



## Allergies and Anaphylaxis at Philmont

Many participants that come to Philmont have allergies. With careful preparation and practices like label-reading, severe reactions can usually be prevented.

### **Food Allergies:**

The Philmont dining hall can arrange for appropriate meal preparation or substitution for meals served in Base Camp. All meals served in Base are nut-free; if you have other needs, please notify the dining hall manager or staff upon arrival to ensure appropriate meals are ready at each mealtime. Additionally, please ensure that your allergies/dietary restrictions are filled out in your gateway roster. This helps the dining hall prepare adequate amounts of replacement meals.

Philmont trail meals provide a high-calorie, high-carbohydrate diet, and [menus are published online](#) each May. Trail meals often contain products such as wheat, dairy, peanuts, and tree nuts. Those with food allergies/sensitivities should check the menus and bring replacement food with them that accounts for the increased caloric needs associated with backpacking. There are no refunds or discounts for participants who bring their own food.

Trail meals numbers correspond to the date; for example, Breakfast/Lunch/Dinner 2 are scheduled for the 2nd, 12th, and 22nd of each month. On a trek, each crew will receive each meal once while on the trail, though that may vary. Those with replacement food should package food according to the meal that it is planned to replace, and label it with the participant's name and expedition number. During your check-in process at Philmont, notify your ranger of your need for a special food drop-off and they will help you work with the Logistics staff to arrange for food drop-offs.

### **Environmental Allergies**

Trekking through wilderness areas and experiencing a working cattle ranch in northeastern New Mexico means exposure to allergens like plants/pollen and insects, as well as wildlife, farm animals, and livestock. These allergens are not always easily avoided, so proper preparation with emergency medications (if necessary) is key.

### **Anaphylaxis Medications:**

For individuals with allergies that result in an anaphylactic reaction, or if the participant has ever required hospitalization for an allergic reaction, the participant will be required to have two unexpired epinephrine autoinjectors and oral antihistamines (ex. Benadryl) and know how to use them. Anyone who requires an epinephrine autoinjector must teach others in their crew how to use them and let members of their crew know where they are kept.

Philmont sees over 20,000 visitors each summer; because participants often utilize common tents, campsites, and food preparation areas, Philmont cannot guarantee an allergen-free experience.

**Participants with very severe allergies should contact the Philmont Infirmary staff at (575) 376-2281 Ext: 51024 or email [Philmont.Infirmary@scouting.org](mailto:Philmont.Infirmary@scouting.org) to discuss the risk of participation.**