

RISK & PHYSICAL PREPAREDNESS

PHILMONT SCOUT RANCH EXPERIENCE

The Philmont experience is NOT risk-free. Staff will instruct participants in safety measures. Be prepared to listen to and follow these measures. Accept responsibility for the health and safety of yourself and others in your crew. Each participant must be able to carry 25 to 35% of their body weight while hiking 5 to 12 miles per day in an isolated mountain wilderness ranging from 6,500 to 12,000 feet in elevation over trails that are steep and rocky.

Summer/Autumn climate includes temperatures from 30 to 100°F, low humidity (10 to 30%), and frequent, sometimes severe thunderstorms. Winter climate conditions can range from -20 to 60°F. During a Winter Adventure experience, each person will walk, ski, or snowshoe along snow-covered trails pulling loaded toboggans or sleds for up to 3 miles—or even more on a cross-country ski trek.

RISK ADVISORY

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.

Philmont staff members are trained in first aid, CPS, and accident prevention. They can assist the adult Advisors 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.

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 to no danger if proper precautions are taken.

Guests attending conferences and family programs at the Philmont Training Center 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.

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.

PHYSICAL PREPARATION

To enjoy the Philmont experience participants must be physically prepared to carry a 35 to 50 pound backpack 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 the trek is essential. A longer period of conditioning is required for those unaccustomed to physical exercise.

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 per week.

Jogging, running uphill, long flights of stairs, or walking up and down stadium bleachers, and hiking with a full backpack are excellent methods of preparation. How fast you run or how far you go is not nearly as important as regular exercise. Other aerobic exercises such as swimming, bicycling, stationary 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 the 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 Venturing 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 that you will use at Philmont to toughen your feet and break in your boots.

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

SUGGESTED CONDITION PROGRAM

| MONTH | CONDITIONING |
|------------------|--|
| December/January | <p>Complete health history on individual medical form and get parental approval (signature).</p> <p>Be examined by a physician or osteopath. Call attention of the physician to note on the medical form that describes the rigors of a Philmont trek and to the box that indicated areas of medical concern. Ask the physician about any special medical needs or areas of concern. If overweight, get a physician's recommendation on how to lose weight through dieting and exercise in order to meet Philmont's height and weight requirements.</p> <p>Walk, jog in place, swim, or ride a stationary bike for 20 minutes or more at least 3 to 5 times per week. Gradually increase the length of time and intensity of exercises.</p> <p>Purchase a pair of quality hiking boots. A pair of boots 6 to 8 inches high with sturdy sole are recommended. Wear your boots to school or work and when walking anywhere to break them in and to condition yourself.</p> |
| February/March | <p>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.</p> |
| April/May | <p>Continue exercising. Schedule a couple of 5 to 10 mile day hikes and at least two overnight backpacking trips of 10 to 20 miles. Plan the second trek to cover more rugged terrain or increase the mileage. Whenever possible, hike in the boots that you will use on the trail and carry your backpack.</p> |
| June/July | <p>Continue exercising right up to the day you depart for Philmont. Come to Philmont in top physical and mental condition ready for backpacking with a 35 to 50 pound pack over steep, rugged trails at high elevations.</p> |

MEDICAL CARE

The following is the policy of the Boy Scouts of America regarding medical requirements:

Medical examinations for camp attendance are required of all campers for the protection of the entire camp group.

HEALTH & MEDICAL RECORD

Every camper and Advisor is required to have a medical evaluation within 12 months of his or her participation date by a physician licensed to practice medicine. An annual health and medical record is valid through the end of the 12th month from the date it was administered by your medical provider. An examination conducted by a physician's assistant or a nurse practitioner will be recognized for states where they may perform physical examinations to students enrolled in public school systems. The Annual BSA Health and Medical Record form must be used. This form is available on Philmont's website at www.philmontscoutranch.org/resources/philmonthealthform.aspx. Parts A, B, C, and the Philmont Supplemental Information should be downloaded and completed for each crew member. Advisors are to collect and hold the forms to be turned in at the Infirmary upon arrival at Philmont during Day One basecamp procedures. Advisors should review each participant's medical form to be familiar with any health restrictions, check for parental and physician's signatures, and be certain that a copy of each participant's health insurance card is attached.

