



WINTER ADVENTURE



WINTER ADVENTURE IS A COLD WEATHER CAMPING PROGRAM THAT PROVIDES THE PERFECT OPPORTUNITY TO ENJOY PHILMONT'S WINTER BEAUTIES, LEARN TO CAMP COMFORTABLY IN COLD WEATHER AND HAVE FUN!



OVERVIEW

Winter Adventure is a cold weather camping program that provides the perfect opportunity to enjoy Philmont's winter beauties, learn to camp comfortably in cold weather and have fun!

Cold weather camping is the ultimate test of your ability to camp and travel in the backcountry and learn to live in harmony with the environment. Training will prepare you to safely enjoy many more winter adventures and to teach others to enjoy these unique experiences. Your Philmont Winter Adventure guide should be used as an information resource and will work through the crew leader to provide instruction to the crew.

REQUIREMENTS



Horses grazing below the Tooth of Time.

- All participants must be registered members of the BSA and at least 13 years of age by January 1 or in the 8th grade at the time of participation. Participants with no prior Scouting experience, however, are welcome and can register with the BSA prior to their arrival at Philmont. Each crew should elect a youth member as crew leader before arrival at Philmont.
- Every advisor and Scout is required to have a current (within the past 12 months) medical examination and have a current BSA Annual Health & Medical Record filled out by their physician. Each leader and participant must be in good physical condition. These standards are for your safety, as well as ours.
- Each coed crew must have registered advisors of both genders. For Venturing crews, both advisors must be at least 21 years of age or older. For Scout crews, one of the advisors must be at least 21 years of age or older. (The minimum ratio of adult leaders to youth is 2 to 10.)
- Each crew must have a majority of youth participants and the Winter Adventure program works best with a crew of 6-12 people accompanied by a Winter Adventure guide. In order to adequately prepare for each crew's arrival, crew size can be increased only up until two weeks prior to arrival.
- Philmont requires at least one crew member be certified in CPR and standard First Aid. If you have any medical concerns, please call Philmont before your scheduled arrival day.
- Submit your tour permit for approval at least one month in advance.

ARRIVAL/DEPARTURE

- **Arrival:** Crews should arrive at the Camping Headquarters office on their scheduled date between 3:00 & 5:00 pm. Dinner is served at 5:00 pm. Training sessions and gear checkout begins at 6:30pm. On the night of your arrival you will be housed indoors at basecamp. The following morning, breakfast will be served at 7:00 am. Subsequent nights will be spent in the backcountry in tents (or snowshelter if conditions permit).
- **Departure:** Expect to leave around 1:00 pm on your scheduled checkout day after lunch. Sack lunches may be prepared for those that want to get an earlier start.

CLOTHING & EQUIPMENT

In the winter, Philmont is a great place to "field test" your winter gear. Supplemental clothing and equipment are available; however, Philmont cannot provide participants with hats, polypropylene underwear, glove liners, rain gear, sunglasses, or socks. When packing for Winter Adventure, consider protection for each part of your body. Clothing should be made of wool, polar fleece, or polypropylene. Even when wet, these fabrics retain insulative value. Check your clothing labels to determine the fabric content; **do not bring cotton clothing for winter camping (such as blue jeans or Carharts)**. When wet, cotton loses almost all of its insulative value. Think in terms of multiple layers of comfortable clothing. Packs are recommended but can also be borrowed from Philmont.



Philmont basecamp is 4.6 miles south of Cimarron New, Mexico.

TOOTH OF TIME TRADERS



Philmont's award-winning outdoor gear store is open 7-days/week, 8-5, year-round.

You may also order online:
ToothofTimeTraders.com

SKI/SNOWBOARD PACKAGE



The package offers crews the opportunity to spend one or more of their Philmont Winter Adventure days Skiing a local resort.

Contact Philmont for more information.

