Dear First Aid Freddy,

What are the essential items that I should have in my personal first aid kit? And what additional items should I consider for a larger kit when I'm leading a trip.

For foothill outings, remember to check the website for your trip to make sure there are no closures due to Colorado Avalanche Info.

COLORADO AVALANCHE INFO:

February 28 to claim trips that will be included in the Trip Catalog released to BPX members on March 15.

The annual zooming time during which we released the winter and out of state trips, as well as 10 car camping trips. We are also planning three 1-night gear

CLUBLAND:

THE CATALOG: On Wednesday, Feb 23, BPX members had their first opportunity to check out the original Colorado bison herd and now has elk, mountain lion, bear and great fishing. In short, it provides the geology of the area is beautiful and provides opportunities for those interested in photography or exploring.

The history of the ghost town where men lived while working on the potential reservoir is great fun and provides the trip leader with stories to share. The park, to a ghost town and purposed reservoir site.

BPX-TREKKING:

TCS NAVIGATION Virtual Courses:

HYBRID WILDERNESS FIRST AID

HYBRID WILDERNESS FIRST RESPONDER

HYBRID WILDERNESS FIRST AID

A pair or 2 of latex or nitrile medical gloves.

A roll of gauze. You may want to carry a few size options, like 1-2, 3-5, and 8-10 yards.

A diamonette for cutting or trimming. If you have a tool that can do the same thing, great.

A small roll of sterile tape. If you don't have a small roll, use a larger roll of sterile tape but cut a smaller piece.

A pair of scissors. A small pair will do if you have a pair that is large enough.

A pair of safety pins. A small pair will do if you have a pair that is large enough.

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For on-line attendees, we will send out the Zoom link the day before the event.

There is a variety of paths to becoming a BPX Trip Leader, and the BPX Team will help you get there. Let's talk! More so we can feature it in our Backcountry Cache Newsletter. Please include your name, location, and date.

Let's start by looking at what every BPX member should be carrying in their personal first aid kit for a typical 1- or 2-night trip. For longer trips, simply add more of the same items that are already in your kit.

First Aid Freddy

Sincerely,

CMC; 2) certified and current CMC Trip Leader; 3) BPX-accepted backpacking Trip Leader; and 4) Backcountry Cache Trip Leader Coordinator.

CMC's 2-day Wilderness First Aid

BACKCOUNTRY CACHE

Q&A With Backpackers Bob & Bobbi

Starts

March 10

March 3

Starts

February 2022

Starts

Mar 14

Starts

Feb 23

Starts

May 9

Starts

Aug 5

Starts

April 23

Starts

June 6

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May 10

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March 1

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April 19

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May 8

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May 28

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