



COLORADO MOUNTAIN CLUB

BACKPACKING SECTION



BACKCOUNTRY CACHE

A Newsletter for Members of CMC Backpacking Section

February 2025

CHAIR'S CORNER - Louise Campbell-Blair



How are your New Year's resolutions going so far? Did you make a promise to try something new this year? Maybe it's time to explore a new Wilderness Area, take on the role of a BPX Trip Leader, or hit the trails with skis or snowshoes to get in shape for summer backpacking. With backcountry permits already open, now's the perfect time to start planning.

Your BPX Committee is busy fine-tuning the more than 100 trips already in the BPX Trips Catalog, including 25 exciting new ones for you to explore. Trip Leaders will be gathering to share their ideas and expertise at the newly renamed '*BPX Trip Leader Summit*' on March 19. BPX Trip Leaders can register for the BPX Trip Leader Summit [here](#). Then, we're excited to welcome all BPX Members and Trip Leaders to the '*BPX Member Summit*' on April 23. See more information on the BPX Member Summit below.

We've secured some great locations for these signature events. Fun, food, and beverages are included in your BPX Membership, so there is no extra charge. Registration for both events is open, so grab your spot(s) now.

Stay connected with us – we love hearing from you on our socials and at cmcbpx@gmail.com. We'd also appreciate your feedback on the new look of our newsletter. Please email your comments to cmcbpxnewsletter@gmail.com.

BPX MEMBER SUMMIT - April 23

Previously call the BPX Member Trip Rollout, the BPX Member Summit showcases the 2025 trips your BPX Section Committee and BPX Trip Leaders are putting on the calendar. This is a fun night to get together with your fellow outdoor enthusiasts and backpacker friends to plan YOUR upcoming season! We'll roll-out the trips for the spring, summer, and fall, and share the stoke for those alpine lakes, dirt trails, and beautiful views! Food and drinks will be provided. This event is for BPX Members AND BPX Trip Leaders.

This is a hybrid event so you can join either in-person or via Zoom-- please indicate when registering. The in-person event this year will be at the Holiday Inn Lakewood: 7390 W Hampden Ave, Lakewood, CO 80227.

Register Here

BPX TRIP REPORTS

Wind River Basin Backpack - Rocky Mountain National Park

Trip Leaders Eric Butler and Wayne Howell - Denver Group

This CMC BPX Winter Backpacking trip along the Wind River in RMNP was an unforgettable one-night, two-day adventure for our group of six.

Day 1: A Spectacular Hike In

We set out under crisp winter skies, trekking through a breathtaking alpine landscape. The trail followed the Wind River, winding past snow-draped pines and frozen meadows, with the occasional glimpse of distant peaks. The hike in was challenging yet invigorating, as we moved through fresh powder and admired the quiet beauty of the backcountry.

Upon reaching our campsite, we set up camp and gathered for a well-earned meal. Warm food and good company made for a perfect evening. Later, we embarked on a night hike to warm up before we settled into our tents, where the moonlit snow sparkled around us, and the forest stood hushed under a star-filled sky. We were lucky enough to catch a glimpse of a fast moving Snowshoe Hare.

Overnight: A Snowy, Blustery Night

As the night deepened, the wind picked up, transforming our peaceful camp into a swirling snow globe. Gusts whipped through the trees, rattling our tents and adding an extra layer of adventure to the experience. Despite the elements, everyone stayed warm and secure in their winter gear, embracing the rugged beauty of the moment.

Day 2: A Bright and Beautiful Hike Out

By morning, the wind had settled down a bit, and the first light of day revealed a world dusted in fresh snow. With the sun shining we shared breakfast together and then packed up and started our hike back, moving through a winter wonderland that felt both serene and alive.

As we reached the trailhead, there was a shared sense of accomplishment and appreciation for the incredible experience we had together. The combination of stunning landscapes, camaraderie, and the challenges of winter camping made this a truly memorable trip.

DENVER BACKPACKING SCHOOL - Registration Opens March 1!

Every year, the Denver Group's Basic Backpacking Course introduces scores of hikers to the art and science of backpacking in the Rockies. Find more info and sign up [here](#).

In this school, you'll learn everything from gear to trip planning. We have modules on food, pack weight, navigation, weather, what to wear, and more. After the lectures and field day, students are eligible to sign up for three trips in which they can practice their skills.

The lectures run through June, with an optional Gear Checklist meeting on May 7. Trips occur late June through August. You must have Wilderness Trekking School (Spring 2025 students are permitted) or a waiver from the WTS directors.

This school is super fun. Students and instructors make lifelong friends here. It's a great way to prep for a lifetime of backpacking in Colorado, with the CMC and on your own.

