

### Philmont 2011 Council Contingent Lottery Registration

Unit type and number \_\_\_\_\_ District or Area \_\_\_\_\_

Contact name \_\_\_\_\_

Daytime phone \_\_\_\_\_ Evening phone \_\_\_\_\_

Number of youth \_\_\_\_\_

Council contingent dates:

June 7-21, 2011

Number of adults \_\_\_\_\_

June 19-July 3, 2011

July 1-15, 2011

Total participants \_\_\_\_\_

July 13-27, 2011

July 25-August 8, 2011

Total number of crews \_\_\_\_\_

List order of preference for Philmont contingents and then complete information on reverse side of the page.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

#### LOTTERY PROCESS

Reservations for the year 2011 council contingents will be conducted through a lottery process. Listed below are the procedures for the Philmont sign-up:

1. Lottery registration forms must be submitted to the Camping Department by Feb. 1, 2010. Reservations may be mailed but must be postmarked by Feb. 1, 2010, and received by 2 p.m. on Feb. 5, 2010. Mail to: Camping Department, Greater St. Louis Area Council, 4568 West Pine Blvd., St. Louis, MO 63108-2193
2. Reservations for a crew should be for members from a single chartered unit, but are not limited to one crew (crew size = 12 participants). If a unit cannot fill a crew of 12, the balance may be made up of members from a second unit prior to the lottery. Please be realistic when estimating attendance to avoid unnecessary expense (forfeited fees) and to permit the maximum number of units to make a reservation. All fees deposit, advance and balance are nonrefundable and nontransferable to the balance in the event of cancellation. No unit will be allowed to make reservations for more than two crews. **Units are responsible for full payment of fees of the number of reservations made for the lottery.**
3. All crews of the council contingents will consist of 12 participants. The Camping Department reserves the right to rearrange crews in order to meet the 12-member crew size. The name of each crew member must be included on the lottery registration form and your unit's Philmont history.
4. A lottery drawing will be held at 2 p.m. on Feb. 5, 2010. Units will be notified of their placement in the lottery on Feb. 5 and Feb. 8, 2010.
5. Units that are placed in a council contingent must submit individual registration forms and deposits by Feb. 24, 2010. Any unit that fails to submit the registration forms and payment by Feb. 24 will lose its placement and the next available unit on the waiting list will be contacted. If mailed, it must be received by Feb. 24, 2010, not postmarked on that date.
6. Keeping with Philmont's policy, units with a confirmed 2010 reservation may not place a reservation for the year 2011. Units or individuals may not attend two consecutive seasons at Philmont. The council's Camping Department will verify attendance information with Philmont. Reservations may not be transferred from one unit to another. The council's Camping Department will maintain a waiting list and will contact the next available group in the event of a cancellation.
7. The cost of the council contingent for 2011 is \$875. A nonrefundable deposit of \$125 per participant must be included at the time individual registrations are submitted to the council's Camping Department.

#### OFFICE USE ONLY

Date received \_\_\_\_\_

Philmont attendance verified \_\_\_\_\_

Lottery number \_\_\_\_\_ Placed \_\_\_\_\_ Waiting list \_\_\_\_\_

My unit last attended Philmont in what year. \_\_\_\_\_ How many people attended Philmont? \_\_\_\_\_

List the names of the individuals who plan to attend Philmont in 2011.

1.	_____	Youth	Adult
2.	_____	Youth	Adult
3.	_____	Youth	Adult
4.	_____	Youth	Adult
5.	_____	Youth	Adult
6.	_____	Youth	Adult
7.	_____	Youth	Adult
8.	_____	Youth	Adult
9.	_____	Youth	Adult
10.	_____	Youth	Adult
11.	_____	Youth	Adult
12.	_____	Youth	Adult
13.	_____	Youth	Adult
14.	_____	Youth	Adult
15.	_____	Youth	Adult
16.	_____	Youth	Adult
17.	_____	Youth	Adult
18.	_____	Youth	Adult
19.	_____	Youth	Adult
20.	_____	Youth	Adult
21.	_____	Youth	Adult
22.	_____	Youth	Adult
23.	_____	Youth	Adult
24.	_____	Youth	Adult

Please remember that **units are responsible for full payment of fees of the number of reservations made for the lottery.** This means that if you list 16 names on the form and your unit is selected for a Council contingent than your unit must submit deposits and payments for 16 people. Deposits are non-refundable.

**Please remember:** Units or individuals may not attend two consecutive seasons at Philmont.

## RISK ADVISORY - PHILMONT SCOUT RANCH

Philmont has an excellent health and safety record with over 910,000 adults and young people having attended since 1938. Philmont strives to minimize risks to participants and advisors by emphasizing proper safety precautions. Most participants in Philmont programs do not experience injuries because they are prepared, are conscious of risks, and take safety precautions. If you decide to attend Philmont, you should be physically fit, have proper clothing and equipment, be willing to follow instructions and work as a team with your crew and take responsibility for your own health and safety. For further information please thoroughly read the *Guidebook to Adventure*. Like other wilderness areas, Philmont is not risk free and you should be prepared to listen to safety instructions carefully, follow directions and take appropriate steps to safeguard yourself and others.

