

TRAIL CREW TREK – 2011

The Trail Crew Trek Program (TCT) is an exciting new program at Philmont Scout Ranch for Scouts and Venturers who are interested in the environment and committed to becoming responsible stewards of the land. Trail Crew Trek involves seven days of building trail, a seven day educational trek throughout Philmont, hands-on experience with a variety of conservation projects, and visits from guest speakers involved in resource management.

The TCT Program emphasizes service through conservation in conjunction with the William T. Hornaday Award. This award was initiated in 1914 to inspire Scouts to work proactively for the conservation of natural resources. Trail Crew Trek empowers participants to develop a plan for attaining the William T. Hornaday Silver Award upon returning home. This multi-year path will include advancement requirements and planning, leading, and carrying out four significant projects that contribute to sound conservation and environmental improvements in local ecosystems and communities. Only about 1,100 individuals have achieved the William T. Hornaday Silver Award since its inception. By participating in the Philmont Trail Crew Trek, participants develop the necessary education, skills and leadership abilities to begin working towards the oldest conservation award in America. In addition to creating a plan for attaining the William T. Hornaday Award, Trail Crew Trek participants will develop valuable conservation skills, hone their leadership abilities, and expand their backcountry knowledge:

- Participants will learn the art and science of trail building. Hands-on experience in both trail construction and maintenance techniques will prepare participants to initiate and lead trail projects in their home area.
- Participants will gain a firm understanding of Leave No Trace principles and techniques.
- Leadership techniques will be taught and practiced throughout the trek. At the work site, each crew will assign a "Project Manager of the Day" so that participants can gain experience running an efficient conservation project and managing personnel. On the trail, a "Leader of the Day" will be responsible for route planning, coordinating educational opportunities, and facilitating crew decisions.
- Advanced outdoor skills will be taught and refined through the challenges of a rigorous backcountry trek.
- A series of "Essential Questions" and interactive lessons, rooted in natural resource management and current environmental issues, will help participants develop the education and skills necessary to make wise natural resource management decisions and promote cooperation between different user groups.

Philmont Scout Ranch covers 215 square miles, with more than 350 miles of trails. Philmont ranges from 6,500 feet to 12,441 feet in elevation above sea level. Because of the remote settings and elevation, participants need to be prepared, both physically and mentally, to handle the challenges of the trek. Philmont experiences a wide variety of weather conditions. Participants should be prepared for possible 100 degree days, 40 degree nights as well as days of rain and even snow. All this adds to the Trail Crew Trek Philmont experience.

NOTE: THESE ARE UPDATED DATES FOR 2011 -

For the summer of 2011, **TWO** Trail Crew Trek sessions will be offered:

Session One will take place **June 14 -- 28.**

Session Two will take place **July 26 -- August 9.**

Both sessions will be coed with coed leadership. They will operate as Venture Crews.

Please Note: If less than six participants are registered for a session by April 1st, the session may be cancelled. Participants will be promptly notified and alternative programs suggested.

HOW TO APPLY

Complete the enclosed application. Have it approved by a parent or guardian, a unit leader and your Scout Executive. Attach a letter of recommendation from an adult Scouter detailing your backcountry experience and your character. Mail your completed application, letter of recommendation and \$50 deposit to: **Trail Crew Trek, Philmont Scout Ranch, 17 Deer Run Road, Cimarron, NM 87714.** Philmont will notify you of your acceptance. If accepted, a packet of materials will be sent to assist you in preparing for your Philmont experience.

REQUIREMENTS

- Be at least 16 years old the day your program begins, but not 21 by its conclusion
- Be physically fit, able to lift and handle materials up to 50 lbs. (Philmont height and weight guidelines listed with this application will be strictly enforced.)
- Be a registered member of the Boy Scouts of America (Boy Scout, Varsity Scout or Venturer).
- A complete physical examination is required. (Philmont's Health and Medical Form will be sent to those who are accepted.)

UNIT AND LOCAL COUNCIL RESPONSIBILITIES

The participant's unit leader and the local council must approve only those young adults who meet the qualifications for this program. Philmont is not an easy experience and is a risk for those not physically prepared for the rigors of the New Mexico mountains.

PROGRAM COSTS AND TRAVEL INFORMATION FOR PARTICIPANTS

Participant cost is \$305 for the two week experience. A \$50 non-refundable deposit is required with this application. The balance of the fee is due at the time of acceptance as a participant in the program. Additional expenses, including travel to and from Philmont as well as miscellaneous purchases, are the responsibility of the participant. Those applicants not accepted will have their deposit returned. Participants canceling acceptance will be eligible for a refund if notification is received at Philmont by May 1, 2011. No-shows are not eligible for a refund.

