Dear Out'a,

After seeing the BPX Trip Matrix, I am really psyched about going on some backpacking adventures. I have decided to become a BPX Trip Leader to help others get their first backpacking trips under their belts. I am still a little bit out of shape for the longer, more difficult outings, so I have a few questions for anyone who has been there before.

Q: Any advice for getting into shape for hiking and backpacking?

A: Sure! To get ready for backpacking, you should focus on gradually increasing your fitness. Start with shorter, easier outings and build up to longer, more difficult ones. As your fitness improves, you can start incorporating more challenging terrain into your hikes.

Q: What kind of exercises should I do to get ready for backpacking?

A: Backpacking requires strength in both your legs and core. To improve your leg strength, you can work on your quads and hamstrings. For core strength, you can focus on exercises that target your obliques and transverse abdominis. Additionally, you can do exercises that improve your balance, such as standing on one leg when you brush your teeth. You can also incorporate strengthening exercises into your daily routine, such as high-knee walks or deep squats.

Q: What kind of gear do I need for backpacking?

A: You'll need a comfortable backpack, properly fit hiking boots, a tent, and sleeping bag. You'll also want to pack a variety of clothes to stay comfortable throughout the day and night. Don't forget to bring a map and compass, as well as any necessary permits or passes.

Q: What are some good hikes for beginners?

A: There are many great hikes for beginners, depending on your location. Some options include the Crag Crest Trail in the Colorado National Monument, the Zirkel Tour de Lakes in the Mount Zirkel Wilderness, and Willow and Salmon Lakes in the Eagles Nest Wilderness.

We hope these tips help you prepare for your backpacking adventures! Good luck, and see ya' on the trails.

Out'a Shape

P.S. If you're interested in learning more about backpacking, check out the CMC YouTube Channel for several videos on the subject. You can find them here.