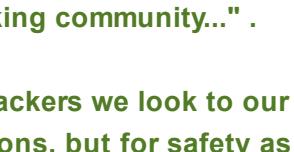




COLORADO MOUNTAIN CLUB

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"BACKCOUNTRY CACHE"

A Newsletter for Members of CMC Backpacking Section

November 2020

Issue 17 - 2020

THE MAKING OF A BACKPACKING COMMUNITY

Linda Lawson, Newsletter Editor

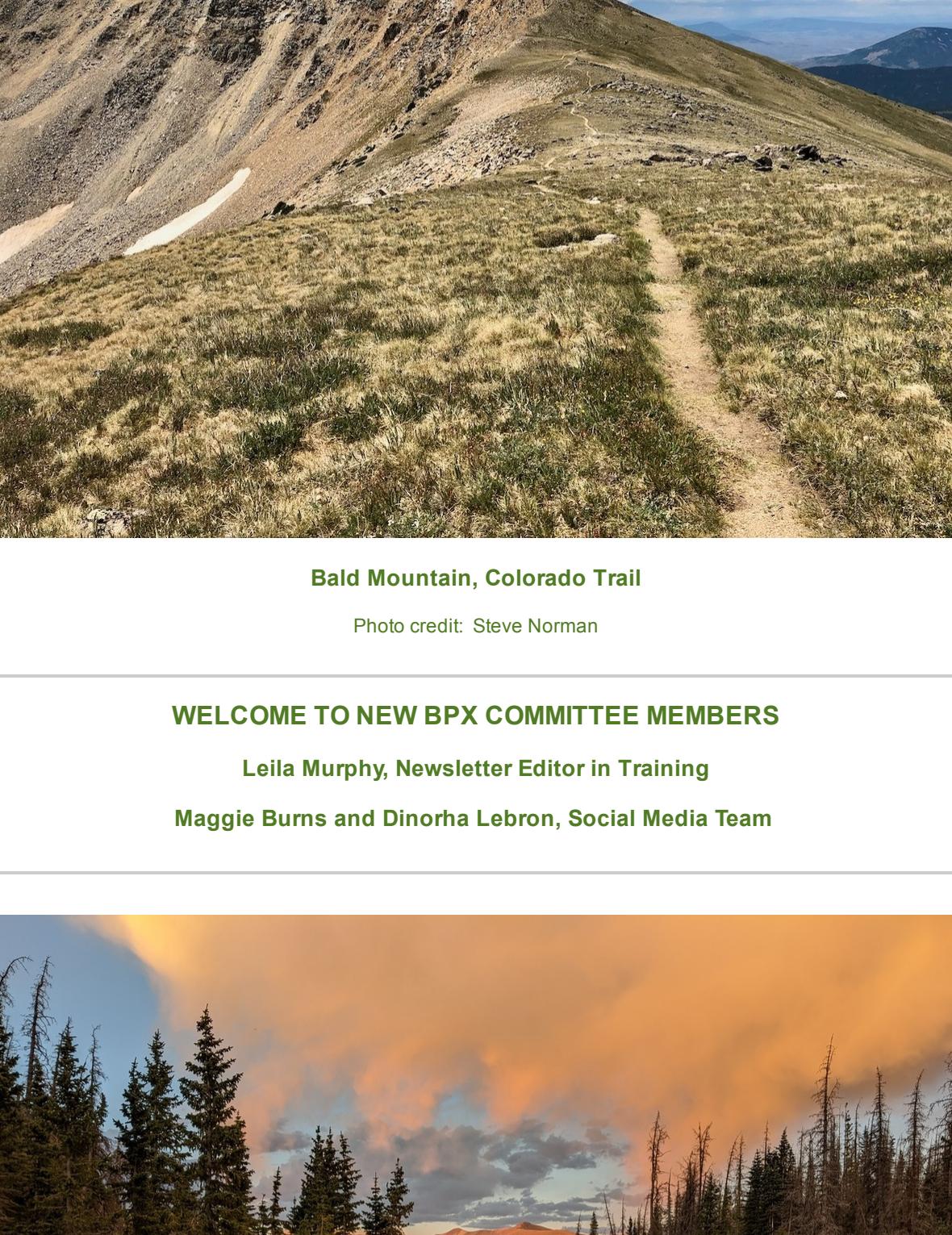
Last month John Walters authored "The Making of a Backpacking Community", a discussion of the three major tenants of our BPX Code of Conduct - Community, Leadership, Excellence. This month we expand on the meaning of "...creating and supporting a backpacking community..." .

