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# BACKCOUNTRY CACHE

A Newsletter for Members of CMC Backpacking Section

February 2022

## CHAIR'S CORNER - Uwe Sartori

2021 was a great year. 2022 will be another record breaking year: *more leaders leading more trips and more BPX members on trips*. We're working hard to make this happen. For 2022, BPX is supporting a few winter and out of state trips, as well as 10 car camping trips. We are also planning three 1-night gear shakedown trips for members dialing in their gear and backpacking attitude.

The annual *BPX Trip Leaders Stake Your Claim* event kicked off our 2022 season on February 3rd. A 'zooming' time during which we released the **2022 BPX Leader Trips Catalog**. (A week later, already over 22 trips claimed). Plan for the annual *BPX Members Trips Catalog Release* event on March 15. Hope to see you there! More information on this member event below.

Interested in serving the BPX community as either a Trip Leader or a member of the BPX Committee, then please email [cmcbpx@gmail.com](mailto:cmcbpx@gmail.com).

## BPX TRIP LEADERS

Thanks for attending the annual Stake Your Claim (SYC) event! Remember Trip Leaders have until February 28 to claim trips that will be included in the Trip Catalog released to BPX members on March 15.

## BPX MEMBERS

### BPX Trip Rollout March 15

Welcome BPX Members to the 2022 Trip Rollout event to kick off another great season of backpacking! This year's Catalog features backpacking trips as well as car camping outings in a variety of Colorado's

beautiful outdoor wilderness and park areas.

This will be a hybrid event, so BPX members can either sign up to attend in person at the AMC in Golden or virtual on Zoom. Here's the schedule:

- 6:30 - In-person event starts with registration, and socialization.
- 6:40 - Zoom participants can start joining.
- 6:45 - BPX Committee gives a presentation with a review of last year, information on this year's trips and gear shakedowns along with sign-up instructions, and a few BPX Trip Leader presentations on their favorite trips from last year.

Afterwards, in-person attendees can continue to mingle and interact with BPX Trip Leaders and Committee Members. Please use the Zoom option if you are not feeling well or have been exposed to COVID.

For on-line attendees, we will send out the Zoom link the day before the event.

The BPX Committee looks forward to "seeing" everyone there, either in-person or virtually!

In-Person Registration

Zoom Registration

**TRIP CATALOG MEMBER MAILING** - March 16. BPX Members will receive an email with links to all the BPX Backpack Trips and Car Camping Outings available to date. This way members can start planning for trips they would like to go on before registration opens up. Each trip will have a description including the destination, dates, leader, and difficulty rating.

**2022 BPX TRIP REGISTRATION** - April 1 (no April Fooling). Starting this date, all scheduled BPX Trips will open up for sign-up. Continue to check the CMC Trips Calendar for more trips added later!

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## BPX WINTER BACKPACKS

There are still openings for 2 winter backpacking opportunities for members to get out in the Colorado Wild and not have to worry about bears, bugs, or people.

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

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

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## SCHOOLS/EVENTS

### BOULDER

#### AIARE AVALANCHE LEVEL 1

- [Feb 24](#)
- [March 3](#)
- [March 10](#)

## DENVER

WILDERNESS TREKKING SCHOOL(WTS) Starts April 12. More info [here](#)

BACKPACKING SCHOOL(BKPS) Registration opens March 1. More info [here](#)

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

WILDERNESS SURVIVAL SCHOOL (WSS) More info [here](#)

CPR/AED [Feb 23](#)

AIARE COMBO COMPANION RESCUE & AVALANCHE LEVEL 2 Starts [Mar 22](#)

## PIKES PEAK (PPG)

AVALANCHE AWARENESS Free Zoom by Matt Luber from Colorado Avalanche Information Center. [Mar 8](#)

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

TRIP LEADER SCHOOL Starts [Mar 14](#)

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

LAND NAVIGATION A Starts [Apr 6](#)

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

GPS Basics Class [May 9](#)

BMS - Wilderness Fundamentals Starts [June 6](#) [Sept 12](#)

BMS - Intro to Backpacking Starts [July 6](#) [Aug 15](#)

## STATE

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

HYBRID WILDERNESS FIRST RESPONDER Starts [Mar 1](#) [May 10](#)

