

High-Adventure Risk Advisory to Health-Care Providers and Parents

Philmont Scout Ranch

Phone: 575-376-2281

Website: www.philmontscoutranch.org

Philmont Scout Ranch Experience. The Philmont experience is not risk-free; however, by taking responsibility for one's own health and safety, and cooperating with staff, it's expected that most participants will have an enjoyable, safe Philmont experience.

Please call Philmont at 575-376-2281 if you have any questions. All participants and guests should review all materials and websites related to the experiences they are planning to have at Philmont Scout Ranch.

Risk Advisory. Participants at Philmont should be physically fit, have proper clothing and equipment, be willing to follow instructions, work as a team with your crew, and take responsibility for your own health and safety. Each crew is required to have at least two members trained in wilderness first aid and CPR.

All staff members are trained in first aid and CPR. They can assist participants in recognizing and responding to accidents, injuries, and illnesses. **However, response times are affected by location, terrain, weather, or other emergencies and could be delayed for hours or even days in a wilderness setting.**

Summer/autumn climate can include temperatures from 30 to 100 degrees, low humidity (10% to 30%), and frequent, sometimes severe, thunderstorms. For summer treks

- Each participant must be able to carry 25% to 35% of their own body weight.
- Each participant must be able to hike 5 to 12 miles per day in a mountain wilderness.
- Elevations range from 6,500 to 12,500 feet over trails that are steep and rocky.

Dependent upon the Autumn Adventure itinerary, similar expectations are in effect.

During a Winter Adventure experience

- Each participant will walk, ski, or snowshoe along snow-covered trails pulling loaded toboggans or sleds for up to 3 miles (or more on a cross-country ski trek).
- Winter climatic conditions can range from -20 to 60 degrees.

Food. If the diet described in the Guidebook to Adventure does not meet the participant's special dietary needs, contact Philmont directly. Visit the [backcountry dining page](#) for sample menus and [more information](#).

Immunizations. Each participant must have received a tetanus immunization within the last 10 years. Immunization against contagious diseases is strongly recommended (including MMR, varicella, hepatitis A and B, and meningococcal disease). Participants who do not have immunizations because of medical issues or personal religious beliefs in accordance with New Mexico state law must complete a [Philmont Immunization Exemption Request form](#).

Allergy or Anaphylaxis. People who have had an anaphylactic reaction from any cause will be required to have appropriate treatment (i.e., at least one unexpired epinephrine auto-injector) in sufficient quantity to last the entire trip. All members of the crew should know how to administer the auto-injector. If you do not bring an epinephrine auto-injector with you, you will be required to purchase one before you will be allowed to participate.

Medication. Each participant who needs medication must bring enough medicine for the duration of the trip. **Be aware that altitude/heat/exertion, etc., can affect a medication's efficacy. It is not uncommon for participants to use more medication (particularly insulin and albuterol) than anticipated due to unfamiliar conditions faced on the trail.**

Seizures (Epilepsy). The seizure disorder must be well-controlled by medication. **A well-controlled disorder is one in which 12 months have passed without a seizure.** Individuals with seizure conditions should familiarize others with signs and symptoms in the event that a seizure occurs in the backcountry.

High Blood Pressure. Upon arrival at Philmont, all adult participants may have their blood pressure checked. People diagnosed with hypertension should have controlled blood pressure before attending Philmont and should continue their medications to keep the blood pressure at or near normal levels. Those individuals with a blood pressure consistently greater than 160/95 at Philmont may be kept off the trail.

Diabetes Mellitus. Participants with diabetes can have a successful Philmont experience by good planning prior to their trek. Both the person with diabetes and others in their crew or group need to be able to recognize signs of excessively high or low blood sugar. **An insulin-dependent person who was diagnosed or had a change in delivery system (e.g., insulin pump) or dosage in the last six months is advised to consult with their physician before participating.**

Asthma. Asthma must be well-controlled before participating at Philmont. Well-controlled asthma is defined as:

- The use of a rescue inhaler (albuterol) **fewer than two times per week** (except use for the prevention of exercise-induced asthma); awakened by asthma symptoms less than two times per month.
- Well-controlled asthma may include the use of long-acting bronchodilators, inhaled steroids, or oral medications such as Singulair.

You may not be allowed to participate if:

- You have asthma not controlled by medication; or
- You have been hospitalized/gone to the emergency room to treat asthma in the **past six months**; or
- You required treatment by oral steroids (prednisone) in the past six months.

All members of the crew should know how to assist in administering the rescue inhaler and where the inhaler is located. **Any person who has needed treatment for asthma in the past three years must carry a rescue inhaler on the trek. If you do not bring a rescue inhaler, you must purchase one before you will be allowed to participate.**



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Recommendations for Those With Cardiovascular Disease.

The physical activity at Philmont may trigger a heart attack or stroke in people at risk. This includes people with heart disease or with family history of heart disease. A history of any of the following puts people at increased risk for a heart attack or stroke:

- Chest pain or heart attack
- Heart surgery, including angioplasty stent placement
- Stroke or transient ischemic attacks (TIAs)
- High blood pressure
- Claudication (leg pain that happens with exercise)
- Diabetes
- Smoking
- Excessive weight

A thorough evaluation is recommended, and clearance from the treating physician is required.

Recent Musculoskeletal Injuries and Orthopedic Surgery.

Individuals who have significant musculoskeletal problems (including back problems) or orthopedic surgery/injuries within the last six months must have a letter of clearance from their treating physician to be considered for approval.

Psychological and Emotional Conditions.

Parents and advisors should be aware that the Philmont experience is not designed to assist participants in overcoming psychological or emotional conditions. These conditions frequently become worse with the stress of physical and mental challenges in a remote wilderness setting. **Medication for ADHD, anxiety, depression, or other psychological conditions must never be stopped prior to participation and should be continued throughout the entire Philmont experience.**

Weight Limits. Adults 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.** Participants under 18 years of age who exceed the maximum acceptable weight for height will be evaluated on a case-by-case basis to determine if the youth can participate. Exceptions are not made automatically and discussion with Philmont in advance is required. Individuals weighing more than 295 pounds will not be permitted to participate in backcountry programs due to rescue equipment and safe evacuation protocol restrictions.

The weight limit for any individual participating in a horseback riding program is 200 pounds. This is enforced for the safety of both the rider and the horse. Additionally, Cavalcade participants must be able to mount from the ground without assistance. Final discretion on all horseback riders rests with the Philmont staff.

Maximum weight for height:

Height (inches)	Max. Weight	Height (inches)	Max. Weight
60	166	70	226
61	172	71	233
62	178	72	239
63	183	73	246
64	189	74	252
65	195	75	260
66	201	76	267
67	207	77	274
68	214	78	281
69	220	79 and over	295

Philmont Approval. Staff and/or staff physicians reserve the right to deny the participation of any individual based on a physical examination and/or medical history.

Each participant is subject to a medical recheck at Philmont. **Participants with chronic conditions including (but not limited to) asthma, diabetes, and epilepsy should consult specifically with their physicians regarding any potential changes to their medical routines or health conditions that might stem from activity in a wilderness environment.**

Other Common Conditions. While not strictly disqualifying, certain health conditions can impact a participant's Philmont experience. For more information, contact Philmont or see the [website](#) for more information on conditions such as:

- Autism
- Sleep apnea



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