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BACKCOUNTRY CACHE

A Newsletter for Members of CMC Backpacking Section

January 2022

CHAIR'S CORNER - Uwe Sartori

From the BPX Committee to all of you - BPX Trip Leaders and Members - **Welcome to Season 3!** The CMC BPX theme for 2022 is "More"! More trips, more trip leaders leading trips, and more BPX members on them. And "Less"! Less fires, less cancellations, and less roster churn. Let's all commit to doing our part in making this season the best ever.

BPX Committee News - A shout-out to Danielle Pascatelli, former BPX Events Coordinator. She delivered some great events for our 2021 season. The Committee appreciated her service and will miss her.

Here are your 2022 BPX Committee Members:

| | |
|-----------------------|--|
| Uwe Sartori | Chair |
| Steve Wolf | Vice Chair/Trips Coordinator |
| Mercedes Aponte | Secretary/Interim BPX Events Coordinator |
| Louise Campbell-Blair | Treasurer |
| Randy Blosser | Interim Trip Leader Coordinator |
| Mike Holden | IT/Research Coordinator |
| Maggie Burns | Social Media Coordinator |
| Dinorah Lebron | Social Media |
| Leila Murphy | Communications Coordinator/Newsletter Editor |

Interested in serving the BPX community, then please email cmcbpx@gmail.com.

BPX TRIP LEADERS

The annual Stake Your Claim (SYC) event is coming up February 3, from 7 - 8:15. We will be showcasing the 2022 BPX Trip Catalog featuring 90+ trips in a variety of Colorado's beautiful outdoor wilderness and park areas. The BPX Committee will also give a presentation on what they have up their sleeve for upcoming season. And there will be some really cool SWAG giveaways for the attendees. Register Now!

BPX MEMBERS

Stay tuned for the release of the 2022 BPX Trip Catalog in mid-March. Look for more information on this and upcoming BPX events in the February Newsletter!

BPX WINTER BACKPACKS

BPX is offering 2 winter backpacking opportunities for members to get out in the Colorado Wild and not have to worry about bears, bugs, or people. Here are a few reasons to sign up for these trips:

- Give graduates of Winter Camping School and others with winter camping experience an opportunity to keep their skills sharp
- Prove that backpacking can be a 4 season activity
- Share and show off new equipment
- Provide CMC an opportunity to grow organically, providing members of the BPX section, as well as members at large, yet 2 more opportunities to experience adventure in the Font Range!

Feb 25-26 Fri-Sat Moderate [Burning Bear Trail - Pike National Forest](#)

March 25-27 Fri-Sun Moderate [TWO NIGHTS Front Range Location TBD](#)

SCHOOLS/EVENTS

BOULDER

AIARE AVALANCHE LEVEL 1

- [Jan 27](#)
- [Feb 3](#)
- [Feb 10](#)
- [Feb 17](#)
- [Feb 24](#)

AIARE AVALANCHE RESCUE [Jan 21](#)

AIARE AVALANCHE LEVEL 2 [Jan 21](#)

DENVER

DAY HIKER SCHOOL Virtual Alternative to Wilderness Trekking School. More info [here](#)

CPR/AED [Jan 26](#) [Feb 23](#)

WINTER CAMPING SCHOOL Starts [Feb 1](#)

AIARE LEVEL 1, DECISION MAKING IN AVALANCHE TERRAIN

- [Jan 21-23](#)
- [Jan 24-26](#)

- [Feb 18-20](#)
- [Feb 21-23](#)

AVALANCHE TERRAIN AVOIDANCE (ATA)

- Morning Seminar: [Feb 5](#) Afternoon Field Day: [Feb 5](#)
- Morning Seminar: [Feb 19](#) Afternoon Field Day: [Feb 19](#)

AIARE COMBO COMPANION RESCUE & AVALANCHE LEVEL 2 Starts [Mar 22](#)
TRIP LEADER SCENARIOS [Feb 20](#)

PIKES PEAK (PPG)

AVALANCE LEVEL 1 Starts [Jan 25](#)

WILDERNESS FUNDAMENTALS Starts [Feb 7](#)

WINTER WILDERNESS SURVIVAL SKILLS Starts [Mar 9](#)

TRIP LEADER SCHOOL Starts [March 14](#)

WINTER WILDERNESS SURVIVAL SKILLS Starts [Mar 9](#)

LAND NAVIGATION Starts [Apr 6](#)

WILDERNESS FIRST AID with CPR/AED Starts [Apr 21](#)

STATE

HYBRID WILDERNESS FIRST AID Multiple Offerings - Check CMC Calendar [here](#)

HYBRID WILDERNESS FIRST RESPONDER Starts [Mar 1](#)

2-DAY WILDERNESS FIRST AID [Feb 19](#)

HYBRID WILDERNESS FIRST AID [Pueblo: Feb 5](#) [Fort Collins: Feb 27](#)

TCS NAVIGATION Virtual Courses: [Nav1/Nav2 Info \(every month\)](#), [Nav1](#), [Nav2](#)

THE COMPASS - Uwe Sartori

Let's Tackle Roster Churn Before It Starts

I recognize with the way sign-ups are done for BPX trips, we will have folks cancel out. You sign up months out, and then life happens. Get that, and while a bummer, I have little issue with it. For the others though, how to keep them on-board, interested, and motivated to stay the course and not cancel out? A tough nut to crack for sure.

