

1. What is Philmont

Philmont Scout Ranch, the Boy Scouts of America's premier High Adventure base, challenges Scouts with more than 214 square miles of rugged northern New Mexico wilderness. Backpacking treks, horseback cavalcades, and training and service programs offer young people many ways to experience this legendary country.

Philmont provides an unforgettable adventure in sky-high backpacking country along hundreds of miles of rugged, rocky trails. Program features combine the best of the old West. Horseback riding, burro packing, gold panning, chuck wagon dinners, and living history provide exciting challenges each day. Rock climbing, mountain biking and shooting sports and more make for an unbeatable recipe of fast-moving fun in the outdoors.

There is a magic spell at Philmont. Long ago, the Native Americans felt it. Later, Kit Carson, Lucien Maxwell, and other mountain men were captivated by the land. A century later, the late Mr. Waite Phillips found himself under its spell. His son, Elliott, and his cousins found it almost a necessity to return to Philmont during their high school and college summer vacations.

2. Who Can Go

- a. Unregistered guests or family members are NOT permitted to camp at Philmont. There are no scheduled program or available housing accommodations for family members of trek participants.
- b. Participants must be registered members of the BSA who will be at least 14 years old OR have completed 8th grade and be at least 13 years old prior to participation.
- c. Participate in the scheduled training and shakedown activities.
- d. Provide a copy of the BSA Annual Health and Medical Record less than 12 months old when at Philmont (not older than July 1, 2023).
- e. Within the maximum weight for height restrictions for participating. See other Philmont health risk advisories.

3. Itinerary and Travel Options

- a. Dates of Adventure
 - (1). Arrival date at Philmont was determined through the Lottery.
 - (2). Lottery result: Philmont arrival 6/22/2024, Philmont departure 7/4/2024.
 - (3). Departure and arrival dates in Virginia are based on travel options.
- b. All participants will travel together.
- c. Option 1 – Train to Raton
 - (1). AMTRAK from Norfolk (NFK) to Raton (RAT).
 - (2). No extra days. One night in hotel.
 - (3). Take shuttle bus to Philmont.
 - (4). 12-day trek at Philmont
 - (5). Shuttle bus to RAT, train to Newport News (NPN).
 - (6). 18 days total.
 - (7). Estimated cost per-person = \$2,350.
- d. Option 2 – Train to Albuquerque [PROBABLE OPTION]**
 - (1). AMTRAK from Norfolk (NFK) to Albuquerque (ABQ).**
 - (2). Two extra days & 3 nights in NM allow acclimatizing to elevation. Whitewater Rafting, Museums. Rent cars for transport. Stay in hotel.**
 - (3). Return cars to ABQ. Take train to Raton (RAT). Hotel in Raton.**
 - (4). Take shuttle bus to Philmont.**
 - (5). 12-day trek at Philmont**
 - (6). Shuttle bus to RAT, train to Newport News (NPN).**
 - (7). 20 days total.**
 - (8). Estimated cost per-person = \$2,800.**

