



KANIK

PHILMONT'S COLD WEATHER CAMPING PROGRAM

- ◆ **HAVE FUN! ENJOY PHILMONT'S BEAUTY IN WINTER**
- ◆ **LEARN WINTER CAMPING BASICS**
- ◆ **CAMP COMFORTABLY IN COLD WEATHER**

Location: Philmont Scout Ranch is located near Cimarron, New Mexico (see map on back). Camping Headquarters is 4.6 miles south of Cimarron on Highway 21.

Who May Participate? Any individual who is at least 14 years of age by January 1 or in the eighth grade at the time of participation - without exception! **All participants must be registered members of the BSA.** There is no gender restriction for adult leadership at National High Adventure bases, except that each coed crew must have coed adult advisors.

Each crew must have at least two **registered** adult advisors. For Scout units, one of the advisors must be at least 21 years of age or older; the second advisor must be at least 18 years of age. For coed Venturing crews, there must be a male and a female advisor, both at least 21 years of age or older. Every crew is required to have a majority of youth participants.

Every leader and participant is required to have a current (within the past 12 months) medical examination and have a Philmont or BSA Class 3 medical record filled out by their physician. Each leader and participant must be in good physical condition. These standards are for your safety, as well as ours.

Crew Size: The Kanik (Inuit for "snowflake") program is best accomplished with a crew of 6 to 10 people accompanied by a Kanik guide. **Each crew should elect a youth member as crew leader before arrival at Philmont.** The Kanik guide should be used as an information resource and will work through the crew leader to provide instruction to the crew. In order to adequately prepare for each crew's arrival, crew size can be increased only up until 2 weeks prior to arrival.

Fees: \$100/person/weekend; \$50 for each additional day. The fee includes meals, snacks, instruction, staff and the use of specialized outdoor equipment (see page 3), sleeping bags and outer clothing as needed. Additional fees are assessed if Kanik equipment is lost or misused.

Reservations: Reservations are confirmed upon receipt of your non-refundable deposit (\$50/person) and completed reservation form. Reservations are accepted on a first come, first served basis beginning May 1 of the year prior to attending. Space is limited to 45 participants per session and fills quickly. The balance of fees is due upon arrival.

Period of Attendance: Sessions are available from December 28 through March 31. Conditions may vary; if there is inadequate snow for cross-country skiing, there is an opportunity to see more backcountry by hiking. Weekend stays are available; however, to be fully trained and fully participate in winter activities, it is recommended that each group plan to attend for 3 to 4 days, as the first night is spent in Base Camp.

Arrival/Departure: Crews should arrive at the Camping Headquarters office on their scheduled date between 3:00 – 5:00 pm. Expect to depart around 1:00 pm on your scheduled check-out day after lunch.

Food: Your first meal will be dinner at the PTC Dining Hall at 5:00 PM. You will have breakfast the next morning in the dining hall before departing for the backcountry. Meals while in the backcountry will be 24 hour meal packs. Your last meal will be lunch on your last day in the dining hall at 12:00 noon. We can provide sack lunches for groups wanting to get out right at noon. **Please inform Kanik Staff regarding special dietary needs (food allergies, diabetes, etc.) at least 2 weeks prior to arrival at Philmont.**

Program Options: On the night of your arrival, you will be housed indoors at Base Camp. Subsequent nights will be spent in the backcountry in tents (or snow shelter if conditions permit). After an initial period of training, several program options are available to each group depending upon its interest, the weather and snow conditions. Options include: ski touring, snow shelter building, snow camping, winter ecology, hiking, use of winter tools and equipment. **Groups that come to Kanik for just a weekend may have limited time for these activities.**

Cold weather camping is the ultimate test of your ability to camp and travel in the backcountry and learn to live in harmony with the environment. Training in winter camping will prepare you to safely enjoy many winter adventures and to teach others to enjoy these unique experiences.

Clothing and Equipment: In the winter, Philmont is a great place to “field test” your winter gear. Supplemental clothing and equipment are available, however, Philmont cannot provide participants with hats, polypropylene underwear, glove liners, sunglasses or socks. When packing for Kanik, consider protection for each part of your body. Whenever possible, wear wool, polar fleece or polypropylene. Even when wet, these fabrics retain insulative value. Check your clothing labels to determine the fabric content; **do not bring cotton clothing for winter camping.** When cotton is wet, it loses almost all of its insulative value. Think in terms of multiple layers of comfortable clothing.

