

Hitting the Trail

The First Three Days
Your Philmont Experience Begins

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NCAC High Adventure Committee
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Your Ranger

- Upon arrival at the Ranch (Day 1) each crew is assigned a Philmont Ranger
- Philmont Rangers are young men or women age 18-25 who are specially trained to teach you proper Philmont procedures
- Each crew is expected to treat their Ranger with respect – no exceptions



Your First Day at Philmont

Arrival (~10 am), begin Base Camp Prep(
(Order will vary!)

- Welcome Center: CL/LA
- CHQ Brief (pack line!)
- Trail Bound Tent City
- Registration Desk
- Logistics (CL/LA)
- Nav Skills for crew
- Med Recheck
- Crew Photo
- Supply (food, gear)
- Gear Shakedown
- Mail Room (stoves)
- Crew Lockers
- Dining Hall (lunch & dinner)
- Tooth of Time Traders
- Leadership briefs
- Evening Campfire!



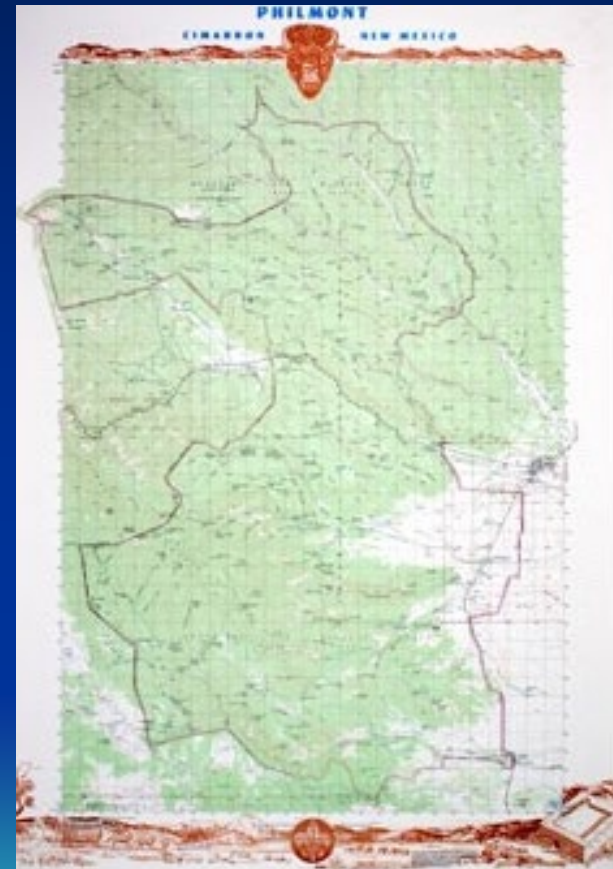
Your Second Day at Philmont

- Early reveille!
- Bussed to Turnarounds in Back Country
- Upon arrival, Ranger briefs on more Back Country procedures (Red Roof Inn, trail signage, hiking etiquette...)
- Hit the Trail!
- Short mileage



Topics Covered by the Ranger

- Proper hiking technique and pace
- Hydration
- Map and compass
- Emergency Procedures
- Use of Red Roof Inns (latrines)



On the Trail...

- First day's hike ~1-3 mi
 - Allows for acclimation to altitude and time for training
 - Allows you to 'shake out' personal gear issues
- First night in Back Country, Ranger will teach more campsite skills



Campsite Skills

- Arriving at camp and selecting a site
- Bear safety procedures
- Setting up crew fly
- Proper storage of 'smellables'
- Setting up tents
- Cooking and cleanup



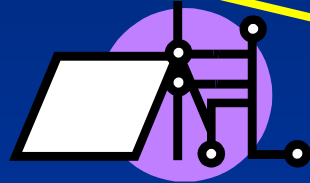
Campsite Layout



Bear Bag

Minimum 50 Feet

Tents



Dining Fly



Fire Ring

**Bear-Muda
Triangle**

Sump



Bear Bags



Fire Ring/Cooking Area



Philmont Dining Fly



Sump



Day Three (2nd Trail Day)

- Your Ranger will let the Crew Leader lead
- Ranger will offer feedback and suggestions when appropriate
- Second day is generally longer than first day, though shorter than remaining days



Day Three on the Trail

- Ranger leaves when crew departs camp
- Now you are really on your own
- Avoid “Day Three” syndrome
 - Spike in radio calls: dehydration, injuries
 - Due to:
 - Ranger leaving crew
 - First day of significant hiking mileage and elevation gain
 - Crew that has under-trained starts to struggle



Conclusion

- The better prepared your crew is when you arrive, the easier it will be for you, your Scouts, and the Ranger.
- Adult Advisors: Support the Ranger by letting him/her work thru the Crew Leader, allowing the Crew Leader to take the responsibility of leading the Crew.
- Crew Leaders: Take advantage of all the things your Ranger teaches you. You'll appreciate these skills once the Ranger departs.

