PHILMONT
TRAINING LOG

Physical Preparation

To enjoy the Philmont experience participants must be physically prepared to carry a 35- to 50-pound backpack over steep, rocky trails at elevations ranging from 6,500 to 12,441 feet. A regular program of physical conditioning for at least three to six months prior to the trek is essential. A longer period of conditioning is required for those unaccustomed to physical exercise. A program of regular aerobic exercise is highly recommended to become physically conditioned for Philmont. Plan to exercise for 30 to 60 minutes 3 to 5 times per week.

Jogging, running uphill, climbing long flights of stairs and hiking with a full backpack are excellent methods of preparation. How fast you run or how far you go is not nearly as important as regular exercise. Other aerobic exercises such as swimming, bicycling, stationary cycling, and aerobic exercise classes can supplement your training. Start slowly and gradually increase the duration and intensity of your exercises. Start a journal to record your progress. If anyone has questions, have them contact their family physician or exercise physiologist.

Backpacking is the best way to prepare for a Philmont trek. Select a hilly area for your training. Start with a short hike and a light pack. Increase the mileage and your pack weight as your training progresses. It is important to hike often enough while carrying a pack and wearing the boots that you will use at Philmont to toughen your feet and break in your boots. Most of the crews that participate indicate on their evaluation forms that additional physical training by all members of their crew would have been helpful.

As said earlier, **Philmont is hard!** The stamina required to hike Philmont is much greater than you may be used to due to the distances traveled, elevation changes, and the overall duration of the trek.

Suggested Conditioning Program	Conditioning
July thru October	Walk, jog in place, swim or ride a stationary bike for 20+ minutes at least 3-5 x's per week. Outdoor distances covered should range from 2-4 miles per session. A pair of boots 6 to 8 inches high with sturdy sole are recommended. Wear your boots to school or work and when walking anywhere to break them in and to condition yourself.
November thru January	Weather permitting, jog, run or walk outdoors 3-5 x's per week. Gradually increase the length and the incline or speed. While walking, begin to carry your backpack and gradually add weight to it. Distances/Times should range from 3-5 miles or 30-60 minutes.
March thru May	Continue exercising. The Troop will schedule a couple 5- to 10-mile day hikes and at least two overnight backpacking trips of 10 to 20 miles. Whenever possible, hike in the boots that you will use on the trail and carry your backpack.
June/July	Continue exercising right up to the day you depart for Philmont. Come to Philmont in top physical and mental condition ready for backpacking with a 35 to 50-pound pack over steep, rugged trails at high elevations.

DATE	LOCATION	MILES

ELEVATION	TIME	NOTES

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Equipment	Quantity	Comments	Check
Backpack	1	65 to 75 L capacity recommended.	
Pack Cover	1	Waterproof, durable cover that fits over full pack	
Sleeping Bag	1	Recommended comfortable rating of 20-degrees, <4 lbs	
Waterproof Sack	1	For sleeping bag.	
Sleeping pad	1	For padding and insulation	
Headlamp	1	Durable/lightweight. Bring extra batteries	
Trekking Poles		Optional. Rubber tips for soil	
Pillow		Optional. Small/packable	
Bowl	1	Deep bowl of lightweight material	
Utensils	1	Only a spoon or spork are recommended	
Water Bottles/ Reserves	4+ L	Min. 4 L personal capacity in any combination of bottles or reservoir	
Extra Water Capacity	2	Recommended 2 liters of extra water capacity in collapsable bottles for dry camps	
Mug/Cup	1	Optional. 12-20 Oz measuring cup style	
Underwear	3-4 pr	Moisture wicking, Avoid Cotton	
T-shirt	2	Moisture wicking, Avoid Cotton	
Long Sleeve Shirt	1	Moisture wicking, Avoid Cotton	
Pants/Shorts	2	Quick-drying. Pants required for certain activities	
Lightweight Fleece	1	Lightest/Warmest possible. Wool sweater or fleece pullover	
Boots	1 pr	Sturdy, supportive, broken in. Fits comfortable	
Socks	3-4 pr	Wool or synthetic, not cotton. Liners optional.	
Camp/Stream shoes	1 pr	Used in camp and during stream crossings.	
Sleep clothes	1 set	Only work in sleeping bag. Lightweight shirt and shorts	
Long underwear	1	Mid-weight synthetic top and/or bottoms.	
Rain jacket	1	Durable rain gear highly recommended	
Rain pants	1	Durable rain gear highly recommended. Vital for warmth	
Gloves	1 pr	Recommended for cold/summit days	
Warm hat	1	For sleeping, cold/summit days	
Insulated Jacket		Optional. Packable down or synthetic puffy or fleece. Expect lows in 30's in higher elevations	
Toothbrush/paste	1	Personal size recommended	
Medications		Prescription medications as recommended	
Camp towel	1	Small, quick drying	
Foot powder		Optional. May be crew gear. Absorbs moisture	
Hat	1	Wide brim or baseball. Protects ears and face	
Sunglasses	1	Eye protection	
Lip balm	1	Moisturizing. SPF 25+ recommended	
Ditty Bags / Sealable bags	6-10	Used for packing and keeping clothes dry, cleaning laundry and pack organization	
Whistle	1	For emergency	
Daypack	1	For use on summit days and side hikes	
Bandana/headgear	2	Wash clothes, hot pot holder, and multi-use	
Lashing Straps	2	Hold gear onto packs	
Money	$20-$50	Small bills for back-country trading posts	
Watch	1		
Camera	1	Batteries & Memory Card	
Fishing Equipment	1	May need NM Fishing License as well	
Notepad & Pen	1	For journaling, emergency messages, first aid records	