

# Philmont Medical Form and Requirements

Philmont uses the same [BSA Annual Health and Medical Record](#) required for all other BSA activities. The form is available online. Philmont takes the health and safety of everyone entering the backcountry very seriously. In particular, note that crew members **MUST** satisfy physical requirements, without exception - **individuals not satisfying requirements WILL be sent home.**

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. The form includes a series of participation advisories that each crew member and his doctor should review.

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**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.

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**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](http://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](mailto:chiefwatchu@watchu.org).

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**Phil Fact:** Lucien Maxwell acquired all the Beaubien Miranda Mexican land grant through marriage to Luz Beaubien, one of Carlos Beaubien's daughters, and eventually buying out the interests of other Beaubien heirs and Guadalupe Miranda. At its peak the Maxwell Land Grant included 1,714,765 acres of New Mexico and Colorado, more than twice the size of Rhode Island, and was the largest single tract ever in the history of the United States. Ted Turner is the present record holder when it comes to ownership of land in the United States. **Among his more than two million acres of holdings is the Vermejo Park Ranch, directly east of Philmont, which at 590,823 acres is the largest single tract today (the King Ranch in Texas is larger but is not contiguous.) You will drive through Vermejo Park on your way from Raton to**

Cimarron - look for Turner's buffalo. The Turner family is kind enough to let Philmont hikers use some of their trails and Rich Cabins camp on the Vermejo property. During the Turner/Philmont trail discussions, the former Mrs. Turner (Jane Fonda) was very happy and proud to remind that her father, Henry Fonda, was (is) a distinguished Eagle.

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The eagles are soaring high over Maxwell turnaround!

*Lucian Bonaparte Maxwell*

Cimarron, New Mexico Territory