



# COLORADO MOUNTAIN CLUB

## BACKPACKING SECTION



## BACKCOUNTRY CACHE

A Newsletter for Members of CMC Backpacking Section (BPX)

May 2026

### CHAIR'S CORNER - Louise Campbell-Blair



We've got a strong start to the season with **2** BPX trips in May and another **9** planned for June. Take advantage of our gear check trips to ensure your gear is dusted off and checked out. Time to get back in the gym too, and weight your backpack for some training hikes.

It's even more important to be aware of wildfire danger on your trips this year. We had a very informative presentation on **'Managing Wildfire Risk in the Backcountry'** from Einar Jensen (Evergreen Fire/Rescue) and Linda Lawson (BPX Co-Founder & Trip Leader). We learned a lot about fire behavior and how it spreads, how to get out of its way, and how to identify safer areas if you get caught. One of the key messages was to enhance your situational awareness. That means keep your head on a swivel stick, act quickly if you smell smoke, and make mental notes of fire safe areas as you hike through.

Preparative actions you can take now:

- Listen to the seminar recording below
- Sign up for Emergency Notifications not only where you live, but also where you are going (require cell phone coverage).
- Download the Watch Duty App and turn on notifications for both the county you live in and where you are going (require cell phone coverage).
- Check out [TrailInfo.org](https://www.trailinfo.org). This free service can deliver real time fire information to your inReach or other satellite communicator, including cell phones with satellite communication capabilities. To use, send a message with your current GPS coordinates in decimal format, or just enable "Message Location" on your inReach device to **(765) 55-FIRES** (that's +1 (765) 553-4737) and get an instant auto-reply with the latest fire information of active fires within 50 miles of your location, and the Air Quality Index (AQI) from the nearest monitoring station.
- Check with the Sheriff Department(s) of the county(s) you are going to for fire restriction information. Note that the restrictions for a particular Stage can vary from county to county.

- Park like a First Responder for a quicker exit--back into your parking space.
- Put an N95 Mask in your pack to protect against particle inhalation.

Coming up soon - I hope you'll join us for '**Learn How to Reduce Your Pack Weight**' on June 2 by Zoom. Then come by the CMC Basecamp on Saturday, June 6 for our '**Tents and Tastes**' event where you can browse the perfected tent set ups demonstrated by fellow BPX Members and enjoy a delicious backcountry cooking demo by Chef Corso.

Stay connected with us – we love hearing from you on our socials and at [cmcbpx@gmail.com](mailto:cmcbpx@gmail.com).

## BPX EDUCATIONAL EVENTS

### ☐ 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

### ☐☐☐ Managing Wildfire Risk in the Backcountry

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



# Managing Wildfire Risk in the Backcountry

# In the Backcountry Colorado Mountain Club Backpacking Section



## BPX TIPS OF THE MONTH

### How To Use a Bidet in the Backcountry

A bidet is a great, ultra-light tool for washing your behind in the backcountry—it's clean, doesn't smell bad, reduces chafing, and minimizes the TP you have to carry out. This follows LNT principals to prevent "Charmin blooms".

Professional backpacker and guide, Adrew Skurka, is a full-time bidet user. He packs minimal TP, relying on natural materials like sticks, rocks, or leaves to do the bulk of the cleanup. He finishes by loosening the lid of his water bottle, holding it above his backside, and gently squeezing to let the water flow down for the final cleanup.

If using natural materials for the initial wipe-up is not your thing, there are a number of bidet attachments you can screw on to a plastic bottle to provide a stream with stronger pressure for the cleanup. Some examples are:

- [Bottle Cap Bidet by Igneous](#)
- [Ultralight Portable Bidet by CuloClean](#)
- [Holey Hiker Bidet by Holey Hiker](#)
- [UYICOO Portable Bidet](#)

After you've laid out your [Wag Bag](#) or dug your cathole, here are the steps to follow:

1. Lay everything in front of you that you'll need:
  - a. water bottle with attached bidet
  - b. small dropper bottle of backcountry soap like Dr. Bronner's
  - c. something for drying off afterwards like a bandanna, [Kula Cloth](#), or small amount of TP
  - d. hand sanitizer.
2. Set Up **Clean Hand** (for handling your water and soap bottles) vs. **Dirty Hand** (for washing yourself).
3. Squat to do your business with your pants pulled to your knees—not your ankles. If they're at your ankles, they sit in the fall line and are more likely to get in the way.

