

Philmont 2003 Crew 1

Capt Stan's Philmont List

PART I

Personal Items:

Clothing

Note: all clothing should be lightweight and thin; for regular clothes, use synthetics or mixed cotton/synthetics (but no more than 50% cotton) except where indicated; when you have a choice, final decisions should always be based on weight; the lighter the better:

_____ 2 pair lightweight nylon hiking shorts with/with out liners and 1 pair 50/50 cotton/synthetic blend underwear (or 2 pair gym shorts with 3 pairs 50/50 cotton/synthetic blend underwear)

_____ 1 pair very light long pants, preferably with an "internal" belt. Can be combined with a pair of shorts (zip offs). (Or buy 2 pairs of zip offs but only carry on set of legs and bring one set of shorts)

_____ 2 very light T-shirts, light-colored (white or light gray preferred). We will be buying these shirts as a contingent. They will be polypropylene blend shirt.

_____ 3 pair polypropylene sock liners (optional with smart wool socks)

_____ 3 pair thick 50/50 wool/polyester socks

_____ 1 lightweight fleece type pullover (if prefer, can use lightweight long-sleeved nylon shirt or lightweight wool shirt; note that a fleece pajama top works well)

_____ 1 lightweight rain suit, waterproof and preferably breathable (no ponchos)

_____ 1 waterproof bush-hat, or (at least) a wide-brim cap (can use a baseball cap, not as effective); mandatory if your rainsuit does not include a hood.

_____ 1 fleece head-band or lightweight knit pullover hat (for warmth, especially useful for sleeping)

_____ 2 bandanna's (to wipe sweat off while hiking; also for use as ultra-lightweight washcloths or bring two small camp towels)

_____ 6 - 8 clear plastic bag (1-2 gal zip lock bags to store all clothing; can also be used for washing clothes)

[Notes: By current (2003) Philmont policy, 1 of your 3 sets of hiking clothes will be exclusively used as "night clothing" (inside tent use only). A 4th set may be advisable if

prevailing weather conditions are very wet or very dry (i.e., if water restrictions are in effect, there's no clothes washing). Complete sets of hiking clothes should be combined and rolled to reduce bulk prior to being placed in plastic bags.]

Backpacking Gear:

_____ 1 heavy-duty pair of hiking boots (broken in on your feet!)

_____ A Med to Large backpack, including a quality padded hip belt, padded shoulder straps and (most importantly) adjusted to your current physical size. I recommend packing all your gear and go to the store and find a pack that it all fits in. External frame packs are recommended for novices or beginners; experienced backpackers - your choice. External frame backpackers should use straps (not bungee cords, they break) to attach items to their frames. Smaller trekkers should use about 4000 c.i. external frame packs/4500 c.i. internal frame packs. Add 500 c.i. for medium sized trekkers, and 1000 c.i. for large sized trekkers.

_____ Waterproof pack cover, Large or X-Large (XL preferred); if old, re-coat before Philmont

_____ Three 1-liter, wide-mouth water (Aqua Fina) bottles (or can use 3 standard 1 quart canteens) or bring 1 camelback and 2 nalgene bottles (need them for the crew)

Eating Gear:

_____ A plastic bowl (any soft-margarine type bowl, about 1 1/2 pint capacity, will do)

_____ A wide-mouth deep-dish type cup (1 pint, plastic, handles are nice to help avoid burns (If prefer, can just use two large wide-mouth cups and delete the bowl.)

_____ A heavy-duty plastic soup-spoon/spork (Lexan or equivalent)

_____ A toothbrush (better to store with your eating gear, since that's when you'll use it most often)

Sleeping Gear:

_____ A sleeping bag, in a stuff-sack (Note: use a trash bag to line the stuff sack and provide absolute rain protection). Your sleeping bag should be rated to 20 - 30 degrees and should weigh no more than 4 pounds (2-3 pounds preferred).

_____ A "Backpacker's Pillow" or a small woolen stuff sack (to fill for a pillow) (optional).

_____ A Full length or 3/4 foam pad or an Ultralight Therm-a-Rest; a foam pad is much lighter, a Therm-a-Rest is significantly more comfortable; however, Therm-a-Rests also cost a lot more. Therm-a-Rests are recommended for Adults/large Scouts.

