

**Philmont Scout Ranch – Boy Scouts of America**  
*“Delivering Wilderness Adventures That Last a Lifetime”*

June 13, 2008

TO: 2008 Crew Advisors

FROM: Mark Anderson, Director of Program

SUBJECT: Philmont Health Forms

It will only be a few days before you and your crew will travel to Cimarron, NM and participate in a backpacking adventure at Philmont Scout Ranch. We look forward to your arrival!

As the Crew Advisor you have a number of very important responsibilities. One of these responsibilities is to carefully review the completed Philmont Health Form for each participant.

Through this effort you are attempting to be sure that each member of the crew meets all the health requirements to participate.

Here are a few points to consider:

- Do you have a Philmont Health Form for each participant?
- Does each form have a copy of the Health Insurance Card attached?
- Are all required signatures on the form? (participant, parent or guardian if needed, physician)
- Has the tetanus immunization been administered in the last 10 years?
- Is the participant's blood pressure within the range acceptable by Philmont? (Those individuals with a blood pressure consistently greater than 160/100 at Philmont will be kept off the trail until their blood pressure decreases.)
- Has each participant who takes some kind of medication been reminded to bring at least a 15 day supply for the trek?
- **Does each participant meet Philmont weight limits for backpacking and hiking?** Detailed information about Philmont weight limits for backpacking and hiking are found on page 6 of the health form. It has also been mailed to you with each major mailing from the Ranch including the information that was sent out to inform groups of the reservation process.

**During the first 5 days of operation – June 8, June 9, June 10, June 11, June 12 and June 13 – Philmont has sent 16 participants home who did not meet the guidelines.** Fourteen were adults and two were youth participants.

**The health form is very specific. For participants 21 years of age or older they will not be approved to participate if they exceed the maximum weight for their height. NO EXCEPTIONS ARE GRANTED.**

**For participants under 21 years of age we can allow 20 pounds more than the maximum acceptance weight provided that the participant is an active young person who has been training for the experience. Please call Philmont at 575-376-2281 and talk to the Health Lodge to obtain a pre-approval for a youth participant. Exceptions are not made automatically and the maximum allowable exception will be 20 pounds.**

**Please review the health forms today! If you have a person who will not qualify, then begin now finding a replacement. To be sent home once a person arrives at Philmont is very hard on the crew. Don't let it happen to your crew!**