

Physically
^
Be Prepared.

Getting You and Your Crew Physically Ready for Philmont

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11 Nov 2018



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!



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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 very dry and dehydrating
- Desert Southwest – Can be very wet and rainy
- Backpacking between 50 and 100+ miles over 11 days, with packs weighing between 35 and 55+ lbs.



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YOU are the LIMFAC



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



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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



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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



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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



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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



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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!

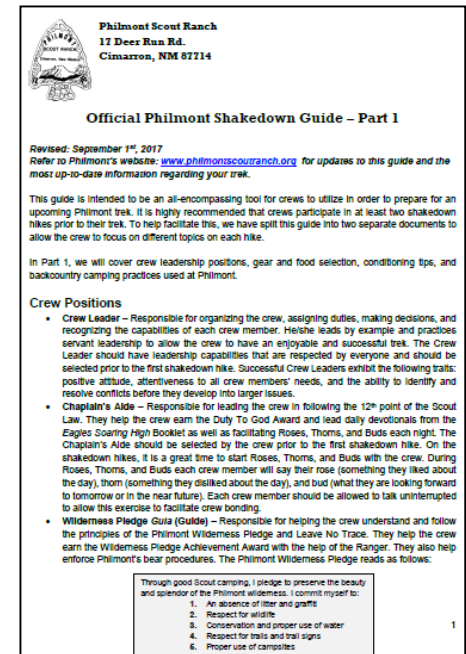


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The Philmont Shakedown Guide

- 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

(Sep 2017)



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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
- 2nd 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
- 3rd weekend in March



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Advisor Hikes

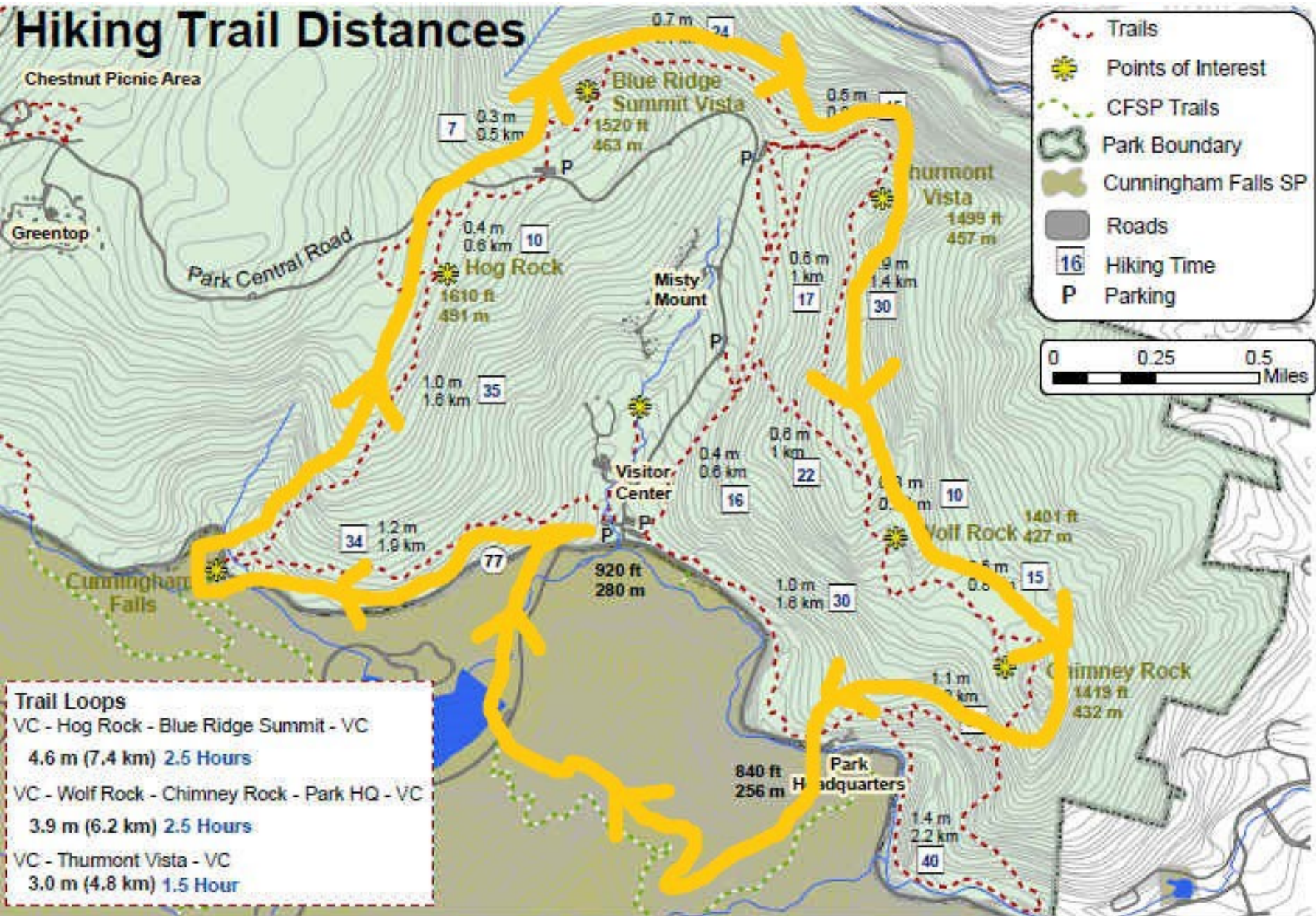
- Mandatory hike to evaluate your ability to hike 10 miles at a representative pace with elevation gain/loss - and a minimum 35 lbs. pack (we go rain or snow)
- Conducted at Catoctin Mountain Park in MD on March 12 and 18, 2023 (pick one date)
- Successful completion required to accompany your crew to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



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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 NEXT NINE DAYS?
- There's no time like the present to prepare for Philmont.



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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



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