

CAVALCADE GUIDEBOOK

A Cavalcade Horseman and Wrangler will be assigned to your crew and will be with you throughout your trek. They will serve as guides and help care for your horses. Paying close attention to their instructions will help keep your trek running smoothly and safely. Although Cavalcade crews will not be backpacking, good camping and cooking skills are absolutely necessary.

You are responsible for your crew and for seeing that everyone works together as a crew. A Philmont Cavalcade is a team effort – everyone working together and encouraging each other. A crew with an enthusiastic spirit can do far more than it ever dreamed possible. Keep your crew's morale high.

Horsemanship

We recommend that you and your crew practice horsemanship before your arrival. The Horsemanship merit badge is preferred. Be aware that there is a great difference between eight hours in the saddle at Philmont and one- or two-hours practice at your local stable. While on the trail, your Horseman and Wrangler will coach your crew on sitting up straight and balanced in the saddle. **However, if a horse is sored while on the trail due to sloppy horsemanship, the rider may have to walk or even be removed from the trail.** We strive to keep our horses sound and usable for Cavalcades throughout the summer, and it is not fair to those who follow if horses are brought in with saddle and cinch sores.

After instruction by your Philmont Horseman, each crew member will be responsible for saddling and unsaddling their personal horse. You will also receive instruction on packing a horse and tying a diamond hitch.

Be aware that horses are large and powerful animals and that sudden accidents can happen. Be prepared to listen to the instructions given by your Horseman and Wrangler for your safety. Your crew should come with a positive attitude, a willingness to learn, and a respect for horses.

Physical Preparation

To enjoy a Philmont experience, everyone who plans to attend must be physically prepared. At Philmont, the horseback trails range from 6,500 to 11,000 feet of elevation. Time spent in the saddle will range from three to eight or more hours per day. Horseback riding is strenuous – some knee pain or soreness in your buttocks may be normal – and requires that the rider be physically fit and not overweight. Riders must be able to mount unassisted and must be mentally and physically prepared to sustain eight hours in the saddle alert and balanced. It is highly recommended that everyone on a Philmont Cavalcade fulfill the requirements for the Horsemanship Merit Badge.

You and your crew will be on horseback for six of the eight days that you are at Philmont. Each rider will be assigned a horse at the beginning and will ride that horse throughout the trek. Each horse will be expected to carry the rider plus loaded saddle bags. **FOR THESE REASONS, IT IS REQUIRED THAT EACH RIDER WEIGH NO MORE THAN 200 POUNDS. Regardless of height to weight ratio, no Cavalcade participant (youth or adult) can exceed 200 pounds. If you weigh 201 lbs., you will not be allowed to participate in a Cavalcade.**

Furthermore, regardless of height and weight, all participants must be able to mount unassisted from the ground.

PARTICIPANTS WHO FAIL TO MOUNT UNASSISTED FROM THE GROUND WILL NOT BE ALLOWED TO PARTICIPATE.

Staff physicians at Philmont reserve the right to deny access to the backcountry to any adult or youth based on the medical recheck process at Philmont. All medical evaluation forms will be checked by Philmont medical staff. Areas of concern include, but are not limited to: heart disease, seizure disorder, sickle cell anemia, and hemophilia. **Blood pressure without medication must be less than 140/90 for a participant to be permitted to hike at Philmont.** If there are any doubts after the individual has had a physical examination, contact the Philmont medical staff. A Philmont Cavalcade is just as challenging and strenuous as a regular trek.

On Cavalcade layover days, side hikes by the crew and participation in various programs can be expected. A program of regular aerobic exercise is highly recommended to become physically conditioned for Philmont. Plan to exercise for 30 to 60 minutes at a time, three to five days a week.

Jogging, running uphill or up long flights of stairs, and hiking with a full pack are excellent ways to prepare physically. How fast you run or how far you go is not nearly as important as regular exercise. Other aerobic exercises such as swimming, bicycling, stationary cycling, and aerobic exercise classes can supplement your training. Start slowly and gradually increase the duration and intensity of your exercises. A sample conditioning program is included in this *Guide* to be used as a guide for your own program. Please refer to the "Recommendations Regarding Chronic Illnesses" that was included in that same guide. If anyone has further questions regarding their health, they should contact their family physician.

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Crew Equipment Issued at Philmont

Each Cavalcade will have two or three pack horses. The packhorses plus your personal horse will carry all your personal and crew gear.

