



Philmont 2015

Provisional Crew Expedition

Cradle of Liberty Council Contact:

George Stevenson, High Adventure Committee Liaison: 215-317-9786

John Schultz, High Adventure Committee Chair: 215-570-0058

Staff Advisor Matthew Fernandes: matthew.fernandes@scouting.org, 610-688-6900

Philmont Scout Ranch is the Boy Scouts of America's oldest national high-adventure base. It covers approximately 214 square miles - of rugged mountain wilderness in northern New Mexico. Philmont has high mountains dominating rough terrain with elevations ranging from 6,500 to 12,441 feet with thirty-four staffed camps and 55 trail camps.

Philmont Scout Ranch provides an unforgettable adventure in sky-high backpacking country along hundreds of miles of rugged, rocky trails. Program features combine the best of the Old West - horseback riding, burro packing, gold panning, chuckwagon dinners, and interpretive history - with exciting challenges for today, such as rock climbing, burro racing, mountain biking, and .30-06 rifle shooting. It's an unbeatable recipe for fast-moving fun and the outdoors!

The Cradle of Liberty Council High Adventure Committee is excited to offer this **new opportunity** to help deserving Scouts achieve their dreams of high adventure through joining one of two provisional crew expeditions in 2015. This is a mountaintop experience **for your Scout**. Typical costs for this program exceed \$2,100, however, up to 20 scouts will be able to take advantage of this special program.

Scouts can apply as a Provisional Crew Member – see eligibility requirements, commitments and an outline of costs below. Adults can apply as an Advisor – the Lead Advisor must be at least 21 years of age.

Cradle of Liberty Council 2015 Provisional Crew Expedition Details

Dates: June 27 – July 11, 2015

-Scouts-

Provisional Crew Member – up to 20 Slots Available

Subject to competitive application process where precedence is given to Scouts who represent underserved populations from troops which ordinarily would not be able to facilitate this adventure on their own or as a traditional contingent crew.

Age Requirement: must be 14 years of age OR 13 years of age and completed the 8th grade upon arrival (no exceptions can be made, this is a Philmont policy)

Commitment: personal physical training, full contingent training weekend in May 2015, crew training hikes determined by individual crews (MUST attend at least 3 trainings hikes)(be aware of height/weight requirements listed on final page)

Transportation: commercial airline Philadelphia to Denver, charter bus to Cimarron, NM

Basic Itinerary: TBD; will include 2 days of tour bus travel through various locations before arrival at Philmont for 10 day backcountry experience

- No past backpacking experience needed
- Must qualify for Council's provisional crew member scholarship (see Provisional Crew application packet for details)
- Must agree to attend at least 75% of all training sessions (some may be specifically required)
- Must meet Philmont age and height/weight requirements

Eligible for discounted fee of \$550 (\$100 nonrefundable deposit due 4/1/2014) if selected based upon need-based guidelines established by the High Adventure Committee and recommendation of Scoutmaster. \$100 non-refundable deposit due by April 1, 2014 for consideration. (deposit refunded ONLY if scout is not selected by the committee for attendance)

-Adults-

Advisor (minimum age 18) – up to 4 Positions – Cost \$2,150

- May have past experience or new to backpacking/camping
- Must attend ALL council training sessions (beginning October 2014)
- Responsible for safety/mentoring of crew members
- Agree to assist lead advisor with paperwork and logistics
- Must apply for position through council HAC
- \$200 non-refundable deposit due with application by April 1, 2014

Cradle of Liberty Council Provisional Crew Expedition Application

Expedition Dates: June 27th – July 11th, 2015

This form is to be used by any adult or youth wishing to be a part of the council's provisional crew. This crew is designed to allow scouts not travelling with a traditional unit an opportunity to be a part of the Philmont experience.

If you decide to apply for the Philmont Contingent, you must be physically fit, have proper clothing and equipment (some available to borrow and/or rent), be willing to follow instructions, work as a team with your crew and take responsibility for your own health and safety. **All youth must be 14 years old OR 13 years old and completed the 8th grade by June 29, 2015. No exceptions can be made.** Philmont is not risk free and you should be prepared to listen to safety instructions carefully, follow directions and take appropriate steps to safeguard yourself and others. Please review the Medical Guidelines sent with this application for details.

Adult participants are selected based on adult to youth participation ratio (ideally 3 adults in a 12 person crew, with a minimum of two-deep leadership), and BSA policy. **All participants, youth and adult, must be a registered member of the Boy Scouts of America.** All adults (participants over 18) MUST have current Youth Protection certification with expiration after July 11, 2015. Please type or print clearly ALL information. Read instructions carefully as some questions ask for future dates, etc.