- e. Option 3 – Air to Albuquerque
 - (1). Air travel from Norfolk (ORF) to Albuquerque (ABQ).
 - (2). Two extra days & 3 nights in NM allow acclimatizing to elevation. Whitewater Rafting, Museums
 - (3). Return cars to ABQ. Take train to Raton (RAT). Take shuttle bus to Philmont.
 - (4). 12-day trek at Philmont
 - (5). Shuttle bus to RAT, train to ABQ, return flight to ORF.
 - (6). 17 days total.
 - (7). Estimated cost per-person = \$3,000
 - f. Option 4 – Air to Albuquerque with Blue Sky Tours
 - (1). Air travel between Norfolk (ORF) to Albuquerque (ABQ).
 - (2). Blue Sky Tours pickup at ABQ. Turnkey tour includes meals, lodging, transportation to Philmont, museums, etc.
 - (3). 12-day trek at Philmont
 - (4). Blue Sky Tours pickup and transportation to ABQ.
 - (5). Return flight to ORF.
 - (6). 15 days total.
 - (7). Estimated cost per-person = \$3,200
4. Budget and Payments – Actual fees determined by final costs and number of participants.
- a. Ship 1610 members will be able to apply their scout accounts to all payments.
 - b. Payment Schedule.
 - (1). January 15, 2023 – Deposit \$150.
 - (2). September 17, 2023 – First Half.
 - (3). February 18, 2024 – Balance.
 - c. Must get deposit on time. Number of paid deposits will determine how many crews will be reserved; and, therefore final costs.
 - d. Philmont has the Waite Phillips Scholarship fund to assist one youth participant per crew who would not otherwise be able to experience a Philmont trek. Instructions and an application will be emailed to each Reservation Contact in October 2023.
5. Trek Roster and Wait List
- a. A Trek Roster will rank the participants in the order they sign up for the Philmont trip. The first 24 people to sign up will fill the Trek Roster. The \$150 deposit is due when signing up for the Trek Roster. January 15 is the regular signup deadline. Late signups will be taken until February 2024.
 - b. Two crews will be reserved if 16 or more participants signup and pay deposits by January 15, 2023. If there are fewer than 16 participants on the Trek Roster after January 15, then an entire crew may be dropped.
 - c. If more than 24 participants sign up by January 2023, then a Wait List will rank the overflowed participants in order they sign up. If a participant on the Trek Roster must drop out, then the first available person on the Wait List will be invited to take their place. Required fees up to that point must be paid by the promoted participant. Once a paid replacement is found, a refund to the dropped participant will be made, minus any non-refundable change fees (e.g., plane ticket change).
 - d. Participants must make timely deposits and payments, and attend the required training and shakedown events. Missing key events or payments may result in removal from the Trek Roster and replacement with someone from the Wait List.
6. Physical Training
- a. Youth and adults are expected to undertake extensive physical training.
 - b. Extensive training is defined as everyday or nearly everyday backpacking, carrying a heavy pack, for a minimum of 1 hour per day for at least 2 months prior to the trek

start date, plus a minimum of 2 “realistic” backpacking shakedown events (10 miles minimum, including at least 2,000 feet of total elevation change, or 15 miles minimum with a lesser amount of elevation change), during the 2 months prior to the trek.

- c. When Do You Need to be in Decent Shape? BEFORE YOUR FIRST BACKPACKING SHAKEDOWN! So when do you therefore need to start getting in shape? Depends on your shakedown schedule, and your current fitness level - for most of us, about 10 weeks before that first shakedown.
 - d. Sports is not Philmont Training! Even the “best” Sports only hit two of the three fitness needs - and many hit only one. None help the most important fitness need - backpacking fitness.
 - e. Shakedowns are not Fitness Training! Shakedowns are PROTOCOL; “How-To-Do-Philmont” training. They are utterly useless as Fitness Training, except to serve as a warning. Fitness is what you do every day, not what you do two or three times in the 6 months before you go.
7. Summary of Practice Events – Participants must attend shakedown training, and the shakedown trips. Participants should attend monthly conditioning hikes. To earn the 50-Miler Award, each participant must perform an additional 7 hours of service on a selected conservation project.
- a. Monthly Conditioning Hikes – Sundays in place of scout meeting. Noland Trail, with packs, gear, boots.
 - b. January 19-21, 2024 Pre-Shakedown Training
 - c. March 16-17, 2024 Shakedown Trip: Dobie Mountain (Diff 3, 6.8 mi, 1560 ft)
 - d. April 5-7, 2024 Shakedown Trip: Priest/Seeley (Diff 5, 21.3 mi, 3500 ft)
 - e. May 4-5, 2024 Shakedown Trip: Three Ridges (Diff 5, 14 mi, 4290 ft)
 - f. June 2024 Service Project: ????
8. Administrative Timetable
- a. October 2022: Signup for Philmont Lottery – proposed dates submitted.
 - b. November 30, 2022: Philmont lottery deadline.
 - c. December 1, 2022: Philmont selection announced.
 - d. January 15, 2023: Trek Roster signup and deposit payment due.
 - e. January 31, 2023: Registration and deposit due at Philmont, \$150 per person.
 - f. September 17, 2023: First half payment due to Ship.
 - g. October 1, 2023: 50% payment due at Philmont.
 - h. November 2023: Schedule physical exams.
 - i. November 30, 2023: Scholarship applications due at Philmont.
 - j. January 2024: Finalize travel arrangements and reservations
 - k. January 2024: Submit itinerary selection request to Philmont.
 - l. February 18, 2024: Balance payment due to Ship.
 - m. March 1, 2024: Final payment due at Philmont.
 - n. May 2024: Submit Roster and Arr/Dep Info to Philmont.

