



## COLORADO MOUNTAIN CLUB

PLAY LEARN EXPLORE PROTECT YOUTH RENEW



### "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

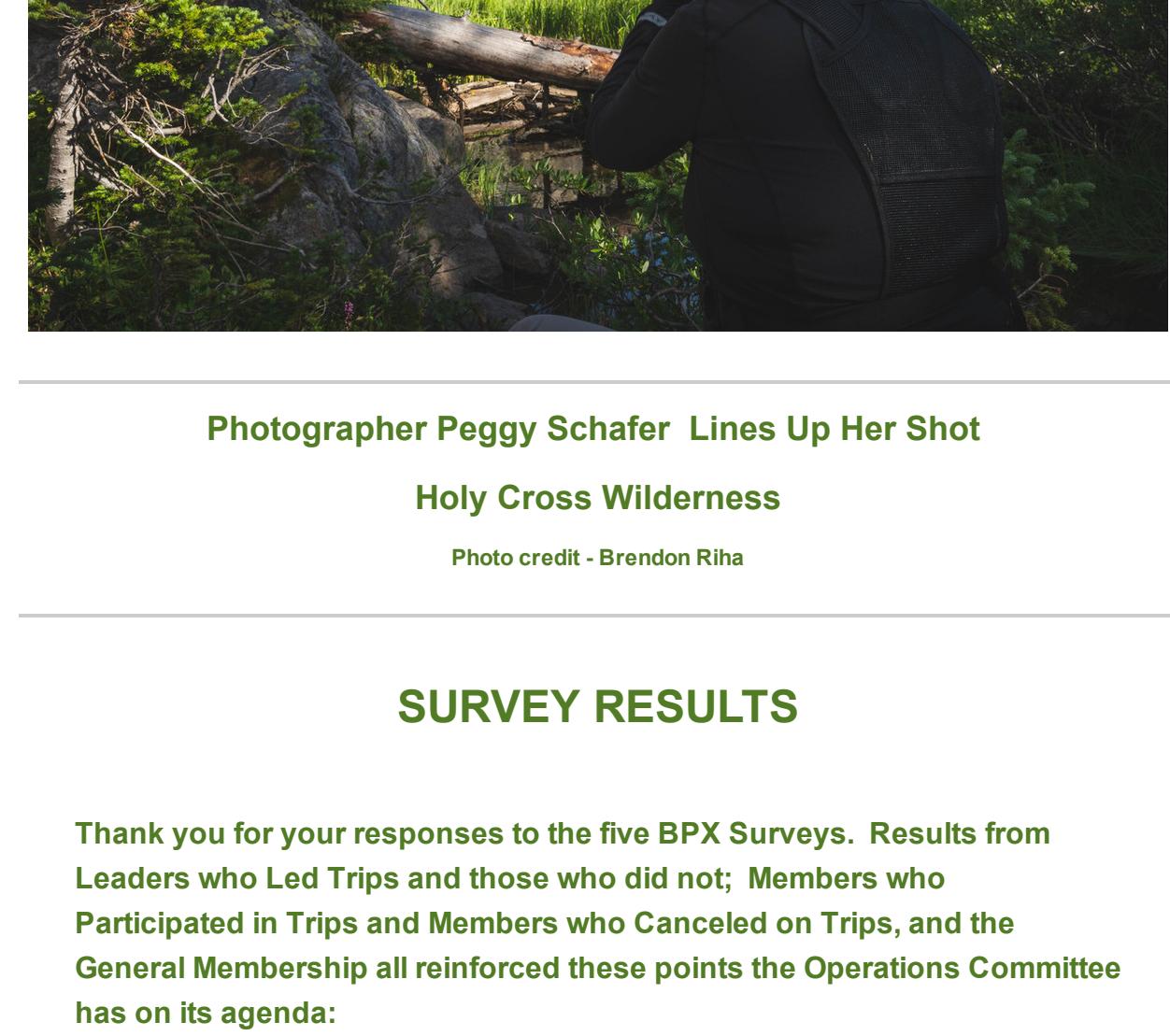
Uwe Sartori, (currently the BPX Trip Leader Coordinator, CMC BPX Trip Leader, AIARE Instructor; and former Pikes Peak BMS Director, HAMS Instructor, Denver Trip Leader School Director), is trying out a new short-term gig - that of 'Backpacker' Magazine 2020 Gear Tester team.

