7:30 - 9:15 Orientation Sessions Six and Seven
 in dining hall (personal care, trail manners)
 followed by High Adventure slide shows
9:15 - 9:30 Committee/crew chief meeting
9:30 Cracker barrel for advisors/ crew chiefs*
11:00 Lights out

Schedule Sunday, May 7, 1995

9:00 AM "Scouts Own" Religious Service
 (Offering to World Brotherhood of Scouting)
9:40 Distribute T-shirts/Neckerchiefs
9:45 Final Q&A
10:00 Self-checkout

* Donation collected from adults only to cover costs.

TEACHING HINTS

Wood Badgers are reminded of the teaching techniques discussed during the Practical Session.

Keep it simple

Keep it fun

Repetition may help

Consider using the I-D-E-A steps in teaching shakedown skills.

I -- Introduce subject to the group

D -- Demonstrate

E -- Explain as you demonstrate

A -- Application (get Scouts to try it)

Thus, your demonstrations should involve hoisting a bear bag, taking a bearing, spatulating some garbage, putting up a dining fly, lighting a backpacking stove, etc. NOT just talking about it.

BACKPACKING/PACKS

1.1 INTRODUCTION

The Philmont or other High Adventure experience is typically the first encounter with a quality pack for most Chester County Scouts. Decisions regarding which type of pack to buy and how to use it are very important. Good packs typically run around \$100, and proper usage is essential to a favorable outcome of 11 days on the trail with 40 pounds on one's back.

1.2 Demonstration equipment requirements

- Equipment checklist
- External frame pack with all items needed for the expedition.
- 30 gallon garbage bag.

1.3 Types of Packs

While there are variations on each theme, most packs are either external or internal framed. Both can be used at Philmont, but the internal frame pack has several major disadvantages. Those disadvantages also make the internal frame pack advantageous for serious snow and ice climbing, canoeing, and for any rock climbing (fewer exposed edges, lower center of gravity, better balancing characteristics, etc).

Internal frame packs have some major disadvantages for the Philmont-bound camper. They are:

- Typically higher cost.
- Usually heavier.
- Create more perspiration due to lack of backbands.
- Generate fatigue faster due to lower center of gravity.

The advantages of the external frame pack outweigh disadvantages for general use at Philmont. The opposite is true for those headed to Maine or Northern Tier where there is comparatively little backpacking. Explain to Scouts that the only place where they will notice the disadvantage of an external frame pack is the occasional stream crossing where the "bridge" is merely a narrow log, i.e. being top heavy, the external frame pack has poor balancing characteristics.

For Sommers crews, advise that "Duluth" packs and packing materials will be covered in session #8. Same principles apply at the basic session, however.

1.4 Pack refinements

Padded hipbelts, once a luxury, have now become essential.

Packs with compartments are somewhat more expensive, but for many campers, they are worth the extra expense. External pockets are handy places to put canteens, ponchos, etc.

The selection of other enhancements, extra pockets, detachable day packs, etc. are a matter of personal preference. Extra conveniences are nice, but at some point they start adding to the weight.

Discuss the pros and cons of packs with bags vs. compartments (convenience vs. cost and weight).

1.5 Pack covers

Garbage bags function very nicely as an overnight pack cover, but are unsatisfactory on the trail. A pack cover or a poncho which covers the pack in addition to the hiker should be part of the personal equipment list. Again, this is a matter of personal preference. The combination cover weighs no more, and is much easier to put on, however.

1.6 Packing the pack

Demonstrate where items go: place light items toward the bottom, and heavy items toward the top and the frame braces. At least one canteen should be placed in an exterior pocket where it can be easily reached. Ponchos and maps should also be placed where they can be quickly grabbed.

Demonstrate why plastic storage bags are helpful in organizing items and keeping them dry.

Quickly read through the equipment list. Mention that extra copies are available for Scouts who may have lost their original lists.

You may want to use the equipment list as a checklist as you demonstrate proper packing technique. This is a good way to reinforce some important basic points and to remind Scouts that some items are needed (even though they look like good candidates to leave behind due to weight).

- long pants (required for riding and pole climbing).
- 20 degree sleeping bag is ideal.
- waterproof bag for above.
- warm jacket -- nights get cold.
- good poncho, rain pants are a good idea too.
- light camp shoes in addition to hiking boots.

STRESS THE IMPORTANCE OF WEIGHT CONTROL.

1.7 Putting the pack on

There are two ways to put packs on. Crouching slightly, the user should grip the top of the right shoulder pad with his right hand, grasp the right contour frame with his left hand, and lift the pack to his knee. With a slight lift and turning motion, he should then swing his right arm through the strap, and transition the pack to his back. Then he can put his left arm through the left strap.

Some Scouts will not fully understand how the hip belt works. They should tighten it, and "hinch" up their shoulders thus raising the pack. The belt then should be firmly tightened around the hips so that the shoulders are not bearing the weight of the pack.

Also demonstrate the perils of getting the belt too high. It should not be above the top of the pelvic bone, i.e. compressing the abdomen. If the belt is too low, it will lose effectiveness.

The second, and recommended, way of putting a pack on is to use the "buddy" system. One Scout holds his buddy's pack chest high from the back. The other Scout simply extends his arms through the open straps, and proceeds from there.

1.8 Pack emergencies

The most commonly seen pack brand among Chester County crews is Camp Trails (Johnson Camping). This brand, along with other popular makes such as Kelty, Sierra Designs, etc., employs an ITW buckle system for which there is one weakness. Occasionally, the buckle itself will slip out of the belt. Losing the buckle can be disastrous: looking for the lost buckle can be time-consuming. Putting a safety pin through the end of the belt should eliminate the problem of the buckle slipping off the end of the belt.

Occasionally, a clevis pin will fail with the effect that part of the packbag, belt, or a strap comes loose. Scouts should pack a partial pin replacement kit in their packs or make arrangements for somebody to carry the complete kit as part of the crew's equipment. Kits contain nearly half a dozen replacement pins (available at Goldberg's, REI, etc).

Mention that if a pack is lost in transit, consumed by a bear, or is otherwise rendered ineffective, Philmont rents good quality packs at Camping Headquarters.

1.9 Pack precautions

Although it will be mentioned in other briefing sessions, reinforce some pack basics.

- Never leave food or canteens in packs overnight. The pack owner may find a hole chewed in his pack. The owner may not even find his pack if a bear gets it.
- When taking a longer break on the trail, don't sit down with your pack on. Take it off. Going from sitting to standing with a pack on is hard on your system.
- Using a marker pen, put name and expedition number on the pack.
- To avoid airline mishandling (and inadvertent emptying of pack contents), place bags in ultra-heavy duty plastic bags. Put name and expedition number on the bag.
- Be sure to attach airline baggage tag before check-in.

1.10 Pack familiarization

The Ranch is the last place a Scout should become familiar with a pack. Modern packs have many means of adjustment (shoulder & sternum straps, hipbelt, pads, etc). Everybody needs a few hikes before the optimum settings become apparent. Encourage Scouts to adjust the straps, pins, and buckles until they find the setting that is just right -- and to re-read the instruction booklet which came with their packs.

Be sure that each Scout realizes that the shoulder straps function as stabilizers, not load bearing devices. Demonstrate how the straps should go over the shoulder and up or across to the strap attachment, not down. In the latter case, the shoulders are carrying weight that the pack should be transferring to the hipbelt.

