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BACKCOUNTRY CACHE

A Newsletter for Members of CMC Backpacking Section

March 2022

CHAIR'S CORNER - Uwe Sartori

Our 2022 CMC BPX Season Kickoff, a hybrid Zoom & Live event put together by Mercedes, was a success with attendance close to 100. Zoom allowed BPX members from all over the state to participate. Sweet! (We'll work on the audio). Steve and Randy published 50 backpacking and 7 car camping trips led by 26 dedicated BPX Trip Leaders. Awesome job guys! Thank you Louise, Mike, Leila, Maggie for your support. Thank you Linda Lawson for providing great door prizes. A total team effort. Trip leaders and members, your BPX committee works overtime to deliver great trips, programs and support. When you see them, give them a well earned and deserved thank you.

2022 BPX goals: All trips sold out and completed. Great adventures and smiles for all. A massive reduction in roster churn. I challenge our trip leaders and members to make it so!

BPX SEASON KICKOFF Q&A

We had some great questions from the Season Kickoff Event, so here they are along with their answers:

Q: Does being on the waitlist count towards my 3 trip limit?
A: Yes. After clarifying with the committee, we determined this is the best course of action to give everyone the chance to sign up for trips.

Q: Do car camping trips count towards my 3 trip limit?
A: Yes.

Q: Why do Gear Shakedown count towards my 3 trip limit?
A: It's an actual backpack this year, not a car camping trip. We need to give others the opportunity.

Q: Is a bear canister necessary?
A: Depends on the location of the trip. Some wilderness areas require them and so does RMNP. Your trip leader will let you know ahead of time if it's required.

Here are links to the Zoom recording of the Kickoff Event as well as the Trip Catalogs:

[Kickoff Event Recording \(28.5 minutes\)](#)

[BPX 2022 Backpacking Trip Catalog](#)

[BPX 2022 Car Camping Catalog](#)

2022 BPX TRIP REGISTRATION - April 1 (no April Fooling). Starting this date, all scheduled BPX Trips will open up for sign-up. Continue to check the CMC Trips Calendar for more trips added later!

GEAR SHAKEDOWN TRIPS

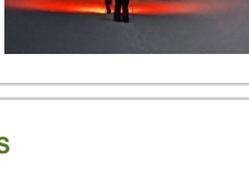
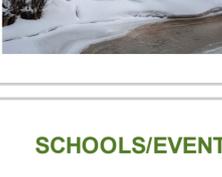
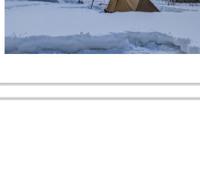
Intended for those checking-out gear before season and/or new to backpacking.

- April 28-29: Pike National Forest
- May 14-15: Colorado Trail – Intended for those wanting to do a long trail this summer with focus on lightweight backpacking and navigation using FarOut & COTREX
- May 27-28: Nederland Front Range Trail
- June 17-18: Mayflower and Mohawk Lakes, White River NF

BPX WINTER BACKPACKS

Daniel Schweissing and Garrett Pettingell recently led a winter backpack on the Bearing Bear Trail in Pike National Forest.

- 4.2 miles round trip
- 9 degrees nighttime low
- 18 degrees - Day 1
- 35 degrees - Day 2
- 500' elevation gain



SCHOOLS/EVENTS

BOULDER

[NAV1 WILDERNESS NAVIGATION](#) Starts [Apr 14](#)

DENVER

[WILDERNESS TREKKING SCHOOL\(WTS\)](#) Starts [Apr 12](#)

[BACKPACKING SCHOOL\(BKPS\)](#) Starts [Jun 7](#)

[DAY HIKER SCHOOL](#) Virtual Alternative to Wilderness Trekking School. More info [here](#)

[WILDERNESS SURVIVAL SCHOOL\(WSS\)](#) Starts [May 18](#)

[CPR/AED](#) [Mar 30](#) [Apr 27](#)

[AIARE RESCUE](#) Starts [Mar 22](#)

[AIARE 2 - DECISION MAKING IN AVALANCHE TERRAIN](#) [Mar 23](#)

