Physically Be Prepared.

Getting You and Your Crew Physically Ready for Philmont

Matt O'Brien





The Philmont Experience

- Philmont enjoys a hallowed place in Boy Scout lore because it's a once-in-a-lifetime experience (no matter how many times <u>you</u> have been there)
- There are three parts to the Philmont experience:
 - The Preparation
 - The Trip
 - The Memories, Pictures and Stories
- Preparation is the foundation to build excitement and the skills for success—enjoy all three parts!





Philmont is TOUGH

- Elevation 6,500 to 12,500 feet
- Rugged, Mountainous Terrain
 (Sangre de Cristos = the Southern Rockies)
- Desert Southwest Can be <u>very</u> dry and dehydrating
- Backpacking between 50 and 100 miles over 10 days,
 with packs weighing between 35 and 65 lbs



YOU are the LIMFAC



 Limfac is short for "limiting factor", often used by military personnel to describe the weakest or least efficient part

Physical Fitness Goals

- Strength Hike 8 10 miles with a full pack
- Endurance Hike 8 10 miles a day with a full pack for 8 – 10 days
- Resilience Remain "physically strong" and "mentally awake" when that Irishman Murphy makes an appearance

The best way to take care of soldiers was to build standards and procedures into a routine until predictable things worked smoothly. That gave leaders the ability to focus on the unpredictable as needed.

General Stanley McChrystal









Philmont Weight Limits

| HEIGHT | RECOMMENDED WEIGHT | MAXIMUM WEIGHT |
|--------|--------------------|----------------|
| 5' 5" | 114 - 162 | 195 |
| 5' 6" | 118 - 167 | 201 |
| 5' 7" | 121 - 172 | 207 |
| 5' 8" | 125 - 178 | 214 |
| 5' 9" | 129 - 183 | 220 |
| 5' 10" | 132 - 188 | 226 |
| 5' 11" | 136 - 194 | 233 |
| 6' 0" | 140 - 199 | 239 |
| 6' 1" | 144 - 209 | 246 |
| 6' 2" | 148 - 210 | 252 |
| 6' 3" | 152 - 216 | 260 |
| 6' 4" | 156 - 222 | 267 |





Overweight? What To Do

- If you are within 10% of the maximum weight,
 you are putting your and your crew's trek at high risk
- There are three proven ways to make a change:
 - Diet (what you eat)
 - Portion control (how much you eat)
 - Exercise (how you burn calories)
- They are simple, but not easy

It is not the mountain we conquer, but ourselves.

Edmund Hillary



Other Considerations

- Cardiac or Cardiovascular Disease
- Hypertension (High Blood Pressure)
- Insulin-Dependent Diabetes Mellitus
- Seizures (Epilepsy)
- Asthma, Allergy, or Anaphylaxis
- Recent Musculoskeletal Injuries and Orthopedic Surgery
- Psychological and Emotional Difficulties
- Medications





Shakedown Hikes / Campouts

- Shakedown hikes / campouts provide three key opportunities for the crew:
 - Mechanics: learn and master basic skills for Philmont (the Philmont way) in the field
 - Melding: your crew for Philmont is often a mix of patrols—learn to work together as a team
 - Mileage: Scouts (and many adults) lack multi-day
 long mileage hiking with packs at altitude



The Philmont Shakedown Guide

- Enhance the safety, execution and enjoyment of treks
- Multi-part effort by PSR:
 - Philmont Advisor Skills School (Field-PASS and PSR-PASS)
 - Philmont Advisor Workshop (PAW)
- "Be Prepared. For Philmont."



Shakedown Guide - Part 1



Shakedown Guide - Part 2



Philmont Scout Ranch 17 Deer Run Rd. Cimarron, NM 87714

Official Philmont Shakedown Guide – Part 1

ised: September 1st, 2017

Refer to Philmont's website: www.philmontscoutranch.org for updates to this guide and the most up-to-date information regarding your trek.

This guide is intended to be an all-encompassing tool for drews to utilize in order to prepare for an upcoming Philmont treak. It is highly recommended that crews participate in at least two shakedown hikes prior to their treak. To help facilitate this, we have split this guide into two separate documents to allow the crew to focus on different topics on each hike.

in Part 1, we will cover crew leadership positions, gear and food selection, conditioning tips, and backcountry camping practices used at Philmont.

