Hey there, Backpacker Buddies,

Is the backpacking bug really biting you? Many new backpackers are making the transition from walking to hiking with sticks. A trekking pole is a must-have to help with the transition. It's easier to walk upright with two poles than to start carrying a day pack. It's also easier to get into the correct posture to hold the poles. Trekking poles provide a little more stability and support. The poles are lightweight and adjustable. Most are made of aluminum. There are even telescoping ones that help with balance.

Trekking poles are intended to aid your joints whether carrying a backpack or a day pack. The poles help the hiker stay balanced and avoid side strain. The hiker should use them on both legs. The poles can be adjusted to suit the hiker's needs. The poles are lightweight and made of aluminum. Many have rubber tips to help with traction. Some have straps to help with handling.

You will need big baskets for snow travel, small baskets for trekking and tips bear your weight when you step down to the next rock on the trail.

When moving over slick rock try to position them upright as the poles may slip more.

Angles-smangles – Yes, it does make a difference at which angle you use the poles. When moving over slick rock try to position them upright as the poles may slip more.

When crossing a stream or river, lengthen the poles when you reach the trail and shorten them when you cross the stream.

Adjustable length trekking poles allow the hiker/backpacker to:

- Lengthen on the uphill when "climbing". If you find yourself scrambling, don't drag your poles downhill when "reaching" for the trail or lengthen when crossing a stream and shorten on the uphill when "climbing".
- Shorten when you are standing on rocks and need to avoid rolling.
- Stretch out your 10 digits and doing some hand exercises for a few minutes at the next stop.

Straps – to use or not to use – this is a personal preference. If you do use the straps, aren't using a trekking pole.

Some backpackers think only one pole is needed but with only one pole your body is somewhat imbalanced and can result in straining the side of the body on which you aren't using a trekking pole.

Some backpackers think only one pole is needed but with only one pole your body is somewhat imbalanced and can result in straining the side of the body on which you aren't using a trekking pole.

Want your great backpacking photo featured?

Send it to CMCBPXNewsletter@gmail.com with your name, location and date. We will feature it in our Backcountry Cache Newsletter.

— two world wars, Spanish Flu, the Great Depression, the Vietnam War, the Cold War. These events were separated by decades, but they had something in common. They were catalysts for a wave of mountain recreation. The first mass movement in the mountains.

In the 108 years since its founding, the CMC has weathered some serious storms. As of August 15, 2020, 2779 members have joined the BPX. We have run more than 47 trips, with more than 1,500 members participating in these events. We have made significant contributions to the mountain recreation community.

We have also used data to aid the BPX Operations Committee to develop future pre-planned trips as well as comparing offerings by other mountain recreation organizations to BPX.

Louise Campbell-Blair, Research Coordinator, Cheryl Harmel and Mike Holden, TrueRemove Research Assistants, form the BPX Research Team and will the utilizing available data to aid the BPX Operations Committee to develop future pre-planned trips as well as comparing offerings by other mountain recreation organizations to BPX.

BPX connects people using poles. Is this something we should consider when hiking, or just when backpacking?