



PHILMONT 2016



ADVANCE REGISTRATION FORM

WHEN: June 14-26, 2016

Where: Philmont Scout Ranch, Cimarron, New Mexico
Philmont is located on 137,000 acres in the Sangre de Cristo Mountains <http://www.scouting.org/HighAdventure/Philmont>

What: Registration is now underway for Philmont 2016, the ultimate Scouting adventure. As a participant you will have the opportunity to experience such programs as:



**BLACK POWDER
BLACKSMITHING
BURRO RACING
FLY FISHING
GOLD PANNING**

**MOUNTAINEERING
ROCK CLIMBING
30-06 RIFLE SHOOTING
MOUNTAIN BIKING
HORSEBACK RIDING**

AND MUCH MORE!

All activities are conducted under the supervision and leadership of trained, qualified National B.S.A. staff and Central NC Council volunteers.

WHO: Must be at least 14 years of age by 1/1/16, First Class Rank or higher and meet weight and height requirements prior to departure

Cost: \$1900. Includes Philmont fee, airfare, meals, t-shirt, hotel, transportation, etc. Fee is payable in installments.

How: Space is **limited** to 30 Scouts and 6 leaders (3 Crews). To reserve your space, complete the form below and return with a \$300 deposit.

First-Come First-Serve Basis! Fee is **non-refundable** once assigned to crew. Parent meeting to follow shortly after registration closes. Contact: 704-982-0141 ext. 227 www.centralnccouncilbsa.com Leaders will be selected based on qualifications and unit participation by the Central N.C. Council. Contact the council office for an adult application if interested in being Crew adult leadership.

Return to: **Philmont 2016**
PO Box 250
Albemarle, NC 28002

Name _____
Birth Date _____ Troop # _____
Address _____
Phone # _____
Current Rank _____
Deposit Fee \$ _____ Date in Office _____

RETURN ASAP – BASED ON PAST HISTORY CONTINGENT WILL FILL UP IN 2-3 WEEKS

RISK ADVISORY - PHILMONT SCOUT RANCH

Philmont has an excellent health and safety record with over 1,000,000 adults and young people having attended since 1938. Philmont strives to minimize risks to participants and advisors by emphasizing proper safety precautions. Most participants in Philmont programs do not experience injuries because they are prepared, are conscious of risks, and take safety precautions. If you decide to attend Philmont, you should be physically fit, have proper clothing and equipment, be willing to follow instructions and work as a team with your crew and take responsibility for your own health and safety. For further information please thoroughly read the *Guidebook to Adventure*. Like other wilderness areas, Philmont is not risk free and you should be prepared to listen to safety instructions carefully, follow directions and take appropriate steps to safeguard yourself and others.

Parents, guardians and potential participants in Philmont programs are advised that journeying to and from Philmont, and one's stay at Philmont, can involve exposure to accident, illness, and/or injury associated with a high elevation, physically demanding, high adventure program in a remote mountainous area. Campers may be exposed to occasional severe weather conditions such as lightning, hail, flash floods and heat. Other potential problems include: injuries from tripping and falling, motor vehicle accidents, worsening of underlying medical conditions such as diabetes or asthma, heart attacks, heat exhaustion and falls from horses.

Philmont's trails are steep and rocky. Wild animals such as bears, rattlesnakes and mountain lions are native and usually present little danger if proper precautions are taken. Please refer to the *Guidebook to Adventure*, speak with previous Philmont participants, or call Philmont for further information concerning risks and measures which can be taken to avoid accidents. Philmont has staff trained in first aid, CPR and accident prevention, and is prepared to assist in recognizing, reacting, and responding to accidents, injuries and illnesses. Each crew is also required to have at least one member trained in wilderness first aid and CPR. Medical and search and rescue services are provided by Philmont in response to an accident or emergency. However, response times can be affected by location, weather or other emergencies and could be delayed six (6) or more hours.

