



Knox Trail Council Contingent

PHILMONT High Adventure Expedition

July 30-August 13, 2011

Get prepared for a backpacking adventure that will be the highlight of your Scouting career. We'll be hiking at least 50 miles along rugged, rocky trails in the mountains of New Mexico. Along the way, we will participate in programs that combine the best of the old West—horseback riding, burro packing, gold panning, chuck wagon dinners, and interpretive history—with exciting challenges for today—rock climbing, burro racing, mountain biking, and rifle shooting—in an unbeatable recipe for fast-moving, outdoor fun. It is truly a wonderful experience and something that won't ever be forgotten.

We anticipate the all-inclusive fee to be about \$2000. This includes crew equipment, supplies, training treks, transportation to and from New Mexico, Philmont fees, and custom T-shirts. Partial scholarships may be available.

Requirements: All participants must be registered members of BSA. Youth must be at least 14 years old by September 1, 2011 (born before September 1, 1997). Adult advisors must be at least 21 years of age.

All participants must be physically fit as evidenced by the Philmont Health and Medical Record.

Attendance is expected at all training events (one weekend/month starting in April 2011).
Schedule to be announced.

Scouts, Venturers and adults can apply through the Knox Trail Council Service Center, 490 Union Avenue, Framingham or download information from the Council's website: www.KTC-BSA.org/philmont11.htm

Information nights: Thursday March 18, 2010 & Tuesday, September 21, 2010 at White Lodge, Nobscot 7:00 PM

Initial deadline for applications is September 26, 2010. A deposit of \$200 is due with application, refundable only if not offered a spot in the contingent.

Questions? Contact Rick Rioppelle at the Council

Office (ktpcprogram@rickapelle.com), or Pete Lane, High Adventure Committee at pete.lane@comcast.net or (774) 249-9649

Philmont Scout Ranch is the premier High Adventure facility of BSA. It covers over 200 square miles of the Sangre de Cristo Range of the Rocky Mountains in northern New Mexico. Elevations range from 6,500 at Base Camp to 12,441 feet at the summit of Baldy Mountain. Since Philmont's first camping season in 1938, more than 900,000 Scouts, Venturers, and their leaders have participated in the rugged challenge of its backpacking program.

RISK ADVISORY- PHILMONT SCOUT RANCH

Philmont has an excellent health and safety record with over 880,000 adults and young people having attended since 1938. Philmont strives to minimize risks to participants and advisors by emphasizing proper safety precautions. Most participants in Philmont programs do not experience injuries because they are prepared, are conscious of risks, and take safety precautions. If you decide to attend Philmont, you should be physically fit, have proper clothing and equipment, be willing to follow instructions and work as a team with your crew, and take responsibility for your own health and safety. For further information please thoroughly read the *Guidebook to Adventure*. Like other wilderness areas, Philmont is not risk free and you should be prepared to listen to safety instructions carefully, follow directions and take appropriate steps to safeguard yourself and others.

Parents, guardians and potential participants in Philmont programs are advised that journeying to and from Philmont, and one's stay at Philmont, can involve exposure to accident, illness, and/or injury associated with a high elevation, physically demanding, high adventure program in a remote mountainous area. Campers may be exposed to occasional severe weather conditions such as lightning, hail, flash floods and heat. Other potential problems include: injuries from tripping and falling, motor vehicle accidents, worsening of underlying medical conditions such as diabetes or asthma, heart attacks, heat exhaustion and falls from horses.

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 refer to the *Guidebook to Adventure*, speak with previous Philmont participants, or call Philmont for further information concerning risks and measures which can be taken to avoid accidents. Philmont has staff trained in first aid, CPR and accident prevention, and is prepared to assist in recognizing, reacting, and responding to accidents, injuries and illnesses. Each crew is also required to have at least one member trained in wilderness first aid and CPR. Medical and search and rescue services are provided by Philmont in response to an accident or emergency. However, response times can be affected by location, weather or other emergencies and could be delayed six (6) or more hours.

