



Height/Weight Requirements at Philmont

Height and Weight Requirements

Philmont Scout Ranch requires all backcountry trek participants to meet the height/ weight guidelines. This guideline is based on a maximum body mass index (BMI) of approximately 32. It was developed by the task force overseeing Philmont's medical services and advising the ranch management about medical issues. There is abundant medical evidence that participants have an increased risk of cardiovascular and musculoskeletal problems when their weight exceeds the guideline. Therefore, participants who exceed the height/ weight guideline and have not contacted Philmont to be granted an exemption may be sent home at their own expense.

Philmont Trek Height/Weight Requirements:

Height (Inches)	Max. Weight	Height (Inches)	Max. Weight
60	165	70	226
61	172	71	233
62	178	72	239
63	183	73	246
64	189	74	252
65	195	75	260
66	201	76	267
67	207	77	274
68	214	78	281
69	220	79 and Over	295

Maximum/ Minimum weight requirements:

Maximum weight requirement:

Philmont will not allow anyone over 295 pounds to participate in backcountry activities regardless of height, BMI, or body fat percentage. This requirement is due to the limitations of our rescue equipment and the ability of rescue teams to evacuate an injured person from the backcountry safely. If you exceed the maximum weight for your height on the table below, please see the exceptions section for information.

Minimum Weight requirements:

There is no minimum weight requirement to participate in Philmont activities; however, the Philmont medical staff suggests that advisors be aware of the following issues that may develop and be prepared for them.

We recommend that any Philmont participant carry no more than 25-30% of their body weight. Carrying more than this will significantly increase the likelihood of back, knee, and ankle injuries. This requirement may mean that smaller scouts can only carry personal gear, leaving crew and shared gear to others in the crew. This can sometimes result in friction within the crew. Enforcing this 25 to 30% rule can be difficult as pack weight fluctuates throughout the trip. The participant and the advisor must monitor the pack weight daily to ensure everyone has a positive experience at Philmont.

Finding a backpack that will work with a small frame is easier today than in the past. Pay special attention to the fit of the hip belt as some do not fit slender hips very well. Many participants have found that some of the smaller women's packs work well. Philmont recommends that everyone have their backpack fitted by someone trained to do it correctly.

Pre-existing conditions:

Some participants who fall beneath our recommended weight guideline may still have preexisting back and joint issues. In these cases, it is very important that their primary care physician is consulted and certifies that they can participate in strenuous activities such as carrying a backpack for 10 days.

Exemption Requirements:

Philmont recognizes that some individuals may exceed the recommended weight in the guideline while still being in good physical condition. These individuals should be able to participate in Philmont activities with less risk. For this reason, the medical staff at Philmont has developed the following rules for the exemption to the guideline.

Youth:

Due to their weight, youth participants are generally at less risk for major medical problems. Therefore, Philmont MAY grant youth or individuals under the age of 21 an exemption of up to 20 pounds over the stated maximum weight. This exemption will be at the discretion of Philmont medical staff and based on several factors, including overall health, physical preparation, and a recommendation from his/ her crew advisor. These exemptions are not automatically granted, and participants must contact the Philmont Infirmary to receive the exemption (575) 376-2281 ext 51024

Adults:

The 20-pound exemption that may be granted to youth **WILL NOT** be granted to adults. Adults (individuals over age 21) will be granted exemption to the height and weight requirement only with the body fat percentage assessment.

Assessment of body fat percentage:

Both youth and adults who do not qualify for the exemptions listed above may also seek an exemption by having their body fat percentage measured. Males must have a body fat percentage less than or

equal to 15%, and females must have a body fat percentage less than or equal to 22%. This testing can be done using a water displacement test, whole-body air displacement testing (e.g., BodPod), or dual energy x-ray absorptiometry (DEXA scan). Any other testing methods, such as skin fold testing, will not be accepted. Contact your primary healthcare provider to determine where these tests may be available.

Any questions should be directed to the Philmont Infirmary at (575) 376-2281 Ext: 51024 or email Philmont.Infirmary@scouting.org