[TRIP LEADER SCHOOL SCENARIOS](#) [March 24](#) [Apr 2](#) [Apr 20](#)

PIKES PEAK (PPG)

[LAND NAVIGATION A](#) Starts [Apr 7](#)

[WILDERNESS FIRST AID with CPR/AED](#) Starts [Apr 21](#)

[GPS Basics Class](#) [May 9](#)

[BMS - Wilderness Fundamentals](#) Starts [June 6](#) [Sept 12](#)

[BMS - Intro to Backpacking](#) Starts [July 6](#) [Aug 15](#)

STATE

[HYBRID WILDERNESS FIRST AID](#) Multiple Offerings - Check CMC Calendar [here](#)

[HYBRID WILDERNESS FIRST RESPONDER](#) Starts [May 10](#)

[2-DAY WILDERNESS FIRST AID](#) [Mar 26](#) [Den: Apr 23](#) [Jun 11](#)

[LEADERSHIP SUMMIT](#) [May 21](#)

[TCS NAVIGATION Virtual Courses:](#) [Nav1/Nav2 Info \(every month\)](#), [Nav1](#), [Nav2](#)

THE COMPASS - Pat McKinley

Backcountry Huts

As backpackers, we value the outback and all the rough and tumble effort we put forward to get into the wilderness, which provides us the beautiful refuge that we love. Carrying everything we need to provide for ourselves is part of that experience. No pain, no gain! Well, I'm here to tell you if you haven't experienced a hut and all the joys that come with it in the deep wilderness, you have missed a bit of heaven!

I have snowshoed or skied all day up over 2000 ft. vertical through fresh snow, following my map and compass over an unbroken trail to arrive at a modern cabin at tree line. After stoking the stove, throwing my bedroll on a bunk, and pulling out dinner to cook over a propane stove, I'm one happy camper and ready for some serious fun with my friends. It doesn't get much better! Yes, you will miss digging out a tent platform or a shelter for cooking, or going to bed at 7 PM. The next morning is just as bright, clear and beautiful viewed from inside a cabin as outside a tent. I have done both and love both experiences. They are just different and both to be enjoyed.

When I think of a hut trip, my first thought is of the Great Treks of New Zealand, which is one of the oldest, most extensive and famous hut systems in the world. I have trekked to many of these huts throughout both the South and North Islands, and I have enjoyed evenings with experienced hikers from all over the world sharing stories of our adventures. But we do not have to be world travelers to experience huts in the wilderness because Colorado is blessed with its own hut system.

Our hut system owes a debt to the 10th Mountain Division of the US Army which fought in various theaters throughout Europe during World War II. Camp Hale near Leadville was built as a training facility in 1942. Today the 10th Mountain Division Hut System honors the members of the division who fought in WWII. The Hut System has over 33 huts available and can be accessed through the website: [www.huts.org](#)

The huts are equipped with many amenities including propane burners for cooking, a wood stove for heat as well as baking if you are adventurous, plenty of pots and pans, and a coffee percolator. They are very popular, varying in the number of people they accommodate, and require reservations. The cost varies according to the hut but is generally between \$35 and \$50 per person per night. Current Covid rules require a whole-hut reservation. As an example, if the hut can accommodate 10 people at a cost of \$40/person/night, the upfront reservation would be \$400/night. If there is interest, I'll investigate the possibilities of a hut trip. [patrickmckinley@hotmail.com](#)

Q&A With Backpackers Bob & Bobbi

Dear Backpackers Bob & Bobbi,

One of my goals as a new BPX leader is to review and update the first aid kits I carry on overnight backpacking trips. I currently have 2: (1) a smaller kit for when I am a guest on someone else's trip, and (2) a larger kit when I'm leading a trip.

What are the essential items that I should have in my personal first aid kit? And what additional items should I include if I'm the trip leader?

Sincerely,
First Aid Freddy

Dear First Aid Freddy,

Last month we looked at what every BPX member should be carrying in their personal first aid kit for a typical one- or two-night trip. This month, we'll consider what additional items should be carried by BPX leaders for multi-day trips.

