



"BACKCOUNTRY CACHE"

A Newsletter for Members of CMC Backpacking Section

December 2020

Issue 18 - 2020

Supporting the BPX Community

Linda Lawson - Newsletter Editor

Our Backpacking Section has been in existence for 15 months, and during that time we have had unprecedented growth, exhibited by over 1600 members who heeded our slogan "JOIN THE PACK". BPX Core Values of Community, Leadership, Adventure, Excellence, and Transparency all call for commitment from each of us.

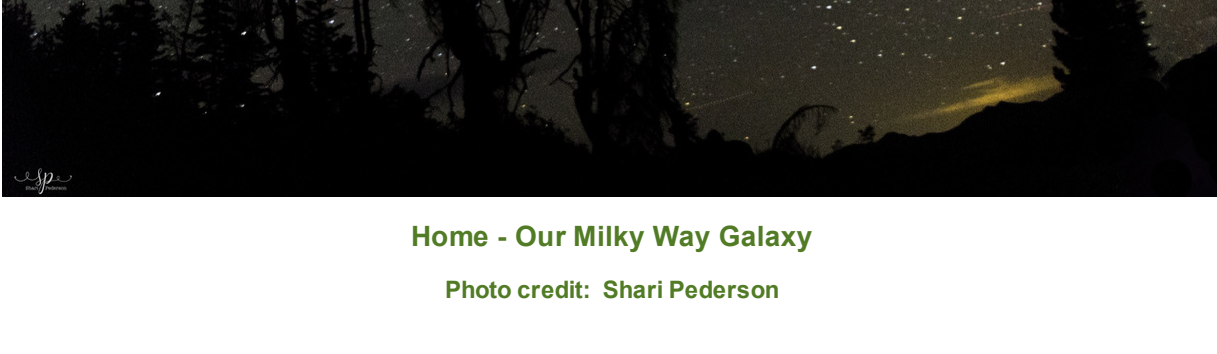
To support these commitments BPX will institute nominal annual dues of \$20 per membership. These dues will be effective for new members joining CMC and selecting BPX as a section to which they wish to belong starting January 4, 2021. Existing BPX members will be able to support BPX financially when they renew their CMC membership. Dues will be waived for CMC Lifetime Members, BPX Leaders and Operations Committee Members.

BPX Membership dues will be used for the following purposes:

- Fund backpacking Community activities through Gear Checks, the annual Trip Leader Stake Your Claim Trip Rollout and the Fall Membership Event.
- Support Adventure, Leadership and Excellence by offering additional training to existing and prospective Trip Leaders.
- Subsidize CMC Services to BPX members that support "Join the Pack" in every endeavor, including staff and technology.

Only BPX Members will receive an advance copy of the season's backpacking planned trips prior to April registration.

We ask you to continue your commitment to the BPX Community by electing to remain a member of BPX when you renew your membership.



