



BACKCOUNTRY CACHE

A Newsletter for Members of CMC Backpacking Section

September 2021

CHAIR'S CORNER - Uwe Sartori

On behalf of the BPX Committee, and the BPX membership whom we serve, thank you Leila Murphy for accepting the Communications Coordinator position; thank you Maggie Burns for accepting the Social Media Coordinator position. I know Maggie and Dinorah Lebron, working with Leila, ensure our BPX members will continue to be meaningfully informed, engaged, and entertained. The BPX membership is well served by this awesome team. If you run into them, give them a word of thanks for the work they do for you.

We're approaching season's end, so let's look at the numbers. Through 9/16, 227 members went on 46 BPX backpacking adventures, lead by 27 BPX Trip Leaders. Overall, 78-79 trips were scheduled. We're expecting to complete 53 or darn close to that number. 26 trips cancelled; mostly environmental hazards - weather, fire, smoke. Some for lack of sign-ups.

We had BPX leaders from Pikes Peak, Gore Range, Western Slope, and Roaring Fork groups scheduling and leading trips. It's very exciting having more CMC groups' trip leaders supporting the Backpack Section. Only seven backpacking adventures left. Maybe there's room for you? Last thought: don't miss the 2nd annual BPX Birthday Bash--for more, read on.

BPX BIRTHDAY BASH 2021

Staunton State Park, October 16th, 3:00pm - 5:00pm

Don't miss our 2nd Annual Birthday Bash! Celebrate another successful Backpacking season with an in-person event at Staunton State Park in the Ranch Hand Group Picnic Area. We will recognize and reward our BPX Trip Leaders, and see Friends Old and New! Come early and join us on a hike with BPX committee members prior to the event. Go to the CMC Trips Calendar to see what we're cooking up for the day.

This is a free event exclusively for BPX members and invited guests. Registration is now open [here](#). We look forward to seeing you soon!

Note: Staunton State Park requires a Colorado Parks and Wildlife Annual pass or pay a \$10 fee when you enter the park. You can get a discounted Annual Parks Pass good for all State Parks from the CMC for \$56 [here](#). For information on Staunton State Park, click [here](#).



Lake Charles and Mystic Lake, Holy Cross Wilderness - August, 2021
Photo Credit: Peggy Schafer

UPCOMING BPX TRIPS

E=Easy M=Moderate D=Difficult

Late Sept - Oct Trips With Openings*

Sep 22-24 Wed-Fri M [Rogers Pass Lake, James Peak Wilderness](#)

Oct 13-15 Wed-Fri D [Comanche Venable Loop, Sangre de Cristo Wilderness](#)

Late Sept - Oct Trips With 0-1 on Standby List*

Sep 23-25 Thu-Sat M [North Crestone Lake, Sangre de Cristo Wilderness](#)

Sep 24-26 Fri-Sun M [Sandbeach Lake Fly Fish & Hike Trip, RMNP](#)

Oct 6-8 Wed-Fri M [BPX Changed to Grand Mesa, Crags Crest Loop](#)

Oct 8-10 Fri-Sun E [Bull Creek Reservoirs, Grand Mesa National Forest](#)

Oct 14-15 Thu-Fri E [CT Segment 3 - Morrison Creek, Buffalo Creek Wilderness](#)

*As Of Sept 20

Continue to check CMC trip signup for additional trips. For just BPX trips, select Backpacking from the Section dropdown and then click the Search button.

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

Note To Leaders: In the event you have an incident, you can get quick access to the CMC on-line incident form through the CMC Trip Scheduler Close Out Process.

SCHOOLS/EVENTS

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

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

FORT COLLINS 2-DAY WILDERNESS FIRST AID: [Oct 2-3](#) [Nov 20-21](#)

PIKES PEAK GROUP (PPG) WILDERNESS FIRST AID WITH CPR/AED: [Starts Oct 7](#)

STATE HYBRID WILDERNESS 2-DAY FIRST RESPONDER RECERTIFICATION: [Oct 16-17](#)

PPG TRIP LEADER SCHOOL: [Oct 18](#)

PPG BMS - LAND NAVIGATION B: [Oct 20 & 27](#)

DENVER CPR/AED: [Oct 20](#)

STATE 2-DAY WILDERNESS FIRST AID: [Oct 29-30](#)

GLENWOOD SPRINGS HYBRID WILDERNESS FIRST AID: [Nov 20](#)

STATE HYBRID WILDERNESS FIRST RESPONDER: [Nov 30 & Dec 4-5 & 11-12](#)