Shuttles are available from the Albuquerque, New Mexico and Colorado Springs and Denver, Colorado Airports to Philmont. The shuttle leaves the airport at 1:00 to 3:00 pm, depending on the location, on the day **before** your scheduled start date, arriving at Philmont at 6:30 to 7:00 pm (approx). The return shuttles leave from 6:00 to 7:30 am on your departure date, arriving at the Airports at 9:45 am to 12:00 noon, depending on location. You may also consider a bus or train arrival at Raton, New Mexico (45 miles from Philmont). A roundtrip shuttle is available from Raton. If you do not arrive by shuttle from Albuquerque, plan to arrive at Philmont between 8:00 - 11:00 am on your scheduled start date. The Shuttle information/registration forms will be included in your March packet. **Note:** Shuttle times may change for 2011. Please check shuttle registration forms upon receiving them or call Philmont for updated information. The Trail Crew Trek is a fourteen (14) day program. Participants depart the morning of the fifteenth (15th) day (June 28 and August 9 are departure dates).

ADDITIONAL INFORMATION

For additional information about the Trail Crew Trek Program such as shuttle arrangements, physical requirements (health and medical form questions), equipment needs, service worksites and hiking questions, contact Philmont Scout Ranch at 575-376-2281 or email camping@philmontscoutranch.org. Another source of information to assist you in preparing for your adventure can be found at <http://www.scouting.org/philmont>.

During the dates of the program, contact Philmont Scout Ranch at 575-376-2281, seven days a week, and ask for the Conservation Department or Camping Registration. During this time, Philmont Logistics will also be able to assist with transportation concerns or problems.

TRAIL CREW TREK CODE OF CONDUCT

The general welfare of any group depends on the conduct of each individual member. This ensures the success of our projects and provides the maximum benefit to every participant.

AS A TRAIL CREW TREK PARTICIPANT, I UNDERSTAND THIS, SUPPORT THE REASONABLE DEMANDS OF CONDUCT EXPECTED OF ME, AND WILL:

- Live the Scout Oath and Law or Venturer Code and Oath.
- Observe, respect, and strive to live the Philmont Wilderness Pledge.
- Observe the rules of the Philmont Conservation Department and my instructor.
- Wear my full *BSA uniform or work clothes as required. (Unofficial decorations are not part of *uniform).
- Attend and participate in all functions of the program.
- Be personally responsible for damage and loss of property.
- Observe quiet hours.
- Respect all safety procedures and learn to properly use equipment.
- At all times, be considerate of participants and staff at Philmont Scout Ranch.
- Understand the purchase, possession, or consumption of alcoholic beverages, cigarettes or illicit drugs at any time during the program will not be permitted and will result in dismissal from the program, at the expense of the participant. This standard shall apply to all participants. Compliance with state law regulations will apply at all times.
- Respect the laws of the State of New Mexico, the Village of Cimarron, and Philmont rules prohibiting the use of fireworks, firearms and gambling. Infractions of these regulations will be grounds for immediate dismissal from the program at the expense of the participant.

PHOTO (TALENT) RELEASE STATEMENT

I hereby assign and grant to the Boy Scouts of America the right and permission to use and publish photographs/film/videotapes/electronic representations and/or sound recordings made during my visit to Philmont Scout Ranch by the Boy Scouts of America, and I hereby release the Boy Scouts of America from any and all liability from such use and publication.

I hereby authorize the reproduction, sale, copyright, exhibit, broadcast, electronic storage and/or distribution of said photographs/film/video tapes/electronic representations and/or sound recordings without limitation at the discretion of the Boy Scouts of America and I specifically waive any right to any compensation I may have for any of the foregoing. By signing below, I acknowledge I have read and promise to abide by the Code of Conduct for the Trail Crew Trek, have read and understand all the information about the Trail Crew Trek Program, and agree with the Photo (Talent) Release Statement.

Participant Signature _____

Date _____

2011 TRAIL CREW TREK APPLICATION
(Please type or print clearly)

NAME first middle last EMAIL

HOME ADDRESS PHONE NO.

