



PLAY LEARN EXPLORE PROTECT YOUTH RENEW



"BACKCOUNTRY CACHE"

A Newsletter for Members of CMC Backpacking Section

AUGUST 2020

Issue 14-2020



Sunset from Nolan Lake campsite Holy Cross Wilderness

Photo credit: Peggy Schafer

STEPPIN' OUT - FIVE SEPTEMBER TRIPS WITH OPENINGS*

9/2-9/4 Willow Lakes, Eagles Nest Wilderness 2 slots

Leader Brad Cotten

9/2-9/4 Trails Inventory Lost Creek Wilderness 3 slots

Leaders Bob LeGrand & Grover Cleveland

9/3-9/6 Blue Lake San Juan Wilderness 2 slots

Leader Kevin Galliers

9/4-9/7 Devils Causeway Flattops Wilderness 2 slots

Leader Randy Blosser

9/26-9/28 Ute Trail Gunnison Gorge Wilderness - 1 slot

Leader Stan Moore

TWO TRIPS WITH NO WAIT LIST OR ONE ON WAIT LIST

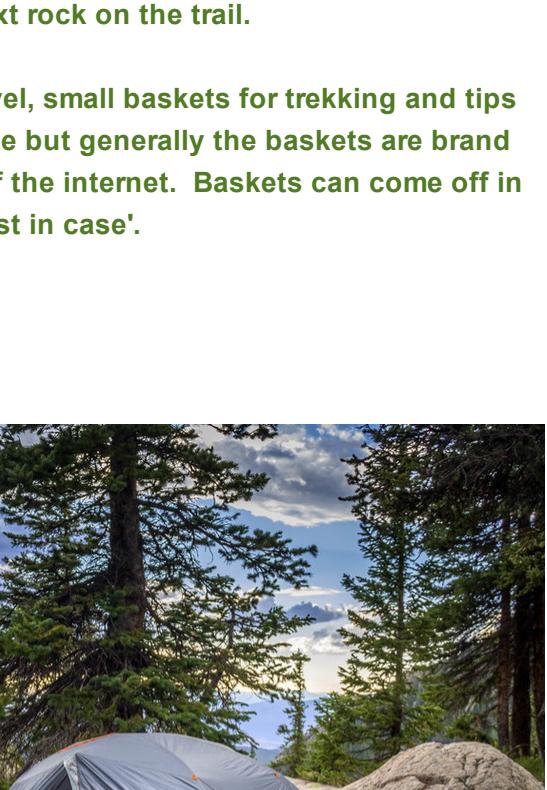
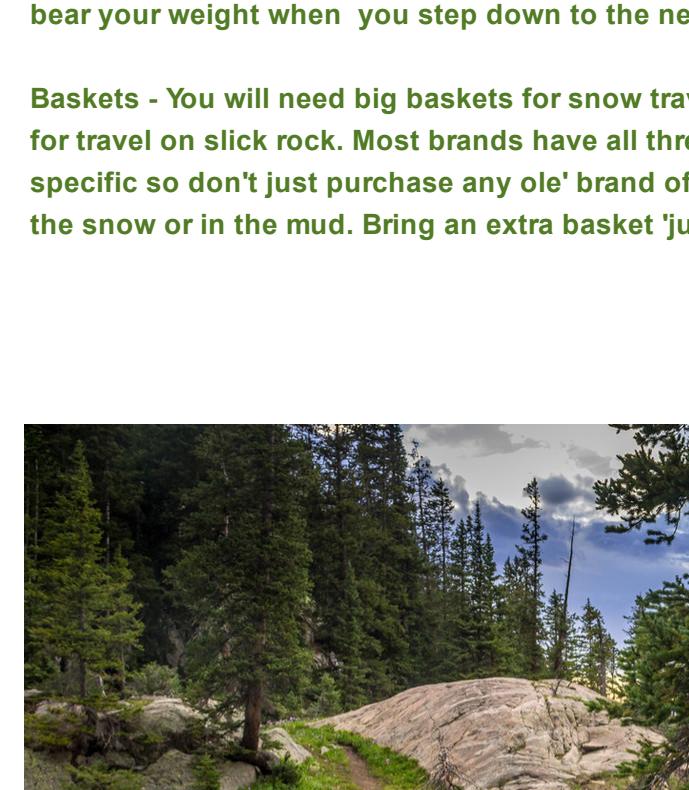
9/4-9/7 Lost Lake RMNP Wait List 0

