

Physically

Be Prepared.

Getting You and Your Crew
Physically Ready for Philmont

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Murphy Strikes!



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 – 6,500 to 12,500 feet
- Rugged, Mountainous Terrain
(Sangre de Cristos = the Southern Rockies)
- Desert Southwest – Can be very dry and dehydrating
- Backpacking between 50 and 100 miles over 10 days,
with packs weighing between 35 and 65 lbs



YOU are the LIMFAC



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



Physical Fitness Goals

- **Strength** – Hike 8 – 10 miles with a full pack
- **Endurance** – Hike 8 – 10 miles a day with a full pack—
for 8 – 10 days
- **Resilience** – Remain “physically strong” and “mentally awake” when that Irishman Murphy makes an appearance



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% of the maximum weight, you are putting your 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 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 Mellitus
- 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
 - Melding: your crew for Philmont is often a mix of patrols—learn to work together as a team
 - Mileage: Scouts (and many adults) lack multi-day long mileage hiking with packs at altitude



The Philmont Shakedown Guide

- Enhance the safety, execution and enjoyment of treks
- Multi-part effort by PSR:
 - Philmont Advisor Skills School (PASS)
 - Shakedown Guide updated 9 Apr 19, parts 1 & 2.
 - <https://www.philmontscoutranch.org/philmonttreks/shakedown/>
- “Be Prepared. For Philmont.”



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

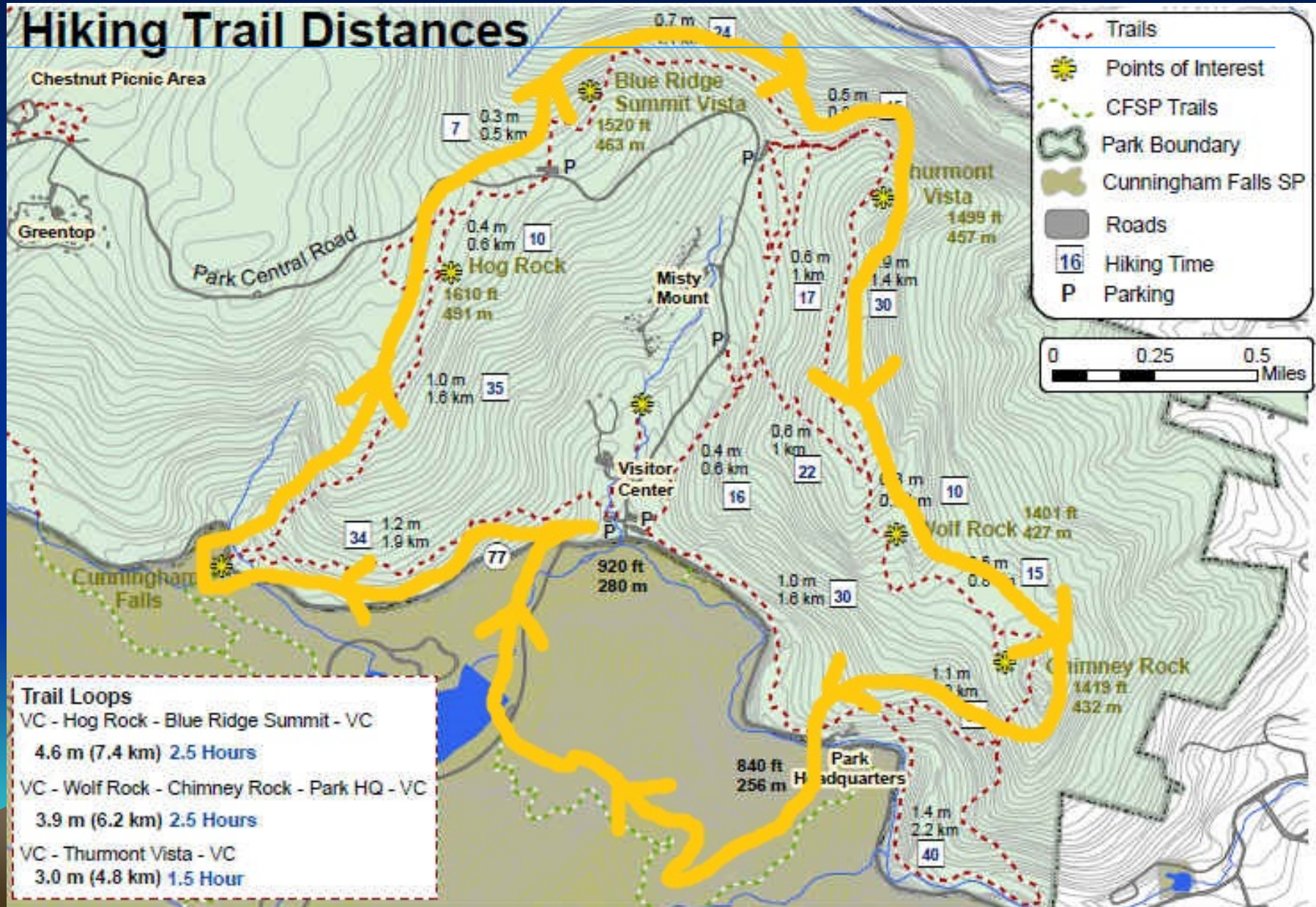


Advisor Hikes

- Subject to change, but planned in March with masks and social distancing.
- Mandatory hike for the High Adventure Committee 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)
- Planned at Catoctin Mountain Park in MD on 14 and 20 March 2021 (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% 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!



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