Encourage each crew to take engage in several more crew shakedown weekends with at least 35 pounds in his pack.

1.11 Packing for the airlines

Everybody should obtain pack bags, oversize duffel bags, postal bags, or ultra-heavy duty plastic in which their pack should be placed. Packs have been known to become separated from strapped-on equipment while on conveyors or as they are tossed by baggage handlers. Securing plastic bags with duct tape is a good idea. All "breakables" or "bendables" should be placed in the center of packs and cushioned with clothing. Thus, plastic bottles, backpacking stoves, fuel bottles, etc. should be in the center of packs, not in outside pockets or near the edges of packs where they can get bent by rough handling.

CAMPING/TENTS

2.1 Introduction

Although Chester County Scouts will encounter little new at High Adventure bases in terms of putting up their tents, they should be made aware of certain precautions which are not typical of eastern camping situations.

Certain aspects of camping (bear bags, sanitation and cooking) are covered in other sessions, and should not be reviewed in the camping module.

2.2 Demonstration equipment requirements

- 2-man backpacker tent
- Timberline Four
- Cirrus Two (or other small backpacker tent)
- Standard BSA 12' square dining fly
- Pack, garbage bag (to be used as a night cover)

The three tents and dining fly should be in position at the demonstration area.

2.3 Tents

A major point is that tents are to be used. There will be no sleeping out in the open, under a canoe, or beneath a dining fly regardless of what campers see Rangers doing. Period. Sleeping out in the open is an invitation for problems with bears, skunks, porcupines, rattlesnakes, and other wildlife.

Philmont issues a basic, 2-man backpacker tent less the tentpins for which crews are responsible. Those tents are entirely adequate, but many crews prefer to take their own equipment. Sommers issues 2 and 3-man tents.

One popular technique is to place three Scouts in the popular Timberline Four. In terms of weight, this actually results in the three Scouts carrying less total weight than the two sharing a two-man tent. Normally, a Timberline Four would be crowded with three Scouts and three packs, BUT the packs are left outside at night, so the Timberline Four is, therefore, quite roomy.

Invariably, with Timberline Fours or Philmont's standard nylon backpacker tents, the number of people in the crew may require a single person to use a tent by himself. In this case, the problem can be solved by taking a small backpacker tent in favor of Philmont's standard tent. The Eureka Cirrus Two is ideal for that purpose.

Most crews, however, will be equipped with the base's tents and dining flies. Remind them to take good care of the property -- we have to pay for any damage. Mention some problem areas:

- Pack tents and flies carefully (preferably dry). Get in the habit of setting up flies and tents immediately upon arriving at a camp. Emphasize this point. The first activity upon arriving at a campsite is to get dining fly and tents up without fail.
- Spilling white gas or insect repellant on the fabric induces deterioration.
- Avoid placing tents close to fires for obvious reasons. Pay attention to wind direction.
- Over-tensioning lines invites opening of seams which creates leaks.
- Forcing zippers or failing to open them all the way is asking for a failure.
- Be sure to keep tents clean.
- Roll tents toward the open end to facilitate faster packing.
- Pack pins separately from tents/flyes -- eliminates the possibility of punctures.

2.4 Dining Flies

Philmont and Sommers provide a standard 12x12 foot dining fly. Make the point that this fly is NEVER to be used as a tent for sleeping (NEVER means never). Philmont has bears which are attracted to odors (which dining flies can pick up.) The scent of toothpaste, soap, etc can attract other undesirables. Philmont also has creatures which slither, creep, and crawl in the night. That is why tents with floors and zipper flaps have come into widespread use.

Make the point that dining flies can be used as quick shelters during rainstorms which come up suddenly at the Ranch (if used when lightning is expected, flies must not be used with their metal rods).

Although most Scouts have put up dining flies, most will not have had experience assembling in a low configuration. Have the crew split into two groups. Be sure to instruct the crew in two basics of dining fly assembly.

- The first priority upon arriving at a campsite is setting up the dining fly.
- The wall end of the fly should be at right angle to the prevailing wind (to facilitate cooking).

Suggest taking only 1/2 of the pole sections to save weight, and that a tree can always be used to secure the other end. It is a good idea to take a little groundcloth with the fly: to cover stoves at night and to minimize fouling by dirt.

Be sure that each Scout is proficient with each of the basic tent knots, i.e. two half hitches, clove hitch, tautline hitch, etc.

BE SURE THAT EACH CREW PUTS UP AND TAKES DOWN THE DINING FLY AND BACKPACKER TENT (they are not to disturb the Timberline Four or Cirrus Two).

REMINDER: Be sure to tell each crew that they must bring their own tentpins including those for the dining fly which needs 10 tentpins.

2.5 Packs

Although most Scouts are used to keeping their packs in their tents at night, it is contrary to High Adventure practice. Packs are to be suspended from a tree at night. Each Scout might want to bring a garbage bag to use as a pack cover at night. Such a bag is not a satisfactory poncho for use on the trail, but makes a nice rain cover for the pack at night. Explain that bear control is the reason for the policy.

2.6 Campsite Selection

In staffed camps, the crew will be shown to a campsite. In trail camps, the crew will select its own site. Sites are usually obvious since there are usually signs, bear lines, fire pits, and latrines.

Instruct the crew to make sure they are not setting up their tents on a trail that leads into a campsite. Ditching around tents during rain is prohibited due to erosion problems.

Review site selection basics, i.e. avoid places where lightning might strike. Lightning has killed at Philmont, and it is a problem in all mountain camping. Ask the crew how to reduce the danger of lightning in selecting campsites (same rules apply during hiking).

What to avoid.

- Tops of mountains.
- Ridge crests.
- Exposed areas above timberline.
- Tall trees (especially isolated trees)
- Fences, solar generators.

It is inevitable that the crew will be caught in some bad weather. Thus, they should seek the best shelter possible if it is available, i.e. near the bottom of heavily wooded ravines. Spread out. Take packs off (the metal may conduct electricity).

Ask Scouts if they have ever seen flash flooding in Chester County, or if they have ever seen the Brandywine close roads along its path. This will help prepare them for the danger of flash floods at Philmont. During periods of heavy rain, dry creek beds can fill in a hurry, and turn into rampaging walls of water. Creeks, like the Rayado, can destroy everything near their paths. Impress upon Scouts the necessity of pitching tents on higher ground (and taking shelter there while on the trail).

Select a well drained campsite. Remind them to leave every site better than they found it. Carving initials in trees has no place in Scouting. Do not permit carving initials or hometowns on the walls of Adirondacks or latrines.

Crews check themselves out of camps, i.e. they will use an honor code. Explain to them that they are expected to leave the campsite in better condition than they found it in.

2.7 Wilderness Pledge

Announce to the Scouts that they will be asked to take the Wilderness Pledge on the day their ranger leave them. Read the pledge to them just before dismissing the group.

Through good Scout camping, I pledge to
preserve the beauty and splendor of the
Philmont Wilderness.

I commit myself to:

- 1) A litter-free Philmont (or Sommers).
- 2) An absence of graffiti.
- 3) Conservation and proper use of water.
- 4) Respect for trails and trail signs.
- 5) Proper use of campsites.

LAND NAVIGATION

3.1 Introduction

Of the various Scoutcraft disciplines, orienteering is probably the least well developed by the average Scout. In many cases, orienteering receives only minimal attention in troop programs. Part of this problem is due to the fact that orienteering can resemble school work to which the typical Scout may not be attracted.