A couple of ground rules: (1) Never carry equipment or supplies that you haven't been trained to use, and (2) limit your first aid supplies based on the needs of your group, type of trip, and probability of experiencing a given ailment or injury.

In addition to items already included in your personal first aid kit, consider bringing:

- Extra PPE: additional pairs of latex or nitrile exam gloves, a couple of surgical masks, PLUS a Ziploc "biohazard" baggie to dispose of them.
- Extra wound care supplies and/or additional items such as Coban wrap and an irrigation syringe. (If you already carry a syringe to backflush your water filter, no need to carry an extra in your first aid kit. Alternatively, you can always improvise a syringe using a Ziploc baggie.)
- Extra over-the-counter medications
- Trauma shears
- A SAM splint
- Triangular bandages and safety pins
- Extra rolls of waterproof adhesive tape (for taping ankle injuries)
- A tourniquet, depending on type of trip and your experience level, generally not needed on typical CMC trips
- A Rite-in-the-Rain weatherproof notebook and pen or pencil for recording SOAP notes. Alternatively, Bobbi prefers a Ziploc baggie with pen, a few index cards, and some SOAP note forms printed on cardstock
- [A comprehensive pocket medicine guide](#)

Pro-Tip: Some trip leaders carry a smaller "bleed" kit in the baggie, a small pressure pouch containing a couple pairs of nitrile gloves, QuikClot (the gauze version NOT the powder), a pressure bandage (or, alternatively, maxi pads, which also absorb large amounts of blood quickly) and, sometimes, a tourniquet which is stored in the front or top of their packs (or attached on the outside) for easy grabbing in a life-threatening emergency

Remember, the most important part of your first aid kit is the medical knowledge in your head. If you haven't already done so, we encourage you to upgrade your training by taking one or both of CMC's brand new courses for trip leaders: [Wilderness First Responder](#) and [Backcountry Incident Management School](#).

See ya' on the trails,
Bob & Bobbi Backpacker

(Article Courtesy of Trip Leader Daniel Schweissing)

BPX MEMBER INFO

BPX FACEBOOK: [BPX FB](#) Send Photos and Trips Reports to feature on the BPX Facebook Page to: [maggie.burns1@gmail.com](#)

BPX INSTAGRAM: [@co_backpacking_bpx](#)

BPX LINKS: Click [here](#) for BPX web page, [here](#) for BPX Member Benefits, [here](#) for CMC Member Benefits, and [here](#) for discounted Colorado State Parks Pass.

COVID PROTOCOLS: Check [here](#) for latest CMC update on Jan 11.

COTREX WEBINARS: [Module 1](#) [Module 2](#)

FIRE INFO: [National Interagency Fire Center News](#) [Colorado Fire Restrictions](#)

COLORADO AVALANCHE INFO: Click [here](#)

For foothill outings, remember to check the website for your trip to make sure there are no closures due to mud, hunting, wildlife calving, etc.

LEAD THE PACK

Looking for awesome CMC Trip Leaders from ALL CMC groups interested in expanding their trip repertoire by leading backpacking trips. Email your interest and experience to [cmcbpxtlc@gmail.com](#). There are a variety of paths to becoming a BPX Trip Leader, and the BPX Team will help you get there. Let's talk! More info on the paths to becoming a Leader can be found [here](#).

HELP WANTED - Trip Leader Coordinator

The Trip Leader Coordinator duties include recruiting trip leaders and communicating with them on BPX policies, best practices, and other appropriate matters. Qualification for TLC are: 1) current member of CMC; 2) certified and current CMC Trip Leader; 3) BPX-accepted backpacking Trip Leader; and 4) willing to be a member of the CMC Committee. Send inquiries to [cmcbpxtlc@gmail.com](#).

Want to contribute to "The Pack"? Send your backpacking photos and articles to [cmcbpxnewsletter@gmail.com](#) so we can feature it in our Backcountry Cache Newsletter. Please include your name, location, and date.

CMC Backpacking Section Supports Leave No Trace

CMC connects Coloradans with more than 3,000 trips, hikes and activities annually. Members also receive huge deals on outdoor gear, lodging, events and more.

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