Philmont Scout Ranch Supplemental Information should be read by each participant and parent or guardian, if under 18 years of age, and shared with the medical provider completing the medical evaluation. The Supplemental Information contains helpful information and interpretation.

An individual should always contact the family physician first and call Philmont at (575) 376-2281 if there is a question about the advisability of participation. Philmont's Chief Medical Officer and other medical staff of the Philmont Infirmary reserve the right to make medical decisions regarding participation of individuals at Philmont.

FIRST AID KIT

Each crew must bring a first aid kit. The *Guidebook to Adventure*, available in the Lead Advisor Packet, will contain recommended first aid kit supplies. Many "over the counter" medications are available at the Tooth of Time Traders.

FOOD ALLERGIES & DIETARY RESTRICTIONS

Philmont trail food is a high carbohydrate and high caloric diet by necessity. It is high in wheat, milk products, sugar and corn syrup, and artificial coloring/flavoring. If an individual in your crew is allergic to some food products in our menu or requires a special diet, suitable replacement food must be purchased at home and brought to Philmont to replace those items. **Philmont asks that food substitutions be made ONLY for medical (including allergies) or religious reasons.** All food shipped to the backcountry is subject to inspection to ensure the best delivery method. There is no fee reduction for individuals who bring their own food.

If replacement food is required, go to the Philmont website (www.philmontscoutranch.org) to find the menu and ingredients list. The list for the summer menu will be available online May 1 each year. Review the list and determine which items in each meal would cause a problem and replace with substitute food items. Keep in mind that Philmont participants need approximately 3,000 calories per day.

All meals are numbered 1 to 10. Package the substitutes for each meal together in a plastic bag and label them each with your expedition number, the person's name, and the meal that the substitute food bag is needed for (ex: Lunch 5). Do this for all items that need to be substituted in all meals. The key is to be sure all bags are clearly labeled.

On the afternoon of your arrival at Philmont, your crew's Ranger/Horseman/Wrangler, the Crew Leader, and individual(s) needing the substitute food should bring the food bags and the crew's Crew Leader Copy to Logistics. The Logistics staff will then group the meal by backcountry commissary and will arrange for them to be delivered. At the time of your backcountry food pickup, both the standard issued meal bags and the substitute food bags will be available

at the commissary. Everyone is issued the standard meal bags and it will be the responsibility of the person(s) with food substitutes to remove the items they cannot have.

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

KOSHER TRAIL MENU

Philmont supports a Kosher/Halal trail menu. Philmont has requested that all food suppliers bid products that are identified as Kosher. To assist crews identify those items that are Kosher, the menu has an identification mark by each item that qualifies.

Crews or individuals that require a Kosher trail menu may bring substitutes for items that are not Kosher for each meal. These items must be prepared as outlined in this section.

My Own Meal products are available at Philmont as a substitute for the entree in the dinners and need only to be immersed in boiling water for five minutes to be ready. All of the products used in *My Own Meal* are Glatt Kosher and are Halal. Philmont has Kosher vessels (brand new and not used) available. We recommend that Jewish and Muslim Scouts either bring their own trail stove or purchase one at Philmont so that they do not have to wait for a crew stove to boil their water and as a result, not eat at the same time as their crew members.

Philmont Scout Ranch will do its best to provide specific information to help in planning meals for Jewish and Muslim Scouts. Substitute food items that are brought to Philmont and substitute *My Own Meal* products provided by Philmont will be packaged using the process described in this section and delivered to specific commissaries to match the meals they are needed for.

You may direct specific questions or concerns to the Philmont Jewish Chaplain or the Philmont Scout Ranch Director of Camping Services by emailing camping@philmontscoutranch.org.