AIARE LEVEL 1/SESSION 1, DECISION MAKING IN AVALANCHE TERRAIN: [Jan 21-23](#)

AIARE LEVEL 1/SESSION 2, DECISION MAKING IN AVALANCHE TERRAIN: [Jan 24-26](#)

AIARE LEVEL 1/SESSION 3, DECISION MAKING IN AVALANCHE TERRAIN: [Feb 18-20](#)

AIARE LEVEL 1/SESSION 4, DECISION MAKING IN AVALANCHE TERRAIN: [Feb 21-23](#)

THE COMPASS - Pat McKinley

Getting Ready

"Keeping your equipment ready and knowing how to use it counts for anyone heading into the outdoors; it's imperative for leaders." "Your gear must be there for you, ready to go when you need it, and you must be able to use it in the dark, in the rain, with half your team shouting for you to help them." "As (a) leader, you may very well have your hands full on the trip with other peoples' physical problems, equipment failures, or lack of skill. You probably won't have time to deal with any problems of your own - which is why you need to take care of them in advance."

But you say - I don't allow anyone on my trips that are not qualified with the necessary skills, physical stamina, and mental ability. Well said but not all of us know how to determine these qualities in our team short of only allowing friends on our trips, which is not what BPX or CMC encourages. Start with a good trip plan and then use it when posting the trip on the CMC website. "Establish requirements and assess qualifications for people asking to come on the trip. Make sure that everyone understands the level of difficulty of the trip and the anticipated pace, and has the equipment and skills required".

Use pre-trip calls not only to convey needed information, but to build relationships. In addition to physical requirements and technical qualifications, make sure trip members know and understand the meeting place, weather, equipment and route. We will discuss these issues further in October. If you can't wait, here are some websites that go into detail on these issues.

BPX has anticipated the need for trip leader-participant interaction posted [here](#).

The Mountaineers website has their version of these questions: [How To: Screening Participants for Safety - The Mountaineers](#).

Much of above is quoted or modified from: John Graham, *Outdoor Leadership: Technique, Common Sense & Self-Confidence*, The Mountaineers Books, Seattle, 1997, pgs. 26-31.

Q&A With Backpackers Bob & Bobbi

Dear Backpackers Bob & Bobbi,

When I zip up my rain gear, I get as soaked on the inside as I do on the outside. Do you have any advice?

Dear Soaked Inside and Out,

Rainwear technology is always changing, so it may be time for an upgrade. Lightweight, waterproof/breathable options are available from name brands like Marmot, Outdoor Research, REI, MontBell, Patagonia, and Arc'teryx. There are also a number of cottage manufacturers like Lightheart Gear, Enlightened Equipment, and Zpacks that make both rain jackets and pants.

No matter how much you pay for them, however, rainproof outerwear is neither totally rainproof or breathable. Even with venting options like pit zips, as you've discovered, you often get as drenched from sweat on the inside as from rain on the outside. That's why some backpackers are using umbrellas and rain skirts.

Umbrellas not only stop the rain, but they offer much more ventilation to prevent overheating/sweating. They also provide protection when reading a map, using your gps/phone, or even can serve as a sit pad, a dry place to set gear down on, or wear them on laundry days. They usually extend to just your shin though, so long pants may get wet. Water can drip into your shoes, too, so Bobbi wears water-proof gaiters. There are a several cottage manufacturers that sell these including Enlightened Equipment, Ultralight Adventure Equipment (ULA), Zpacks, and Lightheart Gear.

If you do decide to stay with your current raingear, check that when you sprinkle some drops of water on it, it still beads up and rolls off. If not, you don't need to toss it; just renew its durable water repellent finish (DWR). Here's a [DWR Care](#) article from REI.

*Stay dry and See ya' on the trails,
Bob & Bobbi Backpacker*

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 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 Aug 9. These protocols and the recommendations in the BPX Ride Share Suggested Protocols [here](#), are tools for BPX Trip Leaders to use in planning their backpacking trips. We'll send additional updates as they come out.

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

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

LEAD THE PACK

WELCOME NEW BPX TRIP LEADERS

Paul Attridge, Northern Colorado group (NoCo)

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!

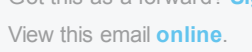
Want to contribute to "The Pack"? Send your backpacking photos and articles to cmcbpxnewsletter@gmail.com so we can feature it in our Backcountry Cache Newsletter. Please include your name, location, and date.

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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