



# LDS CONFERENCE GUIDEBOOK

*For Conference Participants and Family Members*



**2011**

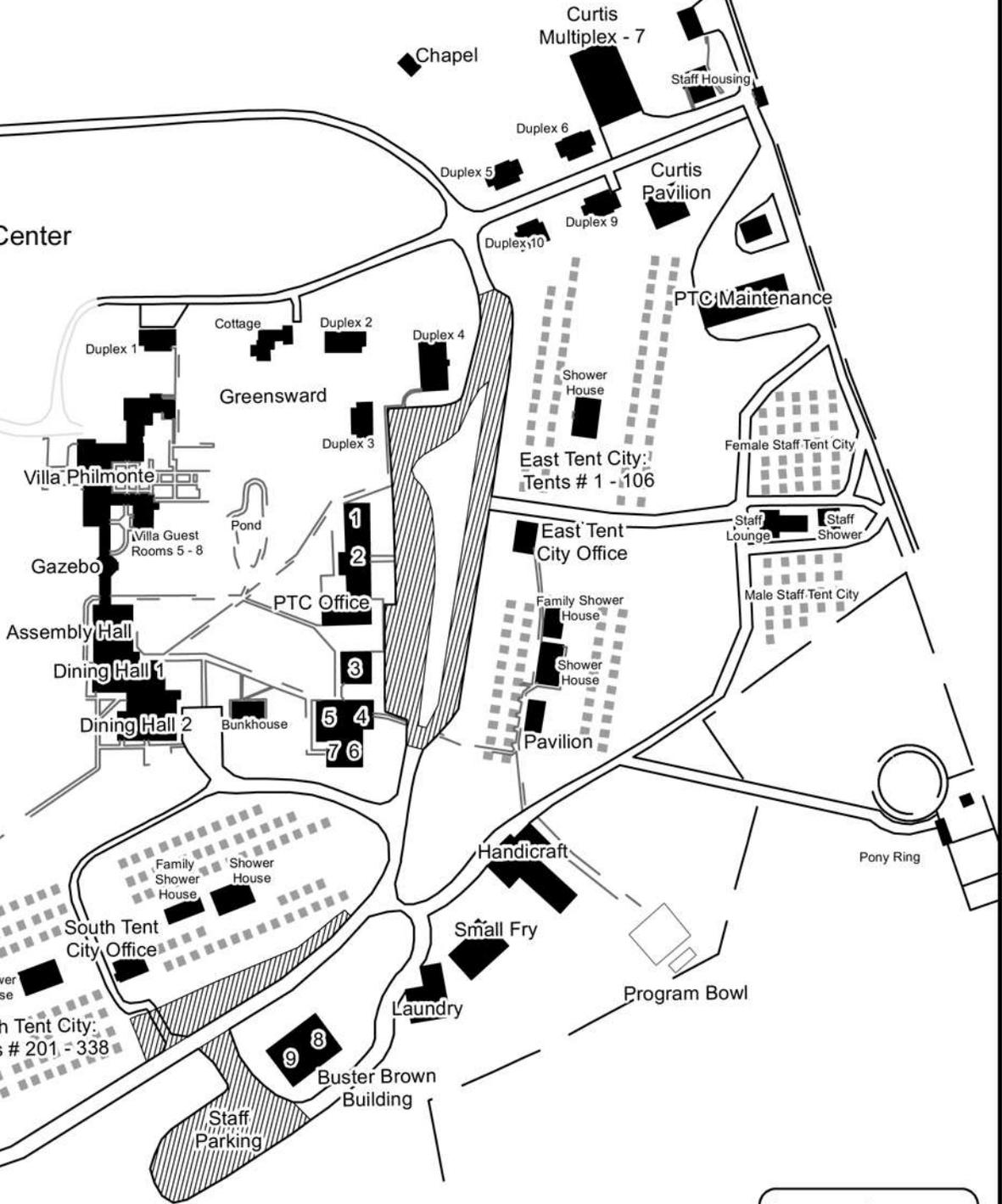
# Philmont Training Center



Highway 21

Philmont Training Center  
Main Entrance

Villa Lawn



**Conference Classrooms**

<b>1 - Carson</b>	<b>2 - Webster</b>	<b>3 - Maxwell</b>	<b>4 - Bent</b>
<b>5 - Beaubien</b>	<b>6 - Miranda</b>	<b>7 - PSA Office</b>	<b>8 - Waite</b>
<b>9 - Wiate</b>			

**Legend**

- Road
- Path
- Fence
- Building
- ▨ Parking Area
- Tent



## Philmont Training Center

Philmont Scout Ranch Cimarron, New Mexico 87714

(575) 376-2281

[trainingcenter@philmontscoutranch.org](mailto:trainingcenter@philmontscoutranch.org)

Dear Scouter:

Welcome to Philmont! The Philmont Training Center staff looks forward to seeing you and your family this summer.

We have an impressive conference schedule led by an outstanding faculty. While you are in a conference, your family members will enjoy a variety of activities and programs. Of course, you will have family time so you can enjoy Philmont together. Here's a preview of just a bit of the fun you and your family will enjoy: [click here for the PTC youtube video.](#)

In this guidebook, we've tried to cover every detail and answer every question that may arise before your departure. There are many changes from previous years, so 'be prepared' by carefully reading this guidebook and sharing it with your family. Also, make sure to check out the Philmont website ([www.philmonttrainingcenter.org](http://www.philmonttrainingcenter.org)) and the LDS-BSA Relationships website ([www.ldsbsa.org](http://www.ldsbsa.org)) for any updates. If you still have any questions or concerns, please call the LDS-BSA Relationships office in Salt Lake City, Utah (801-530-0004) before you leave for Philmont.

Our staff and faculty are making every effort to plan an exciting and worthwhile week for you and your family. The beauty, history, and unique charm of New Mexico and Philmont await you.

**See you soon!**

The Staffs of the Philmont Training Center and  
LDS Relationships – Boy Scouts of America  
15 West South Temple, Suite 1070  
Salt Lake City, UT 84101  
Phone: 801-530-0004

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## About Philmont

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The Philmont Scout Ranch spans across 137,493 acres of challenging Scouting adventure among the mountains and mesas of northeastern New Mexico. Most of that land is part of two gifts from Oklahoma oilman, Waite Phillips, who donated it "for the purpose of perpetuating faith, self-reliance, integrity, and freedom—principles used to build this great country by the American Pioneer."

Philmont's mountain terrain ranges in elevation from 6,621 feet at headquarters to 12,441 feet atop Baldy Mountain. Our abundant wildlife population includes deer, elk, mountain lion, bear, bobcat, buffalo (American bison), and antelope.

Rich in history, Philmont was a part of the Beaubien-Miranda Land Grant awarded by Mexico in 1841. The Santa Fe Trail passed along Philmont's eastern boundary. Both Kit Carson and mountain man Lucien Maxwell built homes at Rayado, located on the current southeast corner of the ranch. Philmont Scout Ranch and the surrounding area have a rich heritage of Spanish, Native American, and Anglo cultures. You'll notice that the classrooms at PTC have been named after individuals who were integral figures in shaping the local history: Beaubien, Miranda, Carson, Webster, Maxwell, Miranda, Bent, and even Waite Phillips' twin brother, Wiate.

Since Waite Phillips' first property gift in 1938, over 900,000 Scouts and their leaders have participated in the rugged challenge of the backpacking program offered at Philmont Scout Ranch. Staffed camps offer a variety of activities including horseback riding, burro packing, mountain biking, gold panning, rock climbing, forestry, rifle marksmanship, archaeology, and much, much more—with a heavy emphasis on environmental awareness.

Mr. Phillips held a deep respect for the American cowboy. As part of the gift, he asked that Philmont always remain a working cattle ranch. Philmont maintains cattle, pack burros, buffalo, and riding horses.

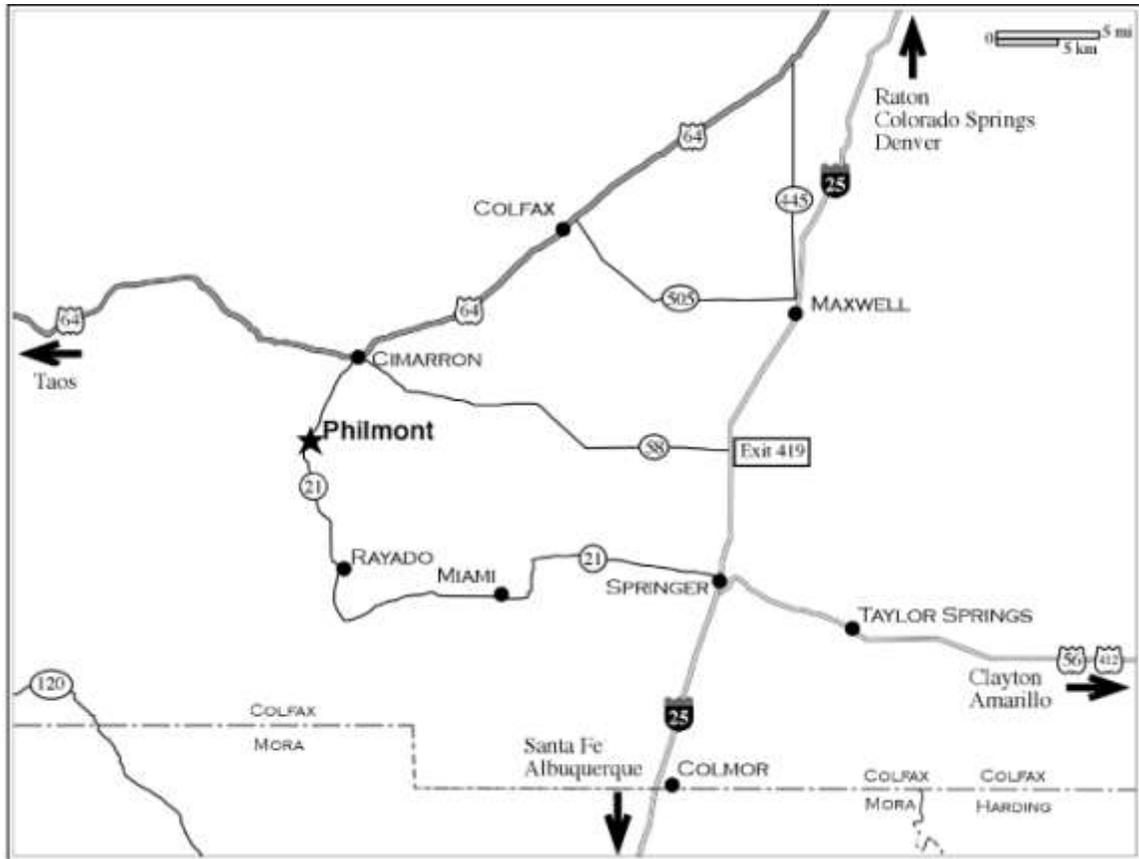
Serving as the **National Training Center** for the **Boy Scouts of America** since 1950, the Philmont Training Center offers a variety of week-long conferences for council and district volunteers and professionals each summer. While a Scout leader is in conference, programs are planned for all members of the family – infant through adult. Nearly 4,500 volunteers and professional leaders attend conferences each summer. Invitations to these conferences have been based upon recommendation of the local council or one of the BSA's National Committees. In recent years, any registered Scout leader can now attend. The LDS Conference remains by invitation only.



# Your Trip to Philmont

## When to Arrive

Plan to arrive on Saturday between 2:00pm and 4:00pm. (**Please note:** *Philmont cannot accommodate early arrivals due to conference schedules.*) Those who have Mountain Trek youth should arrive between 2:00pm and 2:45pm for a 3:00pm meeting and immediate departure.



## By Automobile

Driving across country to Philmont is a great experience. Depending on your available time, and energy, there is a lot to see and do between your home and Philmont, and in the area around Cimarron. Refer to our map for highway information. You may also refer to an Atlas for more details.

### **From Denver or Colorado Springs:**

Go south on Interstate 25 to Raton, New Mexico (17 miles south of the Colorado border). Four miles south of Raton take Exit 446 onto Highway 64 and drive about 40 miles to Cimarron.

### **From Albuquerque:**

Go north on Interstate 25 about 200 miles to Springer, New Mexico. Three miles north of Springer, take Exit 419 onto Highway 58 and drive about 20 miles to Cimarron.

### **From Taos:**

Stay on Highway 64 toward Angel Fire (east of Taos). You travel through Taos Canyon, Eagle Nest and Cimarron Canyon.

When you reach Cimarron, turn left (south) on State Highway 21 and drive approximately 4 miles to Philmont Scout Ranch. As you enter Philmont, you will see several buildings before you reach your destination; these buildings are other parts of Philmont Base Camp, such as the Administration Building. Look for the brown Philmont Training Center sign near mile-marker 4, and turn left (east) onto Orchard Circle. The Villa Philmonte, the Mediterranean-style home of the Phillips family, is located on the grounds of the Philmont Training Center and will serve as a guide to those arriving by car

## By Plane

The nearest major air terminals are Colorado Springs (190 miles north) and Albuquerque (220 miles south). Other terminals are: Denver (270 miles north), Pueblo, CO (150 miles north), and Amarillo (220 miles east). Raton has a municipal airport for private aircraft.

Shuttle service is available from Denver, Colorado Springs, and Albuquerque. Shuttle reservations must be coordinated with Philmont using the appropriate Shuttle Application for the specific airport where you will arrival. These shuttles do not run every day, so please be sure to check the backside of the Shuttle Sheet for dates of availability. (Note: the 2011 shuttle information will be posted at [www.philmonttrainingcenter.org](http://www.philmonttrainingcenter.org).)

You may want to consider renting a car so you will have “wheels” for your free time at Philmont. There will be plenty of free time and you will want to enjoy Philmont and the beautiful surrounding area.

## By Bus

Currently, there are scheduled buses each day during the summer from Denver, Colorado Springs, Albuquerque, and Raton. The Raton bus stop is behind McDonald’s, just off Interstate-25 and is open 24-hours a day. Contact Greyhound at 575-445-9071 or 800-231-2222 or [www.greyhound.com](http://www.greyhound.com) for more information.

