

Troop 278 Ahwatukee

Philmont Crew Hiking, Backpacking & Camping Badges Plan

Plan to complete Camping / Hiking / Backpacking merit badges as part of our Philmont training prep and during the actual Philmont Scout Ranch Trek.

See the detailed excel spreadsheet for the individual requirements across all three badges – here just the proposed superset of requirements to complete all 3 badges is proposed as well as approximately when/how we could likely accomplish these

First Aid:

Requirement: Show you know first aid for: Hypothermia, heatstroke, heat exhaustion, frostbite, dehydration, sunburn, sprained ankle, insect stings, tick bites, snakebite, blisters, hyperventilation, and altitude sickness.

Method: Adult leaders and qualified Scouts teach during hikes – review as we go.

Leave No Trace:

Requirement: Describe Outdoor Code & LNT principles & a 5 point plan to reduce impact on environment during all activities. Apply the LNT principles across 3 x 3 days of backpacking trips covering a total of 15 miles every 3 days.

Method: Plan for Havasupai trip as 1 x 3days and Philmont for other 2 (or 3).

Planning:

Requirement:

- a. Define crew size limits & trek crew organization, define a patrol backpack hike with a time control plan & patrol organization.
- b. Define a plan for a 30mile+, 5day+ backpack trip for: en route travel to trailhead, trail description, food, time control, clothing, equipment, safety, emergency plan and budget. Define conditioning plans to prepare for a 10+ mile hike.

Method: Collective planning (with individual notes) for Havasupai trip for a. Collective planning (with individual notes) for Philmont trip for b.

Stove Use/ Cooking:

Requirement: Prepare a menu plan for a 3 day backpacking trip: 2x Breakfast, 3 x Lunch and 2 x Dinners. Discuss protecting your food from animals, weather and contamination. Demonstrate the use of a backpacking stove to make 3 meals, discuss fuel & stove types and keeping cooking/eating gear sanitary in the field.

Method: Discuss on prep hikes, each to create a menu and shopping list and demonstrate cooking 3 meals on Havasupai trip and/or at Philmont.

Map & Compass:

Requirement: Demonstrate you can read a topo map, use a map and compass to identify your location on 3 occasions. Use a topo map to get to your campsite on a backpack trip.

Method: On 3 separate local AZ hikes use a map & compass to locate position by cross bearings.

Explain:

Requirement: Discuss: hiking footwear and protecting your feet, clothing & layering & dealing with inclement weather, tent types & use, backpack types & use, day & night hiking safety, water treatment & the importance of hydration, managing human / other, wastes, maintaining personal cleanliness, human and environmental hazards

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Method: Discussions as we go on hikes & backpack trips. Include details in the individual written Philmont plan for gear selection & maintenance etc. Propose we set up a special session to work through plans and group equipment allocations.

Packing + Gear + Gear Inspection

Requirement: List the 10 essentials & their rationale. Describe 10 ways to limit pack weight without compromising safety. Demonstrate 2 ways to treat water and explain risks of untreated water. Make a checklist of clothing, patrol gear and sleeping requirements for warm and cold weather campouts.. Show that you know how to properly pack your personal gear and your share of the crew's gear and food. Show your pack is well loaded & adjusted and you have a logical plan for easy access to essentials. Have your packed gear checked

Method: Pack checks as part of pre-Philmont trips (including weight checks). Also some discussion in the planning session on the checklist items needed/ optional & not recommended for Philmont with example demonstration pack contents.

Activities:

Requirement: Complete 5 day hikes of 10 miles each and 1 day hike of 20 miles following hike plans for each hike.

Take 3x3 day duration backpacking trips covering at least 15 miles in each 3 day period

Camp for at least 20 nights total, hike up 1000 feet and backpack for at least 4 miles.

Method: Philmont training hikes can complete the 5x10 mile and 1x20 mile requirements – we need to close on when we do the 20 mile day hike (2 options). We will hold at least 2x10 mile hikes on South Mountain + 2x 10 mile backpack on Reavis as well as 2 x 10 mile backpack on Havasupai.

Backpacking will be Havasupai and 2x3 day (or 3x3) portions of Philmont with 15 miles covered. Many of our training hikes will cover 1000ft elevation gain & 4 mile backpack.

For camping you are on your own to get 8 more nights to combine with the 12 nights we should accumulate at Philmont. We should get 6+ more possible nights from Havasupai, Reavis, Fossil, Lava Tubes, more so it should be very easy to meet.

Report on Trips:

Requirement: Complete a report after each of the 5x10 mile hikes, after the 20 mile hike and for every backpacking trip. Include daily notes on what you did, how far and how high you went, how you felt, weather and any other observations. For the whole trip identify equipment issues & needs, what you learned what you'd do the same or differently next time. Discuss what you learned.

Method: In a notebook log each of the hikes, backpack trips and the whole of the Philmont trip. Use this to feed your plans for Philmont equipment & packing & prep. Discover ideas from your trip mates to make the trip better: equipment, clothing, tips/techniques, food/snack ideas, fun games. Discuss what you learned on each trip during the next trip or on the return journey from Philmont.

Service Project:

Requirement: Complete a service project approved by the landowner during a backpack/camping trip

Method: Planned Philmont service project will qualify.