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BACKCOUNTRY CACHE

A Newsletter for Members of CMC Backpacking Section

August 2023

CHAIR'S CORNER - Uwe Sartori

I won't talk about how fast the summer has gone, but happy to share some tips. Camp fires are not permitted in Wilderness Areas; cooking stoves are. We are entering the dry season. For extra credit, if you see the remnants of a campfire in your camp area, break it down. All you need are a pair of work gloves, a little dirt bag, and a trowel. I started doing this last season and knocked down about a dozen. Great for a feel good. The Forest Service appreciates it. H2O -be aware as the summer season moves on, some water sources will dry up. Confirm water sources on your route. Plan accordingly. Something I want you to think about: "*Carry, Don't Bury*". You know what I am talking about. At least think about it. I started 2 years ago. Another feel good. The Forest Service appreciates this, too. A request: SHARE. You can enter a trip report of your experience on the CMC website. Send pictures of your trips, and we'll publish them in our social media and newsletter. Sharing your experiences and pictures of your BPX trips may just motivate another member to take the backpacking plunge!

Finally, I want to recognize Eric and Gwyneth Gerber for putting together our inaugural BPX Family Backpacking Trip! One of many to come we hope. Three days of family fun: Fancy, Treasure Vault, and Missouri Lake. In addition to Backpacking, the Backpacking Section now offers Camping, Winter Camping, and Family Backpacking & Camping.

4th ANNUAL BPX BASH

Please join your BPX Committee, BPX Trip Leaders, and fellow BPX members in an end of season bash! We'll provide lunch, a corn hole tournament, giveaways, awards, and lots of laughter!

When: Saturday, October 7 10:30-1:30

Where: Clement Park, Shelter N

Register

UPCOMING BPX TRIPS

Trip registration is initially restricted to 3 BPX Backpacking and/or Camping trips, whether you are on 3 separate trip rosters, 3 waitlists, or a combination thereof. However, BPX members can now sign up for any September trips, regardless of how many BPX trips they have already registered for. Remember that you must be a member of the BPX Section to join a BPX Trip. See BPX Renewal info below.

E=Easy M=Moderate D=Difficult

Aug-Sep Trips With Openings*

Aug 25-27 Fri-Sun D [Deep Lake & Heart Lake from Sheep Lake TH Returning over Medicine Bow Peak](#)
Aug 26-28 Sat-Mon E [Turquoise Lake Printer Boy Campground Camping Trip](#)
Aug 28-31 Mon-Thu D [Mount Harvard & Other Collegiate Peak 14ers Camping Trip](#)
Sep 1-7 Fri-Thu D [BPX & High Peaks Joint Venture: Summer in the San Juans](#)
Sep 5-8 Tue-Fri M [Split Mountain Campground in Dinosaur Natl Monument Camping Trip](#)
Sep 5-9 Tue-Sat D [Washakie Pass, Lizard Head, and Cirque of the Towers Loop](#)
Sep 7-10 Thu-Sun D [5 Pass Loop Tour of the Horns from Matterhorn Creek TH](#)
Sep 13-17 Wed-Sun D [Washakie Pass, Lizard Head, and Cirque of the Towers Loop](#)
Sep 16-18 Sat-Mon M [BPX Mystery Destination--Navigation WITHOUT Modern Tech](#)
Sep 30-Oct 1 Sat-Sun M [American Lakes from American Lakes TH](#)

Aug-Sep Trips With 0-1 on Waitlist*

Aug 23-24 Wed-Thu M [Rich, Rough, and Tumbling Creed from Rich Creek TH](#)
Aug 23-26 Wed-Sat M [Skinny Fish Lake from Skinny Fish TH/Wall Lake from Wall Lake TH](#)
Aug 25-27 Fri-Sun D [Colorado Trail - Segment 6 from Kenosha Pass West TH](#)
Aug 25-27 Fri-Sun D [Slide Lake and Continental Divide from Rainbow Lake TH](#)
Sep 6-8 Wed-Fri M [Elliot Ridge and Gore Range Trail from Elliot Ridge TH](#)
Sep 8-10 Fri-Sun M [Finch and Pear Lakes, RMNP](#)
Sep 14-16 Thu-Sat M [Deer Lake from Stillwater Reservoir TH](#)
Sep 15-17 Fri-Sun D [Comanche Venable Figure-Eight from Comanche Venable TH](#)
Sep 19-21 Tue-Thu M [Abyss and Helms Lakes from Bierstadt TH to Burning Bear TH](#)
Sep 22-27 Fri-Wed D [Tour of Mount Zirkel Wilderness Lakes from Katherine TH](#)

*As Of August 19. Continue to check the CMC Website since Leaders add trips throughout the season.

You can check your trip status by hovering over your name at the top of the main CMC Home Page and selecting the *My Activities* option from the dropdown. This brings up a page with the activities you have registered for along with your status--Registered (on the trip) or Waitlist and your position on the waitlist. If you are on the waitlist, keep checking since there are often cancellations.

Whether you are on a waitlist or a roster, if you decide to NOT go on a trip, please CANCEL AS SOON AS POSSIBLE. It may not seem necessary if you are on a waitlist, but many trips have a relatively high turnover shortly before the trip, so please cancel from waitlists as well to open up a spot for the next person.

[Mountain Side Gear Rental](#) in Golden rents backpacking gear with a 25% discount for CMC Members.

