

Dear Philmont Participant for the 2015 Cradle of Liberty Council Contingent:

Although we're focusing on the 2014 Contingent details as that expedition grows closer, that doesn't mean we forgot about 2015! We have some great new opportunities and ideas for the coming years and we look forward to an amazing trip for you and your crew(s). The date for the 2015 Contingent departure is SATURDAY, JUNE 27th, 2015 and return on SATURDAY, JULY 11th, 2015.

The cost for participating in the 2015 Philmont contingent is \$2150. A payment schedule is enclosed (due dates to Cradle of Liberty), however many crews choose to arrange their own schedule that works best for them. Please be sure to keep up with payments to council as we'll be making Philmont, airline and hotel arrangements well before the date of departure.

As in past years, the council does have small amounts of scholarship funding available for needy scouts. These funds can vary from year to year depending on donations and number of scouts in need, but typically are \$300, \$400, \$500 or \$600 per scholarship applicant. **Although the council and Philmont do everything possible to offer scouts the opportunity for a trek, scouts should not expect scholarship funding.** Note the due date of December 1, 2014 for scholarship applications. All submissions will be considered and decisions and notifications will be made after the due date. Please contact me or Tracy Launder at the council office for more information.

Since we are a Council Contingent, we often have individual scouts and adults that wish to participate, although their unit may not be going to Philmont that year. Be aware that we may ask crews with fewer than 12 registered members to accept one of these scouts/scouters as part of their crew. Also, if you have difficulty reaching the minimum crew size of 7 within your unit, please let us know so we can consider placing additional folks with you.

Please note the medical guidelines (excerpted from BSA's newest medical form: Part D) enclosed or on the council website under "High Adventure Camps – Philmont Weight Guidelines for Backpacking". Please read and understand the information preceding the chart and ensure that your weight meets (or will meet) the mandatory weight/height ratio. Philmont takes these VERY seriously and will send a participant home at their own expense if they are not met. Be advised that a Philmont trek is a "once in a lifetime" experience, but success depends on planning, training and physical conditioning. To this end, each crew should schedule several backpacking trips before the council training weekend on May 9-10, 2015.

Crew and Individual Requirements for Philmont:

- All youth must be 14 years old OR 13 years old and completed the 8th grade by date of arrival (June 29, 2015).
- A minimum crew size of 7 and maximum of 12, including all youth and adult participants.
- Coed groups (of youth) must be Venturing crews with both male and female leadership.
- A majority of crew members must be under age 21 with a maximum number of adults (over 21) of 4 per crew. Participants 18 through 20 years old may be counted as youth or adult crew members.
- All crews must have AT LEAST two adults (at least one must be over 21 years old).
- **ALL PARTICIPANTS MUST BE REGISTERED MEMBERS OF THE BOY SCOUTS OF AMERICA (ADULTS MUST HAVE VALID YOUTH PROTECTION TRAINING).**

COL High Adventure Committee
 John Schultz, Chairman
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Philmont 2015 (per person) Payment Schedule*(Individual crews may have a different schedule)*

Date	Amount Due	Total
15 April 2014	\$200 (non-refundable)	\$200
31 May 2014	\$250	\$450
31 June 2014	\$250	\$700
1 August 2014	\$250	\$950
1 October 2014	\$250	\$1200
1 December 2014	\$300	\$1500
1 February 2015	\$300	\$1800
1 March 2015	\$350	\$2150

Refund Policy

If someone drops out, we require a written statement as to the cause. **The date of drop will be recorded when a written and signed letter is received (by mail or e-mail).** If there is a replacement available to fill the slot, Council will refund all moneys paid. The Council is not responsible to find a replacement for a participant dropping out.