## By Train

AMTRAK is scheduled to arrive twice daily in Raton. The late morning train arrives from the east and the evening train arrives from the west. Contact AMTRAK at 800-872-7245 or <http://www.amtrak.com>

## Philmont Bus Service

Philmont's bus contractor (the Philmont Shuttle) offers a pick-up service for bus or train passengers in Raton. The bus will pick up arriving passengers at the Raton train or bus depots. *This pick up service must be requested in advance by contacting us by filling out the [Individual Arrival Plans sheet, which can be found in Appendix A \(click here\)](#), or email us at [trainingcenter@philmontscoutranch.org](mailto:trainingcenter@philmontscoutranch.org).* Remember: we have no early arrival accommodations at Philmont. The fare is \$45.00 for one person’s round-trip to and from Raton.

## Recreation Vehicles

Parking is available at the Philmont Training Center for RV's, campers, and trailers, but hookups are not available and no cooking is allowed within RV's that are in the parking area. Participants with RV's will be assigned tents, and are expected to reside in these tents throughout the week. There are two RV campgrounds in Cimarron. Again, when you arrive on Saturday, you will be given a parking assignment from the Training Center main registration office.

## Cimarron

Cimarron is a very small town with a population of about 900. There are a couple of small hotels and restaurants. There is also a grocery store and two gas stations in town. For more information about Cimarron accommodations, contact the Chamber of Commerce at 575-376-2417 or 888-376-2417 or visiting the website at [www.cimarronnm.com](http://www.cimarronnm.com).

Below are some of the more popular local accommodations:

<a href="#">Casa del Gavilan Bed &amp; Breakfast</a>	575-376-2246	2 miles, southwest
<a href="#">St. James Hotel &amp; Restaurant</a>	575-376-2664	3.5 miles, northeast
<a href="#">Canyon Inn</a>	575-376-2336	4.25 miles, northeast
<a href="#">Cimarron Inn &amp; RV Park</a>	575-376-2268	4.5 miles, northeast

# Your Week at Philmont

What is a week like during the LDS Conferences at the Philmont Training Center? Here is a brief overview. While conferences, the weather, and the needs of your family members might change, we do our best to help you have a fun-filled family adventure during your stay.

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	Church Services	Group Photos, Family Program and BSA/LDS Conferences meet	Family Photos	Family Program and BSA/LDS Conferences meet	Family Program and BSA/LDS Conferences meet	Tent City Offices Open for Check-Out
			Family Program and BSA/LDS Conferences meet			Have A Safe Trip Home!
	Lunch	Lunch	Lunch	Lunch	Lunch	
Check-in	Family Time	Family Program and BSA/LDS Conferences meet	Family Time	Family Program and BSA/LDS Conferences meet	Family Program and BSA/LDS Conferences meet	
Mountain Treks Depart						
Dinner	Dinner	Dinner	Dinner	Buffalo BBQ	Dinner	
Opening Program	Adult Fireside Youth Fireside	Family Banner Parade & Family Home Evening	Sing-Along & Cracker Barrel at Tent Cities	Primary Parade & Western Night	Mountain Treks Return	
			Movie: Follow Me, Boys		Movie: Follow Me, Boys	Closing Program
					Youth Dance	

## Saturday:

**Check-in takes place between 2:00pm and 4:00pm.** When you turn onto the street named Orchard Circle ([see page 7 "Your Trip to Philmont" under "By Automobile"](#)), you'll be greeted by general officers of the Church. You'll then be directed to the registration pavilion, where you'll officially check in. Please turn in your family's medical forms at the PTC Nurse's station at this time.

The **Mountain Men (MM)** and **Mountain Women (MW)** need to register between **2:00-2:45pm**. The MM and MW meet on the Greensward (the grassy area in between the Villa and the PTC Office) at **3:00pm** with all of their gear, including their **National Health & Medical Form, Parts A, B, C, & D**, and should be ready to depart at that time. Don't forget their **National Health & Medical Form, Parts A, B, C, & D!**

You and your family are then directed to your assigned Tent City (East Tent City or South Tent City), where you'll meet your Tent City staff. They can guide you to your assigned tent(s) where you may "move in."

The rest of Saturday afternoon is **family time**. You can move into your tent and relax; enjoy Philmont's museums, [Tooth of Time Traders](#) (Philmont's trading post); or head to Cimarron and see the sights.

Dinner is offered in two shifts at both dining halls: 5:30pm and 6:15pm. Please refer to your nametag for your assigned shift.

Saturday evening, at 7:15pm, there is an Opening Program put on by the PTC staff and the LDS Conference faculty in the Program Bowl (Assembly Hall, in case of rain).

## Sunday:

**LDS Church services** are held from **9:00am – 12:00pm**. Sunday dress is appropriate. Sacrament meeting is also held for the Mountain Men and Mountain Women and conducted by general officers of the Church. Hiking clothes are acceptable for services in the backcountry. Fast Sunday will not be observed at Philmont. **Family time** is scheduled for Sunday afternoon and Tuesday afternoon. Plan accordingly. You may want to bring games or other activities your family enjoys.

## Monday:

Your first full day at Philmont will be a busy one. After breakfast, begin your day with a flag ceremony at **8:15am**. At **8:30am**, your children will meet their Group Leaders on the Greensward (the grassy area southeast of the Villa Philmonte). At **8:45am**, wives will learn about their activities and conference participants will head to their conference rooms. Conference participants: be sure to wear your Scout uniform to the meetings, since pictures will be taken of each group. Pick up your children at **11:20am**, enjoy lunch in the Dining Hall, just before the afternoon program and conferences from **1:15 to 4:40pm**.

The **family banner parade** and **family home evening** are held on Monday evening. Your family should bring a banner from home to display at your tent and during the parade. Family home evening is then presented by some of our talented families.

## Tuesday:

After the 8:15am flag ceremony, take your children to their Group Leaders on the Greensward. Conference participants head back to their classrooms for another great day of learning and discussing. Spouses participate in their chosen activities.

When the morning is done, Tuesday afternoon then opens time for families to enjoy time together. It's a great opportunity to enjoy Philmont and the surrounding area.

Cracker barrels at each Tent City on Tuesday evening include homemade cobbler and a performance by the PTC band.



## Wednesday:

Wednesday is a return to conferences and group activities. Flag ceremony begins at 8:15am. Family program groups meet from **8:30-11:20am** and **1:15-3:30pm**. Western Night is Wednesday night, so put on your Western "duds"! Feast on buffalo barbecue, play Western games, and enjoy family Western dancing. Staff members will be available to brand your belt, boots, or other items with the two Philmont brands (the horse brand and the cattle brand).

## Thursday:

Thursday is the last day for conferences and family program. All of the family groups perform in skits on Thursday evening during the Closing Program. Mountain Trek participants return to base camp after dinner and spend the night with their families. Join us as we sing the *Philmont Hymn*, and begin saying goodbye to newfound friends and to Philmont. After the Closing Program, a youth dance takes place in the Assembly Hall for all participants between the ages of 14 and 20.

## Friday:

Plan to check out on Friday morning. You may simply pack up and depart, unless you have items to return to the Tent City office. A **continental breakfast** is served from **6:00am-7:30am**. Please plan to **depart no later than 9:00am**. There are no overnight accommodations available at Philmont after the conference. Persons with late bus or train departures on Friday can be temporarily accommodated.

# Conference Programs, Wives & Family Programs

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The Training Center features a program of fun activities for everyone under the leadership of trained staff members. Evenings are devoted to family activities and free time. Tuesday afternoon is free for family activities, hiking, fishing, or sightseeing. Programs offered are described on the following pages.

## BSA/LDS Conference Participants

Training begins Monday morning after the flag ceremony. This is a uniformed conference. Please wear the appropriate field uniform for all training sessions. A group picture is taken Monday morning.

## Wives Program (Silverados)

Wives meet at 8:45am on Monday morning for an orientation meeting to learn about the activities available to them during the week. Sign-up sheets for tours, hikes, and other activities are available at the meeting. Wives pose for a group photo shortly after the meeting.

## Family Program

The programs for the rest of your family begin on Monday morning after the flag ceremony. Children meet with their group leaders on the Greensward (the grassy area between the Villa Philmonte and the PTC Office). Pictures of each group are taken on Tuesday morning.

Family Program Groups meet while conferences are in session. Conference sessions and Family Programs are planned so that parents will be out in time to pick up their children when their activities are over.

Children **must** participate in the Family Programs or be under the supervision of a parent but may **not** attend sessions with a parent. Children who are ill will be returned to their parents for their care. Children who are disruptive will be removed from the program and will then be placed under the responsibility of the parent.

### Family Program Meeting Times

<b>Monday</b>	8:30 - 11:20am & 1:15 to 4:40pm
<b>Tuesday</b>	8:30 - 11:20am (family time)
<b>Wednesday</b>	8:30 - 11:20am & 1:15 to 3:30pm
<b>Thursday</b>	8:30 - 11:20am & 1:15 to 3:30pm

Children's programs are only available at the times listed above. Your children are your responsibility the remainder of the day. Please pick up your children promptly at the end of program meeting times. Each Family Program group participates in activities that are designed with the age and ability of the family member in mind. Except for the Nursery and Small Fry, groups will meet with their PTC Group Leaders on the Villa Greensward at the same location. **Every day, each participant needs a daypack, a water bottle, and rain gear. All items should be marked with the family member's name.**

### Family Program Groups

<p><b>Nursery</b> Children — Ages 2 months to 2 years</p> <p><b>Small Fry</b> Children — Ages 3 to 5 years</p> <p><b>Cowgirls</b> Girls — 6 to 7</p> <p><b>Cowpokes</b> Boys — 6 to 7</p> <p><b>Ropers</b> Girls — 8 to 10</p> <p><b>Deputies</b> Boys — 8 to 9</p> <p><b>Sidewinders</b> Boys — 10</p> <p><b>Mustangs</b> Girls — 11 to 13</p>	<p><b>Trailblazers 1</b> Boys — 11</p> <p><b>Trailblazers 2</b> Boys — 12 to 13</p> <p><b>Mountain Women</b> Girls — 14 to 20</p> <p><b>Mountain Men</b> Boys — 14 to 20</p> <p><b>Broncos</b> Youth — 14 to 20</p> <p><b>Prospectors</b> Young Single Adults — 21 to 30</p> <p><b>Silverados</b> Wives—21+</p>
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## Family Program Groups

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Each Family Program group participates in activities designed with the age and ability of the family member in mind. Canteens or water bottles, rain gear, and a daypack large enough to hold all their gear are needed for each person participating in Family Program activities. Schedules may vary due to group size, weather, or other factors at Philmont.

While some of our program activities may be based on advancement requirements, the main objective of the Philmont Training Center Family Program is to provide an age-appropriate Philmont experience. Advancement and earning merit badges are better suited in the den, the patrol, or the troop. The Training Center does not wish to assume the role of the parents, den leaders, or Scoutmasters.

### **Nursery (2 months - 2 years old)**

A nursery is located in the Small Fry Center and parents may leave their children during Family Program times (listed on page 11). Infants may be left for as little as an hour, or as long as a morning or afternoon session. Care is provided according to the parent's instructions.

Parents of Nursery-age children need to send all "essential" items (bottles, sweaters, diapers etc.) with their children. Be sure to label each item with your name as well as the name of your child, and tent number. Mothers are welcome to assist and enjoy the fun in the nursery.

### **Small Fry (3-5 years old)**

At the Small Fry Center, the staff provides activities, handicrafts, games, pony rides, and supervised play during Family Program times.

Parents of Small Fry children need to send all essential items (bottles, sweaters, diapers, etc.) with their children. Be sure to label each item with your name as well as the name of your child, and tent number.



### **Cowgirls (6 – 7 year old girls) &**

### **Cowpokes (6 – 7 year old boys)**

These groups participate in nature hikes, a pony ride, lawn games, songs and skits, day hikes, sports, museum tours, and handicrafts.

### **Ropers (8 – 10 year old girls) &**

### **Deputies (8 – 9 year old boys)**

The activities for Ropers and Deputies include hiking, Villa and museum tours, Dutch oven cooking, archery, a pony ride, air rifle shooting, sports, nature hikes, games, and handicrafts.

### **Sidewinders (10 year old boys)**

Sidewinders enjoy hiking, archery, air rifle shooting, sports, handicrafts, nature hikes, Villa and museum tours.

Although the Sidewinders do not get to ride a pony or horse, they *do* participate in a special equine program where they learn about wrangling, get to groom and saddle the ponies, and lead the Small Fry group around the Pony Ring.

### **Mustangs (11 – 13 year old girls)**

Mustangs participate in Villa and Museum tours, hikes, field sports, handicraft projects, nature activities, a horse ride, outdoor cooking, and games.



### **Trailblazers 1 (11 year old boys)**

Trailblazers enjoy a schedule of activities including day hikes, nature activities, a horse ride, games, archery, air rifle shooting, and handicrafts.

### **Trailblazers 2 (12 – 13 year old boys)**

The older Trailblazers participate in activities that may include day hikes, an overnighiter in Philmont's backcountry, a horse ride, nature-based activities and games, archery, air rifle shooting, and handicrafts.

Trailblazers must have a Philmont **Level A** Health Form [signed by a physician within the past 12 months](#) and also bring the equipment listed for overnighiters on page 17.

### **Broncos (14 – 20 year olds)**

The Broncos program is for the teenage family members who choose not to participate in a Mountain Trek. Broncos stay at PTC with their family and enjoy a week of activities built around participation in Philmont's COPE course (a team-building ropes course experience), day hikes, and a horse ride.

### **Mountain Men & Mountain Women (14 to 20 year olds)**

Mountain Men and Mountain Women treks are mentally and physically challenging backpacking expeditions that provide an opportunity to experience Philmont's rugged Sangre de Cristo Mountains. Mountain Trek crews hike 20-40 miles into the backcountry where participants stay at several camps that offer a variety of exciting programs.

The Mountain Trek Program is specifically designed for the sons and daughters of PTC conference participants who are 14 years of age by the first day of the conference, but are not yet 21. Mountain Treks are not available for adult participation and are not an activity designed for a troop, team, or crew participation. The Mountain Trek may include one non-family participant of each family member participating in a trek. All guests must meet the age and health requirements, must present a notarized [Parent's Authorization Form](#), and are under the responsibility of the conference participant.



Participants are organized into male or female crews and are placed under the supervision of two of Philmont's highly qualified Rangers. On Saturday afternoon, Mountain Trek participants check in at the Philmont Training Center between **2:00pm** and **2:45pm** and meet at **3:00pm** on the Greensward to depart into the backcountry after a short orientation meeting with the Mountain Trek Rangers. Participants will return Thursday evening to camp with your family at PTC. If your family cannot arrive by 4:00pm on Saturday, please register your teenager in the Broncos program.

