



Allergies and Anaphylaxis at Philmont

Allergies and Allergic reactions are a common problem seen at Philmont, but a problem that is easily prevented with a prior planning.

Food Allergies:

Philmont provides a high caloric and high carbohydrate diet for all of its participants, this diet often contains products such as wheat, dairy, peanuts and tree nuts that some participants may have a allergy or sensitivity to. If a participant has a food allergy or sensitivity they must bring suitable replacement food with them, remembering to stay close to the nutritional value of the foods that are being replaced. There will be no refund or discount of fees for participants who bring their own food.

The Philmont dining hall staff can arrange for appropriate meal preparation or substitution for meals served in base camp, please notify the dining hall manager upon arrival to ensure appropriate meals are ready at each meal time.

Philmont publishes its list of trail food ingredients on it's the website www.Philmontscoutranch.org each May. Participants with food allergies should acquire a copy of the current Philmont trail food ingredient list prior to arriving at Philmont. Use the ingredient list determine what foods may contain potential allergen, and plan on bringing replacement food for those items, on a normal trek a crew will be issued each meal once while on the trail. Package food according to the meal number that is planned to replace, and label it with the participants name, expedition number and meal number. During your check-in process here at Philmont notify your ranger and the logistics staff and they can arrange to have the food dropped off at the appropriate commissary camps.

Medications:

If a participant has an allergy that results in a anaphylactic reaction or has ever had to be treated in the hospital for an allergic reaction, the participant will be required to have a Epi-pen and oral antihistamines (such as Benadryl) and know how to use them. It is highly advisable that anyone who requires a Epi-pen bring at least 2 and ensure that others in their crew know how to use them and where they are kept.

Because of the amount of people who visit Philmont each year and utilize common tents, campsites, and food preparation areas Philmont cannot guarantee that participants will not come in contact with potential allergens. Participants should be mature and responsible enough to identify and avoid potential allergens.

Participants with very severe allergies should contact the Philmont Infirmery staff at

(575)376-2281 Ext:1150 to discuss the risk of participation.