Philmont will also provide all necessary horse gear including saddles, bridles, halters, saddle bags, and helmets. Philmont will provide a stuff sack for packing personal belongings and clothing. These stuff sacks are NOT waterproof. If participants desire a waterproof stuff sack, they must bring their own 30L stuff sack in the dimensions of 21 ¼ inches long by 11 inches in diameter. Larger stuff sacks will not be permitted. Crew camping gear such as tents, pots, large spoon, pliers, camp suds, scrubby, matches, toilet paper, sump material, dining fly, bear bags, and bear rope will also be provided. Each participant **must have a raincoat with a hood and rain pants** which need to be one size larger. **Participants may not bring their own saddles, bridles, saddle pads, or saddle bags.**

Please note that Cavalcade Crews must bring their own cooking stoves or ship ahead of time.

Trail meals will be provided by Philmont. If an individual in your crew is allergic to food products in the Trail Meal Menu or has special dietary restrictions, replacement food must be purchased at home and transported to Philmont.

Cavalcade Equipment List

Following is a suggested Cavalcade Equipment List. The list may look extensive, but it should be remembered that Cavalcades are camping on the trail for five or six nights. Keep in mind that all personal gear must fit in the respective packing areas listed below. The **stuff sacks are 21 ¼ "x 11"** and the **saddle bags are approximately 3"x 12"x 12" per side**. The stuff sacks are standard BSA nylon bags as found in a Scout Supply Center.

KEY FOR EQUIPMENT LIST

(= Available at Tooth of Time Traders; ** = Western Riding boots required, no lug-soled boots or lace-up boots; (BB) = Placed in bear bag at night; (S) = Share with a buddy/crew)*

Crew Stuff Sack (1)

- Toiletries, medications, any other "oops bag" items, and mess kits (BB)
- Deep bowl or small plate*
- Spoon*
- Cup (Advisors' coffee at Staff Camps)*
- Any medication that does not need to be accessed during the day
- Toothpaste (BB, S)*
- Tampons/pads (BB)*
- Weight-bearing carabiner*
- 50 feet of nylon rope*
- Sewing kit*
- Comb (S)*
- Shaving cream (no aerosol cans; optional) (BB, S)
- Insect repellent (BB, S)*
- Tent stakes – 8 per tent and 8 for the dining fly (After camp has been set up for the first time, tent stakes may be rolled up inside packed tents and the dining fly)

Personal Stuff Sack (1 per person)

- Sleeping bag (in a compression sack)*
- Sleeping clothes (to be worn in sleeping bag ONLY, t-shirt/shorts)
- Socks
- Underwear
- 1 spare long sleeve shirt
- 1 spare pair of long pants
- Clothes for side hikes
- Shoes for side hikes/wear around camp
- Camp towel*

Saddle Bags (1 per person)

- 2, one-quart plastic water bottles with secure lids (NO camelbacks)*

Feed Bag

- Food for the morning/lunch (provided) (BB)
- Medication taken during the day & emergency medication (BB)
- Lip balm (BB)*
- Sunscreen (BB, S)*
- Camera
- Philmont Map (S)*

Tied to Your Saddle

- Warm jacket (wool or fleece)
- Rain jacket
- Rain pants

Directly in Pannier Bags (On Pack horses)

- Crew first aid kit (BB, S)
- 2, 2-½ gallon collapsible water jugs (crew must provide)*
- Backpacking stoves
- Fuel bottles
- Ground cloths for tents

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On Your Body While on Horseback

- Western riding boots (smooth-soled, with a 1" heel, no laced boots allowed)
- Jeans (western cut, baggy jeans wrinkle up and cause chaffing)
- Long sleeve shirt (tucked in)
- Belt*
- Helmet (provided)

Other Gear

- Uniform shirt and bottoms (for travel)
- Alarm clock/watch
- Flashlight/headlamp*
- Pocket knife (no sheath knives) (S)*
- Compass (S)*
- Camera
- Notepad/pencil/pen*
- Bandana (BB)*
- Sunglasses*
- Money (\$20 to \$50 in small bills)
- Compact sleeping pad*

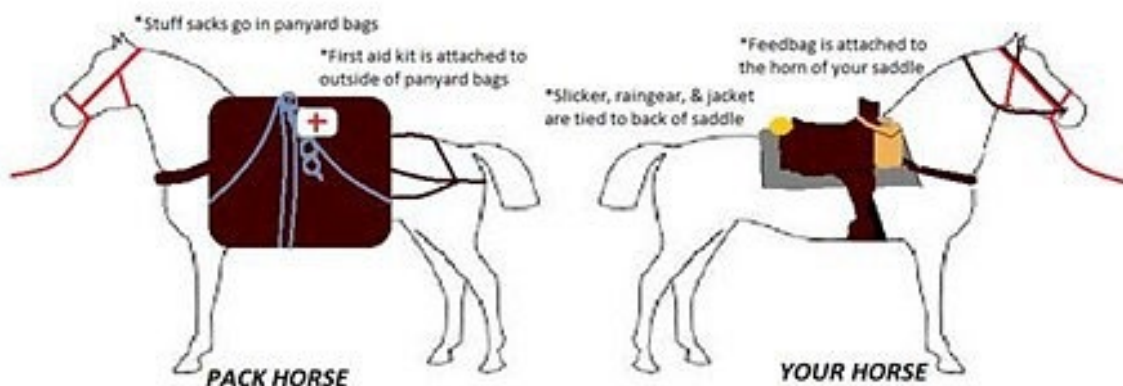
Not Allowed

- Deodorant
- Radios/MP3 Players/Video Game Devices
- Hammock
- Video Cameras

Useful Knots & Diagrams

It is recommended that all participants become familiar with the knots listed below. Please use www.animatedknots.com as a resource.