9. Personal Gear

Backpacking gear is an investment. Several items should be the best that you can afford because they have an important impact on comfort. The four items below are listed in order of importance.

- Footwear – Well made, well-fitted boots. Lots of toe room, snug heel, wear good socks. Buy them early to allow time for proper breaking in before we go on our shakedown trips. Wear these shoes often, especially when doing physical conditioning.
- Sleeping Bag – Lightweight, synthetic fill, right sized. Temperatures during shakedown

trips may be near freezing, and Philmont often has evening temperatures in the 40's. Try to keep the weight at 3 lbs or less. I will be perfectly fine with a 40F rated bag, and wear a base layer when colder. I prefer synthetic over down because down is useless when it gets wet.

- Rain Gear – Rain is not an emergency at Philmont. The trek will go on, even if it's raining. The rain suit must be rugged, breathable (doesn't trap sweat), lightweight, and wearable over your boots.
- Backpack – At least 70 liter capacity, rugged, internal frame, sized and fitted properly. The pack must also fit right. We need to measure a scout's torso (C7 vertebra to iliac crest) to get the right size. Many packs are adjustable.

LOWER BODY LAYERS

You will need 1-2 synthetic insulating layers. All must fit comfortably over each other, so they can be worn in combination.

EQUIPMENT	QTY	COMMENTS	CODE
Base Layer	1	Long underwear bottom, mid- weight, synthetic or wool. Used for cold mornings or evenings, & extra warmth while sleeping.	T
Rain Pants	1	Lightweight & sturdy	T, A, E
Long Pants	1	Pants needed for spar pole climbing, horseback riding, cold weather, & conservation project. Convertible pants or long underwear with rain pants may be used.	T
Underwear	3		T
Hiking Shorts	2		T

UPPER BODY LAYERS

It is imperative to layer your clothing, combining different garments to achieve protection from the elements and optimum insulation. Synthetic or wool layers are recommended as they insulate when wet. Avoid cotton as it does not insulate when wet.

EQUIPMENT	QTY	COMMENTS	CODE
Base Layer	1	Long underwear top, mid-weight	T
Middle Layer	1	Wool sweater or fleece pullover	T
Top Layer (Warm Jacket)	1	Lightest and warmest available. Wool or fleece is best since they both provide warmth if wet.	T, E
Rain Jacket	1	Sturdy, waterproof jacket with hood. Layer over fleece for extra warmth.	T, A, E
Shirt - Short Sleeve	2	Moisture wicking, avoid cotton.	T
Shirt - Long Sleeve	1	Moisture wicking. Avoid cotton or nylon. Warmth layer for cold mornings or evenings.	T
Sports Bra	2	Synthetic or wool blend.	T

HEAD/NECK/HANDS

EQUIPMENT	QTY	COMMENTS	CODE
Wool or Fleece Hat	1	Preserves body heat during cool evenings and while sleeping.	T

Glove Liners or Mittens	1 pr	Polypro or wool is best for warmth in cool, wet conditions. Work gloves for conservation projects are provided	T
Baseball Cap or Wide Brim Hat	1	Protect ears and face from sun	T

