

INSTRUCTIONS FOR GUIDES ON WILDERNESS HIKES

A copy of these instructions is to be given to each Scoutmaster by the Camp Director at his regular leaders conference. The Camp Director must go over these instructions carefully with the Scoutmaster, as the Scoutmaster is responsible for giving orders and instructions to his own boys. Guides should avoid as far as possible the giving of orders to the boys. He does it through their Scoutmaster and not, "over his head".

The Preliminary Conference With The Scoutmaster And The Boys

The evening before the hike is scheduled the Camp Director arranges with the Scoutmaster for a conference between the Guide, Scoutmaster and boys. The Camp Director should be present at the conference and introduce the Guide to the Scoutmaster. The Scoutmaster should introduce the Guide to the Boys. The Guide should then give a friendly sort of a talk to the boys to get acquainted and should emphasize the following things.

1. Description of Trip. Fun and wonders. Hazards in cliff climbing, crossing streams, climbing rock slides one above the other, short cuts, rolling rocks, throwing rocks, sun burn, rattle snakes. Watch your step. Read "Good Camping Tracks".

2. Cooperation and good Scouting Spirit is necessary. Do not carve initials in living trees or cut live trees. Keep trail and camps clean. Dip water out of stream when washing. Burn garbage and cans or as last resort bury. Leaders smoke in camp and not on trail. Re-read "Good Camping Tracks".

3. Back Packing.

- (a) What to take. Cut your pack down to the limit. Every ounce carried must pay for its transportation in practical usefulness. The following articles are suggested: Pack board, sleeping bag, eating utensils, canteen, extra pair of heavy socks, trench mirror, small cake of soap, towel, tooth brush and paste and a couple of handkerchieves. Remember most wilderness hikes are only overnight so you do not have to take too much. In the high mountains, sun glasses are advisable.
- (b) The importance of packing your pack properly. Heavy articles at the bottom. Soft articles next to the back. Cloth sacks for sugar etc. If you use paper bags, double sack everything. Keep your rain coat, sweater and lunch out of your pack. Wait for the food assembly line up, before tying up your pack.
- (c) Guide will demonstrate the tying up of a pack and the placing of it on a pack board with sweater underneath. Then he shows the boys the advisability of carrying pack low on the rump, also the use of the chest strap, stomach strap, etc.

4. How we organize for a hike and why. Outline the necessity for the appointment of a commissary Scout, cook, wood gatherer, fire tender and sanitary engineer. Describe food carrying line up in morning before starting, also, numbering off of the boys. Method: If 25 persons are in the party, a line of 25 piles of food are placed on the ground with the lightest piles to the left and the heavier piles to the right. In the morning, before the packs are tied up, the Scoutmaster lines up the boys in the back of these food piles with the smallest, fattest and weakest boys opposite the lightest

piles and the largest strongest boys to the right in back of the heaviest piles. The boys are then numbered off consecutively with the smallest boy to the left as No. 1 and on up to the largest as No. 25. These numbers are remembered and kept permanently throughout the trip, subject to change by the Scoutmaster. The guide and the commissary scout are responsible for lining up food piles. The Scoutmaster lines up the boys in back of the piles and has them number off.

5. Care of the feet.

- (a) The Camp Director at Camping Headquarters has instructed the boys to take with them into the hills shoes and socks suitable for hard hiking trips. The boys are again cautioned to wear heavy high shoes and heavy woolen socks. Some experts wear a light silk, well fitting sock next to the foot with a heavy woolen sock over the light sock. An extra change of socks should be carried in each boys pack.
- (b) If a shoe hurts, stop and find out the cause. Tape up chafing point on the foot before it blisters. If blister has formed, dip a needle in iodine and run it under skin just outside the blister to let the water out. Then tape it up. Upon reaching camp, wash your feet if possible and put on dry socks.

(End of evening Troop Conference)

The Actual Operation Of The Hike The Next Morning

Line up the boys by numbers with packs at rest on the ground. Emphasize to the boys that they must stay with the group and never leave it without telling the Scoutmaster or the Guide. This is very important. Next the Guide announces the whistle signals as follows: One whistle means attention, two means start, three means halt or trouble. If trouble develops such as a pack strap breaking, a nail in a shoe hurting, etc., the boy drops out of the line and the Scoutmaster or Guide gives the whistle signal for everyone to stop and wait. In other words do not get separated. The group must stay together even if it means waiting for each other.

Next the Guide distributes a noon lunch in a cloth sack to each boy and tells him to tie it on his belt at the side.

If cooking utensils are not already stored at the overnight camp grounds, do the following: Place the cooking utensil in two flour sacks. Start them at the head of the line and pass them back to the next boy at each rest stop.

