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BACKCOUNTRY CACHE

A Newsletter for Members of CMC Backpacking Section

February 2023

CHAIR'S CORNER - Uwe Sartori

COUNTDOWN: 2023 CMC Backpacking Section season starts in 69 days. We recently had our *BPX Trips Catalog Rollout* for the BPX Trip Leaders (TLs). They are now building and submitting their 2023 trip plans for the *BPX Trips Catalog Rollout* for BPX members. More information on the BPX Trip Rollout below.

Now four years into our collective effort in building a sustainable, high quality CMC recreational backpacking, camping, and winter backpacking section, where are we? Good news! The *backpacking community*: BPX committee, BPX TLs, BPX members, Denver Backpacking School, CMC staff, and Denver Group Council have super-charged CMC recreational backpacking to a new level. Some examples. Prior to 2019, there may have been five to ten backpack trips a year, and usually front-loaded. In 2022, the Backpacking Section completed 61 backpacking and camping trips, and one winter trip. We had 27 BPX TLs serving over 300 BPX members. Our roster churn was down by 51% year over year.

Your passion to lead as a BPX TL, or to backpack as a BPX member, your willingness to commit time and resources have driven this section's growth and success. 2023 offers up the opportunity to continue building on your great track record. Together, we'll make the 2023 season the best yet!

BPX MEMBERS

TRIP ROLLOUT EVENT - March 15. The BPX Committee is excited to invite our BPX Members to the 4th Annual BPX Trip Rollout event to kick off another great season of backpacking and camping! This is an exclusive event for BPX Members to learn about the 2023 BPX programs and review the BPX Trip Catalog. This year BPX Trip Leaders have 85 Backpacking and 14 Camping pre-planned Routes & Places to choose from when creating the trips offered in the 2023 BPX Trip Catalog for you, the BPX member!

There will also be a short presentation by the BPX Committee about how to sign up for BPX trips as well as a

few trip reports to get you stoked for the new season. Most importantly you will have the opportunity to share good food, beverages, and camaraderie with fellow BPX Members and Trip Leaders.

This year's Trip Catalog Rollout is a hybrid event, so you can either join in person at the AMC in Golden or via Zoom (please indicate when signing up).

Please support BPX by showing up on this special night put together by the Backpacking Section Committee, all for you!

Register

TRIP CATALOG MEMBER MAILING The evening of March 15, BPX Members will receive an email with links to all the BPX Backpacking and Camping Trips 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.

2023 BPX TRIP REGISTRATION - April 1 (no April Fooling) at 6AM. 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!

BPX TRIP LEADERS

Please keep claiming your BPX Trips! Remember you have until March 7 to add trips that will be included in the Trip Catalog released to BPX members on March 15. Plan on attending the BPX Trip Rollout event too, so BPX members have a chance to meet you and learn about your awesome, upcoming trips.

BACKCOUNTRY INCIDENT MANAGEMENT COURSE (BIM): For those who have always wanted a means to review, practice, and improve the skills needed to successfully manage the initial aspects of an unforeseen incident, the CMC now offers the Backcountry Incident Management School. The classes for this summer are: May 20, June 17, Aug 19, and Sept 23. Priority will be given to CMC trip leaders and school instructors, and successful completion of a recent Wilderness First Aid course is required. Course tuition is \$30. Enrollment opens April 3 for all sessions. For additional information, email Rich.McAdams@hotmail.com.

The BPX Committee believes this is a high value educational program for our BPX Trip Leaders and has scholarships to cover tuition. Please contact cmcbpx@gmail.com to see if you qualify.

UPCOMING BPX TRIPS

There is still one more chance to camp out in the wild without having to worry about bears, bugs, or people: [March 10-11](#). Registration closes at the end of day on March 3.

Location is TBD depending on snow conditions, but regardless of where it is at, you can expect a ~2-3 mile snowshoe to the campsite, some sort of optional dayhike from camp (probably 3-6 miles) and then ~2-3 miles back out to the trailhead. More details and equipment requirements are included in the trip description

link above. Winter Camping School or equivalent and leader permission is required. Email dschweissing@gmail.com if you are interested in joining this trip.

BPX TRIP REPORTS

Winter Camping Burning Bear Trail

Trip Leader Daniel Schweissing - Denver Group

Daniel recently led a group of hearty winter campers up the Burning Bear trail.

Trip Stats: 1" snow accumulation, 1 night, 2 days, 4 backpackers, 7.5 miles, 10 degrees nighttime low, 22 degrees daytime high (Day 2), 30 degrees daytime high (Day 1), 1300' elevation gain, 9621' starting elevation, 9972' campsite elevation, 10755' max elevation.



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.

