

T Minus 10 Months...
or... *What should I be doing now?*



Richard Schlosser
Contingent Leader

A Sample of Resources

- www.bacphilmont.org (contingent site)
- BAC Advisor Training
- Philmont Advisor's Guide
- www.philmontscoutranch.org
- www.scouting.org/HealthandSafety/ahmr.aspx



BAC Philmont Advisor Training

- Plan ahead for success
- Crew Training (Oct)
- The “Big Four” (Nov)
- Itinerary Selection (Jan)
- Outdoor Training (Mar)
- Travel Details & Prep (Jun)



BAC Philmont Advisor Training

- “You have your way. I have my way. As for the right way, the correct way, and the only way, it does not exist.”

Friedrich Nietzsche



T Minus 10 Months: Crew Issues

- Family Commitment
- Reality Check
- Dealing with Problems



Family Commitment

- Early Fall meeting with youth and parent
- Bring important school & family dates
- Set shakedown expectations & schedule
- Payment schedule & penalties
- Fundraising & Scholarship availability
- Communication - Put It In Writing!



Reality Check

- When is a Scout Ready for Philmont?
 - Desire and commitment
 - Physical & Emotional Readiness
 - Maturity
 - Will they eat the food and drink the water?
 - Can they self-medicate?
 - Will they practice personal hygiene?
 - Can they work within the patrol method?



Dealing with Problems

- Now....or...Later?



T Minus 10 Months: Advisor Issues

- Sorting out roles
- Working out differences
- Physical readiness



Roles of the Advisors

- Lead advisor
- Navi-guesser advisor
- Medical advisor
- Cook and clean-up advisor
- Water purification advisor
- Other roles?



Working Out Differences

- Don't fool yourselves
- You aren't fooling the Scouts
- Eleven days + ten nights = LONG TIME!!!



When to Begin Shakedown

- That depends...
 - Origin & age of crew
 - Other team building opportunities
- Pros and Cons
- Minimum mandatory shakedowns
 - One day shakedown & camp set-up
 - 3-4 weekend shakedowns (15-20 mi.)
- Sample shakedowns distributed in Oct.



Physical Readiness

- Hiking pace and hiker separation
- Hiking pace and hypothermia
- BSA Annual Health and Medical Record
- Challenges
- Diet and Exercise



Philmont Weight Restrictions

- Zero Tolerance
- Advisor Weigh-In & BP Check
- Participants not qualifying are sent home



Diet & Weight Issues

- Do what works for you
- Consult your doctor
- Lose it slow to keep it off
- Drink water to eliminate waste
- Try using a “Diet Buddy”



Fitness Plans

- Check with your doctor
- Consider a trainer
- Understand physiology of exercise
- Train for cardio, strength, core...and feet!
- Build a progression
- Don't rely on shakedown!
- Pick something you like!



Target Heart Rates

- Max effective HR = 220 minus your age
- Exercise @ 70-85% of max effective rate
- FORMULA: $220 - \text{age} \times (.70)$ to $(.85)$
- Example: Age 40
 - 70%: $(220-40=180) \times (.70) = 126$ BPM
 - 85%: $(220-40=180) \times (.85) = 153$ BPM
- Learn what it feels like



Combining Cardio & Strength

- Always warmup + Stretch *after* all exercise
- Cardio
 - Cardiovascular duration of 20-60 minutes
 - Begin timing after target HR is achieved
 - Slowly build target HR, # days, and duration
- Strength
 - Limit strength training to alternate days
 - Slowly build repetition & weight



Sample Cardio-Vascular Exercise

- Walking/Running/Hiking/Backpacking
- Gym: step, bike, X-trainer, treadmill
- Swimming
- Climbing Stairs
- Step Aerobics
- Biking
- Kayaking



Sample Cardio Exercise Plan

- January: 20-30 min. cardio, 70%, 3x wk
- February: 20-30 min. cardio, 75%, 3x wk
- March: 20-40 min. cardio, 80%, 3-4x wk
- April: 20-40 min. cardio, 85%, 3-4x wk
- May-Jun: 30-60 min. cardio, 85%, 4-5x wk
- July: 30-60 min. cardio, 85%, 5x wk



Core Training

- Strengthen the core body
- Abs, oblique, back, etc.
- Helps prevent injuries common to adults
- Improves balance
- Exercises (crunches, yoga, etc.)



Strength Training

- Free weights
- Bench weights
- Circuit training
- Exercises (situps, leg lifts, pushups, etc.)



"Boot" Camp

- Break in the boots
- Toughen your feet
- Replacement insoles
- You don't have to have blisters at Philmont!