PACKS AND BAGS

EQUIPMENT	QTY	COMMENTS	CODE
Backpack	1	Internal frame 75 L (4600 cubic in.) External frame 65 L (3966 cubic in.) Rental available w/pack cover-\$30	T
Summit/Daypack	1	Side hikes.	T, S
Lashing Straps	1 pr	To hold sleeping bag on pack.	T
Gal. Ziploc Bags	6-12	Keep gear dry and clothing organized.	T
Pack Cover	1	Waterproof. Highly recommended. Make sure it fits over pack and any external items.	T, A
Small Stuff Sacks	2 - 3	Pack personal items/organize.	T
Ditty Bags	2 - 3	Put all personal smellables in one to raise in bear bag.	T

FOOTWEAR

EQUIPMENT	QTY	COMMENTS	CODE
Boots	1 pr	Well broken in durable boots. Trail runners are accepted but ankle support is highly recommended.	T
Socks	3 pr	Synthetic or wool.	T
Liner Socks	3 pr	Synthetic or wool, wicks sweat away from foot.	T, O
Camp Shoes	1 pr	Sturdy lightweight, closed toe shoes. Use in camp, side hikes, rock climbing, and biking.	T, O

SLEEPING GEAR

EQUIPMENT	QTY	COMMENTS	CODE
Sleeping Bag	1	Rated 20 degrees and less than 4 lbs.	T
Waterproof Stuff Sack	1	Alternatively use compression sack lined w/plastic bag.	T
Sleeping Pad	1	Provides padding and insulation from the ground.	T
Sleep Clothes	1 set	Worn only in sleeping bag. T-shirt & gym shorts acceptable.	T

MISCELLANEOUS ITEMS

EQUIPMENT	QTY	COMMENTS	CODE
Bowl	1	Deep bowl of lightweight material.	T
Mug/Cup	1	12-20 oz. Measuring style recommended.	T, O
Spoon/Spork	1	Lightweight.	T
Water Bottles (1 Qt.)	4 +	Any combinations of bladders and bottles are accepted, but at least one water bottle is necessary.	T, A, BB, E

EQUIPMENT	QTY	COMMENTS	CODE
Pocket Knife	1	Small knife for opening food packages and water purification tablets.	T, A, S, E
Matches/Lighter	1	Pack in waterproof container for lighting camp stove. Can be shared w/buddy.	T, BB, S, E
Flashlight/ Headlamp	1	Durable and lightweight. Everyone in crew should have one. Bring extra batteries.	T, E
Trekking Poles w/rubber tips	1 pr	Rubber tips to prevent erosion. Can reduce impact on ankles and knees by up to 25%. Improve balance.	T, O
Philmont Sectional Maps	2 sets	Overall maps are not for navigation.	T, A, S, E
Compass	1	Liquid filled compass w/rotating dial is optimal.	T, A, S, E
Bandana/tubular headgear	2	Serves as a wash cloth, hot pot holder, and a variety of other uses.	T, BB
Money	\$20-\$50	ATM in Base Camp. Small bills. Backcountry trading posts have many items.	BB
Lip Balm	1	Moisturizing balm with SPF 25 +	T, A, BB
Soap	1	Biodegradable. For body or clothes. Small amount needed.	T, BB, S
Toothbrush	1	Travel size.	T, BB
Toothpaste	1	Small amount needed.	T, BB, S
Camp Towel	1	Quick drying & small.	T
Tampon/Pads		Strongly recommended for all females to bring.	T, BB
Personal Medication		Enough for entire trek.	BB
Sunglasses	1		T
Watch	1	Several recommended throughout crew members.	T, O, E
Camera	1	Batteries & memory card.	T, BB, S
Whistle	1	To signal an emergency.	T, E
Fishing Equipment	1	Some itineraries have fishing opportunities.	T, O
Fishing License	1	NM State fishing license required. Purchase at Tooth of Time Traders or www.wildlife.state.nm.us	T, O
Postcards	1+	Pre-stamped. Mailing available on trek	T, O
Foot Powder	1	Can soothe tired feet, absorb moisture and reduce chance of blisters	T, BB, S, O
Notepad & Pen	1	For journals or emergency messages. The Philmont Passport is great for journaling.	T, BB, O

CODE: (T)=Available at Philmont’s Tooth of Time Traders; (A)=Easily accessible in pack or carried on person; (BB)=Packed in bear bag at night; (S)=Share with a buddy; (O)=Optional, (E)=Philmont Essentials

ITEMS PROHIBITED:

- Deodorant
- Drones
- Hammocks
- Turkey Bags
- Bear Bag Pulley Systems
- Radios/Bluetooth Speakers
- Video Game Devices

Labels

Be sure to label all of your clothing and equipment with your name and Expedition Number so you can readily identify what is yours and so any of your belongings sent to Lost and Found can be returned.

