



## Seizures and Epilepsy at Philmont

Seizure disorders and epilepsy must be well-controlled prior to participating in a Philmont adventure. Philmont defines a well-controlled seizure disorder/epilepsy as having had no seizures in the 12 months prior to participating at Philmont. This policy applies to all types of seizures, including focal and generalized seizures.

### **Dangers of Seizures at Philmont**

Philmont has a strict policy pertaining to seizures and epilepsy because of the potential danger to a participant who has a seizure while in the backcountry. Philmont programs often take participants deep into the New Mexico backcountry; because program areas are spread over 250,000 acres of rugged terrain, emergency medical care and evacuation could take several hours or even days, particularly during periods of inclement weather. Philmont program can include activities like travel along narrow, exposed trails, horseback riding, rock climbing, and ropes course elements; as such, participants with seizure disorders face increased risks if they should have a seizure while in the backcountry. Additional elements of the Philmont experience such as hiking at altitude, an increase in strenuous activity, and changes to one's sleeping routines are all normal parts of a Philmont experience and can be potential triggers for a seizure.

### **Trekking at Philmont with a Seizure Disorder**

Participants who have not had seizures in the last 12 months will be permitted to participate, provided they have letters of clearance from their physicians. Being seizure-free for 12 months, however, does not guarantee that a participant will not suffer a seizure while at Philmont. For this reason, we suggest that the participant and his or her family take time to train the members of the crew in what to do in the event of a seizure on the trail. Philmont also recommends that no major changes in medications or dosing occur in the year prior to the Philmont trip.

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