

2009 PHILMONT AUTUMN ADVENTURE LEAVE NO TRACE MASTER EDUCATOR COURSE

Location: Philmont Scout Ranch is located near Cimarron, New Mexico, 45 miles southwest of Raton. Camping Headquarters is 4.6 miles south of Cimarron on Highway 21.

When: Participants are to arrive on Monday October 5th by 3:00 PM for Check-in and dinner. The course will conclude on Saturday October 10th at approximately 6:00 PM. Participants may stay at Philmont the night of the 10th or depart after 6:00 PM on Saturday. Class room sessions will be held Monday night, all day Tuesday, Tuesday evening, and Wednesday morning. Wednesday through Saturday morning will be in the Philmont backcountry. Accommodations while at the Philmont base camp will be 10 X 12 wall tents with cots and access to showers.

Course Format: The course will be offered with 2 different emphases; one will be a backpacking emphasis that will spend Wednesday through Saturday morning hiking and backpacking the Philmont trails and the other will be a Frontcountry course emphasis that will spend Wednesday through Saturday morning at a camp in Philmont's backcountry located close to base camp

Participants in both courses are required to "teach" or prepare an instructional presentation on some aspect of Leave No Trace during the course lasting approximately 20 minutes. Each individual will be assigned a specific subject area or Leave No Trace principle that they are to teach to the rest of the group. Once an individual is registered and we have a confirmed Email address, the teaching topic and supporting materials will be sent electronically to allow as much preparation time as possible. Additionally each participant will be required to complete an Individual Action plan. This plan will be sent with the pre-course information as work on the plan is required prior to coming to the course. The plan will be completed during the course.

Who May Participate? Any registered Scouter 18 years of age or older with an interest in Leave No Trace and good backpacking and camping skills and experience. Participants in the backpacking course must be in good physical condition.

Fees: The fee for the course is \$300.00. These fees cover all the **required materials** for the course.

Medical Requirements: Participants in the backpacking course are required to have a current Philmont Health and Medical form filled out by their Doctor within 12 months of the course and **must meet the blood pressure and height and weight requirements as outlined on the Philmont Health and Medical form.** Participants in the frontcountry emphasis course must have a current Class 3 physical filled out by their Doctor within 12 months of the course. If you have any medical concerns, please call Philmont before your scheduled arrival day.

Reservations: Reservations are confirmed upon receipt of a **\$50/person deposit** with the reservation form and the balance of \$250.00 is due by September 11th of 2009. All fees are non-refundable. Call (575) 376-2281 to determine if space is available. The course is limited to 10 participants in each emphasis area and will be considered a "No Go" if less than 6 participants register, and **registration will close September 11th, 2009.**

Transportation: Participants are responsible for their own transportation to Philmont. The closest airports are Albuquerque, Denver and Colorado Springs.

Clothing and Equipment: When packing for Autumn at Philmont, consider protection for each part of your body. Temperatures may vary from 80 degrees F during the day to 20 degrees F or even lower at night. Whenever possible, bring clothing made of wool, polar fleece or polypropylene. Even when wet, these fabrics retain some insulating value. Each participant should bring or plan to buy the following: (items marked with an * can be purchased in the Tooth of Time Traders)

Day Hiking

ITEM	/	/
hiking boots.....	_____	_____
day pack	_____	_____
water bottle or canteen*.....	_____	_____
(with water, two-1 qt. capacity)		
medium weight wool jacket.....	_____	_____
or wool shirt and wool sweater*		
lunch.....	_____	_____
first aid kit*.....	_____	_____
map*.....	_____	_____
compass*.....	_____	_____
sunscreen*.....	_____	_____
(SPF 15 or higher)		
sunglasses*.....	_____	_____
wide brimmed hat.....	_____	_____
matches* or lighter.....	_____	_____
(in waterproof case*) or lighter		
pocket knife*.....	_____	_____
sturdy rain suit*.....	_____	_____
pair wool mittens or gloves*.....	_____	_____
stocking cap*.....	_____	_____

Backpacking Treks - Personal Equipment

All of the items listed above plus the following:

backpack w/ frame & padded hip belt.....	_____	_____
(rental available - \$1.00/person/day)		
pack cover*.....	_____	_____
(waterproof or large plastic bags)		
6 plastic bags - asstd sizes.....	_____	_____

Sleeping

sleeping bag in waterproof bag	_____	_____
sleep clothes.....	_____	_____
(worn only in sleeping bag)		
straps* (hold sleeping bag on pack)	_____	_____
waterproof ground cloth 5' x 7'.....	_____	_____
(1 per 2 people)		