- **Sheet Bend:** Used to attach a halter to a horse's head
- **Quick Release:** Used to tie a horse to a fence post or tree
- **Square Knot:** To secure saddle bags, jackets & feed bag to saddle
- **Clove Hitch:** Used in the set-up of a dining fly
- **Taut Line Hitch:** Used in the set-up of a dining fly
- **Lark's Head:** Used to hang bear bags
- **Daisy Chain:** Used to consolidate the trail of rope securing the crew gear to a pack horse
- **Diamond Hitch:** Used to secure crew gear to a pack horse
- **Half Hitch:** Used to secure crew gear to a pack horse



Day One at Philmont

Welcome Center

At last, you're here! Drive in beside the gateway to the unloading area at the Welcome Center, where you will be greeted by a staff member with complete instructions for unloading and parking. Please follow them carefully.

Meet Your Horseman and Wrangler

A Horseman and Wrangler will be assigned to your crew for the initial processing through Camping Headquarters and will guide you through the steps outlined in the Cavalcade Guidebook to Adventure. They will be spending the morning of your arrival day shoeing horses and checking tack. They will be available to meet your crew at 1:00 pm at the Welcome Center on your arrival day to process you through Camping Headquarters and to prepare you for your circle ride the next day.

The Horseman's job is to lead your Cavalcade crew through your eight days and to care for the horses. They will give instructions on horsemanship and do everything possible to assure a safe trip. Please pay close attention to instructions and follow all suggestions for a safe experience.

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Philmont Check-In

Before your crew hits the trail, the following tasks must be completed:

- **Start hydrating now!**
- **Tent Assignment:** You will receive tent assignments at the Welcome Center for your first night at Philmont. Your Ranger will show your crew to their assigned tents.
- **Registration:** Your contingent leader or Lead Advisor will meet the registrar in Camping Headquarters. Philmont requires that three persons in each crew be currently certified in Wilderness First Aid Basic and CPR. Current certifications will need to be presented if they were not uploaded prior to arrival. A large envelope will be provided to store extra money, credit cards and/or valuable documents in the safe while your crew is on the trail. Any outstanding fees will be paid at this time.
- **Crew Photo:** A trained Philmont photographer will take your crew photo before you depart for the trail. Most crews elect to wear their BSA uniforms or a crew uniform. Each crew will also have the option to receive a free digital download. Additional photo merchandise is available at www.philmontphotoarchive.org.
- **Logistics:** Your Adult Advisor and Crew Leader (only) will meet one of the itinerary planners at Logistics to finalize arrangements for your program, food pickups, bus transportation, and conservation sites. Your Crew Leader should bring their *Crew Leader Field Guide* and an unmarked Philmont Overall map to mark your route and campsites. Your Crew Leader will receive a detailed copy of your itinerary for use while on the trail.
- **Medical Recheck:** A medical recheck, which may include blood pressure and weight check, will be given to all crew members. Your Horseman will give you the procedures for this required recheck. You will need to bring any medication (in original containers) with you to the recheck.

A participant whose weight exceeds the 200 lb. weight limit will not be allowed to participate and should not attend or they will be sent home at their own expense.

To make the medical recheck as smooth as possible, crew advisors should closely check the Annual Health and Medical Record of each crew member to ensure they are completely and properly filled out and that all medical forms are uploaded to the Gateway before arrival. Additional information on chronic health issues can be found on the Philmont Website.

- **Outfitting Services:** Outfitting Services is in the Mabee Services Building. Trail equipment including tents, poles, cooking pots, etc., will be issued to your crew along with your first issue of Trail Meals. The Crew Leader's Copy of your itinerary must be presented to draw your trail food. White gas purchases and pack rentals are also handled through Outfitting Services.
- The **Philmont Mail Room** is also located in the Mabee Services Building near Outfitting Services. Your Adult Advisor or Crew Leader should plan to check for mail before leaving this area
- **Shakedown:** You will unpack everything in a place designated by your Horseman. Your Horseman will review the necessary items and demonstrate the best methods of packing at Philmont. Store excess items in your crew locker or vehicle.

