

# Hit the Trail!

Chester County Council High Adventure Committee  
Newsletter #6—February

## Featured Program—Mountain Men

**Miranda**—North Country  
(called Mountain Man Rendezvous)

**Clear Creek**—South Country  
(called Rocky Mountain Fur Company)

These two camps focus their attention on the mountain men who blazed the trails into the West in the first half of the nineteenth century. Both camps offer you the opportunity to fire black powder rifles at targets you supply. You can use hats, bandanas or tee-shirts for your targets.

The staff at Miranda will teach you about what mountain men did when they came down out of the mountains to sell their pelts and unwind at their annual rendezvous... well at least the parts that don't stray into Scouting's gray area.

Clear Creek features tomahawk throwing and other information about the fur trade in the 1830s.



## Setting up Camp & Bearmuda Triangle

When you get to camp you be assigned (at staff camp) or pick (at trail camp) a campsite. Locate these three things immediately: 1) Fire ring, where you will cook and eat, 2) Bear Cable, where you will hang your food and other smellables and 3) a Sump, where you will dispose of water from cooking and cleaning.

These three points represent the corners of the Bearmuda Triangle. All smellables stay in the triangle. People camp outside the triangle—always with no exceptions. Tents should be set up 100-200' outside the triangle.

The crew leader directs setting up camp. The typical routine includes:

1. Unload all food, tents and other crew equipment. Place at location designated by crew leader.
2. Set up dining fly
3. Set up tents
4. Sort food. Find the first aid kit and any food needed for lunch or dinner that day. This goes in the Oops bag.
5. All smellables get packed in bear bags. Hoist all bear bags, including the Oops bag from bear cable.
6. Relax, take a nap or enjoy program.



## Tomahawk throwing at Clear Creek

*(Please note, no actual advisers were injured during taking of the photo above. This photo was staged with trained professionals. Do not attempt this yourselves.)*

## Navigation

The crew leader should appoint a Navigator for each hike in your trek. This person is responsible for becoming the expert on that hike. He will walk in the second spot in line, behind the pacesetter that day.

The Navigator should take a 1"=2000' detailed map of the proper section of Philmont and plan out the day's hike at home, before leaving for Philmont. Fill out the following information on 3x5 card:

- What routes are available between the starting and ending camps?
- Hike length in miles
- How many hills? How high a climb?
- Note water sources along the way
- Are any side hikes available for scenery or program?
- Create narrative description of things you should see and do on hike

The Navigator should have multiple routes, where possible. Is it three o'clock in the afternoon and you need to get to camp in a hurry? Have a fast way to camp. Are you leaving at 7:30 am for a four mile hike and your crew is up for a challenge? Take an extra three miles and hike through Hidden Valley and enjoy the view of Tooth Ridge and Base camp from Window Rock. It's great, if you're not in a hurry.

After having said all this about the Navigator's job, every member of the crew is responsible for navigation. The Navigator is the day's expert on the hike. Everyone makes sure the whole crew gets where its going safely.

Each night the crew leader and the next day's Navigator sit down with an advisor and any other crew members interested in the details of tomorrow's hike to review the map and 3x5 card for the day so they are familiar with the hike. You should know the description well enough to be able to picture it in head before hiking it.

A sample 3x5 card for a day's hike would be similar to the one to the right. If you do these things, you should not find you and your crew "misplaced"\* at the ranch.

\* - polite term for LOST



## Water & Hydration II

New Mexico is an arid, low humidity climate where we will be doing strenuous physical activities each day. It is critical to your health to drink constantly to replenish the water you lose during the day. You will sweat all day but you won't feel wet. The dry air evaporates your sweat before you can get wet from perspiration.

Philmont recommends every person drink six to eight liters (quarts) a day. You also need to replace the electrolytes you lose through your sweat. The beef jerky, peanuts, beef sticks, and crackers in Philmont meals help tremendously. Philmont provides Gatorade packets with lunches and dinners. Eating properly and drink your Gatorade every day will keep yourself healthy.

Your Ranger will teach you how to check your fluid level. Your urine should be clear and copious (plentiful). If it is slightly yellow, you're starting to dehydrate. If it yellow to brown you're seriously dehydrated. Drink more!

You should have a water bladder in your pack. It is best to be drinking constantly rather than chugging whole liters of water at breaks. You should average a liter an hour while you are hiking.

The most common reason people come off the trail is dehydration. Drink up, eat up and stay out in the back country. It is much more fun than spending a day or two in the medical center.



### Day 10-Red Hills to Shaefer's Pass

**Start:** Red Hills, **Hike Length:** 10.5 miles

**Hills:** 400' to ridge top by Big Red, 800' to Shaefer's Pass

**Description:** Leave camp down valley for 1/4 mile, turn left and do 400' climb to ridge by Big Red. Turn right and follow ridge tops, going over Bonita Peak. Drop down about 1500' to saddle (4 mile mark). Take left on cross trail and follow switchbacks down to Black Mtn Camp. Follow trail down North Fork Urraca Creek for 5.5 miles to North Fork Urraca Camp. Take left on cross trail. 1 mile & 800' climb up to Shaefer's Pass Camp.

**Alternate Route:** Take left at top of ridge above camp. Go over Big Red, Black Mountain & Bear Mountain. 12.5 miles, no water on route. See lots of wooded mountain tops.