As a community of backpackers we look to our leaders and each other. We look not only for great destinations, but for safety as well as adventure. Adventure to locations never before visited, locations John Denver speaks to "...a night in the forest, the mountains in springtime, a walk in the rain..." .

Support to each other by being prepared for the trip, by having or honing skills necessary both in camp and on the trail. Meeting new backpacking companions and sharing stories of trips past and those to come. Community - common interests in shared experiences - whether in camp, on the trail, by the creek, or in 2020, using Zoom.

Gear Checks are one of the experiences BPX offers promoting community, safety and skill building. Although canceled in 2020 due to CV19 we are planning on holding these in Jeffco Open Space campsites in May and June following CV19 protocols then in place.

CMC Schools are another path to building community. Take your backpacking skills to new heights and lower temperatures with Winter Camping School (WCS) starting January 28th. Only 4 openings remaining. Also, see Bob & Bobbi Backpacker's tips for sleeping warmer in this issue.



CIRQUE OF TOWERS, WIND RIVER RANGE, WYOMING

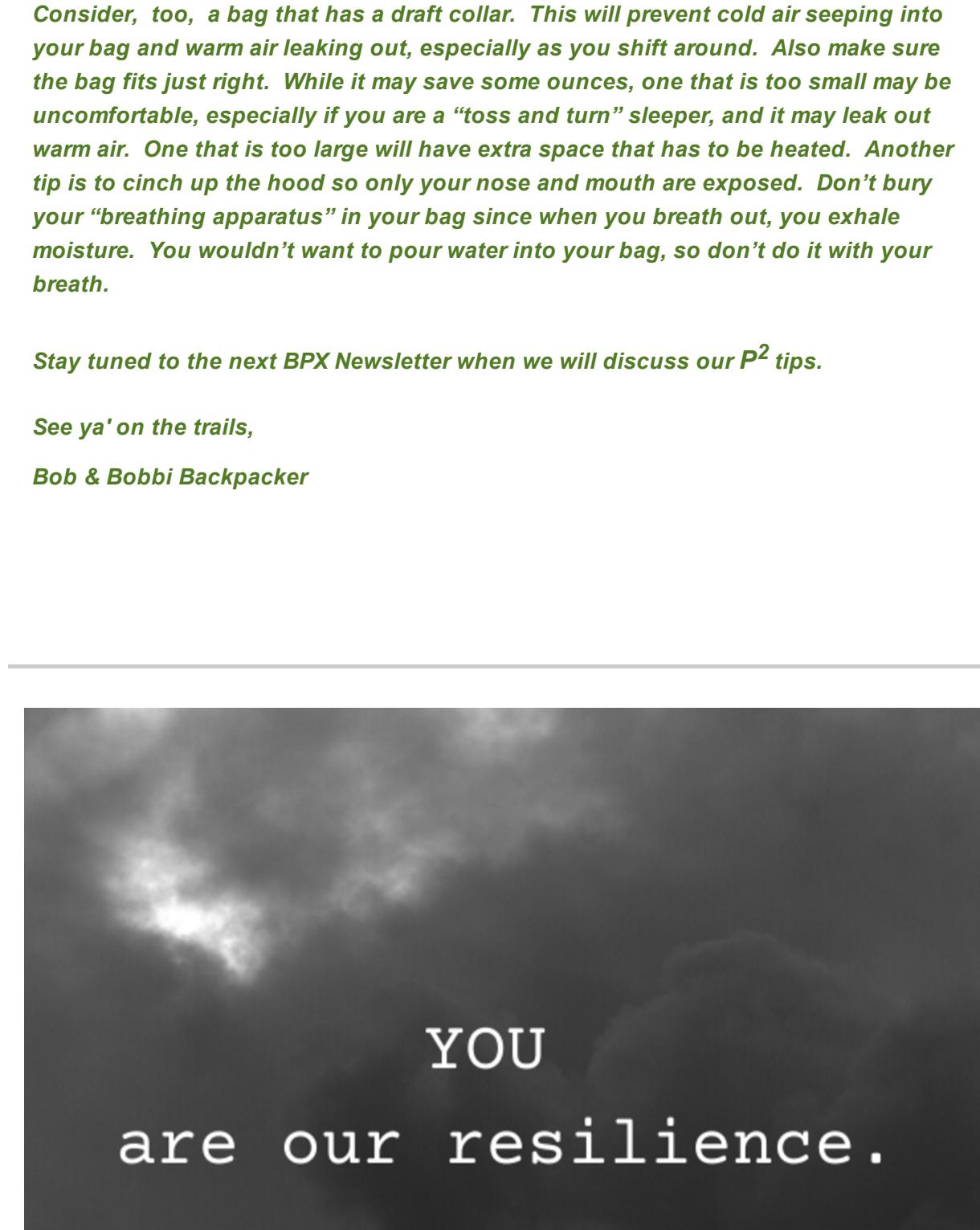
Photo credit: Bill Greer, El Pueblo Group

