



## **2009 LDS Mountain Trek Information Packet**

Welcome to Philmont!

As a participant in Philmont's Mountain Trek program, you can look forward to an exciting experience. The information contained in this packet will help you prepare for your adventure. Please read all of it carefully. It is intended to help make your adventure the greatest.

**Participation:** The Mountain Trek Program is designed specifically for the sons and daughters of Training Center conference participants. Participation in this program is for young men and women who are 14 years old as of June 27<sup>th</sup> (first conference) or July 4<sup>th</sup> (second conference), 2009, but are not yet 21. Mountain Treks are not available for adult participation and are *not* an activity designed for troop, team or crew participation. A conference participant may bring one guest for each family member on a trek. All participants must meet the minimum age and health requirements and are under the responsibility of the conference participant.

**Mountain Trek Information and Equipment List:** Please read this carefully and review the equipment list. An important part of your trek will involve strenuous hiking over rugged country. Both you and your equipment must be in top condition. Your feet and footwear will be especially important to your enjoyment of the trek, so give a little extra attention to both. Space for excess baggage will be limited, so keep such items to a minimum. You will be provided two t-shirts to be worn on the trail.

**Pack Rental Request Form:** Backpacks with frame and hip strap are available at Philmont for a rental fee of \$18.00. Please return your Pack Rental Form to Philmont as soon as possible, if you plan to rent a pack.

**Health and Medical Record:** Completion of this form and an examination by a physician within 12 months prior to the Mountain Trek is required. Bring this completed form with you to Philmont for the 3:00 PM meeting at the Training Center Greensward. **Please do not send your medical form in advance.** If you do not arrive with a completed medical form, you will not be allowed to participate in the trek.

**Expedition #:** Your expedition number is important. It helps Philmont quickly and easily identify the program and time for which you are registered. If your trek begins June 27<sup>th</sup>, your expedition # is **MM-627 or MW-627** (Mountain Men or Mountain Women plus arrival date). If your trek begins July 4<sup>th</sup>, your expedition # is **MM-704 or MW-704**. Please use this number on all correspondence or when asking for information.

**Fee Payment:** The registration fee of \$340.00 per Mountain Trekker is due on or before May 1, 2009. Your fees will be paid with your parents or the Scouter bringing you to Philmont. Please make arrangements to pay through that individual. Thank you.

**Insurance:** The Boy Scouts of America carries sickness and accident coverage for Philmont participants from the time they leave home until they return. This policy is secondary to a family policy that might be in effect. Name and policy number of your family policy should be noted on your medical form.

**Photos:** Your fees include an 8 x 10 glossy photograph of your group. You will not have to order this item; it is part of your packet upon completion of your trek. Additional photos may be obtained through your ranger at the start of your trek.

**Trek Procedures:** Many of you will have your parents at the Training Center or you will travel to Philmont with Scouters who will be at the Training Center. Plan to arrive between 2:00 and 2:45 pm on the Saturday your conference begins.

- Please check in at the Pavilion located west of the Philmont Training Center offices.
- Mountain Men and Mountain Women will begin the registration and “shake-down” process at 2:00 pm on Saturday. At 3:00 pm they will meet at the Training Center Greensward for a brief orientation (with parents) and then be guided for the rest of the experience by our mountain trek rangers. Bring all equipment and your medical form with you.
- Male and female crews will be organized separately and will enjoy a varied and exciting backcountry experience. Each crew will be accompanied during the entire trek by two experienced Philmont rangers. The only difference between mountain treks and regular treks is the number of days in the backcountry.
- Mountain Trek crews hike 20 – 30 miles into the backcountry where participants stay at several camps that offer a variety of exciting programs along with time to relax and enjoy the natural beauty of the rugged Sangre de Cristo mountains of Philmont.
- Your backcountry trip will begin Saturday afternoon and continue until you come off the trail the following Thursday. Following cleanup and check-in of equipment, you will have dinner, attend your closing campfire and dance, and camp with your family at the PTC. On Friday you will depart from Philmont.

**Sabbath Day:** On Sunday, special church services for MM/MW will be provided on the trek with a General Church leader presiding. It would be desirable to bring a small set of scriptures (missionary *Book of Mormon*) and journal with pen/pencil, as you will be provided an adequate amount of time for personal study. Hiking attire will be appropriate Sunday dress for MM/MW participants.