Clothing (packed in plastic bags)

lightweight sneakers or tennis shoes	_____	_____
2 pair heavy wool socks*.....	_____	_____
3 pair lighter inner socks*.....	_____	_____
2 changes underwear.....	_____	_____
2 pair hiking shorts	_____	_____
1 long sleeve shirt.....	_____	_____
1 pair long pants	_____	_____
2 short sleeved shirts (not nylon)	_____	_____

Eating

deep bowl* or plate (small).....	_____	_____
cup* (measuring style).....	_____	_____
spoon*.....	_____	_____

Personal and Miscellaneous

ITEM	/	/
small pocketknife* (A).....	_____	_____
50 ft. 1/8-inch nylon cord* (S).....	_____	_____
flashlight (small with extra batteries) (S) ...	_____	_____
bandanna or handkerchief* (BB)	_____	_____
whistle* (A).....	_____	_____
lip balm* (BB,A)	_____	_____
soap, biodegradable* (BB)	_____	_____
toothbrush/toothpaste* (BB)	_____	_____
comb	_____	_____
small towel	_____	_____
moleskin or molefoam* (BB,S)	_____	_____
adhesive bandages* (BB,S)	_____	_____
note pad and pen.....	_____	_____
tampons/sanitary napkins (BB).....	_____	_____
sunglasses*	_____	_____

Optional

belt.....	_____	_____
foam sleeping pad*	_____	_____
camera and film* (BB)	_____	_____
watch	_____	_____
fishing equipment*/licenses*.....	_____	_____
rubber bands.....	_____	_____
insulated underwear*.....	_____	_____
foot powder (BB,S)	_____	_____
Philmont Fieldguide* (S).....	_____	_____

Crew Equipment Provided by Philmont

cooking kit/utensils.....	_____	_____
hot pot tongs.....	_____	_____
plastic trash bags.....	_____	_____
dishwashing soap	_____	_____
scouring pads	_____	_____
toilet paper	_____	_____
2 person tents.....	_____	_____
water purification chemical.....	_____	_____
100' - 1/4" rope and burlap bag.....	_____	_____
backpacking stoves*	_____	_____
(1 per / 4 persons)		

Code

- (BB) - Packed together in plastic bag to be placed in bear bag at night.
- (S) - Share with buddy
- (A) - Easily accessible in pack or carried on person
- * - Can be purchased at the Tooth of Time Traders

AUTUMN ADVENTURE LEAVE NO TRACE MASTER EDUCATOR COURSE

2009 Reservation Form

Monday October 5 – Saturday October 10, 2009

Course Fee: \$300.00

Deposit: A Deposit of \$50.00 is due with this reservation form and the balance of \$250.00 is due by September 11th of 2009.

Participants Name		Email Address (specify if Dial up or hi-speed)	
Mailing Address	City, State, Zip	Home Phone	Work Phone

Council Name _____ Unit and Number _____

(Mark One) Front Country _____ Backcountry _____

Please describe your background as a trainer, your Scouting background and experience, and your interest in Leave No Trace:

Course Contacts:

Philmont Scout Ranch, BSA	Jim Karol, Lead Instructor
Phone: (575) 376-2281	Phone: 915-585-2437
Email: camping@philmontscoutranch.org	Email: JimKarol@aol.com

Mail Reservations to:

Philmont Scout Ranch, BSA	
Attn: Autumn Adventure ME Course	
17 Deer Run Rd.	Fax:
Cimarron, NM 87714	(575) 376-2636

LOCAL COUNCIL APPROVAL

Scout Executive	Date
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PHILMONT WEIGHT LIMITS FOR BACKPACKING & HIKING

Backpacking Course Format ONLY

Each participant in the Philmont backpacking ME course 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 backpacking course. Those who fall within the limits are more likely to have an enjoyable trek and avoid incurring health risks. This backpacking course involves hiking with a 35-50 lb. backpack between 6,500 and 12,500 ft. elevations. Philmont recommends that participants carry a pack weighing no more than 25-30% of their body weight.

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 5'10" cannot weigh more than 226 lbs. ***The Philmont physicians will use their best professional judgment in determining participation in a Philmont trek by individuals under 21 years of age who exceed the maximum acceptable weight for height. Participants under 21 years of age are strongly encouraged to meet the weight limit for their height, and exceptions are not made automatically and the maximum allowable exception will be 20 lbs. Discussion in advance with Philmont regarding any exception to the weight limit for persons under 21 years of age is required, whether it is over or under.***

Under no circumstance will any individual over 295 lbs. be allowed to participate regardless of height or age. This limit is necessary due to limitations of rescue equipment and for the safety of Philmont personnel.

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

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