



## **Sleep Apnea at Philmont**

Many sleep apnea patients successfully complete Philmont backcountry treks each year with very few problems. With planning and discussion with your physician, most common issues associated with sleep apnea should not affect your Philmont experience.

### **Prior to coming to Philmont**

We ask that anyone who suffers from sleep apnea consult their pulmonologist or sleep specialist prior to participating in a Philmont trek. Things that you may want to mention to your physician are:

- Sleeping conditions: Lying on uneven ground with a thin sleeping pad may worsen symptoms.
- Altitude: Philmont campsites range from 6,000 to over 10,000 feet above sea level. The altitude may make your sleep apnea worse or may make your CPAP machine less efficient.
- Cool temps: Nighttime temperatures can drop into the low 40's or colder. This cold air can make CPAP batteries less efficient or may change the severity of your sleep apnea.

### **Sleep Apnea on the Trail**

Many sleep apnea patients successfully complete Philmont backcountry treks each year with very few problems. Many physicians suggest that participants leave their CPAP machine at home for the duration of their Philmont trek and make a plan to hike and sleep without the machine. CPAP machines can be heavy and require multiple batteries to last the duration of the trip. With that in mind it is important to remember the following;

- There is a very limited opportunity for resupply while on backcountry treks, and Philmont may not be able to help you with battery resupply or recharging. If you choose to carry your CPAP, you should plan on carrying enough batteries for your entire trip or have a plan (and test your plan) to recharge them during your trip.
- Learn to adjust your machine for the changes in altitude and find out what the most efficient settings are to keep the battery working for as long as possible.

### **Sleep Apnea at the Philmont Training Center**

The Philmont training center provides access to 110v power for each tent, so powering a CPAP device is possible. Please let PTC staff know when registering or on check in that you have a medical device that will require power so that can be taken into account when giving tent assignments. Power is not always guaranteed, long power outages are possible, so having batteries or a backup plan is suggested.

Please feel free to contact the Philmont Infirmary (575)376-2281 Ext: 51024 or email [Philmont.Infirmary@scouting.org](mailto:Philmont.Infirmary@scouting.org) if you have any questions.