Questions? Email co-director Lisa at lisa.erin.shroyer@gmail.com

BPX TRIP LEADER BACKPACKING KIT

Here is the backpacking kit BPX Trip Leader Daniel Schweissing started out with about 1975. Looks like he was an early

ultra-light adopter..



BPX TIP OF THE MONTH

First Responder Access to Medical Info on Your Cellphone

Both iPhone and Android phones allow first responders to access your critical medical information without needing your passcode. They can see information like allergies and medical conditions as well as who to contact in case of an emergency.

iPhone:

Accessed from the Lock screen (the screen where you enter your passcode). In the lower left corner is the word **Emergency**. Tap on it to bring up a screen where you can make an Emergency call without unlocking the phone. In the lower left corner of this screen is *** Medical Id**. Tapping on this brings up the *** Medical Id** screen displaying the information you have set up in the Health App. This includes things like medications, allergies, medical conditions, and blood type as well as emergency contacts and if you are an organ donor. To make your Medical ID available from the Lock screen, in the Health App turn on **Show When Locked**. Turn on **Share During Emergency Call** to automatically share your Medical Id with emergency services when you make a call or send a text to emergency services.

There are many Android models, and all differ slightly in how to set up a Medical ID as well as how to access it from a locked screen.

Samsung Galaxy:

- Open the Settings menu
- Scroll down to the Safety and Emergency section
- Select Medical Information and enter health information like your date of birth, allergies, and blood type. Toggle on **Show on Lock** to allow access to the information for emergency responders
- Select Emergency Contacts to enter your emergency contacts and toggle on **Show on Lock Screen**
- To view your medical ID from the lock screen, tap **Emergency Call** and then tap **View medical info**

Google Pixel:

- Open the Personal Safety app (called **Safety** in your **App** drawer), sign in to your Google Account and tap **Your info**
- For Medical information, tap **Medical information** to add info like allergies or medications
- For Emergency contacts, tap **Emergency contacts > Add contact >** The existing contact you'd like to add
- To show your emergency info when your screen is locked, tap **Allow access to emergency info > Show when locked**
- To view your medical information from a locked screen, swipe up and then tap **Emergency > View emergency info**

Remember that your phone must have sufficient battery to be useful to both you and responders in an emergency situation. Carry an additional battery pack, especially if you are using your phone for navigation or taking lots of pictures. And in the winter, protect your phone from the cold! Cold can cause it to have shortened battery life, touchscreen issues, trouble charging, and even shut down.

TREAD LIGHTLY

Sustainability, Recycling, Leave No Trace

You can dispose of your unwanted prescription medicine safely at your local pharmacy, but what about those orange containers? The orange plastic bottles are made from polypropylene (#5) and can be placed in your regular household recycling bin. They also make great containers for your first aid items. Remove the label easily by lifting a corner then applying gentle heat with a hair dryer.



UPCOMING BPX TRIPS

There currently are no BPX winter trips scheduled, but a fall camping/hiking trip to Escalante Petrified Forest State Park Campground is already on the books. So please continue to stay tuned to the CMC website for upcoming BPX backpacking and camping outings.

SCHOOLS/EVENTS

DENVER	
DAY HIKER SCHOOL Virtual Alternative to WTS.	More info here
TRIP LEADER SCHOOL	More info here
WILDERNESS TREKKING SCHOOL	Starts Apr 8
BACKPACKING SCHOOL	Starts May 7
CPR/AED	Feb 27 Apr 3
AIARE 1	Starts Feb 21 Mar 14
AIARE 2	Starts Apr 11

AVALANCHE RESCUE

[Mar 9](#)

PIKES PEAK

AIARE AVALANCHE RESCUE

[Mar 2](#)

WINTER WILDERNESS SURVIVAL

Starts [Mar 5](#)

LAND NAVIGATION

Starts [Apr 16](#)

WTS - WILDERNESS FUNDAMENTALS

Starts [May 5](#) [Sep 15](#)

INTRO TO BACKPACKING

Starts [Jun 9](#) [Aug 11](#)

NORTHERN COLORADO

AVALANCHE RESCUE

[Mar 8](#)

AIARE 1

Starts [Mar 28](#)

MOUNTAIN HIKING COURSE

Starts [Mar 10](#)

STATE

WILDERNESS FIRST AID/FIRST RESPONDER

Multiple Offerings - Check CMC Website [here](#)

Continue to check the CMC Website for additional courses.

BPX MEMBER INFO

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 calling the CMC Office at (303) 279-3080.

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

COLORADO ROAD INFORMATION: [here](#)

COLORADO AVALANCHE INFO: Click [here](#)

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

CMC Backpacking Section Supports Leave No Trace

[View BPX Calendar](#)



The Colorado Mountain Club

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