

**ATTENTION ADVISOR!**  
**COPY AND DISTRIBUTE PAGES 15, 16, 17, 18**  
**TO EACH PARTICIPANT AND THEIR PARENT(S) or GUARDIAN(S)**

**RISK ADVISORY**

The Health Lodge Task Force will meet at the conclusion of the 2009 summer season and review all health information. Any changes will be included in the 2010 *Philmont Health & Medical Record* that will be mailed to you in the fall of '09 and will apply to all participants for 2010.

Philmont has an excellent health and safety record with over 880,000 adults and young people having attended since 1938. Philmont strives to minimize risks to participants and advisors by emphasizing proper safety precautions. Most participants in Philmont programs do not experience injuries because they are prepared, are conscious of risks, and take safety precautions. If you decide to attend Philmont, you should be physically fit, have proper clothing and equipment, be willing to follow instructions and work as a team with your crew and take responsibility for your own health and safety. For further information please thoroughly read the *Guidebook to Adventure*. Like other wilderness areas, Philmont is not risk free and you should be prepared to listen to safety instructions carefully, follow directions and take appropriate steps to safeguard yourself and others.

Parents, guardians and potential participants in Philmont programs are advised that journeying to and from Philmont, and one's stay at Philmont, can involve exposure to accident, illness, and/or injury associated with a high elevation, physically demanding, high adventure program in a remote mountainous area. Campers may be exposed to occasional severe weather conditions such as lightning, hail, flash floods and heat. Other potential problems include: injuries from tripping and falling, motor vehicle accidents, worsening of underlying medical conditions such as diabetes or asthma, heart attacks, heat exhaustion and falls from horses.

Philmont's trails are steep and rocky. Wild animals such as bears, rattlesnakes and mountain lions are native and usually present little danger if proper precautions are taken. Please refer to the *Guidebook to Adventure*, speak with previous Philmont participants, or call Philmont for further information concerning risks and measures which can be taken to avoid accidents. Philmont has staff trained in first aid, CPR and accident prevention, and is prepared to assist in recognizing, reacting, and responding to accidents, injuries and illnesses. Each crew is also required to have at least one member trained in wilderness first aid and CPR. Medical and search and rescue services are provided by Philmont in response to an accident or emergency. However, response times can be affected by location, weather or other emergencies and could be delayed six (6) or more hours.

Philmont trail food is, by necessity, a high carbohydrate, high caloric diet. The trail food is high in wheat, milk products, sugar and corn syrup, and artificial coloring/flavoring. Most dinner meals contain meat. If participant has a problem with the diet described above, contact Philmont for a copy of the trail menu and ingredients and plan to send supplemental food. Philmont will deliver supplemental food to the appropriate pickup places.

**THE PHILMONT TREK EXPERIENCE**

A Philmont trek is physically, mentally and emotionally demanding. Each participant must be able to carry a 35 to 50 lb. pack while hiking 5 to 12 miles per day in an isolated mountain wilderness, ranging from 6,500 to 12,500 feet in elevation. Climatic conditions include temperatures from 30 to 90 degrees F, low humidity (10-30%) and frequent, sometimes severe, afternoon thunderstorms. Activities include horseback riding, rock climbing and rappelling, challenge events, pole climbing, black powder shooting, 12 gauge trap shooting, .30-06 shooting, trail building, mountain biking and other activities that may have potential for injury. Philmont strives to minimize risks to participants and advisors by emphasizing proper safety precautions. Refer to the *Guidebook to Adventure* for specific information. Philmont staff instruct participants in safety measures to be followed. Each participant and crew is expected to follow these safety measures and to accept responsibility for the health and safety of each of its members.

**RECOMMENDATIONS REGARDING CHRONIC ILLNESSES**

Philmont requires that this information be shared with the parent(s) or guardian(s) and examining physician of every participant. Philmont does not have facilities for extended care or treatment, therefore, participants who cannot meet these requirements will be sent home at their expense.

### **CARDIAC OR CARDIOVASCULAR DISEASE**

Adults who have had any of the following should undergo a thorough evaluation by a physician before considering participation at Philmont.

