



Hypertension at Philmont

Hypertension or high blood pressure is a major risk factor for cardiac disease and stroke and must be well controlled before coming to Philmont. Participants diagnosed with hypertension by their physicians should have controlled blood pressure before attending Philmont, and should continue with their normal medication regimen on the trail such that their blood pressure is maintained at or near normal levels.

Hypertension at Elevation

The combination of stress and altitude appears to cause a significant increase in blood pressure in some individuals. Upon arrival at Philmont, blood pressure readings will be taken on all adult participants who will be spending the night in the backcountry. Should an individual's blood pressure exceed 130/80, they will be checked again by a member of the Philmont Infirmary staff after being given some time to rest, with the intention of allowing blood pressure to return to normal levels.

Hypertensive Medications at Philmont

Participants with blood pressure controlled by antihypertensive medications should continue with their normal medication regimen while at Philmont. Philmont suggests that a person not have a major change in their medication for at least 6 months prior to arriving at Philmont. Alternatives to diuretic therapy to control hypertension should be discussed with one's physician due to the risk of dehydration from strenuous activity in an arid climate.

Health and Safety Risks

Occasionally hypertension reaches such a level that it is no longer safe to engage in strenuous activity. Hypertension can increase the risk of having a stroke, developing altitude sickness, or angina. For this reason, those individuals with a blood pressure consistently greater than 160/95 at Philmont will not be permitted on the trail.

Any questions should be directed to the Philmont Infirmary at (575) 376-2281, Ext: 1150