A Philmont **Level A** Health Form, **with the signatures of a parent or guardian and a physician within the past 12 months**, is required. Philmont provides crew gear, but participants need the personal gear listed on the Mountain Trek equipment list, [which can be found in Appendix C \(click here\)](#). Each participant will be provided two t-shirts to be worn on the trail.

## **Prospectors (young single adults ages 21 to 30 years)**

These young adults will enjoy a broad range of activities together, including hikes, tours, museums, handicrafts, cooking, COPE (Challenging Outdoor Personal Experience) course (limited availability), and horseback riding (limited availability). Come prepared with comfortable hiking shoes or boots, a daypack, rain gear, sun hat, sunscreen, and a water bottle.

## **Silverados (wives of Conference participants)**

Silverados are provided with a wide range of planned activities. The Silverados have an orientation meeting on Monday morning. During this meeting, they will hear details about the activities scheduled and have the opportunity to sign up for whatever they are interested in. Some of these activities are led by the Philmont staff and others are self guided. They don't need to worry if they change their minds; the sign-up sheets will be available all week to let them switch around and sign up for whatever they wish.

Silverados car-pool in **personal vehicles** to any activity that takes place away from the Training Center property.

An extensive day-hiking program is available for Silverados. Hikes range from an easy 1.2 mile nature walk to a more challenging all-day hike of 8 miles into the backcountry. Possible hiking destinations include Abreu Camp, Lover's Leap, Cathedral Rock, Hunting Lodge, Urraca Trail, Carson Meadows, and others. Anyone interested in participating in the extensive hiking programs must meet the [Philmont Height and Weight Chart restrictions \(click here\)](#). They need to wear comfortable hiking shoes or boots and bring a daypack, rain gear, plastic water bottles, sun hat, and sunscreen. Trail lunches are provided on all-day hikes.

Other activities include:

- Dutch Oven Cooking
- Handicraft Classes
- Nature walks
- Villa Tours
- Trips and tours of nearby towns
- COPE (Challenging Outdoor Personal Experience - high ropes course
- Shopping excursions
- Museum tours
- Horseback Rides (a popular, lottery-based activity; please see page 20)

**PLEASE NOTE:** Family Program activities are subject to change based on weather, or other conditions beyond the Training Center's control



## Health and Safety

Philmont provides a full medical staff at the Health Lodge, located in the north section of the Camping Headquarters area. The Health Lodge has doctors, nurses, and medics on duty around the clock for emergencies. PTC also has a nurse on duty. Should you or your family need assistance, contact the Training Center Nurse at the PTC Office. For nighttime emergencies, the nurse can be found in Duplex 10B. If necessary, he or she can facilitate a visit to the Health Lodge.



Keep in mind that PTC is at 6,600 feet elevation. Individuals coming from lower altitudes may experience some discomfort at first. Humidity is low, so visitors should drink plenty of water to avoid dehydration (10-14 glasses a day). Persons who are overweight, out of shape, or who have health concerns should consult a physician before coming to Philmont. While the conferences and family programs are not strenuous, some walking and physical activity is necessary.

Philmont is inhabited by a wide variety of wild animals, including skunks, raccoons, and black bears. During your stay at the Training Center, there are many opportunities to see wildlife; however, please keep your distance and respect their habitat. In addition, please refrain from storing food or other odor-producing items in your tents, which might attract animals.

### Health Forms

In an effort to provide a safe experience at Philmont Scout Ranch, all participants are required to fill out and bring one of the following approved health forms per person with an attached **photocopy of your insurance card**:

#### National Health & Medical Form Parts A, B, C, & D

Required for participants who will undertake strenuous hiking and camping in the backcountry:

- (A) Health history
- (B) Permission form
- (C) Physician's examination (must be signed by a physician within the last 12 months)
- (D) Philmont-specific health information,

**Parts A, B, C, & D**, are needed for participants in **Mountain Trek and Trailblazers 2 (12-13 year old boys)**.

#### National Health & Medical Form Parts A & B

Required for participants who will stay at the Ranch with limited hiking and backcountry experience. Only the health history is requested.

**Parts A & B** are needed for participants in **PTC Conferences and all other Family Program groups** (Nursery, Small Fry, Cowgirls, Cowpokes, Ropers, Deputies, Sidewinders, Mustangs, Broncos, and Silverados).

The National Health & Medical Form is located in [Appendix B](#). If you have questions, please contact PTC at 575-376-2281 or send an email to [trainingcenter@philmontscoutranch.org](mailto:trainingcenter@philmontscoutranch.org).

**Please do not send or mail your health forms in advance of your arrival.** As part of the check-in process, all forms will be reviewed by the on-duty Health Officer and will be kept on file at the Philmont Training Center Medical Office until the end of the week, when they will be returned during the last meeting of conferences and family programs.

Bring any necessary medication (asthma inhalers, bee sting kits, or other needs) as these items may not be locally available.

## Handicap Accessibility

The Training Center dining halls and classrooms are wheelchair-accessible, as are several tent platforms. If you require a wheelchair-accessible tent platform, please notify the Philmont Training Center in advance through the online registration process or by filing out the [Special Request Form \(click here\)](#), and/or emailing us at [trainingcenter@philmontscoutranch.org](mailto:trainingcenter@philmontscoutranch.org). Due to limited resources, you must provide your own wheelchairs. Unfortunately, wheelchair transportation is not available.

## Philmont Weight Limits for Backcountry Participation

Each backcountry participant at Philmont 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 activities in the backcountry (for example, a person 5'10" cannot weigh more than 226 lbs). Those who fall within the limits are more likely to have an enjoyable experience and avoid incurring health risks. **The Philmont staff will use their best professional judgment in determining participation in a Philmont backcountry experience for individuals who exceed the maximum acceptable weight for height. Any exception to the weight limit requires approval from Philmont in advance.** *Those who wish to apply for any exception to the weight-for-height limitation must contact the LDS-BSA Relationships office (801-530-0004). The Relationships staff will forward the request to the Philmont medical staff for consideration.*

**Under no circumstance will any individual over 295 lbs be allowed to participate in backcountry programs, regardless of height or age.** This limit is necessary due to limitations of rescue equipment and for the safety of Philmont personnel. *The maximum weight for any participant going on horse rides is 200 pounds.*

Height	Recommended Weight (lbs)	Maximum Acceptance
5'0"	97-138	166
5'1"	101-143	172
5'2"	104-148	178
5'3"	107-152	183
5'4"	111-157	189
5'5"	114-162	195
5'6"	118-167	201
5'7"	121-172	207
5'8"	125-178	214
5'9"	129-185	220
5'10"	132-188	226
5'11"	136-194	233
6'0"	140-199	239
6'1"	144-205	246
6'2"	148-210	252
6'3"	152-216	260
6'4"	156-222	267
6'5"	160-228	274
6'6"	164-238	281
6'7"and over	170-240	295

This table is based on the revised Dietary Guidelines for American from the USDA and Department of Health and Human Services.

## What Should We Bring?

Living at Philmont for a week will be an outdoor adventure for the whole family! In choosing clothing and equipment, keep in mind Philmont's elevation (6,600 ft.). Traditional summer weather consists of warm/hot days (70°s to high 80°s), cool/cold nights (30°s to low 50°s), and rainy afternoons.

The following is a basic equipment list for **each** member of your family:

- |  |  |
|--|--|
| <input type="checkbox"/> Sleeping bag*, and/or sheets, blankets for <b>cold</b> nights                     | <input type="checkbox"/> Clothing for warm/ <b>hot</b> days and cool/ <b>cold</b> evenings |
| <input type="checkbox"/> Pillow  | <input type="checkbox"/> Western and/or patriotic clothes                                  |
| <input type="checkbox"/> Towel and washcloth   | <input type="checkbox"/> Walking/hiking shoes or boots*                                    |
| <input type="checkbox"/> Daypack*/School backpack  | <input type="checkbox"/> Warm sleeping garments  |
| <input type="checkbox"/> Flashlight*   | <input type="checkbox"/> Scout field uniforms (boys and men)                               |
| <input type="checkbox"/> Sunscreen*  | <input type="checkbox"/> Underclothing & socks   |
| <input type="checkbox"/> Insect repellent*   | <input type="checkbox"/> Hat or cap*   |
| <input type="checkbox"/> Three (3) one-quart plastic water bottles* or canteens (except Nursery/Small Fry) | <input type="checkbox"/> Sweater*  |
| <input type="checkbox"/> Extra batteries* for cameras/flashlights*   | <input type="checkbox"/> Jacket*   |
| <input type="checkbox"/> Health forms (as described on page 15)  | <input type="checkbox"/> Rain jacket or poncho*  |
| <input type="checkbox"/> Copy of your medical insurance card   | <input type="checkbox"/> Long-sleeved shirt & long pants for horse rides and COPE course   |
| <input type="checkbox"/> Family banner (one per family)  | <input type="checkbox"/> Sunday clothes (white shirt, tie, & dresses)                      |
| <input type="checkbox"/> Scriptures  | <input type="checkbox"/> Personal bathroom items   |
| <input type="checkbox"/> Games and activities for family time  | <input type="checkbox"/> Medications   |

**Trailblazers 2** need the following equipment for an overnight campout in Philmont's backcountry (in addition to the list above):

- |  |   |
|--|---|
| <input type="checkbox"/> Warm jacket*                  | <input type="checkbox"/> Backpack* or duffel bag for overnight gear |
| <input type="checkbox"/> Heavy wool socks*, for hiking | <input type="checkbox"/> Sleeping bag*                              |
| <input type="checkbox"/> Hiking boots (broken-in)      | <input type="checkbox"/> Waterproof ground cloth (5' x 7')          |
| <input type="checkbox"/> Long pants* (blue-jeans)      | <input type="checkbox"/> Flashlight* with new batteries             |

**\*These items can be purchased at the Tooth of Time Traders.**

The following are optional items:

- |  |   |
|--|---|
| <input type="checkbox"/> Extra blankets for cold nights        | <input type="checkbox"/> Quarters and detergent for laundry           |
| <input type="checkbox"/> Small rug or carpet for tent covering | <input type="checkbox"/> fan for hot afternoons                       |
| <input type="checkbox"/> Clock                                 | <input type="checkbox"/> Camping chair                                |
| <input type="checkbox"/> Night-light and short extension cord  | <input type="checkbox"/> Clothes hangers                              |
| <input type="checkbox"/> Shower shoes                          | <input type="checkbox"/> Rubber shower mat                            |
| <input type="checkbox"/> Ear plugs                             | <input type="checkbox"/> Twin-sized pad for a softer bed              |
| <input type="checkbox"/> Musical instruments for FHE           | <input type="checkbox"/> "Welcome mat" to help keep your tent clean   |
| <input type="checkbox"/> Small camping table or TV tray        | <input type="checkbox"/> Shower bag to carry items to the showerhouse |
| <input type="checkbox"/> Camera and film/memory sticks         |   |
| <input type="checkbox"/> Portable crib, stroller, high chair   |   |

## Uniforms

Scouts (Cub Scouts, Webelos, Boy Scouts, Varsity Scouts, and Venturers) and adult Scouters should wear their official BSA field uniforms while at Philmont. Uniformed Cubs and Scouts will have the opportunity to participate in a morning flag ceremony. Spouses need casual clothing and comfortable shoes for varied activities like walking and touring. Children need to wear comfortable play clothes.

## Mountain Treks

Participants need to bring an extensive amount of gear for their trek. A detailed equipment list can be found in [Appendix C \(click here\)](#), and is included in the Mountain Trek information packet.

### Here are some helpful tips to make sure you know what to pack:

- Philmont does not provide bed linens, blankets, or towels, but your Tent City Manager can provide an emergency blanket if the temperature suddenly drops.
- Don't forget your camera and lots of memory cards! There are unlimited photo opportunities and you'll be sorry if you miss them.
- A small piece of carpet from home for the tent floor may be useful, as well as a fan and some clothes hangers.
- Bugs are not usually a problem, but mosquito repellent is nice to have if it has been a wet summer.
- If you have an infant or toddler, consider packing a portable stroller. Walking distances can be a problem for small children.
- Wednesday is our Western Dance, so don't forget your western duds! We will also be branding with the two Philmont brands (the horse brand and the cattle brand).
- Trailblazers, Mustangs, Broncos, Prospectors, and Silverados should bring a pair of long pants and a long-sleeved shirt to wear on activities such as horse rides and the COPE course.
- Even though we are a Scout camp, we do not recommend leaving items of value unattended in tents. Secure storage is available for small items at the Training Center Registration Office. Proper identification should be placed on all clothing and equipment.

## What Not to Bring:

### Pets

Other than those required for assistance (such as seeing-eye dogs), pets are **not** allowed at Philmont. The Raton Animal Hospital (575-445-2691) can board pets at a standard daily rate. You must place your pet in a boarding kennel before your arrival at the Training Center.

### Bicycles

Riding bicycles is not permitted at Philmont as it is a danger to others. The roads do not have adequate shoulders to safely allow bicycles.

### Firearms, Alcoholic Beverages, and Smoking

Philmont does not permit firearms in your possession while on the premises. Possession or consumption of alcoholic beverages is also not permitted on Philmont property. As a facility of the Boy Scouts of America, all buildings and tents at Philmont are smoke-free.

## Spare Time

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While the schedule is demanding, you'll have a fair amount of spare time at Philmont and there are many exciting activities and places to see. Wives have a full slate of activities during the Family Program times. If you have a teenager on a Mountain Trek, you will not see them at all after check-in until Thursday evening. In addition to visiting the Villa and the other museums, a visit to the Camping Headquarters allows a glimpse into Philmont's trekking operation.

### Buffalo

Philmont's buffalo pasture is located west of Highway 21 as you drive north toward Cimarron. The herd is maintained in three pastures and you can see them if you drive two miles west of the Administration complex. A larger, private herd of about 2,000 is located north and east of Cimarron on Highway 64. Photos are welcome at all times, but **please do not cross fences** and pull well off the road when stopping. Buffalo are wild animals and unpredictable.

