



Chronic Asthma at Philmont

The high altitude and dry conditions of Philmont may exacerbate asthma and other respiratory conditions. Due to this increased risk, Philmont requires that all participants with asthma and other respiratory conditions have their symptoms well-controlled before attending.

Definition of Uncontrolled Asthma:

- Use of a rescue inhaler (Albuterol, Allupent, Xopenex, Maxair, or similar) more than 1x/day.
- Any awakening at night with asthma symptoms requiring rescue inhaler use.
- An asthma attack requiring emergency room visit within the last 6 months.
- Attacks that required the use of oral steroids for the treatment within the last 6 months.

Medication for Participants with Asthma:

Any participant who has required treatment for asthma in the last 3 years will be required to carry a rescue inhaler while at Philmont. Participants who arrive at Philmont without appropriate medication will be required to purchase medication before participation. Supply cannot be guaranteed, so we strongly encourage participants to procure an inhaler before arriving at Philmont.

Participants' medications will be checked during the medical recheck process to ensure that each participant has an adequate supply and that it is in date.

It may be good practice to have a second set of emergency medications to be carried by someone other than the patient in the event that the patient's medication is lost or damaged while on the trail, or in the event that a patient needs assistance finding and using their medication. Extra medications can be stored by the Philmont Infirmary as long as they are labeled with the participant's name and expedition number.

Treatment of Asthma at Philmont

Participants should continue their normal asthma maintenance medication and practices while on the trail. Participants who have increasing symptoms of asthma or begin to require more medication than usual should contact the Philmont Infirmary for evaluation and treatment.

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