While it is possible for a Scout to travel through Philmont without ever using a map or compass, it is not advisable. Philmont is a big place, i.e. it is much easier to get lost at the Ranch than at Horseshoe. And the consequences of being lost in the Sangre de Cristos are of a greater magnitude than losing one's bearings between Horseshoe and Ware. Getting lost at Sommers, especially for crews without guides, is very easy to do. Stress the utmost importance of knowing position at all times.

Therefore a basic grasp of land navigating is essential for the High Adventure-bound Scout. And, it is required in the Backpacking merit badge for which almost all crew members enroll before or during their High Adventure experience.

3.2 Demonstration equipment requirements

- Compass
- Philmont Topographic Map (xerox copies)
- Plastic food or freezer bag
- Typical eastern topo map (Cononwingo, etc.)
- Stakes, string for shadow method (opt.)
- Basketball or soccer ball "
- Flashlight

3.3 Positioning

Set the stage by explaining that Philmont is on the grand scale, i.e. 137,000 acres, that the terrain varies from approximately 6500 feet to well over 12,000, AND that trail signs are not 100% reliable. Develop the Scouts' interest by relating what a terrible experience it is to be lost. Make the point that Philmont and Sommers are able to quickly launch search and rescue programs, even using helicopters, but that such expense can easily be avoided by a basic knowledge of map and compass skills.

Relate that reviewing a few basics can guarantee proper navigation between camps and on sidehikes. The last thing any Chester County crew needs is a lost Scout.

Tell the crew that each member should have a compass and map when going on the trail. Demonstrate the proper way to fold a map, and place it in a plastic food or freezer bag to make sure that it is always readable, i.e. no moisture can create illegibility.

3.4 Topographic Maps

The several significant differences between the topo maps used at Philmont and those used in meeting requirements for lower Scout ranks should be made clear to crews.

Crews must check the map for scale since the basic Philmont topo map contour interval is 80 feet -- much in contrast to local topo maps where the interval is 20 feet. Thus, the ill-prepared might assume that there is an easy climb ahead when in reality the labor will prove to be 4 times as bad as expected.

NOTE: There are several maps available to Philmont crews:

- a) Full Ranch
- b) Sector, i.e. South, etc.
- c) Conventional topo maps covering the Valle Vidale area which is outside of the Ranch boundary.

Advise Scouts to buy their maps at the trading post prior to starting their trek.

The Philmont topo map is actually quite easy to use since it is devoid of most details typical of suburban Philadelphia topo maps, i.e. railroad tracks, power lines, airports, high density building concentrations, etc.

Crews being briefed should clearly understand symbology relating to wooded areas, prairie, meadows, creeks, foot trails, jeep trails, ponds, etc.

Draw particular attention to water features. Be sure that Scouts understand symbols for springs, perennial streams, and intermittent waters.

Knowledge of water supplies is very important. Tell the crew chief that he must pay close attention to the water conditions board during his headquarters orientation, and be able to identify the appropriate springs and creeks on his Philmont map.

Using xerox handouts of the bottom of the Philmont topographic map, conduct an informal review by asking Scouts to identify elevations, landmarks, and distances.

Consider such questions as:

1. What is the elevation of Trail Peak?
2. What is the mileage from Old Abreu to Beaubien.
3. Is that downhill or uphill?
4. What sources of water are there from Abreu to Beaubien?
5. How many feet will you climb in elevation between Old Abreu and Fish Camp?
6. How long do you think it will take to get from Beaubien to Fish Camp?

The second significant difference is the magnetic variation. In the Philadelphia area, the variation is about 10° WEST. At the Ranch, magnetic variation is 11° EAST. Most Scouts initially have trouble understanding variation or "declination" as it is described in Scouting handbooks.

Use a soccer ball or basketball to facilitate understanding of true north as opposed to magnetic north.

Holding the ball up, ask where north is. Some Scout(s) will point to the very top of the "globe." You then ask, "Which north are we talking about, true north or magnetic north?" (Don't bother talking about grid north unless somebody brings it up -- it will just add to the confusion).

Explain that the very top of the earth is "true" north, but that compasses point to magnetic north -- the magnetic deposits near the north pole. Relate that there are some places on earth where the deposits are on a direct line to the north pole, and that magnetic north and true north are one in the same. In our case, compass needles point a bit to the west of actual north, so some correction must be made in transitioning between maps and actual compass headings.

For us in the West Chester area, the difference between true north and magnetic north happens to be about 10° WEST, i.e. to the LEFT of true north, so we must ADD the difference.

At Philmont, the variation is 11° EAST, so we must subtract in any transition from a map heading to a compass heading.

Since Scouts can easily be confused about when to add and when to subtract, relate to them the pilot's little saying, "East is least, and west is best."

Demonstrate the shortcut of drawing magnetic grid lines (as opposed to grid lines running to true north). Show how using the "magnetic lines" eliminates the conversion factor.

Get into the subject further by having a volunteer "orient" the map upon which Ware appears. This may not be too exciting since Ware is basically at the bottom of a depression, but it will serve to introduce the next exercise. Mention that orienting the map at Philmont will be much more interesting since the terrain is filled with so many prominent landmarks.

3.5 Position Fixes

The crew's ranger will call a break, and set up a triangulation exercise. Advise the Scouts that position plotting at the Ranch is vastly simplified by the many prominent landmarks, i.e. the Tooth of Time, Black Mountain, Baldy, Trail Peak, Cathedral Rock, etc. Triangulation is a required exercise for the backpacking merit badge.

The procedure consists of taking a bearing from the selected landmark and drawing the resulting line on the map (remembering that the bearing taken was magnetic, and that the map is based on true grid lines, unless the "shortcut" has been taken). You might want to instruct the Scouts in the drawing of magnetic grid lines onto the map again to eliminate any confusion. Once three bearing lines intersect, the position has been fixed.

To be sure that Scouts understand compass use, ask several to take bearings on prominent Ware "landmarks" such as the Foard Pavilion, flagpole, etc.

3.6 Navigation at night

Philmont's night skies are invariably spectacular when compared to the light and air pollution-ridden night skies of the West Chester area. Although there is only a minimal chance of needing night navigation skills at the Ranch, Scouts should be aware of the advantages of taking in the southwestern night sky, especially since Philmont has restored astronomy to the program.

That Chester County expeditions frequently coincide with one of the regular summer meteor showers provides an opportunity to see more shooting stars in one night than the average Scout has previously seen in his life.

The obvious goal is to see that Scouts can orient themselves at night, i.e. locate the North Star. The hidden goal is to get Scouts to think about enjoying Philmont's night sky as an end unto itself. Finding north, however, can be accomplished by all of the traditional means.

Mention the following means of finding north, and then offer a demonstration session following the evening meeting (the lack of light pollution at Ware makes for a much brighter night sky than most Chester County locations).

Techniques:

Big Dipper/Little Dipper
Cassiopeia
Splitting the Summer Triangle.
Angle-off the Northern Cross
Rising/Falling star angle

3.7 Getting "Unlost"

The goal is not to get lost in the first place. The Ranch is not a hospitable place in which to be lost, i.e. weather can be extreme, it gets cold at night, and the terrain can be forbidding.

Impress some basic rules on each crewmember.