1. Angina (chest pain caused by blocked blood vessels or coming from the heart)
2. Myocardial infarction (heart attack)
3. Heart surgery or heart catheterization (including angioplasty to treat blocked blood vessels, balloon dilation or stents).
4. Stroke or transient ischemic attacks (TIA's)
5. Claudication (leg pain with exercise caused by hardening of the arteries)
6. Family history of heart disease or a family member who died unexpectedly before age 50
7. Diabetes
8. Smoking and/or Excessive Weight

Youths who have congenital heart disease or acquired heart disease such as rheumatic fever, Kawasaki's disease or mitral valve prolapse should undergo thorough evaluation by a physician before considering participating at Philmont.

The altitude at Philmont and the physical exertion involved may precipitate either a heart attack or stroke in susceptible persons. Participants with a history of any of the first seven (7) conditions listed above should have a physician supervised stress test. More extensive testing (e.g. nuclear stress test) is recommended for participants who have coronary heart disease. Even if the stress test is normal, the results of testing done at lower elevations and without the backpacks carried at Philmont do not guarantee safety. If the test results are abnormal, the individual is advised not to participate.

### **HYPERTENSION (HIGH BLOOD PRESSURE)**

The combination of stress and altitude appears to cause significant increase in blood pressure in some individuals attending Philmont. Occasionally hypertension reaches such a level that it is no longer safe to engage in strenuous activity. Hypertension can increase the risk of having a stroke, developing altitude sickness, or angina. Participants coming to Philmont should have a normal blood pressure (less than 140/90). Persons with significant hypertension (greater than 140/90) should be treated and controlled before coming to Philmont, and should continue on medications while at Philmont. The goal of treatment should be to lower the blood pressure to normal. It is the experience of the Philmont medical staff that such individuals often develop significant hypertension when they arrive at Philmont. Participants already on antihypertensive therapy with normal blood pressures should continue on medications. Diuretic therapy to control hypertension is not recommended because of the risks of dehydration which exist with strenuous activity at high altitude and low humidity. Each participant who is 18 years of age or older will have his or her blood pressure checked at Philmont. Those individuals with a blood pressure consistently greater than 160/100 at Philmont will be kept off the trail until their blood pressure decreases.

### **INSULIN DEPENDENT DIABETES MELLITUS**

Exercise and the type of food eaten affect insulin requirements. Any individual with insulin-dependent diabetes mellitus should be able to monitor personal blood glucose and to know how to adjust insulin doses based on these factors. The diabetic person also should know how to give a self injection. Both the diabetic person and one other person in the group should be able to recognize indications of excessively high blood sugar (hyperglycemia or diabetic ketoacidosis) and to recognize indications of excessively low blood sugar (hypoglycemia). The diabetic person and one other individual should know the appropriate initial responses for these conditions. It is recommended that the diabetic person and one other individual carry insulin on the trek (in case of accident) and that a third vial be kept at the Health Lodge for backup. Bring a small insulated container for your insulin. Bring enough testing equipment and supplies for your trip and trek. Extras are usually needed.

An insulin dependent diabetic who has been newly diagnosed (within last 6 months) or who has undergone a change in delivery system (e.g. insulin pump) in the last 6 months, should not attempt to participate in the strenuous activities encountered at Philmont. A diabetic person who has had frequent hospitalizations for diabetic ketoacidosis or who has had frequent problems with hypoglycemia should not participate in a trek at Philmont until better control of the diabetes has been achieved. Call Philmont at 575-376-2281 to obtain permission from the chief medical officer for individuals hospitalized within the past year.

## **SEIZURES (EPILEPSY)**

A seizure disorder or epilepsy does not exclude an individual from participating at Philmont. However, the seizure disorder should be well controlled by medications. A minimum six month seizure-free period is considered to be adequate control. Exceptions to this guideline may be considered by Philmont's chief medical officer and will be based on the specific type of seizure and the likely risks to the individual and to other members of the crew. The medical staff at the Health Lodge may place some restrictions on activities (rock-climbing, horse riding, etc.) for those individuals who are approved for participation but whose seizures are incompletely controlled.

