



COLORADO MOUNTAIN CLUB

BACKPACKING SECTION



BACKCOUNTRY CACHE

A Newsletter for Members of CMC Backpacking Section (BPX)

June 2026

CHAIR'S CORNER - Louise Campbell-Blair



The BPX Section has had an active June! We started by learning how to reduce our pack weight with an excellent presentation by Trip Leader **Steve Frank**. This was a great segue for the new BPX 'Tents & Tastes' events where experienced BPX Members showed off the tent setups that worked for them. We topped this off with another delicious 'Elevate your Meals' workshop by our favorite Chef Corso. Huge thanks to all the volunteers who made these events successful. Many members suggested that we make this into an annual event so we'll work on this.

Your trip leaders are offering 8 BPX Trips in June. Thanks to **Jim Borgel, RA Burrell, Sharon Dawson, Bob Dawson, Wayne Howell, Linda Lawson, Steve Norman, and Herman Schumacher!** You'll notice that many BPX trips are listed as "Register with Leader." 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. Please keep in mind that if a Trip Leader recommends an alternative trip, it's with your safety and overall experience in mind.

Members - when your trip is over, please be sure to complete the feedback form and let your leader know what you thought of the trip. We all love feedback, especially when it is as good as this comment on **Tim Musil** and **Barb Edward's** recent trip to the Grand Canyon:

"I would walk 5 miles or 500 miles behind these very thorough, thoughtful, and experienced leaders anywhere. I always felt safe under their watch."

Enjoy your upcoming trips, be safe, and I look forward to seeing you on the trail.

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

BPX EDUCATIONAL EVENTS

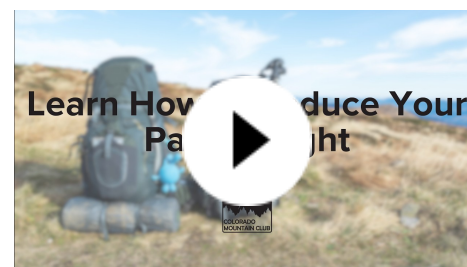
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Tour of Tents and Elevate Your Meals Workshop Photos



The Big 4

View the [slides](#) and the 50 minute recording of Steve Frank's presentation on selecting the 'Big Four' gear items for backpacking. Steve is a CMC & BPX trip leader, Co-Director of the Denver Backpacking School, and self-proclaimed gearhead. In this video he discusses the importance of the 'Big 4': backpack, shelter, sleeping bag, and sleeping pad. He also talks tradeoffs and some new(ish) trends offering today's backpackers choices for higher-performing gear at lower weight.

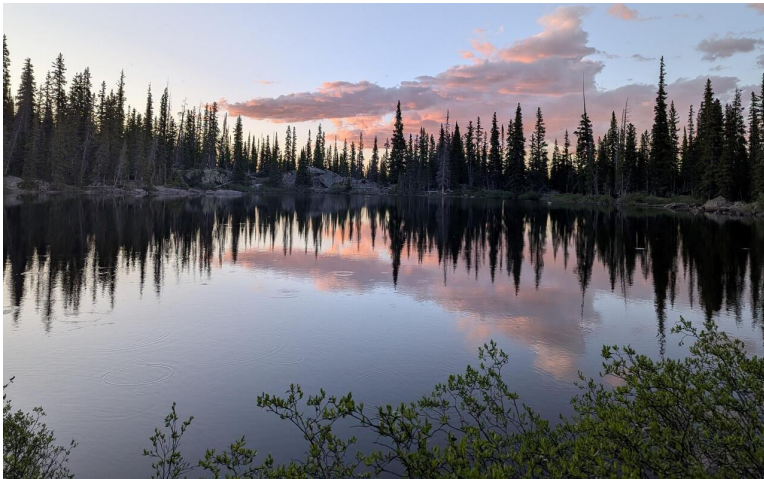


BPX TRIP REPORTS

[Eaglesmere Lakes - Eagles Nest Wilderness](#)

Trip Leader Herman Schumacher - Denver Group

It was just the 3 of us which made it super relaxing in a beautiful area of Colorado. The highlight of the trip was really the lack of fellow hikers and backpackers on Day 1 (Friday)! We had to climb over/under a lot of fallen trees though; the trails are littered with them including healthy looking ones. We met 2 park rangers on the way out - they were trying to assess the situation since there are volunteers lined up to do some trail maintenance soon. The camp area around the lake was great and had ample tree coverage which was needed for shelter (some big gusts during the day). In the afternoon we took off for some off-trail exploring of nearby lakes at slightly higher elevation which was a lot of fun. It was just a very easy, relaxing trip.



McCurdy Park - Lost Creek Wilderness

Trip Leaders Bob and Sharon Dawson - Denver Group

Day 1: The Lost Park trailhead was surprisingly crowded for a Thursday morning. But this loop made the BP magazine some years back and has been popular since. We hiked up to the saddle and junction with the Ute Creek trail and then up the trail towards the Bison area and camp 1. We made camp and relaxed a bit, waiting out mildly suspicious skies before our Bison climb. Bison never gets old! Pleasant night, no rain or strong winds.