1. Maintain group integrity.
2. Inform your crew chief and/or advisor of your whereabouts.
3. No sidehiking in groups of less than four.
4. ALWAYS have a map and compass with you, and know how to use them.
5. When you take a break, observe landmarks, i.e. always know where you are.
6. Remember that trail signs are only general indicators -- they do get pushed over, twisted, weathered.

However, impress crewmembers with the importance of remembering basic skills in the event that they do become lost. Use the "STOP" discipline.

Stay where you are, stop, don't run.
Think - don't panic.
Observe
Plan.

Suggest to crews that they might consider a troop meeting feature on what to do if lost, or ask how many have had such a feature. This will get them thinking about the subject.

Generally speaking, the best thing to do is stay put. Chances are somebody will note the absence, and come looking for the lost Scout. However, impress upon them what to do if circumstances demand leaving one's location.

Philmont does have large, remote areas where it is possible to become quite disoriented. By the same token, walking DOWN a canyon or following a stream will eventually bring the lost Scout to some form of civilization, usually an established foot trail or jeep road.

Explain to the crew that the only way they can get lost is by ignoring what their ranger tells them, by breaking the rules regarding sidehiking, and by failing to maintain crew integrity.

Mention that navigation will be discussed again for Sommers crews in their afternoon session.

BEARBAGS/SANITATION/WILDLIFE

4.1 Introduction

Most Scouts will not have had experience with bears, and hopefully they never will have any close encounters of the ursine kind.

High Adventure bases have very specific procedures for dealing with bears and other wildlife: the guidelines must be followed to the letter. Nobody has been killed by bears at Philmont, but there have been several maulings and more than just a few close calls, hence the need to follow the rules.

Begin the presentation by explaining the importance of reducing the chance of encounters with bears. Tell the Scouts that they must follow their ranger's instructions if they want to avoid bear problems.

Ask the group what they should do if they encounter a bear. Answers will probably vary, but there are several right answers. The bear should be avoided. Making noise will drive some bears away. Above all, never, but never get between mama bear and cub(s). Trying to feed bears (or any other wildlife for that matter) is strictly forbidden.

Some Scouts will not take the bear threat too seriously. Make the point that if the bear gets the crew's food, the crew goes hungry. If the loss occurs at a trail camp where the next camp or commissary is a day or two away, Scouts go to bed hungry. And wake up hungry.

4.2 Demonstration equipment requirements

- Three bear bags (can be filled with newspapers)
- Rope
- Cooking pot
- Spatula
- Garbage bag

4.3 Bearbags

Bearbags are to be hung at night over the available bear cables without fail. Every camp, staffed or unstaffed, has several permanent bear cables which can usually be found with a minimum of effort.

It is not a good idea to pitch tents near bear cables, nor is it prudent to hang around the cables whenever thunderstorms are about.

Everything "smellable" is to go into the bag. In practice, this means food AND

- personal hygiene kit
- camera film
- canteens (they still carry the odor of bugjuice)
- Anything else that has an odor which might attract bears or any other faunian freeloaders.

Demonstrate tying the bag to the rope with a Miller's Knot (clove hitch). Have each Scout demonstrate tying that knot.

The usual practice is to run the bags up upon arrival at camp, and retrieve them later for food. The last bag run up in the evening contains canteens, hygiene kits, etc. Demonstrate the procedure by throwing the rope over the rappelling wall, hoisting several bear bags, and tying off with two half hitches.

4.4 Garbage control

Garbage control is very different at Philmont and Sommers. All garbage must be "packed out." Explain to the Scouts that they are not to bury or burn garbage. At Philmont, garbage is to be placed in garbage bags, and dropped off at a staffed camp where there is garbage pick-up. At Sommers, garbage is packed out and dropped off at the end of the trek.

After the first night on the trail, there probably won't be much garbage, but any garbage must be treated in the following manner.

- Spatulate garbage from cooking pots into the "yum-yum" bag.
- Any particulate from the "sump frisbee" will also be spatulated.
- The yum-yum bag goes up in the bear bag if at a trail camp, or to the staffed camp garbage can.

One exception - at Sommers, remains from fish cleaning should be left on a stone not close to camp. Birds will complete the disposal process. All other garbage must be packed out.

4.5 Dishwashing

Dishwashing has a few new wrinkles at Philmont since it has been found that the chlorine from breaking the HTH tablets started to get into the groundwater. The dishwashing policy is in transition, so listen to what the ranger says.

Recent policy has been to scrape and lick plates and utensils clean followed by rinsing in boiling water which is also the best way to protect against stomach troubles, and that all rinsing is to be done this way -- not at the water spigot. Further explain that wastewater is dumped in one of the sumps that are available at camp sites (solids left on the sump frisbee screen go to the garbage bag).

Evening dishes at Philmont are licked clean, left out overnight, and dipped in boiling water the next morning. That water is also used for cocoa, cereal, etc.

Dishwashing at Sommers follows the more conventional routine. Advise Scouts to pay attention to their rangers for any new policy on dishwashing.

4.6 Latrines

Scouts will find the usual L-shaped latrines in large camps, and open air 2-holers (pilot-bombardiers) in Philmont trail camps. Cat hole latrines may be dug by a Scout in an emergency on the trail. Make the the point about properly replacing the topsoil. Catholes are standard procedure at Sommers.

4.7 Other wildlife

Tell the Scouts that they are going to see some interesting wildlife ranging from remarkably tame deer at some camps to wild turkeys. In between there are many animals and birds which they will find fascinating. They probably will not see some of Philmont's more elusive creatures such as the ringtail cat or mountain lion, but they may see tracks or other signs. They may see beaver at Philmont and Sommers.

What they will see plenty of are the legions of ground squirrels. Emphatically make the point that the ground squirrels are never to be touched or abused. Some of these rodents carry a modern day form of the bubonic plague, and overcoming it is a nasty experience.

Feeding the tame deer is prohibited. You do them no favors, and only hasten their deaths when the hard time of winter comes.

Conclude by telling the crew that the wildlife is there to be enjoyed at a distance, and that they are not to threaten or abuse animals they encounter at High Adventure bases (or anywhere else, for that matter).

COOKING

5.1 Introduction

Philmont represents the first opportunity to learn about backpacking stoves and freeze-dried trail food for most Chester County Scouts. Although cooking over wood is still an option, almost every crew will cook with propane or white gas backpacking stoves. Wood fires will be used only for Dutch oven cooking.

5.2 Demonstration equipment requirements

- Propane stove and bottle
- White gas backpacking stove
- Fuel bottle
- Two Dutch ovens (with cobbler in progress in one)
- Matches in waterproof container

5.3 Backpacking stoves

Chester County Council supplies three backpacking stoves for each full crew (although a crew of 12 can function adequately with only two stoves). These stoves are almost exclusively propane models which will require the purchase of propane bottles between the airport and the Ranch. A few crews will be supplied with white gas stoves.

Most Scouts will be familiar with propane cooking, and know how to attach fittings, control the gas, and light the stove.

Many Scouts will not be familiar with the white gas stoves which demand more care. Some advisors prefer not to use the white gas stoves due to perceived dangers. The inescapable fact remains that white gas in spun aluminum containers amounts to substantially less weight than propane bottles.

Thus, the choice becomes one of personal preference. Both should be demonstrated.

- Attach propane bottle to stove, and light.
- Pour gas into stove, secure, pressurize, light, and re-pressurize.

