



BACKCOUNTRY CACHE

A Newsletter for Members of CMC Backpacking Section
May 2023

CHAIR'S CORNER - Uwe Sartori

I'm guessing many of you, like me, are in the midst of transitioning from winter/spring activities to spring/summer activities, like, say Backpacking. Thanks to you our BPX members and leaders, the BPX season is underway and building up steam. BPX Trip Leaders Janet Martel and Linda Lawson kicked off the season with their recent BPX: 2-Day: Morrison Creek from Little Scraggy TH trip. By the way, we've reviewed some of our metrics and have found a handful of trip destinations with long wait lists. Your BPX Committee is currently looking for BPX Leaders who could lead these oversubscribed trips. Stay tuned.

CMC has made some changes to Trip Leader requirements concerning Wilderness First Aid (WFA) renewal every two years. While day trip leaders will have relief from the requirement, all active BPX Trip Leaders will still be required to be current with WFA. We engage in multi-day trips in the backcountry, sometimes deep and remote, and into wilderness areas. Medical skill sets need to be redialed. Additionally, we encourage each of our BPX Trip Leaders to take the Basic Incident Management School (BIMS), a one day scenario based curriculum focusing on emergency response and care in a wilderness setting.

For you, our members, this should give you a warm fuzzy to know that your leader is current with WFA and potentially, BIMS. We think this promotes a best practices mind-set and better prepares our leaders in the event of a wilderness emergency. As you gear up for your trip(s), always keep self-care in front of you and an eye out for your companions. Be safe.

There has been some confusion about the requirements to go on a BPX trip. You must be a current BPX member, but completion of Wilderness Trekking School or Day Hiker School and Backpacking School is not required. Depending on the trip difficulty, however, the Trip Leader may contact you to determine if you have the skills required by the trip.

Please share your BPX pictures and stories. As always, thank you for your passion and your support of the CMC Backpacking Section.

UPCOMING BPX TRIPS

Trip registration is initially restricted to 3 BPX Backpacking and/or Camping trips, whether you are on 3 separate trip rosters, 3 waitlists, or a combination thereof. However, BPX members can now sign up for any June trips, regardless of how many BPX trips they have already registered for. Remember that you must be a member of the BPX Section to join a BPX Trip. See BPX Renewal info below.

E=Easy M=Moderate D=Difficult

May-June Trips With Openings*

- May 26-27 Fri-Sat E [Gear Shakedown Overnight Near Norderland](#)
- Jun 13-15 Tue-Thu D [Bison and McCurdy Peaks From Lost Creek TH](#)
- Jun 22-24 Thu-Sat M [RMNP Andrews Creek Area](#)
- Jun 26-27 Mon-Tue E [French Pass From French Creek TH](#)

May-June Trips With 0-1 on Waitlist*

- Jun 23-25 Fri-Sun D [McCurdy Park Loop From Goose Creek TH](#)

*As Of May 19. Continue to check the CMC Website since Leaders add trips throughout the season.

You can check your trip status by hovering over your name at the top of the main CMC Home Page and selecting the *My Activities* option from the dropdown. This brings up a page with the activities you have registered for along with your status--Registered (on the trip) or Waitlist and your position on the waitlist. If you are on the waitlist, keep checking since there are often cancellations.

Whether you are on a waitlist or a roster, if you decide to NOT go on a trip, please CANCEL AS SOON AS POSSIBLE. It may not seem necessary if you are on a waitlist, but many trips have a relatively high turnover shortly before the trip, so please cancel from waitlists as well to open up a spot for the next person.

[Mountain Side Gear Rental](#) in Golden rents backpacking gear with a 25% discount for CMC Members.

SCHOOLS/EVENTS

DENVER

- [BACKPACKING SCHOOL](#) Starts [Jun 6](#)
- [DAY HIKER SCHOOL](#) Virtual Alternative to WTS. More info [here](#)
- [TRIP LEADER SCHOOL](#) More info [here](#)
- [INTRO TO HIKING SAFETY](#) [May 23](#) [Jun 13](#) [Jul 11](#)
- [BACKCOUNTRY INCIDENT MANAGEMENT SCHOOL \(BIMS\)](#) [Jun 17](#) [Aug 19](#) [Sep 23](#)

PIKES PEAK (PPG)

