



# BACKCOUNTRY CACHE

A Newsletter for Members of CMC Backpacking Section

May 2024

## BPX MEMBERS



BPX Member

The CMC Website was recently updated to better support CMC Sections, including BPX. If you are a current BPX member, you will now have a BPX Member badge in your profile. You can check this as follows:

- Log into [cmc.org](http://cmc.org)
- Hover over your name in the top right hand corner to bring up a dropdown menu and click on *My Profile*
- Look for the BPX Member badge under Group Badges

If you do not see BPX Member badge, and you think you are current in your BPX dues, contact [cmcbpx@gmail.com](mailto:cmcbpx@gmail.com), and we will look into it.

The BPX Member badge is now required to register for BPX trips and events. If you do not have this badge, this is also the last edition of the BPX Newsletter you will receive.

**CMC Waiver:** You must have a current CMC waiver to be on the BPX Roster and to register for any CMC, including BPX, outing. You can view your waiver status by selecting the *My Waiver* option from the menu on the left side of your profile page.

**Family Memberships:** The CMC Website currently does not support Family Memberships for Sections. While each member of a Family Membership does have the ability to independently select the CMC Section(s) they want to belong to, there is not a family discount like there is for CMC Family Memberships. Consequently, the BPX Committee is not requiring CMC members under the age of 18 to have a BPX Membership in order to participate in Family BPX trips.

## UPCOMING BPX TRIPS

Trips will typically open up 30 days prior to their start date (trips requiring camping or permit fees may open up sooner), and there is no limit on the number of BPX trips you can go on! However, you must be a member of the BPX Section to join a BPX Trip.

E=Easy M=Moderate C=Challenging D=Difficult

### Upcoming Trips with Openings\*

May 28-30 Tue-Thu M [Colorado Trail - Segment 3 from the Little Scraggy TH](#)  
Jun 14-16 Fri-Sun E [Goose Creek Trail to Shafthouse from Goose Creek TH - Family](#)  
Jun 15-16 Sat-Sun C [Upper Cataract Lake from Eaglesmere TH](#)  
Jun 18-19 Tue-Wed E [Gear Shakedown - Morrison Creek From Little Scraggy TH](#)  
Jun 21-23 Fri-Sun M [Rich, Rough, and Tumbling Creeks from Rich Creek TH](#) Opens Jun 1, 7:45am  
Jul 1-2 Mon-Tue M [French Pass from French Creek TH](#) Opens Jun 1, 11:05am  
Jul 5-7 Fri-Sun D [Colorado Trail - Segments 4 & 5 from the Rolling Creek TH](#) Opens Jun 5, 8am  
Jul 11-13 Thu-Sat C [Cathedral Lake/Option Electric Pass from Cathedral Lake TH](#) Opens Jun 12, 10am  
Jul 9-14 Tue-Sun C [Colorado Trail - Segments 18-21 from CO Highway 114 TH](#) Opens Jun 9, 12:30pm

### Upcoming Trips with 0-1 on Waitlist\*

May 23-24 Thu-Fri E [Gear Shakedown - Morrison Creek From Little Scraggy TH](#)  
Jun 24-28 Mon-Fri C [Camp - Grand Canyon North Rim Campground](#)  
Jul 8-10 Mon-Wed C [Cathedral Lake with option for Electric Pass from Cathedral Lake TH](#)

\*As Of May 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 or Waitlist with your waitlist position. 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 to open up a spot for the next person.

[Mountain Side Gear Rental](#) in Golden rents backpacking gear with a 10% discount for CMC Members.

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## SCHOOLS/EVENTS

### DENVER

[DAY HIKER SCHOOL](#) Virtual Alternative to WTS. More info [here](#)  
[TRIP LEADER SCHOOL](#) More info [here](#)  
[INTO TO HIKING SAFETY](#) [May 22](#) [Jun 26](#) [Jul 24](#)  
[BACKPACKING SCHOOL](#) Starts [Jun 4](#)  
[CPR/AED](#) [Jun 25](#)  
[BACKCOUNTRY INCIDENT MANAGEMENT](#) [Jun 8](#) [Sep 14](#)

### PIKES PEAK

[WTS WILDERNESS FUNDAMENTALS](#) Starts [Sep 16](#)  
[WTS INTRO TO BACKPACKING](#) Starts [Jun 10](#) [Jul 29](#)  
[WTS LAND NAVIGATION](#) Starts [Oct 9](#)

### STATE

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

Continue to check the CMC Website for additional courses.

