

Training for Troop 2 Philmont Expedition 705A

Start training now! A program of regular aerobic exercise is highly recommended to become physically conditioned for Philmont. Plan to exercise 30 to 60 minutes three to five times a week.

Jogging, running uphill, climbing long flights of stairs, walking along abandoned railroad tracks, and hiking with a full pack are all excellent preparation. How fast you run or how far you go is not nearly so important as regular exercise. It is important to **hike often** enough while **carrying a pack** and **wearing the boots you will use** at Philmont to toughen your feet and to break in your boots.

Ninety percent of the crews that participated in 2002 indicated on their evaluation forms that additional physical training by all members of their crew would have been helpful.

JANUARY Complete health history on individual medical form and get parental approval (signature). Be examined by a physician or osteopath. Call attention of the physician to the note on the medical form that describes the rigors of a Philmont trek and to the box that indicates areas of medical concern. Walk, jog in place, swim, or pedal an exercise bike indoors for 20 minutes or more at least three to five times a week. Gradually increase the length and the intensity of exercises.

Buy a pair of quality hiking boots. Wear your boots to school or work and when walking anywhere to break them in and to condition yourself.

FEBRUARY/MARCH When weather permits, jog, run, or walk outdoors. Start with 20-minute sessions and gradually increase the length and the incline or speed.

APRIL Continue exercising. Participate in Troop overnight backpacking trek.

MAY Continue exercising. Participate in Troop overnight backpacking trek.

JUNE Continue exercising. Participate in Troop overnight backpacking trek.

JULY Continue exercising right up to the day you depart for Philmont. Come to Philmont in top physical and mental condition, ready for carrying a 35- to 50-pound pack over steep, rugged trails at high elevations (6,500 to 12,500 feet).

January 20, 2007 – Mount Manitou Day hike

February 24, 2007 – Barr Camp Day hike

March 17, 2007 – Day hike to A-frame shelter, Pikes Peak (possible overnight)

April, 2007 – Valle Vidal or Comanche Grassland overnight hike

May, 2007 – Buffalo Peaks Wilderness overnight hike

June, 2007 – Spanish Peaks overnight hike

July 5-17, 2007 – **Philmont!**