2-DAY WILDERNESS FIRST AID [Den: Apr 23](#) [June 11](#)

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

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

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## THE COMPASS - Pat McKinley

### Share Your Love of the Mountains and the History and Stories of the Trail

Each of us is unique in how we see the world around us and therefore, how we describe what we see and enjoy. Our unique view of the wonders of the mountains gives us an opportunity to enhance our BPX trips when we lead others into the wilderness. As a beginning, we have skills for organizing and leading trips into the wilderness which are a necessary element for the participants' safety and comfort while navigating the BPX adventure. Some of these skills have been discussed in previous articles. How can we enhance the participants' experience beyond arriving at the trailhead adequately equipped and at the destination safely?

Colorado has an interesting history to be explored as part of each BPX trip. A brief investigation provides good stories and interesting destinations. A popular BPX destination many of you are familiar with is Lost Creek Wilderness Area. The Goose Creek entrance provides the most popular route into the southeastern park, to a ghost town and purposed reservoir site. The history of the ghost town where men lived while working on the potential reservoir is great fun and provides the trip leader with stories to share. The geology of the area is beautiful and provides opportunities for those interested in photography or exploring the unique rock formations like Harmonica Arch. Lost Creek Wilderness was one of the last refuges for the original Colorado bison herd and now has elk, mountain lion, bear and great fishing. In short, it provides the

BPX leader with a sampling of Colorado at its best. Given a little research online and in libraries, a trip leader can easily find many ideas and information to enhance the participants' experience.

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## Q&A With Backpackers Bob & Bobbi

Dear Backpackers Bob & Bobbi,

One of my goals as a new BPX leader is to review and update the first aid kits I carry on overnight backpacking trips. I currently have 2: (1) a smaller kit for when I am a guest on someone else's trip, and (2) a larger kit when I'm leading a trip.

What are the essential items that I should have in my personal first aid kit? And what additional items should I include if I'm the trip leader?

Sincerely,  
First Aid Freddy

*Dear First Aid Freddy,*

*Let's start by looking at what every BPX member should be carrying in their personal first aid kit for a typical 1- or 2-night trip. For longer trips, simply add more of the same items that are already in your kit.*

*One approach is to build your own kit by starting with [a list of suggested items](#) like the one included in the back of your WFA textbook and add or delete items based on (1) your skill level—what you've been trained to use, (2) what kinds of trips you typically do, and (3) the probability of experiencing a given injury or ailment. Another approach is to start with [a store-bought first aid kit](#) and add, delete, or upgrade items based on the criteria above.*

**Definite must haves include:**

- *Any prescription medications that you're currently taking.*
- *Any over-the-counter medications that you would normally use for common ailments. At minimum, you should have Tylenol or ibuprofen, Pepto-Bismol, and Benadryl.*
- *A variety of wound-care items such as gauze pads, large size band-aids, waterproof adhesive tape, moleskin (for blisters), and tweezers (also helpful for tick removal).*
- *A pair or 2 of latex or nitrile medical gloves.*
- *A quick reference manual for common first aid procedures. Most commercial first aid kits come with one, but you might prefer to custom make your own by jotting down some notes on index cards (e.g., the ABCs, wound care tips, hypothermia, etc.) and storing them in a plastic Ziploc bag so they stay dry and legible.*

**Pro-Tip:** *You can save money by buying supplies in bulk and (1) splitting the cost with a backpacking buddy or two and/or (2) by putting extra supplies that you don't need for your backpack in your vehicle or home medical kits.*

*After each trip, be sure to check your first aid kit and restock or replace used and expired items as needed.*

*And remember, more important than the first aid supplies in your pack is the medical knowledge you carry in your head. If you haven't done so, we strongly encourage you to take [CMC's 2-day Wilderness First Aid class](#).*

*Next month we'll consider what additional items should be carried by BPX leaders for multi-day trips.*

See ya' on the trails,  
Bob & Bobbi Backpacker

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## BPX MEMBER INFO

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

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## 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](mailto: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! More info on the paths to becoming a Leader can be found [here](#).

**WELCOME NEW BPX TRIP LEADER** - Jodi Vanden Eng, Northern Colorado

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## 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](mailto:cmcbpxtlc@gmail.com).

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

**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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