



PLAY LEARN EXPLORE PROTECT YOUTH RENEW



BACKCOUNTRY CACHE

A Newsletter for Members of CMC Backpacking Section

August 2022

CHAIR'S CORNER - Uwe Sartori

Dog Days of Summer are here. So true. The Backpacking Section is feeling it. Not just weather-wise. We are on a new system, *Olympus*. As every BPX Leader who has or is transferring their trips, rosters, and waitlists knows, it is a *Herculean* effort. All of the BPX leaders and the Backpacking Section Committee are appreciative of your patience as we play catch-on & catch-up. FYI, *Olympus* is way better than what we had. Guaranteed.

The BPX trips you signed up for, either on the roster or waitlist/standby, are happening unless you are directly notified otherwise. If you haven't already, login, jump in, feet first. Bang around the box. Make your notes. Ask your questions. The CMC staff support is great. Volunteers have stepped up, too. Great collaborators working incredibly hard to bring all things to a steady-state.

We are in this transition together. We will see it through together. Check-in with your trip leader, mess with the new system, and see you on the trail!

BPX BASH 2022

SAVE THE DATE - October 1

Don't miss our 3rd Annual BPX Bash, celebrating another successful Backpacking season! We will recognize and reward our BPX Trip Leaders, see Friends Old and New, and enjoy food and drinks. Stay tuned for more information coming soon!

All members attending the Bash will receive a Kool Tie, a tubular fabric scarf worn around your neck for heat relief on hot outings. They contain "magic" crystals that when soaked, absorb water. As the water evaporates, it cools the blood flowing to your brain via the vessels in your neck, keeping you cool for a long day on the trail.



What color will you pick?

UPCOMING BPX TRIPS

Here's one way to find BPX trips on the new CMC website:

- On the Menu Bar at the top of the CMC Home page, hover over Education & Adventure and select the Find Trips option
- From the Find Trips Search Filter section on the left side of the Trips page, click the Backpacking Section box under the "With this group/section..." search block.

E=Easy M=Moderate D=Difficult

Trips With Openings*

Aug 28-31 Sun-Wed M [Marvine Creek Loop, Flattops Wilderness](#)
 Aug 30-Sep 1 Tue-Thu D [Upper Cataract Lake, Eagles Nest Wilderness](#)
 Aug 30-Sep 1 Tue-Thu E Arapaho Bay Camping Trip; Contact johnw14er@gmail.com
 Sep 7-9 Wed-Fri E [Wigwam Trail - Lost Park Wilderness](#)
 Sep 10-12 Sat-Mon D [Colony Baldy 13,705](#)
 Sep 15-17 Thu-Sat M [Colorado Trail: Collegiate West Route](#)
 Sep 16-19 Fri-Sun D [Roger Pass Lake](#)
 Sep 19-23 Mon-Fri M [Virgin Springs](#)
 Oct 1-2 Sat-Sun M [Lake of the Clouds](#)

Trips With 0-1 on Standby List*

Sep 10-11 Sat-Sun M [Windsor & Native Lakes](#)
 Sep 15-18 Thu-Sun D [Wind River Range - Bridger Wilderness, WY](#)
 Sep 20-22 Tue-Thu M [Abyss Lake](#)
 Sep 24-26 Sat-Mon D [Willow Lake & Mount Adams](#)

*As Of August 19

Continue to check CMC trip signup for BPX trips as leaders are still entering their trips in the new system

as well as adding new trips.

For now members on standby lists will receive a notice from the trip leader to sign up for the roster if a slot opens up. You can check with the trip leader if you are unsure of your status.

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

SCHOOLS/EVENTS

DENVER

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

[BACKCOUNTRY INCIDENT MANAGEMENT SCHOOL](#) [Aug 20](#)

[WILDERNESS TREKKING SCHOOL \(WTS\)](#) Starts [Sept 6](#). WTS is CMC's largest school, a comprehensive course on mountain hiking. It's for everyone – 18 to 80 – who would like to enhance their hiking skills and safety. It also fulfills one of the requirements to obtain a Denver Group C hiking classification and to take Backpacking School. It's held on 5 Tuesday evenings and 5 sessions in the field (on students' choice of Thursdays, Saturdays, or Sundays).

PIKES PEAK (PPG)

[WILDERNESS FUNDAMENTALS](#) Starts [Sept 12](#)

STATE

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

[WILDERNESS FIRST RESPONDER](#) Starts [Nov 11](#)

Continue to check the CMC website for courses as instructors are still entering their classes in the new system.