MEDICATIONS

Each participant at Philmont who has a condition requiring medication must bring an appropriate supply. The pharmacy at the Philmont Infirmary is limited and the identical medications may not be available. In certain circumstances, duplicate or even triplicate supplies of vital medications are appropriate. Participants will be charged for maintenance medications or medications that should have been brought to Philmont and are dispensed by the Philmont Infirmary.

Persons 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 unexpired treatment with you**. 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.

IMMUNIZATIONS

Verification is required that adequate Tetanus Immunization has been given within the last 10 years prior to arrival at Philmont. If this service must be performed at Philmont, you will be charged accordingly.

HIGH BLOOD PRESSURE

Upon arrival at Philmont, all adult participants 21 years of age and older will have their blood pressure checked. Participants should have a blood pressure less than 140/90. People with hypertension (blood pressure greater than 140/90) should be treated and have their blood pressure 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 blood pressure consistently greater than 160/100 at Philmont may be kept off the trail unless their blood pressure decreases.

SEIZURES (EPILEPSY)

The seizure condition must be well-controlled by medication. A well-controlled condition 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 and/or other members of the crew.

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 (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.

ASTHMA

Asthma must be well-controlled before participating at Philmont. Well-controlled asthma may include the use of long-acting bronchodilators, inhaled steroids, or oral medications such as Singulair.

This means:

- The use of a rescue inhaler is less than two times per week.
- Nighttime awakenings for asthma symptoms is less than two times per month.

You will NOT be allowed to participate if:

- You have asthma NOT controlled by medication.
- You have been hospitalized or gone to the Emergency Room to treat asthma in the past six months
- You have needed treatment by oral steroids (prednisone) in the past six months.

You must bring ample supply of your medication and a spare rescue inhaler, none of which are 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.

ALLERGIES & ANAPHYLAXIS

People who have had an anaphylactic reaction from any cause must contact the Philmont Infirmary 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 administer 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.

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.

- Chest pain, myocardial infarction (heart attack), or family history of heart disease in any person before age 50
- Heart surgery, including angioplasty (balloon dilation), to treat blocked blood vessels or place stents
- Stroke or transient ischemic attacks (TIAs)
- High blood pressure
- Claudication (leg pain with exercise caused by hardening of the arteries)
- Diabetes
- Smoking or excessive weight

RECENT MUSCULOSKELETAL INJURIES & 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.

PSYCHOLOGICAL & EMOTIONAL DIFFICULTIES

Parents and Advisors should be aware that no high adventure experience is designed to assist participants 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.

HEIGHT & WEIGHT RESTRICTIONS

Philmont Scout Ranch has established weight limit guidelines and uses this measurement because overweight individuals are at a greater risk for heart disease, high blood pressure, stroke, altitude sickness, sleep problems, and injury. 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 judgement to determine if the youth can participate. Philmont will consider up to 20 pounds over the maximum acceptable weight limit, however, exceptions are not made automatically and discussion with Philmont in advance is required for any exception. Due to rescue equipment restriction and evacuation efforts from remote sites, under NO circumstances will any individual weighing more than 295 pounds be permitted to participate in backcountry programs.

Participants planning to participate in the Cavalcade program or horse rides must not exceed 200 pounds.

HEIGHT/WEIGHT CHART

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

INSURANCE

The Philmont camper fee includes insurance coverage for health, accident, and sickness en route to and from home and while hiking the trails of Philmont. This policy is an Excess Insurance Plan meaning that the plan will pay all those eligible expenses incurred from a covered accident or sickness not paid by any other collectible insurance or pre-paid health plan in force for you or a dependent child/children. If no other collectible insurance or pre-paid health plans are in effect at the time of the loss, this plan will pay all eligible covered expenses up to the plan limits. There is no deductible under this plan. Specific information about the camper's insurance plan will be included in the Advisor's Packet.

Name and policy number of the family policy must be noted on each medical form AND a copy of the insurance card must be attached. If no insurance is in force, state NONE on the form.