

# 2018 PHILMONT AUTUMN ADVENTURE LEAVE NO TRACE MASTER EDUCATOR COURSE

**Location:** Philmont Scout Ranch is located near Cimarron, New Mexico, 45 miles southwest of Raton. Camping Headquarters is 4.6 miles south of Cimarron on Highway 21.

**When:** Participants are to arrive on Sunday, September 9<sup>th</sup> by 3:00 PM for check-in, dinner and classroom sessions. The course will conclude on Friday September 14<sup>th</sup> at approximately 6:00 PM. Participants may stay at Philmont the night of the 14<sup>th</sup> to make travel safer or may depart after 6:30 PM on Friday. Classroom sessions will be held Sunday afternoon and evening, all day Monday, Monday evening, and Tuesday morning. Tuesday through Friday morning will be in the Philmont backcountry. Accommodations while at the Philmont base camp will be 10 X 12 wall tents with cots and access to showers.

**Course Format:** The course will be offered with 2 different emphasis; one will be a backpacking emphasis that will spend Tuesday through Friday morning hiking and backpacking the Philmont trails (~ 11 miles over 3 days) and the other will be a Primitive (or Frontcountry) course emphasis that will spend Tuesday through Friday morning at a camp in Philmont's backcountry located with relatively easy access from base camp.

Participants in both courses are required to "teach" or prepare an instructional presentation on some aspect of Leave No Trace during the course lasting a minimum of 20 minutes. Each individual will be assigned a specific subject area or Leave No Trace principle that they are to deliver to the group. Once registration for the course closes on August 16, 2018, the teaching topic and supporting materials will be sent electronically to allow as much preparation time as possible. Additionally, each participant will be required to complete an Individual Action plan. This plan will be sent with the pre-course information as work on the plan is required prior to coming to the course. The plan will be completed during the course if not completed before arrival.

**Who May Participate?** Any registered Scouter 18 years of age or older with an interest in Leave No Trace and good backpacking and camping skills and experience. Participants in the backpacking course must be in good physical condition.

**Fees:** The fee for the course is \$325.00. These fees cover all the **required materials**, food and housing for the course.

**Medical Requirements:** Participants in the backpacking course are required to have a current Annual Health and Medical Record filled out by their Doctor within 12 months of the course and **must meet the blood pressure and height and weight requirements as outlined on the Level A Philmont Health and Medical form**. Participants in the frontcountry emphasis course must have a current Class 3 physical filled out by their Doctor within 12 months of the course. If you have any medical concerns, please call Philmont before your scheduled arrival day.

**Reservations:** Email, mail, or fax your reservation form any time. Reservations are confirmed upon receipt of a **\$50/person deposit**. The balance of \$275.00 is due upon or prior to arrival. All fees are non-refundable. The course is limited to 10 participants in each emphasis area and will be considered a "No Go" if less than 6 participants register. **Registration will close August 16, 2018.**

**Transportation:** Participants are responsible for their own transportation to Philmont. The closest airports are Albuquerque, Denver and Colorado Springs.

**Clothing and Equipment:** When packing for Autumn at Philmont, consider protection for each part of your body. Temperatures may vary from 80 degrees F during the day to 20 degrees F or even lower at night. Whenever possible, bring clothing made of wool, polar fleece or polypropylene. Even when wet, these fabrics retain some insulating value. Each participant should bring or plan to buy the following: (items marked with an \* usually can be purchased at the Tooth of Time Traders)

<b>Day Hiking</b>	<b>Personal and Miscellaneous</b>
ITEM	ITEM
hiking boots _____	small pocketknife* (A) _____
day pack _____	50 ft. 1/8-inch nylon cord* (S) _____
water bottles or canteens* _____ (with water, two-1 qt. capacity)	flashlight (small w/extra batteries)(S) _____
medium weight wool jacket _____	bandanna or handkerchief* (BB) _____
or wool shirt and wool sweater* _____	whistle* (A) _____
personal first aid kit* _____	lip balm* (BB,A) _____
map* and compass* _____	soap, biodegradable* (BB) _____
sunscreen*(SPF 15 or higher) _____	toothbrush/toothpaste* (BB) _____
sunglasses* _____	comb small _____
wide brimmed hat _____	towel _____
matches*(in waterproof case*) _____	moleskin or molefoam* (BB,S) _____
or lighter _____	adhesive bandages* (BB,S) _____
pocket knife* _____	note pad and pen _____
sturdy rain suit* _____	tampons/sanitary napkins (BB) _____
pair wool mittens or gloves* _____	<b>Optional</b>
stocking cap* _____	Belt _____
<b>Backpacking Treks - Personal Equipment</b>	camera and film* (BB) _____
All of the items listed above plus the following:	watch _____
backpack w/frame & padded hip belt _____ (rental available - \$1.00/person/day)	Philmont Fieldguide* (S) _____
straps* (hold sleeping bag on pack) _____	rubber bands _____
pack cover* _____ (waterproof or large plastic bags)	insulated underwear* _____
sleeping pad* _____	foot powder (BB,S) _____
6 plastic bags - asstd sizes _____	fishing equipment*/licenses* _____
<b>Sleeping</b>	<b>Crew Equipment Provided by Philmont</b>
sleeping bag in waterproof bag _____	cooking kit/utensils _____
sleep clothes _____ (worn only in sleeping bag)	hot pot tongs _____
waterproof ground cloth 5' x 7' _____ (1 per 2 people)	plastic trash bags _____
<b>Clothing (packed in plastic bags)</b>	dishwashing soap _____
lightweight sneakers or tennis shoes _____	scouring pads _____
2 pair heavy wool socks* _____	toilet paper _____
3 pair lighter inner socks* _____	2 person tents _____
2 changes underwear _____	water purification tablets _____
2 pair hiking shorts _____	100'-1/4" rope and burlap bag _____
1 long sleeve shirt _____	backpacking stoves* (1 per 4 persons) _____
1 pair long pants _____	<b>Code</b>
2 short sleeved shirts (not nylon) _____	(BB) - Packed together in plastic bag to be placed in bear bag at night.
	(S) - Share with buddy
	(A) - Easily accessible in pack or carried on person
	* - Can be purchased at the Tooth of Time Traders
<b>Eating</b>	
deep bowl* or plate (small) _____	
cup* (measuring style) _____	
spoon* _____	