10. Ship Supplied Gear for each crew

Necessary items for each crew to bring or purchase upon arrival.

EQUIPMENT	QTY	COMMENTS	CODE
Sewing Kit	1	Heavy thread & needle used to repair pack, tents, clothing, etc.	T
Tent Stakes/per person	5	Philmont Thunder Ridge tents – 8, Philmont dining fly - 8	T
Extra water capacity 10 qt	2-3	One large Collapsible or several small ones.. Review itinerary to ensure sufficient water carrying capabilities.	T, E
Backpacking Stove	2	Take repair kit on trail. Stove should be able to safely hold 8 qt. pot	T
Fuel Bottle/1 qt.	2	White gas & canister fuel is available in backcountry. Be able to carry white gas w/60 oz capacity or canister w/1600 grams capacity.	T
First Aid Kit	1	Sufficient for crew and easily accessible.	T, BB, A, E
Duct Tape		Small amount needed for trail repairs	T, BB
Spices		Personal preference to compliment cooked meals.	T, BB, O
Waterproof Ground Cloth	1 per tent	5' x 7' is suitable for Philmont tents.	T
Nylon Cord	3	50' x 1/8" for dining fly, clothesline, repairing items or tying items to pack.	T
Sunscreen	2-3	6 oz tubes w/SPF 25 or higher.	T, BB, E
Insect Repellent	2	Small bottles, no aerosol spray cans.	T, BB, E
Water Purifiers/Filters	2-3	All water from streams, lakes, wells, etc needs to be purified. Water at staff camps is purified unless noted. Micropur tablets are issued so filters are optional and will require a repair kit on the trail.	T, O
Multi-Tool	2	To remove lid from cooking pot & to repair gear.	T
Trowel/Shovel	1	Useful if away from a camp or camping in low impact campsite	T
Carabiner	1	Carabiner (locking preferred) must be rated as climbing strength for rigging "oops" bag w/bear bags. A carabiner designed to be a key ring is not sufficient.	T

11. Philmont Supplied Gear

Each crew of 8-12 persons is issued the following equipment free of charge (except for any damage or replacement charges upon return).

EQUIPMENT	QTY	COMMENTS	CODE
Thunder Ridge Shelter (Dining Fly)	1	12' x 10'/wt 2 lbs. 8 oz. Crews may bring their own. A wide/short dining fly is preferred vs a tall/narrow area.	
Collapsible Poles	2	For dining fly, wt 1lb. 0.6 oz. Trekking poles are a convenient substitute.	
Philmont Thunder Ridge Tent w/ poles	1 Per 2 ppl	Weight w/poles is 5 lbs, 5 oz. Footprint is 88" x 54". Personal tents must be fully enclosed. Single person tents are not allowed due to a larger overall camp footprint except for odd	

EQUIPMENT	QTY	COMMENTS	CODE
		numbered crew or adult male/female tenting needs.	
Cooking Pot	1	8-qt Aluminum pot with lid: 1 lb., 5.8 oz Must be large enough to cook for everyone in the crew, and must be large enough to submerge eating utensils to sanitize dishes before eating.	
Dishwashing-2 nd cooking pot	1	8-qt Aluminum pot without lid: 1 lb., 4 oz. Must be large enough to heat water for washing and rinsing.	
Large Spoon	1	1 lg spoon, 2.6 oz	
Hot Pot Tongs	1 pr	3.5 oz. Multi-tool can be used instead.	
Plastic Trash Bags	10	Personal preference, multi-purpose.	C
Salt, Pepper, Condiments			CC, C, O
Dishwashing Soap, Hand Sanitizer, Scrub Pads			BB, C
Water Purifier Tablets		Micropur-1 tablet treats 1 liter, Resupply at Backcountry Commissaries.	C
Bear Rope	2-3	1/4" polyester, diamond braid, weighs 1 lb. 1 oz each. Philmont requires crews to use Philmont's or equivalent dimension rope. Smaller diameter ropes may be lighter but experience has shown that they are more difficult to hoist up and they can fray or snag on the bear cables.	
Bear Bags	5-8	For hanging smellables. 1 lb, 8oz	
Food Strainer and Scraper	1 ea	8 oz	
Toilet Paper		Resupplied w/Food Pickup	