PHILMONT WEIGHT LIMITS FOR BACKPACKING AND HIKING

Each participant in a Philmont trek 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 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 35-50 lb. backpack between 6,500 and 12,500 ft. elevations. Philmont recommends that participants carry a pack weighing no more than 25-30% 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 70 inches tall cannot weigh more than 226 lbs. 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. Participants under 21 years of age are strongly encouraged to meet the weight limit for their height. 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, whether it is over or under. Philmont will consider up to 20 lbs. over the maximum acceptable as stated on the chart, however, the exception will never exceed 295 lbs. Philmont's phone number is 575-376-2281.

The maximum weight for any participant in a Cavalcade Trek and for horse rides is 200 lbs. **Under no circumstances will any individual weighing more than 295 pounds be permitted to participate in backcountry programs.** This requirement is necessary because of limitations of rescue equipment and for safety of search and rescue personnel.

Individuals who do not meet Philmont's weight for height requirements will not be allowed on the trail and will be sent home.

Height (inches)	Recommended Weight (lbs)	Allowable Exception	Maximum Acceptable	Height (inches)	Recommended Weight (lbs)	Allowable Exception	Maximum Acceptable
60	97 - 138	139-166	166	70	132-188	189-226	226
61	101-143	144-172	172	71	136-194	195-233	233
62	104-148	149-178	178	72	140-199	200-239	239
63	107-152	153-183	183	73	144-205	206-246	246
64	111-157	158-189	189	74	148-210	211-252	252
65	114-162	163-195	195	75	152-216	217-260	260
66	118-167	168-201	201	76	156-222	223-267	267
67	121-172	173-207	207	77	160-228	229-274	274
68	125-178	179-214	214	78	164-234	235-281	281
69	129-185	186-220	220	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.



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Application

Instructions:

1. Return this application to Knox Trail Council, 490 Union Avenue, Framingham MA 01702, Attn: Philmont 2011
2. Include deposit of \$200
3. Give the Scoutmaster/ Crew Advisor Recommendation to your Scoutmaster or Crew Advisor and request that it be returned directly to Knox Trail Council

Name: _____

Street Address _____

City/Town _____ State _____ Zip _____

Phone _____

Email _____

Date of birth _____ (youth must be born before 8/01/1997 & adults before 8/01/90)

Troop/Crew Number _____ Town _____

Years in Scouting: _____

Scout Rank _____

Troop Leadership _____

Summer camps attended _____

Prior backpacking experience _____

Other BSA High Adventures & Jamborees _____

I certify that I now have, or will have by August 1, 2011, attained the qualifications as listed in this application and required by all Boy Scout and Venture participants. I will make every effort to attend all training events. I further agree to submit evidence of fitness to make this trip on the official Philmont health form signed by a licensed health-care practitioner; also that I will obtain immunizations required.

On behalf of my child and myself, I (we) hereby approve and agree to all the terms and conditions of this application and certify that the applicant can meet the health and physical requirements for Philmont and will be examined by a licensed health-care practitioner.

Scout/Venturer signature _____

Parent/Guardian(s) signature _____

Date _____



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Scoutmaster/ Crew Advisor Recommendation

Scout/Venturer; _____

Dear Scoutmaster or Crew Advisor:

The above Scout or Venturer has applied for the Knox Trail High Adventure Trip to Philmont Scout Ranch. It will be two weeks of rugged backpacking in the Sangre de Cristo Mountains of New Mexico. It requires all participants to be physically fit and able to work with a crew of other Scouts.

We request your evaluation of this individual.

Maturity Level _____

How active is this individual in your troop or crew? _____

Ability to get along with others _____

Ability to work with a team _____

Is this individual physically fit for this trek? _____

Other comments _____

I do/do not recommend this individual for this trek. _____

Scoutmaster or Crew Advisor _____

Date _____

Phone number _____

Please mail directly to Knox Trail Council, 490 Union Avenue, Framingham MA 01702, Attn: Philmont 2011

If you wish to discuss this applicant with the Council's High Adventure Committee, please contact Pete Lane at Pete.Lane@Comcast.net or (774) 249-9649.