# AUTUMN ADVENTURE LEAVE NO TRACE MASTER EDUCATOR COURSE 2018 Reservation Form

Sunday September 9, 2018 – Friday September 14, 2018

**Course Fee: \$325.00**

**Deposit: Email, mail, or fax your reservation form attention, Keith Nelson. A Deposit of \$50.00 will solidify your reservation and is due by August 16<sup>th</sup>. The balance of \$275.00 is due upon (or prior to) arrival.**

Participant's Name \_\_\_\_\_ Email Address \_\_\_\_\_

Mailing Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_ Cell Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Council Name \_\_\_\_\_ Unit and Number \_\_\_\_\_

(Circle One)      *Primitive (Front Country)*      *Backcountry*

Please describe your background as a trainer, your Scouting background and experience, and your interest in Leave No Trace:

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**Course Contacts:**

Keith Nelson  
Philmont Scout Ranch, BSA  
Phone: (575) 376-2281 ext. 1132  
Email: Keith.Nelson@Scouting.org

Marshall Berger  
LNT Coordinator  
Email: SrTeleman@gmail.com

**Mail Reservations to:**

Philmont Scout Ranch, BSA  
Attn: Keith Nelson LNTME  
17 Deer Run Rd.  
Cimarron, NM 87714

Fax: (575) 376-2636  
Email: Camping@PhilmontScoutRanch.org

## PHILMONT WEIGHT LIMITS FOR BACKPACKING & HIKING

### *Backpacking Course Format ONLY*

Each participant in the Philmont backpacking ME course must not exceed the maximum acceptable limit in the weight for height chart shown below. The right hand column shows the maximum acceptable weight for a person's height in order to participate in a Philmont backpacking course. Those who fall within the limits are more likely to have an enjoyable trek and avoid incurring health risks. This backpacking course involves hiking with a 35-50 lb. backpack between 6,500 and 12,500 ft. elevations. Philmont recommends that participants carry a pack weighing no more than 25-30% of their body weight.

Participants 21 years and older who exceed the maximum acceptable weight limit for their height at the Philmont medical recheck, **will not** be permitted to backpack or hike at Philmont. For example, a person 5'10" cannot weigh more than 226 lbs. ***The Philmont physicians will use their best professional judgment in determining participation in a Philmont trek by individuals under 21 years of age who exceed the maximum acceptable weight for height. Participants under 21 years of age are strongly encouraged to meet the weight limit for their height, and exceptions are not made automatically and the maximum allowable exception will be 20 lbs. Discussion in advance with Philmont regarding any exception to the weight limit for persons under 21 years of age is required, whether it is over or under.***

**Under no circumstance will any individual over 295 lbs. be allowed to participate regardless of height or age.** This limit is necessary due to limitations of rescue equipment and for the safety of Philmont personnel.

HEIGHT	RECOMMENDED WEIGHT (lbs.)	MAXIMUM ACCEPTANCE
5'0"	97 - 138	166
5'1"	101-143	172
5'2"	104-148	178
5'3"	107-152	183
5'4"	111-157	189
5'5"	114-162	195
5'6"	118-167	201
5'7"	121-172	207
5'8"	125-178	214
5'9"	129-185	220
5'10"	132-188	226
5'11"	136-194	233
6'0"	140-199	239
6'1"	144-205	246
6'2"	148-210	252
6'3"	152-216	260
6'4"	156-222	267
6'5"	160-228	274
6'6"	164-234	281
6'7" & over	170-240	295

This table is based on the revised Dietary Guidelines for Americans from the U.S. Department of Agriculture and the Department of Health and Human Services.