### Evening Activities

Every evening there are fun activities for you and your family. There are Opening and Closing Programs, Western Night, Family Handicraft evenings, Family Banner Parade and Family Home Evening, Primary Parade, Cracker Barrels, Family Movie Nights, and the New Mexico Story campfire over at Camping Headquarters.

Don't forget your Western clothes and hat for the Wednesday night's Buffalo Barbeque and Western Night games and dance.

### Fishing

All fishermen must have a New Mexico fishing license, available for purchase at the Tooth of Time Traders, CHQ Services, or in Cimarron, and a Philmont Fishing parking permit from the Training Center office. The lower Rayado River and the Cimarron River are both highly recommended areas. Please bring your own tackle and fishing gear.

### Handicraft

The Philmont Handicraft Lodge offers instruction and sells the required materials for ceramics, wearable art (clothing and accessories decoration), leather craft, stamp art, and southwest crafts/home decor. Cash, check, and credit cards are accepted. Hours of operation are posted at the Handicraft Lodge and the Bulletin Board.



### Hiking

For health and safety reasons and in an effort to keep the trails clear and special for the Scouts hiking on treks, Philmont does **not** allow hikes in most backcountry areas, **including the Tooth of Time**. There are special hikes available only to PTC participants. Please observe this policy during your stay.

There are several approved day hikes you can take during your free time. All are fairly easy and give you a small taste of the backcountry. Be sure to come by the Training Center Office for a PTC Hiker's Guide and don't forget to check out at your Tent City office before hiking.

Many families take the Urraca Trail because it is picturesque and the wives and children groups take many of the other trails during the week. Take along an informative trail worksheet and earn the Urraca Trail patch.

Hikers need to bring a water bottle, daypack, rain gear, and a warm jacket or sweater. Sunglasses, sunscreen, a hat, and a first aid kit are also recommended. Only those who meet Philmont's height and weight requirements (see page 16), are approved by the PTC Nurse, and are in good physical condition should attempt to hike Philmont's trails.

## Horse Rides

PLEASE NOTE: In order to participate in a Philmont trail ride, **all riders must have at least a 26" inseam and weigh less than 200 lbs.** You will also need to wear long pants as well as a safety helmet, which will be provided.

The horseback ride for Silverados and for the Tuesday afternoon family time are lottery-based. Silverados will sign up during Monday's orientation meeting. The Tuesday afternoon lottery sign-up sheets can be found at the Bulletin Board behind the PTC Registration office. Please turn in the completed sheets to the Program Office. Lottery winners will be listed on the Bulletin Board before the end of Monday.

Keep in mind that the Mustangs, Trailblazers, Broncos, Prospectors, and Silverados participate in their own trail ride during the week.

## Philmont Museums

### *Villa Philmonte*

The Villa Philmonte is a must for anyone who comes to Philmont. The Villa was the beautiful vacation retreat for oilman Waite Phillips and his family in the 1920's. He gave this beautiful home and its working cattle ranch to the Boy Scouts of America in 1938. Most Family Program groups have a Villa tour sometime during the week and more tours are available for sign-up at the Bulletin Board.

### *The Philmont Museum and Seton Memorial Library*

The Philmont Museum exhibits focus on the events of Philmont's colorful historical past. The Seton Memorial Library houses the personal library, collections, and artwork of Ernest Thompson Seton, famous naturalist, author, artist, and first Chief Scout of the Boy Scouts of America. The museum and library, which also features a gift shop, is open daily from 8:00am to 6:00pm and is within walking distance of the Philmont Training Center.

### *The Kit Carson Museum*

The Kit Carson Museum (also known as Rayado) is located seven miles south of the Training Center. Visitors enjoy a living-history museum that houses exhibits and artifacts pertaining to life on the Santa Fe Trail and the lives of mountain men, Kit Carson and Lucien Maxwell. The museum staff is on hand each day to tour groups or families through the display areas and blacksmith shop.



## Philmont Recognitions

Many ask about the Philmont patch. There are several different patches available, depending on what activities you participate in at Philmont. The Family Program patch is given to all the participants of the Family Programs at the end of your Philmont experience. LDS-BSA Conference participants receive a special PTC patch. The familiar Arrowhead Award is for those who complete a full backcountry trek or Mountain Trek and satisfy other requirements. Philmont also offers a special program called the "Philmont Duty to God Award." This award is not part of the Church's Duty to God program. Other unique Philmont patches can be purchased at the Tooth of Time Traders.

## Tours and Trips

If you don't want to hike on your day off, or if you want to see more of the Ranch and Cimarron, there is a self guided tour of Philmont and surrounding areas. Cimarron is a quaint community, rich in the history of the Santa Fe Trail. You can spend many hours browsing through the shops and museums. It will take you to the Kit Carson Museum at Rayado, the must-see Old Mill Museum, and to the base of the Tooth of Time for a photo opportunity. New Mexico is rich with colonial and American history. Please come by the Training Center office to ask questions about activities and brochures.

## Helpful Hints

- There are many animals to see at Philmont. Almost every evening, deer are in the area and the buffalo pasture near the Training Center. The Tent cities are full of rabbits and "mini bears" (ground squirrels or chipmunks). Additionally, elk and antelope can be seen in the surrounding areas.
- We encourage you to do some personal research about Philmont, Northern New Mexico, birds and mammals of the southwest, etc. Then, when you arrive, you will be even more prepared. There are many books available and don't forget the internet.
- Don't miss the Philmont Museum, Seton Memorial Library, and Kit Carson Museum (also known as Rayado). They are interesting, even for young children, and are filled with exciting historical artifacts. Both museums have trading posts that carry Philmont items, historical books, and Southwestern items.
- New Mexico has a mandatory seatbelt law. The speed limits are strictly enforced. The main road in Cimarron is only 35mph. Please drive carefully.
- Read this *LDS Family Guidebook* completely, twice! And bring it with you to Philmont.



## Training Center Services

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### Banking

An ATM machine is located at the Tooth of Time Traders. Additionally, a full-service bank, *International Bank*, is in Cimarron.

### The Bulletin Board

Check the bulletin board! It's a great place to find out what's going on at PTC and around the ranch. Family group schedules, sign-up sheets, and basic information about Philmont activities are available. It's also a great place for families and friends to meet before heading off to eat, hike, or tour.

Please make frequent stops to the bulletin board to check your family members' group schedules. The schedules offer daily equipment needs and information on upcoming activities so that your children can be prepared.

The main bulletin board is located behind the PTC office. Two more are located next to the East Tent City Office and the South Tent City Office for emergency messages.



### Communications

Public telephones are located in each Tent City office and on the Training Center office back porch. Incoming messages to the Training Center office (575-376-2281) are delivered to your Tent City staff as soon as possible. Only emergency messages are delivered after **7:00pm**. Fax services are not available.

Since Philmont is in one of the most rural areas of the country, phone lines are limited and unreliable. We have tested major long-distance services and most phone cards. All will work, if you are patient. Cellular service is spotty, but our staff can show you locations where most services work. Free wireless internet service is available close to the PTC Registration office.

### Duty To God Program

A special Duty To God program is available for Individuals or family groups. The Chaplain assists in providing information about this religious opportunity. Look for him near the main bulletin board.



## Family Photos

A Philmont photographer is available to take a photograph of your family on Tuesday morning at **7:00am** in front of the covered wagon near the Handicraft Lodge. The picture is free, and a copy will be emailed. Please sign up at the PTC Registration Office when you arrive.

## Group Photographs

One 8"x10" color photograph of each conference and family program group is provided to each conference participant and family member at no cost. Photos are taken on Monday morning. Extra or replacement photos are available for a \$5.00 fee.

## Laundry

A large coin-operated laundry with washers and dryers is located near your Tent City and is open 24 hours. You may want to bring detergent and quarters for your own convenience. Detergent is available for purchase at the Handicraft Lodge and the Tooth of Time Traders. Change is available at the PTC Registration Office.

## Lost and Found

There are several locations for lost and found items. The first place to check is your Tent City office, then the Training Center Program and Services offices. At the Closing Program on Thursday evening, a PTC staffer will showcase the lost and found items on stage to find their owners. If valuable items are not found before your departure, you can leave information with the PTC Services staff to mail those items to you, if found. We request that you reimburse Philmont for the shipping charges.

## Mail

While at Philmont, your mailing address is:

[Your Name]  
LDS Leadership Conference – Week 4 or 5 (specify)  
Philmont Training Center  
17 Deer Run Road  
Cimarron, NM 87714

Outgoing mail is picked up around 10:00am from the mailbox outside the PTC Registration Office, Monday through Saturday. Incoming mail is delivered to a mailbox in your Tent City office. Postcards can be purchased at the Tooth of Time Traders and the Villa Gallery. Stamps are for sale at the PTC Registration Office. Parcels should be shipped via U.S. Mail, Federal Express, or UPS. Other services do not deliver to Philmont. **Do not rely on "next day" service; allow at least one week.**

## Printing

If you wish to share materials with other participants, please bring enough copies for distribution. Philmont's copying service is very limited.



## Tent Cities

Living in tents may be a new experience for you. Most participants find the leisurely life of tent dwelling to be comfortable and enjoyable in Philmont's climate. Each Tent City has showers and restrooms, a playground, Tent City office, and gathering area. Your Tent City staff will be nearby to help you in any way possible.

Your 10' x 12' canvas wall tent is on a wood or concrete platform and contains two metal-spring twin beds with mattresses, chairs, a wooden wardrobe or metal railing to hang your clothes, an electric outlet, and a light.

Small floor mats from home are recommended. Irons, ironing boards and other services are available for your use at no charge in

your Tent City office. Games, evening activities, Cobbler Nights, sing-a-longs, patch trading sessions, and other activities will be organized by your Tent City staff or your fellow Tent City residents.

Tent assignments depend upon attendance numbers and the ages and number of members in your family. Common arrangements include multiple tents next to each other that have cots (and cribs, if you request them). The Training Center has a limited number of cribs available from the Tent City Offices. Occasionally, during LDS Week, there are not enough cribs to meet the demand. If possible, please bring your own portable crib.

Do not keep food items in your tent nor any other "smellables" (odor-producing items). These can attract skunks and other animals, which is not only dangerous, but can be quite a wake-up call.



## Tooth of Time Traders

Scouting materials, personal items, gifts, and Philmont souvenirs are available for purchase at the Tooth of Time Traders, located at Camping Headquarters. The Tooth of Time Traders **does** accept credit cards. Additionally, there is an ATM located at the Tooth of Time Traders and in Cimarron at the International Bank. Check out their e-commerce store at [www.toothoftimetraders.com](http://www.toothoftimetraders.com). A small snack bar is available and hours of operation are posted on the bulletin board.

## Philmont Staff and Faculty

Philmont has a permanent staff of 80 employees plus more than 1,000 summer seasonal staff members. Almost 100 staff members are assigned to the Training Center. There are a host of services available to you provided by the staff members in PTC Administration, Transportation, Family Program, Conference Support, Housing, Maintenance, Food Service, the Health Lodge, and Museums.

## Details, Details...

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### Arrival and Check-In:

You may check-in from **2:00 – 4:00pm** on Saturday. Faculty and staff will help you throughout the check-in process and guide you to your Tent City office. After checking in, take some time to settle in and relax with your family at Philmont. Families with **Mountain Trek participants** check in between **2:00-2:45pm** for the **3:00pm** meeting and departure.

Note: Due to the conference preparation schedule, **we cannot accommodate early arrivals.**

### Departure:

Plan to check out on Friday morning. You may simply pack up and depart, unless you have items to return to the Tent City office. A continental breakfast is served from 6:00 – 7:30am. Please plan to depart **no later than 9:00am**. There are no overnight accommodations available at Philmont after the conference. Persons with late bus or train departures on Friday can be accommodated temporarily.

### Expenses:

Your fees cover all lodging, meals (beginning with supper on Saturday and ending with breakfast on Friday), training materials, a group photo, and family programs. Touring the Philmont Museum, Seton Memorial Library, and Kit Carson Museum (also known as Rayado) are all free and open to the public. Optional activities, such as Handicraft projects, are available at a nominal additional cost. Philmont's trading post, the Tooth of Time Traders ([www.toothoftimetraders.com](http://www.toothoftimetraders.com)), stocks items to meet your Scouting and personal needs.

Fees for Training Center conference participants and family members are detailed on your application. Full payment is due by May 1<sup>st</sup>, 2011, unless prior arrangements have been made. This will speed the check-in process. All credit card payments **must** be made through National BSA Registration online link, as provided in the online acceptance letter e-mailed to you. If you are not paying by credit card, please send checks or money orders, payable to "Boy Scouts of America" and mail to:

LDS-BSA Relationships  
15 West South Temple  
Suite 1070  
Salt Lake City, UT 84101-1579

Cancellations will be charged a \$100 fee. All refund requests, minus the \$100 fee, must be submitted to and approved by the LDS-BSA Relationships office.



## Meals:

All meals are served in two different shifts at both Training Center dining halls. Families are assigned a dining hall and shift upon arrival and check in. Your cooperation in observing these assignments is appreciated; doing so avoids having long lines and assures table space for all of our guests.

At mealtime, early arrivals line up outside the dining hall and are led by the staff in reciting the Philmont Grace. Meals are varied and there is always a salad/fruit bar and peanut butter and jelly. A selection of baby food is available upon request at the dining hall. Refrigeration is available in the Tent City offices for infant formula or medications.

If you or a member of your family has special dietary requirements, please let Philmont know in advance either through the online registration process, or by filling out the [Special Request Form \(click here\)](#), and/or emailing us at [trainingcenter@philmontscoutranch.org](mailto:trainingcenter@philmontscoutranch.org). Philmont's isolated location limits the availability of many specialized or kosher food items, and may need to be **brought from home**. **Philmont's food service staff will make every effort to meet your needs but may not be able to accommodate persons following strict diets for religious or medical reasons.**

## Photo (Talent) Release Information:

During a visit to the Philmont Scout Ranch, photographs, film, videotapes, electronic representations and/or sound recordings may be made of all Philmont Training Center participants and family members. These images may be used for training and promotion purposes for Philmont Scout Ranch and other projects approved by the Boy Scouts of America. Philmont Training Center participants sign the talent release as part of their registration to attend.



## Philmont Country

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Philmont Scout Ranch spans 137,493 acres of mountainous territory in the Sangre de Cristo (Blood of Christ) mountain range—a section of the Rocky Mountains located in northeast New Mexico. Elevations at Philmont range from 6,500' to 12,441' and the land varies from heavily forested mountains to semi-arid plains.

