

LIMITS FOR BACKPACKING & HIKING

Each participant in a Spanish Peaks Scout Ranch (SPSR) trek or Miner's Cabin hike 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 SPSR trek or Miner's Cabin hike. Those who fall within the limits are more likely to have an enjoyable outing and avoid incurring health risks. Every SPSR trek involves hiking with a 35-50 lb. backpack between 8,500 and 13,500 ft. elevations. SPSR recommends that participants carry a pack weighing no more than 25-30% of their body weight.

The SPSR medical staff will use their best professional judgement in determining participation in a SPSR trek or Miner's Cabin hike by individuals under 21 years of age who exceed the maximum acceptable weight for their height. Participants under 21 years of age are strongly encouraged to meet the weight limit for their height. Exceptions are not made automatically and the maximum allowable exception will be 20 lbs. Discussion in advance with SPSR regarding any exception to the weight limit for persons under 21 years of age is required, whether it is over or under.

Under no circumstances will any individuals 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 SPSR personnel.

The following table is based on the revised Dietary Guidelines for Americans from the US Dept. of Agriculture and the Dept. of Health and Human Services.

Height	Recommended Weight Range (lbs.)	Maximum Weight (lbs.)
5'0"	91-138	166
5'1"	101-143	172
5'2"	104-148	178
5'3"	107-152	183
5'4"	111-157	189
5'5"	114-162	195
5'6"	118-167	201
5'7"	121-172	207
5'8"	125-178	214
5'9"	129-185	220
5'10"	132-188	226
5'11"	136-194	233
6'0"	140-199	239
6'1"	144-205	246
6'2"	148-210	252
6'3"	152-216	260
6'4"	156-222	267
6'5"	160-228	274
6'6"	164-234	281
6'7" & over	170-240	295