

1998 HEALTH AND MEDICAL RECORD
(Meets BSA Class 3 Requirements)

Name Social Security #
Address Phone # ()
City State Zip
Date of Birth Age Grade Completed (for youth)
Council Name Unit #
Religious Preference

EXPEDITION #

*THE MINIMUM AGE REQUIREMENT FOR ALL PARTICIPANTS OF PHILMONT HIGH ADVENTURE EXPEDITIONS IS 14 BY JANUARY 1 OF THE YEAR ATTENDING OR HAVE COMPLETED THE EIGHTH (8th) GRADE PRIOR TO PARTICIPATION. YOU MUST COMPLY WITH THIS REQUIREMENT. PHILMONT CAN MAKE NO EXCEPTIONS.

Family Medical Insurance Company Policy #
Address of Insurance Company Phone # ()
City, State, Zip
Please attach photocopy of insurance card. If family has no medical insurance state, "NONE".

In Case of Emergency, Notify:
Name Relationship
Address
Home Phone # () Business Phone # ()
Alternate Contact Phone # ()

This health and medical record, including limitations indicated, is valid for participation in Scouting (unit activities, camping, local and national events) for 12 months after date completed by physician. Each participant is subject to a medical recheck at Philmont. Philmont recognizes the right of a Scout not to have immunizations, etc. because of religious beliefs, however, a statement signed by the parents is required, indicating that the Scout is free from contagious disease and is able to physically tolerate the altitude and terrain as described in this form. Write to Philmont for a copy of the statement.

Philmont trail food is, by necessity, a high carbohydrate, high caloric diet. The trail food is high in wheat, milk products, sugar and corn syrup, and artificial coloring/flavoring. All dinner meals contain meat. If participant has a problem with the diet described above, contact Philmont for a copy of the trail menu and plan to send supplemental food. Philmont will deliver supplemental food to the appropriate pickup places.

PARTICIPANT HEALTH HISTORY

Are you now, or have you ever been treated for any of the following: (Answer "Yes" or "No")
Sinus trouble Kidney disease Earaches/infections Abdominal problems Rheumatic fever
Hay fever Tuberculosis Fainting spells Epilepsy Asthma
Heart trouble Diabetes Frequent diarrhea For Women: menstrual problems
Any mental illness Explain
Allergies or reactions to any medication Allergy to bee, wasp or hornet stings
Have you had more than a brief minor illness (24 hrs or more), injury or emotional difficulty during the past year?
If so, what?
Operations or serious injuries or hospitalization (for any reason) within past 36 months (dates)
Any restriction of activity for medical reasons? Explain
Have you taken any medication for more than two (2) weeks in the past year? (What?, Why?)
Are you now taking medication or treatment? (Why?)

Table with 2 columns: Medication, Dosage. Rows for listing current medications and dosages.

PARENT'S/GUARDIAN'S AUTHORIZATION - REQUIRED FOR THOSE UNDER 18 YEARS OF AGE. I, the undersigned, have read and understand this entire form, including the sections entitled "Physician Please Note" and the "Philmont Trek Experience". This health history of the applicant is accurate and complete and the person herein described has permission to engage in all Philmont activities described, except as specifically noted by me or the physician on this form. If I cannot be reached in an emergency, I hereby give permission for medical personnel, or the adult advisor in charge, to treat, hospitalize, secure anesthesia or to order injection, surgery or other treatment for the person described herein. While at Philmont, Philmont's medical staff has permission to obtain all information connected with treatment by a physician, hospital or other treatment facility.

NOTE: BE SURE TO BRING MEDICATION THAT MAY BE NEEDED AT PHILMONT.

INFORMATION ABOVE IS ACCURATE AND COMPLETE TO THE BEST OF MY KNOWLEDGE

APPLICANT SIGNATURE REQUIRED DATE PARENT/GUARDIAN SIGNATURE REQUIRED IF APPLICANT UNDER 18 YRS OF AGE DATE

MEDICAL EVALUATION

PHYSICIAN PLEASE NOTE

A. Philmont is a remote wilderness area where participants:

- * carry 35-50 lb backpack
- * hike 5-12 miles/day, for 10 days
- * hike at altitudes from 6,500 to 12,500 feet
- * are in very low humidity (10%-30%)
- * experience temperature ranges from 30 to 90 degrees F

B. Care for injuries or illness:

- * may take 6-12 hrs or longer for direct assessment and evacuation
- * may be delayed by thunderstorms or other natural problems

