

**B A L T I M O R E****A R E A C O U N C I L**

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**C r e w T r a i n i n g**

A. If a football coach told his players to get equipment and meet him on the sidelines on Friday Night and then told the team to get on the field and play, wouldn't someone ask, "What are the Plays?" Yet every year, that is exactly what advisors do with their crew.

Before a crew practices, the advisor needs to teach the plays!

1. Backpack Inspection - ask crew to list any missing gear BEFORE the inspection.
2. Map and Compass
  - a. Have Everyone Orient the map.
  - b. Flash Cards of map symbols and colors.
  - c. Trail Profiling (Taught at the weekend training, March 20, 1999).
  - d. Hiking times: backpacking takes 30 minutes a mile plus 1 hour per 1000' climb. Day hiking 20 minutes a mile plus 1 hour per 1000' climb.
3. Camp Setup
  - a. What is the GENERAL ORDER?
    - 1) The crew comes FIRST!!!
  - b. What order is camp set up?
    - 1) Circle the campfire ring

- 2) Identify BEAR-MUDA Triangle (fire circle, sump and bear bag cable where all smellables are in)
- 3) Form three piles (food, personal smellibles and crew gear)
- 4) Put bear bag up first (some personal smellibles (soap may be left down to clean with after camp is set up)
- 5) Put dining fly up next.
- 6) Purify water
- 7) Put crew gear under dining fly

4. Water Purification (Philmont uses Polar Pure)

5. Bear Bag (practice lark's head knot)

6. Stove Safety - (Taught at the weekend training, March 20, 1999)

7. Cooking (Taught at the weekend training, March 20, 1999)

8. Dish washing (Taught at the weekend training, March 20, 1999)

B. Half Day Practice - Full Pack

Hike no more than 1-2 miles total because the emphasis is on camp setup. This might be the first time a crew member backpacks. Set up camp, cook one bag of dinner, and practice dishwashing.

C. Hard 3 day/2 night 15 miler - 2 months before departure

This identifies the people who are not in shape. Make sure that they are on an exercise program. An adult out of shape probably will not be in shape at Philmont to enjoy it but after exercising for two months, at least he will survive it.

Any hiker not making this outing be leary about them not being in shape. Test them if you can. In 10 years of Philmont training, every hiker that has ever missed this tough hike (except one) has always been out of shape and a problem at Philmont.

NOTE: Those missing this shakedown should be asked, "In the last two weeks, what exercises have you done each day. Be specific. How many and How long?"

D. Moderate 3 day/2 night 15 miler - 1 month before departure

Treat this hike as a fine tuning. This should be fun. Ask the crew to hike in their boots one day a week until Philmont.

E. 10 Mile Hike - weekend before departure

Since the crew will not hike in their boots once a week prior to Philmont, this hike should generate blisters so they can be recovered before Philmont. Alternative is to get them at Philmont and then have to live with them.

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See also:

- o [Selden's Philmont](#),
- o [High Adventure](#) and
- o [Scouting](#) Web Pages