

# Physically ^ Be Prepared.

## Getting You and Your Crew Physically Ready for Philmont

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# The Philmont Experience

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- Philmont enjoys a hallowed place in Boy Scout lore because it's a once-in-a-lifetime experience (no matter how many times you 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!



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# Philmont is TOUGH

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



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# YOU are the LIMFAC

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



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# Physical Fitness Goals

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- **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



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# 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



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# Overweight? What To Do

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- 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**



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# Other Considerations

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- 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



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# Shakedown Hikes / Campouts

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- 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

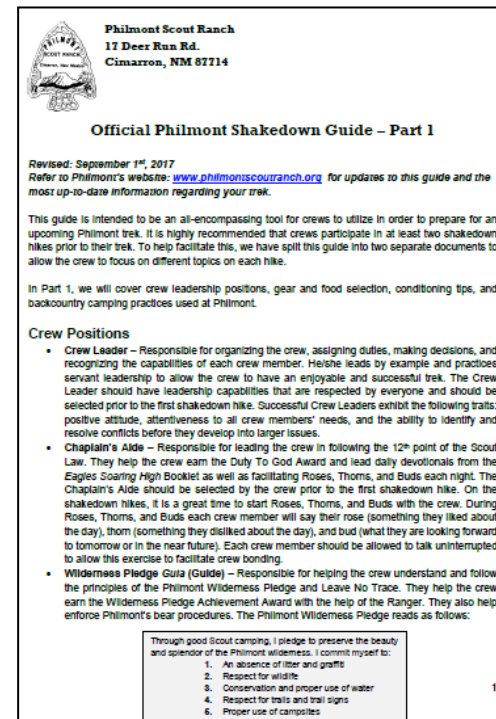


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# The Philmont Shakedown Guide

- 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.”



(Sep 2017)



Shakedown Guide  
– Part 1



Shakedown Guide  
– Part 2



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# Shakedown Hikes in the NCAC



- V3 Hike
- ~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
- 2<sup>nd</sup> 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
- 3<sup>rd</sup> weekend in March



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# Advisor Hikes

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- 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

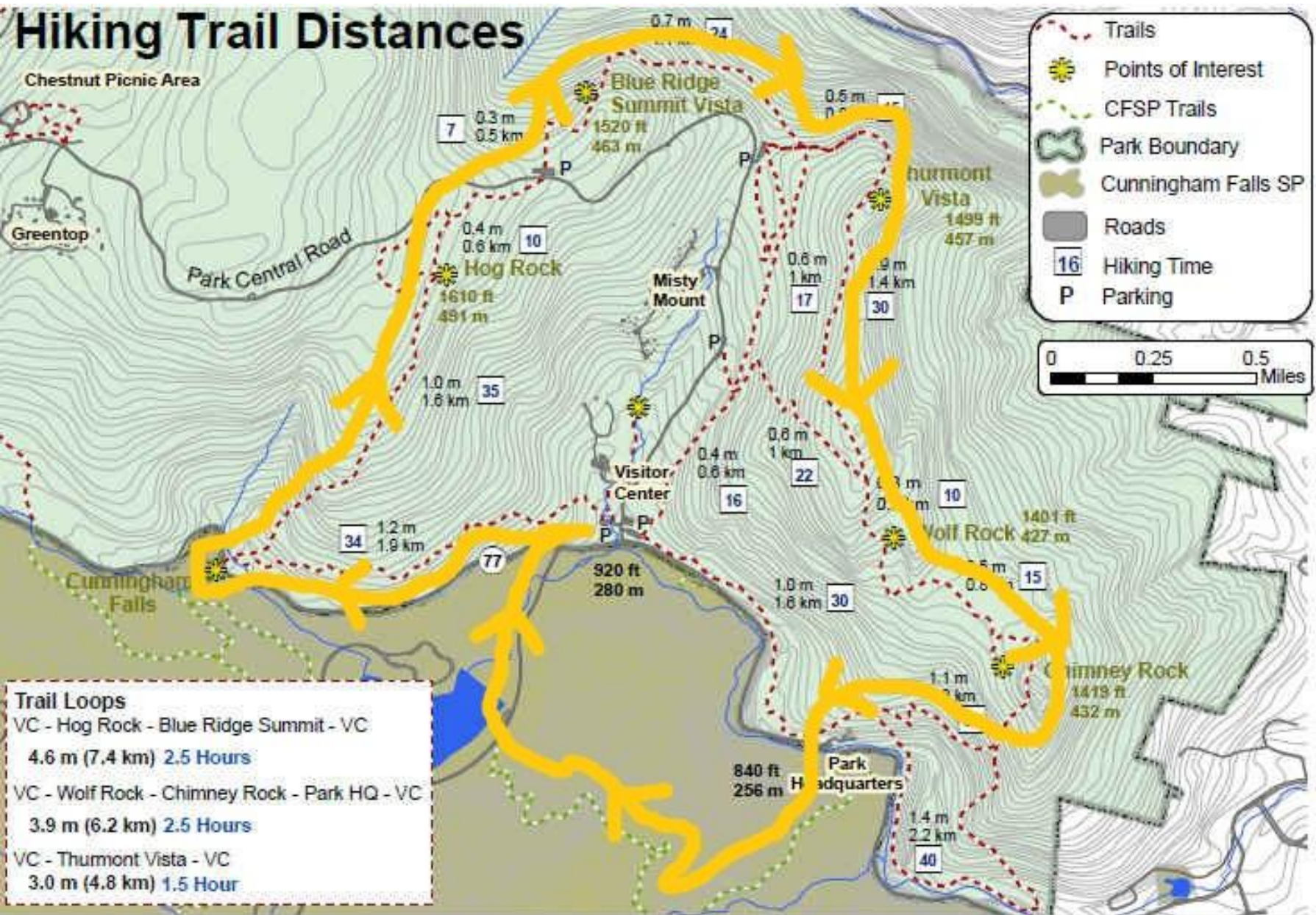


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# Advisor Hike Route



# Is Anyone Not Ready?

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- 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 NEXT NINE DAYS!



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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