WELCOME ABOARD TO BPX TRIP LEADERS

John Broadbooks, Western Slope, Bill Greer, El Pueblo,

Daniel Schweissing, Denver

Look for their trips in 2021



BPX TRIP LEADERS - SAVE THE DATE - FEBRUARY 17, 2021

STAKE YOUR CLAIM

TO 60 PRE-PLANNED BACKPACKING TRIPS

5:30 pm - 8:00 pm

YOU SELECT THE TRIP, THE DATES AND MAKE IT YOUR OWN

ELECTRONIC TRIP ROLLOUT TO MEMBERS APRIL 14



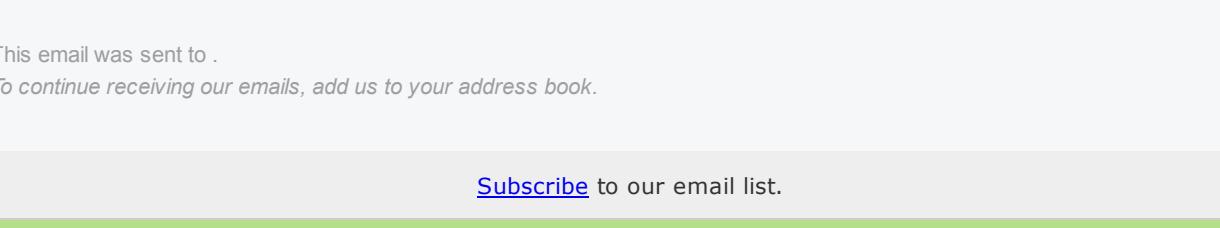
Bald Mountain, Colorado Trail

Photo credit: Steve Norman

WELCOME TO NEW BPX COMMITTEE MEMBERS

Leila Murphy, Newsletter Editor in Training

Maggie Burns and Dinorha Lebron, Social Media Team



(Canine companions may join BPX Trips at the leader's authorization)

Dear Backpackers Bob & Bobbi,
I love backpacking except at night. What can I do to keep from getting cold?

Sleepless in my Sleeping Bag

Dear Sleepless,

For tips on staying warm, we like to use the acronym SP²F. Today we will focus on the "S" - Your Sleeping Bag. Make sure it's rated 10-20 degrees below the lowest night temperature expected during your adventures.

"Comfort Rating" is the lowest temperature a cold sleeper, such as Bobbi, might feel comfortable and is the temperature rating used on women's bags. Women tend to sleep colder than men, so think about purchasing a gender-specific bag.

Consider, too, a bag that has a draft collar. This will prevent cold air seeping into your bag and warm air leaking out, especially as you shift around. Also make sure the hood fits just right. While it may save some ounces, one that is too small may be uncomfortable, especially if you are a "toss and turn" sleeper, and it too may leak out warm air. One that is too large will have extra space that has to be heated. Another tip is to cinch up the hood so only your nose and mouth are exposed. Don't bury your "breathing apparatus" in your bag since when you breath out, you exhale moisture. You wouldn't want to pour water into your bag, so don't do it with your breath.

Stay tuned to the next BPX Newsletter when we will discuss our P² 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. Will we be 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 1500 MEMBERS have joined our slogan

"Join the Pack"

as of November 1, 2020

THANK YOU FOR BECOMING A BPX MEMBER

Want your great backpacking photo featured? Send it to CMCBPXTreasures@gmail.com with your name, location and date. We will feature it in our Backcountry Cache Newsletter.

Want your great location and date? Send it to CMCBPXTreasures@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.

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