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## BPX TRIP REPORTS

### BPX Gear Check - Reynolds Park Openspace

#### Trip Leader Linda Lawson - Denver Group

Talk about EASY PEASY! This one-nighter was less than a mile walk from the parking lot to the campground where 4 sites affording pads for 9 tents were reserved by the leader. Each site was equipped with a picnic table and a separate bench on which Jet Boil stoves were set up. Several metal bear boxes and a swift running stream were included in the campground. But the surprise was a 4-star outhouse – so clean it may not have been used this season. Users would have given it 5-stars had it had hand sanitizer. Upon breaking camp, BPX members gave feedback and tidbits below to the question “what did you learn from this gear check?”

- How to set up my two-person tent by myself
- That light weight doesn't always mean comfortable
- We need new, light weight tents
- Removing the “child safety latch” from a lighter makes is soooo much easier to use – and it will work more readily in the cold
- Two new to me products I am going to try are [Dude Wipes](#) (moistened toilet paper sheets) and [Cold Shower](#) (a cooling field towel for face and body); each product comes in an individual use packet
- A new brand of freeze-dried meals – Peak Refuel – purchased at Mountainside Gear Rental, Golden, where CMCers receive a 10% discount

This was a quick in-and-out gear check, meeting at 5 pm on a Thursday, then breaking camp and back to the parking lot by 10 am the next morning.

Gear checks are a great way for both new and experienced backpackers and campers to check out their equipment, food and routines before committing to a longer BPX backpack or camping trip.



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## BPX TIP OF THE MONTH

### Backpacking Fuel Canister Weights

A common backpacker conundrum is "how much fuel is left in my canister"? You certainly don't want to run out, but you don't want to lug around an extra canister if it's not needed. Instead of having to just guess or bob the canister in water to try and guesstimate how much fuel is left, here is a chart based on canister weight, courtesy of BPX/Family Trip Leader Eric Gerber:

## BACKPACKING FUEL CANISTER WEIGHT

	FUEL WT	EMPTY	10%	20%	30%	40%	50%	60%	70%	80%	90%	FULL
Coleman	220 g	143	165	187	209	231	253	275	297	319	341	363
Jetboil	100 g	99	109	119	129	139	149	159	169	179	189	199
Jetboil	230 g	152	175	198	221	244	267	290	313	336	359	382
Jetboil	450 g	216	261	306	351	396	441	486	531	576	621	666
Kovea	230 g	132	155	178	201	224	247	270	293	316	339	362
MSR	110 g	101	112	123	134	145	156	167	178	189	200	211
MSR	227 g	151	174	196	219	242	265	287	310	333	355	378
MSR	450 g	216	261	306	351	396	441	486	531	576	621	666
Optimus	100 g	100	110	120	130	140	150	160	170	180	190	200
Optimus	230 g	130	153	176	199	222	245	268	291	314	337	360
Primus	100 g	100	110	120	130	140	150	160	170	180	190	200
Primus	230 g	151	174	197	220	243	266	289	312	335	358	381
SnowPeak Gigapower	110 g	103	114	125	136	147	158	169	180	191	202	213
SnowPeak Gigapower	220 g	150	172	194	216	238	260	282	304	326	348	370

Another fuel canister management tool is [FlipFuel](#). It allows you to easily transfer fuel from one isobutane canister to another, potentially minimizing waste and preventing the need to carry multiple half-full canisters with you into the backcountry.



## BPX MEMBER INFO

**BPX FACEBOOK:** [BPX FB](#) Send Photos and Trips Reports to post on 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, 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](#)

**AMC PARKING INFO:** [here](#)

**COLORADO ROAD INFORMATION:** [here](#)

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

Reminders:

- COTREX shows current closures due to incidents like wildfires whereas other apps do not.
- 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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## BPX COMMITTEE NEEDS YOU!

Please consider joining the BPX Committee. It's a great way to give back for the great adventures and friendships BPX and CMC have provided for you, as well as to support BPX in its continued growth and success. To find out more, email [cmcbpx@gmail.com](mailto:cmcbpx@gmail.com). We'd love to have you!

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### *CMC Backpacking Section Supports Leave No Trace*

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**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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