PLEASE NOTE: After leaving Camping Headquarters, there is NO opportunity to return excess baggage. If you have doubts about taking certain items, discuss them with your Ranger. Your Ranger is NOT permitted to bring any crew gear you take on the trail back to Base Camp nor can items be left in a backcountry camp to be delivered and held in Base Camp. You are responsible to carry everything you take with you for the duration of your trek.

- **Conservation Project and Emergency Boards:** Your Horseman will describe these information boards in more detail at their designated sites in Base Camp.
- **Tour Camping Headquarters:** As time permits, your Horseman can give you a tour of Camping Headquarters. Visit the National Scouting Museum and while there schedule a tour of the Villa Philmonte.
- **Tooth of Time Traders (TOTT):** Your tour should include a visit to the Tooth of Time Traders where a complete supply of outdoor gear and equipment, Philmont items (patches, belts, buckles, maps, gift cards, etc.), and other souvenirs are available. The Tooth of Time Cantina is located adjacent to the TOTT. Items are available online at www.ToothOfTimeTraders.com.
- **Headquarters Dining Hall:** In Camping Headquarters, you will eat in the dining hall. The menus are well-balanced and nutritious.
- **Leadership Meetings:** Separate meetings will take place for Lead Advisors (all adults should attend), Crew Leaders, Chaplain's Aides, and Wilderness Pledge "Guias". Topics will include current backcountry conditions as well as tips to improve your Expedition.
- **Religious Services:** Chaplains of Jewish, Protestant, Catholic, and LDS faiths conduct services at Camping Headquarters beginning at 7 p.m. Your crew is encouraged to attend (see page 60). The Tooth of Time Traders and will be closed at this time.
- **Contact home:** After supper is a good time to write home. Your parents will enjoy hearing from you. (Philmont postcards are available at the Tooth of Time Traders, Mail Room, and in backcountry Trading Posts).
- **Opening Program:** Your first evening program at Philmont is a portrayal of the "Philmont Story", a historic narrative of the Southwest. Your Philmont adventure begins here. Warm clothing is recommended for this and all evening programs.

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- **A Good Night's Sleep:** Following the campfire, quietly return to your tent for a good night's sleep as it will help you adjust to the altitude and be ready. Tomorrow, you hit the trail! Be sure your crew adheres to the nightly quiet hours. Your actions can negatively impact others.
- **Security, Lost-and-Found, Crew Lockers:** Philmont employs a Seasonal Security Staff to assist with Lost and Found, issue crew lockers, and provide security. Crew lockers are reserved for crews traveling by public transportation.
Crews with vehicles will store belongings in their vehicles. The number of lockers is limited (max 2 lockers per crew). When you hit the trail, nothing can be left in your tent. Do not leave valuables in tents while in Base Camp – Philmont is not responsible for lost or stolen items.
- **Laundry:** Dirty clothing may be laundered at Philmont's self-service Laundromat. One or more crew members should be assigned to bring all the crew's dirty clothes to the laundry. All clothing should be marked with your name in indelible ink and any loose patches or insignia should be removed to save time and confusion. Laundry soap and supplies are available from the Tooth of Time Traders or the Laundromat.

Day Two at Philmont

Northern Itineraries

After breakfast, check out of tent city and report to the Welcome Center for your bus ride to Ponil for horsemanship and saddle training. You will be matched with a horse that will be yours for the remainder of the Cavalcade. After training, you will go on a circle ride that will start and end at Ponil. You will spend this night at Ponil and receive camping training at this time.

Southern Itineraries

After breakfast, follow your Horseman's instructions and report to Cattle Headquarters for horsemanship and saddle training. You will be matched with a horse that will be yours for the remainder of the Cavalcade. After training, you will go on a circle ride that will start and end at Cattle Headquarters and complete campsite training before going back to your tents at camping headquarters for the night.

Day Three at Philmont

Those on Southern itineraries will check out of tent city after breakfast and report to Cattle Headquarters with your gear where your pack horses will be waiting. After packing all personal and crew gear and saddling up, your Horseman will lead your crew to your first backcountry camp. Those on Northern itineraries will report to the Ponil Corral where your Horseman/Wrangler will pack all gear and lead you to your first backcountry camp.

Gymkhana

On your last day, after arriving back at base camp or Ponil for South or North itineraries respectively, your crew will compete (weather permitting) in a series of light-hearted riding games against the other cavalcade crew that began their trek at the same time. This event is called Gymkhana (jim-CON-uh) and is meant to be the culmination of your trek and a demonstration of the horsemanship skills you have honed during your week in the saddle.

THE PHILMONT GYMKHANA PATCH

A patch awarded by Philmont to each participant after the gymkhana competition on the afternoon of your last day.

