# Physically Be Prepared.

## **Getting You and Your Crew Physically Ready for Philmont**

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#### The Philmont Experience

- Philmont enjoys a hallowed place in Boy Scout lore because it's a once-in-a-lifetime experience (no matter how many times you have been there)
- There are three parts to the Philmont experience:
  - The Preparation
  - The Trip
  - The Memories, Pictures and Stories
- Preparation is the foundation to build excitement and the skills for success—enjoy all three parts!

#### **Philmont is TOUGH**

- Elevation 6,700 (Base Camp) to 9,003 (Tooth of Time) to 11,742 (Mount Phillips) to 12,441 feet (Baldy Mountain)
- Rugged, mountainous terrain; unpredictable weather (Sangre de Cristos = the Southern Rockies)
- Desert Southwest Can be <u>very</u> dry and dehydrating
- Desert Southwest Can be <u>very</u> wet and rainy
- Backpacking between 50 and 100+ miles over 11 days,
   with packs weighing between 35 and 55+ lbs.

#### **YOU are the LIMFAC**



 LIMFAC is short for "limiting factor", often used by military personnel to describe the weakest or least efficient part

#### **Physical Fitness Goals**

- Strength Hike 8 11 miles with a full pack
- Endurance Hike 8 11 miles a day with a full pack—
   for 8 11 days
- Resilience Remain "physically strong" and "mentally awake" when that Irishman Murphy makes an appearance

The best way to take care of soldiers was to build standards and procedures into a routine until predictable things worked smoothly. That gave leaders the ability to focus on the unpredictable as needed.

**General Stanley McChrystal** 





### **Philmont Weight Limits**

HEIGHT	RECOMMENDED WEIGHT	MAXIMUM WEIGHT
5' 5"	114 - 162	195
5' 6"	118 - 167	201
5' 7"	121 - 172	207
5' 8"	125 - 178	214
5' 9"	129 - 183	220
5' 10"	132 - 188	226
5' 11"	136 - 194	233
6' 0"	140 - 199	239
6' 1"	144 - 209	246
6' 2"	148 - 210	252
6' 3"	152 - 216	260
6' 4"	156 - 222	267





#### Overweight? What To Do

- If you are within 10 percent of the maximum weight,
   you are putting you and your crew's trek at high risk
- There are three proven ways to make a change:
  - Diet (what you eat)
  - Portion control (how much you eat)
  - Exercise (how you burn calories)
- They are simple, but changing habits is often not easy

It is not the mountain we conquer, but ourselves.

Edmund Hillary





#### **Other Considerations**

- Cardiac or Cardiovascular Disease
- Hypertension (high blood pressure)
- Insulin-dependent diabetes
- Seizures (epilepsy)
- Asthma, allergy, or anaphylaxis
- Recent musculoskeletal injuries and orthopedic surgery
- Psychological and emotional difficulties
- Medications





#### **Shakedown Hikes / Campouts**

- Shakedown hikes/campouts provide three key opportunities for the crew:
  - Mechanics: learn and master basic skills for Philmont (the Philmont way) in the field
  - Mileage: Scouts (and most adults) lack multi-day
     long mileage hiking with packs at altitude
  - Melding: your crew for Philmont is often a mix of patrols; learning to work together as a team. Philmont is about "crew" success!

#### The Philmont Shakedown Guide

- Enhance the safety, execution and enjoyment of treks (i.e., practice the "PASS" – the Philmont Appreciation Short Stop; 5 and 20 minute breaks)
- Multi-part effort by PSR:
  - Philmont Advisor Skills School (Field-PASS and PSR-PASS)
  - Philmont Advisor Workshop (PAW)
- "Be Prepared. For Philmont."



Shakedown Guide - Part 1



Shakedown Guide - Part 2



Official Philmont Shakedown Guide - Part 1

ed: September 1<sup>st</sup>, 2017

efer to Philmont's website: <u>www.philmontscoutranch.org</u> for updates to this guide and the lost up-to-date information regarding your trek.

This guide is intended to be an all-encompassing tool for crews to utilize in order to prepare for an upcoming Philmont trek. It is highly recommended that crews participate in at least two shakedown hikes prior to their trek. To help facilitate this, we have split this guide into two separate documents to allow the crew to focus on different tooles on each hike.

in Part 1, we will cover crew leadership positions, gear and food selection, conditioning tips, and backcountry camping practices used at Philmont.