CODE: (T)=Available at Philmont's Tooth of Time Traders; (A)=Easily accessible in pack or carried on person; (C)=Available for resupply at commissary camps; (BB)=Packed in bear bag at night; (E)=The Essentials for Hiking at Philmont; (S)=Share with a buddy; (O)=Optional

12. Risk Advisory

- a. Philmont has an excellent health and safety record and strives to minimize risks to participants by emphasizing appropriate safety precautions. Because most participants are prepared, are conscious of risks, and take safety precautions, they do not experience injuries. If you decide to attend Philmont, you 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.
- b. Philmont staff members are trained in first aid, CPR, and accident prevention. They can assist the adult advisor in recognizing, reacting to, and responding to accidents, injuries, and illnesses. Each crew is required to have at least two members trained in wilderness first aid and CPR. Response times can be affected by location, terrain, weather, or other emergencies and could be delayed for hours or even days in a wilderness setting.
- c. All Philmont participants should understand potential health risks inherent at or above 6,700 feet in elevation in a dry Southwest environment. High elevation; a physically demanding high- adventure program in remote mountainous areas; camping while being exposed to occasional severe weather conditions such as lightning, hail, flash floods, and heat; and other potential problems, including injuries from tripping and falling, falls from horses, heat exhaustion, and motor vehicle accidents, can worsen underlying medical conditions. Native wild animals such as bears, rattlesnakes, and mountain lions usually present little danger if proper precautions are taken.

- d. Guests attending Philmont Training Center conferences and family programs who are unfamiliar with the backcountry should review the supplemental information available on the Philmont website, especially information about activities that may be new to them.
- e. 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.
- f. **Food.** If the diet described in the participant guide does not meet the participant's special dietary needs, contact Philmont directly. Visit the Philmont Scout Ranch website for sample menus and more information.
- g. **Medication.** Each participant who needs medication must bring enough medicine for the duration of the trip. Consider bringing two or three supplies of vital medication. People with allergies that have resulted in severe reactions or anaphylaxis must bring an EpiPen that has not expired.
- h. **Immunizations.** Each participant must have received a tetanus immunization within the last 10 years. Recognition will be given to the rights of those Scouts and Scouters who do not have immunizations because of philosophical, political, or religious beliefs. In such a situation, the Immunization Exemption Request form is required; it is located on the Philmont website.
- i. **High Blood Pressure.** Upon arrival at Philmont, all adult participants will have their blood pressure checked. Participants should have a blood pressure less than 140/90. People with hypertension (greater than 140/90) should be treated and controlled before attending Philmont, and should continue on medications while participating. The goal of treatment should be to lower the blood pressure to normal levels. Those individuals with a blood pressure consistently greater than 160/100 at Philmont may be kept off the trail until their blood pressure decreases.
- j. **Seizures (Epilepsy).** The seizure disorder must be well-controlled by medication. A well-controlled disorder is one in which a year has passed without a seizure. Exceptions to this guideline may be considered on an individual basis, and will be based on the specific type of seizure and likely risks to the individual/other members of the crew.
- k. **Diabetes Mellitus.** Both the person with diabetes and one other person in the group need to be able to recognize signs of excessively high or low blood sugar. An insulin-dependent person who was diagnosed or who has had a change in delivery system (e.g., insulin pump) in the last six months is advised not to participate. A person with diabetes who has had frequent hospitalizations or who has had problems with low blood sugar should not participate until better control of the diabetes has been achieved. If an individual has been hospitalized for diabetes-related illnesses within the past year, the individual must obtain permission to participate by contacting the Philmont Infirmary at 575-376-2281.
- l. **Asthma.** Asthma must be well-controlled before participating at Philmont. This means: 1) the use of a rescue inhaler (e.g., albuterol) less than once daily; 2) no need for a rescue inhaler at night. 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: 1) you have asthma not controlled by medication; or 2) you have been hospitalized/ gone to the emergency room to treat asthma in the past six months; or 3) you have needed treatment by oral steroids (prednisone) in the past six months. You must bring an ample supply of your