Parents, guardians and potential participants in Philmont programs are advised that journeying to and from Philmont, and one's stay at Philmont, can involve exposure to accident, illness, and/or injury associated with a high elevation, physically demanding, high adventure program in a remote mountainous area. Campers may be exposed to occasional severe weather conditions such as lightning, hail, flash floods and heat. Other potential problems include: injuries from tripping and falling, motor vehicle accidents, worsening of underlying medical conditions such as diabetes or asthma, heart attacks, heat exhaustion and falls from horses.

Philmont's trails are steep and rocky. Wild animals such as bears, rattlesnakes and mountain lions are native and usually present little danger if proper precautions are taken. Please refer to the *Guidebook to Adventure*, speak with previous Philmont participants, or call Philmont for further information concerning risks and measures which can be taken to avoid accidents. Philmont has staff trained in first aid, CPR and accident prevention, and is prepared to assist in recognizing, reacting, and responding to accidents, injuries and illnesses. Each crew is also required to have at least one member trained in wilderness first aid and CPR. Medical and search and rescue services are provided by Philmont in response to an accident or emergency. However, response times can be affected by location, weather or other emergencies and could be delayed six (6) or more hours.

Philmont trail food is, by necessity, a high carbohydrate, high caloric diet. The trail food is high in wheat, milk products, sugar and corn syrup, and artificial coloring/flavoring. Most dinner meals contain meat. If participant has a problem with the diet described above, contact Philmont for a copy of the trail menu and ingredients and plan to send supplemental food. Philmont will deliver supplemental food to the appropriate pickup places.

### PHILMONT WEIGHT LIMITS FOR BACKPACKING AND HIKING

Each participant in a Philmont trek must not exceed the maximum acceptable limit in the weight for height chart shown below. The right hand column shows the maximum acceptable weight for a person's height in order to participate in a Philmont trek. Those who fall within the limits are more likely to have an enjoyable trek and avoid incurring health risks. These guidelines are used because overweight individuals are at a greater risk for heart disease, high blood pressure, stroke, altitude illness, sleep problems and injury.

**Participants 21 years and older who exceed the maximum acceptable weight limit for their height at the Philmont medical recheck WILL NOT be permitted to backpack or hike at Philmont.** For example, a person 70 inches tall cannot weigh more than 226 lbs. All heights and weights will be measured in stocking feet.

*For participants under 21 years of age who exceed the maximum acceptable weight for height, the Philmont physicians will use their best professional judgment in determining participation in a Philmont trek. Participants under 21 years of age are strongly encouraged to meet the weight limit for their height. Exceptions are not made automatically and discussion in advance with Philmont is required regarding any exception to the weight limit for persons under 21 years of age, whether it is over or under.* Philmont will consider up to 20 lbs. over the maximum acceptable as stated on the chart, however, the exception will never exceed 295 lbs. Philmont's phone number is 575-376-2281.

The maximum weight for any participant in a Cavalcade Trek and for horse rides is 200 lbs. **Under no circumstances will any individual weighing more than 295 pounds be permitted to participate in backcountry programs.** This requirement is necessary because of limitations of rescue equipment and for safety of search and rescue personnel.

**Individuals who do not meet Philmont's weight for height requirements will not be allowed on the trail and will be sent home.**

Height (inches)	Recommended Weight (lbs)	Allowable Exception	Maximum Acceptable
60	97 - 138	139-166	166
61	101-143	144-172	172
62	104-148	149-178	178
63	107-152	153-183	183
64	111-157	158-189	189
65	114-162	163-195	195
66	118-167	168-201	201
67	121-172	173-207	207
68	125-178	179-214	214
69	129-185	186-220	220

Height (inches)	Recommended Weight (lbs)	Allowable Exception	Maximum Acceptable
70	132-188	189-226	226
71	136-194	195-233	233
72	140-199	200-239	239
73	144-205	206-246	246
74	148-210	211-252	252
75	152-216	217-260	260
76	156-222	223-267	267
77	160-228	229-274	274
78	164-234	235-281	281
79 & over	170-240	241-295	295

This table is based on the revised Dietary Guidelines for Americans from the U.S. Dept. of Agriculture and the Dept. of Health & Human Services.

A water-displacement test to determine percent body fat will also be accepted in lieu of the height-weight guidelines. Women will need to have a body fat of 20% or less and men will need to have a body fat of 15% or less to be qualified to participate. No other form of test to determine percent body fat (DEXA scan, skin fold, etc.) will be accepted by Philmont.