Leader Steve Wolf

9/10-9/12 Big Horn Lake Red Canyon Wait List 1

Leader Randy Blosser

*As of August 30th



Spring Creek/Colorado Trail Trip Led by Sharon & Bob Dawson

Photo credit: Bob Dawson

BIRTHDAY BASH

Come to Staunton State Park Pavilion October 17 to celebrate BPX 1st BIRTHDAY

Authorized by Denver Group Council on September 11, 2019 we are celebrating

Our BPX Leaders

Over 1400 Members who heeded "Join the Pack"

47 Trips Offered

26 Trips Completed+ Despite CV19 and Wild Fires

3 pm - 5 pm Cake, Ice Cream, Beverages*

+Assumes all September trips completed

* \$10 registration fee covers pavilion rental, food & beverages

Register on line: <https://www.cmc.org/EventDetails.aspx?ID=50735>



Dear Backpackers Bob & Bobbi,

My partner and I are young, fit and new to hiking and backpacking. We see a lot of people using poles. Is this something we should consider when hiking, or just when backpacking?

Hey there, Backpacker Buddies,

Trekking poles are intended to aid your joints whether carrying a backpack or a day pack. And, they can be of great value to make stream crossings safer.

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.

Straps - to use or not to use - this is a personal preference. If you do use the straps, strap - your hand or up through - the bottom of the strap loop. If you want the strap to lay across the top of your hand, not on your wrist or fingers. If you find your straps lay across your fingers - "tight" whether or not you are using straps, give them a break by stretching out your 10 digits and doing some hand exercises for a few minutes at the next stop.

Adjustable length trekking poles allow the hiker/backpacker to: lengthen on the downhill when "reaching" for the trail or lengthen when crossing a stream and shorten on the uphill when "climbing". If you find yourself scrambling, don't drag your poles with your pack so both hands are free to scramble.

Angles - moving on slick rock, it does make a difference at which angle you use the poles. Easily if moving on slick rock try to position them upright as the poles may slip more easily if at an angle. When descending, plant the poles in front of you so they may slip more easily if moving on slick rock.

Baskets - You will need big baskets for snow travel, small baskets for trekking and tips for travel on slick rock. Most baskets have all travel, but generally tips are specific to slick rock.

Support CMC - <https://secure.qgiv.com/forcmc>

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.

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.

[JOIN](#)

Share this email: [Twitter](#) [Facebook](#) [LinkedIn](#)

Manage your preferences | [Opt out](#) using TrueRemove™

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

710 10th Street, Suite 200

Golden, CO | 80401 US

This email was sent to [\[REDACTED\]](#)

To continue receiving our emails, add us to your address book.

[Subscribe](#) to our email list.

Over 1400 MEMBERS have heeded our slogan

"Join the Pack"

as of August 15, 2020

THANK YOU FOR BECOMING A BPX MEMBER

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.

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.

[JOIN](#)

Share this email: [Twitter](#) [Facebook](#) [LinkedIn](#)

Manage your preferences | [Opt out](#) using TrueRemove™

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

710 10th Street, Suite 200

Golden, CO | 80401 US

This email was sent to [\[REDACTED\]](#)

To continue receiving our emails, add us to your address book.

[Subscribe](#) to our email list.

Over 1400 MEMBERS have heeded our slogan

"Join the Pack"

as of August 15, 2020

THANK YOU FOR BECOMING A BPX MEMBER