Personal Cleaning Gear:

_____ A large "backpacker's towel," or a medium, very thin bath towel (former preferred for weight)

_____ A disposable razor, new (optional)

_____ A lightweight comb (optional)

Optional (but highly recommended) Personal Gear:

_____ 1 super-light pair of sneakers as "camp shoes", in a plastic bag (use "marathon flats" or similar; Note: open-toed sandals ("Tevas", etc.) are not recommended on the trail and should only be used in the camp site....they do not provide a back up if your boots fail!

_____ 1 set lightweight thermal underwear; needed only if you are susceptible to cold, or if you're going very early in the season, or otherwise if your trek has 4 or more campsites over about 9,000 feet elevation (especially if you have a sleeping bag rated over 40 degrees).

_____ A hiking stick or matched set of hiking sticks (very useful, especially for adults/larger Scouts)

_____ 15 ft of the lightest weight parachute cord (for clothes line); tie on a piece of yellow or blaze orange surveyor's tape to make visible; Note that clothes lines may NOT be tied to live trees or plants!

_____ 4 diaper pins (for pinning wet clothing to the backs of packs for drying while hiking; diaper pins are preferred over safety pins because they have safety locks and their bright plastic heads make them much easier to find if dropped (safety pins can be difficult to find if they're dropped into gray pine needles, and are dangerous (for years) if "open" when lost)

_____ 1 pair lightweight work gloves (possibly needed for the conservation project; also good for cold weather, or for hiking if your hiking sticks work up blisters on your hands)

_____ Sunglasses (prescription if necessary), plastic, in a hard-shell case

_____ Micro-LED light (buy new just before Philmont); not needed if you have quality flashlights (optional...should be asleep when it gets dark)

_____ Personal supply of money for trading posts and cantinas (\$15 max necessary) NO COINS!

_____ 10 Post-card Stamps (post-cards are available for purchase at trading posts; stamps *may* also be available at trading posts, but no guarantees)

Possibly Necessary Personal Gear:

_____ If long pants do not have an internal belt, an ultra-lightweight belt, with velcro or plastic buckle

_____ If needed, extra pair of prescription Eyeglasses, plastic, in a hard-shell case

_____ If wear contacts, second pair, including separate small containers of washing/cleaning solutions

_____ If needed, Prescription Medications, including 2nd set to be carried by 1 of the Adult Advisors

At this point: A) minus one set of hiking clothes (which you will be wearing), and your boots (ditto), all 3 canteens empty, your pack should weigh between 18 - 24 pounds, depending on how large you are (larger Scouts' and Adults' clothes weigh more, of course) and how many optional items you are taking; and B) you should still have plenty of room left in your pack - if not, your pack is far too small and you should get a replacement backpack as soon as possible, because you still have to fit a lot of Crew gear and food into your pack.

***** INDIVIDUALS BRING NOTHING BELOW THIS LINE!!!

"Tent-Share Items"

These are items that you share with your tent-mate; need only 1 per pair.

_____ 1 "backpacker's tent," including ground cloth, and minimal # of STEEL stakes

_____ 1 plastic case flashlight (2 "C" cell), with brand new alkaline batteries installed at Basecamp

*** Additional Comments on Tents - The tent must be an ultralight backpacking tent and can sleep 2 people, and you are willing to carry any critical replacement parts. I will be the final judge on suitability! In addition, note that all tentage must be meticulously clean in order to avoid attracting bears and other animals; if your tent has ever been used in routine Troop or family campouts, you must thoroughly clean it out before bringing it to

the Ranch. For this reason, all personal tents must be cleared in advance with the Adult Advisors; remember, Mr. Bear isn't interested in excuses - he is, however, quite interested in stray M & M's, empty candy wrappers and old soda spills!

