

# Hit the Trail!

Chester County Council High Adventure Committee  
Newsletter #2—October

## What is a Trek?

A trek is a plan for your two weeks in Philmont. Every crew will choose their favorite five treks from the possible thirty-five available at the ranch. Philmont will assign you to one of your choices.

Your trek determines where you camp each night, what program you do each day, what scenery, mountains and other vantage points your crew will see each day.

Here is an example Trek:

- Day 1 Base Camp
- Day 2 Bent Camp (Ranger Training)
- Day 3 Pueblano (Continental Tie & Lumber)
- Day 4 Miranda (Black Powder Rifle)
- Day 5 Miranda (climb Baldy Mountain)
- Day 6 Head of Dean (Challenge games)
- Day 7 Vista Grande (Trail Camp)
- Day 8 Harlan (Shot gun shooting)
- Day 9 Cimmaroncito (Rock Climbing)
- Day 10 Shaefer's Pass Camp (Trail Camp)
- Day 11 Base Camp (Showers, real food, etc.)
- Day 12 Depart for Home (Yeah!)

Treks are rated in four levels of difficulty. They are Challenging, Rugged, Strenuous and Super Strenuous. Do not think of the Challenging level treks as being easy. They are not! The Challenging treks are typically 50-65 miles long and leave plenty of time each day to enjoy the program at the staff camp you are staying at or near.

The Rugged treks vary from 65 to 75 miles and provide a good mix of hiking and program. The Strenuous treks typically include more mountains and vary in length between 61 and 81 miles. They feature more time spent hiking than time spent on program.

Super Strenuous treks leave little time for program. You will spend your days hiking over the highest peaks and the most challenging terrain. These treks should be reserved for crews composed of 15-18 year olds in excellent physical condition accompanied by younger adults, also in excellent physical condition.



## Forming a Crew

Your Philmont crew will have 4-10 scouts, 2-4 adults and no more than 12 persons total. You crew will hike together, camp together, eat together and ... well, do almost everything together for two weeks. You and the other members will come to know each other well over the next nine

months. Turning your groups of 7-12 persons into a strong, tight cohesive team is essential to your success at Philmont.

Each crew should conduct three to five training hikes over the next nine months to allow you crew to form into a team. The hikes should vary in length and amount of climbing you do. Include as many overnight trips as possible as you prepare. The Horseshoe and Appalachian Trails provide excellent places for your crew to prepare. Early hikes could include a six to eight mile day hike with 30-35 pound packs. Increase the length and amount of climb as the spring progresses. Port Clinton, Peter's Mountain, Swatara Gap and Caledonia State Park provide good climbs to test you and your crew's ability.

The training hikes will NOT fully prepare you for Philmont. We cannot simulate the effect the 7,000-12,441 foot elevation you will have at Philmont, so "over-prepare." If you end up with a trek that averages 6 miles a day, build up to 8 miles a day hikes in the spring.

Prepare physically for Philmont. **Philmont is not a walk in the park.**

## Philmont Trail Food

Philmont gives you with three high energy meals each day, providing you with over 5,000 calories. You will need every one of those calories to complete your trek.

Typical breakfasts include: oatmeal, toaster pastries or granola; fruit; beef jerky or beef sticks; and a granola or an energy bar.

Lunches include: Squeeze cheese, canned ham, chicken or tuna; crackers, trail mix or gorp; and cookies, fruit rollups or yogurt to go.

Dinner is hot, usually consisting of pasta or rice with sauce and freeze dried meat or vegetable protein. You add boiling water to reconstitute the entrée. Instant soup, pretzel bits or bread sticks accompany the main course. All dinners include a dessert.

Contact your advisor or the High Adventure Committee ([philmont@cccbsa.org](mailto:philmont@cccbsa.org)) if you have food allergies or religious restrictions on the foods you may eat. You will be able to ship your food to Philmont and get resupplied on the trail.



## Featured Program of the Month— Continental Tie & Lumber Camps

**Pueblano**—North Country

**Crater Lake**—South Country

The two Continental Tie & Lumber Company camps give you a chance to practice some of the skills the lumberman used a hundred years ago when they were timbering the hills and valleys that are now the Philmont Scout ranch.

They will teach you how to climb a spar pole. You can give “Carrie Beaner” a kiss at the top. Pray that your “donkey” doesn’t drop you. The staff will show you how the loggers used to square a log. You can try your hand at it.

Both camps feature excellent evening campfire programs. Don’t miss the “real” Philmont story at Pueblano. Find out the things they don’t tell you back in base camp.



Hiking is a Team Sport—Crew in Hidden Valley, climbing to Window Rock