



Diabetes at Philmont

Participants with diabetes can have a successful Philmont experience, but prior planning and preparation is essential. Philmont requires that all participants with Diabetes have their condition well-controlled before attending.

Philmont Defines well-controlled Diabetes as:

- No changes to medication dosage or delivery method in the last 6 months
- HbA1c of less than 8.

Even with well-controlled diabetes, multiple shakedown hikes are integral to understanding and predicting how blood sugar and insulin needs will fluctuate with elevated levels of strenuous activity.

Insulin Dependent Diabetes on the Trail

Due to the strenuous nature of a Philmont trek, participants at Philmont are provided a high calorie and high carbohydrate diet. Philmont suggests that participants look at the Philmont menu and be able to adjust medications to account for increased activity and diet.

Hiking with a pack and at altitude will cause an increased glucose demand, and participants may need to adjust medication dosages to compensate, for this reason participants should check their glucose often during the trek. *Additionally, participants using a continuous glucose monitor (CGM) must also bring a back-up manual glucometer in case their CGM batteries die or their CGM malfunctions.*

Some participants have found that it is safer to maintain a blood glucose level slightly higher at Philmont than their normal to prevent sudden drops. It is recommended that anyone taking insulin visit with their endocrinologist prior to a Philmont trek to get their recommendations on managing diabetes at Philmont.

Medication management on the trail

Due to Philmont's remote location and difficulty in getting medications delivered, it is recommended that participants bring twice as much medication and supplies as they anticipate needing. The Philmont Infirmary can store medication and supplies and have them available in the event that a participant loses medication or uses more than they anticipated needing.



The Philmont Infirmary can arrange to make one delivery of supplies and medications to the trail during a trek. This can be arranged by visiting the infirmary during the check-in process. Medications and supplies should be packaged and labeled with the participant's name and expedition number. Supplies delivered to the backcountry must be carried for the remainder of the trek and cannot be returned to basecamp.

It can be difficult to maintain the temperature of medications while hiking in the Philmont backcountry, and refrigeration is not available at all backcountry camps. Philmont recommends the use of insulated storage bags or evaporation cooled storage bags to help protect medications from extreme temperatures.

Diabetic Emergencies on the Trail

In the event of an emergency low blood sugar participants should keep a glucose replacement with them at all times. To prevent attracting animals or contaminating gear, Philmont suggests glucose replacements be in a sealed package and stored outside of the participant's tent. Philmont Rangers will train participants on the correct way to store emergency glucose for quick access during while in camp.

Discuss with your physician treatment for low blood sugar, some physicians may suggest the use of an injectable medication named Glucagon, Glucagon is permitted, but several members of the participant's crew should be trained on how to administer the injection.

Participants with Insulin Dependent Diabetes should contact the Philmont Infirmary staff at (575) 376-2281 Ext: 51024 or email Philmont.Infirmary@scouting.org to discuss their specific plan prior to participation.