If you have any additional questions, please call Joanne at the LDS Relationships Office in Salt Lake City, Utah at (801) 530-0004. Thank you.

# LDS Mountain Trek Equipment List

The following list of equipment is needed for your Mountain Trek:

## Key Items:

- \_\_\_ **Hiking boots** - do not wear new boots. Buy them well in advance and wear them so that they are well broken in. Try them on wearing two pairs of socks (one heavy wool and one lighter pair) just as you will wear them on the trail.
- \_\_\_ **Backpack** - with frame and padded hip strap. At least 3,000 cubic inch capacity +
- \_\_\_ **Sleeping bag** in waterproof stuff sack - Warm and able to compress into a fairly small bundle. At higher altitudes it can get close to freezing at night.

## Packing

- \_\_\_ \*Pack cover - waterproof nylon or plastic bag
- \_\_\_ 6-12 sealable plastic bags - assorted sizes
- \_\_\_ Ground cloth for tent 5' x 7' (batteries)

## Sleeping

- \_\_\_ Sleep clothes (worn only in sleeping bag)
- \_\_\_ Straps to hold sleeping bag on pack
- \_\_\_ \*Foam sleeping pad
- \_\_\_ \*Stocking cap

## Wearing (packed in plastic bags)

- \_\_\_ Lightweight shoes
- \_\_\_ \*2 pairs heavy wool socks
- \_\_\_ \*3 pairs light inner socks (poly or cool max)
- \_\_\_ 2 changes underwear
- \_\_\_ \*Hiking shorts
- \_\_\_ \*1 long sleeve shirt or long underwear
- \_\_\_ 1 pair long pants
- \_\_\_ \*1 sweater or sweatshirt (wool or fleece)
- \_\_\_ \*1 hat or cap - flexible with brim
- \_\_\_ 1 sturdy rain suit (no emergency ponchos)

(NOTE: Upon arrival, two t-shirts will be given to each trekker to wear on the trail.)

## Eating

- \_\_\_ Deep bowl
- \_\_\_ Cup (measuring style)
- \_\_\_ \*Spoon
- \_\_\_ \*Water bottles (2-3 quarts)

## Personal and Miscellaneous

- \_\_\_ \*Small pocketknife
- \_\_\_ \*Matches in sealable container
- \_\_\_ \*Flashlight (small with new batteries)
- \_\_\_ \*Compass
- \_\_\_ \*2-3 bandannas or handkerchiefs
- \_\_\_ \*Whistle
- \_\_\_ Money (\$5-\$10 in small bills)
- \_\_\_ \*Lip balm (unscented)
- \_\_\_ \*Toothbrush/toothpaste
- \_\_\_ \*Moleskin or molefoam
- \_\_\_ \*Band-Aids
- \_\_\_ \*Sunscreen
- \_\_\_ \*Sunglasses
- \_\_\_ *Missionary Book of Mormon*
- \_\_\_ Journal with pen/pencil

## Optional

- \_\_\_ \*Camera and film
- \_\_\_ Watch
- \_\_\_ \*Foot powder
- \_\_\_ \*Comb

+ - Can be rented at Philmont for \$18.00

\* - Can be purchased at Philmont Trading Post

**PLEASE LABEL ALL OF YOUR GEAR**

Crew equipment, such as tents, cook gear, food, etc., will be checked out from Philmont by your Ranger. Each crew will carry a first aid kit. Upon arrival be prepared to hit the trail. You will go through a thorough "shake-down" with your crew to make sure you are prepared for the trail.

# 2009 PACK RENTAL REQUEST FORM

*Please circle your expedition number:*

Exp #627 (June 27-July 3)

OR

Exp #704 (July 4-10)

Trekker Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Name of Conference Participant: \_\_\_\_\_

I need to rent a backpack with frame for the LDS Mountain Trek during the week circled above. Please reserve this pack for me. Enclosed is my \$18.00 rental fee.