Demonstrate pouring white gas, and securing the bottle at some distance from the other stove. Tell crews that white gas is sold at camping headquarters and at main commissaries in the back country.

Demonstrate backpacking stove safety procedures. This is especially important with white gas stoves.

- Refuel only when stove is cold.
- Do not refuel stoves or store fuel near flame.
- Do not use stoves in tents.
- Do not use fuel as a wood fire starter.
- Be sure the stove's legs are fully extended, and that the ground is perfectly level.
- An advisor should be in attendance during stove operation.

Suggest that a full crew of 12 going with two stoves instead of three consider taking a spare burner assembly/cleaner kit.

If the cooking presenter is very well versed in backpacking stoves, he might want to elaborate on the merits of each brand. For example, the Coleman Featherlight is a good, all around stove, the Whisperlight has two speeds, nearly off and blowtorch (which is fine since boiling water is basically all a stove is good for at the Ranch). Mention how combination fuel stoves can be temperamental.

5.4 Freeze-dried food

Scouts will have their own opportunity to cook with food for supper and Sunday breakfast. Tell them to read instructions, and that their mess kit cups serve as an 8-ounce measuring cup. Advise that they can cut the water requirements by 5-10 percent to avoid excessively runny meals (water can always be added if the meal turns out too dry, but removing excess water is another matter).

5.5 Water purification

Unless told otherwise, all water must be treated. The only places where water will not have to be treated is in staffed camps -- but tell Scouts that they are to assume the water has to be treated unless directly told to the contrary by a staff member.

There are two means of purifying water. One is to boil it for at least three minutes, and the other is to treat it with iodine. The latter treatment involves filling the iodine crystal bottle three-quarters full with water, shaking it for a minute, letting the bottle stand for ten seconds, and then pouring two to three capfuls per quart of water into the water bag. Shake the water container for mixing, but do not use the water or put any flavoring in it for at least twenty minutes.

Waterborne ailments such as giardia are serious matters. But, they can be avoided by proper precautions such as locating latrines and sumps at least 200 feet away from water supplies. Advise Scouts that no wastewater is to be dumped into any of Philmont's waters. And tell them that actual water treatment procedures vary -- some locations require double treatment. For that information, they must rely on their ranger and the data depicted on the water condition board at the Logistics Center.

5.6 Dutch oven cooking

Dutch ovens and cobbler ingredients are available in staffed camps. Scouts should be encouraged to become proficient with Dutch ovens.

Demonstrate how to use and clean Dutch ovens. Most coals on the lid, minimal coals below oven. Layer fruit and Bisquick only after oven has been pre-heated and oiled.

Clean with water and oil only. NO SOAP. Store with lid slightly ajar.

Advise crews that becoming proficient with Dutch ovens is a good idea. They will come to appreciate cobbler after a week of trail food.

5.7 Firepits

Tell crews that they never need to dig a firepit or make their own firelays. All camps, trail and staffed camps alike, have metal or stone-ringed firepits with a bar running across the top.

Conclude by telling Scouts to leave as much wood at the campsite as they found.

5.8 Heating values of wood

To the average Scout, firewood is wood is wood. On the surface, Philmont firewood looks like that found in any eastern forest. Explain the advantages of using hardwoods, especially for Dutch oven cooking. The aspen, which is common in most of the high country, has a low heating value, and should be used only as a last choice. Ask Scouts if they can identify some hardwoods. Oak and maple can be found at Philmont, and along with pinon pine and juniper, make the best cooking fire. At very high elevations, spruce and fir may be the only woods available, and they are satisfactory in terms of heating value.

5.9 Ash disposal

Tell Scouts that ash disposal differs at Philmont. All fires will be soaked with water, ashes crumpled by hand, and carried well away from the campsite, and widely dispersed at some distance from the trail.

5.10 Fuel Purchase

CLOSING REMINDER! No white gas is to be taken on the airplane. It can be purchased at Camping Headquarters and at backcountry commissaries. Propane cannot be taken on the plane, nor can it be purchased anywhere at Philmont. Propane must be purchased between the airport and Philmont. Eight bottles of propane are reportedly enough for a full crew of 12, but crews taking propane should experiment to find out what suits their needs before buying propane after the flight out.

PERSONAL CARE/FIRST AID

6.1 Introduction

Assembling personal care items for a High Adventure expedition is a great exercise in minimization compared to launching for Horseshoe which has no restrictions on the composition or quantity of shampoos, deodorants, conditioners, aftershaves, etc. which litter the showerhouses.

The differences must be firmly established. The key words are "bio-degradable," "scentless," and "light weight."

6.2 Demonstration equipment requirements

Personal care kits as suggested for Philmont and Horseshoe.

6.3 Weight control

Suggest that Scouts buy "trial sizes" of personal care items. Ask if they would like to carry the family size tube of toothpaste or about 22 uses worth from the trial size tube. It all adds up. Poor selection of personal care items can easily add as much as a pound or more to a pack.

6.4 Bio-degradable

High Adventure bases aren't interested in contamination of its earth or waters. For that reason all soaps should be bio-degradable.

6.5 Scentless items

The occasional bee or mosquito may be attracted to scented soaps, but it is the black bear which is the troublemaker. Bears are attracted to a variety of smells including flowery-scented toiletries. Scouts should make every attempt to buy scentless everything -- including lip balm and sunblock.

6.6 Double duty items

Make the point about weight by having a volunteer Scout read a checklist which includes shaving cream, soap, shampoo, and deodorant. Dramatize the point by showing each item as he calls it. Then ask him to repeat the list. As each item is called, hold up a small bottle of "Camp Suds" (available at Goldberg's or REI). That little product serves many functions and weighs a mere fraction of the other items.

Further demonstrate weight control by holding aloft a small tube of toothpaste from which there could only be about 20 uses left. Show the small plastic mirror which weighs only a fraction of the metal variety. For those who want to shave on the trail, plastic razors make the most sense.

Tell Scouts to forget about shampoo, deodorant, conditioners, etc. They aren't needed, and they just add weight.

Conclude by instructing them to refer to their checklists.

6.7 Personal cleanliness

Scouts (and almost always their mothers) are concerned about the fact that Scouts cannot shower every day. Yes, people do get "grubby" at the Ranch -- but only between camps with showers.

Everybody will become slightly "ripe" but not to the extent that they might here in the east. The low humidity of the southwest tends to reduce the impact of odor-producing bacteria. Olfactory unpleasantness tends to be minimal when the smeller and smeller are equally malodorous.

Short (or relatively short) haircuts are recommended just prior to departure for the Ranch.

Crew members will have an opportunity to shower and wash clothes roughly every three days on the trail. Scouts should already appreciate the importance of being clean, but at the Ranch it is especially important, particularly concerning foot care.

6.8 Foot care

The importance of foot care cannot be overstated. Feet should be washed and dried at every opportunity. Dirty feet are an invitation to blisters and infections. The use of foot powder is optional. It adds to weight, but is essential for some people. Others never need it. Emphasize taking scentless foot powder. Toenails should be clipped a few days before the expedition departs.

Clean socks are important. There will be ample opportunity for washing, and in Philmont's low humidity, clothing dries quickly.

Feet will get wet at Sommers -- plan on light boots for the canoe and trail -- dry, camp shoes while off the water.