If there is no replacement available, we will refund all unspent funds to the extent possible following the guidelines below:

If dropped before:	Amount of potential refund:
September 1, 2014	Complete amount paid in, less \$200 deposit
December 31, 2014	Up to 50% of \$2150 total cost (if less than 50% paid in, potentially no refund given).
Although drops due to medical injuries are the most common allowable refunds, all requests will be dealt with on a case-by-case basis and no guarantee of refund is given. Most refunds, if available, are not processed until after trip (July 2015).	

Financial questions should be addressed to Tracy Launders, Camping Registrar at 484-654-9213.

WE MUST RECEIVE A PHILMONT TREK APPLICATION FOR EACH PARTICIPANT WITH INITIAL DEPOSIT/PAYMENT.

CRADLE OF LIBERTY COUNCIL PHILMONT CONTINGENT APPLICATION**Expedition Dates: June 27th – July 11th, 2015**

If you decide to apply for the Philmont Contingent, you must be physically fit, have proper clothing and equipment (some available to borrow and/or rent), be willing to follow instructions, work as a team with your crew and take responsibility for your own health and safety. **All youth must be 14 years old OR 13 years old and completed the 8th grade by June 29, 2015. No exceptions can be made.** Philmont is not risk free and you should be prepared to listen to safety instructions carefully, follow directions and take appropriate steps to safeguard yourself and others. Please review the Medical Guidelines sent with this application for details.

Adult participants are selected based on adult to youth participation ratio (ideally 3 adults in a 12 person crew, with a minimum of two-deep leadership), and BSA policy. **All participants, youth and adult, must be a registered member of the Boy Scouts of America.** All adults (participants over 18) MUST have current Youth Protection certification with an expiration after July 11, 2015. Please type or print clearly ALL information. Read instructions carefully as some questions ask for future dates, etc.

Name: _____ Age on June 27, 2015: _____
 First Middle Last

Note: Please fill out your name EXACTLY as it appears on the ID most likely to be used for air travel.

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: (____) _____ Parent Cell: (____) _____ Parent 2 Cell: (____) _____

Parent Work Phone: (____) _____ Email Address: _____

Birth Date: ____/____/____ Membership ID #: _____
 Month/Day/Year

Council: _____ District: _____

Unit Type: (Indicate Troop or Crew) _____ Unit Number: _____

I currently meet the Height/weight requirements (page 4): ___Yes ___No

Note: An answer of "No" does not preclude an applicant from attendance, however, participants not currently meeting this requirement must fall within the allowable range at time of expedition.

T-Shirt Size (men's)(by June 2015): _____

Have you attended Philmont before? ___Yes, as an adult ___Yes, as a scout ___No

If yes, how many times? _____

Will you be submitting a scholarship application with this form? ___Yes ___No

Do you have any of the following certifications (check "Yes" only if expiration dates are AFTER July 11, 2015)?

BSA Youth Protection: ___Yes ___No *Note: ALL ADULT PARTICIPANTS (over 18 years old) MUST BE REGISTERED MEMBERS OF THE BOY SCOUTS OF AMERICA AND HAVE CURRENT YOUTH PROTECTION TRAINING.*

CPR (Red Cross or equivalent): ___Yes ___No

Wilderness and Remote First Aid (Red Cross or equivalent): ___Yes ___No

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. I have read and understand the refund policy (page 2 of application packet) should I decide not to participate.

_____ Date: _____
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)

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). Review the refund policy on the payment schedule (page 2).
- 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

(excerpted from BSA Medical Form Part D)

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.

Each participant who is 18 years of age or older will have his or her blood pressure checked at Philmont. Those individuals with a blood pressure consistently greater than 160/100 at Philmont may be kept off the trail until their blood pressure decreases.

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

Participants 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.***

Diabetes:

It is recommended that the person with **diabetes** and one other individual carry insulin on the trek (in case of accident) and that a third vial be kept at the Health Lodge for backup. Bring insulin in a small insulated container. Bring enough testing equipment and supplies for the entire trip and trek. Extras are usually needed. 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 Health Lodge at 575-376-2281.

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.

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.