

# Ground Rules for Philmont - what to expect:

1. This is not a leisurely vacation but a strenuous, difficult adventure. We need to be in the best possible physical condition. Expect that you will be challenged and **don't get discouraged by the challenge. Be prepared.**
2. We will be getting up early every day (possibly before daybreak some days) so we can be on the trail early.
3. We will have a destination each day and will strive to achieve our destination as early as possible to allow time to participate in staff camp activities. **We will set expectations and discuss them constantly.**
4. **We will be dirty and smelly.**
5. No individual will be allowed to quit the trek and return alone. If some incident or accident occurs at least 2 people must return to camp.
6. Crews will be assigned and train as a crew from day 1.
7. Each crew member will know how to operate his crews' stove, water filter, etc. and take shifts filtering water, cooking, packing and hanging bear bags, etc.
8. We will try to hike 50 minutes an hour and rest for 10 minutes. Take care of any toilet needs early in the break so that we can get moving promptly.
9. We will try to keep a steady pace - not too fast or too slow.
10. Keep spacing of 15 feet between the hiker in front of you.
11. Reduce the weight of your backpack as much as possible.
12. Be familiar with your straps, pockets and zippers
13. Practice loading and unloading your backpack
14. Practice carrying your backpack
15. You must attend at least 80% of the planned training hikes. We are a team and need to support each other and learn to work together
16. A pack inspection will be done prior to each training hike.
17. Packs on the training hikes should be **as heavy, if not heavier** than you will carry at Philmont.