



Troop 93 | Chester County Council | Scouts BSA

Philmont-Bound Gear Clinic

November 2, 2023

Mr. James Kennedy
Assistant Scoutmaster
M: 202-441-6058

Time to Get Ready

Preparing for Philmont means developing...

Your Mind



- Grow your skills and knowledge
- Absorb the wisdom of Mr. LaRocca: Camping, Cooking, Hiking, Orienteering
- Expand your comfort zone (and your discomfort zone)

Your Body

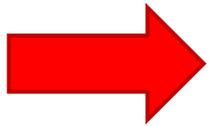


- Exercise
- Participate in shakedown hikes / weekend treks

Your Gear



- “Less is more”
- Use stuff you already have, hand-me-downs, etc.
- Invest wisely
- Some items may make for great birthday or holiday gifts



Preparing for Philmont

Date	Activity / Event
March 2023	<ul style="list-style-type: none"> Day Hike #1 (5 miles with backpack): Camp Minsi, Pocono Mts., PA Crew training - hiking, navigation
September 2023	<ul style="list-style-type: none"> Physical fitness - start slow, gradually increase duration / distance / difficulty Crew training - camping, cooking, hiking, backpacking MBs; discuss 50-miler award Crew organization
October 2023	<ul style="list-style-type: none"> Payment #2 due Weekend Trek #1 (10 miles): French Creek State Park, PA Crew training - camping, cooking, bear bag
November 2023	<ul style="list-style-type: none"> Gear clinic
December 2023	<ul style="list-style-type: none"> Philmont trek and program selection discussion
January 2024	<ul style="list-style-type: none"> Final Philmont trek and program selection Medical forms distributed Day Hike #2 (10 miles with backpack): Appalachian Trail, Pinnacle Peak, Hamburg, PA
February 2024	<ul style="list-style-type: none"> Payment #3 due Travel plans - flights, ground transportation, hotels, Diversions? Pikes Peak, rafting, Air Force Academy???
March 2024	<ul style="list-style-type: none"> Adult wilderness first aid Crew supplies - first aid kit, tents, tarp, stoves
April 2024	<ul style="list-style-type: none"> Payment #4 due Weekend Trek #2 (15 miles backpacking): Pine Grove Furnace State Park, PA Crew training - tarp, water treatment, sanitation
May 2024	<ul style="list-style-type: none"> Weekend Trek #3 (15 miles backpacking): Appalachian Trail, Harpers Ferry, MD
June 2024	<ul style="list-style-type: none"> Payment #5 due Medical forms submitted
July 2024	<ul style="list-style-type: none"> 7/19/24 travel to Philmont 7/21/24 Philmont trek begins 7/28/24 Philmont trek ends Travel home

*Trust the process...
one step at a time*



Considerations: Packs

- Select a pack that is properly sized for the hiker's torso
- Philmont requires a lot of capacity:
 - Internal frame: 75L+ (approx. 4,600 cu inches)
 - External frame 65L+ (approx. 4,000 cu inches)
- If your pack is too small, you will end up with a lot of junk hanging off...
- Aim for pack weight < 5 lbs.
- Test in store; adjust properly – a bad fit will be torture
- No need for lots of bells and whistles – weight adds up quickly
- No “frameless” packs for Philmont



Internal Frame Pack



External Frame Pack



Considerations: Footwear

- *Sooooo* many passionate opinions...
*Ankle support... Sweaty feet... Puddles...
Personal preference (and living with your decision) is key*
- Philmont requires extremely sturdy soles for rough terrain
- Make sure you break in footwear **GRADUALLY**
- Socks probably matter just as much as boots / trail runners
- You will probably get blisters... learn how to take care of them
- Philmont recommends also bringing a pair of “camp shoes” that can be used for stream crossings
- **TAKE GOOD CARE OF YOUR FEET!**
(Or else you will be miserable)

Low-Top /
“Trail Runner”

High-Top /
Traditional Boot

Quick-
Drying



Waterproof



Official Philmont Guidance:

Boots – Mid to high top boots are highly recommended for ankle support on rocky, uneven trails. Boots should be well broken in before a Philmont trek. Waterproof boots are recommended: keeping your feet dry is one of the biggest keys to a successful trek.



Considerations: Clothing

- **NO COTTON!**

- Always consider weather and environment
- Socks:
 - Two pairs for hiking (minimum)
 - Optional:
 - Liner socks to prevent blisters
 - Heavier, cozier sleep socks
- Basics – follow principles of layering – use multi-purpose gear:
 - Pants / shorts
 - Underwear
 - T-shirts
 - Long underwear
 - Long-sleeve shirt (sun protection!)
 - Sleepwear
 - Fleece / Wool / Down insulation layer(s)
 - Long pants **REQUIRED** for service project – OK if convertible or rain pants
 - Pack warm hat and gloves – **VERY WINDY** and **COLDER** at 12,440 ft.!



BASE LAYER

"wicks" perspiration away from skin



MID LAYERS

insulation retains body heat



OUTER LAYER

protects from wind, rain, and snow



Considerations: Personal Water Bottles / Bags

- Philmont is in the high-mountain desert spanning elevations from 6,500 to 12,500 ft.
- At times, hikers will need to carry **up to 4 liters of water**, but will normally carry at least 2 liters
- All water will need to be purified
- 1 liter of water weighs 2.2 lbs. / 1 gallon weighs 8.34 lbs.
- Pros and Cons:
 - A reservoir is convenient, but can be difficult to monitor reserves/consumption and is difficult to clean
 - Nalgene's are tough but heavy and bulky
 - Disposable water bottles can be very light – make sure durable enough for the trek
 - Collapsibles are especially good for 2L extra capacity for dry camps
 - Once you put flavor/mix in a bottle, it is forever after a “smellable”



Reservoir



**Nalgene
(Durable)**



Disposable



Collapsible



Smellable



Putting it All Together...

Packing Your Pack

1. Bottom

- Mid-weight items
- Squishable / bulkier items
- Items you don't need while hiking
- *Ideal: Sleeping bag/pad*

2. Middle / Closest to Body

- Heaviest items
- *Ideal: Tent, water, cookware, stoves, fuel, heavy food*

3. Middle / Further from Body

- Lightest items
- *Ideal: Light-weight clothes*

4. Top

- Lighter items
- Items you need while hiking
- *Ideal: Extra layers, rain gear, trail food*



**MIDDLE BACK
(AGAINST THE BACK PANEL)**
Heaviest items, including cookware, hydration reservoir, tent body, food, stove

SIDE POCKETS
Water bottles, fuel containers, tent poles, fishing rod

HIP POCKETS
Phone, camera, snacks, chapstick, pocket knife



LID
Small items you need access to, like snacks, compass, lighter, first aid, rain cover

MIDDLE FRONT
Lightest items, including pillow, towel, light-weight clothes, etc.

BOTTOM
Medium weight gear, including sleeping bag, air mattress, camp clothes, pillow, etc.