Personal and Tent-Share Items NOT To Bring:

These are the kinds of things that are routinely tossed out by the Rangers (and myself) during the shakedown:

_____ Replacement Batteries (install new batteries at Basecamp, use properly/frugally on the trail)

_____ Extra Shoelaces (install new when departing for Philmont, both boots and sneakers)


_____ Metallic, porcelain, or otherwise heavyweight personal eating gear, utensils, and canteens

_____ Forks or Knives

_____ Large (2 "D" or 3 "C" cell) *or metal-case flashlights* (e.g., Mag-Lites)

_____ Glass eyeglasses or sunglasses (uncomfortably heavy to wear when you're sweaty and hot.)

_____ Rubberized ponchos (they weigh a ton)

_____  "disposable" ponchos or rain-gear (they'll rip to shreds on the first branch)

_____ Scented soaps, shampoos, bug repellent, sunscreen or toothpaste (peppermint OK)

_____ Except for Polar Pure, anything packed in glass

_____ Personal "beauty" gear: hairbrushes, deodorants/anti-perspirants, soaps, shampoos, etc.

_____ Any "aerosol" sprays in cans

_____ Any 100% cotton clothing, including blue-jeans, blue-jean jackets, sweatshirts, etc.

_____ Heavyweight air mattress or inflatable pillow

_____ Leather or otherwise heavyweight belt

_____ Wallets, Keys, or Coins

_____ Any "entertainment" electronics (Walkmen, electronic games, etc.)

_____ Heavyweight sneakers

_____ Junk food

_____ Anything illegal; Note: drugs, alcohol, or fireworks warrant immediate dismissal from Philmont

_____ Your Scout Uniform (however, will be included in carry-on gear!)

_____ Finally - Everything else that you're not sure if you'll use - *"If in doubt, chuck it out!"*

Crew Items:

Here's all a properly equipped Crew carries out of Basecamp. AGAIN, DO NOT BRING ANY OF THESE ITEMS AS "PERSONAL EXTRAS"! NO EXCEPTIONS!!! (I will be buying/gathering many of these items for the group since the Philmont provided equipment is VERY heavy. This will require some extra \$ from everyone for purchases. Hopefully we can find equipment which some of us all ready have)

_____ 1 waterproof tarp (ca. 12' x 16'), including 2 collapsible 6' poles, parachute cord and 8 - 12 heavy-duty, STEEL stakes; smaller Crews can bring smaller tarps

_____ 6 bear-bags (large nylon laundry bags)

_____ 1 heavy-duty bear-bag rope (100' x 3/8 inch polypropylene, NEW!, doubled up to 50' for use)

_____ A small stuff sack for bear-bag and bear-bag rope storage; doubles as an "oops" bear-bag

_____ 50 - 75 feet of parachute cord and a small carabiner (for the "oops" bear-bag)

_____ 2 abbreviated cook-kits (2 6-8 qt pots and lids)

_____ 1 abbreviated utensil-kit (2 spoons, 1 hot-pot tongs, 2 one-cup (mess-kit sized) measuring cups, plus about 40 "Anti-Bacterial Wet-Ones" or a bottle of Purell for hand-cleaning by cooks)

_____ 1 cleaning kit (CampSuds (1 1 oz bottle), a colander-"frisbee," a rubber policeman, 2 plastic-handled scrub-brushes, 2 Scrubbies, 2 SOS pads, a drying tarp or mesh laundry bag (minimum 3 x 5), and 4 sash-type trash bags.)

_____ Polar Pure (1 pint), in a resealable plastic bag (Note - Philmont will force you to bring their small bottles of Polar Pure, 1 for each pair of trekkers. This includes whether you have water filters or purifiers, or your own bottle(s) of Polar Pure.)

_____ 2 first-aid kits, non-duplicative (1 emphasizing bandages/foot care, 1 emphasizing medications)

_____ 2 - 3 expansion-scale plastic maps of Philmont (South, Central, North, Valle Vidal, as needed for your specific trek, with critical information transcribed from your Trek Planning Map.)

_____ 2 "Backpacker's Offices;" each including a Bic lighter, compass, small roll of electrical tape, small knife, tube of lip balm, nail clippers, tweezers, whistle, and a magic marker.