## **ASTHMA**

Asthma should be well-controlled before coming to Philmont. Well-controlled asthma means: 1) the use of an inhaler less than once daily; 2) no need for nighttime treatment with an inhaler. Well controlled asthma may include the use of long-acting bronchodilators, inhaled steroids or oral medications such as Singulair. You must meet these guidelines in order to participate. You will not be allowed to participate if: 1) you have exercise asthma not prevented by medications; or 2) you have been hospitalized or have gone to the emergency room to treat asthma in the past 6 months; or 3) you have needed treatment with oral steroids (prednisone) in the past 6 months. You must bring a 15 day supply of your medications and a spare inhaler that are not expired. At least one other member of the crew should know how to recognize signs of worsening asthma or an asthma attack, and should know how to use the inhaler. Any person who has needed treatment for asthma in the past 3 years must carry an inhaler on the trek. If you do not bring an inhaler, you must buy an inhaler at Philmont before you will be allowed to participate.

## **ALLERGY OR ANAPHYLAXIS**

Allergy shots may be given to persons on a maintenance dose and who have not had an anaphylactic reaction. You must bring your own medications. Philmont staff may not be able to give allergy shots while persons are on their trek. Persons who have had an anaphylactic reaction from any cause must contact Philmont before coming. If you are allowed to participate, you will be required to have appropriate treatment with you. You and at least one other member of your crew must know how to give the treatment. If you do not bring appropriate treatment with you, you will be required to buy it at Philmont before you will be allowed to participate.

## **RECENT MUSCULOSKELETAL INJURIES AND ORTHOPEDIC SURGERY**

Every Philmont participant will put a great deal of strain on feet, ankles, and knees. Participants who have had orthopedic surgery, including arthroscopic surgery or significant musculoskeletal injuries, within the past six (6) months, find it difficult or impossible to negotiate Philmont's steep rocky trails. Individuals with significant musculoskeletal problems (including back problems) or recent orthopedic surgery/injuries, must have a letter of clearance from their orthopedic surgeon or treating physician to be considered for approval to backpack at Philmont. Permission is not guaranteed. A person with a cast on any extremity may participate only if approved by a Philmont physician. Ingrown toenails are a common problem and must be treated 30 days prior to arrival.

## **PSYCHOLOGICAL AND EMOTIONAL DIFFICULTIES**

A psychological disorder does not necessarily exclude an individual from participation. Parents and advisors should be aware that a Philmont trek is not designed to assist participants to overcome psychological or emotional problems. Experience demonstrates that these problems frequently become magnified, not lessened, when a participant is subjected to the physical and mental challenges of a trek at high elevation, carrying a heavy backpack over steep, rocky trails. Any condition should be well controlled without the services of a mental health practitioner. Under no circumstance should medication be stopped immediately prior to a Philmont trek and medication should be continued while at Philmont. Participants requiring medication must bring an appropriate supply for the duration of the trip.

## **MEDICATIONS and IMMUNIZATIONS**

Each participant at Philmont who has a condition requiring medication should bring an appropriate supply for the duration of the trip. The pharmacy at the Health Lodge is limited and the identical medications may not be available. In certain circumstances duplicate or even triplicate supplies of vital medications are appropriate. People with an allergy to bee, wasp or hornet stings must bring an EpiPen or equivalent that has not expired, with them to Philmont. Philmont cannot guarantee the delivery of any medication for participants in a backcountry program. Please call Philmont if you have any questions. Philmont recognizes the right of a Scout not to have immunizations, etc. because of religious beliefs. However, a statement signed by the parents is required, indicating that the Scout is free from contagious disease and is able to physically tolerate the altitude and terrain as described in this form. Write Philmont for a copy of the statement.

## PHILMONT WEIGHT LIMITS FOR BACKPACKING AND 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 70 inches tall cannot weigh more than 226 lbs. All heights and weights will be measured in stocking 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 discussion in advance with Philmont is required regarding any exception to the weight limit for persons under 21 years of age, whether it is over or under. Philmont will consider up to 20 lbs. over the maximum acceptable as stated on the chart, however, the exception will never exceed 295 lbs. 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. Under no circumstances will any individual weighing more than 295 pounds be permitted to participate in backcountry programs. This requirement is necessary because of limitations of rescue equipment and for safety of search and rescue personnel.

