

## Philmont 2022 Training Hike #1 - HSP

### Food Plan

#### Saturday

- Breakfast: n/a. You should have already had breakfast before you arrive at the departure trailhead.
- Lunch: planned, no-prep/low-prep, and packed by the scout: a “sack” lunch. Should not require stove or equipment.
- Dinner: A freeze-dried pre-packaged backpacker meal is recommended (cooks with boiling water in foil pouch). Recommended: Mountain House brand multi-serving meals (single serving pouches are not likely to satiate by themselves). These cost about 10\$ at R.E.I. Backpacker’s Pantry brand is another example.

#### Sunday

- Breakfast: planned, prepared, and packed by the scout. If food that requires cooking is desired then it should not require extensive cooking. Instant cooking/boiling water is acceptable. A no-cook option, however, is ideal.

#### Trail Snacks

Meals should be supplemented with a modest amount of healthy, energy dense, trail snacks. Candy / cookie / basic chips, etc. should be minimal. A small amount is ok. Keep packaging and weight minimal by repackaging snacks as appropriate. High fat, high protein snacks are best due to the high calorie expenditure of the activity. Snacks for Saturday & Sunday.

#### Backpacking Food 101 -- 100 Food Ideas for Beginner Backpackers

<https://www.99boulders.com/best-backpacking-foods>

#### Examples of quality trail food:

- Nuts and seeds, all varieties. Nut butters
- Dried fruit, banana chips, etc
- Quality “trail mix”
- Fresh fruit is ok but only in small amounts because they are heavy, mostly water, and not durable.
- Protein bars, granola bars, other “energy” bars. KIND brand bars are excellent.
- Hard cheese
- Tuna/chicken pouches
- Jerky, any kind
- Tortillas, bagels (regular bread gets smashed and crumbled)
- Multi-grain crackers

### Water Plan

All crew members are required to be able to carry 4L of water (8.8# when full). Crew members will be encouraged to “camel-up” prior to departure that morning. Don’t start the day dehydrated! There will be no water available at the campsite.

## Equipment Plan

The scout personal gear/information will/has been distributed separately. In addition to personal gear some Crew gear will need to be carried. All Crew gear will be supplied by either the Troop or adult advisors (not the scout).

This list is for general information purposes. There may be modifications/adjustments made prior to departure.

### Cooking Gear

- x2 JetBoils (provided by Mr. Mathers & Mr. Alexander)
- x2 8oz isobutane fuel (provided by Mr. Mathers & Mr. Alexander)
- x1 MSR Whisperlite + alternative fuels for training purposes (provided by Mr. Alexander)

### Tents

- x5 troop Kelty Teton 2 tents (#7, #21, #22, #25, #26, or #27)
- x7 adult personal tents (Mr. Mathers & son, Mr. Alexander & son, Mr. Abney & son, Ben Nicholls?)

### Water Treatment (for training only)

- x2 lightweight personal filters (provided by Mr. Mathers & Mr. Alexander)
- x1 troop large capacity Katadyne gravity filter
- Aqua Mira water purification/treatment drops (provided by Mr. Mathers)

### First Aid Kit

- x1 backpack appropriate Crew first-aid kit (provided by Mr. Mathers)