CITY, STATE, ZIP

*DATE OF BIRTH (*must be 16 years of age by date program begins)

CURRENT INFORMATION: Gender male / female Age Grade Height Weight

SCOUTING AND OUTDOOR EXPERIENCE:

(Circle One)

Now Registered with: Troop, Team or Venture Crew # Tenure Rank

Council # Council Name

Leadership Positions Held

Previous Philmont Experience Year(s)

Other High Adventure Experience / Backpacking Experience (please be specific)

Total no. of backpacking overnights Longest backpacking expedition in: Days Miles

Extracurricular Activities

Honors / Awards Received

Camp Staff Experience (When and Where)

CPR/First Aid Certifications

I PREFER THE FOLLOWING SESSION: (Please mark the 1st and 2nd choice in the space provided by each session.
1: June 14 - 28 # 2: July 26 - August 9
I request a vegetarian meal plan: Yes No
I request a special diet meal plan: Yes No
\$50 deposit enclosed \$305 full fee enclosed (check payable to Philmont Scout Ranch)

BEWARE OF POTENTIAL RISKS

Philmont offers High Adventure backpacking treks and program activities in relatively inaccessible mountainous terrain. Parents, advisors and youth participants should be alert to the potential for injury. Philmont strives to minimize risks to participants and advisors by emphasizing proper safety precautions. Philmont staff members will instruct you regarding safety measures to be followed. Each participant is expected to follow these safety measures and to accept responsibility for their health and safety.

PARENT/GUARDIAN APPROVAL:

My son/daughter has my complete permission to participate in the Trail Crew Trek during the period indicated on this application. I understand that the program is physically demanding and involves a degree of risk and a potential for injury. We also acknowledge and agree with the Photo (Talent) Release Statement.

Parent/Guardian Signature _____ Date _____

UNIT LEADER APPROVAL:

I attest this applicant is a member in good standing and approve his/her participation in the Trail Crew Trek Program.

Unit Leader Signature _____ Date _____

LOCAL COUNCIL ACTION:

Council # _____ Council Name _____ Region _____ Area _____

We certify that _____ (applicant's name) meets the age and physical requirements for the Trail Crew Trek and is a registered member of the Boy Scouts of America.

Signature of Scout Executive or Representative

Date

FEE SCHEDULE:

The total cost is \$305. A \$50 deposit must accompany this application. The remaining balance of \$255 will be due upon receipt of confirmation.

NOTE: Deposit fee, all required signatures of approval and one letter of recommendation must accompany application.

Please make check payable to Philmont Scout Ranch and mail to: **PHILMONT SCOUT RANCH
ATTN: TRAIL CREW TREK
17 DEER RUN RD.
CIMARRON NM 87714**

Philmont Contact Information: Phone: 575.376.2281

Email: camping@philmontscoutranch.org

Web Address: www.scouting.org/philmont

FOR PHILMONT USE ONLY

Recommendation Letters _____ Approved _____ Applicant Notified _____

Packet Mailed _____ Individual Exp. # _____

RISK ADVISORY - PHILMONT SCOUT RANCH

Philmont has an excellent health and safety record with over 910,000 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 trail food is, by necessity, a high carbohydrate, high caloric diet. The trail food is high in wheat, milk products, sugar and corn syrup, and artificial coloring/flavoring. Most dinner meals contain meat. If participant has a problem with the diet described above, contact Philmont for a copy of the trail menu and ingredients and plan to send supplemental food. Philmont will deliver supplemental food to the appropriate pickup places.

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. These guidelines are used because overweight individuals are at a greater risk for heart disease, high blood pressure, stroke, altitude illness, sleep problems and injury.

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 |
|-----------------|--------------------------|---------------------|--------------------|
| 60 | 97 - 138 | 139-166 | 166 |
| 61 | 101-143 | 144-172 | 172 |
| 62 | 104-148 | 149-178 | 178 |
| 63 | 107-152 | 153-183 | 183 |
| 64 | 111-157 | 158-189 | 189 |
| 65 | 114-162 | 163-195 | 195 |
| 66 | 118-167 | 168-201 | 201 |
| 67 | 121-172 | 173-207 | 207 |
| 68 | 125-178 | 179-214 | 214 |
| 69 | 129-185 | 186-220 | 220 |

| Height (inches) | Recommended Weight (lbs) | Allowable Exception | Maximum Acceptable |
|-----------------|--------------------------|---------------------|--------------------|
| 70 | 132-188 | 189-226 | 226 |
| 71 | 136-194 | 195-233 | 233 |
| 72 | 140-199 | 200-239 | 239 |
| 73 | 144-205 | 206-246 | 246 |
| 74 | 148-210 | 211-252 | 252 |
| 75 | 152-216 | 217-260 | 260 |
| 76 | 156-222 | 223-267 | 267 |
| 77 | 160-228 | 229-274 | 274 |
| 78 | 164-234 | 235-281 | 281 |
| 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.

A water-displacement test to determine percent body fat will also be accepted in lieu of the height-weight guidelines. Women will need to have a body fat of 20% or less and men will need to have a body fat of 15% or less to be qualified to participate. No other form of test to determine percent body fat (DEXA scan, skin fold, etc.) will be accepted by Philmont.