EQUIPMENT LIST

Each participant should bring or plan to buy the following:

PERSONAL ITEMS

HEAD:		OTHER REQUIRED ITEMS:	
1 stocking cap*	<input type="checkbox"/>	sleeping bag (0° rating or lower-preferably not down fill)	<input type="checkbox"/>
1 facemask (balaclava)*	<input type="checkbox"/>	full length insulated sleeping pad	<input type="checkbox"/>
HANDS:		sunglasses* (100% UV Protection)	<input type="checkbox"/>
2 pr mittens (preferably wool)*	<input type="checkbox"/>	insulated cup*	<input type="checkbox"/>
1 pr glove liners (polypropylene)*	<input type="checkbox"/>	spoon* (plastic)	<input type="checkbox"/>
1 pr windproof glove shells*	<input type="checkbox"/>	toilet articles (soap/toothbrush/towel/etc.)*	<input type="checkbox"/>
UPPER BODY:		sunscreen* (SP15 or better)	<input type="checkbox"/>
2 wool or polar fleece sweaters*/jackets*	<input type="checkbox"/>	lip balm*	<input type="checkbox"/>
windproof jacket*, preferably hooded	<input type="checkbox"/>	1-2 - One qt. water bottles* or canteen	<input type="checkbox"/>
2 pr polypropylene underwear* tops	<input type="checkbox"/>	completed BSA Annual Health & Medical Record form signed by a doctor within the past 12 months (should be given to advisor)	<input type="checkbox"/>
LOWER BODY:		OTHER RECOMMENDED ITEMS:	
2 pr polypropylene underwear bottoms*	<input type="checkbox"/>	insulated vest*	<input type="checkbox"/>
1 pr wool or fleece pants	<input type="checkbox"/>	bandana*	<input type="checkbox"/>

CREW GEAR PROVIDED BY PHILMONT

8 qt. pots w/lids	<input type="checkbox"/>
coffee pots w/lids	<input type="checkbox"/>
backpacking stoves	<input type="checkbox"/>
fuel bottles with fuel	<input type="checkbox"/>
matches/lighters	<input type="checkbox"/>
hot pot tongs	<input type="checkbox"/>
cooking pads	<input type="checkbox"/>
3 - gal. water jugs	<input type="checkbox"/>
campusuds biodegradable soap	<input type="checkbox"/>
condiment kit (salt, pepper, etc)	<input type="checkbox"/>
trash bags	<input type="checkbox"/>
tents w/stakes & snow flukes	<input type="checkbox"/>
sleds for pulling gear	<input type="checkbox"/>
sleds & snow tubes	<input type="checkbox"/>
cross country skis and poles	<input type="checkbox"/>
tarps	<input type="checkbox"/>
maps & compasses	<input type="checkbox"/>

PHILMONT HAS A LIMITED SUPPLY OF THE FOLLOWING FOR LOAN

backpacks (internal & external frame)	<input type="checkbox"/>
zero degree sleeping bags	<input type="checkbox"/>
closed cell foam pads	<input type="checkbox"/>
fleece sleeping bag liners	<input type="checkbox"/>
water flasks w/ covers	<input type="checkbox"/>
insulated winter boots	<input type="checkbox"/>
wool mittens	<input type="checkbox"/>
windproof over mitts	<input type="checkbox"/>
wool shirts	<input type="checkbox"/>
fleece jackets	<input type="checkbox"/>
windproof anoraks	<input type="checkbox"/>
wind pants	<input type="checkbox"/>
fleece pants	<input type="checkbox"/>
waterproof overshoes	<input type="checkbox"/>
fleece booties	<input type="checkbox"/>
maps & compasses	<input type="checkbox"/>

(*) Available at Philmont's Tooth of Time Traders

RISK ADVISORY - PHILMONT SCOUT RANCH

Philmont has an excellent health and safety record with over 1 million adults and young people having attended since 1938. Philmont strives to minimize risks to participants and advisors by emphasizing proper safety precautions. Most participants in Philmont programs do not experience injuries because they are prepared, are conscious of risks, and take safety precautions. If you decide to attend Philmont, you should be physically fit, have proper clothing and equipment, be willing to follow instructions and work as a team with your crew, and take responsibility for your own health and safety. For further information please thoroughly read the Guidebook to Adventure. Like other wilderness areas, Philmont is not risk free. You should be prepared to listen to safety instructions carefully, follow directions, and take appropriate steps to safeguard yourself and others.