6.9 Medications

Scouts taking medicine regularly should make advisors aware of that fact. Normally, each Scout should take only a few bandaids, and possibly some Tylenol if he is prone to headaches, etc.

It is the crew lead advisor's responsibility to carry an adequate first aid kit (see separate listing). The first aid kit should contain over-the-counter medicines for headache, nausea, and diarrhea.

Explain that staffed camps all have VHF transceivers which can be used to contact the health lodge. In extreme cases, ambulances are used to pick up serious cases. Staffed camps also have extensive first aid kits.

6.10 Blister control

There should be no problem if the camper's nails have been clipped properly, his feet are kept clean, he is wearing appropriate liner and outer socks, and his boots are broken in.

Although blisters may be covered elsewhere, reinforce blister treatment procedures.

- Put moleskin over "hotspots" (incipient blisters) before they turn into serious blisters.
- If the blister becomes serious, treat it by cleaning, lancing with sterilized device, disinfecting, and covering with moleskin.

Demonstrate that moleskin is like a doughnut, i.e. it encircles the blister.

6.11 Sunburn/chapped lips

Sunburn is a major problem for the unprepared. There are only two ways to overcome it. The best way is to have a good tan before going to the Ranch (noting that a lot of sun isn't good for anybody, but it isn't as damaging as a severe sunburn). The other alternative is the use of sunblock (scentless and with a minimum SPF of 15 or above). Which approach to take is a matter of personal preference.

Explain that sunburn is a major problem. A severe case will put a Scout in the health lodge thus ending his expedition. Most eastern Scouts simply do not understand how rapidly they will burn at higher altitudes.

Low humidity and a steady breeze chaps lips quickly -- advise Scouts to bring a scentless, sunblock lip balm.

6.12 Sunglasses and hats

A good pair of sunglasses with 99% UV blockage is essential as is a hat with a broad visor. Serious trout fisherman might want to bring along an extra pair of polarized sunglasses to help locate fish. UV radiation increases 5 percent for every 1000 feet gained in altitude, thus, crews from Chester County will be exposed to 30 percent more radiation when they arrive at the Ranch. Add another 30 percent when they reach the tops of Mount Phillips or Baldy. Some of Philmont's natural features are highly reflective, i.e. Tooth Ridge, which also places a premium on good protection for the eyes. Sunglasses with side panels are highly recommended. Water surfaces of lakes are highly effective reflectors of sunlight -- thus Sommers crews must be well-protected.

6.13 Insect bites

Many expeditions go through the Ranch without seeing a bee or being bitten by a mosquito. Extended rainy periods, however, will bring out mosquitos. The use of insect repellent is a personal choice. The crew first aid kit will contain some sort of steroid topical ointment. Some Scouts may want to bring their own small tube of Cortaid or Lanacort.

Sommers crews will have been briefed on insect problems. Repellent and protective clothing are essential.

6.14 Tobacco

Forbidden in any form. Tobacco is not sold on High Adventure base property, and any type of smoking just adds to the threat of forest fire. Firmly tell crews that a trip to High Adventure a very good reason to quit smoking, and that smokers will curse their habit the first minute that a trail steepens.

6.15 Drugs/alcohol

You'll be on your way to the airport for a return flight the same day you are discovered with drugs or alcohol.

6.16 First Aid - Introduction

You should not attempt to review basic first aid since this discipline is usually pretty well developed by the time Scouts are ready for the Ranch. Rather, start by impressing upon them some Philmont statistics regarding the frequency of injuries and the odds of landing in the health lodge. Then develop the point that common sense and good personal hygiene are the best ways of avoiding the health lodge.

6.17 Injuries

Tell the crew that the Chester County Council sends out about 100 advisors and Scouts to Philmont every year (except in Jamboree years). In a typical year, there will be five to six Scouts from the expedition who will be sent to the health lodge, i.e. some Scouts will not complete the full 11 days. Calm their fears by relating that the nearly all of the health lodge cases are in just for a day or so, and can rejoin their crews at some point.

Solemnly make the point that there is some danger in a Philmont expedition IF rules are not followed. Philmont is like a transient city in the summer -- and in any community of 20,000 people, there will be some accidents.

Deaths are not frequent, but when they do happen, it is usually heart failure occurring in advisors who probably should not have been on the trail in the first place. Lightning has killed at Philmont (make the point that the chance of death by lightning can be avoided by following safety instructions).

Explain that the Ranch does its best to reduce the chance of injury, and that its health lodge is staffed by qualified MDs. They have ambulances available -- even helicopters can be utilized.

But, accidents do happen. Ask crews to guess what the most common injuries are. Then tell them the actual facts.

Most common injuries at Philmont (In order of frequency)

1. Blisters
2. Sunburn
3. Cuts (from falling, knives, saws)
4. Heat exhaustion
5. Broken bones

Ask if any of these can be avoided -- with common sense and

preparation. You might relate how many crews go through Philmont without so much as a scratch or blister -- and that those are the best prepared crews.

There is the potential for other problems, but they occur much, much less frequent. Dehydration and hypothermia do happen. Snakebites are quite rare. In fact, during Philmont's first 25 years of operation, there were only three cases of people being bitten by rattlesnakes -- all three were staffers who should have known better.

Most Scouts know how to deal with snakebite and hypothermia, but dehydration may be new. Tell them they are required to have a minimum of 2 quarts of water in their packs. On some hikes they won't consume anywhere near that amount, but on other days they will pull into camp just as their canteens are emptied. Explain that the southwest is very deceptive due to the low humidity. Scouts think that since they aren't sweating, they aren't losing much moisture. BUT, they are sweating; in fact, the low humidity and gentle breeze are evaporating the perspiration very quickly (and certainly by a staggering rate compared to the rate of evaporation here in the humid east).

The first symptom of dehydration is a darkening of the urine. When that happens, it is best to increase water intake immediately. Explain that salt tablets are not necessary since the trail food diet (as they will all too quickly discover) is generously laced with sodium chloride. The best way to avoid dehydration is to maintain an adequate water intake level. Caffeine-addicted advisors might want to take some De-Caf packets on the trail since regular coffee accentuates dehydration.

6.18 Altitude problems

Mention another unique problem: altitude sickness. Some people are affected, others aren't. Symptoms vary (dizziness, headache, nausea), but usually go away after a day or so, especially with proper fluid intake, rest, and a good night's sleep.

Philmont has found that the crews which are in the best physical condition usually have the least problem with altitude adjustment. Stress to crews the importance of good physical conditioning -- jogging, using stepping machines, aerobics, shedding flab. Advisors who smoke (which isn't permitted on the Ranch) will regret their habit by the second day on the trail.

6.19 First aid kits

Explain to Scouts that their personal first aid supplies should be limited to several bandgaes and some moleskin. It is the responsibility of the crew's lead advisor to carry the crew first aid kit (see separate list of kit contents).

6.20 More on foot care (the subject is worth repetition)

Explain solemnly that foot care is of PARAMOUNT importance. All too frequently, some campers wind up in the health lodge with blisters so bad that they cannot finish their expedition. The irony of it is that blisters are quite avoidable.