- [WILDERNESS FUNDAMENTALS](#) [Classroom Jun 5](#), [Field Jun 10](#) [Classroom Sep 25](#), [Field Sep 30](#)
- [INTRO TO BACKPACKING](#) Starts [Jul 10](#) [Aug 14](#)

STATE

- [WILDERNESS FIRST AID/FIRST RESPONDER](#) Multiple Offerings - Check CMC Website [here](#)
- [NAVIGATION Virtual Courses:](#) [Nav1](#) [Nav2](#)

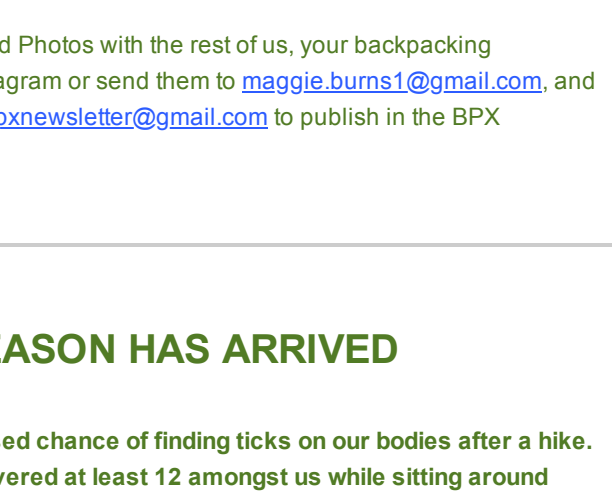
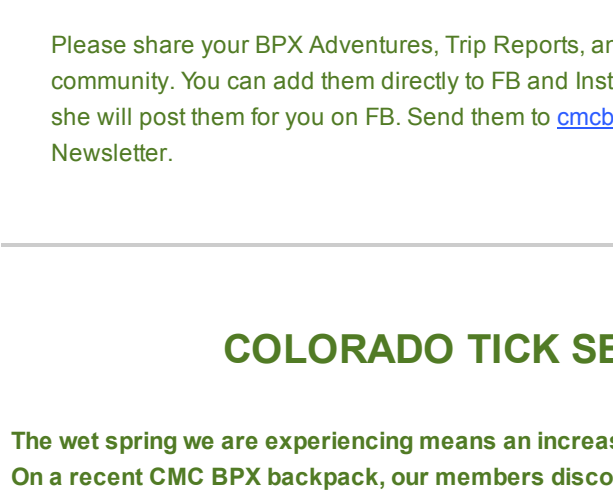
Continue to check the CMC website for additional courses.

BPX TRIP REPORTS

Morrison Creek from Little Scraggy TH

[Trip Leaders Janet Martel and Linda Lawson - Denver Group](#)

Eight BPX'rs set out on our first overnight backpacking adventure of the season (and all 8 of us made it back). The weather cooperated with just a few light showers, but we much appreciated the protection from the tarps that Linda and Joe Conrad provided (along with the chance to re-remember some of our knots while putting them up). A short hike in, relatively flat tent spots, rushing waters of Morrison Creek close by, great conversations, a chance for just some chilling with nature, and serenaded to sleep by a frog chorus--what could be better...



Please share your BPX Adventures, Trip Reports, and Photos with the rest of us, your backpacking community. You can add them directly to FB and Instagram or send them to maggie.burns1@gmail.com, and she will post them for you on FB. Send them to cmcbpxnewsletter@gmail.com to publish in the BPX Newsletter.

COLORADO TICK SEASON HAS ARRIVED

The wet spring we are experiencing means an increased chance of finding ticks on our bodies after a hike. On a recent CMC BPX backpack, our members discovered at least 12 amongst us while sitting around camp. These seemed to have come from the grass at our campsite because we were cautious about not bushwacking through thick brush and were hiking only on a maintained trail.

Because of the prevalence of ticks this spring, there are a few things that BPX members should be aware of. Ticks are part of the arachnid family (same as spiders). There are many species of ticks, but there are a few that are mostly encountered in Colorado--Brown Dog Tick, Rocky Mountain Wood Tick, and American Dog Tick. These ticks can cause relapsing fever, Tularemia, and Colorado Tick Fever. Rocky Mountain Spotted Fever is a bit misleading as it is typically found in the Midwest and Southeast. Most are bacterial in nature but Colorado Tick Fever is viral. Lyme disease has not been found in Colorado since the ticks that carry the pathogen do not occur here.

