



LINCOLN HERITAGE COUNCIL PHILMONT EXPEDITION 2016 June 18-July 2

Philmont Scout Ranch, located in Cimarron, New Mexico, is over 137,000 acres of challenging Scout high adventure. A Philmont experience can be the highlight of a Scout's career and will be one that they will remember and cherish their entire life. Spending time in the mountains carrying your own gear in a backpack preparing your meals with your crew develops character in a way that is difficult to explain. Any former Philmont veteran will agree that it is one of the greatest life experiences they have ever enjoyed.

In 2016, thirty six Scouts and Scouters from the Lincoln Heritage Council will have the opportunity to explore Philmont on a 12-day backpacking expedition! Three crews consisting of 4 adults and 8 youth each will select their own program and can hike more than 100 miles if they choose. Places that they can visit include the famous Tooth of Time and Mount Baldy as well as Mount Phillips, Fish Camp, French Henry, Ponil, Maranda and more.

Spaces are limited and reservations must be made well in advance of the trek in order to plan, organize, recruit and train for such a monumental trip.

Make your reservations today and start training!

Important Information about the Contingent

- WHO:** All Scouts applying to participate must be 14 by January 1, 2016 or have completed the 8th grade and be at least 13 years of age prior to participation. A limited number of spots are available for adults and an interview and selection process will be conducted.
- WHEN:** June 18 – July 2, 2016. This includes a few days for traveling to and from Philmont. Actual days at the Ranch are June 19 – July 1.
- COST:** The total fee will be \$1600.00 per person which includes all meals, transportation, training supplies and program fees. A \$100 deposit must be submitted with the application to tentatively reserve a spot. Deposit will be returned if the application is not accepted.
- REFUND POLICY:** Once fees have been paid to Philmont they are NOT refundable for any reason. Commitments must be made months in advance regarding staff and supplies.
- ITINERARY:** Each crew will be able to select their own customized backpacking trip which will include daily program camp visits on the Ranch.
- TRAINING:** Participants will be expected to attend all training weekends and events and acquire the necessary gear needed for such an excursion.

HEALTH AND MEDICAL INFORMATION

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

Height (inches)	Max. Weight	Height (inches)	Max. Weight
60	166	70	226
61	172	71	233
62	178	72	239
63	183	73	246
64	189	74	252
65	195	75	260
66	201	76	267
67	207	77	274
68	214	78	281
69	220	79 and over	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.

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 pounds.