



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 are no gender restrictions 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 the 14th day prior to your crew's 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 5:00 - 5:30 pm. Plan to eat supper before arriving at Philmont as no meals are planned until breakfast the next morning. Expect to depart after 1:00 pm on your scheduled check-out day.

Food: Your first meal provided by Philmont is usually breakfast on the morning after your arrival day, however, dinner on Friday evening at 5:00 pm is an available option (**additional cost of \$9.00 per person**) by advance notification. Subsequent meals will be 24 hour meal packs specially prepared by Philmont staff. **Please inform Kanik Staff regarding special dietary needs (food allergies, diabetes, etc.) at least 14 days 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 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 wet, cotton loses almost all 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 Overmitts
 - Wool Shirts
 - Fleece Jackets
 - Windproof Anoraks
 - Wind Pants
 - Fleece Pants
 - Waterproof Overshoes
 - Fleece Booties

PHILMONT WEIGHT LIMITS FOR BACKPACKING & 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 5'10" cannot weigh more than 226 lbs. All heights and weights will be measured in sock 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 the maximum allowable exception will be 20 lbs. Discussion in advance with Philmont regarding any exception to the weight limit for persons under 21 years of age is required, whether it is over or under. 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.

HEIGHT	RECOMMENDED WEIGHT (lbs.)	MAXIMUM ACCEPTANCE
5'0"	97 - 138	166
5'1"	101-143	172
5'2"	104-148	178
5'3"	107-152	183
5'4"	111-157	189
5'5"	114-162	195
5'6"	118-167	201
5'7"	121-172	207
5'8"	125-178	214
5'9"	129-185	220
5'10"	132-188	226
5'11"	136-194	233
6'0"	140-199	239
6'1"	144-205	246
6'2"	148-210	252
6'3"	152-216	260
6'4"	156-222	267
6'5"	160-228	274
6'6"	164-234	281
6'7" & over	170-240	295

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

2008 - 2009

KANIK - WINTER CAMPING PROGRAM
WEEKEND AND HOLIDAY DATES

HOLIDAY KANIK: DECEMBER 28 - 31, 2008 (Special Rate - \$125/per person)

JANUARY Jan. 2 - 4 Jan. 9 - 11 Jan. 16 - 19* Jan. 23 - 25 Jan. 30 - Feb. 1
FEBRUARY Feb. 6 - 8 Feb. 13 - 16* Feb. 20 - 22 Feb. 27 - Mar. 1
MARCH Mar. 6 - 8** Mar. 13 - 15** Mar. 20 - 22** Mar. 27 - 29

*Holiday Weekends

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

NOTE: There will be no crew arrivals on January 1, 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

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