4. Make a "first pass" of your bum with the bidet. This can take care of a lot. You can squirt from either behind or from the front between your legs.
5. With your **dirty hand**, reach back and actively clean. You may want to put a single drop of soap on your dirty hand to soap up the butt area. *Women take special care to clean front to back.*
6. Rinse holding the bottle in your **clean hand** and repeat: **Water** → **rub** → **water** → **rub**
7. Rinse the **dirty hand** with water, add a few drops of soap to it, and briskly rub your fingers together.
8. Wash both hands:
  - a. Hold the bidet bottle between your knees to create a makeshift faucet
  - b. Rinse both hands
  - c. Add soap
  - d. Wash thoroughly
9. Apply hand sanitizer.
10. Shake & dab your behind

It's a good idea to practice at home in the shower before heading out in the woods.

You do not need to use filtered water in your bidet as long as it comes from a source you are ok swimming in.

*Reference:* Skurka, Andrew. "Andrew Skurka on How to Poop in the Woods". THE TREK, 4 May 2026, [https://thetrek.co/andrew-skurka-how-to-poop-in-the-woods/?mc\\_cid=ce363f13ea&mc\\_eid=e732b5493d](https://thetrek.co/andrew-skurka-how-to-poop-in-the-woods/?mc_cid=ce363f13ea&mc_eid=e732b5493d)

*Reference:* Chapman, Alan. "Love packing out poopy toilet paper? If not try the backcountry bidet". THE TREK, 30 May 2025, <https://thetrek.co/pacific-crest-trail/i-love-the-backcountry-bidet/>

## BPX TRIPS

### Upcoming Trips With Openings\*

Dates / Registration Date	Difficulty	Trip
Jun 3-4 Wed-Thu / May 21	Easy - Gear Shakedown	<a href="#">Goose Creek Trail to Shafthouse from Goose Creek TH</a>
Jun 4-6 Thu-Sat	Difficult	<a href="#">McCurdy Park from Lost Park TH (Lost Creek Wilderness)</a>
Jun 12-13 Fri-Sat	Moderate	<a href="#">Eaglesmere Lakes from Eaglesmere TH</a>
Jun 19-20 Fri-Sat	Easy - Gear Shakedown	<a href="#">Abyss Lake Trail</a>
Jun 25-26 Thu-Fri / May 25	Challenging	<a href="#">Betty and Bob Lakes from Hessie TH</a>

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### Upcoming Trips With 0-1 On Waitlist\*

Dates / Registration Date	Difficulty	Trip
Jun 10-11 Wed-Thu	Easy - Gear Shakedown	<a href="#">Diamond Lake from Fourth of July TH</a>
Jun 11-13 Thu-Sat	Easy - Gear Shakedown	<a href="#">Staunton State Park Backpack</a>
Jun 18-19 Thu-Fri	Moderate	<a href="#">Rich, Rough, and Tumbling Creeks</a>

		<a href="#">from Rich Creek TH</a>
Jun 24-26 Wed-Fri / May 24	Challenging	<a href="#">Devil's Thumb Lake from Hessie TH</a>

\*As Of May 20

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

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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

<b>DENVER</b>	
DAY HIKER SCHOOL	More info <a href="#">here</a>
INTRO TO HIKING SAFETY	<a href="#">May 27</a> <a href="#">Jun 24</a>
BACKPACKING SCHOOL	Starts <a href="#">Jun 4</a>
CPR/AED FOR OUTDOOR ENTHUSIATS	<a href="#">May 26</a>
BACKCOUNTRY INCIDENT MANAGEMENT SCHOOL	<a href="#">May 30</a> <a href="#">Aug 8</a> <a href="#">Sep 12</a>

<b>PIKES PEAK</b>	
WILDERNESS FUNDAMENTALS	Starts <a href="#">Sep 14</a>
LAND NAVIGATION	Starts <a href="#">Jun 1</a> <a href="#">Sep 28</a>
INTRO TO BACKPACKING	Starts <a href="#">Jun 17</a> <a href="#">Aug 12</a>

<b>NORTHERN COLORADO</b>	
BACKCOUNTRY INCIDENT MANAGEMENT SCHOOL	<a href="#">Jul 25</a>

<b>BOULDER</b>	
BACKCOUNTRY INCIDENT MANAGEMENT SCHOOL	<a href="#">Aug 29</a>

**STATE**

WILDERNESS FIRST AID/FIRST RESPONDER	Multiple Offerings - Check CMC Website <a href="#">here</a>
TRIP LEADER SCHOOL	More Info <a href="#">here</a>
TRIP LEADER SCHOOL SCENARIOS	<a href="#">Boulder</a> <a href="#">Denver</a> <a href="#">Pikes Peak</a> <a href="#">Western Slope</a>

**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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