



BACKCOUNTRY CACHE

A Newsletter for Members of CMC Backpacking Section

August 2021

CHAIR'S CORNER - Uwe Sartori

Hard to believe we are past the backpacking season's halfway mark. In July, 16 trips posted, 12 completed, and 72 BPX members enjoyed adventures throughout the state. Always, a shout-out to our BPX Trip Leaders who led these. Be on the look-out for information about our annual BPX Birthday Bash coming up Saturday, October 16th in Staunton State Park. A chance for BPX Trip Leaders and members to celebrate our second season!

BPX members ask me about our dues - why should they invest and what is it for? Member benefits include first-in-line for the season's trips, educational programming, and special events, either free or at a low cost. More importantly, your membership dues support the mission of the CMC Backpacking Section - to build and sustain a program that provides life changing backpacking adventures to you, the BPX member.

UPCOMING BPX TRIPS

E=Easy M=Moderate D=Difficult

Late Aug - Oct Trips With Openings*

Aug 23-25 Mon-Wed M [Flat Tops Deer Lake, Flat Tops Wilderness](#)

Aug 27-29 Fri-Sun M [RMNP - Odessa Lake](#)

Aug 27-29 Fri-Sun M [Seven Lakes, Mount Zirkel Wilderness](#)

Sep 3-4 Fri-Sat D [Macey Lakes and Colony Baldy, Sangre de Cristo Wilderness](#)

Sep 7-9 Tue-Thu E [Crystal Lakes, White River NF](#)

Sep 9-11 Thu-Sat E [Rich, Rough and Tumbling Creeks, Buffalo Peaks Wilderness](#)

Sep 9-12 Thu-Sun D [Stillwater Res Lost Lakes, Skinny Fish Trappers Lake](#)

Sep 15-17 Wed-Fri E [Abyss Lake Trail, Mount Evans Wilderness](#)

Sep 22-24 Wed-Fri M [Rogers Pass Lake, James Peak Wilderness](#)
Sep 23-25 Thu-Sat M [North Crestone Lake, Sangre de Cristo Wilderness](#)
Sep 24-26 Fri-Sun M [Sandbeach Lake Fly Fish & Hike Trip, RMNP](#)
Oct 14-15 Thu-Fri E [CT Segment 3 - Morrison Creek, Buffalo Creek Wilderness](#)

Late Aug - Oct Trips With 0-1 on Standby List*

Aug 23-25 Mon-Wed M [Lamphier Lake, Fossil Ridge](#)
Aug 23-25 Mon-Wed M [Sandbeach Lake, RMNP](#)
Aug 28-30 Sat-Mon D [Cathedral Lake, Maroon - Snowmass Wilderness](#)
Aug 31- Sep 2 Tue-Thu M [Charles and Mystic Lakes, Holy Cross Wilderness](#)
Sep 2-6 Thu-Mon D [Washakie Pass-Lizard Head-Cirque of the Towers, Wind River Range WY](#)
Sep 4-6 Sat-Mon M [Wheeler Geologic Area, La Garita Wilderness](#)
Oct 8-10 Fri-Sun E [Bull Creek Reservoirs, Grand Mesa National Forest](#)
Oct 13-15 Wed-Fri D [Comanche Venable Loop, Sangre de Cristo Wilderness](#)

*As Of Aug 19

Continue to check CMC trip signup for additional trips. For just BPX trips, select Backpacking from the Section dropdown and then click the Search button.

[Mountain Side Gear Rental](#) in Golden rents backpacking gear with a 25% discount for CMC Members.

Note To Leaders: In the event you have an incident, you can get quick access to the CMC on-line incident form through the CMC Trip Scheduler Close Out Process.

SCHOOLS/EVENTS

DENVER DAY HIKER SCHOOL: Virtual Alternative to Wilderness Trekking School. More info [here](#)

TCS NAVIGATION Virtual Courses: [Nav1/Nav2 Info \(every month\)](#), [Nav1](#), [Nav2](#)

STATE HYBRID WILDERNESS FIRST AID: Multiple Offerings - Check CMC Calendar [here](#)

STATE 2-DAY WILDERNESS FIRST AID: [Oct 2-3](#) [Oct 29-30](#)

PPG BACKPACKING SCHOOL: [Aug 23](#)

DENVER INTRO TO HIKING SAFETY: [Sept 15](#)

STATE LEAVE NO TRACE TRAINER COURSE FOSSIL RIDGE WILDERNESS BKPK: [Aug 28](#)

DENVER WILDERNESS TREKKING SCHOOL (WTS): [Starts Sept 7](#)

DENVER CPR/AED CLASS: [Sept 9](#)

DENVER BACKCOUNTRY INCIDENT MANAGEMENT SEMINAR: [Sept 14](#)

PPG WILDERNESS FUNDAMENTALS: [Sept 20](#)

PPG WILDERNESS FIRST AID WITH CPR/AED: [Starts Oct 7](#)

PPG TRIP LEADER SCHOOL: [October 18](#)

BPX BIRTHDAY BASH 2021

Staunton State Park Pavilion, October 16th, 3:00pm - 5:00pm

Come Celebrate the Backpacking Section's Second Season. We are well on our way to more than doubling the number of trips completed year-to-year, with 100's of BPX members enjoying another season of awesome Colorado Mountain Club backpacking adventures! Registration will be limited and open soon! Keep checking the CMC Events calendar for the upcoming registration opening and details.