Home - Our Milky Way Galaxy

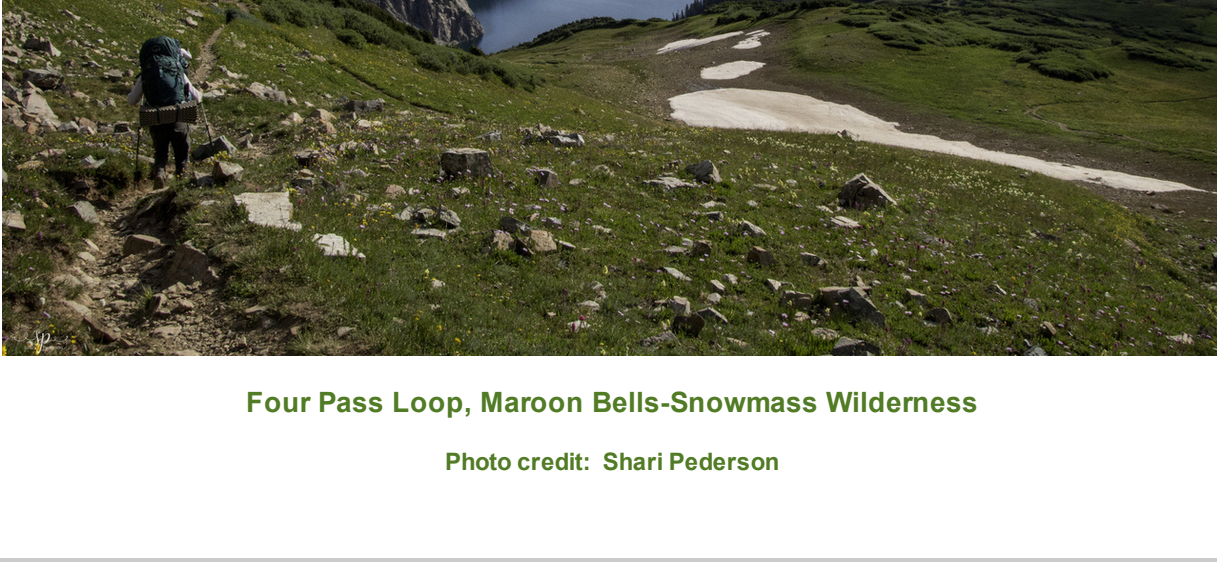
Photo credit: Shari Pederson

PACK LEADERS - STAKE YOUR CLAIM FEBRUARY 17

BPX Leaders will be able to claim one or more pre-planned backpacking trips at the Stake Your Claim Event, to be held at the AMC from 5:30-8:00 pm. Register here:

<https://www.cmc.org/Calendar/EventDetails.aspx?ID=51317>

Meet fellow Pack Leaders and Ops Committee Members while learning about additional 2021 Trip Plans and Actions to Reduce Roster Churn.



Four Pass Loop, Maroon Bells-Snowmass Wilderness

Photo credit: Shari Pederson

JOIN US ON FACEBOOK

Did you know the BPX Section has their own Facebook Group? We encourage all members to join and share trip reports, photos from backpacking trips, and ask questions to fellow outdoor gearheads. Plus, everyone can enjoy seeing beautiful photos of our gorgeous state!

Join the Facebook Group today by clicking here:

<https://www.facebook.com/groups/CMCbackpackingsection>



Colorado Trail Segment 4 Wellington Lake Road to Long Gulch, Lost Creek Wilderness

Photo credit: Shari Pederson

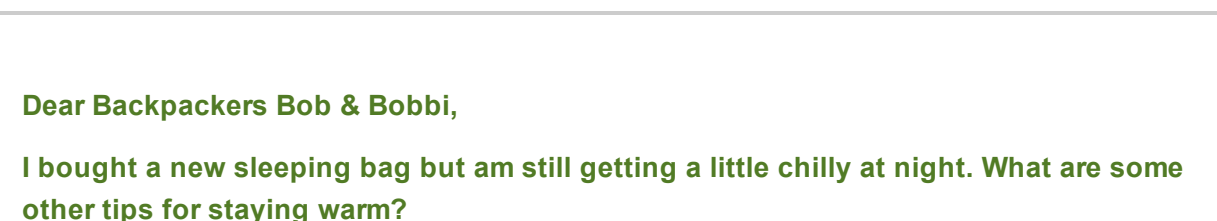
COMMUNICATIONS COORDINATOR AND

EVENTS COORDINATOR NEEDED

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, implementing communication strategies. This position reports to the Chair, is a voting member of the BPX Operations Committee, coordinates with all functional operations of the Ops Committee, directs the Social Media Team and Newsletter Editor; CMC Leader certification and BPX Accepted Leader necessary but will work with party in process of becoming a Pack Leader

Events Coordinator - seeking a 'party planner', someone who enjoys making "fun" for others. BPX Events include four Gear Checks, Seasonal Trip Rollouts to Pack Leaders and Members, Fall Membership Event; this position coordinates closely with the Communications Coordinator; CMC Leader certification preferred but not required

For position descriptions and discussion contact: Linda Lawson lk14er@comcast.net



Colorado National Monument

Photo credit: John Walters

Dear Backpackers Bob & Bobbi,

I bought a new sleeping bag but am still getting a little chilly at night. What are some other tips for staying warm?