Individuals who do not meet Philmont's weight for height requirements will not be allowed on the trail and will be sent home.

Height (inches)	Recommended Weight (lbs)	Allowable Exception	Maximum Acceptable
60	97 - 138	139-166	166
61	101-143	144-172	172
62	104-148	149-178	178
63	107-152	153-183	183
64	111-157	158-189	189
65	114-162	163-195	195
66	118-167	168-201	201
67	121-172	173-207	207
68	125-178	179-214	214
69	129-185	186-220	220

Height (inches)	Recommended Weight (lbs)	Allowable Exception	Maximum Acceptable
70	132-188	189-226	226
71	136-194	195-233	233
72	140-199	200-239	239
73	144-205	206-246	246
74	148-210	211-252	252
75	152-216	217-260	260
76	156-222	223-267	267
77	160-228	229-274	274
78	164-234	235-281	281
79 & over	170-240	241-295	295

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

### PHYSICAL PREPARATION FOR A PHILMONT TREK

To enjoy the Philmont experience participants must be physically prepared to carry a 35 - 50 lb. pack over steep, rocky trails at elevations ranging from 6,500 to 12,500 feet. A regular program of physical conditioning for at least three to six months prior to taking a trek is essential. A longer period is required for those unaccustomed to physical exercise.

The first step is to have each participant get a physical examination from their physicians on the 2010 Philmont Health and Medical Record provided by Philmont to each crew. We will mail the medical forms in fall of 2009. Sign the **AUTHORIZATION FOR PARTICIPATION, MEDICAL CARE, AND DISCLOSURE OF HEALTH INFORMATION** at the bottom of page 4, complete the health history on page 5 of the form and schedule a physical exam.

Staff physicians at Philmont reserve the right to deny access to the trails to any adult or youth on the basis of the physical recheck 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 with or without medication must be less than 160/100 for any participant to be permitted to hike on Philmont. If there are any doubts after the individual has had a physical examination, contact Philmont.

A program of regular aerobic exercise is highly recommended to become physically conditioned for Philmont. Plan to exercise for 30 to 60 minutes 3 to 5 times a week.

Jogging, running uphill, long flights of stairs or walking along abandoned railroad tracks, and hiking with a full pack are excellent preparation. How fast you run or how far you go is not nearly so important as regular exercise. Other aerobic exercises such as swimming, bicycling, stationery cycling and aerobic exercise classes can supplement your training. Start slowly and gradually increase the duration and intensity of your exercises. Start a journal to record your progress. If anyone has questions have them contact their family physician or exercise physiologist.

Backpacking is the best way to prepare for a Philmont trek. It is highly recommended that everyone in a Philmont crew fulfill the requirements for Backpacking Merit Badge. These include three 15 mile treks with two overnights each and one 5 day backpacking trek covering at least 30 miles. Fulfilling these requirements will enable you to enjoy a Philmont trek. The Venture Backpacking pamphlet also has excellent tips for preparing for a Philmont trek. Be Prepared!

Select a hilly area for your training. Start with a short hike and a light pack. Increase the mileage and your pack weight as your training progresses. It is important to hike often enough while carrying a pack and wearing the boots which you will use at Philmont to toughen your feet and to break in your boots.

Most of the crews that participate indicate on their evaluation forms that additional physical training by all members of their crew would have been helpful.