C. Please do not approve individuals for participation:

- * who exceed weight for height limits (see page 5)
- * who exceed blood pressure guidelines (see page 3)
- * who have significant medical illnesses (see pages 3 & 4)
- * who have had recent musculoskeletal injuries

1. **PHYSICAL EXAMINATION:** Height _____ Blood Pressure _____
 Weight _____ Maximum Weight for Height _____ (from chart, pg. 5)

	Normal	Abnormal		Normal	Abnormal	Explain any abnormalities below:	
Eyes	[]	[]	Range of Mobility:			_____	
Ears	[]	[]		Knees (both)	[]	[]	_____
Nose	[]	[]		Ankles (both)	[]	[]	_____
Throat	[]	[]	Spine	[]	[]	_____	
Lungs	[]	[]				_____	
Heart	[]	[]	Other:	Yes	No	_____	
Abdomen	[]	[]		Contacts	[]	[]	_____
Genitalia	[]	[]		Dentures or	[]	[]	_____
Skin	[]	[]		Oral Braces			_____
Emotional Adjustment	[]	[]	Inguinal Hernia	[]	[]	_____	

2. **ALLERGIES:** (To what agent, type of reaction, treatment) _____

3. **IMMUNIZATION HISTORY: (Required)**

Tetanus Toxoid (within 10 Years) - Date of Last Inoculation _____
 Measles - Date of Last Inoculation _____ Disease [] Unknown []

4. **RECOMMENDATIONS AND/OR RESTRICTIONS**

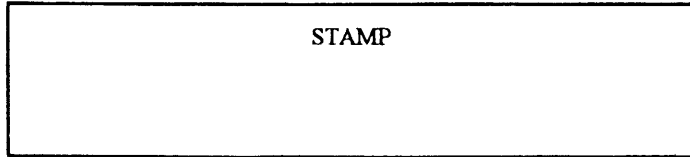
A. I certify that I have, today, reviewed the health history and examined this person and find him/her physically fit to participate in the "Philmont Trek Experience" as outlined above and on page 3 of this form, including:

Camping/Hiking ____ Yes ____ No Rock Climbing ____ Yes ____ No Backpacking ____ Yes ____ No
 Horseback Riding ____ Yes ____ No Mtn. Biking ____ Yes ____ No Other Athletic Activities ____ Yes ____ No

B. Restrictions (if none so state) _____

5. **PHYSICIAN'S SIGNATURE:** Physician licensed to practice medicine (MD, DO). An examination conducted by a certified physician's assistant, or a nurse practitioner will be recognized.

Signature _____
 Address _____
 City, State, Zip _____
 Office Phone # (____) _____
 Date _____



STAFF PHYSICIANS AT PHILMONT RESERVE THE RIGHT TO DENY THE PARTICIPATION OF ANY INDIVIDUAL ON THE BASIS OF A PHYSICAL EXAMINATION AND/OR THEIR MEDICAL HISTORY. ALL MEDICAL EVALUATION FORMS WILL BE CHECKED BY PHILMONT MEDICAL STAFF BEFORE A PARTICIPANT BEGINS A TREK. AREAS OF CONCERN INCLUDE, BUT ARE NOT LIMITED TO: HEART DISEASE, HIGH BLOOD PRESSURE, SEIZURE DISORDER, SICKLE CELL ANEMIA AND HEMOPHILIA, ASTHMA, DIABETES, RECENT ORTHOPEDIC SURGERY, AND EXCESSIVE WEIGHT. (Refer to pages 3-6 of this form.)

DO NOT WRITE BELOW THIS LINE - PHILMONT USE ONLY

REVIEW FOR CAMP OR SPECIAL ACTIVITY
 REASON _____ DATE _____ SCREENED BY _____

RECHECK BY PHYSICIAN: ____ YES ____ NO REASON _____ BY _____ DATE _____

DO NOT DETACH

RECOMMENDATIONS REGARDING CHRONIC ILLNESSES

Philmont requires that this information be shared with the parent(s) or guardian(s) and examining physician of every participant. Philmont does not have facilities for extended care or treatment, therefore, participants who cannot meet these requirements will be sent home at their expense.

