

Troop 278 2013 Philmont Trek

Scout 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

Payments Schedule

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)	<u>\$770.00</u>

Note - these payments are for the Philmont fees 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

Scout Name: _____ Birth date: _____ Weight: _____ Height _____

Scouts Current Rank: _____ Will you have 1st Class rank by March 2013? Y/N ____

Contact Phone # _____ Contact Email: _____

Scout Questions:

Leadership/other roles you have held in the troop: _____

Your camping/other experience with the Troop: _____

_____ # Nights _____

Why do you think you should be selected 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 deadlines 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 or utilize available Scout Account Funds or a combination of the above

2. Applications must be filled out completely:
 - Applicants must be 14 (or 13 & have completed 8th Grade) by Philmont arrival (6/8/2013)
 - Scouts must be First Class Rank ~3 months before departure (by end March 2011)
 - There is no preference for Scouts signing up with a parent - unless the minimum required number of adult advisors (2) is not met.
3. Evaluation criteria are: minimum age & rank, Philmont's height/weight criteria, troop involvement, participation, camping nights and leadership/other positions held within the troop. Scouts may give other reasons they believe they are well qualified to be on the Philmont crew. 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 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 guidelines 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.**

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

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.

Philmont Trail Food Menu

2011

Breakfast #1		Breakfast #6
Cinn. Toast Crunch Cereal Bar Olympic Granola – Honey Almond Pineapple Chunks Kashi Bar TLC - K Apple Chips Alpine Brand Apple Cider by Krusteaz - K		Jack Links Beef Jerky - Original Apples & Cinnamon Instant Oatmeal - K Raisins - K Pro Bar – Whole Berry Blast Animal Crackers Alpine Brand Apple Cider by Krusteaz - K
Breakfast #2		Breakfast #7
Jack Links Beef Jerky - Original Oatmeal To Go – Oatmeal Raisin - K Raisins - K Clif – Honey Oat Crunch Bar - K Newton’s Fruit Crisp - Apple Hot Cocoa		Pop Tarts – Brown Sugar Cinnamon Oatmeal To Go – Brown Sugar Cinnamon - K Pineapple Chunks Peanut Butter Chocolate Chip Granola Bar - K Twisted Fruit-Strawberry - K Hot Cocoa
Breakfast #3		Breakfast #8
Frosted Mini Wheats Cereal Kellogg’s Granola - K Fruitabu Strip - Strawberry - K Fruition Bar - Blueberry Twisted Fruit, Grape - K Dehydrated Milk		Cinn. Toast Crunch Cereal - K Breakfast Cookie – Oatmeal Raisin - K Apple Chips Peanut Butter Nature Valley Bar - K Newton’s Fruit Crisp – Mixed Berry Dehydrated Milk
Breakfast #4		Breakfast #9
Pop Tarts – Bluberry/Strawberry French Vanilla Granola Apricots Lara Bar – Peanut Butter Cookie - K Fig Newtons - K Country Time Lemonade – To Go - K		Jack Links Beef Jerky - Peppered Maple Almond Granola Banana Chips Lara Bar – Peanut Butter & Jelly - K Fig Newtons - K Country Time Lemonade – To Go - K
Breakfast #5		Breakfast #10
Mountain House Breakfast Skillet Banana Chips Chocolate Chip Granola Bar - K Tang - K		Cheerios Bar, Strawberry Kellogg’s Granola - K Fruitabu Strip – Apple - K Chocolate Chip Granola Bar - K Animal Crackers Tang

Philmont Trail Food Menu 2011

Lunch #1		Lunch #6
Saltine Crackers - K Canned Chicken Nut & Chocolate Trail Mix - K Honey Stinger Chews - Orange Halo Bar – Marshmallow Nut Gatorade – Fruit Punch		Bagel Chips – Simply Naked Justin’s Chocolate Hazelnut Spread - K Sunflower Trail Mix - K Corn Nuts Honey Stinger Waffle Gatorade – Riptide Rush
Lunch #2		Lunch #7
Pilot Biscuits Justin’s Nut Butter – Honey - K Sunflower Seeds - K Corn Nuts Honey Stinger Waffle Gatorade – Lemon Lime		Saltine Crackers - K Canned Smoked Ham Cajun Trail Mix - K Honey Stinger Chews - Pomegranite Clif Bar – Crunchy Peanut Butter - K Gatorade – Fruit Punch
Lunch #3		Lunch #8
Club Crackers - K M.H. Chicken Salad Cajun Trail Mix - K Nutter Butters - K Honey Stinger Bar – Apple Cinnamon Gatorade – Riptide Rush		Ritz Crackers - K Squeeze Cheese - Cheddar Nut & Chocolate Trail Mix - K Nutter Butters - K Halo Bar – Honey Graham Gatorade – Lemon Lime
Lunch #4		Lunch #9
Ritz Crackers - K Squeeze Cheese - Jalapeno Sunflower Trail Mix - K Pecan Sandies - K Mojo Bar – Peanut Pretzel - K Gatorade – Fruit Punch		Club Crackers - K Tuna - K Sunflower Seeds - K Pecan Sandies - K Honey Stinger Bar – Berry Banana Gatorade – Fruit Punch
Lunch #5		Lunch #10
Town House Crackers - K Tuna - K Nut & Chocolate Trail Mix - K Rice Krispie Treats Honey Stinger Bar – Peanut Butter & Honey Gatorade – Lemon Lime		Honey Grahams - K Sun Butter - K Cajun Trail Mix - K Rice Krispie Treats Mojo Bar – Mountain Mix - K Gatorade – Riptide Rush

Philmont Trail Food Menu 2011

Dinner #1		Dinner #6
M. H. - Beef Stroganoff Cheesy Bread Pieces Reece's Pieces Gorp Grandma's Cookies – Oatmeal Raisin – K		M.H. – Chili Mac Pretzels Reece's Pieces Gorp Grandma's Cookies – Peanut Butter - K
Dinner #2		Dinner #7
Kraft Mac & Cheese Singles Tuna - K Freeze Dried Peas Fruit & Nut Trail Mix - K Soft Batch Cookies - K		R.M. – Rice and Chicken Corn Peanuts - K Oreos - K
Dinner #3		Dinner #8
M.H. - Potatoes w/Beef & Onions Corn Salted Peanuts - K Honey Mustard Bread Pieces Teddy Grahams - K		M.H. – Spaghetti Garlic Bread Pieces Fruit & Nut Trail Mix - K Soft Batch Cookies - K
Dinner #4		Dinner #9
R.M. - Mexican Beef w/Rice & Cheese Refried Beans Cool Ranch Bread Pieces Oreos - K		R.M. - Fettuccine Primavera Hot Buffalo Wing Bread Pieces Honey Roasted Cashews - K Chips Ahoy! - K
Dinner #5		Dinner #10
M.H. - Veggie Lasagna Garlic Bread Pieces Honey Roasted Cashews - K Apples & Spice Dessert		Canned Turkey Stove-Top Stuffing Mix Honey Roasted Peanuts - K Keebler Bug Bites - K