

Special Food Needs for Allergic or Religious Reasons

Philmont trail food is by necessity a high-carbohydrate, high-caloric diet. It is high in wheat, milk products, sugar and corn syrup, and artificial coloring/flavoring. If an individual in your crew is allergic to some food products or requires a special diet, suitable food must be purchased at home and brought to Philmont.

Substitute Food Procedure:

Philmont asks that food substitutions be made only for medical (including allergies) or religious reasons. All food shipped to the backcountry is subject to inspection to insure the best delivery method. There is no fee reduction for individuals who bring their own food.

If replacement food is required, go to the Philmont website at <http://www.philmontscouranch.org/> and find the menu and ingredients list. Once at this website click on the CAMPING tab at the top left of the page. At CAMPING you will find a quick link to the Trail Food Menus in the lower right hand corner. There are 4 files to download that cover all of the meals served in the backcountry including Chuck Wagon, and Mexican Dinners.

All meals are numbered from 1 to 10. Review these lists and determine which items in each meal will cause a problem and prepare a substitute for the specific items in the meal. When putting the substitutes together, keep in mind that Philmont participants need approximately 3,000 calories a day. Package the substitutes for each meal individually and label them with your Expedition Number, the person's name, and the meal that the substitute is needed for ("Dinner 5"). Do this for all meals that need substitute items.

On the afternoon of your arrival at Philmont, your crew's Ranger, the Crew Leader, and individual(s) needing the substitute food should bring the food bags and the crew's "Crew Leader Copy" to Logistics. The Logistics staff will then group the meals by backcountry commissary and will arrange for them to be delivered to that commissary so that they will be at the commissary when the crew makes its regular food pickup. The key thing to be sure of is that items are clearly labeled.

Your crew will receive their full allotment of meals at each commissary even if you provide substitutes. The extra food can be eaten by the crew or deposited in the camp's Swap Box for other campers to eat.

Should I ship my substitute meals to Philmont ahead of time?:

It is best if you can bring all substitute food items with you to Philmont. If it is necessary to ship the substitute food to Philmont ahead of time be sure to allow enough time for the food to arrive

before your scheduled arrival date. Also allow extra time to locate and pick up the food once you have arrived at Philmont.

Can I select meals from the menu that suit my needs?:

You will be issued the meals based on the last digit of the calendar date. For example if you are on the trail on July 7 you will be issued B7, L7 and D7 for your meals on that date. You will not be allowed to substitute different meals from the menu to meet your special food needs. The only substitutions allowed will be the food you have packed and brought to Philmont.

If you have any questions about food substitutions, please contact Philmont by telephone at (575-376-2281) or email camping@philmontscoutranch.org. **The 2017 menu and ingredient list will be available by May 1, 2017 on the website.**

Will the Dining Hall be able to accommodate my Special Food needs?:

Appropriate substitutions can be arranged for food served in the dining hall by speaking with the dining hall manager upon your arrival at Philmont.

How can I eat Kosher or Halal at Philmont?:

Philmont supports a Kosher/Halal trail menu. Philmont has requested that all food suppliers bid products that are identified as Kosher. To assist crews identify those items that are Kosher the menu has an identification mark by each item that qualifies.

Crews or individuals that require a Kosher trail menu may bring substitutes for items that are not Kosher for each meal. These items must be prepared as outlined in this section.

My Own Meal products are available at Philmont as a substitute for the entre' in the dinners and need only to be immersed in boiling water for 5 minutes to be ready. All of the products used in *My Own Meal* are Glatt Kosher and are Halal. Philmont has Kosher vessels (i.e. Brand new and not used) available. We recommend that Jewish and Muslim Scouts either bring their own trail stove or purchase one at Philmont, so that they do not have to wait for a crew stove to boil their water and, thus, not eat at the same time as their crew members.

Philmont Scout Ranch will do it's best to provide specific information to help in planning meals for Jewish and Muslim Scouts. Substitute food items that are brought to Philmont and substitute *My Own Meals* provided by Philmont will be packaged using the process described in this section and delivered to specific commissaries to match the meals they are needed for.