There are ways to protect yourself with various EPA approved repellents. Check the Centers for Disease Control website [here](#) to see recommendations.

Several other methods can be effective:

- Tumble dry your clothes when coming home from a hike on high heat for 10 minutes. This kills ticks.
- Check your body and clothes frequently while in the field. Some places ticks will attach are under the arms, in and around the ears, back of the knees, in your hair, and around the waist.

If you do find a tick attached, use tweezers if at all possible. Get the tip of the tweezers as close as possible to the head (site of attachment). Pull up steadily, do not twist or jerk the tick. You do not want any of the tick saliva to be injected back into the human body. Clean the area and your hands with soap and water or an alcohol wipe. Also, you should not crush a tick that has been attached to the body as you might spread the pathogens onto your skin. If you can, it is helpful to try to save the tick in a plastic bag or wrap it in tape in case you do become ill so it can be presented to your health care provider.

Tick information from the following sources: Colorado State University Extension, Centers for Disease Control and Prevention, Mesa County Public Health

(Article Courtesy of Trip Leader Janet Martel)

BPX TIP OF THE MONTH

Getting Your Gear Out of Hibernation and Ready to Hit the Trail

It's that time of year to get your backpacking gear out of storage and checked before you head out on your first adventure of the season. Here are some tips:

- **Clean Gear:** If you didn't do it last fall, make sure your gear is clean (See [October 2022 Backcountry Cache](#)).
- **Tent:** Set it up and make sure its poles and zippers are in good working order and it doesn't have any rips or tears. Also check if its seams need to be re-sealed or if it needs a waterproofing or UV treatment. UV damage can degrade a tent's fabric, making it brittle and prone to leaks and tears. Use a product like [NikWax Tent & Gear SolarProof](#), but check with your tent's manufacturer first. Also count your stakes and replace any you lost or bent last year.
- **Water Filter:** Make sure your water filter has a good flow since over the winter it could have dried out. Start by backflushing it with warm water. If that doesn't work, soak it in hot water. If still no luck, it could be due to a calcium buildup, so soak it in a mixture of water and white vinegar for an hour and then backflush with warm water to rinse.
- **Sleeping Pad:** Blow it up and lie on it to make sure it stays inflated.
- **First Aid Kit:** Replenish anything you used and check the dates on medications, replacing any with an expired date.
- **Batteries:** Test items with batteries like headlamps, GPS, and satellite communication devices.
- **Waterproofing:** Reproof raingear and boots with wash-in or spray-on repellents, and don't forget your backpack cover.
- **Stove:** Make sure it is working properly, and check that you have canisters with adequate fuel. And don't forget your matches--are they functional and you have a good supply.
- **General Inventory:** Check that all your gear is accounted for as well as its condition--sleeping bag and zipper, backpack, puffy, raingear, your hiking boots/shoes have enough tread, etc.
- **Yourself:** Review how to use equipment like your satellite communication device, read a topo map, tie the knots to hang your bear bag, etc. And workout so your legs and lungs are in trail ready shape, too.

Don't wait until the day before your trip to do your gear check--give yourself plenty of time to prep and replace your gear.

BPX MEMBER INFO

BPX FACEBOOK: [BPX FB](#) Send Photos and Trips Reports to post on 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, and [here](#) for CMC Member Benefits.

BPX MEMBERSHIP RENEWAL: When renewing your CMC Membership, remember to choose the Backpacking Section on the SELECT YOUR SECTIONS page. Currently this is the only time you can renew your BPX membership online. Otherwise, call the CMC Office at (303) 279-3080 and they will take your \$20 membership payment.

DENVER GROUP MILEAGE REIMBURSEMENT GUIDELINES: [here](#)

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

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

BPX is always 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 cmcbpx@gmail.com. More info on becoming a Leader can be found [here](#).

BPX COMMITTEE NEEDS YOU!

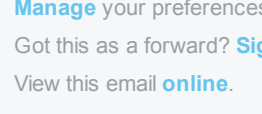
Please consider joining the BPX Committee. It's a great way to give back for the great adventures and friendships BPX and CMC have provided for you, as well as to support the Backpacking Section in its continued growth and success. We have committee meetings once a month via Zoom, and sometimes in person. Expect 4-8 hours per month of volunteer work; sometimes more. To find out more, email cmcbpx@gmail.com. We'd love to have you!

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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