

I have reviewed the dates for the expedition and trainings (separate from application) and understand that it will be my responsibility to attend all scheduled times. I agree that participation is contingent upon my understanding that all participants will attend the Cradle of Liberty Council Philmont Training and travel to and from Philmont in a full Class "A" Boy Scout summer uniform (shirt, shorts, belt, socks and contingent hat/neckerchief). Current Health and Medical forms must be completed and returned to the Crew Advisor before attending. I agree to uphold the policies and procedures of the National Council, Boy Scouts of America and the Cradle of Liberty Council at all times. I certify that all information is accurate and complete.

Applicant Signature Date: _____

Parent/Guardian Signature (if under 18) Date: _____

Signature of Scoutmaster (if applying as an individual) **OR** Lead Advisor (if applying with a crew) Date: _____

Application Checklist

Did you remember to double check or include the following?

- Application is completely filled out and signed by applicant AND parent AND advisor/scoutmaster.
- Name on application matches name on ID most likely used for air travel.
- A \$200 non-refundable deposit is enclosed (sent through unit if applying with a crew; or for "Cradle of Liberty Council" if applying as an individual).
- A scholarship application is enclosed (if consideration is desired).
- For all adults, please sign and submit the "Cradle of Liberty Council Philmont Contingent Advisor Agreement" (separate from application).
- Review of the age requirements to ensure participant meets the guidelines (Philmont WILL NOT relax these for anyone).
- Review the medical guidelines (pages 3 and 4) and pay special attention to the height/weight charts. Any medical concerns/questions for participation should be brought forward BEFORE application and deposit is submitted.

If you have any questions before completing and/or submitting your application and deposit, please contact your unit leadership or the High Adventure Chairman for Cradle of Liberty Council:

John Schultz
JFSchultz4@gmail.com
215-570-0058

Philmont Medical Guidelines

The Trek Experience:

Each participant must be able to carry a 35- to 50-pound pack while hiking 5 to 12 miles per day in an isolated mountain wilderness ranging from 6,500 to 12,500 feet in elevation. Summer climatic conditions include temperatures from 30 to 90 degrees, low humidity (10 to 30 percent), 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 have potential for injury.

Recommendations Regarding Chronic Illnesses:

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.

Adults or youth who have had any of the following conditions should undergo a thorough evaluation by a physician before considering participation at a BSA high-adventure base.

Cardiac or Cardiovascular Disease, including:

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 (TIAs)
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
9. Excessive weight

Youth who have a congenital heart disease or an 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 physical exertion may precipitate either a heart attack or stroke in susceptible persons. Participants with a history of any of the first seven 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 results are normal, the results of testing done at lower elevations, without backpacks, do not guarantee safety.** If the test results are abnormal, the individual is advised not to participate.

Asthma:

Asthma should be well-controlled before participating at Philmont. Well-controlled asthma means: 1) the use of a rescue inhaler (e.g., albuterol) less than once daily; 2) no need for nighttime treatment with a rescue inhaler (e.g., albuterol). 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 six months; or 3) you have needed treatment with intravenous, intramuscular, or oral steroids (prednisone) in the past six months. ***You must bring an ample supply of your medications and a spare rescue 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 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.***

Weight Limits:

Weight limit guidelines are used because overweight individuals are at a greater risk for heart disease, high blood pressure, stroke, altitude illness, sleep problems, and injury. Those who fall within the limits are more likely to have an enjoyable trek and avoid incurring health risks.

Each participant in a Philmont trek must not exceed the maximum acceptable limit in the weight 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.

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 example, a person 70 inches tall cannot weigh more than 226 pounds. 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. Philmont will consider up to 20 pounds over the maximum acceptable as stated on the chart; however **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.** Philmont's telephone number is 575-376-2281.

Under no circumstances will any individual weighing more than 295 pounds be permitted to participate in backcountry programs. This requirement is necessary due to rescue equipment restrictions and for the safety of search-and-rescue personnel.

The maximum weight for any participant in a Cavalcade Trek and for horse rides is 200 pounds.

Height (inches)	Recommended Weight (lbs)	Allowable Exception	Maximum Acceptance
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 Acceptance
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. All Medical Guideline information excerpted from BSA Annual Health and Medical Record form: Part D (2010 Printing ; Rev. 11/2010)