_____ A possibles/repairs kit; this should include a small roll of electrical tape, 50 feet of waxed cord, a variety of clevis pins, a variety of safety pins, a matched pair of universal shoulder straps, plastic tie-straps, replacement snap buckles (all sizes), sewing kit, replacement flashlight bulb(s), wire, a "Leatherman" tool, a stove repair kit (including gasket oil), a water jug/bladder repair kit, etc.), super glue. Shoe repair goop. Duck tape.

_____ \$50 for Crew Purchases, including mostly small denomination bills (1's and 5's), no coins!

_____ 2 loud digital alarm wrist-watches (if prefer, can be replaced with 2 small digital alarm clocks)

_____ 5 collapsible 1 gallon water bladders (that don't leak!)

_____ 2 - 3 Backpacker stoves, in carry cases (recommend 2 Coleman Peak Ones, or 3 MSR Whisperlites, or equivalent), including a repair kit, each in excellent operating condition!

_____ Fuel bottles, recommend 2 pints capacity/stove for Peak Ones, 3 pints for Whisperlites

[NOTE: Stoves and Fuel Bottles MUST be empty and dry, and shipped to Philmont by mail at least 1 week in advance!]

_____ Fuel Filter (felt-type filter), in a resealable plastic bag

_____ 2 - 3 personal cleanliness kits (if 3, 1 held in reserve), each including 1 small bottle of CampSuds or an unscented equivalent, and 1 travel-size tube of toothpaste.

Double bag all liquids. Natural flavored (e.g., peppermint) soap and/or toothpaste are acceptable.

_____ 1 Latrine kit, including 2 rolls of toilet paper (to start), 1 - 2 containers of "flushable wipes" (40 count each, bring 2 containers for full-sized crews), a tube of Desitin Cream, and a plastic or (preferably) metal "backpacker's" shovel. NOTE: You must use Philmont supplied TP, which is unscented and biodegradable; TP is available at all Philmont commissaries.

_____ 1 - 2 small, plastic mirror(s) (can include 1 each in the personal cleanliness kits or with the Backpackers' Offices.)


_____ 2 "Lotions" kits (1 held in reserve), each including one squeeze bottle of high quality sunscreen and a small bottle of bug repellent, all unscented, isolated in plastic containers. Can be included in a plastic bag with the Backpackers' Offices.

_____ 1 - 2 bottles of quality multi-vitamins - enough for 1 per day for all participants. Can be included in a plastic bag with the Backpackers' Offices.

"Optional Crew-Share Items"

_____ 1  water filters or water purifiers.

_____ 1 small monocular or a small pair of binoculars

_____  gh-quality automatic cameras with fresh batteries, installed at BaseCamp. 25 - 40 rolls ~~of~~ film, varying speed. Can replace with digital cameras if prefer.

_____ 1 light notepad with 1 - 2 fresh, sharp point pens with non-water soluble ink (check!; for diary); some Crews prefer a micro-recording device to keep a verbal diary.

_____ 2 Large, resealable drink jugs (for making drink mixes in gallon batches; helps prevent drink-contaminated canteens)

_____ A lightweight "game"-scale (0 - 50 pounds, for weighing packs during the trek); can include with the Backpackers' Offices.

_____ GPS Receiver and batteries (some prefer for treks in the Valle Vidal; not needed elsewhere); don't bring unless you are an expert in GPS use BEFORE you come to Philmont.

_____ Cell Phone and batteries (Not recommended; note cell phone coverage at Philmont is very spotty, and dialing 911 from atop mountains will usually get you someone in southern Colorado)

_____ 1 "spices" kit

_____ 1 - 2 pairs of scissors, to cut open food packages (safer and neater than knives)

Mandatory Crew Share Items Purchased at Philmont (replaced/requires purchase on the trail):

_____ Fuel, enough to fill all fuel bottles and stoves

Mandatory Crew Share Items Provided By Philmont:

_____ Food (also TP, Polar Pure, Purell, a sump "frisbee", and a rubber policeman; see below).

All-in-all, the tent, crew gear and food will add between 15 - 20 additional pounds to your pack, for a realistic On-the-Ranch average total of from 35 pounds (smaller Scouts) to 40 pounds (larger Scouts and Adult Advisors). For maximum sized Crews (12), it is possible to leave Basecamp fully loaded at an average weight under 35 pounds per person. *Note that these "idealized" weights are possible only if every member of the crew works constantly to minimize the weight of their personal kit, and you use lighter weight Troop (not Philmont supplied) equipment.* Also note that transferring weight from stronger to weaker (or injured) hikers - which may or may not be necessary - will increase the total weight spread. All participants can also expect a up to a 10 pound weight variance based on how much food the crew is currently carrying (maximum: 5 days' worth; minimum: none).