THE PHILMONT TREK EXPERIENCE

A Philmont trek is physically, mentally and emotionally demanding. Each person will carry a 35 to 50 lb. pack while hiking 5 to 12 miles per day in an isolated mountain wilderness, ranging from 6,500 to 12,500 feet in elevation. Climatic conditions include temperatures from 30 to 90 degrees F, low humidity (10-30%) and frequent, sometimes severe, afternoon thunderstorms. Activities include horseback riding, rock climbing and rappelling, challenge events, pole climbing, blackpowder shooting, 12 gauge trap shooting, .30-06 shooting, flint knapping, trail building, mountain biking and other activities that may have potential for injury. Philmont strives to minimize risks to participants and advisors by emphasizing proper safety precautions. Refer to the *Guidebook to Adventure*, which will be mailed in mid-March, for specific information. Philmont staff instruct participants in safety measures to be followed. Each participant and crew is expected to follow these safety measures and to accept responsibility for the health and safety of each of its members.

CARDIAC OR CARDIOVASCULAR DISEASE

Adults or youth who have had any of the following should undergo a thorough evaluation by a physician before considering participation at Philmont.

1. Angina (chest pain caused by heart or coronary artery disease)
2. Myocardial infarction (heart attack)
3. Surgery or angioplasty to treat coronary artery disease; surgery to treat congenital heart disease or other heart surgery
4. Stroke or transient ischemic attacks
5. Claudication (leg pain with exercise caused by hardening of the arteries)
6. Family history of heart disease under age 50
7. Excessive weight
8. Smoking

The altitude at Philmont and the physical exertion involved may precipitate either a heart attack or stroke in susceptible persons. Participants with a history of any of the first six (6) conditions listed above should have a physician supervised stress test. A thalium stress test is recommended for participants who have coronary heart disease. **Even if the stress test is normal, the results of testing done at lower elevations and without the backpacks carried at Philmont do not guarantee safety.** If the test results are abnormal, the individual is advised not to participate.

HYPERTENSION (HIGH BLOOD PRESSURE)

The combination of stress and altitude appears to cause significant increase in blood pressure in some individuals attending Philmont. Occasionally hypertension reaches such a level that it is no longer safe to engage in strenuous activity. Hypertension can increase the risk of having a stroke, developing altitude sickness, or angina. Persons coming to Philmont should have a normal blood pressure (less than 135/85). Persons with significant hypertension (greater than 150/95) should be treated before coming to Philmont, and should continue on medications while at Philmont. The goal of treatment should be to lower the blood pressure to normal. Persons with mild hypertension (greater than 135/85 but less than 150/95) probably require treatment as well. It is the experience of the Philmont medical staff that such individuals often develop significant hypertension when they arrive at Philmont. Participants already on antihypertensive therapy with normal blood pressures should continue on medications. Diuretic therapy to control hypertension is not recommended because of the risks of dehydration which exist with strenuous activity at high altitude and low humidity. 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 150/95 probably will be kept off the trail until the blood pressure decreases.

INSULIN DEPENDENT DIABETES MELLITUS

Exercise and the type of food eaten affect insulin requirements. Any individual with insulin-dependent diabetes mellitus should be able to monitor personal blood glucose and to know how to adjust insulin doses based on these factors. The diabetic person also should know how to give a self injection. Both the diabetic person and one other person in the group should be able to recognize indications of excessively high blood sugar (hyperglycemia or diabetic ketoacidosis) and to recognize indications of excessively low blood sugar (hypoglycemia). The diabetic person and one other individual should know the appropriate initial responses for these conditions. It is recommended that the diabetic person 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. Insulin can be carried in a small thermos which can be resupplied with ice or cold water at most staffed camps.

A diabetic person who has had frequent hospitalizations for diabetic ketoacidosis or who has had frequent problems with hypoglycemia should not participate in a trek at Philmont until better control of the diabetes has been achieved. Call Philmont at 505-376-2281 to obtain permission from the chief medical officer for individuals hospitalized within the past year.

DO NOT DETACH

EXCESSIVE BODY WEIGHT

Any youth or advisor who exceeds the maximum weight limits on the Philmont weight chart is at extreme risk for health problems. (See Table, page 5)

SEIZURES (EPILEPSY)

A seizure disorder or epilepsy does not exclude an individual from participating at Philmont. However, the seizure disorder should be well controlled by medications. A minimum one year seizure-free period is considered to be adequate control. Exceptions to this guideline may be considered by Philmont's chief medical officer and will be based on the specific type of seizure and the likely risks to the individual and to other members of the crew. The medical staff at the Health Lodge may place some restrictions on activities (rock-climbing, horse riding, etc.) for those individuals who are approved for participation but whose seizures are incompletely controlled.