Crew Positions

- Crew Leader Responsible for organizing the crew, assigning dutiles, making decisions, and recognizing the capabilities of each crew member. Heiche leads by example and practices servant leadership to allow the crew to have an enjoyable and successful trek. The Crew Leader should have leadership capabilities that are respected by everyone and should be selected prior to the first sharedown hite. Successful Crew Leader schild the following fraits: positive attitude, attentiveness to all crew members' needs, and the ability to identify and resolve condition there is the resolvent in the capability to the complete state of the capability and resolve condition there is the resolvent in the capability to the capability to identify and resolve condition that the capability to the capability to the capability to identify and resolve condition that the capability to the capab
- Chaptain's Alde Responsible for leading the crew in following the 12P point of the Socul Law. They help the crew and the Duty To God Award and lead daily devolitonist from the Eagles Soaring High Booklet as well as facilitating Roses, Thoms, and Buds each night. The Chaptain's Alde should be selected by the crew prior to the first shakedown hike. On the shakedown hike, it is a great time to start Roses, Thoms, and Buds with the crew. During Roses, Thoms, and Buds with the crew. During Roses, Thom (something they listed about the day), thorn (something they disited about the day), and bud (what they are looking forward to incomrow or in the near future). Each crew member should be allowed to talk uninterrupted to allow this verorise to facilitate crew bonding.
- Wilderness Pledge Gula (Guide) Responsible for helping the crew understand and follow
 the principles of the Philmont Wilderness Pledge and Leave No Trace. They help the crew
 earn the Wilderness Pledge Achtevement Award with the help of the Ranger. They also help
 enforce Philmont's bear opportures. The Philmont Wilderness Pledde reads as follows:

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- of the Philmont wildemess. I commit 1. An absence of litter and graffit
- An absence of litter and graff
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- 3. Conservation and proper use of wate
- 4. Respect for trails and trail signs
- . Proper use of campsites

(Sep 2017)







Shakedown Hikes in the NCAC





- ~10 mi. hike in the Shenandoah / Massanutten Mtn
- Last weekend in Oct



- Carpe Adventure Trek (CAT Hike)
- 20 km and 40 km along the Mount Vernon Trail
- 2nd weekend in March



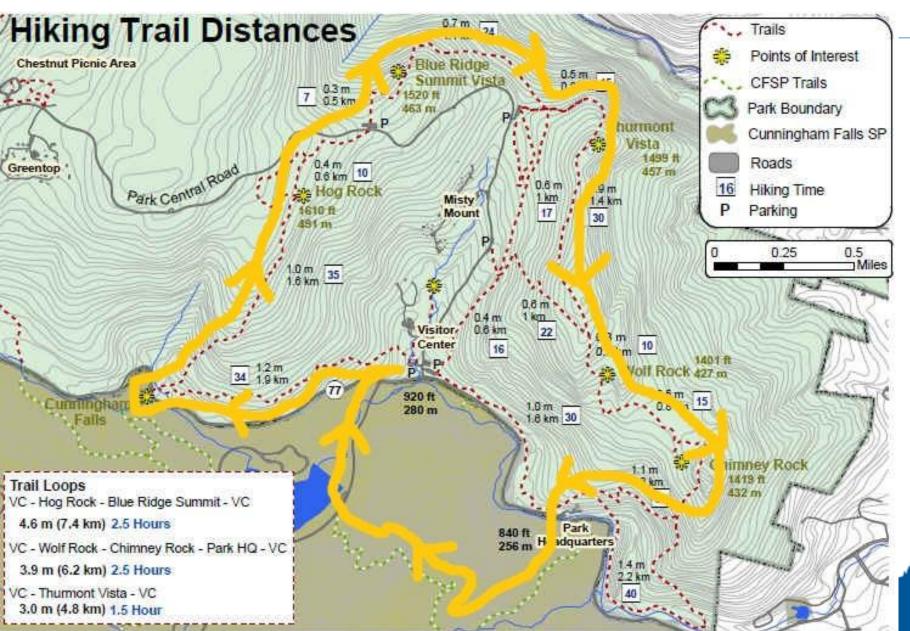
- Alonzo Stagg (ASH) Hike (Chain Bridge District only)
- 10, 20, 25, 37.5 and 50 mi. on and around C&O Canal
- 3rd weekend in March

Advisor Hikes

- Mandatory hike for the High Adventure Committee to evaluate your ability to hike 10 miles at a representative pace with elevation gain/loss and a minimum 35 lbs pack (we go rain or snow)
- Conducted at Catoctin Mountain Park in MD on 10 and 16 March 2019 (pick one date)
- Successful completion required to accompany your crew to Philmont



Advisor Hike Route



Is Anyone Not Ready?

- Can you jog 2 ½ miles in less than 30 minutes?
- Climb a 10-story building staircase 10 consecutive times?
- Carry a full backpack (25% of your weight) for 10 miles on roads or trails, in less than 4 ½ hours?
- ... AND THEN DO IT AGAIN TOMORROW & THE <u>NEXT</u> NINE DAYS!

Prepared. For Life.

On the fields of friendly strife

Are sown the seeds

That upon other fields, on other days

Will bear the fruits of victory

General Douglas MacArthur