### Philmont History

Once inhabited by Jicarilla Apache and Moache Ute Indians, Philmont was the site of one of the first pioneer settlements in northeastern New Mexico. The present ranch is part of the original Beaubien and Miranda Land Grant, which was granted to Carlos Beaubien and Guadalupe Miranda by the Mexican government in 1841. Beaubien's son-in-law, mountain man Lucien Maxwell, led the first settlers to the grant in 1848. With help of his friend, Kit Carson, Maxwell's settlement on the Rayado River prospered, despite frequent Indian raids and harsh wilderness conditions.

Maxwell moved his ranch north to the Cimarron River in 1857, the site of the present day Cimarron. It became a famous stop on the Santa Fe Trail, bringing American trade goods into New Mexico. Ten years after Maxwell moved to the Cimarron, gold was discovered on his ranch near Baldy Mountain. For years afterward, the mountains and streams of Maxwell's Ranch swarmed with prospectors and miners.

In 1870, Maxwell sold his ranch to an English land company known as the Maxwell Land Grant and Railroad Company. After several years, the land was again sold to a Dutch-based company who attempted several development schemes, but eventually sold the land in tracts for farms and ranches.

Oklahoma oilman Waite Phillips became interested in developing a ranch out of the old land grant in 1922. He eventually amassed over 300,000 acres of mountains and plains in a ranch he named Philmont (derived from his name and the Spanish word for mountain, "monte").



Carlos Beaubien

The Philmont Ranch became a showcase. Immense herds of Hereford cows and Corriedale sheep grazed its pastures. Phillips built a larger Spanish Mediterranean summer home for his family at the Headquarters, naming it the Villa Philmonte. He developed horse and hiking trails throughout the scenic backcountry along with elaborate fishing and hunting cabins for his family and friends.

Waite Phillips believed in sharing his wealth with people outside of his family. In this spirit, he offered 35,857 acres of his ranch to the Boy Scouts of America in 1938 to serve as a National wilderness camping area. The reservation was named Philturn Rocky Mountain Scout Camp (after Phillips's name and the BSA slogan, Do a Good Turn Daily). After observing the enthusiastic response of the first Philturn Campers, Phillips augmented his original gift in 1941 with an addition including his best camping land, the Villa Philmonte, and the Headquarters farming and ranching operation. The second gift was made so that many, rather than few, could enjoy his rich and beautiful land. The property, now totaling 127,395 acres, was renamed Philmont Scout Ranch.

Phillips realized that the cost for maintenance and development of the property could not and should not be derived entirely from camper fees. As an endowment he included in the gift his 23-story Philtower Building in Tulsa, Oklahoma.

In 1963, through the generosity of Norton Clapp, vice president of the National Council of the Boy Scouts of America, another piece of the Maxwell Land Grant was purchased and added to Philmont. This was the Baldy Mountain mining area consisting of 10,098 acres. The gift of Baldy Mountain brought the total acreage to 137,493 to date, making Philmont the largest youth camp in the world.



Waite Phillips

## The Philmont Hymn



Sil - ver on the sage, Star - lit skies a-bove,  
 As - pen cov-ered hills, Coun - try that I love,  
 Phil-mont here's to thee, Scout - ing par - a - dise,  
 Out in God's coun-try to - night.  
 Wind in whis-p'ring pines, Ea - gle soar-ing high,  
 Pur - ple moun-tains rise, A-gainst an a-zure sky,  
 Phil-mont here's to thee, Scout-ing par-a-dise,  
 Out in God's coun - try to - night.

## The Philmont Grace

For Food  
 For Raiment  
 For Life  
 For Opportunity  
 For Friendship  
 And Fellowship  
 We Thank Thee,  
 O Lord.

## Aid to Pronunciation

Folks unaccustomed to New Mexico Spanish do wonderful things with some of the words and place names associated with Philmont. The following is a help to local pronunciations:

**Abreu** - Uh-bray'-you  
**Beaubien** - Bo-bee-yen'  
**Bonito** - Bo-nee'-tow [*beautiful*]  
**Costilla** - Coe-stee'-yuh [*rib*]  
**Cimarron** - Sim'-uh-roan [*wild*]  
**Cimarroncito** - Sim'-uh-roan-see'-toe  
 [*little wild one*]  
**Jicarilla** - Hick-uh-ree'-yah  
**Miranda** - Muh-ran'-duh  
**Moache** - Moe'-ash  
**Moreno** - Moe-ray'-no [*brown*]  
**Ponil** - Poe-neel'

**Raton** - Ra-tone' [*mouse*]  
**Rayado** - Ray-ah'-doe [*streaked*]  
**Sangre de Cristo** - San'-grey day Cree' stow  
 [*Blood of Christ*]  
**Santa Fe** - San'-tuh Fay [*Holy Faith*]  
**Taos** - Tah'-ose  
**Urraca** - You-rah'-cuh [*magpie*]  
**Ute** - Rhymes with "cute"  
**Valle Vidal** - Vay'-yea Vih-doll'  
**Vermejo** - Ver-may'-hoe [*red*]  
**Villa Philmonte** - Vee'-yuh Fil-mon'-tay

## 2011 Philmont Training Center Guidebook Appendices

### **Appendix A – Individual Arrival Plan.**

This form is designed for participants and families who will require assistance with their travel plans from Raton, New Mexico. It should be faxed (575-376-2629) or e-mailed ([trainingcenter@philmontscoutranch.org](mailto:trainingcenter@philmontscoutranch.org)) **four weeks prior to arrival**. It will help the Training Center Staff prepare for your arrival.

Philmont works with private contractors to provide a shuttle service from the Denver, Colorado Springs, and Albuquerque Airports. The airport shuttle operates on limited days. All airport shuttle reservations must be coordinated with Philmont using the shuttle application. The shuttle registration forms, including dates of operation, costs, and specific information will be available on the Philmont website ([www.philmontscoutranch.org](http://www.philmontscoutranch.org)).

### **Appendix B – National Health & Medical Form**

Parts A & B of the National Health & Medical Form must be completed by all conference participants and family program groups. These sections do not require a doctor's examination, and must be turned in upon arrival at Philmont. The specific family program groups that will only need A and B are as follows: Nursery, Small Fry, Cowgirls, Cowpokes, Ropers, Deputies, Sidewinders, Mustangs, Trailblazers 1 (11 year olds), Broncos, and Silverados.

Parts A, B, C, & D of the National Health & Medical Form will need to be completed by a select group of conference and family program participants. These sections require a doctor's examination and must be turned in upon arrival at Philmont. The specific conferences and family program groups that will need A, B, and C are as follows: Mountain Men, Mountain Women, and Trailblazers 2 (12 & 13 year old boys).

**Please do not send or mail your health forms in advance of your arrival.**

### **Appendix C – 2011 Mountain Trek Information Packet.**

The 2011 Mountain Trek Information will help to prepare participants in the Mountain Men or Mountain Women programs. Please refer to the second paragraph of Appendix B (above) for information concerning the required National Health & Medical Form.

### **Appendix D – Special Request.**

During the online registration process you will have a chance to provide special request information. The online registration will capture this information and provide it to the Philmont Training Center to assist us in preparing for your Philmont experience. After completing the online registration process and you have additional information that you would like to share with us, please complete the Special Request form and fax to 575-376-2629, or e-mail to [trainingcenter@philmontscoutranch.org](mailto:trainingcenter@philmontscoutranch.org), or mail to Philmont Training Center, 17 Deer Run Road, Cimarron, NM 87714.

### **Appendix E – Parent's Authorization.**

This notarized form is to be used if you are bringing a minor/child who is not the conference participant's child or legal ward. Participants who bring Mountain Trek non-family members must have this form completed and notarized by the parent of the youth who will be attending. It must be brought with you to Philmont. Please do not send or mail the Parent's Authorization Form in advance of your arrival.

### **Appendix F – Maps**

[The Philmont Training Center](#)

[Overall Philmont Base Camp](#)

## Philmont Training Center Individual Arrival Plans

**When to arrive:** We recommend arriving into Raton and Cimarron a day early and enjoy all of the local sights and rich history of the Southwest. This also gives you one more day to acclimatize to the high elevation. *Please be aware that there are no accommodations at Philmont for PTC and Mountain Trek early arrivals.*

**Check-in:** Most conferences begin their check-in on Sunday, from 1:00pm—5:00pm. Mountain Trek participants should plan to arrive by 2:00pm on Sunday. LDS Conference week participants should check in on Saturday, between 2:00pm and 4:00pm.

**Driving:** Philmont is located 45 miles southwest of the town of Raton, approximately 200 miles from either Albuquerque or Colorado Springs. It is twenty-six miles west of Interstate 25 on Highway 58. In Cimarron, turn south on Highway 21 and drive four and a half (4.5) miles to the Philmont Training Center.

**Train:** Raton is the nearest train terminal, 45 miles northeast of Philmont. AMTRAK is scheduled to arrive twice daily in Raton (one from the east and one from the west). The Raton train depot is a convenience stop and may not have employees on hand. Call AMTRAK for information (800-USA-RAIL). **Philmont Shuttle Buses are available.**

**Bus:** There are scheduled buses each day to Raton. The Raton bus stop is behind McDonald's, just off Interstate 25. Call Greyhound Bus Lines (800-231-2222) for more information or visit their website at [www.greyhound.com](http://www.greyhound.com). **Philmont Shuttle Buses are available.**

**Plane:** The nearest major terminals are Colorado Springs, CO; Albuquerque, NM; and Denver, CO. Many conference participants select to rent a car for the week in order to have transportation during their stay at Philmont. A limited shuttle service is available from each of the airports. **The shuttle does not run every day**, so please check the backside of the Shuttle Sheet for the exact dates of available service.

Airport shuttle service reservations **must be** coordinated with Philmont using the Shuttle Application for the appropriate airport. This application can be found at [philmonttrainingcenter.org](http://philmonttrainingcenter.org)

### Raton Transportation Information

Name\_\_\_\_\_

Address\_\_\_\_\_

City/State/ZIP\_\_\_\_\_

Phone number\_\_\_\_\_

Arrival Date\_\_\_\_\_ Week\_\_\_\_\_

I need to be picked up at: **(must fill out completely)**

\_\_\_\_\_ Raton Bus Depot \_\_\_\_\_ am or pm

\_\_\_\_\_ Raton Train Depot \_\_\_\_\_ am or pm

\_\_\_\_\_ Hotel (Name:\_\_\_\_\_)

#### Transportation Fees:

This reservation is for \_\_\_\_\_ people.  
\_\_\_\_\_ Round trip(s) from Raton.....\$ 45.00

**TOTAL PAYMENT ENCLOSED**            \$\_\_\_\_\_

Please mail form and payment to:  
Philmont Training Center  
ATTN: Transportation Services  
17 Deer Run Rd - Cimarron, NM 87714

Please direct questions to: 575-376-2281 ext. 1135 or  
[trainingcenter@philmontscoutranch.org](mailto:trainingcenter@philmontscoutranch.org)

***Please mail this form at least 4 weeks prior to arrival.***

# Annual Health and Medical Record

(Valid for 12 calendar months)

## Policy on Use of the Annual Health and Medical Record

In order to provide better care for its members and to assist them in better understanding their own physical capabilities, the Boy Scouts of America recommends that everyone who participates in a Scouting event have an annual medical evaluation by a certified and licensed health-care provider—a physician (MD or DO), nurse practitioner, or physician assistant. Providing your medical information on this four-part form will help ensure you meet the minimum standards for participation in various activities. Note that unit leaders must always protect the privacy of unit participants by protecting their medical information.

**Parts A and B** are to be completed at least annually by participants in all Scouting events. This health history, parental/guardian informed consent and hold harmless/release agreement, and talent release statement is to be completed by the participant and parents/guardians.

**Part C** is the physical exam that is required for participants in any event that exceeds 72 consecutive hours, for all high-adventure base participants, or when the nature of the activity is strenuous and demanding. Service projects or work weekends may fit this description. Part C is to be completed and signed by a certified and licensed health-care provider—physician (MD or DO), nurse practitioner, or physician assistant. It is important to note that the height/weight limits must be strictly adhered to when the event will take the unit more than 30 minutes away from an emergency vehicle-accessible roadway, or when the program requires it, such as backpacking trips, high-adventure activities, and conservation projects in remote areas.

**Part D** is required to be reviewed by all participants of a high-adventure program at one of the national high-adventure bases and shared with the examining health-care provider before completing Part C.

- **Philmont Scout Ranch.** Participants and guests for Philmont activities that are conducted with limited access to the backcountry, including most Philmont Training Center conferences and family programs, will not require completion of Part C. However, participants should review Part D to understand potential risks inherent at 6,700 feet in elevation in a dry Southwest environment. Please review specific registration information for the activity or event.
- **Northern Tier National High Adventure Base.**
- **Florida National High Adventure Sea Base.** The PADI medical form is also required if scuba diving at this base.

## Risk Factors

Based on the vast experience of the medical community, the BSA has identified the following risk factors that may limit your participation in various outdoor adventures.

- Excessive body weight
- Heart disease
- Hypertension (high blood pressure)
- Diabetes
- Seizures
- Lack of appropriate immunizations
- Asthma
- Allergies/anaphylaxis
- Muscular/skeletal injuries
- Psychiatric/psychological and emotional difficulties

For more information on medical risk factors, visit Scouting Safely on [www.scouting.org](http://www.scouting.org).

## Prescriptions

The taking of prescription medication is the responsibility of the individual taking the medication and/or that individual's parent or guardian. A leader, after obtaining all the necessary information, can agree to accept the responsibility of making sure a youth takes the necessary medication at the appropriate time, but BSA does not mandate or necessarily encourage the leader to do so. Also, if state laws are more limiting, they must be followed.

## Frequently Asked Questions (FAQs)

- Philmont Scout Ranch: [www.philmontscoutranch.org](http://www.philmontscoutranch.org) or 575-376-2281
- Northern Tier National High Adventure Base: [www.ntier.org](http://www.ntier.org) or 218-365-4811
- Florida National High Adventure Sea Base: [www.bsaseabase.org](http://www.bsaseabase.org) or 305-664-5612
- National Scout Jamboree: [www.bsajamboree.org](http://www.bsajamboree.org)

For frequently asked questions about this Annual Health and Medical Record, see Scouting Safely online at <http://www.scouting.org/scoutsource/HealthandSafety.aspx>. Information about the Health Insurance Portability and Accountability Act (HIPAA) may be found at <http://www.hipaa.org>.