\_\_\_\_\_  
Signature of Trekker or Parent

Mail this form and payment to: Philmont Training Center Scout Ranch  
17 Deer Run Road  
Cimarron, NM 87714

## **RISK ADVISORY - PHILMONT SCOUT RANCH**

Philmont has an excellent health and safety record with over 880,000 adults and young people having attended since 1938. Philmont strives to minimize risks to participants and advisors by emphasizing proper safety precautions. Most participants in Philmont programs do not experience injuries because they are prepared, are conscious of risks, and take safety precautions. If you decide to attend Philmont, you should be physically fit, have proper clothing and equipment, be willing to follow instructions and work as a team with your crew and take responsibility for your own health and safety. For further information please thoroughly read the *Guidebook to Adventure*. Like other wilderness areas, Philmont is not risk free and you should be prepared to listen to safety instructions carefully, follow directions and take appropriate steps to safeguard yourself and others.

Parents, guardians and potential participants in Philmont programs are advised that journeying to and from Philmont, and one's stay at Philmont, can involve exposure to accident, illness, and/or injury associated with a high elevation, physically demanding, high adventure program in a remote mountainous area. Campers may be exposed to occasional severe weather conditions such as lightning, hail, flash floods and heat. Other potential problems include: injuries from tripping and falling, motor vehicle accidents, worsening of underlying medical conditions such as diabetes or asthma, heart attacks, heat exhaustion and falls from horses.

Philmont's trails are steep and rocky. Wild animals such as bears, rattlesnakes and mountain lions are native and usually present little danger if proper precautions are taken. Please refer to the *Guidebook to Adventure*, speak with previous Philmont participants, or call Philmont for further information concerning risks and measures which can be taken to avoid accidents. Philmont has staff trained in first aid, CPR and accident prevention, and is prepared to assist in recognizing, reacting, and responding to accidents, injuries and illnesses. Each crew is also required to have at least one member trained in wilderness first aid and CPR. Medical and search and rescue services are provided by Philmont in response to an accident or emergency. However, response times can be affected by location, weather or other emergencies and could be delayed six (6) or more hours.

### **PHILMONT WEIGHT LIMITS FOR BACKPACKING AND HIKING**

Each participant in a Philmont trek must not exceed the maximum acceptable limit in the weight for height chart shown below. The right hand column shows the maximum acceptable weight for a person's height in order to participate in a Philmont trek. Those who fall within the limits are more likely to have an enjoyable trek and avoid incurring health risks. Every Philmont trek involves hiking with a 35-50 lb. backpack between 6,500 and 12,500 ft. elevations. Philmont recommends that participants carry a pack weighing no more than 25-30% of their body weight.

**Participants 21 years and older who exceed the maximum acceptable weight limit for their height at the Philmont medical recheck WILL NOT be permitted to backpack or hike at Philmont.** For example, a person 70 inches tall cannot weigh more than 226 lbs. All heights and weights will be measured in stocking feet.

***For participants under 21 years of age who exceed the maximum acceptable weight for height, the Philmont physicians will use their best professional judgment in determining participation in a Philmont trek. Participants under 21 years of age are strongly encouraged to meet the weight limit for their height. Exceptions are not made automatically and discussion in advance with Philmont is required regarding any exception to the weight limit for persons under 21 years of age, whether it is over or under.*** Philmont will consider up to 20 lbs. over the maximum acceptable as stated on the chart, however, the exception will never exceed 295 lbs. Philmont's phone number is 575-376-2281.

The maximum weight for any participant in a Cavalcade Trek and for horse rides is 200 lbs. **Under no circumstances will any individual weighing more than 295 pounds be permitted to participate in backcountry programs.** This requirement is necessary because of limitations of rescue equipment and for safety of search and rescue personnel.

**Individuals who do not meet Philmont's weight for height requirements will not be allowed on the trail and will be sent home.**

Height (inches)	Recommended Weight (lbs)	Allowable Exception	Maximum Acceptable	Height (inches)	Recommended Weight (lbs)	Allowable Exception	Maximum Acceptable
60	97 - 138	139-166	166	70	132-188	189-226	226
61	101-143	144-172	172	71	136-194	195-233	233
62	104-148	149-178	178	72	140-199	200-239	239
63	107-152	153-183	183	73	144-205	206-246	246
64	111-157	158-189	189	74	148-210	211-252	252
65	114-162	163-195	195	75	152-216	217-260	260
66	118-167	168-201	201	76	156-222	223-267	267
67	121-172	173-207	207	77	160-228	229-274	274
68	125-178	179-214	214	78	164-234	235-281	281
69	129-185	186-220	220	79 & over	170-240	241-295	295

This table is based on the revised Dietary Guidelines for Americans from the U.S. Dept. of Agriculture and the Dept. of Health & Human Services.