



COLORADO MOUNTAIN CLUB

BACKPACKING SECTION



BACKCOUNTRY CACHE

A Newsletter for Members of CMC Backpacking Section (BPX)

April 2026

CHAIR'S CORNER - Louise Campbell-Blair



It's exciting to see more trips being added to the BPX calendar—and even more are on the way as our Trip Leaders finalize their plans. On May 1st, BPX members will receive a link to all currently posted trips, making it easy to start planning your summer adventures.

You'll notice that many BPX trips are listed as "Register with Leader." In most cases, this means you should reach out to the Trip Leader as soon as you're interested to discuss whether your skills and experience are a good match for the trip. If the leader approves, you'll be able to register once Registration open. Please keep in mind that if a Trip Leader recommends an alternative trip, it's with your safety and overall experience in mind.

Two BPX trips have already been completed—perfect for those who don't mind a bit of chilly weather! Thank you to **Wayne Howell** for leading both.

It's also time to extend a sincere thank-you to **Lisa Shroyer** and **Sandy Heise**, who are stepping down from the BPX Committee after serving as Trip Leader Coordinator and Secretary, respectively. We're grateful that both will continue as BPX Trip Leaders—so if you join one of their trips, be sure to let them know how much their contributions are appreciated.

The recent wildfires in Douglas and Boulder counties emphasize the timeliness of our upcoming Zoom Event '**Managing Wildfire Risk in the Backcountry**' on May 7. In the meantime, here are two simple practices we can all adopt: park like a first responder—backing into parking spots for a quicker exit—and carry an N95 mask in your pack to protect against particle inhalation.

Stay connected with us – we love hearing from you on our socials and at cmcbpx@gmail.com.

Check your email May 1 for the 2026 BPX Trips Catalog!

BPX EDUCATIONAL EVENTS

☐☐☐ **Managing Wildfire Risk in the Backcountry**

Thursday, May 7 6:30-8:00pm Zoom

Einar Jensen, Risk Reduction Coordinator & Public Information Officer for Evergreen Fire/Rescue and Linda Lawson, BPX Trip Leader, will discuss best practices for managing wildfire risk, wildfire notification, and wildfire evacuations when recreating in the backcountry.

[Wildfire Risk Registration](#)

☐ **The Big 4**

Tuesday, June 2 6:30-8:00pm Zoom

Steve Frank, CMC & BPX Trip Leader and Co-Director of the Denver Backpacking School, will give a presentation on selecting the 'Big Four' gear items for backpacking.

[Big 4 Registration](#)

☐ **Tour of Tents** and ☐ **Elevate Your Meals Workshop**

Saturday, June 6 9:30 AM to 1:00 PM CMC Basecamp

BPX Members will show off their dialed-in systems. You'll get to peek inside, ask questions, and steal their best ideas. Then we turn up the heat with Chef Corso who'll share fast, easy, ridiculously tasty recipes to level up your outdoor eats. Less fuss. More flavor. Zero sad trail meals.

[BPX Tents & Tastes Registration](#)

BPX TRIP REPORTS

Lost Lake (Roosevelt National Forest)

Trip Leader Wayne Howell - Denver Group

Our winter Mar 26-27 camping trip to Lost Lake in Roosevelt National Forest—even in the absence of significant snow—proved to be a memorable experience in its own right. We were treated to wonderful weather on our first day in the backcountry, enjoyed exploring the surrounding environs, and shared great conversation over dinner before settling in for a restful night. Morning brought a dramatic shift, with significantly colder temperatures, dense fog, and beautifully ice-laden tree branches creating a striking landscape. Highlights included watching three moose and visiting a spectacular waterfall on our hike out. Overall, it was a most enjoyable trip shared with a truly wonderful group.



Wind River Basin from East Portal TH (RMNP)

Trip Leader Wayne Howell - Denver Group

Overnight winter camping trip to RMNP at Wind River Apr 2-3. Though we didn't get the chance to enjoy the full experience of building tent platforms, snow structures, and a kitchen, I think we still managed to have a great time—highlighted by our afternoon hike to Sprague Lake, the camaraderie around dinner, and a wonderful shared breakfast in Estes Park. Winter still made its presence known with cold overnight temperatures and a light dusting of snow greeting us in the morning. A special thank you as well to our BearVault sherpas for hauling the extra weight and helping keep our camp running smoothly. My only regret was not being able to use our sleds—something to look forward to next winter.