Name: _____ Age on June 29, 2015: _____
 First Middle Last

Note: Please fill out your name EXACTLY as it appears on the ID most likely to be used for air travel.

Desired Crew Position

Provisional Scout Crew Member

Adult Advisor

(see attached for commitment details and position description)

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: (____) _____ Parent Cell: (____) _____ Parent 2 Cell: (____) _____

Parent Work Phone: (____) _____ Email Address: _____

Birth Date: ____/____/____ Membership ID #: _____
 Month/Day/Year

Council: _____ District: _____

Unit Type: (Indicate Troop or Crew) _____ Unit Number: _____

I currently meet the Height/weight requirements (page 4): ___Yes ___No

Note: An answer of "No" does not preclude an applicant from attendance, however, participants not currently meeting this requirement must fall within the allowable range at time of expedition.

T-Shirt Size (men's)(by June 2015): _____

Have you attended Philmont before? ___Yes, as an adult ___Yes, as a scout ___No

If yes, how many times? _____

Do you have any of the following certifications (check "Yes" only if expiration dates are AFTER July 11, 2015)?

BSA Youth Protection: ___ Yes ___ No

Note: ALL ADULT PARTICIPANTS (over 18 years old) MUST BE REGISTERED MEMBERS OF THE BOY SCOUTS OF AMERICA AND HAVE CURRENT YOUTH PROTECTION TRAINING.

CPR (Red Cross or equivalent): ___ Yes ___ No

Wilderness and Remote First Aid (Red Cross or equivalent): ___ Yes ___ No

Financial Estimates (This section for scouts ONLY)(required):

Cost of Expedition: \$550

Troop/Crew Contribution (i.e. fundraising): \$ _____

Scout Earned Contribution: \$ _____

Family Contribution: \$ _____

Descriptive Desire for Joining Provisional Crew:

Please try to be as specific as possible.

I agree that participation is contingent upon my understanding that all participants will attend the Cradle of Liberty Council Philmont Training (at least 3 training hikes and May Training Weekend for scouts; plus ALL training meetings for adults) and travel to and from Philmont in a full Class "A" Boy Scout summer uniform (shirt, shorts, belt, socks and contingent hat/neckerchief). Current Health and Medical forms must be completed and returned to the Crew Advisor before attending. I agree to uphold the policies and procedures of the National Council, Boy Scouts of America and the Cradle of Liberty Council at all times.

Applicant Signature _____

Date _____

Date _____

Parent/Guardian Signature (for scouts)

Scoutmaster recommendation (Required for scouts and adults)

I agree that the above listed applicant is a member in good standing with my troop. Furthermore, I recommend this Scout/Leader to be considered for his/her desired position within the Cradle of Liberty Council's provisional crew expedition program. By signing I submit that he or she would be capable to fulfill his or her responsibilities and obligations to the crew to the best of my knowledge.

Scoutmaster Signature _____ Date _____

Scoutmaster Printed Name _____

Scoutmaster Comments Regarding Applicant (please use back or separate sheet if necessary)

For Registrar Use Only

Deposit Amount _____

Date Received _____ Initials _____

Application Checklist

Did you remember to double check or include the following?

- Application is completely filled out and signed by applicant AND parent AND Scoutmaster.
- Name on application matches name on ID most likely used for air travel.
- A \$100 (scout) or \$200 (adult) non-refundable deposit is enclosed (made out to "Cradle of Liberty Council").
- For all adults, please sign and submit the "Cradle of Liberty Council Philmont Contingent Advisor Agreement" (separate from application).
- Review of the age requirements to ensure participant meets the guidelines (Philmont WILL NOT relax these for anyone).
- Review the medical guidelines (pages 6 and 7) and pay special attention to the height/weight charts. Any medical concerns/questions for participation should be brought forward BEFORE application and deposit is submitted.

If you have any questions before completing and/or submitting your application and deposit, please contact your unit leadership or the High Adventure Liaison for Cradle of Liberty Council:

George Stevenson
novaone69@aol.com
215-317-9786

Philmont Medical Guidelines

The Trek Experience:

Each participant must be able to carry a 35- to 50-pound pack while hiking 5 to 12 miles per day in an isolated mountain wilderness ranging from 6,500 to 12,500 feet in elevation. Summer/autumn climatic conditions include temperatures from 30 to 90 degrees, low humidity (10 to 30 percent), and frequent, sometimes severe, afternoon thunderstorms. Activities include horseback riding, rock climbing and rappelling, challenge events, pole climbing, black powder shooting, 12-gauge trap shooting, .30-06 shooting, trail building, mountain biking, and other activities that have potential for injury.

