



Seizures and Epilepsy at Philmont

Philmont has a strict policy pertaining to seizures and epilepsy because of the potential danger to a participant who has a seizure while in the backcountry. A Philmont trek or Cavalcade program will take a participant deep into the 250,000 acres of program area utilized by Philmont where emergency medical care and evacuation could take several hours. During these adventures, participants will often hike remote trails along rocky ridges and participate in programs such as horseback riding and rock climbing which could pose increased risk if a participant experiences a seizure during the activity. For this reason, seizure disorders and epilepsy must be well-controlled prior to participating in a Philmont adventure.

Philmont Defines Well Controlled Epilepsy as:

- No seizures within 1 year of participation (all types of seizures including focal seizures, as well as generalized seizures)
- No changes to medication dosage or delivery method in the last 6 months

Trekking at Philmont with a seizure disorder:

Participants who have not had seizures in the last 12 months will be permitted to participate. Being seizure free for 12 months, however, does not guarantee that a participant will not suffer a seizure while at Philmont. Hiking at altitude, participating in strenuous activity and lack of sleep are all normal parts of a Philmont experience and are all potential triggers for a seizure. For this reason, we suggest that the participants and their family take time to train the members of the crew in what to do in the event of a seizure on the trail. Additionally, individuals with epilepsy or any history of seizures should contact the Philmont Infirmary after their itinerary is assigned to discuss any specific risks on their itinerary

Participants with Epilepsy or any history of seizures 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.