Outline the following steps for successful foot care:

- Wear good quality, broken-in hiking boots. Emphasize "broken-in." Scouts should be wearing boots that are several months old when they depart for the Ranch. The actual brand of boot is less important than that they've accumulated some mileage. Boots need not be of the leather, high top variety, but should be above the ankle, and offer enough support. They should have quality soles since many Philmont trails are rocky.
- When on the trail, wear two pair of socks: an inner pair which protects the skin and wicks away moisture, and an outer pair. It is pretty much a matter of personal preference as to the sock material. Polypropylene is suggested for the liner while wool or a wool blend is recommended for the outer. Experience has shown that both the tube and ankled variety liners work equally well.
- Feet and socks should be washed as frequently as possible. Dirty feet are an invitation to blisters. Socks and clothes dry very quickly in the sun and low humidity of Philmont.
- Square-clip toenails several days before departing for the Ranch.
- Use moleskin over blisters and "hotspots" (incipient blisters). Suggest that Scouts review first aid treatment for blisters as a precaution, but tell them that blisters can be avoided.

DEMONSTRATE THE USE OF MOLESKIN (Many Scouts going to Philmont for the first time will not be familiar with it)

6.21 Physical conditioning (or advice to the aging)

Youth who have just completed a season playing on a spring sports team, especially track or lacrosse, will be in good shape for the Philmont experience. The rest of us have to work at it. Advise the crew to get in several months worth of some sort of exercise which emphasizes aerobics. Jogging is an excellent preparation as is working on a NordicTrack or other stepper machine. For some advisors, using a stepper while carrying a pack with 40 pounds of bricks has been a very worthwhile means of preparation. Swimming is another superior preparation.

Overweight Scouts and advisors will lose weight on the trail, but it is better to have shed the excess weight before hitting the trail.

High blood pressure is the most common medical problem which surfaces at the Ranch medical check-in. There is a natural elevation in blood pressure simply associated with increases in altitude. The excitement of arriving at the Ranch will also boost blood pressure slightly. If you have trouble staying below 150/90 or are subject to white coat hypertension, you will definitely be called back to the health lodge for re-checks before being permitted on the trail.

THUS, the best advice is to follow your MD's guidance on lowering blood pressure (quit smoking, reduce caffeine intake, modify your diet, initiate a proper exercise program, etc).

Refer Scouts and advisors to the handout regarding physical conditioning.

An ace bandage is a worthwhile addition to your equipment list -- especially if you have a history of knee problems.

6.22 Red Cross Certification

Mention that at least one advisor in each crew has taken the Red Cross basic course in order to participate in a Philmont expedition. However, since that advisor may not always be on the scene if an accident happens, stress that being current on first aid procedures is essential. Basic first aid & CPR cards will be collected, inspected, and returned to owner upon check-in at Philmont.

TRAIL MANNERS

7.1 Introduction

Although backpacking may not be a new experience to Chester County crews, certain conditions on the trail definitely will be, i.e. thunderstorms, horses, burros, other crews, trail maintenance projects, etc.

7.2 Setting the Pace

Explain that the cardinal rule of backpacking at Philmont or paddling at Northern Tier is to maintain crew integrity. That means staying within sight of each other. This does not mean that the crew has to be bunched up tight on the trail, but it does mean staying in one cohesive group as it travels.

Develop the boys' understanding of the consequences of splitting their crew into "fast" and "slow" groups by asking what can happen. Hopefully, they will realize the shortcomings of being less well prepared to respond to emergencies, the increased possibility of getting somebody lost, etc.

There is a natural tendency for some Scouts to want to get into the lead and set a fast pace. In extreme cases, the aggressive kids want to set a record in getting from one camp to another. This is a waste of their parents' money. The Ranch should be enjoyed, savored, and experienced at a rate which ensures that each crew member gets as much as possible out of the experience.

And then tell them that each Philmont camp staff has firm instructions never to assign a campsite or teach program to any crew that does not arrive as one group. The scenario is always the same -- the "fast" group sits forlornly with nothing to do until the others arrive.

The pace should be set by the slowest hiker in the crew. He should be firmly instructed that he is not to dawdle. By the same token, he should set a pace which is obviously short of putting himself in physical danger. In reality, it is the adult advisors who are usually the slow hikers, but they should not take a place at the head of the line.

Instruct the crews that their leader and navigator will lead the group, and they will call the breaks. The pace setter is also the one who will announce, "Is anybody not ready?" when the break is over. It is also the crew chief's responsibility to take the headcount before leaving a camp. Instruct the crew in the value of a sound-off system in

order to avoid leaving somebody behind.

In practice, groups will take short breaks on the hard segments, i.e. ascending the passes and peaks. Those are standing breaks, and last only long enough to catch one's breath, and swig some bugjuice. You should explain that Scouts should never sit down with their packs on during a brief break. It can be a real strain on a system to take a short break, in the middle of a rough pitch, and then try to get up with a pack on. Every once in a while, a longer break can be scheduled -- this can be a pack off break complete with a snack or possibly for some map and compass practice.

Consider using the "Caterpillar" as an efficient means of climbing very steep sections. Rather than all members of the crew advancing, the rearmost hiker moves to the head of the line followed closely by the next hiker who is followed by the next, etc. Progress is made, by everybody benefits from a series of "mini-breaks."

7.3 Getting the day started

Explain the tremendous advantages to getting on the trail early.

- The first groups to arrive at destinations usually have beaten the weather. Ask Scouts where they would rather be when it is raining. Coming down a muddy trail or in a tent.
- First groups into camps are assigned the better campsites. Pulling in late is your ticket to Siberian campsites.
- Late arrivals, especially those who schedule "super strenuous" itineraries, frequently pull in after the last program session, i.e. no black powder rifle shooting, no rock climbing, no cultural enrichment, etc.

7.4 Trail signs

Never lean on or touch a trail sign. They have enough problems with weather, cattle, and falling branches as it is. Trail signs are only a general indicator, and should not be accepted as 100 percent accurate. For this reason, make sure the Scouts understand the value of their maps.

7.5 Be observant

Relate how Philmont is very interested in what is going on in the back country. Report any significant problems to the camp staff as you pull in. You will also be asked to fill

out a wildlife observation form, and in preparing for that you will also be enjoying Philmont.

7.6 Do a good turn

Develop each crew's interest in improving the trail. They should remove the occasional fallen branch from the trail or kick a rock out of the path. They will be expected to do some trail maintenance as part of their service project in order to qualify for the Philmont Arrowhead anyway. Tell crews to repair downed signs ONLY when the proper direction has been established by map. If in doubt about that (or anything on the trail) report it to the staff at the next camp.

7.7 Wildlife on the trail

Flora and fauna should be observed, not abused. Suggest instant cleanup duty for Scouts bothering the wildlife. Although ground squirrels can be a nuisance, they should not suffer thrown stones. Nor should the wild turkey be harassed. Explain that Scouts are not doing the occasionally tame deer any favor by handfeeding -- it only makes life more miserable for the deer after the camping season.

Some of Philmont's fauna are not wild, i.e. the cattle. Do not disturb them (especially the bulls).

7.8 Trail manners

Bring up hypothetical situations, and ask crews who has the right of way in each.

Crews should always give the right of way to:

- Crews coming UP a trail.
- Faster crews.
- Pack trains of burros, horses.

7.9 No shortcuts

Explain the importance of staying on the trail. The "trail" may be a jeep road, path, or a wide, generous trail free of stones. Philmont does not want people bushwhacking (it can easily lead to getting lost).

Tell crews to leave fence gates exactly as they found them. Most gates will be found closed, and they should be returned to that state when the crew has passed through.

