

Philmont 2023 Skills Instruction Sessions

Summary: Scouts and leaders can greatly influence the quality of their Philmont experience with careful preparation, which includes instruction, practice, and back-country skills. The Philmont crews will be offered skills sessions based on materials provided by Philmont Scout Ranch. A different skill will be covered in each instruction session .

Schedule

- Each topic will be scheduled and covered with the combined group. Crews will be expected to practice the skills further on their shakedown.
- The schedule is subject to change to accommodate conflicts due to weather, troop activities, or other needs. Refer to the Philmont trek prep calendar for the latest information.
- If a crew member must miss a session due to an unavoidable conflict, arrangements will be made for a makeup session.

Month	Topic	Wed Session	
		Date	Time (1 hr)
	Personal Equipment		6:15 PM
	Meals		6:15 PM
	Camp Setup		6:15 PM
	Bear Bags		6:15 PM
	Heat Injuries and Hydration		6:15 PM
	First aid and foot care		6:15 PM
	Packing your Pack		6:15 PM
	Navigation		6:15 PM

Skills Instruction Topics

Personal Gear: Participants will review the personal packing list from Philmont, including recommended backpacks, sleeping bags, clothing, and other personal items. The session will include basic packing techniques for personal gear, and identify where weekend camping gear can be adapted to high adventure, and where it cannot. We will also discuss items of gear that can serve dual purposes or be shared with a buddy.

Meals: Crews will learn and practice backcountry cooking and cleaning techniques including specific requirements from Philmont. Crew members will use backcountry stoves and prepare typical Philmont meals.

Setting Up Camp: Crews will practice Philmont camp set up techniques including the “Bear-muda Triangle”. Crew members will setup backpacking tents and learn how to store gear in their tent and pack. This is very different from a typical weekend outing

Bear Bags: We will learn and practice the Philmont techniques for Bear Bags. Crews will hang bear bags properly, and learn to hoist the often heavy loads involved.

Heat Injuries and Hydration: Philmont’s dry desert climate can reach over 100⁰F. In addition to the heat, the high elevations present hydration challenges we do not experience in Indiana. Crew members will review hydration needs, learn how to purify water, and how to recognize heat-related illnesses.

First aid and foot care: Participants will look at their personal and crew first aid kits, and practice the basic foot care necessary for hiking 50 plus miles in rough mountain terrain. (This is not a first aid certification session.)

Packing your pack: We will do a gear check compared to the Philmont equipment list, and practice packing our packs with personal gear, crew gear, and food/water. Crew members will learn which items need to be carried in a readily available location, and how to optimize space in their pack and properly balance and carry the weight.

Navigation: We will review the navigation techniques used in mountainous backcountry areas, with an emphasis on route planning. Crew members will discuss conservation considerations, and learn appropriate trail etiquette to use when passing/meeting other crews.