SCHOOLS/EVENTS

DENVER

[WILDERNESS TREKKING SCHOOL \(WTS\)](#) Starts Sep 5. [Registration Now Open.](#)

[DAY HIKER SCHOOL](#) Virtual Alternative to WTS. More info [here](#)

[TRIP LEADER SCHOOL](#) More info [here](#)

[CPR/AED](#) [Oct 2](#)

[BACKCOUNTRY INCIDENT MANAGEMENT SCHOOL \(BIMS\)](#) [Sep 23](#)

PIKES PEAK (PPG)

[WILDERNESS FUNDAMENTALS](#) [Classroom Sep 25](#), [Field Sep 30](#)

STATE

[WILDERNESS FIRST AID/FIRST RESPONDER](#) Multiple Offerings - Check CMC Website [here](#)

Continue to check the CMC website for additional courses.

BPX TRIP REPORTS

[American Lakes, Eagles Nest Wilderness, State Forest State Park](#)

[Trip Leader Dave Molyneaux - Denver Group](#)

A short but sweet 2 day BPX trip to American Lakes in State Forest State Park! Excellent weather, lots of wild flowers, and a great group of people. We day hiked to Snow Lake and Thunder Pass and even had breakfast with some friendly locals at our campsite on Sunday morning. Photo credits to Peggy Schafer.



[Crater Lake and Lone Eagle Peak, Indian Peaks Wilderness](#)

[Trip Leader Louise Campbell-Blair - Denver Group](#)

A Great BPX trip up to Crater Lake and Lone Eagle Peak in IPW. No rain and no mosquitoes! All agreed camping by Cascade Creek turned out to be better than at the lake - more space & solitude.



Please share your BPX Adventures, Trip Reports, and Photos with the rest of us, your backpacking community. You can add them directly to FB and Instagram or send them to maggie.burns1@gmail.com, and she will post them for you on FB. Send them to cmcbpxnewsletter@gmail.com to publish in the BPX Newsletter.

BPX TIP OF THE MONTH

Updating Your CMC Profile and Setting Alerts and Notifications

Since it's the 1st anniversary of the new CMC Website, it's time to checkout/update your membership information if you haven't already done so. Start by logging into the CMC website, click on your name in the upper right corner, and select an option on the subsequent dropdown menu. Here is an explanation for some of the options:

- **My Profile.** Shows the Group and any Sections you belong to as well as badges you've earned, including Leader, Instructor, and Course. If any of this data is incorrect, contact the CMC Office since, except for Group, you cannot update this information. Note that Trip Leaders may view your profile to get an idea of your experience. (There were issues migrating profile information from the old website). There are also a several links to access the EDIT PROFILE Page.
- **My Preferences.** Brings up the EDIT PROFILE Page.
- **My Activities.** Shows the trips you are currently registered for and, if you are on the Waitlist, your position. It also shows the history of your past activities including maybe some from the old website.
- **My Payments.** Shows your payment history on the new CMC website.
- **My Membership.** Shows your membership renewal date, which at least currently is the date for both your CMC and BPX membership renewals even if you did not join/renew them at the same time.
- **My Waiver.** Provides a link to Re-sign your waiver.

EDIT PROFILE Page:

This page is broken down into several sections. You can expand a section by clicking on the + symbol on the right-hand side.

- **Member Profile,** where you can change your password, add your picture, enter a short biography, select activities you are interested in, etc. Clicking in the Activities box brings up a dropdown of activities to choose from.
- **Contact Information,** including your emergency contact.

- Email Newsletter Preferences for mailings from the Executive Director, Rucksack, Groups, Sections, etc. Currently setting these preferences may not work for all newsletters since some have not yet migrated to the new website, including the BPX Newsletter.
- Membership & Donation Preferences includes the option to set your Carpool Preferences.
- **Alerts & Notifications Preferences.** *This is a really useful feature of the new website.* Instead of having to continually peruse the CMC Calendar for trips and activities you are interested in, you can set up alerts to automatically notify you when a trip/activity is posted.
 - Frequency of alerts: as soon as posted/daily/weekly
 - Activities for alerts, like Backpacking, Hiking, Wilderness Medicine, etc. Clicking in the Activities box brings up a dropdown of activities to choose from.
 - Group(s) for the Activity alerts
 - Courses, Clinics, & Seminars for alerts
 - Group(s) for the Course/Clinic/Seminar alerts

Make sure you select the **Save** button at the bottom of the page.

Click [here](#) to see a tutorial on editing your profile, courtesy of Kathy Crawford of the Rocky Mountain Over The Hill section.

BPX MEMBER INFO

BPX FACEBOOK: [BPX FB](#) Send Photos and Trips Reports to post on 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, and [here](#) for CMC Member Benefits.

BPX MEMBERSHIP RENEWAL: When renewing your CMC Membership, remember to choose the Backpacking Section for an additional \$20 on the SELECT YOUR SECTIONS page. You can also join/renew your BPX membership any time by clicking [here](#) or calling the CMC Office at (303) 279-3080.

DENVER GROUP MILEAGE REIMBURSEMENT GUIDELINES: [here](#)

FIRE INFO: [National Interagency Fire Center News](#) [Colorado Fire Restrictions](#) [Wildfire Risk Management Checklist](#)

Reminder that COTREX shows current closures due to incidents like wildfires whereas Gaia and other apps do not.

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.

JOIN

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