#### Crew Positions

- Crew Leader Responsible for organizing the crew, assigning duties, making decisions, and recognizing the capabilities of each orew member. Herebit leads by semaple and practices servant leadership to allow the crew to have an enjoyable and successful test. The Crew school for the common service of the common services of the common services services from the first characteristic services are recognized and services and services positive attitude, attentioness to all crew members needs, and the ability to identify and resolve conflicts before the develop not lost parts (see 1).
- Chapitair's Alde Responsible for leading the crew in following the 12° point of the Scoot
  Law. They left be dreve am the Duly To God Award and lead aday develoritionals from the
  Eagles Soaring High Booklet as well as scalidating Roses, Thoms, and Buds each night. The
  Chapitair's Alde chould be selected by the crew pint to the first shakedown fixe. On the
  shakedown hikes, it is a great time to start Roses, Thoms, and Buds with the crew. During
  Roses, Thoms, and Buds each crew member will sup het rose (pomething they filed about
  the day), horn (comething they distillated about the day), and chuld they are looking forward
  to incompose on the heart future). Each doze in member should be allowed to be summerpred.
- to allow this exercise to indicate cell contains.

  Wildermass Piedge Guis (Guide) Responsible for helping the crew understand and follow
  the principles of the Philmont Wildermass Piedge and Leave No Trace. They help the crew
  earn the Wildermass Piedge Achievement Award with the help of the Ranger. They also help
  earns the Wildermass Piedge Achievement Award with the help of the Ranger. They also help
  earns Deliment have accordance. The Different Mildermas Piedge and Leave No.

Through good Scout camping, I pledge to preserve the beau

- An absence of litter and graft
- Respect for widite
- Conservation and proper use of water
- Respect for trails and trail signs
   Proper use of campsites.

(Sep 2017)







#### **Shakedown Hikes in the NCAC**







- V3 Hike
- ~10 mi. hike in the Shenandoah / Massanutten Mtn
- Last weekend in Oct
- Carpe Adventure Trek (CAT Hike)
- 20 km and 40 km along the Mount Vernon Trail
- 2<sup>nd</sup> weekend in March
- Alonzo Stagg (ASH) Hike (Chain Bridge District only)
- 10, 20, 25, 37.5 and 50 mi. on and around C&O Canal
- 3<sup>rd</sup> weekend in March

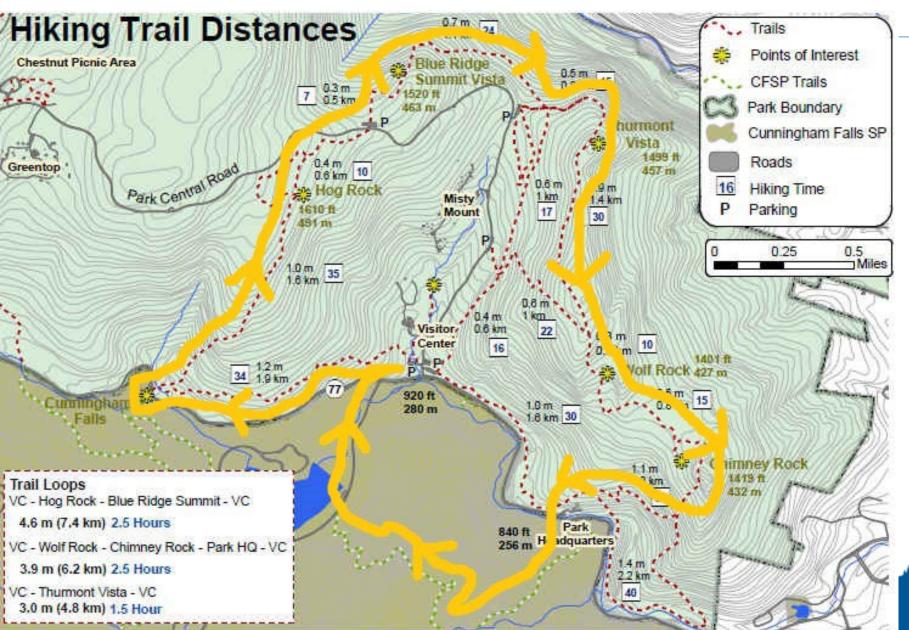


#### **Advisor Hikes**

- Mandatory hike to evaluate your ability to hike 10 miles at a representative pace with elevation gain/loss - and a minimum 35 lbs. pack (we go rain or snow)
- Conducted at Catoctin Mountain Park in MD on March 12 and 18, 2023 (pick one date)
- Successful completion required to accompany your crew to Philmont



#### **Advisor Hike Route**



#### **Is Anyone Not Ready?**

- Can you jog 2 ½ miles in less than 30 minutes?
- Climb a 10-story building staircase 10 consecutive times?
- Carry a full backpack (25 percent of your weight) for 10 miles on roads or trails, in less than 4 ½ hours?
- ... AND THEN DO IT AGAIN TOMORROW & THE <u>NEXT</u> NINE DAYS?
- There's no time like the present to prepare for Philmont.

#### Prepared. For Life.

He climbed cathedral mountains, he saw silver clouds below. He saw everything as far as you can see.

Now he walks in quiet solitude, the forest and the streams, seeking Grace in every step he takes.

"Rocky Mountain High" by John Denver