### **SUGGESTED CONDITIONING PROGRAM**

<u>MONTH</u>	<u>CONDITIONING</u>
DECEMBER/ JANUARY	Complete health history on individual medical form and get parental approval (signature).  Be examined by a physician or osteopath. Call attention of the physician to the note on the medical form that describes the rigors of a Philmont trek and to the box that indicates areas of medical concern. Ask the physician about any special medical needs or areas of concern. If overweight, get physician's recommendation on how to lose weight through dieting and exercise.  Walk, jog in place, swim or pedal exercise bike indoors for 20 minutes or more at least 3-5 times a week. Gradually increase the length and the intensity of exercises.  Purchase a pair of quality hiking boots. A pair of boots 6 to 8 inches high with sturdy soles are recommended. Wear your boots to school or work and when walking anywhere to break them in and to condition yourself.
FEBRUARY/ MARCH	When weather permits jog, run or walk outdoors. Start with 20 minute sessions and gradually increase the length and the incline or speed. While walking begin to carry your backpack and gradually add weight to it.
APRIL/MAY	Continue exercising. Schedule a couple of 5 -10 mile day hikes and at least two overnight backpacking treks of 10 - 20 miles. Plan the second trek to cover more rugged terrain or increase the mileage. Whenever possible, hike in the boots you will use on the trail and carry your backpack.
JUNE/JULY	Continue exercising right up to the day you depart for Philmont. Come to Philmont in top physical and mental condition ready for backpacking a 35 to 50 pound pack over steep, rugged trails at high elevations (6,500 to 12,500 feet.)

## SPECIAL FOOD NEEDS FOR ALLERGIC OR RELIGIOUS REASONS

Philmont trail food is, by necessity, a high-carbohydrate, high-caloric diet. The menu provides between 2,700 and 3,100 calories per person per day. It is high in wheat, milk products, sugar and corn syrup, and artificial coloring/flavoring. If an individual is allergic to some food products or requires a special diet, suitable trail food must be purchased at home and brought by that individual to Philmont.

Package each day's meals separately and write the person's name and expedition number on each package. Upon arrival at the ranch, give the food to your Ranger who will take it to Logistics. Arrangements will be made to transport it to the appropriate backcountry commissaries for your crew. There is no fee reduction for individuals who bring their own food.





Appropriate substitutions can be arranged for food served in the dining hall by speaking with the dining hall manager prior to arrival at Philmont.

Philmont asks that food substitutions be only for medical (including allergies) or religious reasons. Your cooperation is appreciated. If there is any question about food substitutions or to obtain a copy of the Philmont menu and ingredients list, please contact Philmont by phone at 575-376-2281 or email: [camping@philmontscoutranch.org](mailto:camping@philmontscoutranch.org). The menu and ingredient list for 2010 will be available in April of 2010.

### KOSHER TRAIL MENU

A Kosher/Halal Trail Menu is available and is based, as much as possible, on the standard Philmont Trail Menu. This allows for a higher level of practicality, since it will permit the Jewish and Muslim Scout to share the same foods (in many instances) as other members of their crew, reducing the amount of extra food that needs to be packed into the backcountry and allowing more social interaction through shared food at meal time.

The *My Own Meal* products are used for the dinners and need only to be immersed in boiling water for 5 minutes to be ready, requiring very little clean-up afterwards. All of the meat products used in *My Own Meal* are Glatt Kosher and are Halal. Philmont has kosher vessels (ie. brand new and not used) available. We recommend that Jewish and Muslim Scouts either bring their own trail stove or purchase one here, so that they do not have to wait for a crew stove to boil their water and, thus, not eat at the same time as their crew members.

Most, but not all, of the products currently in use at Philmont have a , , or  kosher or are clearly marked , Halal. While they should be adequate to fulfill the religious dietary requirements of most of our Jewish and Muslim Scouts, if it is important for you to have certification on all food products, you should consider bringing all food from home. Please request the trail menu from Philmont as a guide on what to bring.

Much care has been placed on insuring the separation of meat and dairy at any given meal. For example, dried fruit has been substituted for the regular desserts in several suppers because the regular desserts contain milk or whey. Philmont feels it is important that the Scout have meat protein available at that point in the trek. Some dinners have been made vegetarian or cheese so that the Scout can also enjoy a dairy dessert with that meal.

When practical, we can arrange one or more food pick-ups in the backcountry so that Jewish and Muslim Scouts do not have to carry all their food with them from the beginning of the trek. These can be arranged to occur at the same times and places as the regular crew food pick-ups. Your Ranger will help make these arrangements.

If you have questions or concerns, please direct them in writing to the Philmont Jewish Chaplain or the Philmont Director of Program.