BOY SCOUTS OF AMERICA®

# Annual BSA Health and Medical Record

## Part A

### GENERAL INFORMATION

#### High-adventure base participants:

Expedition/crew No.: \_\_\_\_\_  
or staff position: \_\_\_\_\_

Name \_\_\_\_\_ Date of birth \_\_\_\_\_ Age \_\_\_\_\_ Male  Female   
Address \_\_\_\_\_ Grade completed (youth only) \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone No. \_\_\_\_\_  
Unit leader \_\_\_\_\_ Council name/No. \_\_\_\_\_ Unit No. \_\_\_\_\_  
Social Security No. (optional; may be required by medical facilities for treatment) \_\_\_\_\_ Religious preference \_\_\_\_\_  
Health/accident insurance company \_\_\_\_\_ Policy No. \_\_\_\_\_

**ATTACH A PHOTOCOPY OF BOTH SIDES OF INSURANCE CARD. IF FAMILY HAS NO MEDICAL INSURANCE, STATE "NONE."**

In case of emergency, notify:

Name \_\_\_\_\_ Relationship \_\_\_\_\_  
Address \_\_\_\_\_  
Home phone \_\_\_\_\_ Business phone \_\_\_\_\_ Cell phone \_\_\_\_\_  
Alternate contact \_\_\_\_\_ Alternate's phone \_\_\_\_\_

### HEALTH HISTORY

Are you now, or have you ever been treated for any of the following:

Yes	No	Condition	Explain
		Asthma Last attack: _____	
		Diabetes Last HbA1c: _____	
		Hypertension (high blood pressure)	
		Heart disease (e.g., CHF, CAD, MI)	
		Stroke/TIA	
		Lung/respiratory disease	
		Ear/sinus problems	
		Muscular/skeletal condition	
		Menstrual problems (women only)	
		Psychiatric/psychological and emotional difficulties	
		Behavioral disorders (e.g., ADD, ADHD, Asperger syndrome, autism)	
		Bleeding disorders	
		Fainting spells	
		Thyroid disease	
		Kidney disease	
		Sickle cell disease	
		Seizures Last seizure: _____	
		Sleep disorders (e.g., sleep apnea)	Use CPAP: Yes <input type="checkbox"/> No <input type="checkbox"/>
		Abdominal/digestive problems	
		Surgery	
		Serious injury	
		Other	

#### Allergies or Reaction to:

Medication \_\_\_\_\_  
Food, Plants, or Insect Bites \_\_\_\_\_

#### Immunizations:

The following are recommended by the BSA. **Tetanus immunization is required and must have been received within the last 10 years.** If had disease, put "D" and the year. If immunized, check the box and the year received.

Yes	No	Date
<input type="checkbox"/>	<input type="checkbox"/>	Tetanus _____
<input type="checkbox"/>	<input type="checkbox"/>	Pertussis _____
<input type="checkbox"/>	<input type="checkbox"/>	Diphtheria _____
<input type="checkbox"/>	<input type="checkbox"/>	Measles _____
<input type="checkbox"/>	<input type="checkbox"/>	Mumps _____
<input type="checkbox"/>	<input type="checkbox"/>	Rubella _____
<input type="checkbox"/>	<input type="checkbox"/>	Polio _____
<input type="checkbox"/>	<input type="checkbox"/>	Chicken pox _____
<input type="checkbox"/>	<input type="checkbox"/>	Hepatitis A _____
<input type="checkbox"/>	<input type="checkbox"/>	Hepatitis B _____
<input type="checkbox"/>	<input type="checkbox"/>	Influenza _____
<input type="checkbox"/>	<input type="checkbox"/>	Other (i.e., HIB) _____

Exemption to immunizations claimed (form required).

(For more information about immunizations, as well as the immunization exemption form, see [Scouting Safely on Scouting.org](http://Scouting.org).)

### MEDICATIONS

List all medications currently used. (If additional space is needed, please photocopy this part of the health form.) Inhalers and EpiPen information must be included, even if they are for occasional or emergency use only.

Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____	Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____	Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____
Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____	Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____	Medication _____ Strength _____ Frequency _____ Approximate date started _____ Reason for medication _____

Administration of the above medications is approved by (if required by your state): \_\_\_\_\_  
Parent/guardian signature and/or MD/DO, NP, or PA signature

**Be sure to bring medications in sufficient quantities and the original containers. Make sure that they are NOT expired, including inhalers and EpiPens. You SHOULD NOT STOP taking any maintenance medication.**

Emergency contact No.:

Allergies:

DOB:

Full name:

## Part B

### INFORMED CONSENT AND HOLD HARMLESS/RELEASE AGREEMENT

I understand that participation in Scouting activities involves a certain degree of risk and can be physically, mentally, and emotionally demanding. I also understand that participation in these activities is entirely voluntary and requires participants to abide by applicable rules and standards of conduct.

In case of an emergency involving me or my child, I understand that every effort will be made to contact the individual listed as the emergency contact person. In the event that this person cannot be reached, permission is hereby given to the medical provider selected by the adult leader in charge to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for me or my child. Medical providers are authorized to disclose protected health information to the adult in charge, camp medical staff, camp management, and/or any physician or health care provider involved in providing medical care to the participant. Protected Health Information/Confidential Health Information (PHI/CHI) under the Standards for Privacy of Individually Identifiable Health Information, 45 C.F.R. §§160.103, 164.501, etc. seq., as amended from time to time, includes examination findings, test results, and treatment provided for purposes of medical evaluation of the participant, follow-up and communication with the participant's parents or guardian, and/or determination of the participant's ability to continue in the program activities.

I have carefully considered the risk involved and give consent for myself and/or my child to participate in these activities. I approve the sharing of the information on this form with BSA volunteers and professionals who need to know of medical situations that might require special consideration for the safe conducting of Scouting activities.

I release the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity from any and all claims or liability arising out of this participation.

Without restrictions.

With special considerations or restrictions (list) \_\_\_\_\_

### TALENT RELEASE AGREEMENT

I hereby assign and grant to the local council and the Boy Scouts of America the right and permission to use and publish the photographs/film/videotapes/electronic representations and/or sound recordings made of me or my child at all Scouting activities, and I hereby release the Boy Scouts of America, the local council, the activity coordinators, and all employees, volunteers, related parties, or other organizations associated with the activity 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/videotapes/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.

Yes  No

### ADULTS AUTHORIZED TO TAKE YOUTH TO AND FROM EVENTS:

You must designate at least one adult. Please include a telephone number.

1. Name \_\_\_\_\_ Telephone \_\_\_\_\_

2. Name \_\_\_\_\_ Telephone \_\_\_\_\_

3. Name \_\_\_\_\_ Telephone \_\_\_\_\_

Adults NOT authorized to take youth to and from events:

1. Name \_\_\_\_\_

2. Name \_\_\_\_\_

3. Name \_\_\_\_\_

I understand that, if any information I/we have provided is found to be inaccurate, it may limit and/or eliminate the opportunity for participation in any event or activity.

If I am participating at Philmont, Philmont Training Center, Northern Tier, or Florida Sea Base: I have also read and understand the risk advisories explained in Part D, including height and weight requirements and restrictions, and understand that the participant will not be allowed to participate in applicable high-adventure programs if those requirements are not met. The participant has permission to engage in all high-adventure activities described, except as specifically noted by me or the health-care provider.

Participant's name \_\_\_\_\_

Participant's signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/guardian's signature \_\_\_\_\_ Date \_\_\_\_\_

(if participant is under the age of 18)

This Annual Health and Medical Record is valid for 12 calendar months.

Part B Full name: \_\_\_\_\_ DOB: \_\_\_\_\_

**High-adventure base participants:**

Expedition/crew No.: \_\_\_\_\_  
 or staff position: \_\_\_\_\_

**Part C**

**TO THE EXAMINING HEALTH-CARE PROVIDER** (Certified and licensed physicians [MD, DO], nurse practitioners, and physician's assistants)

You are being asked to certify that this individual has no contraindication for participation in a Scouting experience. For individuals who will be attending a high-adventure program at one of the national high-adventure bases, please refer to Part D for additional information.

(Part D was made available to me.  Yes  No)

**PHYSICAL EXAMINATION**

Height (inches) \_\_\_\_\_ Weight (pounds) \_\_\_\_\_ Maximum weight for height \_\_\_\_\_ Meets height/weight limits  Yes  No  
 Blood pressure \_\_\_\_\_ Pulse \_\_\_\_\_ Percent body fat (optional) \_\_\_\_\_

If you exceed the maximum weight for height as explained on this page and your planned high-adventure activity will take you more than 30 minutes away from an emergency vehicle-accessible roadway, you **will not** be allowed to participate. At the discretion of the medical advisors of the event and/or camp, participation of an individual exceeding the maximum weight for height may be allowed if the body fat percentage measured by the health-care provider is determined to be 20 percent or less for a female or 15 percent or less for a male. (Philmont requires a water-displacement test to be used for this determination.) Please call the event leader and/or camp if you have any questions. Enforcing the height/weight guidelines is strongly encouraged for all other events.

	Normal	Abnormal	Explain Any Abnormalities	Range of Mobility	Normal	Abnormal	Explain Any Abnormalities
Eyes				Knees (both)			
Ears				Ankles (both)			
Nose				Spine			
Throat				<b>Other</b>	<b>Yes</b>	<b>No</b>	
Lungs							
Neurological							
Heart			Contacts				
Abdomen			Dentures				
Genitalia				Braces			
Skin				Inguinal hernia			<b>Explain</b>
Emotional adjustment				Medical equipment (i.e., CPAP, oxygen)			

Tuberculosis (TB) skin test (if required by your state for BSA camp staff)  Negative  Positive

Allergies (to what agent, type of reaction, treatment): \_\_\_\_\_

Restrictions (if none, so state) \_\_\_\_\_

**EXAMINER'S CERTIFICATION**

I certify that I have reviewed the health history and examined this person and find no contraindications for participation in a Scouting experience. This participant

- Meets height/weight requirements
- Does not have uncontrolled heart disease, asthma, or hypertension
- Has not had an orthopedic injury, musculoskeletal problems, or orthopedic surgery in the last six months or possesses a letter of clearance from their orthopedic surgeon or treating physician
- Has no uncontrolled psychiatric disorders
- Has had no seizures in the last year
- Does not have poorly controlled diabetes
- If less than 18 years of age and planning to scuba dive, does not have diabetes, asthma, or seizures

Provider printed name \_\_\_\_\_

Address \_\_\_\_\_

City, state, zip \_\_\_\_\_

Office phone \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

Height (inches)	Recommended Weight (lbs)	Allowable Exception	Maximum Acceptance
60	97-138	139-166	166
61	101-143	144-172	172
62	104-146	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
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.

**DO NOT WRITE IN THIS BOX**

REVIEW FOR CAMP OR SPECIAL ACTIVITY  
 Reviewed by \_\_\_\_\_ Date \_\_\_\_\_  
 Further approval required  Yes  No Reason \_\_\_\_\_  
 By \_\_\_\_\_ Date \_\_\_\_\_

## Part D

Participation at any of the BSA's high-adventure bases can be physically, mentally, and emotionally demanding. To be better prepared, each participant must complete the following before attending any high-adventure base:

- Fill in parts A and B of the Annual Health and Medical Record.
- Share Part D with the examining health-care provider.
- Have a physical exam by a certified and licensed health care provider/physician (MD, DO), nurse practitioner, or physician assistant, and have part C completed.
- Read the following information, which focuses on specific risks at the high-adventure base you will be attending.

**The Trek Experience.** Each high-adventure base offers a unique experience that is not risk-free. Knowledgeable staff will instruct all participants in safety measures to be followed. Be prepared to listen to and carefully follow these safety measures and to accept responsibility for the health and safety of yourself and others.

**Philmont.** Each participant must be able to carry a 35- to 50-pound pack while hiking 5 to 12 miles per day in an isolated mountain wilderness ranging from 6,500 to 12,500 feet in elevation. Summer/autumn climatic conditions include temperatures from 30 to 90 degrees, low humidity (10 to 30 percent), and frequent, sometimes severe, afternoon thunderstorms. Activities include horseback riding, rock climbing and rappelling, challenge events, pole climbing, black powder shooting, 12-gauge trap shooting, .30-06 shooting, trail building, mountain biking, and other activities that have potential for injury.

Winter climatic conditions can range from -20 to 60 degrees. For the Kanik Experience, each person will walk, ski, or snowshoe along snow-covered trails pulling loaded toboggans or sleds for up to 3 miles, or more on a cross-country ski trek. Refer to the Philmont Scout Ranch website.

**Northern Tier.** Each person must be able to carry a 50- to 85-pound pack or canoe from a quarter-mile to 2 miles several times a day on rough, swampy, and rocky portages and paddle 10 to 15 miles per day, often against a headwind. Climatic conditions can range from 30 to 100 degrees in summer/autumn and from -40 to 40 degrees in the winter. For the Okpik Experience, each person will walk, ski, or snowshoe along snow-covered trails or across frozen lakes, pulling loaded toboggans or sleds for up to 3 miles, or more if on a cross-country ski trek. Refer to the Northern Tier website for specific information.

**Florida Sea Base.** Climatic conditions at Florida Sea Base include temperatures ranging from 50 to 95 degrees, high humidity, heat index reaching to 110 degrees, and frequent, sometimes severe, afternoon thunderstorms. Activities include snorkeling, scuba diving, kayaking, canoeing, sailing, hiking, and other activities that have potential for injury. Refer to the Sea Base website for specific information.

**Risk Advisory.** All of the high-adventure bases have excellent health and safety records and strive to minimize risks to participants and advisors by emphasizing appropriate safety precautions. Because most participants are prepared, are conscious of risks, and take safety precautions, they do not experience injuries. If you decide to attend Philmont, Northern Tier, or Florida Sea Base, you should be physically fit, have proper clothing and equipment, and be willing to follow instructions, work as a team with your crew, and take responsibility for your own health and safety.

Parents, guardians, and participants in any high-adventure program are advised that journeying to and from these bases can involve exposure to accidents, illness, and/or injury.

