



Height/Weight Requirements at Philmont

Height and Weight Requirements

Philmont Scout Ranch requires that all backcountry trek participants meet the height/weight guidelines. This guideline is based on a maximum body mass index (BMI) of approximately 32. There is abundant medical evidence that participants have an increased risk of cardiovascular and musculoskeletal problems when their weight exceeds the guideline. Therefore, participants that exceed the height/weight guideline and have not contacted Philmont to be granted an exemption may be sent home at their own expense.

Possibility of Exceptions

Philmont recognizes that some individuals may exceed the recommended weight in the guideline and yet still be in good physical condition. For this reason, the medical staff at Philmont has developed the following rules for exceptions to the guideline.

Youth: Youth participants are generally at less of a risk for major medical problems due to their weight. Therefore, Philmont **MAY** grant youth an exemption of up to 20 pounds over the stated maximum weight. This exemption will be at the discretion of Philmont medical staff and based on several factors including overall health, physical preparation, and a recommendation from his/her crew advisor. These exemptions are not automatically granted, and participants must contact the Philmont Infirmary to discuss the possibility of an exemption.

Adults: The 20-pound exemption that may be granted to youth **WILL NOT** be granted to adults.

Assessment of Body Fat Percentage:

Youth and adults who exceed the maximum weight for their height (as listed in the table below) may also seek an exemption by having their body fat percentage measured. Males must have a body fat percentage less than or equal to 15%, and females must have a body fat percentage less than or equal to 20%. This testing can be done using a water displacement test, whole body air displacement testing (e.g. BodPod), or dual energy x-ray absorptiometry (DEXA scan). Any other methods of testing such as skin fold testing will not be accepted. Contact your primary healthcare provider to find out where these tests may be available.

Weight Requirements

Maximum Weight: Individuals weighing more than 295 pounds will not be permitted to participate in backcountry programs regardless of height, body mass index, or body fat percentage due to rescue equipment and safe evacuation protocol restrictions.



Minimum Weight: There is no minimum weight requirement to participate in Philmont activities, however Philmont suggests that with regards to smaller participants, advisors give special consideration to the following:

- We recommend that participants carry no more than 25-30% of their body weight. Carrying more than this significantly increases the likelihood of musculoskeletal injuries.
 - This may mean that smaller scouts are only able to carry personal gear, leaving crew and shared gear to others in the crew. This can sometimes result in friction within the crew.
 - Keeping to this rule can be difficult as pack weight fluctuates over the course of the trip. It is important that the participant and the advisor monitor pack loads during shakedown and on the trail to ensure that everyone has a positive experience.
- Some participants that fall beneath our recommended weight guideline may also have preexisting back and joint issues. In these cases, it is very important that their physician is consulted and gives their permission for participation in the strenuous activity levels typical of a Philmont trek.
- Finding a backpack that will work with a small frame is easier today than in the past.
 - Pay special attention to the fit of the hip belt. Smaller packs and women’s packs often work well for smaller participants.
 - Philmont recommends that everyone have their backpack fitted by someone trained to do it correctly.

Height (Inches)	Max. Weight (lbs)	Height (Inches)	Max. Weight (lbs)
60	165	70	226
61	172	71	233
62	178	72	239
63	183	73	246
64	189	74	252
65	195	75	260
66	201	76	267
67	207	77	274
68	214	78	281
69	220	79 and Over	295

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