



"BACKCOUNTRY CACHE"

A Newsletter for Members of CMC Backpacking Section

January 2021

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STAKE YOUR CLAIM FEBRUARY 17 GOING VIRTUAL

BPX Leaders will be able to 'Stake Claim' to more than 80 pre-planned backpacking trips electronically prior to the actual event on February 17th. Jason Antin, an outstanding athlete, coach and guide, who packs more adventure into a two-day weekend than some of us can do in a week, will present his experiences in "Achieving Excellent Customer Satisfaction" at the virtual event. Jason, who is highly trained in risk management and wilderness emergency medicine, summited Denali twice in one week and climbed 'the Nose' in a day on El Cap.



Jason Antin

[Register Here to Receive Zoom Invitation Prior to Event](#)

BPX MEMBERS

2021 BPX TRIPS ELECTRONIC REGISTRATION - March 14

BACKPACKING SCHOOL - Registration Opens March 1

GEAR CHECKS* - Overnight Gear Checks with Group Campgrounds reserved so you can try out that new cast-iron frying pan you received for Christmas or re-remember that your air mattress has a leak.

May 14-15 Chatfield State Park

May 21-22 Chatfield State Park

June 18-19 Mueller State Park

[Mountainside Gear Rental](#) in Golden rents backpacking gear as well as entire kits with a 25% discount for CMC Members

*Registration March 1 on line



"The Overlook" prior to tackling Indian Ridge

Colorado Trail Segment 27

Photo Credit: Lynda Law

BPX NEWBIE EXPERIENCE

By Brendon Riha

After joining the CMC in late 2019 I finally got to go on my first overnight trip. Heading into it I wasn't sure what to expect but I was glad I signed up. We met early in the morning in late July and I quickly realized that I was the youngest (and probably the least experienced backpacker) in the group. Once we got to the trailhead Linda Lawson, Gina Morelli, and Brad Cotton(trip leaders) and the rest of my group couldn't have been more welcoming and were always willing to share their knowledge. As we trekked into the White River National Forest towards Nolan Lake we were immediately rewarded with thousands of wild flowers. After our hike, we arrived at Nolan Lake and were rewarded with a beautiful high alpine lake to the east and a sweeping vista with amazing views to our west.

The following day we departed on a day hike up New York Mountain doing a bit of bushwhacking and some trail finding to a nice ridge for lunch. We concluded our final night with a group dinner with lots of stories of past trips and our mountaineering experiences. I absolutely loved my first BPX trip and I loved how willing everyone was to share their knowledge and pay it forward. It was a great learning experience for me as I am usually the one leading my trips with friends and family. I will definitely be going on as many 2021 BPX trips as I can and it's a great section for the CMC.



Off trail to New York Mountain

Photo credit: Brendon Riha

Supporting the BPX Community

As discussed in the Decmember 2020 issue of the [Backcountry Cache Newsletter](#), in order to support the BPX Core Values of Community, Leadership, Adventure, Excellence, and Transparency, BPX is asking for an annual financial commitment of its members of \$20. Dues will be assessed for new members at the time they join CMC and BPX, and for existing BPX members when they renew their CMC membership.

PACK LEADERS

CMC VIRTUAL LEADERSHIP CONFERENCE FEBRUARY 8-11

The second annual Volunteer Leadership Conference will be conducted virtually via Zoom. An additional two days have been added to accomodate multiple presentations, with an entire day focusing on diversity, equality, and inclusion training. The Leadership Conference is available tuition free to all certified trip leaders, potential trip leaders, school directors, and school instructors.

Find more information [here](#)

Q&A With Backpackers Bob & Bobbi

Dear Backpackers Bob & Bobbi,

Besides a good sleeping bag and pad, what other tips do you have for staying warm at night?

Sleepless in my Sleeping Bag

Dear Sleepless,

Using our “cold sleep avoidance” acronym SP²F from our November and December newsletters, today we focus on the “F” – Food.

Food, of course, gives us the energy to stay warm. While Bobbi and I are always trying to find ways to save weight in our packs, food is something we never skimp on. A wise instructor from Wilderness Trekking School once advised that the most important criteria for eating on the trail is to bring food you like to eat. It’s also important to eat a good dinner, and right before you go to sleep, eat a high calorie snack.

Here are some examples of calorie-dense foods that Bobbi and I like to pack to help us feel full and fuel a good night’s sleep:

- *Nuts - Peanuts, Walnuts, Almonds, and Cashews*
- *Nut Butters - Peanut or Hazelnut Butter*
- *Sunflower and Pumpkin Seeds*
- *Dried or Freeze-Dried Fruits, Vegetables*

- **Hard Cheeses**
- **Meats - Jerky, Dry Salami, Summer Sausage**
- **Bobbi's favorite—Dark Chocolate**

If you do wake up cold at night, grab one of these for a quick snack. Bobbi's go-to is, of course, the dark chocolate. A shot blok might work too but stick to one without caffeine.

On the trail we often take olive, coconut, or avocado oils or butter to add a little taste to our meals as well as pump up the calories we need for hiking and for sleeping. After a couple of oil misadventures, we've found that carrying these in powder form is a good way to go, but individual packets or a well-tested bottle work too. A word of caution, though—give your digestive track time to get use to these oils. Before hitting the trail, start with a small dose and work your way up slowly. We sometimes use Powdered Milk or Protein Powder to add a little more energy to our meals.

Stay tuned to the next BPX Newsletter when we will discuss what to wear (or not wear) in your sleeping bag.

See ya' on the trails,

Bob & Bobbi Backpacker



FRIGIDAIRE PASS

Photo credit: Shari Pedersen

WANTED COMMUNICATIONS COORDINATOR

Seeking a retiree (or at least a volunteer with plenty of time) from marketing or advertising career who has experience writing, editing, planning, and implementing communication strategies. For position description and discussion contact: lk14er@comcast.net

JOIN THE PACK ON FACEBOOK

The BPX Section has our own Facebook Group where members can share trip reports, photos from backpacking trips, and ask questions to fellow outdoor gearheads.

Join BPX FB

LEAD THE PACK

There are a variety of paths to becoming a BPX Trip Leader. See which one fits [YOU](#).

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. For photos please include your name, location, and date.

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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