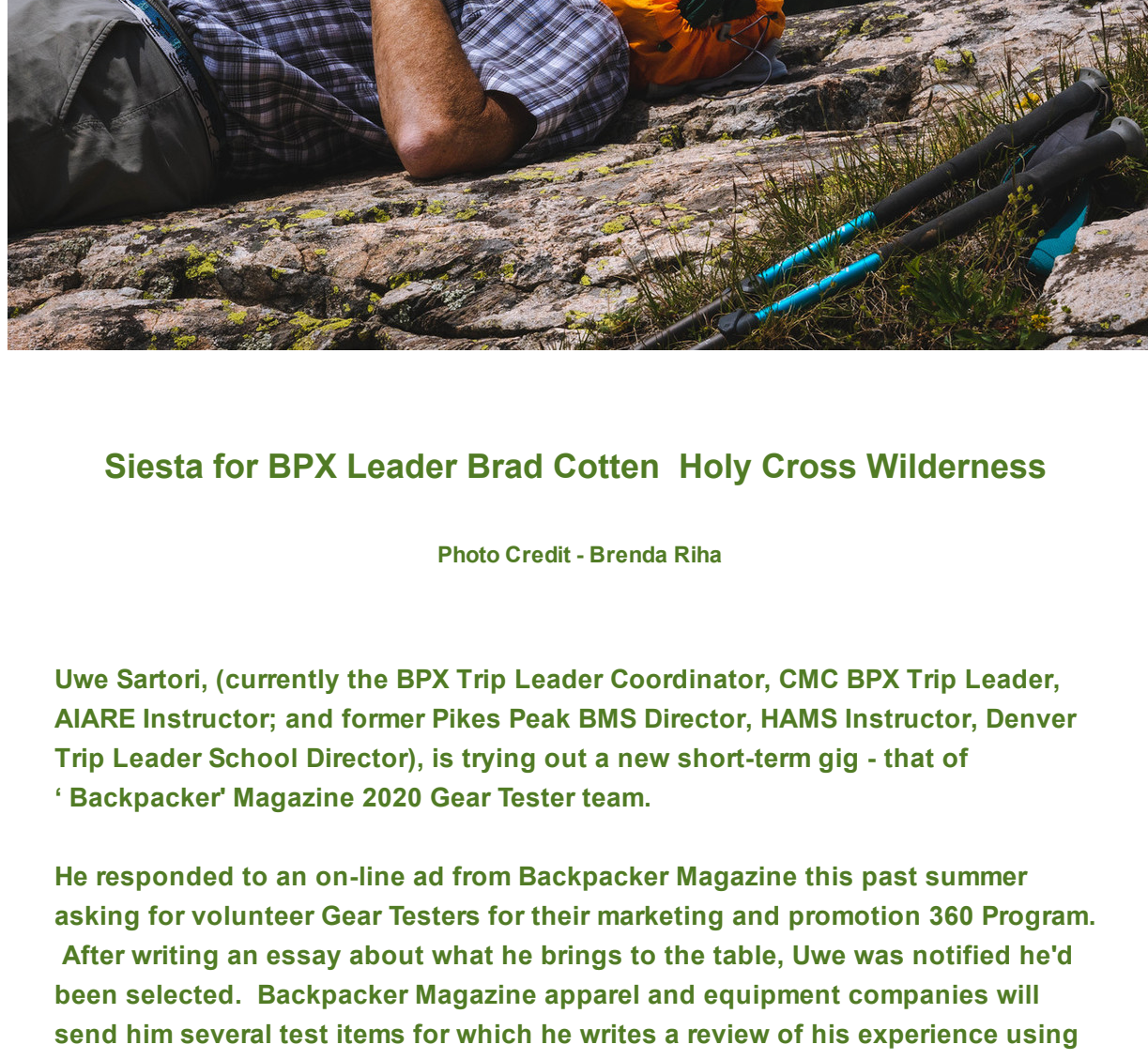


# "BACKCOUNTRY CACHE"

A Newsletter for Members of CMC Backpacking Section

September 2020

Issue 15 - 2020



## Siesta for BPX Leader Brad Cotten Holy Cross Wilderness

Photo Credit - Brenda Riha

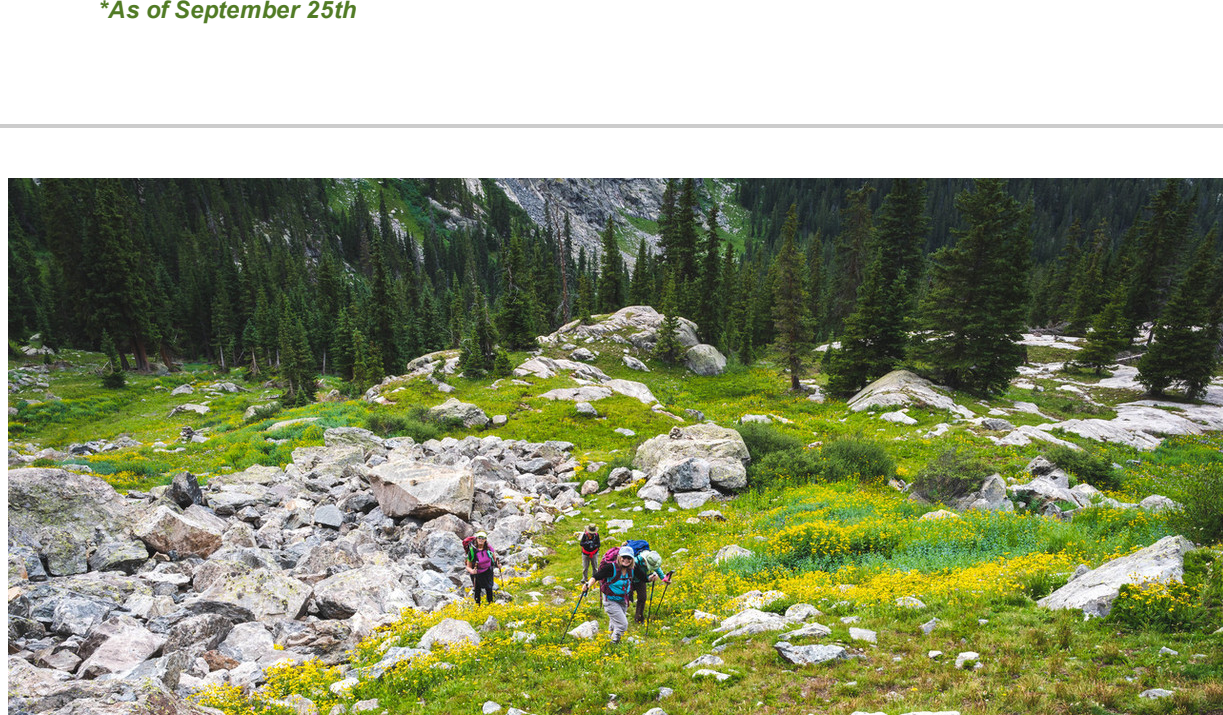
Uwe Sartori, (currently the BPX Trip Leader Coordinator, CMC BPX Trip Leader, AIARE Instructor; and former Pikes Peak BMS Director, HAMS Instructor, Denver Trip Leader School Director), is trying out a new short-term gig - that of 'Backpacker' Magazine 2020 Gear Tester team.

He responded to an on-line ad from Backpacker Magazine this past summer asking for volunteer Gear Testers for their marketing and promotion 360 Program. After writing an essay about what he brings to the table, Uwe was notified he'd been selected. Backpacker Magazine apparel and equipment companies will send him several test items for which he writes a review of his experience using the product. Then, it is wait-and-see if Backpacker publishes the review.

You can check out his first review of a Helly-Hansen hoodie here:  
<https://www.backpacker.com/gear/helly-hansen-lifa-active-solen-hoodie>

Does Uwe get paid - No way - but, he does get to keep the gear. He liked the HH hoodie so much he bought a second one.

Congrats, Uwe!



