



Philmont 2010

Tidbits

Travel

1. We will leave at **5:00 AM** July 13 from St Francis to beat the I40 dust storms in Winslow.
2. Have a water bottle in the car with you.
3. Bring your iPod for the car.
4. Call your parents when you arrive at Philmont. Call home when you get off the trail.

Backpacking

1. The crew must stick together. The crew must be within sight and sound when hiking.
2. Start early in the day. Do not sleep in late.
3. Cycle time in the morning. Take 45 minutes from getting up to hiking on the trail.
4. If some people are faster than others, then give them more weight to carry.
5. Check the map at decision points.
6. Help each other to put on your packs. Help each other in many small ways.
7. Fix a hot spot before you have a blister.
8. Use the Caterpillar for uphill and to stay together. No complains when a Caterpillar is called.
9. About 50% of hiking is 90% mental.
10. The first hour of hiking in the morning go slow. Do not burn yourself out.

Eating

1. You must eat your food each day. You will need the energy.
2. Drink more water and less of the sugar drinks.

How not to get sick

1. Do not share water bottles.
2. Do not share cups or spoons.
3. Do not share food that has been opened.
4. Do not share food from your cup.
5. Bring wet wipes.
6. Each person needs a small first aid kit. Pain meds (Tylenol), Moleskin, J&J Blister pads, etc
7. Wake up each day and say this is going to be a great day for backpacking.