



# BACKCOUNTRY CACHE

A Newsletter for Members of CMC Backpacking Section

November 2022

## CHAIR'S CORNER - Uwe Sartori

It is appropriate as we approach this Thanksgiving holiday to give thanks to all who have contributed to and supported another successful Backpacking season, our third. The 2022 Backpacking Section Annual Report is available for your review [here](#). I encourage you to read it to see where your support and energy go.

Last month we reported the Backpacking Section Trip Leader winner of the 2022 *Closer Award*, Garrett Pettingell. The *Closer Award* is for stepping up beyond the call of duty by saving the most trips, substituting for the original leader. Teamwork at its best. The 2022 *Boots Award* for the most backpacking days, miles and elevation gain goes to Randy Blosser who crushed it with six trips covering 18 days, 122 miles, and 23,400' EG. Each received a \$50 REI gift card. Congratulations to both for their awesome accomplishments and for exemplifying the best in BPX leadership and community.

Congratulations to our BPX Trip leaders completing their first BPX trip: Paul Attridge and Jodi Vanden Eng with the NoCo Group; Sandy Heise, Cheryl Ames, Roger Leikas, and Garrett Pettingell with the Denver Group; Kristen Paris with the Pikes Peak Group; and Candace Winkle with the Gore Range Group. Each received a \$25.00 REI gift card. It is exciting to see other CMC Groups engaging with the Backpacking Section. One of our goals is to have this program embrace a state-wide community passionately engaged in backpacking adventures. We're making progress!

As you all embrace the winter wonderland offered up by Colorado, be assured that the BPX Committee is already hard at work, putting together an outstanding 2023 CMC Backpacking Section program for you. We can't wait to share it. Together, let's make it another record year!

To close our 2022 season and the last *Backcountry Cache* Newsletter of the year, we'd like to welcome you to the unveiling of our new BPX logo:



---

## UPCOMING BPX TRIPS

There currently are no more 2022 BPX trips with openings, but watch the CMC calendar in case any winter outings come up. And stay tuned for the 2023 BPX Trip Rollout event next March!

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

---

## BPX TRIP REPORTS

### Colorado National Monument Camping Trip

Trip Leaders Linda Lawson and John Walters - Denver Group

In mid-October, 6 hardy BPX'rs headed to the Colorado National Monument for a 3 day camping trip. I do enjoy backpacking, but I have to say this camping trip was awesome—happy hour each evening with hors d'oeuvres and adult beverages, real food with each of us taking turns providing a meal, and running water and flush toilets! We were fortunate enough to have perfect weather with warm, sunny days to explore the Monument's trails and not too cold nights. We perched our tents on the mesa rim with great views of the Colorado River valley below and had an up-close view of a majestic desert big horn ram strolling down the road. On our way back we scored reservations to hike up to Hanging Lake. Fortunately, it has recovered from the 2020 Grizzly Creek fire but is still a strenuous hike up a narrow drainage for 1.2 miles with over 1,000 feet of elevation gain, complete with an automated external defibrillator (AED) about half way up—glad I was just hauling a day pack. -- Leila Murphy



### Lake of the Clouds - Sangre De Cristo Wilderness - October 1-2

Trip Leader Kristen Paris - Pikes Peak Group

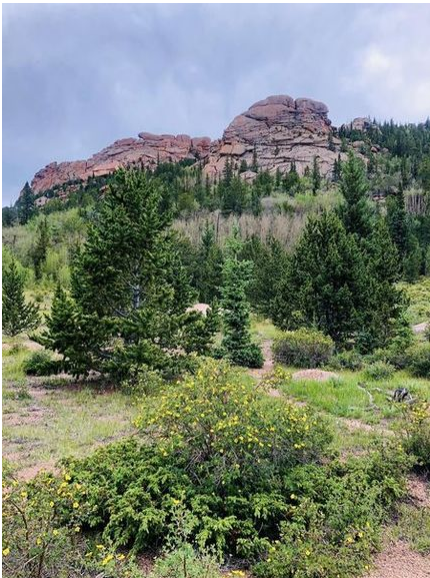
Perfect combination of glowing Aspen leaves, 3 peaceful lakes, towering peaks, and a sprinkling of snow on 2nd day. -- Kristen Paris



