



## Allergies and Anaphylaxis at Philmont

Allergies and allergic reactions are commonly seen at Philmont; with careful preparation and practices like label-reading, severe reactions can be prevented.

### Food Allergies at Philmont

The Philmont dining hall can arrange for appropriate meal preparation or substitution for meals served in Base Camp. All meals served in Base are nut-free; if you have other needs, please notify the dining hall manager or staff upon arrival to ensure appropriate meals are ready at each mealtime.

Philmont trail meals provide a high-calorie, high-carbohydrate diet, and [menus are published online](#) each May. Trail meals often contain products such as wheat, dairy, peanuts, and tree nuts. Those with food allergies/sensitivities should check the menus and bring replacement food with them that accounts for the increased caloric needs associated with backpacking. There are no refunds or discounts for participants who bring their own food.

Trail meals numbers correspond to the date; for example, Breakfast/Lunch/Dinner 2 are scheduled for the 2<sup>nd</sup>, 12<sup>th</sup>, and 22<sup>nd</sup> of each month. On a trek, each crew will receive each meal once while on the trail, though that may vary. Those with replacement food should package food according to the meal that it is planned to replace, and label it with the participant's name and expedition number. During your check-in process at Philmont, notify your ranger of your need for a special food drop-off and they will help you work with the Logistics staff to arrange for food drop-offs.

### Environmental Allergies

Trekking through wilderness areas and experiencing a working cattle ranch in northeastern New Mexico means exposure to allergens like plants/pollen and insects, as well as wildlife, farm animals, and livestock. These allergens are not always easily avoided, so proper preparation with emergency medications (if necessary) is key.

### Medications

For individuals with allergies that result in an anaphylactic reaction, or if the participant has ever required hospitalization for an allergic reaction, the participant will be required to have an epinephrine autoinjector and oral antihistamines (ex. Benadryl) and know how to use them. It is advised that anyone who requires an epinephrine autoinjector bring at least two unexpired autoinjectors and teach others in their crew how to use them and where they are kept.

Philmont sees over 20,000 visitors each summer; because participants often utilize common tents, campsites, and food preparation areas, Philmont cannot guarantee an allergen-free experience.

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