



## Seizures and Epilepsy at Philmont

Seizure disorders and epilepsy must be well-controlled prior to participating in a Philmont adventure. Well-controlled is defined by Philmont as no seizures within 1 year of participation. This policy applies to all types of seizures including focal seizures, as well as generalized seizures.

### **Dangers of seizures 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.

Hiking at altitude, participating in strenuous activity and lack of sleep are all normal parts of a Philmont experience and are all be potential triggers for a seizure.

### **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. For this reason, we suggest that the participant and his or her family take time to train the members of the crew in what to do in the event of a seizure on the trail. Philmont also recommends that no major changes in medications or dosing occur in the year prior to the Philmont trip.

Any questions should be directed to the Philmont Infirmary at (575)376-2281 Ext: 1150.