

Philmont Medical Form and Requirements

In 2011 Philmont began using the [BSA Annual Health and Medical Record](#). This form is available online and hard copies will be issued to all crews by January. Part D includes a series of participation advisories that each crew member and his doctor should review. Philmont takes the health and safety of everyone entering the backcountry very seriously, as outlined in a [memo](#) that accompanied the forms last year. In particular, note that crew members **MUST** satisfy physical requirements, without exception - **individuals not satisfying requirements WILL be sent home**. To learn more and get a head start on these absolute requirements, check into the [Watchu Experience](#) Web site (www.watchu.org) and then choose [Philmont Medical Form](#) in the [Medical](#) section of the [Trek Preparation](#) page.

All Philmont treks are physically challenging adventures and a rigorous conditioning program is absolutely important. Each crew member must be in excellent physical condition. [Body weight](#) and [blood pressure](#) must be under control and well within the recommended ranges (not just below the limits).

Advisors must know the health and medical status of each member of the crew before embarking on any rigorous training such as day hikes, COPE, camping, and backpacking. Parts A and B of the [BSA Annual Health and Medical Record](#) are to be completed by the participant and family. Copies of those two parts and a prior physical (summer camp, sports, etc.) will give you that health status information until Part C (the physical exam) is completed.

Tip: Now is **NOT** the time for the youth members of your crew to select their youth leaders or designate crew responsibilities. We will have many helpful suggestions concerning crew leadership selection and crew member responsibilities in future Watchu Grams.

Have a Question? You probably will find the answer on the [Frequently Asked Questions \(FAQs\)](#) page of the [Watchu Experience](#) Web site (www.watchu.org). If you don't succeed, try the super search engine on the [Search](#) page or check the [Site Map](#) for appropriate areas of interest. If all else fails, e-mail your questions to Chief Watchu at chiefwatchu@watchu.org.

Phil Fact: Jacob Fowler (1765-1850) was an early trapper and trader in the area that is now Philmont who kept a detailed journal of his adventures.

See ya on Fowler Mesa,

Jacob Fowler