



2013 LDS MOUNTAIN TREKS

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.

2013 Mountain Trek Information Packet:

Make sure to read this thoroughly before departing for your Mountain Trek.

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 36).

BSA Annual 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.philmontscoutranch.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 29th, your expedition number is MM-629 or MW-629 (Mountain Men or Mountain Women, plus arrival date). If your trek begins July 6th, your expedition number is MM-706 or MW-706. Please use this number on all correspondence or when asking for information.



2013 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 29th (first conference) or July 6th (second conference), 2013, 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.

BSA Annual 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 p.m. 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. You must complete Parts A, B, C, and D.

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 29th, your expedition # is **MM-629 or MW-629** (Mountain Men or Mountain Women plus arrival date). If your trek begins July 6th, your expedition # is **MM-706 or MW-706**. Please use this number on all correspondence or when asking for information.

Fee Payment: The registration fee for each Mountain Trekker is due on or before May 1, 2013. 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 and 2:45 p.m. 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 p.m. on Saturday. At 3:00 p.m. 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 additional questions, please contact Joanne at the LDS-BSA Relationships Office in Salt Lake City, Utah at (801) 530-0004 or Joanne.Reinertson@scouting.org. Thank you.

Mountain Trek Packing List

Packing

- ___ Pack with padded hip belt* Capacity: External Frame - 4000 cubic inches +/-, Internal Frame - 4800 cubic inches +/- (rental available)
- ___ Pack cover (waterproof nylon)*
- ___ Stuff Sacks or Large Ziplock bags to keep gear organized and dry in your pack*

Sleeping

- ___ Sleeping bag in waterproof stuff sack.* (Line the inside of stuff sack with a garbage bag to make it waterproof.)
Sleeping bag should be warm down to at least 32 degrees. 20 degree bags work well, you can always unzip if it gets too warm.
- ___ Sleep clothes (T-shirt and gym shorts) to be worn only in sleeping bag*
- ___ Sleeping pad – closed cell foam or Therma-Rest*
- ___ Straps to hold sleeping bag and pad onto pack* – straps with buckles work a lot better than bungi cords.

Clothing

Trekkers should be dressed for the trail when they check in on Saturday afternoon. Quantities below include what you are wearing at check in, e.g. "Two pair heavy hiking socks" means one pair on your feet and one in your pack.

- ___ Hiking boots. Boots should be well broken in. High-top boots that provide ankle support are highly recommended.
- ___ Lightweight tennis shoes to wear around camp.
- ___ Two pair heavy hiking socks, wool blend, NO COTTON.*
- ___ Two pair liner socks, polypropylene*
- ___ Two pair underwear
- ___ Two hiking shirts
- ___ One pair hiking shorts* (zip-off pants can double as both shorts and pants)
- ___ One pair long pants* Not jeans (for cold weather, pole climbing, horse rides)
- ___ One pair insulated underwear* (optional, bring if you get cold easy)
- ___ One sweater or jacket, fleece or wool*
- ___ Hat or cap with brim for protection from the sun*
- ___ Stocking cap*
- ___ Rain jacket*
- ___ Rain pants*

**Please label all
of your gear.**

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

Personal & Miscellaneous

- ___ Small flashlight or headlamp* with new batteries*
- ___ Compass*
- ___ Bandana*
- ___ Lip balm*
- ___ Small sunscreen*
- ___ Toothbrush and small toothpaste*
- ___ Tampons/sanitary napkins*
- ___ Sunglasses*
- ___ Ditty bag (small stuff sack or Ziplock)
for personal smellables in bear bag*
- ___ Missionary *Book of Mormon*
- ___ Journal with pen/pencil

Eating

- ___ Bowl (plastic)*
- ___ Spoon* (only utensil needed)
- ___ 3 or 4 one quart/liter water bottles*
(Nalgene style)

Optional

- ___ Money – \$10-20 in small bills for use
at backcountry trading posts
- ___ Camera*

Philmont provides tents. If you have a good quality backpacking tent you may bring it for consideration.

All crew gear and food will be provided. You do not need to bring any extra food. Please do not bring toilet paper from home. Philmont supplies toilet paper that is non-smellable and biodegradable.

Do Not Bring: Cell phones, radios, ipods, video game devices, hammocks, makeup, or deodorant

**Available at the Tooth of Time Traders (www.toothoftimetraders.com) If you need to make purchases once arriving at Philmont, please plan to arrive early enough to visit the trading post before 3:00 pm check in.*

2013 PACK RENTAL REQUEST FORM

Please circle your expedition number:

Exp #629 (June 29–July 5)

OR

Exp #706 (July 6-12)

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

Sign up and pay online OR

Mail this form and payment to:

Philmont Training Center Scout Ranch
17 Deer Run Road
Cimarron, NM 87714