High-adventure staff members have been trained in first aid, CPR, and accident prevention and are prepared to assist the adult advisor in recognizing, reacting to, and responding to accidents, injuries, and illnesses as needed. Each crew is required to have at least one member trained in wilderness first aid and CPR. Medical and search-and-rescue services are provided in response to an accident or emergency. **However, response times can be affected by location, terrain, weather, or other emergencies and could be delayed for hours or even days in a wilderness setting.**

**Philmont.** Participants and guests for Philmont activities that are conducted with limited access to the backcountry, including most Philmont Training Center conferences and family programs, should review Part D to understand potential health concerns risks inherent at 6,700 feet in elevation in a dry Southwest environment.

High elevation; physically demanding high-adventure program in remote mountainous areas; camping while being exposed to occasional severe weather conditions such as lightning, hail, flash floods, and heat; and other potential problems, including injuries from tripping and falling, falls from horses, heat exhaustion, and motor vehicle accidents, can worsen underlying medical conditions. 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 call Philmont (575-376-2281) if you have any questions.

**Northern Tier.** While participating in Northern Tier's canoeing and camping wilderness areas, life jackets must be worn at all times when on the water. Crew members travel together at all times. Emergency communications via radio, and in more remote locations by satellite phone, are provided by Northern Tier. Radio communication and/or emergency evacuation can be hampered by weather, terrain, distance, equipment malfunction, and other factors, and are not a substitute for taking appropriate precautions and having adequate first-aid knowledge and equipment. Please call Northern Tier (218-365-4811) if you have any questions.

**Florida Sea Base.** Several activities are offered, including snorkeling, sailing, camping, kayaking, canoeing, swimming, fishing, and scuba diving. Diving is an exciting and demanding activity. When performed correctly, it is very safe. When established safety procedures are not followed, however, there are extreme dangers. All participants will need to learn from the instructor the important safety rules regarding breathing and equalization while scuba diving. Improper use of scuba equipment can result in serious injury, so participants must be instructed to use the equipment safely under direct supervision of a qualified instructor.

To scuba dive safely, participants must not be extremely overweight or in poor physical condition. Diving can be strenuous under certain conditions. Participants' respiratory and circulatory systems must be in good health. All body air spaces must be normal and healthy. A person with heart trouble, a current cold or congestion, epilepsy, asthma, or a severe medical problem, or who is under the influence of alcohol or drugs, should not dive. If taking medication, participants should consult a doctor and the instructor before participation in this program. If there is a question about the advisability of participation, contact the family physician first, then call the Sea Base at 305-664-4173. The Sea Base health supervisor reserves the right to make medical decisions regarding the participation of individual at Sea Base.

**Food.** Each base offers food appropriate for the experience. If a participant has a problem with the diet described in the participant guide, please contact the high-adventure base you are considering attending.

**Medications.** Each participant who has a condition requiring medication should bring an appropriate supply for the duration of the trip. Consider bringing duplicate or even triplicate supplies of vital medications. People with allergies that have resulted in severe reactions or anaphylaxis must bring with them an EpiPen that has not expired.

**Immunizations.** Each participant must have received a tetanus immunization within the last 10 years. Recognition will be given to the rights of those Scouts and Scouters who do not have immunizations because of philosophical, political, or religious beliefs. In such a situation, the *Immunization Exemption Request* form is required.

**Recommendations Regarding Chronic Illnesses.** Each base requires that this information be shared with the parents or guardians and examining physician of every participant. There are no facilities for extended care or treatment; therefore participants who cannot meet these requirements will be sent home at their expense.

***Staff and/or staff physicians reserve the right to deny the participation of any individual on the basis of a physical examination and/or medical history.***

***Adults or youth who have had any of the following conditions should undergo a thorough evaluation by a physician before considering participation at a BSA high-adventure base.***

***Cardiac or Cardiovascular Disease, including:***

1. Angina (chest pain caused by blocked blood vessels or coming from the heart)
2. Myocardial infarction (heart attack)
3. Heart surgery or heart catheterization (including angioplasty to treat blocked blood vessels, balloon dilation, or stents)
4. Stroke or transient ischemic attacks (TIAs)
5. Claudication (leg pain with exercise, caused by hardening of the arteries)
6. Family history of heart disease or a family member who died unexpectedly before age 50
7. Diabetes
8. Smoking
9. Excessive weight

Youth who have a congenital heart disease or an acquired heart disease such as rheumatic fever, Kawasaki's disease, or mitral valve prolapse should undergo thorough evaluation by a physician before considering participating at a high-adventure base. The physical exertion at any of the high-adventure bases may precipitate either a heart attack or stroke in susceptible persons. Participants with a history of any of the first seven conditions listed above should have a physician-supervised stress test. More extensive testing (e.g., nuclear stress test) is recommended for participants who have coronary heart disease. **Even if the stress test results are normal, the results of testing done at lower elevations, without backpacks, do not guarantee safety.** If the test results are abnormal, the individual is advised not to participate.

***Hypertension (High Blood Pressure).*** The combination of physical, mental, and emotional stress, increased exertion and/or heat, and altitude appears to cause a significant increase in blood pressure in some individuals. Occasionally, hypertension reaches such a level that it is no longer safe to engage in strenuous activity. Hypertension can increase the risk of having a stroke, heart attack, or angina. **Participants should have a normal blood pressure (less than 140/90).** Persons with significant hypertension (greater than 140/90) should be treated and controlled before attending any high-adventure base, and should continue on medications while participating. **The goal of treatment should be to lower the blood pressure to normal.** Participants already on antihypertensive therapy with normal blood pressure should continue on medications. Individuals taking diuretics to treat hypertension are at increased risk for dehydration related to strenuous physical activity and should be careful to maintain good hydration during the trek.

**Philmont.** Each participant who is 18 years of age or older will have his or her blood pressure checked at Philmont. **Those individuals with a blood pressure consistently greater than 160/100 at Philmont may be kept off the trail until their blood pressure decreases.**

**Florida Sea Base.** Those taking beta-blocker medication should consider a change of medication before participating in any scuba program.

***Insulin-Dependent Diabetes Mellitus.*** Exercise and the type of food eaten affect insulin requirements. Any individual with insulin-dependent diabetes mellitus should be able to monitor personal blood glucose and to know how to adjust insulin doses based on these factors. The person with diabetes also should know how to give a self-injection. Both the person with diabetes and one other person in the group should be able to recognize indications of excessively high blood sugar (hyperglycemia or diabetic ketoacidosis) and excessively low blood sugar (hypoglycemia). The person with diabetes and one other individual should know the appropriate initial responses for these conditions. An insulin-dependent

person who has been newly diagnosed (within the last six months) or who has undergone a change in delivery system (e.g., insulin pump) in the last six months should not attempt to participate. A person with diabetes who has had frequent hospitalizations for diabetic ketoacidosis or who has had frequent problems with hypoglycemia should not participate until better control of the diabetes has been achieved.

**Philmont.** It is recommended that the person with diabetes and one other individual carry insulin on the trek (in case of accident) and that a third vial be kept at the Health Lodge for backup. Bring insulin in a small insulated container. Bring enough testing equipment and supplies for the entire trip and trek. Extras are usually needed. If an individual has been hospitalized for diabetes-related illnesses within the past year, the individual must obtain permission to participate by contacting the Philmont Health Lodge at 575-376-2281.

**Florida Sea Base.** Persons with diabetes who are 18 years of age or older who wish to scuba dive should be assessed by a physician familiar with both hyperbaric issues related to diabetes and medications used for the control and treatment of diabetes. Persons 18 years old or older who are determined to be candidates for scuba diving must submit four hemoglobin A1c (HbA1c) tests, each with HbA1c values less than 7, taken within the previous 12 months. Any test within the past 12 months with an HbA1c value greater than 7 disqualifies a person from scuba diving as part of a BSA activity.

Persons less than 18 years of age with Type 1 diabetes will not be allowed to scuba dive. Persons under the age of 18 who control their diabetes with exercise and diet (no medications) and can provide three sequential hemoglobin tests with HbA1c values less than 6 may be approved to scuba dive.

**Seizures (Epilepsy).** A seizure disorder or epilepsy does not exclude an individual from participating at a high-adventure base. However, the seizure disorder should be well-controlled by medications. A minimum one year seizure-free period is considered to be adequate control. Exceptions to this guideline may be considered on an individual basis, and will be based on the specific type of seizure and the likely risks to the individual and to other members of the crew.

**Florida Sea Base.** Any seizure activity within the past five years, regardless of control and/or medication, disqualifies an individual from participation in any scuba program. A person with a history of seizure activity who has been asymptomatic AND medication-free for five years, as evidenced by a physician, will be allowed to dive.

**Asthma.** Asthma should be well-controlled before participating at any high-adventure base. Well-controlled asthma means: 1) the use of a rescue inhaler (e.g., albuterol) less than once daily; 2) no need for nighttime treatment with a rescue inhaler (e.g., albuterol). Well-controlled asthma may include the use of long-acting bronchodilators, inhaled steroids, or oral medications such as Singulair. You must meet these guidelines in order to participate. You will not be allowed to participate if: 1) you have exercise asthma not prevented by medications; or 2) you have been hospitalized or have gone to the emergency room to treat asthma in the past six months; or 3) you have needed treatment with intravenous, intramuscular, or oral steroids (prednisone) in the past six months. *You must bring an ample supply of your medications and a spare rescue inhaler that are not expired.* At least one other member of the crew should know how to recognize signs of worsening asthma or an asthma attack, and should know how to use the rescue inhaler. **Any person who has needed treatment for asthma in the past three years must carry a rescue inhaler on the trek. If you do not bring a rescue inhaler, you must buy one before you will be allowed to participate.**

**Florida Sea Base.** Persons being treated for asthma (including reactive airway disease) are disqualified from BSA scuba programs. Persons with a history of asthma who have been asymptomatic and have not used medications to control asthma for five years or more may be allowed to scuba dive as part of a BSA activity upon submission of evidence from their treating physician. Persons with a history of asthma who have been asymptomatic and have not used medication to control asthma for less than five years may be allowed to scuba dive as part of a BSA activity upon submission of a methacholine challenge test showing the asthma to be resolved.

**Allergy or Anaphylaxis.** Persons who have had an **anaphylactic reaction** from any cause must contact the high-adventure base before arrival. If you are allowed to participate, you will be required to have appropriate treatment with you. You and at least one other member of your crew must know how to give the treatment. If you do not bring appropriate treatment with you, you will be required to buy it before you will be allowed to participate.

**Recent Musculoskeletal Injuries and Orthopedic Surgery.** Every participant will put a great deal of strain on feet, ankles, and knees due to negotiating steep, rocky trails with a backpack; paddling and portaging heavy gear over irregular terrain; or climbing into and out of a boat. Therefore, individuals with significant musculoskeletal problems (including back problems) or orthopedic surgery/injuries within the last 6 months must have a letter of clearance from their orthopedic surgeon or treating physician to be considered for approval to participate. Permission is not guaranteed. A person with a cast on any extremity may participate only if approved by the high-adventure base. **Ingrown toenails are a common problem and must be treated 30 days prior to arrival.**

**Psychological and Emotional Difficulties.** A psychological disorder does not necessarily exclude an individual from participation. *Parents and advisers should be aware that no high-adventure experience is designed to assist participants in overcoming psychological or emotional problems. Experience demonstrates that these problems frequently become magnified, not lessened, when a participant is subjected to the physical and mental challenges of a remote wilderness setting.* Any condition should be well-controlled without the services of a mental health practitioner. **Under no circumstance should medication be stopped immediately prior to participation, and medication should be continued throughout the entire high-adventure experience.** Participants requiring medication must bring an appropriate supply for the duration of the trip.

**Weight Limits.** Weight limit guidelines are used because overweight individuals are at a greater risk for heart disease, high blood pressure, stroke, altitude illness, sleep problems, and injury. Those who fall within the limits are more likely to have an enjoyable trek and avoid incurring health risks.

**Philmont.** Each participant in a Philmont trek must not exceed the maximum acceptable limit in the weight chart shown on the Annual Health and Medical Record form. The right-hand column shows the maximum acceptable weight for a person's height in order to participate in a Philmont trek.

**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. They will be sent home.** For example, a person 70 inches tall cannot weigh more than 226 pounds. 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.*** Philmont will consider up to 20 pounds over the maximum acceptable as stated on the chart; however **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.** Philmont's telephone number is 575-376-2281.

**Under no circumstances will any individual weighing more than 295 pounds be permitted to participate in backcountry programs.** This requirement is necessary due to rescue equipment restrictions and for the safety of search-and-rescue personnel.

The maximum weight for any participant in a Cavalcade Trek and for horse rides is 200 pounds.

Participants and guests in Philmont activities, including most Philmont Training Center conference and family programs, who *will* participate in limited backcountry access during their visit must not exceed the maximum acceptable limit in the weight chart.

**Northern Tier.** Each participant in a Northern Tier expedition should not exceed the maximum acceptable weight for height in the table shown on the Annual Health and Medical Record form. Those who fall within the recommended weight limits are much more likely to have an enjoyable trek and avoid incurring injuries and health risks. Extra weight puts strain on the back, joints, and feet. The portage trails can be very muddy, slippery, and rocky, and present a potential for tripping and falling. We also strongly recommend that no participant be less than 100 pounds in weight. Extremely small participants will have a very difficult time carrying canoes and heavy packs.

Canoes' loads are another important reason to limit participant weight. Northern Tier assigns three people to a canoe. The total participant load per canoe must not exceed 600 pounds, or an average of 200 pounds per participant. Northern Tier does not permit individuals exceeding 295 pounds to participate in high-adventure programs.

**Florida Sea Base.** Any participant or advisor who exceeds the maximum weight limits on the weight chart may want to reconsider participation in a Sea Base high-adventure program. Anyone who exceeds these limits is at extreme risk for health problems. Participants who fall within the guidelines are more likely to have an enjoyable program and avoid incurring health risks. The absolute weight limit for our programs is 295 pounds.

Height (inches)	Recommended Weight (lbs)	Allowable Exception	Maximum Acceptance
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 Acceptance
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.



# 2011 MOUNTAIN TREKS

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## *Welcome to Philmont!*

You are privileged to participate in the Mountain Treks at Philmont Scout Ranch. This packet of information will help you prepare for a great adventure, so please read all of the enclosed material carefully.

