

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 stings must bring an EpiPen, or equivalent, that has not expired, 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. *For individuals 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 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 | 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" | 144-205 | 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 |