

Troop 278 2013 Philmont Trek

Adult Advisor Sign-Up Form

Sign-Up Deadline - Monday 2/20/2012

Troop 278 - 2013 Philmont High Adventure Base Trek in northern New Mexico ~6/8/13-6/21/13

This form should only be submitted by parents/guardians of Scouts applying for a Philmont Crew position who also would like to attend the trek (Mothers or Fathers may attend).

Payments Schedule (*same as for Scouts*):

Deposit Payment is due by Feb 20 th 2012	\$100.00 - <i>Due with this application</i>
2 nd Payment is due October 1 st 2012	\$335.00
3 rd Payment is due March 1 st 2013	\$335.00
Total Cost per person (Scouts & Adults)	\$770.00

Note - these payments are for Philmont's fee only - additional expenses will apply e.g. gas, lodging, enroute food/snacks, training expenses, additional gear requirements, physicals, etc.

Will you be able to meet all financial requirements by the due dates above? Y/N _____

Parent Name: _____ Weight(lbs): _____ Height _____

Contact Phone # _____ Contact Email: _____

1) Are you willing to be the Lead Adult Advisor for this Crew ? Y/N _____

Deal with Philmont logistics on payments, forms, tour permits, safety etc, work with crew leader on crew training, ~monthly meetings, personal equipment, crew equipment, shake-down backpacks, fundraising etc.

2) Can you drive 6 Scouts to Philmont (with gear) in a personal vehicle? _____ # seats: _____

Transportation to/from Philmont safely & comfortably is important - our crew size goal is 12 total.

3) Required Training: (*Please answer Y/N/Will take*):

- Youth Protection (*on-line*) _____
- Outdoor Skills (*~4 days*) _____
- Hazardous Weather (*on-line*) _____
- Wilderness First Aid (*~2 days & approx \$150*) _____

At least 1 and preferrably 2 Adult Advisors must be fully trained by May 2013 & their training certification remain current through end June 2013.

Adult Questions:

Please note any leadership experience working with Scouts/youth: _____

Your camping/other experience with the Troop: _____

Nights _____

Why do you want to go to Philmont? (continue over if needed)

Troop 278 Ahwatukee

2013 Philmont Selection Guidelines

Philmont is a physically demanding experience. You'll hike at elevations between 6,000 & 12,300 ft & cover between 50-90 miles over 10 trail days with ~10,000-20,000 foot total cumulative elevation gain. Details depend on crew's trek selection. Be sure you will be physically & mentally prepared to enjoy this challenge.

1. All applications received by the 2/20/2012 deadline (*complete with deposit payment*) will be considered together. Applications received after the deadline will be considered later to fill any remaining positions and/or to add to the end of the waitlist. If you are not selected your \$100 deposit will be returned. You may submit your application at any time before 2/20/12.

You may pay with a check payable to Troop278 Ahwatukee.

2. Applications must be filled out completely:
 - Adult Advisors must be troop registered and be YPT trained at the time of departure
 - Adults must have completed the troop driver registration with their current information
 - There is no preference for Scouts signing up with a parent - unless the minimum required number of adult advisors (2) is not otherwise met.
3. Evaluation criteria are: Philmont's height/weight criteria, ability to drive the crew to Philmont, crew leadership, training, troop involvement, camping nights, youth engagement/ leadership. You may provide other reasons for attending or qualifications which may be considered. Applications will be evaluated by the Philmont Selection Committee, their decision based on the above criteria judged in their sole discretion will be final – except that in the case of subsequent drop-outs their existing or new choices of alternate candidates will also be final. Initial selections & notifications will be completed by 2/27/12 – including for adult advisors.
4. As a Philmont Crew member you will need to eat a wide variety of dehydrated trail food for 10 trail days, there are no alternate food options and in order to eat adequate calories per day (a health and safety consideration) all attendees are expected to finish every main meal. Philmont training will include typical Philmont trail food menus, failure to finish main meals will result in your de-selection for health & safety reasons. An example of the 10 day Philmont 2011 menu is attached – 2013 food will be very similar. Please consider if you are certain you can meet this criteria before applying.
5. All participant selections remain dependant on continued compliance with all requirements:
 - Make all required payments on time
 - Attend 75% or more of Philmont team planning meetings
 - Attend 75% or more Philmont Training (as defined by the Crew Leader/Advisor)
 - Complete all required physicals and paperwork on time
 - Satisfy the Philmont trail food criteria (4.) in all training activities
 - Meet all the defined Philmont height/weight ratios from Dec 2012 – June 2013

See: www.philmontscoutranch.org/camping/whocancome/healthmedicalrequirements.aspx

NB Non-negotiable requirement – exceeding the limits means you won't go on the trail at Philmont

Philmont Health/Medical Requirements 2011 (check for updates)

Each participant in a backcountry Philmont trek must not exceed the maximum acceptable limit in the weight-for-height chart below. The right column shows the maximum acceptable weight for a person's height in order to participate in a Philmont trek. Those who fall within the limits are more likely to have an enjoyable trek and avoid incurring health risks. Every Philmont trek involves hiking with a 35 to 50-pound backpack at elevations of 6,500 to 12,500 feet. Philmont recommends that participants carry a pack weighing no more than 25% to 30% of their body weight.

Participants 21 years and older who exceed the maximum acceptable weight limit for their height at the Philmont medical recheck will not be permitted to backpack or hike at Philmont. For example, a person 5' 10" cannot weigh more than 226 pounds.

The Philmont physicians will use their best professional judgment in determining participation in a Philmont trek by individuals under 21 years of age who exceed the maximum acceptable weight for their height. Participants under 21 years of age are strongly encouraged to meet the weight limit for their height, and exceptions are not made automatically, and the maximum allowable exception will be 20 pound

Discussion in advance with Philmont regarding any exception to the weight limit for persons under 21 years of age is required, whether it is over or under. Under no circumstances will any individual over 295 pounds be allowed to participate 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 in a Cavalcade Trek and for horse rides is 200 pounds.

Individuals not meeting the physical requirements for participation will not be allowed to participate, and will be sent home. This can also put a crew's participation at risk if the crew does not meet requirements for participation if the individual(s) removed were part of the required adult leadership or medical coverage. **Please plan accordingly and understand that exceptions to Philmont's physical requirements will not be made.**

This table is based on the revised Dietary Guidelines for Americans from the U.S. Department of Agriculture and the Department of Health and Human Services.

HEIGHT		WEIGHT (POUNDS)	
FT	IN	RECOMMENDED	MAX
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"	164-234	281
6'	7"	170-240	295