BPX TRIP REPORTS

[Mayflower/Mohawk Lakes and Jasper Lake](#)

[Trip Leader Uwe Sartori - Denver Group](#)

I had the pleasure of leading 2 single overnight 2trips recently. MayFlower and Mohawk Lakes near Breckenridge and Jasper Lakes near Nederland in the Indian Peaks Wilderness. Enjoyed good weather, fantastic alpine lakes, big mountain vistas, fishing, and our company. If you are into the mellow & chill vibe, these places deliver! Really enjoyed these fairly close to Denver trips. A shout-out to my mates! They are fantastic.



Mayflower & Mohawk Lakes: Tom, Carroll, Amber, Mike



Jasper Lake: Barbara, Lauren, Susan, Bill, Julie

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 TRIP LEADERS NEEDED FOR DAY HIKER SCHOOL

The CMC's Day Hiker School (DHS) is seeking BPX Trip Leaders to assist as field instructors. DHS, which was created to provide club members with a modular alternative to the popular Wilderness Trekking School curriculum, has grown quickly in the last year. We support BPX Trip Leader involvement as a way to keep your outdoors skills sharp, especially in the upcoming off season. If you are looking for opportunities to excel as a leader and an instructor, this may be of interest. We will continue to develop these kinds of professional development opportunities for leaders in the future!

For more information, please contact either the Director, Michael O'Conner (Mikeoc111@gmail.com; 303-933-3100), or Senior Instructor Garrett Pettingell (garrettpettingell@gmail.com; 954-663-9134).

Q&A With Backpackers Bob & Bobbi

Dear Backpackers Bob & Bobbi,

I love to listen to the pitter-patter of raindrops on my tent while I'm snuggled warm and dry in my sleeping bag. But it sure can suck if it's raining hard in the middle of the night and I need to go pee. Any advice?

Dear Avoiding Soaking While Urinating,

It is a pain to try to sleep while still maintaining enough consciousness to notice when it's stopped raining enough to venture outside your tent. Leaving the warmth of your tent in cold and snowy weather can be tough, too. This is where pee bottles come in handy. For guys, it's just a matter of designating one of your water bottles as your "pee bottle" and using it in the comfort of your tent. Just make sure you don't confuse it with your water bottle. In his memoir, Touch the Top of the World, Colorado's blind adventurer, Erik Weihenmayer, talks about the unpleasant experience of mistakenly drinking from his tent mate's pee bottle on his expedition to Aconcagua.

For women using a pee bottle is more complicated. Fortunately, there are female urination devices (FUDs), aka pee funnels. For using them to pee into a bottle, make sure you pick one that has an extension tube. To use in your tent, get off your sleeping pad, stand on your knees, place the tube into your dedicated pee bottle, and go. Bobbi emphasizes practicing first in the shower! To learn more, here are a couple of good articles from [Greenbelly](#) and [Go Like A Pro: What's Really Up with Pee Funnels?](#) To clean, you can rinse with water while you're out and clean with soap and water after you get home.

Another useful piece of urination gear for women to use on the trail is a pee rag (just pee, not poop). Not only is a pee rag important for good hygiene in the backcountry, but also reduces the amount of tp in the wilderness, supporting Leave No Trace. It can be just like a bandana that you hang from your pack to let the sun dry out and the UV rays to sterilize. Or you can buy a pee rag-specific product like the popular, reusable, antimicrobial [Kula Cloth](#) (also available at REI).

*See ya' on the trails,
Bob & Bobbi Backpacker*

Note from Editor: After 3 years of writing articles for the BACKCOUNTRY CACHE, Bob and Bobbi are retiring. Starting next month, look for the new [BPX Gear Tip of the Month](#) section. If you have a gear tip you would like to share or a suggestion for gear 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.

COVID PROTOCOLS: Check [here](#) for latest CMC update on Feb 23. In the new system there is an optional COVID-19 badge you can request added to you profile indicating you are fully vaccinated.

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

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

I-70 CONSTRUCTION PROJECTS: 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.

LEAD THE PACK

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 cmcbpxtlc@gmail.com. More info on becoming a Leader can be found [here](#).

BPX COMMITTEE NEEDS YOU!

The *BPX Committee Secretary* and *Events Coordinator* positions are 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 volunteer experience is 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.

JOIN

Share this email:



[Manage](#) your preferences | [Opt out](#) using TrueRemove™

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

710 10th Street, Suite 200
Golden, CO | 80401 US

This email was sent to .

To continue receiving our emails, add us to your address book.

[Subscribe](#) to our email list.