Philmont Optionally Provided Items:

If needed, Philmont will provide the following items to any crew, without charge (i.e., it's included in the fees):

Backpacker's Shovel, bear-bags (5 - 7 nylon weave seed-bags), bear-bag rope (100 foot long), cleaning gear (CampSuds, a sump "frisbee", 2 green scrubbies, and a rubber policeman), cook-kits (2, somewhat abbreviated), matches (1 box), a salt, pepper and sugar kit, a tarp and 2 expandable tarp poles, plus parachute cord (but no stakes!, must bring 10 heavy-duty stakes for the tarp), tents (but again, no stakes!, must bring 8 stakes for each tent), toilet paper, a bottle of Purell, 4 - 6 trash bags, an abbreviated utensil kit (including 1 hot-pot tongs), water purification kits (Polar Pure bottles), and a handful (6 - 10) of 1-gallon size zip-lock bags. As noted above, the TP, Polar Pure, Purell, a sump "frisbee", and a rubber policeman, are given to each Crew *whether they need or want it or not*; however, if you already have these items, you can store the Philmont provided gear in your BaseCamp locker.

Philmont will also provide the following items, as needed, for purchase or rental:

Backpacks (rental), Coleman fuel (purchase, 2002 price was .75/pint, or 1.50/quart), Gaz and PowerMax also available, and stoves (Coleman Peak Ones, rental). Rental prices are reasonable, but - beware! - repair/replacement costs are exorbitant!

Finally, also note that many other routine items (e.g., clothing items, batteries, canteens, compasses, fuel bottles, knives, maps, mess-kits, ponchos, spice kits, ridge-rests or Therm-a-Rests, water jugs, many, many others) are available for purchase from the Basecamp trading post, and - but to a much lesser extent - at some backcountry trading posts. Prices are high but not ridiculous.

Weather Comments/Adjustments:

The monsoonal flow over New Mexico changes over from northwesterly to southerly around July 15th. In general, therefore, the time frame June 10th - July 15th tends to be drier, whereas July 15th - August 20th tends to be wetter. This is not, of course, a hard and fast rule, just a general trend which holds fairly well most years. Following the weather channel (or any related service) up to the date of your departure can help you determine whether yours is a typical year or not. If the National Radar picture shows thunderstorms moving from south to north over New Mexico every day during the week leading up to your departure, then the monsoon has started and you can expect fierce thunderstorms (with heavy rains) many/most afternoons during your trek. The most salient potential problems are mid-summer hurricanes off the Texas gulf coast or nearby the *west* coast of Mexico (Baja area), especially the latter. These tend to entrain tropical moisture into the southern Rockies - not exactly a compatible mix!

Therefore, if you are taking a late Philmont trek (i.e., Start Date of 7/15 or Later), or if the Weather Channel indicates that the monsoon has already started across the Southwestern United States, then you should consider adding a fourth set of clothes (T-Shirt, Hiking Shorts, hiking socks and polypropylene liners) to your kit, and take much more care to store everything in plastic bags. You may also wish to bring a more heavy-duty rain-suit (especially if you normally use an ultralight set), and you should definitely bring a rainproof hat even if your rainsuit has a hood. You should also take greater care to waterproof the rest of your gear, especially your pack cover, sleeping bag stuff-sack (even if you use a trash-bag liner inside the stuff-sack), and especially your boots. These changes will increase your total average carry weight by 2 - 5 pounds, depending on what additions and substitutions are made from your "normal" kit, but is well worth it in terms of both comfort and health and safety.

- Capt Stan, Assistant Scoutmaster, Troop 63