## Goose Creek/Refrigerator Gulch Loop - Lost Creek Wilderness

### Trip Leader Lisa Shroyer - Denver Group

An epic 3 days doing the Goose Creek/Refrigerator Gulch loop in July with BPX. A real adventure! This is an ambitious hike with endless gain and loss, so many cool rock formations, canyons, creeks, aspen groves, pine forests, and granite slab scrambles. We saw a bear, I got stung by bees, and we were chased by thunder, lightning, and downpouring rain all the way through Refrigerator Gulch. We were all tired by the end, but the good kind. Everyone loved the trip, although water is scarce in parts. Thanks BPX! -- Lisa Shroyer



---

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](mailto:maggie.burns1@gmail.com), and she will post them for you on FB. Send them to [cmcbpxnewsletter@gmail.com](mailto:cmcbpxnewsletter@gmail.com) to publish in the BPX Newsletter.

---

## SCHOOLS/EVENTS

Winter is upon us with lots of outdoor adventures waiting for you. If your adventures in snow involve the Colorado backcountry, avalanche education is a good first step. The club offers great courses: Avalanche Terrain Avoidance (ATA), AIARE 1 and 2, and AIARE Avalanche Companion Rescue are yours for the

taking. Denver, Boulder, and Pikes Peak Groups all offer avalanche education classes. Check it out [here](#).

## DENVER

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

TRIP LEADER SCHOOL More info [here](#)

CPR/AED FOR OUTDOOR ENTHUSIASTS [Dec 5](#)

WINTER CAMPING SCHOOL Starts [Jan 31](#)

## PIKES PEAK (PPG)

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

## STATE

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

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

WEBSITE TIPS & TRICKS Every Tuesday 4:30-5:30. Recorded sessions [here](#)

AVALANCHE TERRAIN AVOIDANCE FOR CMC LEADERSHIP More info [here](#)

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

---

## BPX TIP OF THE MONTH

### Keep Your Phone Alive in Cold Weather

Apple and Google both recommend an operating temperature range of 32° - 95°F for their phones. As we head into the winter season, we often encounter colder temperatures. These can rapidly drain your phone's battery life and may even cause it to shut down right when you are about use your navigation app or snap that elusive picture of Santa yelling at his reindeer. Cold temperatures can also impact your phone's battery life indicator. This is because its battery works with a chemical reaction that slows down when it's cold. This makes your phone think it has less battery capacity even though its stored energy hasn't changed. In addition, your phone's onboard sensors can lose accuracy since they are calibrated to work within a specific temperature range.

To keep your phone alive in cold weather, you need to keep it warm. Carry it in an inside jacket pocket close to your body. If you want to keep it more accessible, you can use a thermal case like the [Thermal Phone Case from Cold Case Gear](#) or a beer koozie with a handwarmer. It's also a good idea to keep your phone in your sleeping bag at night, even on summer outings.

Besides keeping your phone warm, minimize the battery use by using your phone sparingly and change its settings to save the battery:

- Turn off location services except for the navigation app you are using
- Close as many app as possible
- Set your phone to Airplane Mode and download maps ahead of time
- Keep your phone in low power mode

If your phone does die from the cold, let it warm up slowly to prevent condensation from building up in the battery. Also do not charge your phone until it's warmed up since charging it while cold could permanently damage the battery.

So you don't have to leave your phone at home this winter—just protect it from snow and moisture and keep it warm just like you do for your favorite appendages.

P.S. As of Nov 15, all iPhone 14 users in the US and Canada can send Emergency SOS messages via satellite when outside of cellular and Wi-Fi coverage. In addition, they can share their location with friends and family with the Find My app via satellite. Apple will provide this service for free for 2 years but will most likely charge after that.

Android 14, coming out in mid-late 2023, is also projected to have satellite communication capabilities.

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](mailto: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](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.

**COVID PROTOCOLS:** Check [here](#) for latest CMC update on November 1. 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](#)

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](mailto:cmcbpxtlc@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](mailto: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.