Parents, guardians, and potential participants in Philmont programs are advised that journeying to and from Philmont, and one's stay at Philmont, can involve exposure to accident, illness, and/or injury associated with a high elevation, physically demanding, high adventure program in a remote mountainous area. Campers may be exposed to occasional severe weather conditions such as lightning, hail, flash floods, and heat. Other potential problems include injuries from tripping and falling, motor vehicle accidents, worsening of underlying medical conditions such as diabetes or asthma, heart attacks and heat exhaustion.

Philmont's trails are steep and rocky. Wild animals such as bears, rattlesnakes and mountain lions are native and usually present little danger if proper precautions are taken. Please refer to the Guidebook to Adventure, speak with previous Philmont participants, or call Philmont for further information concerning risks and measures that can be taken to avoid accidents. Philmont has staff trained in First Aid, CPR, and accident prevention and is prepared to assist in recognizing, reacting, and responding to accidents, injuries and illnesses. Each crew is also required to have at least one member trained in wilderness First Aid and CPR. Medical and search and rescue services are provided by Philmont in response to an accident or emergency. However, response times can be affected by location, weather or other emergencies and could be delayed six (6) or more hours.

Philmont trail food is, by necessity, a high carbohydrate, high caloric diet. The trail food is high in wheat, milk products, sugar and corn syrup, and artificial coloring/flavoring. Most dinner meals contain meat. If a participant has a problem with the diet described above, contact Philmont for a copy of the trail menu and ingredients, and plan to send supplemental food. Philmont will deliver supplemental food to the appropriate pick-up places.

PHILMONT WEIGHT LIMITS FOR BACKPACKING AND HIKING

Each participant in a Philmont trek must not exceed the maximum acceptable limit in the weight for height chart shown below. The right hand column shows the maximum acceptable weight for a person's height in order to participate in a Philmont trek. Those who fall within the limits are more likely to have an enjoyable trek and avoid incurring health risks. These guidelines are used because overweight individuals are at a greater risk for heart disease, high blood pressure, stroke, altitude illness, sleep problems, and injury.

Participants 21 years and older who exceed the maximum acceptable weight limit for their height at the Philmont medical recheck WILL NOT be permitted to backpack or hike at Philmont. For example, a person 70 inches tall cannot weigh more than 226 lbs. All heights and weights will be measured in stocking feet.

For participants under 21 years of age who exceed the maximum acceptable weight for height, the Philmont physicians will use their best professional judgment in determining participation in a Philmont trek. Participants under 21 years of age are strongly encouraged to meet the weight limit for their height. Exceptions are not made automatically and discussion in advance with Philmont is required regarding any exception to the weight limit for persons under 21 years of age, whether it is over or under. Philmont will consider up to 20 lbs. over the maximum acceptable weight stated on the chart, however, the exception will never exceed 295 lbs. Philmont's phone number is 575-376-2281.

Under no circumstances will any individual weighing more than 295 pounds be permitted to participate in backcountry programs. This requirement is necessary because of limitations of rescue equipment and for the safety of search and rescue personnel.

Individuals who do not meet Philmont's weight for height requirements will not be allowed on the trail and will be sent home.

HEIGHT	RECOMMENDED WEIGHT (LBS)	MAXIMUM ACCEPTANCE	HEIGHT	RECOMMENDED WEIGHT (LBS)	MAXIMUM ACCEPTANCE
5'0"	97 - 138	166	5'10"	132 - 188	226
5'1"	101 - 143	172	5'11"	136 - 194	233
5'2"	104 - 148	178	6'0"	140 - 199	239
5'3"	107 - 152	183	6'1"	144 - 205	246
5'4"	111 - 157	189	6'2"	148 - 210	252
5'5"	114 - 162	195	6'3"	152 - 216	260
5'6"	118 - 167	201	6'4"	156 - 222	267
5'7"	121 - 172	207	6'5"	160 - 228	274
5'8"	125 - 178	214	6'6"	164 - 234	281
5'9"	129 - 185	220	6'7" & over	170 - 240	295

This table is based on the revised Dietary Guidelines for Americans from the U.S. Dept. of Agriculture and the Dept. of Health & Human Services.