

PHILMONT WEIGHT LIMITS FOR BACKPACKING & 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. Every Philmont trek involves hiking with a 35-50 lb. backpack between 6,500 and 12,500 ft. elevations. Philmont recommends that participants carry a pack weighing no more than 25-30% of their body weight.

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 5'10" cannot weigh more than 226 Lbs. The Philmont physicians will use their best professional judgment in determining participation in a Philmont trek by individuals under 21 years of age who exceed the maximum acceptable weight for height. Participants under 21 years of age are strongly encouraged to meet the weight limit for their height, and exceptions are not made automatically and the maximum allowable exception will be 20 Lbs. Discussion in advance with Philmont regarding any exception to the weight limit for persons under 21 years of age is required, whether it is over or under.

Under no circumstance will any individual over 295 Lbs. be allowed to participate regardless of height or age. This limit is necessary due to limitations of rescue equipment and for the safety of Philmont personnel. The maximum weight for any participant in a Cavalcade Trek and for horse rides is 200 Lbs.

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.

HEIGHT	WEIGHT RECOMMENDED	MAXIMUM ACCEPTANCE		HEIGHT	WEIGHT RECOMMENDED	MAXIMUM ACCEPTANCE
5' 0"	97 - 138	166		5' 10"	132-188	226
5' 1"	101-143	172		5' 11"	136-194	233
5' 2"	104-148	178		6' 0"	140-199	239
5' 3"	107-152	183		6' 1"	144-205	246
5' 4"	111-157	189		6' 2"	148-210	252
5' 5"	114-162	195		6' 3"	152-216	260
5' 6"	118-167	201		6' 4"	156-222	267
5' 7"	121-172	207		6' 5"	160-228	274
5' 8"	125-178	214		6' 6"	164-234	281
5' 9"	129-185	220		6' 7"& over	170-240	295

Adult Requirements

All the adults traveling to Philmont should start making preparations to meet Philmont's requirements. Some of these require training that is not offered very often so you need to start planning now.

- All adults must be registered leaders,
- All adults must have youth protection training, this can be taken on-line at the Council Website; [Youth Protection Training](#)
- All adult leaders should plan on being certified in CPR.
- All adult leaders should plan on being certified in Red Cross First Aid .
Courses for CPR and first aid will be added to the program as needed.
- All adults will need to have a physical and have had a tetanus in the last 10 years. Philmont is very strict about height to weight standards, high blood pressure, and heart conditions. If anyone has any concerns regarding these issues please reference the Philmont [Risk Advisory](#).