ASTHMA

Individuals must consult with a physician in order to establish "good" control of their asthma. The asthma should be controlled to essentially normal lung function with the use of oral and/or aerosol bronchodilators. The patient should bring ample supplies of medication to Philmont. Individuals undergoing allergic desensitization therapy who require injections while at Philmont, should bring and store them in the Health Lodge on arrival.

Asthmatic individuals whose exercise-induced asthma cannot be prevented with bronchodilator premedication; individuals requiring systemic corticosteroid therapy and/or who have required multiple hospitalizations for asthma should not attempt to participate in the strenuous activities encountered at Philmont. At least one other crew member should know how to recognize an asthma attack, how to recognize worsening of an attack, and how to administer bronchodilator therapy. Any person who has required medical treatment for asthma within the past six years must carry a full size prescribed inhaler if that person is approved to go on a trek. If an inhaler is not brought, it must be purchased at Philmont.

RECENT MUSCULOSKELETAL INJURIES AND ORTHOPEDIC SURGERY

Every Philmont participant will put a great deal of strain on feet, ankles, and knees. Participants who have had orthopedic surgery, including arthroscopic surgery or significant musculoskeletal injuries, within the past six months, find it difficult or impossible to negotiate Philmont's steep rocky trails. To be cleared to backpack by the Philmont medical staff, individuals with significant musculoskeletal injuries or recent orthopedic surgery must have a letter of clearance from their orthopedic surgeon or treating physician. A person with a cast on any extremity may participate only if approved by a Philmont physician. Ingrown toenails are a common problem and must be treated 30 days prior to arrival. All such problems will be reviewed by a Philmont physician to determine if participation in a trek will be permitted.

PSYCHOLOGICAL AND EMOTIONAL DIFFICULTIES

A mental disorder does not necessarily exclude an individual from participation. Parents and advisors should be aware that a Philmont trek is not designed to assist participants to overcome psychological or emotional problems. Experience demonstrates that these problems frequently become magnified, not lessened, when a participant is subjected to the physical and mental challenges of a trek at high elevation, carrying a heavy backpack over steep, rocky trails. Any condition should be well controlled without the services of a mental health practitioner. Under no circumstance should medication be stopped immediately prior to a Philmont trek. Participants requiring medication must bring an appropriate supply. The nearest mental health support is three (3) hours from Philmont.

MEDICATIONS

Each participant at Philmont who has a condition requiring medication should bring an appropriate supply. 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 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 in 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. Discussion in advance with Philmont regarding any exception to the weight limit for persons under 21 years of age is required.*

The maximum acceptable weight for individuals of any age 6' 7" or taller is 295 lbs. 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 horserides is 200 lbs.

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
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

This table is based on the revised Dietary Guidelines for Americans from the U.S. Department of Agriculture and the Department of Health and Human Services.

RISK ADVISORY PHILMONT SCOUT RANCH

Philmont has an excellent health and safety record with over 625,000 adults and young people having attended over the last 57 years. Philmont strives to minimize risks to participants and advisors by emphasizing proper safety precautions. Most participants in Philmont programs do not experience injuries because they are prepared, are conscious of risks, and take safety precautions. If you decide to attend Philmont, you should be physically fit, have proper clothing and equipment, be willing to follow instructions and work as a team with your crew and take responsibility for your own health and safety. For further information please thoroughly read the *Guidebook to Adventure* which will be mailed in mid-March. Like other wilderness areas, 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.

Parents, guardians and potential participants in Philmont programs are advised that journeying to and from Philmont, and one's stay at Philmont, can involve exposure to accident, illness, and/or injury associated with a high elevation, physically demanding, high adventure program in a remote mountainous area. Campers may be exposed to occasional severe weather conditions such as lightning, hail, flash floods and heat. Other potential accidents include: injuries from tripping and falling, motor vehicle accidents, asthma and diabetes related incidents, heart attacks, heat exhaustion and falls from horses.

Philmont's trails are steep and rocky. Wild animals such as bears, rattlesnakes and mountain lions are native and usually present little danger if proper precautions are taken. Please refer to the *Guidebook to Adventure*, speak with previous Philmont participants, or call Philmont for further information concerning risks and measures which can be taken to avoid accidents.

Philmont has staff trained in first aid, CPR and accident prevention, and is prepared to assist in recognizing, reacting, and responding to accidents, injuries and illnesses. Each crew is also required to have at least one member trained in first aid and CPR. Medical and search and rescue services are provided by Philmont in response to an accident or emergency, however, response times can be affected by location, weather or other emergencies and could be delayed six (6) or more hours.

