



## **2010 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 26<sup>th</sup> (first conference) or July 3<sup>rd</sup> (second conference), 2010, 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 26<sup>th</sup>, your expedition # is **MM-626 or MW-626** (Mountain Men or Mountain Women plus arrival date). If your trek begins July 3<sup>rd</sup>, your expedition # is **MM-703 or MW-703**. Please use this number on all correspondence or when asking for information.

**Fee Payment:** The registration fee of \$345.00 per Mountain Trekker is due on or before May 1, 2010. 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. Please line the inside of your stuff sack with a trash bag.

## Packing

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

## 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 (3 or 4 one-quart)

## Personal and Miscellaneous

- \_\_\_ \*Small pocketknife
- \_\_\_ \*Flashlight (small with new batteries)
- \_\_\_ \*Compass
- \_\_\_ \*2 - 3 bandannas or handkerchiefs
- \_\_\_ \*Whistle
- \_\_\_ Money (\$5 - \$10 in small bills)
- \_\_\_ \*Lip balm (unscented)
- \_\_\_ \*Toothbrush/toothpaste (small tube)
- \_\_\_ \*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**

**Not Allowed: radios, media/CD/.mp3 players, or hammocks**

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.

# 2010 PACK RENTAL REQUEST FORM

*Please circle your expedition number:*

Exp #626 (June 26-July 2)

OR

Exp #703 (July 3-9)

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