Sleepless in my Sleeping Bag

Dear Sleepless,

Using our "cold sleep avoidance" acronym SP²F from our last newsletter, today we will look at the "P²" – Sleeping Pad and Pee.

Pad

Your pad is as critical for staying warm as your sleeping bag. Not only does it provide a little comfort from the rocky ground that I sometimes end up pitching my tent on, but it is also super important for insulation. Pad insulation is rated by its R-value - the resistance of heat transfer from your body to the ground. So, when buying a pad, consider not only comfort and weight, but also its insulation rating. Here are some general guidelines based on Nighttime Lows, courtesy of REI:

50° - R < 2

32° - R 2-3

20° - R 4-5.4

0° - R 5.5+

(Note: Sleeping bag ratings are based on using a pad with at least an R-value of 5.5.)

There are 3 types of pads to choose from:

- **Air Pads** You inflate these with either your own oxygen-deprived breath or a pump sack. They come in a range of R-values, are comfortable (although sometimes crinkly), and are very packable--often the size of a water bottle. They do tend to be on the expensive side and can be punctured, like when I'm in a hurry for my delectable, dehydrated supper and pitch my tent on rocks or cactuses.
- **Self-Inflating Pads** You may need to add a little of your own air, but most of the heavy breathing is done for you. These are comfortable and provide lots of insulation, but they are bulkier, heavier, and can be punctured.
- **Closed Cell Foam Pads** These are inexpensive, light weight, and very durable. They are bulky though, and usually need to be strapped to the outside of your pack.

Bobbi likes a woman-specific pad since they have more insulation in the torso and feet areas (and may or may not be pink).

If you are doing winter camping, another option is to check out down-filled pads. Add to that a closed cell foam pad, and you'll remain toasty on the coldest of nights.

Whatever your pad choice, make sure it is big enough. At a minimum, your shoulders and hips should fit on it. If you are a cold sleeper, get one that fits your entire body, including your feet. Bobbi uses both an Air pad and a thin Closed Cell Foam pad for an added R-value and a little more padding. Bottom Line - Don't skimp on your pad to save a few ounces. Even seasoned backpackers like Bobbi and me have spent a night or two shivering on a sleeping pad's too thin.

For more tips on Sleeping Pads, check out the September 2020 issue of the [Backcountry Cache Newsletter](#).

