

Philmont 2013

Date: July 5, 2013 (Friday) to July 18, 2013 (Thursday) 14 days (2 Crews)

Cost: \$770 per person

\$100 Feb 29, 2012

\$335 Oct 1, 2012

\$335 March 1, 2013

Who: 2013 Philmont participants must be 14 years of age OR completed 8th Grade and be at least 13 years of age prior to participation.

Crew Size: Crew size is a minimum of 7 persons and a maximum of 12. Because Philmont's objective is to serve youth; every crew is required to have a majority of youth participants and no more than four (4) adult advisors over 21.

Medical: Persons coming to Philmont should have a normal blood pressure (less than 140/90)
Tetanus immunization is required and must have been received within the last 10 years.

Asthma should be well controlled before coming to Philmont. Well-controlled asthma means (1) the use of short-acting bronchodilator MDI (albuterol, Ventolin, Proventil) zero or one time per day, and (2) no need for nighttime treatment with a short-acting bronchodilator. 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 oral steroids (predisone) in the past six months.

You must bring a 15-day supply of your medications **and** a spare short-acting bronchodilator. 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 bronchodilator. Any person who has needed treatment for asthma in the past three years must carry an inhaler on the trek. If you do not bring an inhaler, you must buy an inhaler at Philmont before you will be allowed to participate.

Individuals who do not meet Philmont's weight for height requirements will not be allowed on the trail and will be sent home.

Height (inches)	Recommended Weight (lbs)	Allowable Exception	Maximum Acceptable	Height (inches)	Recommended Weight (lbs)	Allowable Exception	Maximum Acceptable
60	97 - 138	139-166	166	70	132-188	189-226	226
61	101-143	144-172	172	71	136-194	195-233	233
62	104-148	149-178	178	72	140-199	200-239	239
63	107-152	153-183	183	73	144-205	206-246	246
64	111-157	158-189	189	74	148-210	211-252	252
65	114-162	163-195	195	75	152-216	217-260	260
66	118-167	168-201	201	76	156-222	223-267	267
67	121-172	173-207	207	77	160-228	229-274	274
68	125-178	179-214	214	78	164-234	235-281	281
69	129-185	186-220	220	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.