THE COMPASS - Pat McKinley

Be Prepared

"There may be more interesting and challenging aspects of leading in the outdoors than trip preparation, but no aspect of leading counts for more. A well-organized, we-prepared, and well-informed group will not only be more likely to reach its goal and avoid accidents, it's also far more likely to have a good time."

Getting ready to lead an outdoors trip starts with you: your body, your technical skills, and your equipment. "Keep your body in shape." "Do what you need to do to maintain enough physical strength and endurance to handle the physical challenges of any trip you're on."

"Make sure your technical competence is up to what the trip requires." If your trip is classified as difficult or requires technical skills like using ropes, hardware, or ice equipment, then you must be qualified, competent, and able to perform those skills comfortably.

"As a general rule, don't lead trips you know will push you to the limit of your personal strength or technical competences. It's fine to push yourself to the edge if you don't have leadership responsibilities – that's how you get better. But as trip leader, your role is bigger than leading all the hard technical sections yourself."

"Realistically and continually assess your own performance, and respect personal limits. One of the most difficult aspects of leadership is knowing and respecting your own limits of strength and technical skill. Taking on challenges above our level of competence is bad enough when you're by yourself. It can be a multiple disaster if you're leading others. Self-assessments aren't easy."

The above is quoted or modified from: John Graham, *Outdoor Leadership: Technique, Common Sense & Self-Confidence*, The Mountaineers Books, Seattle, 1997, pgs. 23-25

Q&A With Backpackers Bob & Bobbi

Dear Backpackers Bob & Bobbi,

What's the big deal about treating water in the backcountry? Most of the water I come across looks clear, and beer commercials tout pure, pristine mountain streams as their water source.

Dear Unfiltered Truth,

While the water may look OK, you are pretty much rolling the dice if you drink it untreated. A study in 1992 found that 97% of US lakes and rivers had protozoan parasites, Giardia, or both. There are number of ways to treat water, depending on your needs.

Filters These use cartridges with microscopic pores to trap debris, protozoa, and bacteria, the main

concerns in the US and Canada unless the water is highly contaminated with human or animal waste. Most do not have pores small enough to catch viruses, which may be a concern if traveling internationally. You do need to protect them from freezing (Bobbi and I tuck ours in our sleeping bags at night). Types of filters:

- *Pump filters let you pull from shallow water sources and are good for removing debris, but pumping can take time and energy, require backwashing to clear out muck, and are heavier and more expensive*
- *Gravity filters let gravity do the work with water flowing from a dirty bag thru the filter to a clean bag. They tend to be slower than pumping, require backwashing, and can be difficult to fill in shallow water, but are good for treating large quantities.*
- *Squeeze and bottle filters are easy to use, are lighter and less expensive, and can often be used as a gravity filter. They do require backwashing, are difficult to fill in shallow water, and are not efficient at filtering large quantities of water.*

UV Purifiers These are lightweight, quick and easy to use, do not freeze or require backwashing, and kill viruses as well as bacteria and protozoa. They do require batteries and do not remove debris and muck. A prefilter is required for non-clear water in order for the UV light to be effective.

Chemicals These are typically iodine or chlorine-based and kill bacteria, protozoa, and viruses. They are easy to use, cheap, and are small and ultra-lightweight. You do have to wait 30 minutes to 4 hours before the water is safe to drink—even longer for icy cold water, can leave a metallic taste, and do not remove debris.

Boiling Just requires your stove, fuel, and pot and kills all types of pathogens. You do need to bring water to a rolling boil for 1 minute or 3 minutes above 6,500', and then allow time for it to cool. Murky water isn't an issue, although you may still want to use a prefilter to remove gunk. This does require you to pack extra fuel, and there can be a funky taste.

See ya' on the trails,
Bob & Bobbi Backpacker

BPX MEMBER INFO

BPX FACEBOOK: [BPX FB](#) Send Photos and Trips Reports to feature on the BPX Facebook Page to: maggie.burns1@gmail.com

BPX LINKS: Click [here](#) for BPX web page, [here](#) for BPX Member Benefits, [here](#) for CMC Member Benefits, and [here](#) for discounted Colorado State Parks Pass.

COVID PROTOCOLS: Check [here](#) for latest CMC update on Aug 9. These protocols and the recommendations in the BPX Ride Share Suggested Protocols [here](#), are tools for BPX Trip Leaders to use in planning their backpacking trips. We'll send additional updates as they come out.

COTREX WEBINARS: [Module 1](#) and [Module 2](#)

FIRE INFORMATION: [National Interagency Fire Center News](#) [Colorado Fire Restrictions](#)

LEAD THE PACK

WELCOME NEW BPX TRIP LEADERS

Annie Legrand, Denver
Craig Townsend, Denver

Looking for awesome CMC Trip Leaders from ALL CMC groups interested in expanding their trip repertoire by leading backpacking trips. Email your interest and experience to cmcbpxtlc@gmail.com. There are a variety of paths to becoming a BPX Trip Leader, and the BPX Team will help you get there. Let's talk!

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. Please include your name, location, and date.

CMC Backpacking Section Supports Leave No Trace

**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:



[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 .

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

[Subscribe](#) to our email list.