7.10 Water conservation

Although those who have experienced heavy precipitation on past expeditions will argue the point, Philmont is located in an arid land. True, the aridity may vary from season to season, but one thing is for sure, forest fires are a very real, constant threat. Reinforce the threat from casual handling of cooking fires and proper extinguishing of same. While not arid, Northern Tier is always concerned about forest fires.

7.11 A Scout is "clean," "trustworthy," and "obedient"

No litter or grafitti. Keep Philmont and Sommers as beautiful as ever.

7.12 Crew Chief's role

This is a good juncture to point out the role of the crew chief. Explain his responsibilities:

- Develop duty rosters.
- Check-ins.
- Site selections.
- Equipment/supplies.

He is the "Senior Patrol Leader" of the crew. Your role, and that of all adults on the expedition, is purely advisory. If things go well, you are merely a vacationer with a camera along for the ride. Make the point to the group that it is the crew leader who is in charge. When you are on the trail, you should avoid making decisions. You might make the occasional suggestion when you suspect that it is needed, but your role is really that of consultant, not leader.

Remember, the Ranch is very much Scouting's crucible. Let the boys learn from applying what you have taught them about Scoutcraft and leadership in the past few years.

Philmont Equipment Checklist

(Rev. 2/7/95)

- ___ Medical (Also bring to Shakedown)
- ___ Pack/packframe (external frame recommended)
- ___ Sleeping bag (20° bag recommended)/mattress
- ___ Duffel or heavy plastic bag to contain pack in transit

HAND CARRY ON PLANE

- ___ Flight or small hand bag containing:
 - ___ Towel (large)/washcloth
 - ___ Soap
 - ___ Toothbrush/toothpaste
 - ___ Comb and/or brush
 - ___ Underwear, 1 set
 - ___ Camera/film
 - ___ Pen/Postcards, stamps
 - ___ Writing paper/envelopes
 - ___ Games
 - ___ Books/Diary
 - ___ Maps
 - ___ Religious material

SUMMER CLASS A UNIFORM TO AND FROM PHILMONT

- ___ Scout shirt, short sleeves
- ___ Scout shorts
- ___ Scout belt
- ___ Shoes or hiking boots
- ___ Expedition neckerchief
- ___ Neckerchief slide
- ___ Jacket or windbreaker

FOR THE TRAIL

- ___ Hiking boots (well broken in)
- ___ 2 pr. each white polypropylene liner, wool outer socks
- ___ Underwear shorts, 2 pr.
- ___ Thermal underwear (optional)
- ___ Pants, 2 pr. shorts (BSA or non)
- ___ Pants, 1 pr. long " " "
- ___ Hiking T-shirts, 2
- ___ Hat
- ___ Pack cover (optional)
- ___ Poncho (one piece poncho with pack cover recommended)
- ___ Rain pants (optional - nylon type doubles as long pants)
- ___ Jacket, windbreaker or heavy sweatshirt
- ___ Groundcloth
- ___ Sleeping bag, 20°
- ___ Canteen(s) for 2 qt. min. capacity on trail
- ___ Toilet paper, partial roll
- ___ Garbage bag (night pack cover)
- ___ Moleskin
- ___ Spoon & bowl or pan
- ___ Cup
- ___ Pen
- ___ Flashlight
- ___ Toilet articles incl. scentless Chapstick
- ___ " sunblock (opt.)
- ___ Foot powder (opt.)
- ___ Towel & handkerchiefs
- ___ Diary (optional)
- ___ Compass
- ___ Small pocket knife
- ___ Pack repair parts (share with buddy)
- ___ Camera/film (opt.)
- ___ Camp shoes, low & light, optional, but highly recommended
- ___ Fishing gear (opt.)
- ___ Matches/waterproof container

GENERAL CREW EQUIPMENT PROVIDED BY PHILMONT

- Trail Chef cook kit, incl. hot pot tongs, cooking gloves
- Trail Chef cutlery kit incl. 2 lrg. spoons & 1 spatula
- Tents, nylon, 2 person backpacker
- Dining fly, nylon with poles*
- Dishwashing supplies incl.
 - soap
 - scouring pads
 - sanitizing tablets
- Iodine tablets (depending on new policy)
- Bear bags
- Bear bag rope
- Camp shovel*

- * You can save weight by using fewer poles or a tree.
Bringing your own garden trowel instead is recommended.

RESPONSIBILITY OF EACH CREW'S LEAD ADVISOR	
1. <u>Lead</u>	2. <u>Lead</u>
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|---------------------------|----------------------------------|
| * ___ Philmont map | ___ Fuel filter (if using gas) |
| ___ Plastic cover for map | ___ Sewing thread/needle |
| ___ Crew first aid kit | * ___ Tent/fly stakes, 8/person) |
| * ___ 3 bear bags | * ___ 3 water bags |
| * ___ 3 stoves | ___ Bobby's or Ref's whistle |

* Provided by Chester County Council (bear bags also available at Philmont). Philmont does not provide any tent/fly stakes.

LEAVE AT HOME

Firearms, ammunition, sheath knives, axes, radios (except walkmen for use on plane/bus), candles, pressurized articles such as deodorant or shaving cream, and items in glass containers.

SPENDING MONEY

Basic replacement items such as matches, moleskin, or batteries can be purchased at the several back country commissaries. Camping and souvenir articles are available at the Camping Headquarters Trading Post. Nearly all Scouts purchase the Philmont belt, buckle, bull patch, map, and other souvenirs. They also rapidly find their way to the snack bar upon coming off the trail.

A few dollars should be taken on the trail, but most money and valuables will be left in a safe at the Camping Office. Spending money in the \$30 to \$50 range is quite adequate. Travelers checks are recommended.

Philmont First Aid Kit
(1994-5 Revision)

A first aid kit is the responsibility of each crew's lead advisor. What follows is a complete first aid kit. Ultimately, the lead advisor must strike a balance between the number of items in the kit and weight. Commercially available kits of varying contents are available through sources such as BSA, Goldberg, etc.

Dressings

Band-aids	1 small packet
Gauze bandage	2 rolls of 2"
Crepe bandage	1 roll of 3"
Sterile gauze pads	3 packets of 3"x3"
Q-tips	1 small packet
Cotton balls	1 doz. in a plastic bag
Adhesive tape	1 roll 1"

Topical Medications

Triple antibiotic	1 small tube (for wounds, blisters)
Cortisone	1 small tube Cortaid for bites, etc.
Artificial tears	1 small tube (dislodging objects from eye)

Antiseptics

Rubbing alcohol	1 2 oz. plastic bottle (70-90% to clean instruments & degrease skin so adhesives will stick)
Hydrogen peroxide	1 2 oz. plastic bottle (cleans dirty wounds)
Betadine solution	1 2 oz. plastic bottle (non-irritant general antiseptic, infrequently allergenic)

Instruments

Scissors	1 pr., small stainless steel for cutting dead skin from blisters
	1 pr. small stainless steel for cutting gauze. Both to be wiped w/ alcohol
Needles	1 small packet for post-alcohol wipe, blister pricking
Nail clippers	
Nail file	

Medications

Tylenol	1 small bottle tablets
Pepto-bismol	1 small packet chewable tablets
Imodium A-D	1 small packet

Each individual should carry his own moleskin (thick & thin), sunblock, Chapstick (w/ sunblock), & foot powder (all scentless).