Philmont trail food is, by necessity, a high carbohydrate, high caloric diet. The trail food is high in wheat, milk products, sugar and corn syrup, and artificial coloring/flavoring. Most dinner meals contain meat. If participant has a problem with the diet described above, contact Philmont for a copy of the trail menu and ingredients and plan to send supplemental food. Philmont will deliver supplemental food to the appropriate pickup places.

PHILMONT WEIGHT LIMITS FOR BACKPACKING AND HIKING

Each participant in a Philmont trek must not exceed the maximum acceptable limit in the weight for height chart shown below. The right hand column shows the maximum acceptable weight for a person's height in order to participate in a Philmont trek. Those who fall within the limits are more likely to have an enjoyable trek and avoid incurring health risks. These guidelines are used because overweight individuals are at a greater risk for heart disease, high blood pressure, stroke, altitude illness, sleep problems and injury.

Participants 21 years and older who exceed the maximum acceptable weight limit for their height at the Philmont medical recheck WILL NOT be permitted to backpack or hike at Philmont. For example, a person 70 inches tall cannot weigh more than 226 lbs. All heights and weights will be measured in stocking feet.

For participants under 21 years of age who exceed the maximum acceptable weight for height, the Philmont physicians will use their best professional judgment in determining participation in a Philmont trek. Participants under 21 years of age are strongly encouraged to meet the weight limit for their height. Exceptions are not made automatically and discussion in advance with Philmont is required regarding any exception to the weight limit for persons under 21 years of age, whether it is over or under. Philmont will consider up to 20 lbs. over the maximum acceptable as stated on the chart, however, the exception will never exceed 295 lbs. Philmont's phone number is 575-376-2281.

The maximum weight for any participant in a Cavalcade Trek and for horse rides is 200 lbs. **Under no circumstances will any individual weighing more than 295 pounds be permitted to participate in backcountry programs.** This requirement is necessary because of limitations of rescue equipment and for safety of search and rescue personnel.

Individuals who do not meet Philmont's weight for height requirements will not be allowed on the trail and will be sent home.

Height(inches)	Max Weight	Height(inches)	Max Weight	Height(inches)	Max Weight	Height(inches)	Max Weight
60	166	65	195	70	226	75	260
61	172	66	201	71	233	76	267
62	178	67	207	72	239	77	274
63	183	68	214	73	246	78	281
64	189	69	220	74	252	79 & over	295

This table is based on the revised Dietary Guidelines for Americans from the U.S. Dept. of Agriculture and the Dept. of Health & Human Services.

A water-displacement test to determine percent body fat will also be accepted in lieu of the height-weight guidelines. Women will need to have a body fat of 20% or less and men will need to have a body fat of 15% or less to be qualified to participate. No other form of test to determine percent body fat (DEXA scan, skin fold, etc.) will be accepted by Philmont.



CENTRAL N.C. COUNCIL
2016 PHILMONT CONTINGENT
Tuesday, June 14 to Sunday June 26, 2016
 (ADULT COST \$1,900)



ADULT APPLICATION FORM

Name _____

Address _____

City/Zip _____

Telephone H) _____ O) _____ M) _____

Email _____

Troop # ____ Adult Position in Scouting _____ No. of years in Scouting ____

Do you have a son interested in attending Philmont? ____ Yes ____ No

Do you at present meet current height and weight requirements? ____ Yes ____ No
(See back of youth application)

B.S.A. Training (Check all that apply)

- Leader Essentials Leader Specific Outdoor Skills Youth Protection
- Woodbadge COPE Certification Climbing/Rappelling Certification
- Other _____

Other Training (Check all that apply)

- Basic First Aid Advanced First Aid EMT
- CPR Other _____

Climbing/Outdoor Camping Experience (Be specific) _____

Other Credentials Pertinent (use back if necessary) _____

WELCOME TO PHILMONT 2016



Payment Schedule
Total Fee \$1900.00

Payment 1	Due at Registration	\$300.00
Payment 2	September 1, 2015	\$500.00
Payment 3	November 1, 2015	\$500.00
Payment 4	January 15, 2016	\$300.00
Payment 5	February 15, 2016	\$300.00