

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



Mimi Hatch
Contingent Leader

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A Sample of Resources

- <http://www.philmontscoutranch.org>
- <http://www.bacphilmont.org> (contingent site)
- BAC Advisor Training
- Philmont Advisor's Guide



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BAC Philmont Advisor Training

- Planning ahead for success
- Crew Training (Oct.)
- The “Big Four” (Nov.)
- Itinerary Selection (Jan.)
- Outdoor or Tuesday Training TBD (Mar.)
- Travel Details & Prep (June)



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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



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Crew issues: 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!



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Crew issues: Reality Check

- When is a Scout Ready for Philmont?
 - THEIR OWN 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?



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Crew issues: Dealing with Problems

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

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Advisor issues: Roles of the Advisors

- Lead advisor
- Navi-guesser advisor
- Medical advisor
- Other roles?

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Advisor issues: Working Out Differences

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

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Physical Readiness

- Hiking pace and hiker separation
- Hiking pace and hypothermia
- The Philmont Physical
- Challenges
- Diet and Exercise

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Medical & Weight Restrictions

- Zero Tolerance
- Advisor Weigh-In & BP Check
- 2009 Contingent Advisor sent home; none since due to more stringent monitoring
- Other medical issues



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Philmont Weight Limits

HEIGHT	RECOMMENDED WEIGHT	MAXIMUM ACCEPTANCE
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	288



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Fitness Plans

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



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Your Cardio Workout

- You can calculate your maximum heart rate by subtracting your age from 220.
- The MHR is the upper limit of what your cardiovascular system can handle during physical activity.



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Your Cardio Workout

- Tracking your heart rate during exercise makes sure you're not pushing too hard or too little. Aim for 70-85% of MHR.
- Example: Age 40
 - 70%: $(220-40=180) \times (.70) = 126$ BPM
 - 85%: $(220-40=180) \times (.85) = 153$ BPM
- Learn what it feels like



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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



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Core Training

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

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Strength Training

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

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"Boot" Camp

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



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