



"BACKCOUNTRY CACHE"

A Newsletter for Members of CMC Backpacking Section

February 2021

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Supporting the BPX Community

Leila Murphy, Newsletter Editor

Recently I joined the BPX Committee as the Newsletter Editor. This has given me firsthand insight into the time and effort this team has put into not only getting the BPX Section up and running, but also ensuring its future sustainability. They have invested countless hours in creating and documenting policies, procedures, and backpacking trips with the goal of not only making the management of this section a turnkey operation, but also a model for other CMC sections.

On March 31 BPX members will receive a spreadsheet with the 2021 backpacking trips that are currently available and will be able to register for all these trips starting on April 14. I encourage you to observe the amount of research, logistics, and detail that has gone into planning each of these trips, and that are being shared with all BPX members.

Trip Leaders have then volunteered their time and energy to lead these outings. This includes communications with trip participants, logistics like carpooling, camp permits, weather contingencies, and mentoring. They willingly share these backpacking experiences with BPX members when it would have been a lot less work and headache to go instead with a few close buddies. Despite all this work, however, Trip Leaders often see their roster shrink from a long standby list to maybe not even enough participants to have a trip.

One of the core values for the BPX Section is "Community". As BPX Members we can practice this value by only signing up for trips that we are truly committed to go on—not as a place holder until something better comes along. The reason the BPX Team rolls out these trips so early is so members can select their trips and

then have plenty of time to get PTO, have the right equipment (including gear rental at places like Mountainside Gear Rental or REI), do the proper physical conditioning, and find someone to feed their goldfish. Extenuating circumstances do come up, and COVID certainly has been a factor in participating in group activities. But reducing roster churn is one way we as BPX Members can support the BPX Community that offers such great backpacking experiences to us all.



BPX Trip Leader, Daniel Schweissing, enjoying a winter trip campfire at Burning Bear Trail near Guanella Pass. Daniel plans to lead BPX close-in, weekend trips this summer.

BPX MEMBERS

TRIP MATRIX ROLLOUT TO MEMBERS - March 31. Members will receive a spreadsheet of all BPX backpack trips available to date. This way members will have ample time to pick the ones they would like to go on before registration opens up. Each trip will have a description including the destination, dates, leader, and difficulty rating. Trips rolled out to BPX Trip Leaders are planned in 21 of Colorado's Wilderness Areas, a neighboring state, a state park, Jeffco Open Space, a national park, and three national forests!

2021 BPX TRIPS ELECTRONIC REGISTRATION - April 14. Starting this date, all scheduled BPX trips are open for registration. Continue to check the CMC trip signup for more trips to be added later.

WILDERNESS TREKKING SCHOOL (WTS) - Starts April 6. More information [Here](#)

BACKPACKING SCHOOL (BKPS) - Registration opens March 1 and starts on June 1. More information [Here](#)

PIKES PEAK GROUP TRIP LEADER SCHOOL - April 19. Register [Here](#)

COLORADO TRAIL EXPLORER (COTREX) MAPPING APP Presentations by Joe O'Brien of the Colorado Parks and Wildlife COTREX Project Team to learn about this free mapping tool.

March 4 Module 1 - COTREX Overview and BPX Preplanned Trip Use. Register [Here](#)

March 11 Module 2 - COTREX Overview and Custom Routes and Tracking. Register [Here](#)

GEAR CHECKS - Overnight Gear Checks with Group Campgrounds reserved so you can check out your equipment before finding out in the "wild" that something is missing or not working. Each one will go from late afternoon through the next morning, and we'll try to make it as real as possible.

May 14-15 Chatfield State Park. Register [Here](#)

May 21-22 Chatfield State Park. Register [Here](#)

June 18-19 Mueller State Park. Register [Here](#)

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



BPX trip to Blue Lake in South San Juans Sept. 2020

Watson (good dog), Hanni Horner, Tim Heckel, Valerie Steen, and Lisa Shroyer

Photo Credit: Kevin Galliers

Q&A With Backpackers Bob & Bobbi

Dear Backpackers Bob & Bobbi,

What advice do you have for sleeping bag attire? I've heard some say naked is the way to go, but I'm not sure I'm brave enough to go there.

Confused as to be Bare or Bundled

Dear Bare or Bundled,

While some hearty souls will argue that naked is the best sleeping attire, most backpackers agree that wearing clothes in your bag provide another layer of insulation for retaining your body heat. Bobbi and I wear wool or synthetic long underwear (never cotton). On colder nights Bobbi likes to add increasingly thick insulating layers, like a fleece or down jacket. This layering approach makes it easier for her to adjust the temperature inside her bag. While it's a myth that you lose most of your body heat through your head, a significant amount of your precious body energy can be lost through your head and extremities. So, we pull up the hood of our bag and/or wear a beanie as well as put on dry socks and maybe even gloves if it's really cold.

The most important thing is that you sleep in dry clothes—not the sweaty, wet ones you wore all day. Bobbi and I always carry long underwear and socks dedicated just for sleeping. You also want to make sure your sleep clothing is not too tight since that can restrict blood flow to your extremities, making them cold. If you do wear extra layers, make sure there is still plenty of room in your bag--too much can make your bag tight and compress its insulation. Finally, don't get too hot in your bag since

*sweating will lead to damp clothes that can eventually lead to a cold, miserable night.
If you do get too warm, unzip your bag a little until you've cooled down.*

See ya' on the trails,

Bob & Bobbi Backpacker



4 Pass Loop - Frigid Air Pass

Photo Credit: Shari Pederson

BPX HELP 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.

TRIP LEADER DEVELOPMENT TEAM MEMBER

BPX is recruiting a new committee member to join the Trip Leader Development Team. Requirements include CMC Trip Leader and graduate of BKPS or similar experience. For further info, email cmcbpxtlc@gmail.com.



Rocky Mountain National Park, Tonahutu Loop, August 2015

Brad Cotten, John Walters, Linda Lawson, Nancy Endly

Photo Credit: Leila Murphy

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

WELCOME NEW BPX TRIP LEADERS!

Lisa Shroyer, Denver

Greg Long , Pikes Peak

Danielle Piscatelli, Denver

Daniel Schweissing, Denver

We are actively recruiting new BPX Trip Leaders from all groups. BPX is open to all CMC

members and recruits leaders from all CMC Groups statewide. There are a variety of paths to becoming a BPX Trip Leader. See which one fits [YOU](#).

Over 1500 MEMBERS have heeded our slogan
"Join the Pack"

as of February 16, 2021

THANK YOU FOR BECOMING A BPX MEMBER

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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