

**Philmont Scout Ranch**

17 Deer Run Rd., Cimarron, New Mexico 87714 (505)376-2281

October 2004

TO: 2005 PHILMONT ADVISORS
FR: CAMPING HEADQUARTERS
RE: HEALTH and MEDICAL RECORDS

Enclosed is a supply of Philmont Health and Medical Records for your 2005 Expedition. We require physical exams be recorded on Philmont's form. Our expanded form includes important information for participants and examining physicians.

Careful review of this material **NOW** will assist each crew member have a successful Philmont trek. Do not underestimate the effects of altitude, extreme temperature fluctuation and very low humidity on individuals not used to mountain conditions. The effects are real and individuals who have not properly prepared, both physically and mentally, can experience great discomfort or even be required to leave the trail.

During the summer of 2004, 15 participants (13 Advisors and 2 youth participants) were not allowed on the trail because they did not meet the height / weight requirements. THESE PARTICIPANTS WERE SENT HOME!

Please review the height/weight requirements with each participant. These requirements will be strictly enforced by Philmont Scout Ranch for both youth and adults. (NOTE: The maximum allowed for a participant under 21 years of age has been spelled out for the year 2005.)

Please "do your best" to prepare each member of your crew for a "mountain top high adventure". Questions concerning medical or health related issues should be directed to:

Philmont Scout Ranch, BSA
Attn: Chief Medical Officer
17 Deer Run Rd.
Cimarron NM 87714
Phone (505) 376-2281
Email: camping@philmontscoutranch.org

MSA/fr

MEDICATIONS

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 sting must bring an EpiPen or equivalent with them to Philmont.

An individual with congenital or chronic medical conditions should always contact the family physician first and call Philmont at 505-376-2281 if there is a question about the advisability of participation. Philmont's chief medical officer and other medical staff of the Health Lodge reserve the right to make medical decisions regarding the participation of individuals at Philmont.

PHILMONT WEIGHT LIMITS FOR BACKPACKING & 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 5'10" cannot weigh more than 226 lbs. *The Philmont physicians will use their best professional judgment in determining participation in a Philmont trek by individuals under 21 years of age who exceed the maximum acceptable weight for height. Participants under 21 years of age are strongly encouraged to meet the weight limit for their height, and exceptions are not made automatically and the maximum allowable exception will be 20 lbs. Discussion in advance with Philmont regarding any exception to the weight limit for persons under 21 years of age is required, whether it is over or under.*

Under no circumstance will any individual over 295 lbs. be allowed to participate regardless of height or age. This limit is necessary due to limitations of rescue equipment and for the safety of Philmont personnel. The maximum weight for any participant in a Cavalcade Trek and for horse rides is 200 lbs.

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.

HEIGHT	WEIGHT RECOMMENDED	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	WEIGHT RECOMMENDED	MAXIMUM ACCEPTANCE
5'10"	132-188	226
5'11"	136-194	233
6'0"	140-199	239
6'1"	144-205	246
6'2"	148-210	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