## Nolan Lake Vista

Photo Credit - Brendon Riha

## STEPPIN' OUT - TWO TRIPS AVAILABLE

10/2 - 10/4 Powderhorn Lakes Powderhorn Wilderness

No Standby - Leader *Uwe Sartori*

10/20 - 10/21 Wigwam Creek Lost Creek Wilderness Area

3 Standby - Leader *John Walters*

*Note: Cancellations have been excessive this season. In an attempt to combat this action the term "wait list" has been changed to "standby" in an effort to communicate with BPX members the commitment to a backpacking trip. Backpacking trips frequently require longer planning processes, may involve paying for permits or campsite reservations, or may require a BPX leader to change his/her time off work to lead the trip.*

*\*As of September 25th*



## Off Trail to New York Lake - Holy Cross Wilderness

Photo Credit - Brendon Riha

## BIRTHDAY BASH

### REGISTER NOW

**Staunton State Park Pavilion October 17 to celebrate  
BPX 1st BIRTHDAY**

Authorized by Denver Group Council on September 11, 2019 we are celebrating

**Our BPX Leaders**

**Over 1500 Members who heeded "Join the Pack"**

**47 Trips Offered**

**29 Trips Completed\* Despite CV19 and Wild Fires**

**3 pm - 5 pm Cake, Ice Cream, Beverages\***

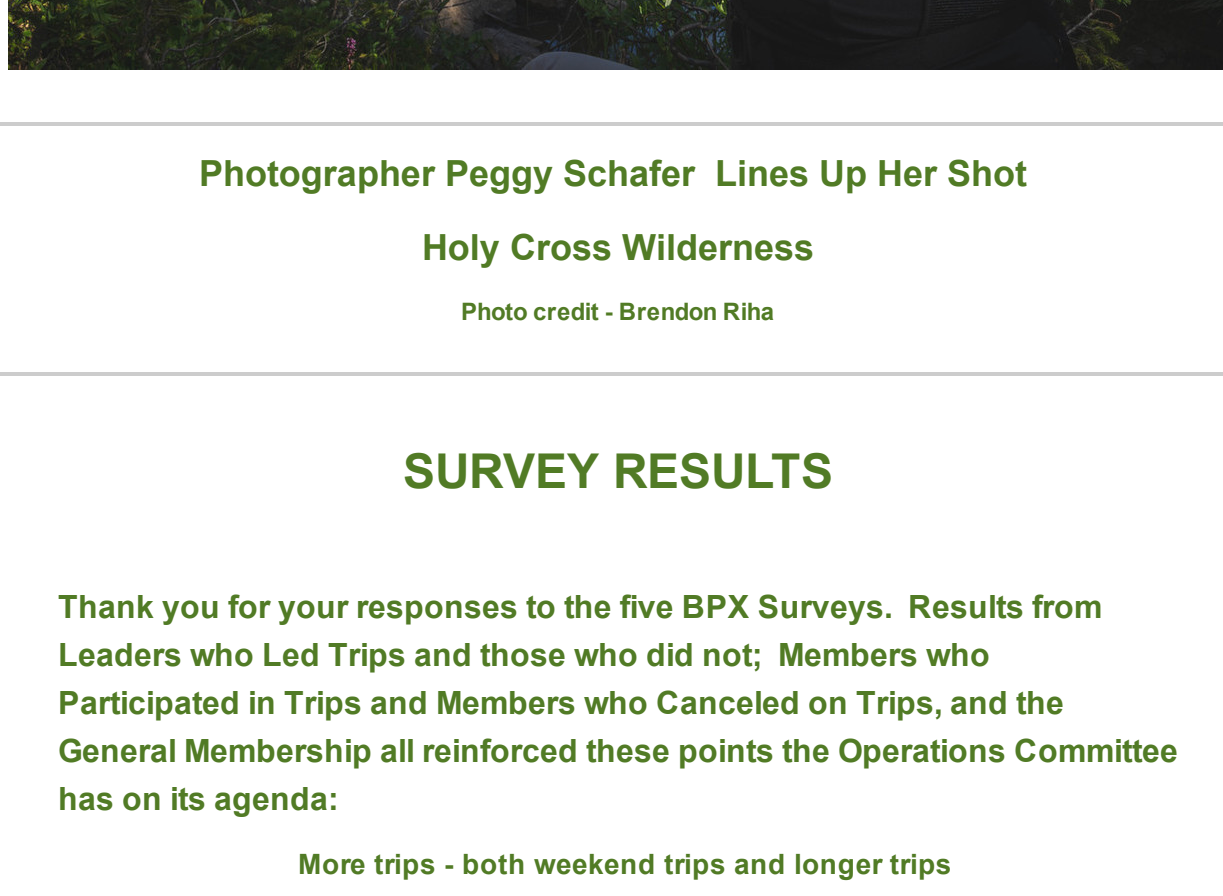
**Trash to Treasures - bring 3 pieces of backpacking gear to swap out with others**