At lunch time the Scoutmaster tells the boys to be sure and save the string and cloth sacks to be turned into the commissary upon reaching camp. After lunch the Scouts are carefully instructed as to ways of getting rid of paper sacks and other left overs. Good judgement should rule here. Often food can be thrown off the trails for birds and wild animals. Paper can be carried back to camp where it will be burned in the incinerator. At certain seasons it will be unsafe to burn. Bury only as last resort. Remember leader and guide must use good judgement.

At the whistle signal, put packs on and start out line up according to number with the Guide at the head of the line as No. 1 and the smallest,

weakest or fattest boy as No. 2 directly behind the Guide. The Guide sets a slow steady pace and asks the boy behind him occasionally. "Is my pace too fast for you?" The Guide halts the line when the small boys want a rest. The boys may close up but must keep their place in line according to their number. In high country rest in the sun instead of the shade or put on a sweater to avoid cooling off too quickly. Rests should not be very long. Resting with feet higher than head helps you. On the trail the Guide should pass back along the line the name of any trees, wild flowers or rocks he wishes to point out. He also can gather specimens as he hikes along and talk to the group as a whole at rest stops.

Commissary Procedure Upon Reaching Camp

Upon reaching camp take off packs and have the Scoutmaster have the boys assemble immediately. Have the boys definitely assigned to definite jobs, such as; commissary boy, wood gatherer, fire tender and Sanitary Engineer. Remind the boys to ask permission of the Scoutmaster or the Guide if they wish to leave the camp. The Scoutmaster designates where the commissary is to be located and tells the boys to turn in the food they have in their packs immediately and also their empty cloth lunch sacks. The Guide shows the Scoutmaster where the fire is to be built, and where the toilet is to be located. The Scoutmaster then tells the boys to make their beds and change their socks. He then dismisses the boys.

In a short time the Scoutmaster assembles the boys who have been assigned duties and starts them preparing supper. The Guide gives the Commissary Scout the menu and food quantity list (blue book) and he in turn gives the food to the cook. The Guide and the Scoutmaster supervise the preparing of the meal.

At breakfast the next morning the Commissary Scout puts up the lunches in separate cloth sacks, ties up food bags and places the food in the line up ready to repeat the procedure as outlined above for another day.

Last but not least. Be sure your fire is out cold. Put out first with water and then cover it with dirt (not leaf mould). Be sure your camp is left clean and nothing is forgotten.

A Guide Should Take The Following Things

Extra string for tying up food sacks, lunch bags and broken pack straps.	
Light pair of plyers for pulling nails out of shoes.	
Light strong rope	Eating utensils
Canteen	Waterproof match container with matches
Map of Philmont Ranch and Vicinity	
Knife	Pack Board
Small hand axe	Sleeping bag
Small first aid kit and band aids	Extra socks
Roll of adhesive tape for taping feet	Soap, towel, tooth brush and paste
Flash light	Compass
Sun glasses.	Mosquito netting in some localities

Cooking utensils such as No. 10 cans and frying pans as outlined on page 4 should be hidden at regular camping places to avoid having to carry them on each trip.

Pot hangers, forked upright sticks and cross stick should be cut and left at camp grounds with cooking utensils.

GUIDES' COMMISSARY PREPARATIONS FOR TRIP

The day before the trip the guide turns over to the Base Camp Commissary Man the quantity of each food item you are going to need on the trip. You get this by selecting menus in the blue "Philmont Trail Menues" booklet and multiplying the quantity lists as given for 9 persons according to the number of persons going on your trip. For example if 21 persons have to be fed you would multiply the quantity list as given in the book for 9 persons by $2 \frac{1}{3}$. You also instruct and work with the Commissary Man in placing certain articles like sugar, hot cake flour, etc. in cloth sacks. Before filling each sack mark on it what it will contain.

Get a couple of boys to help you and the Commissary Man put up a lunch for each person in individual cloth sacks.

Assemble the following cooking utensils unless they are already hidden at the trail camps. For 21 persons you need 3 large fry pans, 5 No. 10 tin cans with bailing wire bails put on them, 3 hot cake turners, 4 large spoons, 2 small spoons, 1 butcher knife, 1 paring knife, 1 dishwashing bucket, 3 dish towels, dish mop and $\frac{1}{2}$ cake of soap.

GUIDE'S CHECK LIST

Before starting on a trip check the following articles carefully so you will remember to take everything.

- Food
- Cooking utensils
- Lunch for each person
- First Aid Kit (Band-aids)
- Matches
- Soap
- Dish cloths
- Extra string
- Extra cloth sacks
- Pliers for pulling nails out of shoes
- Canteen
- Sun glasses
- Adhesive tape for blisters

Be sure you have all the things as listed on page 3 under "A Guide Should Take The Following Things."