

Physically

Be Prepared.

Getting You and Your Crew
Physically Ready for Philmont

Matt O'Brien

17 Nov 2019



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 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

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% 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

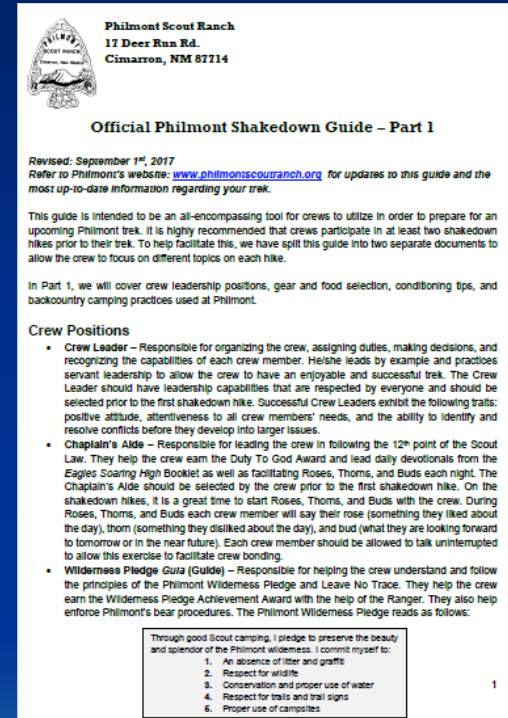
- Enhance the safety, execution and enjoyment of treks
- Multi-part effort by PSR:
 - Philmont Advisor Skills School (Field-PASS and PSR-PASS)
 - Philmont Advisor Workshop (PAW)
- “Be Prepared. For Philmont.”



Shakedown Guide
- Part 1



Shakedown Guide
- Part 2



(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
- 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

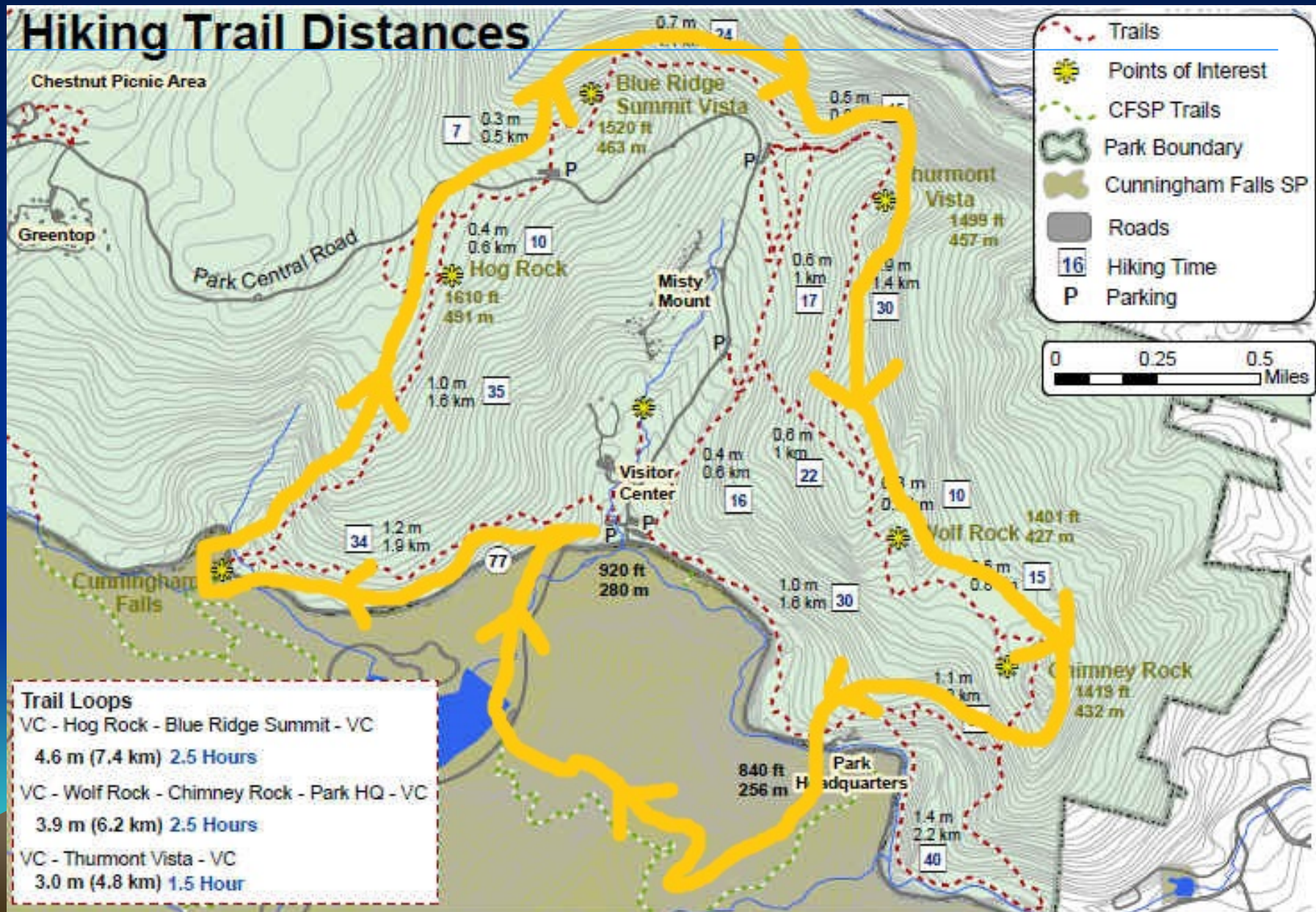


Advisor Hikes

- 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)
- Conducted at Catoctin Mountain Park in MD on 22 and 28 March 2020 (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!



Prepared. For Life.

On the fields of friendly strife

Are sown the seeds

That upon other fields, on other days

Will bear the fruits of victory

General Douglas MacArthur