Day 2: After a pleasant morning and early sun, we started out. We knew we had a fairly big day over rough trail, so we decided to skip climbing McCurdy. Down past McCurdy park, then lots of down-down-down to when we eventually reached the "dreaded" crossing of Lost Creek. Not bad at all, calf-deep and slow moving, it felt great on our feet. The next couple of miles to and through Refrigerator Gulch is always tough... We filled our bottles there and continued to one of Sharon and my favorite camp spots, and everyone agreed. I highly advise folks who normally camp in dreary/cold/dark refrigerator gulch to pass by there and camp up on the ridge past it. Another fine night! Some of us stayed up quite late (9pm!) chatting away looking out over the rough LCW rock wonderland. Another pleasant night's sleep, maybe low 40's.

Day 3: Another very nice morning for our final leg--up, then down to Wigwam park, then through Lost park and back to our vehicles. No wildlife, alas! We usually see Moose in Lost Park, not this trip.



BPX TIPS OF THE MONTH

Backpacking Tips Galore

If you haven't been to the [BPX Webpage](#), please give it a visit. Here are some info you will find:

- Access to the BPX-specific Calendar of Events and Trips
- Archive of the Backcountry Cache Newsletters, including a description of the Tip tidbit contained in each one
- Listing of Major Upcoming BPX Activities and Educational Events
- BPX Pack Leader Resources including Trip Participant Vetting Tips and a Wildfire Checklist
- BPX Member Resources including How to be a Good Trip Participant and Gear Checklists
- Links to Educational Materials including Zoom recordings from past Educational Events

To access the BPX webpage:

- Go to the **COMMUNITY** tab at the top of the main CMC home page and click on *Special Interest Sections*.
- On the **SPECIAL INTEREST SECTION** page that comes up, either choose *Backpacking Section* under the options on the left OR click the *BACKPACKING SECTION (BPX): Button* in the main part of the page

20 Pieces Of Gear Changed Backpacking Forever

Linda Lawson came across an interesting *Backpacking* magazine article from a few years ago with their list. Click [here](#) to read the article.

- 1967: Lowe Alpine Expedition internal frame backpack
- 1972: Nalgene water bottle
- 1972: Therm-a-Rest
- 1974: Leki Makalu adjustable hiking pole
- 1976: Early Winters Gore-Tex Jacket
- 1977: Jogbra
- 1981: Petzl Zoom headlamp
- 1983: Leatherman multitool
- 1984: MSR Whisperlite camp stove

- 1989: CamelBak ThermoBak
- 1989: Magellan NAV 1000 GPS
- 1994: Smartwool Socks
- 1991: Patagonia R1 tech fleece
- 1998: GoLite Breeze Pack—the start of ultralight gear
- 2002: Crocs Classic Clog
- 2004: Jetboil
- 2007: Spot personal locator beacon
- 2011: Altra Lone Peak trail runner, replacing traditional hiking boots
- 2012: Waterproof Down

BPX TRIPS

Upcoming Trips With Openings*

Dates / Registration Date	Difficulty	Trip
Jul 21-24 Tue-Fri / Jun 21	Difficult	Parika and Bowen Lakes via Baker Gulch and Bowen Gulch (RMNP).
Jul 22-24 Wed-Fri / Jun 22	Moderate	Mirror Lake From Corral Creek TH (RMNP).
Jul 24-26 Fri-Sun / Jun 24	Difficult	Hunky Dory and Harvey Lakes from Half Moon TH to Cross Creek TH
Jul 26-27 Sun-Mon / Jun 29	Moderate	Lake Constantine from Fall Creek TH
Jul 30-Aug 1 Thu-Sat / Jun 26	Moderate	Lake Evelyn from Lake Evelyn TH (Byers Peak Wilderness).
Jul 31-Aug 2 Fri-Sun	Challenging	Lost Park from Rolling Creek TH

Upcoming Trips With 0-1 On Waitlist*

Dates / Registration Date	Difficulty	Trip
Jun 25-26 Thu-Fri	Challenging	Betty and Bob Lakes from Hessie TH
Jul 7-9 Tue-Thu	Moderate	Black Mountain Loop from Encampment TH (Mount Zirkel Wilderness).

Jul 14-16 Tue-Thu	Moderate	Rich, Rough, and Tumbling Creeks from Rich Creek TH
Jul 27-29 Mon-Wed / Jun 27	Moderate	American Lakes from La Poudre Pass TH

*As Of May 18

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	
DAY HIKER SCHOOL	More info here
INTRO TO HIKING SAFETY	Jun 24
CPR/AED FOR OUTDOOR ENTHUSIASTS	Jun 23
BACKCOUNTRY INCIDENT MANAGEMENT SCHOOL	Aug 8 Sep 12

PIKES PEAK	
WILDERNESS FUNDAMENTALS	Starts Sep 14
LAND NAVIGATION	Starts Sep 28
INTRO TO BACKPACKING	Starts Aug 12

NORTHERN COLORADO	
BACKCOUNTRY INCIDENT MANAGEMENT SCHOOL	Jul 25

BOULDER	
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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](#)



The Colorado Mountain Club

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