**No fees, just be certain your gear is clean and has been wiped down with sanitizer**

\*Assumes all future trips completed

\* \$10 registration fee covers pavilion rental, food & beverages

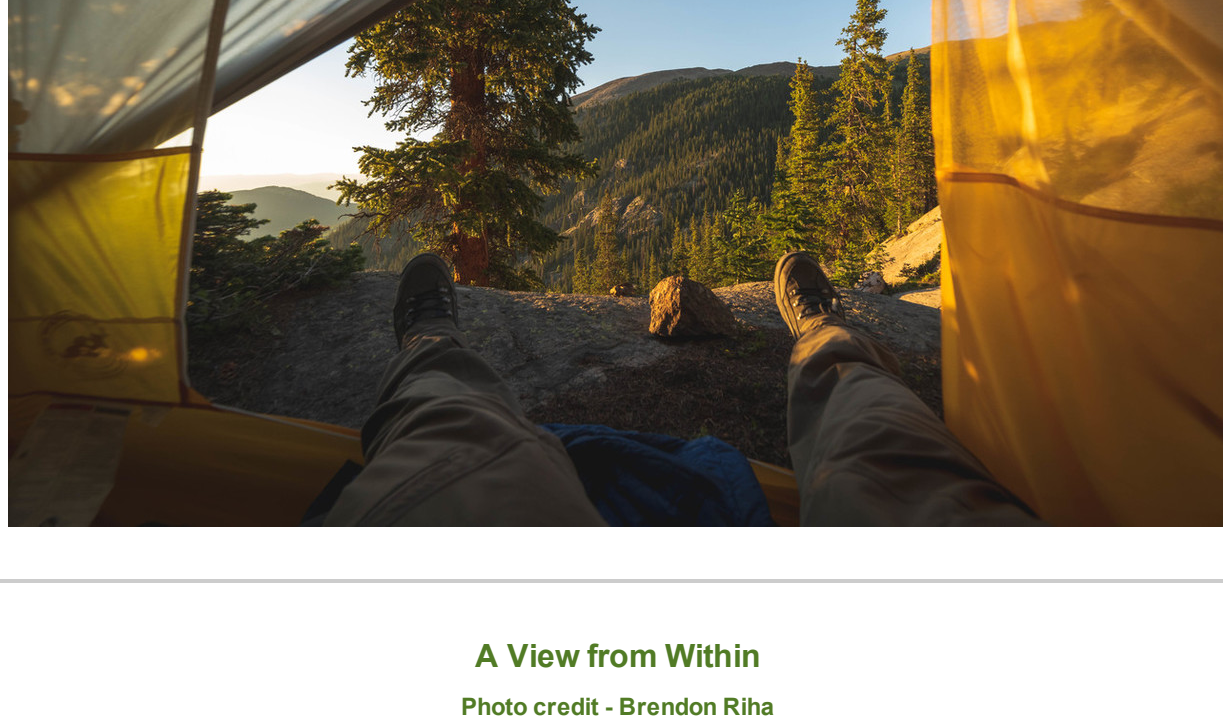
Register on line: <https://www.cmc.org/EventDetails.aspx?ID=50735>



## Newsletter Editor Needed for *Backcountry Cache*. If you have writing,

graphic or layout skills, we need **YOUR** talents. Please express

interest to: [lk14er@comcast.net](mailto:lk14er@comcast.net)