medication and a spare rescue inhaler that are not expired. At least one other member of the crew should know how to use the rescue inhaler. 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 buy one before you will be allowed to participate.

- m. **Recommendations for Chronic Illnesses.** Adults or youth with any of the following conditions should undergo an evaluation by a physician before considering participation at Philmont.
- (1). Chest pain, myocardial infarction (heart attack) or family history of heart disease in any person before age 50
 - (2). Heart surgery, including angioplasty (balloon dilation), to treat blocked blood vessels or place stents
 - (3). Stroke or transient ischemic attacks (TIAs)
 - (4). High blood pressure
 - (5). Claudication (leg pain with exercise, caused by hardening of the arteries)
 - (6). Diabetes
 - (7). Smoking or excessive weight
- n. The physical exertion at Philmont may precipitate either a heart attack or stroke in susceptible people. Participants with a history of any of the seven conditions listed above should have a physician-supervised stress test. Even if the stress test results are normal, the results of testing are done at lower elevations, without backpacks, and do not guarantee safety. If the test results are abnormal, the individual is advised not to participate.
- o. **Allergy or Anaphylaxis.** People who have had an anaphylactic reaction from any cause must contact Philmont before arrival. 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 before you will be allowed to participate.
- p. **Recent Musculoskeletal Injuries and Orthopedic Surgery.** Participants will put a great deal of strain on their joints. 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, and Philmont should be contacted in advance of participation. Permission is not guaranteed. Ingrown toenails are a common problem and must be treated 30 days prior to arrival.
- q. **Psychological and Emotional Difficulties.** Parents and advisors should be aware that no high adventure experience is designed to assist participants in overcoming psychological or emotional problems. Experience demonstrates that these problems frequently become worse, when a participant is under the stress of the physical and mental challenges of a remote wilderness setting. Medication must never be stopped prior to participation and should be continued throughout the entire Philmont experience.
- r. **Weight Limits.** Weight limit guidelines (see Part C) are used because overweight individuals are at a greater risk for heart disease, high blood pressure, stroke, altitude illness, sleep problems, and injury. These guidelines are for all Scouting

high-adventure activities. Each participant’s weight must be less than the maximum acceptable limit in the weight chart. 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. They will be sent home. For participants under 21 years of age who exceed the maximum acceptable weight for height, the Philmont staff will use their judgment to determine if the youth can participate. Philmont will consider up to 20 pounds over the maximum acceptable; however, exceptions are not made automatically and discussion with Philmont in advance is required for any exception. Philmont’s telephone number is 575-376-2281. Due to rescue equipment restrictions and evacuation efforts from remote sites, under no circumstances will any individual weighing more than 295 pounds be permitted to participate in backcountry programs.

- s. **Philmont Approval.** Staff and/or staff physicians reserve the right to deny the participation of any individual on the basis of a physical examination and/or medical history. Each participant is subject to a medical recheck at Philmont.
- t. **Height/Weight Restrictions.** If you exceed the maximum weight for height as explained in the following chart and your planned high-adventure activity will take you more than 30 minutes away from an emergency vehicle/accessible roadway, you may not be allowed to participate.

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

Height	Recommended Weight (lbs)	Maximum Acceptance
5'10"	132 – 188	226
5'11"	136 – 194	233
6'0"	140 – 199	239
6'1"	144 – 199	246
6'2"	148 – 205	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