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

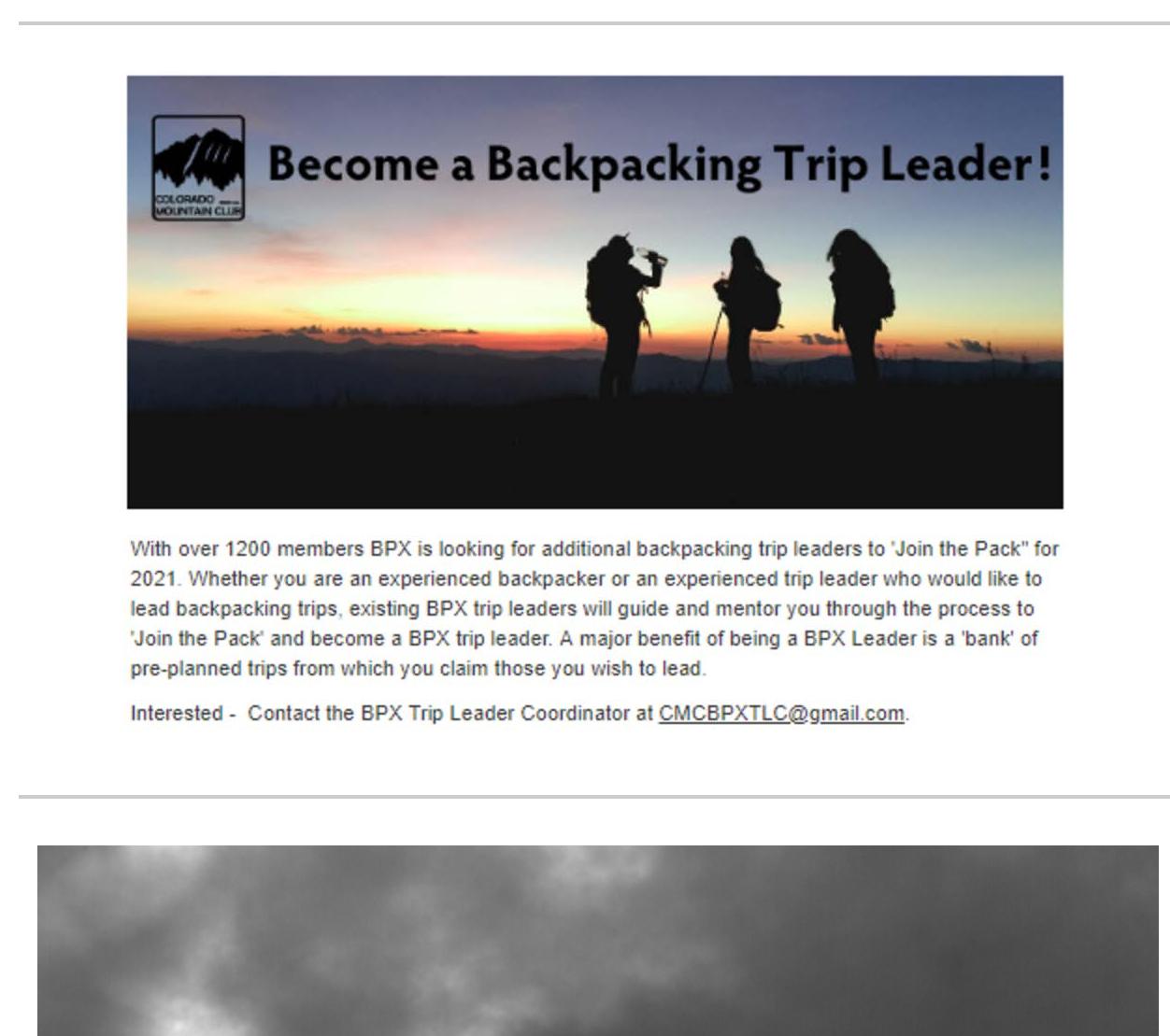
No Standby - Leader Uwe Sartori

##### 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 headed "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>



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#### 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, 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 trees in the forest. Stow it under the tent 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.

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