SCHOOLS/EVENTS

DENVER

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

TRIP LEADER SCHOOL More info [here](#)

WILDERNESS TREKKING SCHOOL Starts [Apr 4](#)

CPR/AED FOR OUTDOOR ENTHUSIASTS [Feb 28](#) [Mar 20](#) [Apr 13](#)

AIARE LEVEL 2 Starts [Mar 7](#)

PIKES PEAK (PPG)

WILDERNESS FUNDAMENTALS [Classroom Jun 5](#), [Field Jun 10](#)

TRIP LEADER SCHOOL [Classroom Mar 13](#), [Field Mar 18](#) [Classroom Sep 25](#), [Field Sep 30](#)

WINTER WILDERNESS SURVIVAL [Classroom Mar 8](#), [Field Mar 11-12](#)

AIARE AVALANCHE RESCUE [Mar 19](#)

NORTHERN COLORADO (NOCO)

MOUNTAIN HIKING SCHOOL Starts [Mar 14](#)

WESTERN SLOPE

INTRO TO HIKING SAFETY [May 20](#)

STATE

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

NAVIGATION Virtual Courses: [Nav1](#) [Nav2](#)

ANNUAL LEADERSHIP SUMMIT [May 13-14](#)

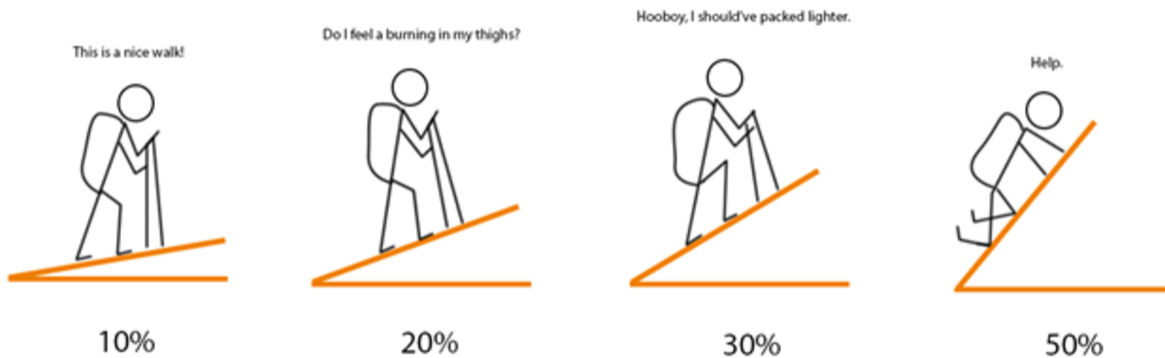
Continue to check the CMC website for additional courses.

BPX TIP OF THE MONTH

What's Elevation Got To Do With It

Many of us make the mistake of looking at just the distance/day: "hey, I walk 6 miles around my neighborhood all the time, so backpacking 6 miles a day is no problemo". But elevation is a major factor in determining a backpack's difficulty. There's a big difference between hiking 3 miles on a flat trail versus 3 miles with a 2,000' elevation gain. There are several types of elevation measurements, so it is important to understand what they mean.

- Total Elevation Gain and Loss
 - Total Gain is the accumulated amount you will be "going up" during the day. For example, if you climb 1000', descend 500', and then climb back up 300', the Elevation Gain is 1,300'. This takes into consideration all the ups and downs instead of just the difference between the high and low points of the trail.
 - Total Loss is the accumulated amount you will be "going down" during the day. In the example above it is 500'. While we usually focus on gain, going downhill can be as tiring as uphill and put more stress on leg muscles and joints, especially on rugged or steep trails. Also be aware of a trail that starts out going downhill first when you are fresh but then must hike back up at the end of the day.
- Highest Point This is the maximum elevation reached and could occur at any point in the day. While not as important as the total gain, there is thinner air above 7,000-8,000' that will usually slow your pace, increase your dehydration, and cause symptoms like fatigue and headache.
- Grade Measures the steepness of any point on the trail from 0°-90° where 0° is completely flat. Apps like COTREX and AllTrails provide elevation profiles that let you trace the grade as you cursor over the route. You can also get an idea about the grade by looking at the contour lines on a topo map. Grade gives you a much better feel for what the hike will actually be like. This picture from the Moore Misadventures Blog: [Hiking 101: The Basics of Mileage, Elevation and Routes](#) gives a fun depiction of the impact of grade.



If you have a backpacking tip you would like to share or a suggestion for something you would like to learn more about, please email cmcbpxnewsletter@gmail.com.

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.

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

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

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

WELCOME NEW BPX TRIP LEADERS

Marsha Littau, El Pueblo

BPX is always 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 cmcbpx@gmail.com. More info on becoming a Leader can be found [here](#).

BPX COMMITTEE NEEDS YOU!

The *BPX Committee Secretary* position is waiting to be filled by you, the extraordinary CMC volunteer. We have monthly committee meetings every second Tuesday via Zoom, and sometimes in person. Expect 4-8 hours per month of volunteer work; sometimes more. Business/committee/non-profit organization experience desirable, but not required. Reach out to find out more at cmcbpx@gmail.com.

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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