### [2011 Mountain Trek Information Packet:](#)

Make sure to read this thoroughly before departing for your Mountain Trek. ([Pages 40 - 43](#))

### [Equipment List:](#)

Go over this list with your parents or guardians so that you will be fully prepared to hit the trails when you arrive. ([Page 42](#))

### [National Health & Medical Form - Parts A, B, C, & D required:](#)

Please complete the information on parts A, B, C, and D of this form. You must have a complete physical examination within the last 12 months, and this form must be **signed by your parents and your physician**. Please bring this form with you – **do not mail it**. Without this document, you cannot hike the trails of Philmont. You will also need to include a copy of your health care insurance card. This form is available at [www.philmontscout ranch.org](http://www.philmontscout ranch.org).

### [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 25<sup>th</sup>, your expedition number is MM-625 or MW-625 (Mountain Men or Mountain Women, plus arrival date). If your trek begins July 2<sup>nd</sup>, your expedition number is MM-702 or MW-702. Please use this number on all correspondence or when asking for information.

### [Parent's Authorization Form](#)

This notarized form is to be used if you are bringing a minor/child who is not the conference participant's child or legal ward. Participants who bring Mountain Trek non-family members must have this form completed and notarized by the parent of the youth who will be attending. It must be brought with you to Philmont. Please do not send or mail the Parent's Authorization Form in advance of your arrival.

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If you have any additional questions, please call the LDS-BSA Relationships Office at (801) 530-0004 or email [Joanne.Reinertson@Scouting.org](mailto:Joanne.Reinertson@Scouting.org)



## 2011 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 25<sup>th</sup> (first conference) or July 2<sup>nd</sup> (second conference), 2011, 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, 2011. 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.

# 2011 MOUNTAIN TREK PACK RENTAL REQUEST FORM

*Please circle your expedition number:*

**Exp #625 (June 25-July 1)**

**OR**

**Exp #702 (July 2-8)**

**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**

## Philmont Training Center Special Request Form

You will be able to provide this information during your online registration process. Should you need to let us know of any additional special information, please use this form.

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone: Home \_\_\_\_\_ Work \_\_\_\_\_

Conference (or attending with): \_\_\_\_\_

Conference Dates: from: \_\_\_\_\_ to: \_\_\_\_\_

I will need Special Housing \_\_\_\_\_

Diet Restriction \_\_\_\_\_

Other \_\_\_\_\_

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### TYPE OF REQUEST

\_\_\_ **Special Housing** (due to mobility restrictions). *Please provide a brief description:*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Need accessible housing \_\_\_\_\_ (Be aware that our only housing is tents.)

\_\_\_ **Special Diet.** *Please provide a brief description:*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Philmont's isolated location limits the availability of many specialized or Kosher food items. You will need to bring special or Kosher food items from home. Philmont's food service staff will make every effort to meet your needs but may not be able to accommodate person following strict diets for religious or medical reasons.*

\_\_\_ **Other Needs.** *Please provide a brief description:*

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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**Please fax a copy to 575-376-2629, or e-mail ([trainingcenter@philmontscoutranch.org](mailto:trainingcenter@philmontscoutranch.org)), or mail to:  
Philmont Training Center, 17 Deer Run Road, Cimarron, NM 87714.**

# PARENT'S AUTHORIZATION FORM

**To: Philmont Scout Ranch**

**Name of Child** \_\_\_\_\_

**Name of Accompanying Adult (s):** \_\_\_\_\_

Whereas the above named minor of whom I have legal custody or guardian, will be traveling with and attending a conference at the Philmont Training Center in Cimarron , NM with the above named adult (s) during the period between \_\_\_\_\_ and \_\_\_\_\_: and

Whereas the guidance during said trip will be given by the above named adult(s):

**It is agreed as follows:**

1. In the event my child, during the trip, requires medical services including admission to a hospital, the above mentioned adult(s) may seek and provide for such services as my duly authorized representative. In case my child requires hospitalization and I cannot be contacted, the above adult(s) have the right to provide for the admission and care of my child to a hospital, secure proper anesthesia, or order injection or surgery, and to leave him/her there after reasonable efforts have been made to care for his/her welfare, and without any further obligation on the part of the adult(s). During the period of the trip, I can be reached at the telephone number listed below. I assume full financial responsibility for medical expenses. I further assume full responsibility for making any and all arrangements for returning the child to his home from the hospital, thereby relieving the adult(s) of any responsibility in this matter.
2. I realize that, during the trip, good conduct befitting a member of the Boy Scouts of America will be required of my child for the maintenance of good order and safety. Accordingly, I hereby authorize the adult(s) to discipline my child in a reasonable way. I understand that obnoxious acts such as smoking, chewing tobacco, speaking with profanity, consuming intoxicants or drugs, fighting, stealing, and failing to act in good accordance with normally accepted rules of good conduct cannot and will not be tolerated. In the event that my child violates the rules of good conduct and in the opinion of the adult(s) becomes incapable of being corrected by reasonable means and within a reasonable period of time, I authorize the adult(s) to provide for placing my child on a public conveyance, preferably an airline, for immediate return to our home.
3. In the event that the adult(s) shall make any advance disbursements or payments of money on the account of the authority given pursuant to the above items, I agree to pay on demand for all such expenditures. I further agree to hold harmless any of the above adult(s) , Philmont Scout Ranch, and the Boy Scouts of America for any damages occurring to my child or myself as the result of the adult(s) acting within the scope of the authority given pursuant to the above items or implicit in the fulfillment of their tasks as my child's guardians during the duration of the trip.

**Emergency phone numbers:**

Work \_\_\_\_\_

Home \_\_\_\_\_

**Parent / Guardian Address During Trip:**

\_\_\_\_\_

\_\_\_\_\_

**I hereby agree to the above:**

Signed \_\_\_\_\_ (PRINT NAME) \_\_\_\_\_

*THIS INSTRUMENT WAS ACKNOWLEDGED BEFORE ME THIS DAY BY:* \_\_\_\_\_

DATE \_\_\_\_\_

\_\_\_\_\_

**(NOTARY)**

MY COMMISSION EXPIRES \_\_\_\_\_

# Philmont Training Center

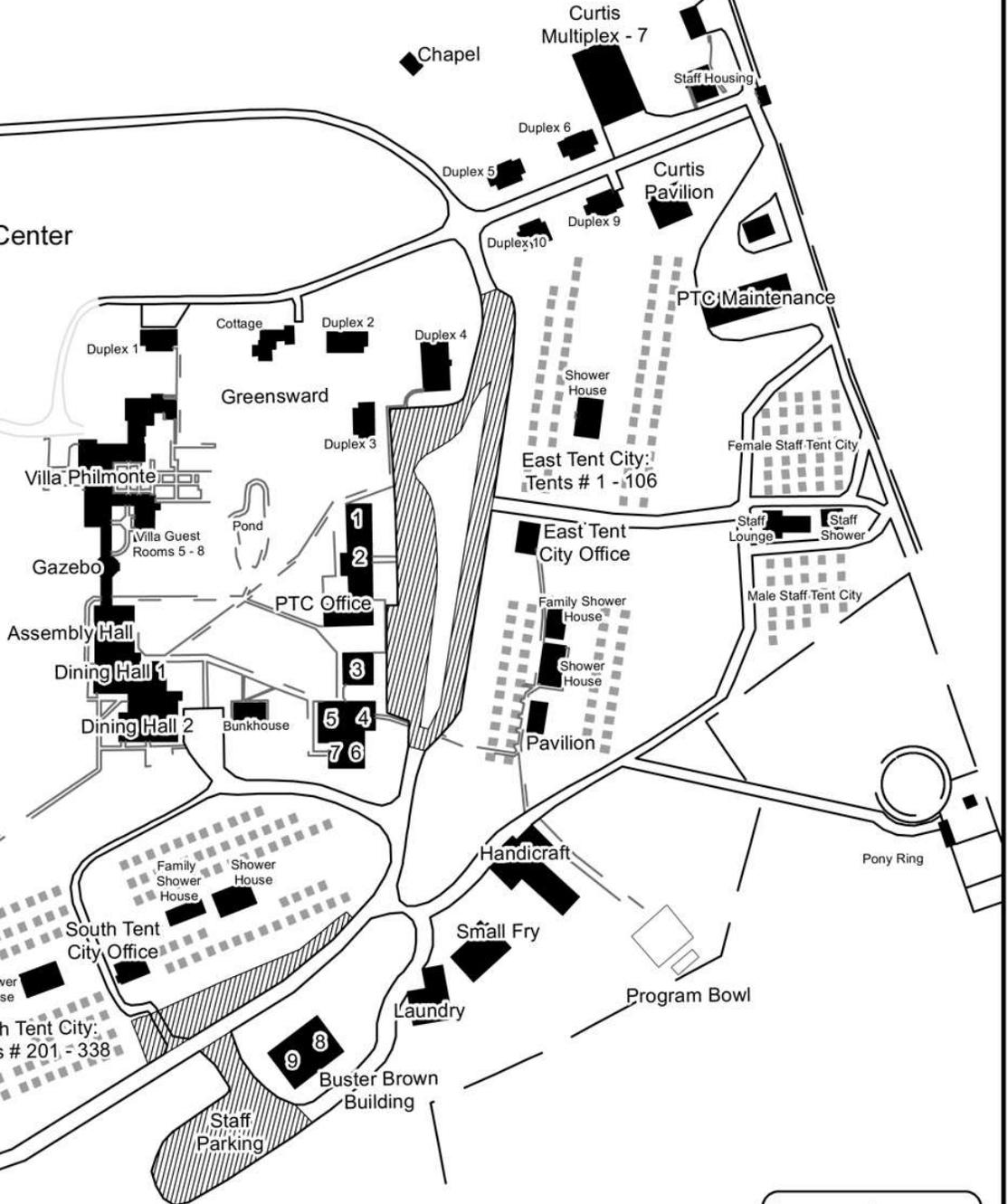


↑ To Cimarron

Highway 21

Philmont Training Center Main Entrance

Villa Lawn



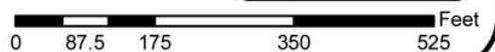
↓ To Camping Headquarters

**Conference Classrooms**

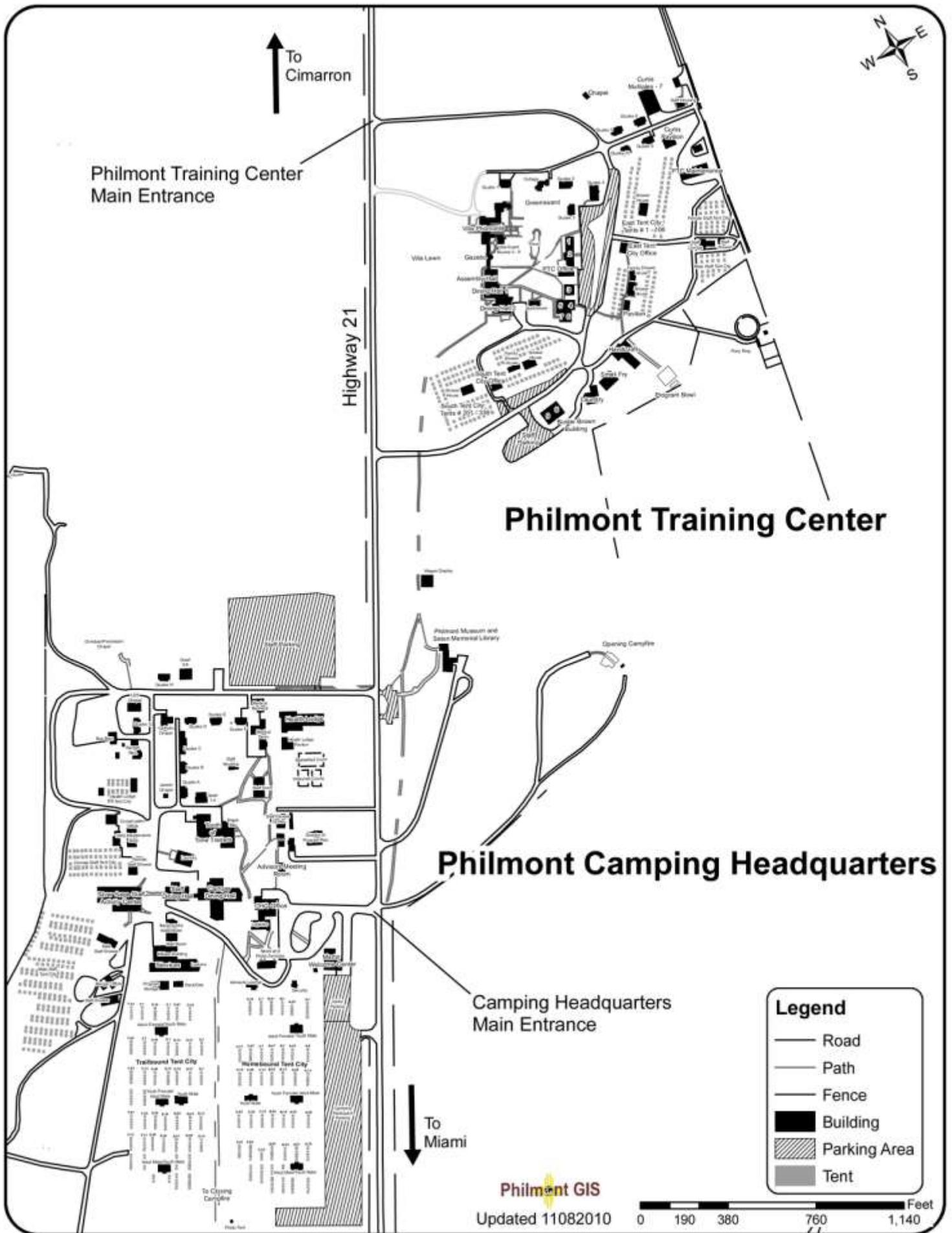
<b>1 - Carson</b>	<b>2 - Webster</b>	<b>3 - Maxwell</b>	<b>4 - Bent</b>
<b>5 - Beaubien</b>	<b>6 - Miranda</b>	<b>7 - PSA Office</b>	<b>8 - Waite</b>
<b>9 - Wiate</b>			

**Legend**

- Road
- Path
- Fence
- Building
- ▨ Parking Area
- Tent



Philmont GIS  
Updated 11082010





## LDS-BSA Relationships

15 West South Temple, Suite 1070  
Salt Lake City, UT 84101  
Phone: 801-530-0004

## Philmont Training Center

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