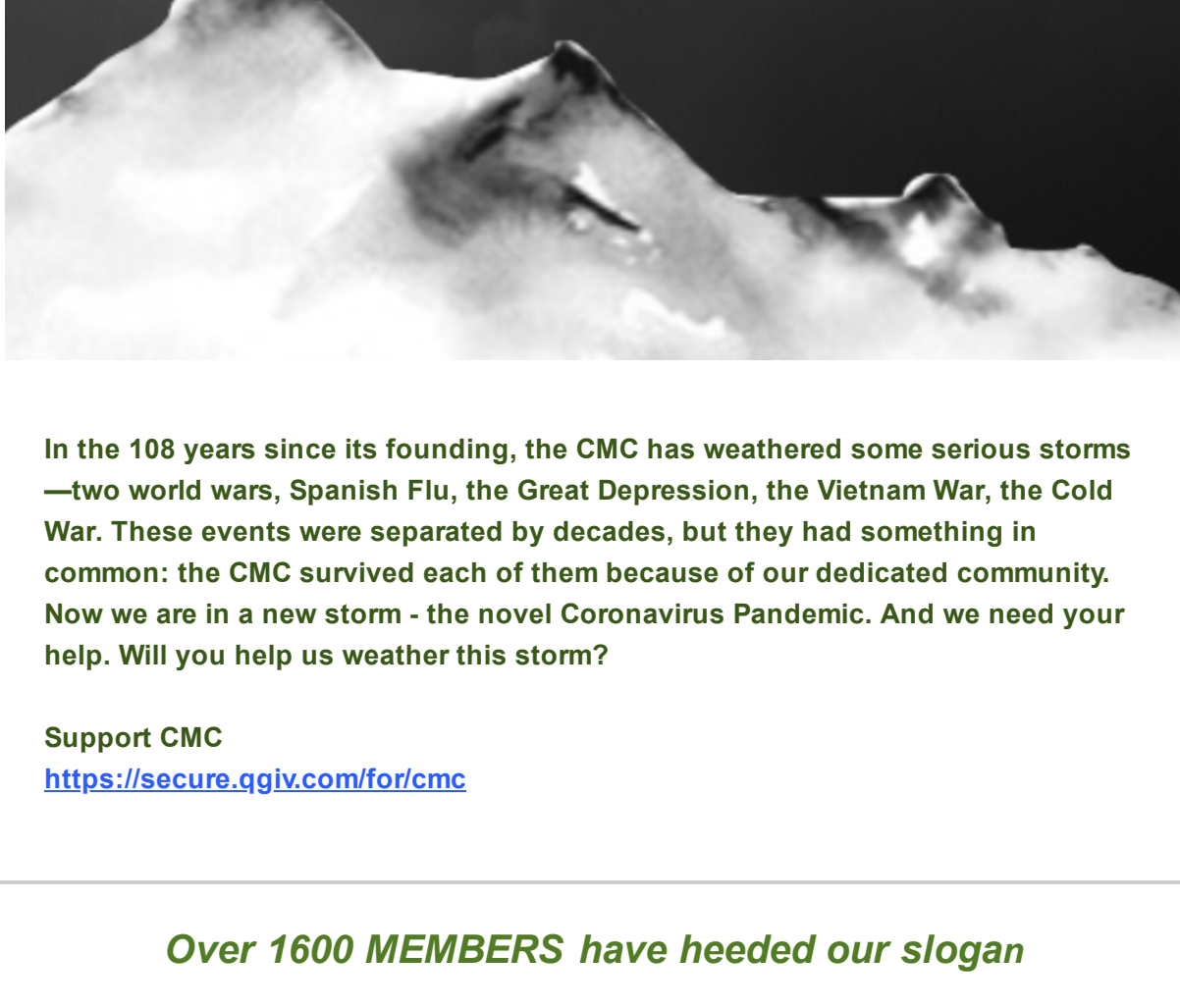
Pee

Just do it. Your body has to maintain the urine in your bladder at the same temperature as the rest of your core--the more pee there is, the more of your heat goes into keeping it warm, robbing it from other body parts. Thinking about having to pee is not very conducive to a good night's sleep either, so just get up and get it over. Soon I'm back snuggly in my bag and pad, drifting off to the sounds of Bobbi's "soothing" snoring.

Stay tuned to the next BPX Newsletter when we will discuss our "F" tips.

See ya' on the trails,

Bob & Bobbi Backpacker



In the 108 years since its founding, the CMC has weathered some serious storms —two world wars, Spanish Flu, the Great Depression, the Vietnam War, the Cold War. These events were separated by decades, but they had something in common: the CMC survived each of them because of our dedicated community.

Now we are in a new storm - the novel Coronavirus Pandemic. And we need your help. Will you help us weather this storm?

Support CMC
<https://secure.qgiv.com/for/cmc>

Over 1600 MEMBERS have heeded our slogan

"Join the Pack"

as of December 16, 2020

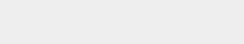
THANK YOU FOR BECOMING A BPX MEMBER

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

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