



## Philmont Scout Ranch

17 Deer Run Road, Cimarron, New Mexico 87714 (575)376-2281  
November 17, 2010

Open, Scout Executive  
Frank Moser, Contingent Advisor

FROM: Mark S. Anderson, Director of Program

RE: **Confirmation of Council Contingent Reservation for 2012**

REC'D NOV 29 2010

Thank you for your **Council Contingent** request for the year 2012. Philmont Scout Ranch continues to receive many more requests for reservations than our facilities can accommodate.

I am pleased to confirm that **Black Hills Area Council** has been assigned the following allocation:

**12 Participants/1 Crew(s)**  
**6/15/2012-Arrive 6/27/2012-Depart**  
**Tentative Exp Number: 615-201**

Due to a tremendous response, your original request may have been modified, based on your councils past attendance history and our desire to make Philmont available to as many councils and units as possible.

To meet your Council's increased High Adventure demands, we would encourage you to consider sending a Council Contingent to one of the other National High Adventure Bases:

Northern Tier High Adventure Base: 218-365-4811 or [info@ntier.org](mailto:info@ntier.org)  
Florida Sea Base: 305-664-4173 or [bsaseabase.org](http://bsaseabase.org)

**The fee for each 2012 participant will be \$740.00. The Council Contingent Reservation fee of \$100.00/per person is due May 1, 2011. The advance fee of \$320.00/per person is due October 1, 2011 and the balance fee of \$320.00/per person will be due March 1, 2012.** You will receive a reconfirmation letter prior to May 1, 2011 with a Tentative Expedition Financial Statement which will require Scout Executive signature.

In an effort to provide Philmont Experiences to the greatest number of people, we need your help as you select youth and adult participants to fill your contingent:

1. Philmont maintains a policy that a unit cannot participate in two consecutive seasons. **We would ask your help in selecting participants who have never been to Philmont or at least meet the two consecutive season policy.** Please check and make sure none of your 2012 participants will take part in Philmont Treks in 2011.
2. **All participants, both youth and adults must meet the Height and Weight Requirements.** A copy of this information is enclosed. Participants who do not meet the requirements are sent home.

The **2012 Council and Unit Planning Guide** will be available in the spring of 2011. Thank you for your continued support of the High Adventure Division and Philmont Scout Ranch.

Waite Phillips scholarships are available for 2012. Each council will be notified prior to May 1, 2011 of the funds available for use by council contingents or individual units. Please consider using the scholarships to recruit individuals from the emerging markets of your council.

**"Delivering Wilderness Adventures That Last A Lifetime"**

CC: John Clark

**HIGH ADVENTURE DEPARTMENT - BOY SCOUTS OF AMERICA**

**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.

**PHILMONT WEIGHT LIMITS FOR BACKPACKING AND HIKING**

Each participant in a Philmont trek must not exceed the maximum acceptable limit in the weight 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 in a Cavalcade Trek and 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 Acceptable
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 Acceptable
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 accepted by Philmont.