



## Asthma at Philmont

The high altitude and dry conditions of Philmont may make asthma and other respiratory conditions worse. Due to this increased risk Philmont requires that all participants with asthma be well controlled before attending.

### **Philmont Defines Uncontrolled Asthma as:**

- Use of rescue Inhaler (Albuterol, Allupent, Xopenex, or Maxair) more than twice a week.
- Awakening at night with asthma symptoms requiring Rescue inhaler.
- Asthma attack requiring emergency room visit within the last six months.
- Required the use of oral steroids (for example prednisone) for the treatment of asthma within the last 6 months.

### **Required medication for Philmont participants with Asthma:**

Any participant who has required treatment for asthma in the last 3 years will be required to carry a rescue inhaler while at Philmont. Participants who arrive at Philmont without appropriate medication will be required to purchase medication before participation. This person should also know how to use the medications.

Participants medication will be checked during the medical recheck process to ensure that there is an adequate supply and that it is not expired.

A second set of emergency medications should be carried by someone other than the patient in the event that the patient's medication is lost or damaged while on the trail.

### **Treatment of Asthma at Philmont**

Participants who have increasing symptoms of asthma or begin to require the rescue medication more frequently should report to the Philmont Infirmary for evaluation and treatment.