



Sleep Apnea at Philmont

Sleep apnea and other sleep disorders are a growing problem across the country; with planning and discussion with your physician, most common issues associated with sleep apnea should not affect your Philmont experience.

Prior to coming to Philmont

We ask that anyone who suffers from sleep apnea consult their pulmonologist or sleep specialist prior to participating in a Philmont trek. Things that you may want to mention to your physician are:

- Sleeping conditions: Lying on uneven ground with a thin sleeping pad may worsen symptoms.
- Altitude: Philmont campsites range from 6,000 to over 10,000 feet above sea level. The altitude may make your sleep apnea worse or may make your CPAP machine less efficient.
- Cool temps: Nighttime temperatures can drop into the low 40's or colder. This cold air can make CPAP batteries less efficient or may change the severity of your sleep apnea.

Sleep Apnea on the Trail

Many sleep apnea patients successfully complete Philmont backcountry treks each year. We've found that many physicians suggest participants leave their CPAP at home and plan to hike and sleep without the machine since CPAP machines can be heavy and require multiple batteries to last the duration of the trip. With that in mind, it is important to remember the following:

- Each patient is limited to one medication/supply drop per trek, but due to the logistics of those drop-offs and our crew loads, Philmont may not be able to help with battery drops or recharging batteries. If you choose to carry your CPAP, you should plan on carrying enough batteries for your entire trip or have a tried-and-true plan to recharge them during your trip.
- Learn to adjust your machine for the changes in altitude and find out what the most efficient settings are to prolong battery life.
- Have a plan for what to do if your CPAP stops working; this may be another device such as a mouth piece or medications to help you sleep. Please note that CPAPs/batteries **cannot** be sent down to Base if they cease to work on the trail.

Sleep Apnea at the Philmont Training Center

The Philmont Training Center provides access to 110v power for each tent, so powering a CPAP device is possible. Upon check in, please inform the staff that you have a medical device that will require power so that can be taken into account when giving tent assignments. Long power outages **are** possible, so having batteries or a backup plan is suggested.

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