Be Aware of Potential Risks: Philmont offers winter camping and cross-country skiing in relatively inaccessible mountainous terrain. Parents, advisors and youth participants should be alert to the potential for injury. Philmont strives to minimize risks to participants and advisors by emphasizing proper safety precautions. Philmont staff members will instruct you regarding safety measures to be followed. Each crew is expected to follow these safety measures and to accept responsibility for the health and safety of each of its members. Prior physical training is encouraged as elevations range from 6,500 to well over 12,000 ft. above sea level.

Awards: Each participant who completes training will be awarded a distinctive patch as a remembrance of Philmont Kanik. Much like the Arrowhead patch, a Kanik patch can only be earned.

Tour Permit: Obtain a tour permit (National if over 500 miles, Local if less than 500 miles) application from your Scout service center and submit it for approval at least one month in advance. Bring your approved tour permit with you to Philmont. Refer to BSA publication No. 33735 *Tours and Expeditions* and the tour permit application for complete information.

Transportation: Prepare your vehicles for cold weather **BEFORE** you leave home. AAA and state agencies will recommend emergency supplies you should carry. Drive slowly on snow and ice and stay in control at all times. Albuquerque and Colorado Springs are the closest airports; vehicle rental agencies are available at each location. Amtrak provides service to Raton, New Mexico; TNM&O provides bus service to Raton and Cimarron. Arrangements can be made with Philmont for transportation between the bus or train station and Philmont.

Each participant should bring or plan to buy the following: (items marked with an * can be purchased in at the Tooth of Time Traders).

<u>Your Personal Equipment</u>		
Head:	✓	✓✓
1 stocking cap*	_____	_____
1 facemask (balaclava)*	_____	_____
Hands:		
2 pr mittens (preferably wool)*	_____	_____
1 pr glove liners (polypropylene)*	_____	_____
1 pr windproof glove shells*	_____	_____
Upper Body:		
2 wool or polar fleece sweaters*/jackets*	_____	_____
windproof jacket*, preferably hooded	_____	_____
2 pr polypropylene underwear* tops	_____	_____
Lower Body:		
2 pr polypropylene underwear bottoms*	_____	_____
1 pr wool or fleece pants	_____	_____
blue jeans or carharts are not acceptable winter camping clothing.		
Feet:		
2-3 pr wool socks*	_____	_____
2-3 pr polypropylene liner socks*	_____	_____
1 pr hiking boots	_____	_____
*Can be purchased at the Tooth of Time Traders		

<u>Your Personal Equipment</u>		
Other Required Items:	✓	✓✓
Sleeping bag	_____	_____
(0° rating or lower-preferably not down fill)		
Full length insulated sleeping pad	_____	_____
Sunglasses* (100% UV Protection)	_____	_____
Insulated cup*	_____	_____
Spoon* (plastic)	_____	_____
Toilet articles (soap/toothbrush/towel/etc.)*	_____	_____
Sunscreen* (SP15 or better)	_____	_____
Lip Balm	_____	_____
1-2 - One qt. water bottles* or canteen	_____	_____
Completed Philmont Health & Medical Record form signed by a doctor within the past 12 months (should be given to advisor)	_____	_____
Other Recommended Items:		
Insulated vest*	_____	_____
Bandana*	_____	_____
Pocket flashlight*	_____	_____
Pack boots	_____	_____
(Sorels or galoshes with removable liners)		
\$40 spending money per person (approx)	_____	_____
TAPE/CD PLAYERS WILL BE LEFT IN BASE CAMP		
*Can be purchased at the Tooth of Time Traders		

- Philmont provides the following equipment as crew gear:**
- 8 qt. Pots w/lids
 - Coffee Pots w/lids
 - PEAK I Stoves
 - Fuel Bottles
 - Match Cases w/matches
 - Hot Pot Tongs
 - Cooking Pads
 - 3 - Gal. Water Jugs
 - Campsuds biodegradable soap
 - Condiment Kit (salt, pepper, etc)
 - Trash Bags
 - Tents w/stakes & flukes
 - Sleds for pulling gear
 - Saucer Sleds
 - Cross Country Skies and Poles
 - Tarps
 - Maps & Compasses

- Philmont has a limited supply of the following personal gear available for loan:**
- Backpacks & Frames
 - Zero Degree Sleeping Bags
 - Closed Cell Foam Pads
 - Fleece Sleeping Bag Liners
 - Water Flasks w/Covers
 - Suspenders
 - Fleece Nose Warmers
 - Wool Mittens
 - Windproof Over mitts
 - Wool Shirts
 - Fleece Jackets
 - Windproof Anoraks
 - Wind Pants
 - Fleece Pants
 - Waterproof Overshoes
 - Fleece Booties

PHILMONT WEIGHT LIMITS FOR BACKPACKING AND HIKING

Each participant in a Philmont trek must not exceed the maximum acceptable limit in the weight for height chart shown below. The right hand 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 35-50 lb. backpack between 6,500 and 12,500 ft. elevations. Philmont recommends that participants carry a pack weighing no more than 25-30% of their body weight.