## Photographer Peggy Schafer Lines Up Her Shot

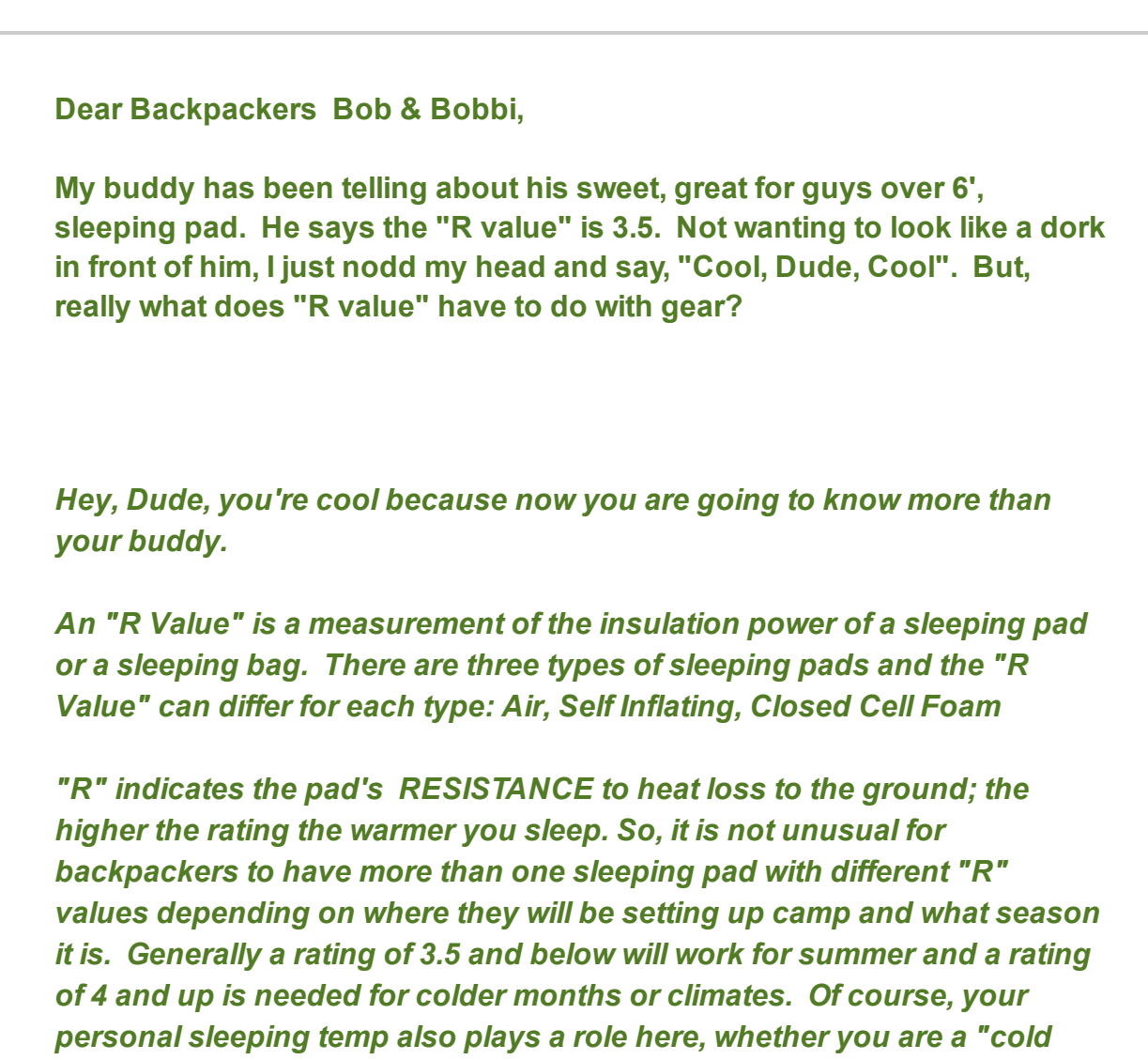
Holy Cross Wilderness

Photo credit - Brendon Riha

## SURVEY RESULTS

Thank you for your responses to the five BPX Surveys. Results from Leaders who Led Trips and those who did not; Members who Participated in Trips and Members who Canceled on Trips, and the General Membership all reinforced these points the Operations Committee has on its agenda:

- More trips - both weekend trips and longer trips
- More Member Engagement
- Improved Trip Rollout Process to Members
- Dues - 53% Yes; 47% prefer to pay for participation
- Stop the Roster Churn



## A View from Within

Photo credit - Brendon Riha

Dear Backpackers Bob & Bobbi,

My buddy has been telling about his sweet, great for guys over 6', sleeping pad. He says the "R value" is 3.5. Not wanting to look like a dork in front of him, I just nodd my head and say, "Cool, Dude, Cool". But, really what does "R value" have to do with gear?

*Hey, Dude, you're cool because now you are going to know more than your buddy.*

*An "R Value" is a measurement of the insulation power of a sleeping pad or a sleeping bag. There are three types of sleeping pads and the "R Value" can differ for each type: Air, Self Inflating, Closed Cell Foam*

*"R" indicates the pad's RESISTANCE to heat loss to the ground; the higher the rating the warmer you sleep. So, it is not unusual for backpackers to have more than one sleeping pad with different "R" values depending on where they will be setting up camp and what season it is. Generally a rating of 3.5 and below will work for summer and a rating of 4 and up is needed for colder months or climates. Of course, your personal sleeping temp also plays a role here, whether you are a "cold sleeper" or a "warm sleeper".*

*Check out this REI video on sleeping pads:*

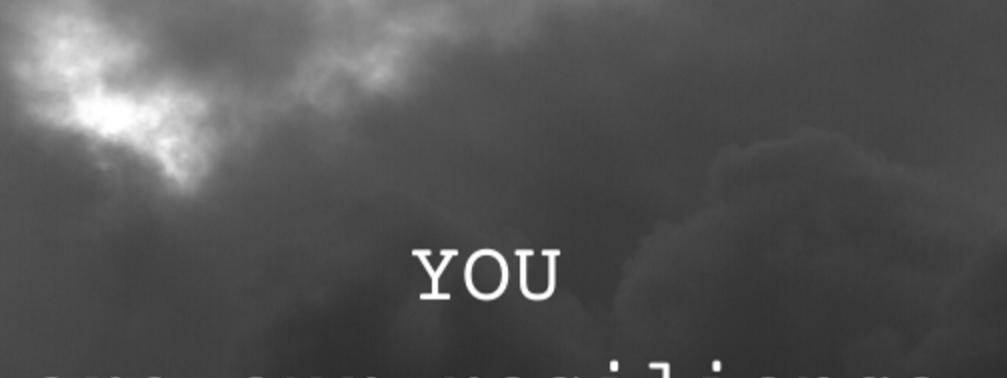
<https://www.rei.com/learn/expert-advice/sleeping-pads.html>

Quick Tip - if you ever forget your sleeping pad, or you can't fix a leak in it, try filling one or two of those trash bags you always carry in your pack with pine duff gathered from under trees in the forest. Stow it under your tent's footprint. You don't want it inside your tent because invariably the pine duff will have insects. When done with the pine duff, please practice LNT and return it under the trees or the area where you found it.

###



## Become a Backpacking Trip Leader!



With over 1200 members BPX is looking for additional backpacking trip leaders to 'Join the Pack' for 2021. Whether you are an experienced backpacker or an experienced trip leader who would like to lead backpacking trips, existing BPX trip leaders will guide and mentor you through the process to 'Join the Pack' and become a BPX trip leader. A major benefit of being a BPX Leader is a 'bank' of pre-planned trips from which you claim those you wish to lead.

Interested - Contact the BPX Trip Leader Coordinator at [CMCBPXTLC@gmail.com](mailto:CMCBPXTLC@gmail.com)



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 1500 MEMBERS have heeded our slogan**

**"Join the Pack"**

**as of September 1, 2020**

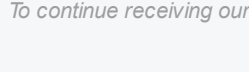
**THANK YOU FOR BECOMING A BPX MEMBER**

Want your great backpacking photo featured? Send it to [CMCBPXNewsletter@gmail.com](mailto: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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