

# SCOUTS are YOU ready for the Philmont 2012 Challenge?



During the summer of 2012, our council will be sponsoring a contingent to the Philmont Scout Ranch. The 2012 contingent is limited to three crews of 12 members each, including both Scouts and adult leaders.

**2012 Philmont participants must be 14 years of age OR have completed the 8th grade and be at least 13 years of age prior to participation.**

**All participants, both youth and adults must meet the Philmont Height and Weight Requirements. A copy of this information is attached. Participants who do not meet the requirements will be sent home.**

**The 2012 Council Contingent will be open to all those Scouts whose troops/teams/crews are in the council and do not have another opportunity to participate in their own troop/team/crew expedition.**

**Priority will be given to those who have never been to Philmont or within two consecutive seasons.**

**Applications will be taken on a first come, first served basis for selection to the council contingent.**

The dates of the 2012 council contingent expedition will be July 5, 2012 through July 17, 2012. Additional travel days both going to and returning from Philmont Ranch will be needed. The cost for the expedition will be \$740 per person plus transportation costs to Cimarron, New Mexico. Additional money will be needed to purchase meals/snacks while traveling and for any personal souvenirs.

The completed application should be returned to the Jack Dembo Scout Center by **Friday, May 20, 2011, 5:00 PM** with a non-refundable deposit of \$100.00. Because expedition reservations at Philmont are in such great demand from Scouts throughout the United States, there is a very strict deposit/payment schedule to avoid reservation cancellation by Philmont Staff (deposits of Scouts not selected to the Council Contingent are refundable).

**Refund Policy If you sign-up for the Philmont Expedition and then find that you cannot attend, you will receive a full refund from the California Inland Empire Council only if there is an alternate to take your place. In the event there is not an alternate, a partial refund will be made. This includes the fees you have paid to date, less any expenses related to contractual agreements made on your behalf.**

If you have any questions concerning the 2012 Philmont Expedition, please call Kevin Gustafson at (909) 793-2463 ext 139.

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## Please sign me up for the 2012 - California Inland Empire Council - Philmont Contingent

Name: \_\_\_\_\_ Troop/Team/Crew # \_\_\_\_\_ District \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip Code \_\_\_\_\_  
Phone number(\_\_\_\_\_) \_\_\_\_\_ E-mail address \_\_\_\_\_  
Circle: Youth Adult Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Grade Completed as of June 15, 2012: \_\_\_\_\_  
Have you been or will be going to Philmont in 2010 or 2011? YES NO

I have read Philmont's Risk Advisory and Weight for Height requirements for participation. Attached is my nonrefundable deposit of \$100 to be a participant in the 2012 Council Philmont Expedition Contingent (deposit will be refunded if the Scout is not selected for the crew). I understand that this expedition is truly high adventure, and I am ready to participate in training hikes in preparation for a strenuous expedition on rugged terrain at high altitude at Philmont Scout Ranch.

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_  
Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Submit completed application with deposit check payable to CIEC-BSA and mail to the address below:

1-2629-910-00



CALIFORNIA INLAND EMPIRE COUNCIL  
BOY SCOUTS OF AMERICA

PO Box 1230 \* 1230 Indiana Court  
Redlands, CA 92375  
(909) 793-2463 \* www.bsa-ciec.org



## RISK ADVISORY - PHILMONT SCOUT RANCH

Philmont has an excellent health and safety record with over 910,000 adults and young people having attended since 1938. 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*. 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 problems include: injuries from tripping and falling, motor vehicle accidents, worsening of underlying medical conditions such as diabetes or asthma, 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 wilderness 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.

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. Most dinner meals contain meat. If participant has a problem with the diet described above, contact Philmont for a copy of the trail menu and ingredients and plan to send supplemental food. Philmont will deliver supplemental food to the appropriate pickup places.

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. These guidelines are used because overweight individuals are at a greater risk for heart disease, high blood pressure, stroke, altitude illness, sleep problems and injury.

**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.** For example, a person 70 inches tall cannot weigh more than 226 lbs. 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.***

***Participants under 21 years of age are strongly encouraged to meet the weight limit for their height. 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, whether it is over or under.***

Philmont will consider up to 20 lbs. over the maximum acceptable as stated on the chart, however, the exception will never exceed 295 lbs. Philmont's phone number is 575-376-2281. The maximum weight for any participant for horse rides is 200 lbs. **Under no circumstances will any individual weighing more than 295 pounds be permitted to participate in backcountry programs.** This requirement is necessary because of limitations of rescue equipment and for safety of search and rescue personnel.

**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 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.

A water-displacement test to determine percent body fat will also be accepted in lieu of the height-weight guidelines. Women will need to have a body fat of 20% or less and men will need to have a body fat of 15% or less to be qualified to participate. No other form of test to determine percent body fat (DEXA scan, skin fold, etc.) will be accepted by Philmont.