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 70 inches tall cannot weigh more than 226 lbs. All heights and weights will be measured in stocking feet.

For participants under 21 years of age who exceed the maximum acceptable weight for height, the Philmont physicians will use their best professional judgment in determining participation in a Philmont trek. Participants under 21 years of age are strongly encouraged to meet the weight limit for their height. Exceptions are not made automatically and discussion in advance with Philmont is required regarding any exception to the weight limit for persons under 21 years of age, whether it is over or under. Philmont will consider up to 20 lbs. over the maximum acceptable as stated on the chart, however, the exception will never exceed 295 lbs. Philmont's phone number is 575-376-2281.

The maximum weight for any participant in a Cavalcade Trek and for horse rides is 200 lbs. **Under no circumstances will any individual weighing more than 295 pounds be permitted to participate in backcountry programs.** This requirement is necessary because of limitations of rescue equipment and for safety of search and rescue personnel.

Individuals who do not meet Philmont's weight for height requirements will not be allowed on the trail and will be sent home.

Height (inches)	Recommended Weight (lbs)	Allowable Exception	Maximum Acceptable
60	97 - 138	139-166	166
61	101-143	144-172	172
62	104-148	149-178	178
63	107-152	153-183	183
64	111-157	158-189	189
65	114-162	163-195	195
66	118-167	168-201	201
67	121-172	173-207	207
68	125-178	179-214	214
69	129-185	186-220	220

Height (inches)	Recommended Weight (lbs)	Allowable Exception	Maximum Acceptable
70	132-188	189-226	226
71	136-194	195-233	233
72	140-199	200-239	239
73	144-205	206-246	246
74	148-210	211-252	252
75	152-216	217-260	260
76	156-222	223-267	267
77	160-228	229-274	274
78	164-234	235-281	281
79 & over	170-240	241-295	295

This table is based on the revised Dietary Guidelines for Americans from the U.S. Dept. of Agriculture and the Dept. of Health & Human Services.

2009 - 2010
KANIK - WINTER CAMPING PROGRAM
WEEKEND AND HOLIDAY DATES

HOLIDAY KANIK: DECEMBER 28 - 31, 2009 (Special Rate - \$125/per person)

JANUARY Jan. 1 - 3 Jan. 8 - 10 Jan. 15 - 18* Jan. 22 - 24 Jan. 29 - Jan. 31

FEBRUARY Feb. 5 - 7 Feb. 12 - 15* Feb. 19 - 21 Feb. 26 - Feb. 28

MARCH Mar. 5 - 7** Mar. 12 - 14** Mar. 19 - 21** Mar. 26 - 28

*Holiday Weekends

**PHILMONT SUGGESTS GROUPS CONSIDER EXTENDED KANIK TREKS DURING SPRING BREAK

NOTE: There will be no crew arrivals on December 31st, 2009.

WINTER CAMPING RESERVATIONS 2008 - 2009

Please reserve space for: _____ youth plus _____ adults (Registered Leaders/Advisors)

for a total of _____ Participants.

_____ We are interested in the Down Hill Ski Package (only available to groups attending during weekdays, and NOT available during the Holiday Kanik week of Dec. 28 - 31.)

YOUTH MUST BE AT LEAST 14 YEARS OF AGE BY JANUARY 1 OF YEAR ATTENDING OR IN THE EIGHTH GRADE AT THE TIME OF PARTICIPATION.

Fees: \$100/person/weekend; \$50 for each additional day. Our reservation fee of \$_____ (\$50/person due with this registration form) is enclosed. We understand it is not refundable. The balance is due at check-in upon arrival at Philmont.

Our choice of dates:

Arrive

Depart

Arrive

Depart

First Choice _____ Second Choice _____

Council Name _____ Unit / Number _____ Coed? _____

Please correspond with:

Name

Work Phone

Mailing Address

City, State, Zip

Home Phone

E-mail Address

Make check payable and mail reservation to: Philmont Scout Ranch, BSA
Attn: Kanik Reservations
17 Deer Run Rd.
Cimarron NM 87714

Local Council Approval

Scout Executive

Date