As a CMC Trip Leader (TL), I use communications as my main tool to develop a relationship with my teammates prior to the trip. Not only does this make for a better prepared and informed team, the appropriately timed notes along the way seem to help keep the roster more stable. As it has been said fairly loudly and often, the mega-bane for all TLs is roster churn; winding up with a minimum of 3 participants or less; making it likely the trip is canceled. (Note: CMC approved BPX Trips for a minimum of 3, including the TL, with the requirement that the TL has to possess a 2-way communications device like a Garmin InReach, Bivy Stick or SAT phone. I digress.) Point is you and I have put in a ton of time in developing a wonderful adventure for our BPX members. A little more work up front may be worth it to keep it filled.

These are the things I have done, try to do, like to do, and will do better this coming season:

- A welcome note to the the person when they sign up. This used to be easy - the scheduling system used to send out an e-mail. That capability is DOA and not to be revived until the new system is deployed. Yes, it means a little more work - leaders must now check the scheduler regularly for sign-ups. In my opinion the extra work is worth it.
- Sometime between the sign-up and trip date, a note with information about the adventure you have planned. You can include interesting facts, history, and landmarks to look-out for. You're sharing

- knowledge, educating, and strengthening the buy-in of folks who signed up.
- Zoom session 2 to 3 weeks out - yeah, yeah, I know. God, not another Zoom session, please! Actually, this is a great way to do a simple intro of yourself and your teammates, talk about the trip, gear, individual goals, toss around questions to each other. If you're organized, 30 minutes is plenty.
 - A week prior, a huddle up e-mail to review logistics, confirm roster, review the trip plan, answer questions. Talk about the trending weather forecast, any data you've collected from the Forest Service or other sources.
 - The day prior, send out a final itinerary. This document can serve as what your teammates give to their significant others/friends. It should include the dates, the TH location, and other information - much of which is in the scheduler. It should also include your emergency plan, with the date/time of contact/return, noting if not heard from by then, begin the emergency protocol listed in the itinerary.

I believe any one, combination of, or all of these will help to keep your folks motivated and energized to maintain their commitment, and hopefully your roster churn reduced. I try to include a message in each of my communiques if a change in plans is in the works, be considerate of those who are on standby, and don't wait until the last minute to cancel out on the trip. One final note, I include the standby folks as well on all my communications. I have found by doing this, I am not chasing e-mails and documents should they indeed move to the roster; plus the standby person is already informed and prepared.

We'd love to hear about and share your ways and techniques to keep folks on the roster. Send to cmcbpxtlc@gmail.com. Yours may be published in a future newsletter.

Q&A With Backpackers Bob & Bobbi

Hyke & Byke (hykeandbyke.com) offers some great tips on ultralight backpacking. Here are a couple of their articles to kick off the 2022 season:

[12 TIPS: DON'T LET WEATHER CONDITIONS HOLD YOU BACK!](#)

[WHAT TO WEAR BACKPACKING: A BEGINNER'S GUIDE](#)

BPX MEMBER INFO

BPX FACEBOOK: [BPX FB](#) Send Photos and Trips Reports to feature on the BPX Facebook Page to: maggie.burns1@gmail.com

BPX INSTAGRAM: [@co_backpacking_bpx](#)

BPX LINKS: Click [here](#) for BPX web page, [here](#) for BPX Member Benefits, [here](#) for CMC Member Benefits, and [here](#) for discounted Colorado State Parks Pass.

COVID PROTOCOLS: Check [here](#) for latest CMC update on Jan 11.

COTREX WEBINARS: [Module 1](#) [Module 2](#)

FIRE INFO: [National Interagency Fire Center News](#) [Colorado Fire Restrictions](#)

COLORADO AVALANCHE INFO: Click [here](#)

For foothill outings, remember to check the website for your trip to make sure there are no closures due to mud, hunting, wildlife calving, etc.

LEAD THE PACK

Looking for awesome CMC Trip Leaders from ALL CMC groups interested in expanding their trip repertoire by leading backpacking trips. Email your interest and experience to cmcbpxtlc@gmail.com. There are a variety of paths to becoming a BPX Trip Leader, and the BPX Team will help you get there. Let's talk!

HELP WANTED - Trip Leader Coordinator

The Trip Leader Coordinator duties include recruiting trip leaders and communicating with them on BPX policies, best practices, and other appropriate matters. Qualification for TLC are: 1) current member of CMC; 2) certified and current CMC Trip Leader; 3) BPX-accepted backpacking Trip Leader; and 4) willingness to be a member of the BPX Committee. Send inquiries to cmcbpxtlc@gmail.com.

Want to contribute to "The Pack"? Send your backpacking photos and articles to cmcbpxnewsletter@gmail.com so we can feature it in our Backcountry Cache Newsletter. Please include your name, location, and date.

CMC Backpacking Section Supports Leave No Trace

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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