Recommendations Regarding Chronic Illnesses:

Staff and/or staff physicians reserve the right to deny the participation of any individual on the basis of a physical examination and/or medical history.

Adults or youth who have had any of the following conditions should undergo a thorough evaluation by a physician before considering participation at a BSA high-adventure base.

Cardiac or Cardiovascular Disease, including:

1. Angina (chest pain caused by blocked blood vessels or coming from the heart)
2. Myocardial infarction (heart attack)
3. Heart surgery or heart catheterization (including angioplasty to treat blocked blood vessels, balloon dilation, or stents)
4. Stroke or transient ischemic attacks (TIAs)
5. Claudication (leg pain with exercise, caused by hardening of the arteries)
6. Family history of heart disease or a family member who died unexpectedly before age 50
7. Diabetes
8. Smoking
9. Excessive weight

Youth who have a congenital heart disease or an acquired heart disease such as rheumatic fever, Kawasaki's disease, or mitral valve prolapse should undergo thorough evaluation by a physician before considering participating at Philmont. The physical exertion may precipitate either a heart attack or stroke in susceptible persons. Participants with a history of any of the first seven conditions listed above should have a physician supervised stress test. More extensive testing (e.g., nuclear stress test) is recommended for participants who have coronary heart disease. **Even if the stress test results are normal, the results of testing done at lower elevations, without backpacks, do not guarantee safety.** If the test results are abnormal, the individual is advised not to participate.

Asthma:

Asthma should be well-controlled before participating at Philmont. Well-controlled asthma means: 1) the use of a rescue inhaler (e.g., albuterol) less than once daily; 2) no need for nighttime treatment with a rescue inhaler (e.g., albuterol). Well-controlled asthma may include the use of long-acting bronchodilators, inhaled steroids, or oral medications such as Singulair. You must meet these guidelines in order to participate. You will not be allowed to participate if: 1) you have exercise asthma not prevented by medications; or 2) you have been hospitalized or have gone to the emergency room to treat asthma in the past six months; or 3) you have needed treatment with intravenous, intramuscular, or oral steroids (prednisone) in the past six months. ***You must bring an ample supply of your medications and a spare rescue inhaler that are not expired.*** At least one other member of the crew should know how to recognize signs of worsening asthma or an asthma attack, and should know how to use the rescue inhaler. ***Any person who has needed treatment for asthma in the past three years must carry a rescue inhaler on the trek. If you do not bring a rescue inhaler, you must buy one before you will be allowed to participate.***

Weight Limits:

Weight limit guidelines are used because overweight individuals are at a greater risk for heart disease, high blood pressure, stroke, altitude illness, sleep problems, and injury. Those who fall within the limits are more likely to have an enjoyable trek and avoid incurring health risks.

Each participant in a Philmont trek must not exceed the maximum acceptable limit in the weight chart shown below. The right-hand column shows the maximum acceptable weight for a person’s height in order to participate in a Philmont trek.

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. They will be sent home.

For example, a person 70 inches tall cannot weigh more than 226 pounds. All heights and weights will be measured in stocking feet.

For participants under 21 years of age who exceed the maximum acceptable weight for height, the Philmont physicians will use their best professional judgment in determining participation in a Philmont trek. Philmont will consider up to 20 pounds over the maximum acceptable as stated on the chart; however **exceptions are not made automatically, and discussion in advance with Philmont is required regarding any exception to the weight limit for persons under 21 years of age.** Philmont’s telephone number is 575-376-2281.

Under no circumstances will any individual weighing more than 295 pounds be permitted to participate in backcountry programs. This requirement is necessary due to rescue equipment restrictions and for the safety of search-and-rescue personnel.

The maximum weight for any participant in a Cavalcade Trek and for horse rides is 200 pounds.

Height (inches)	Recommended Weight (lbs)	Allowable Exception	Maximum Acceptance
60	97-138	139-166	166
61	101-143	144-172	172
62	104-148	149-178	178
63	107-152	153-183	183
64	111-157	158-189	189
65	114-162	163-195	195
66	118-167	168-201	201
67	121-172	173-207	207
68	125-178	179-214	214
69	129-185	186-220	220

Height (inches)	Recommended Weight (lbs)	Allowable Exception	Maximum Acceptance
70	132-188	189-226	226
71	136-194	195-233	233
72	140-199	200-239	239
73	144-205	206-246	246
74	148-210	211-252	252
75	152-216	217-260	260
76	156-222	223-267	267
77	160-228	229-274	274
78	164-234	235-281	281
79 & over	170-240	241-295	295

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

All Medical Guideline information excerpted from BSA Annual Health and Medical Record form: Part D (2010 Printing ; Rev. 11/2010)