BPX TIPS OF THE MONTH

Inexpensive Tips for Backpacking

- Use color-coded [ziplock bags](#) to make finding stuff in your bag easier.
- Make a koozie for your dehydrating meal from an Amazon bubble wrap package.
- The plastic lid from a 3.5 oz [Chips Ahoy! Cookies Go-Paks](#) fits right over the bottom of a small fuel canister, preventing rust from getting in your pot during storage. Added bonus--a Bic Mini Lighter will fit in the space between the concave bottom of the canister and the lid.
- Among many other uses, you may be able to use your Buff as a pillowcase.
- Throw in a plastic spoon as a backup in case you lose or misplace your actual utensil.
- Over time the down in your bag may shift or lose some of its loft and not be as warm. Check with the manufacturer to see if they can add down to it—probably cheaper than buying a new bag.
- Get a [Nylofume Pack Liner](#)—0.9 oz and \$2.40. A pack liner will keep your gear protected from the rain that runs down between your back and pack (as well as if you take a “dip” in a stream).
- Use [Hot Lips](#) so you can drink directly out of your hot titanium pot.
- Carry a credit-card sized power card for emergency charging of your phone like this [one](#).
- Bring a short charging cable to connect your phone to a battery pack.

Reference: Stokley, Ron (2026, Mar. 21). *Ultralight Basics - How to Reduce Your Base Weight* [Conference Session]. American Long Distance Hikers Association-West (ALDHA-West) Ruck, Wheat Ridge, CO
<https://www.aldhawest.org>

Anjelica "Casperina" Avella gave a session at the ALDHA-West Ruck on the challenges of being a plus-size, low-income woman of color on the trail. Here is a 16:30 minute video of how she turned to the outdoors to improve her mental health, overcoming physical obstacles through determination. She proves you don't have to be fast--you just have to be out there!



TREAD LIGHTLY

Sustainability, Recycling, Leave No Trace

Urine-Diverting Toilets (UDTs) in Rocky Mountain National Park

Backcountry privies have been around for a long time. But as visitation has increased, so has the amount of human waste going into these toilets. From 2006-2022 crews had to dig 137 privy holes to move existing privies to new locations. To address this problem, the park has installed UDTs in 5 locations: Longs Peak Boulder Field, Chasm Junction, Chasm Meadows, Gem Lake, and Fern Lake Trail. These are easy to use. Once done with your business, you press a pedal that moves solid waste on a conveyor belt into a box. Liquid waste is diverted through a tube away from people and water. Bi-annually crews pack out the solid waste on mules and llamas. Added bonus--these toilets have 0 odor!

Besides these 5 UDTs, the [Rocky Mountain Conservancy](#) plans to support 10 more in 2026.

If a privy is not around, use a [WAG bag](#) to pack out your waste.



BPX TRIPS

Upcoming Trips With Openings*

Dates / Registration Date	Difficulty	Trip
Apr 29-May 3 Wed-Sun	Difficult	40 mile Creek to Willow Gulch (Escalante, Utah)
May 6-13 Wed-Wed	Challenging	South Kaibab TH to Clear Creek Trail (Grand Canyon National Park)
May 26-27 Tue-Wed / Apr 26	Easy - Gear Shakedown	Morrison Creek from Little Scraggy TH
Jun 5-7 Fri-Sun / May 5	Difficult	McCurdy Park from Lost Park TH (Lost Creek Wilderness)

*As Of Apr 19

Continue to check the CMC Website since Leaders add trips throughout the season.

Whether you are on a waitlist or a roster, if you decide to NOT go, **CANCEL AS SOON AS POSSIBLE** to open up a spot for the next person.

[Mountain Side Gear Rental](#) in Golden rents backpacking gear with a 10% discount for CMC Members.

SCHOOLS

DENVER	
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DAY HIKER SCHOOL	More info here
INTRO TO HIKING SAFETY	Apr 29 May 27 Jun 24
CPR/AED FOR OUTDOOR ENTHUSIASTS	May 26
WILDERNESS SURVIVAL SCHOOL	Starts May 14
BACKCOUNTRY INCIDENT MANAGEMENT SCHOOL	May 30 Aug 8 Sep 12
BACKPACKING SCHOOL	Starts Jun 4

PIKES PEAK	
WILDERNESS FUNDAMENTALS	Starts May 11 Sep 14
LAND NAVIGATION	Starts Jun 1 Sep 28
INTRO TO BACKPACKING	Starts Jun 17 Aug 12

NORTHERN COLORADO	
BACKCOUNTRY INCIDENT MANAGEMENT SCHOOL	Jul 25

BOULDER	
BACKCOUNTRY INCIDENT MANAGEMENT SCHOOL	Aug 29

STATE	
WILDERNESS FIRST AID/FIRST RESPONDER	Multiple Offerings - Check CMC Website here
TRIP LEADER SCHOOL	More Info here
TRIP LEADER SCHOOL SCENARIOS	Boulder Denver Pikes Peak Western Slope

Continue to check the CMC Website for additional courses.

CMC Backpacking Section Supports Leave No Trace

[View BPX Calendar](#)



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